

# SCHOOL OF NATURAL MEDICINE

THE ART & SCIENCE  OF LIVING NATURALLY



## Quantum Botanicals Diploma Course PROSPECTUS

SCHOOL OF NATURAL MEDICINE UK

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# QUANTUM BOTANICALS ADVANCED DIPLOMA



**The Quantum Botanicals Advanced diploma course consists of both online study and in-person immersion trainings.**

- Quantum Botanicals Advanced online course
  - Herbal Medicine
  - Healing Diets
  - Quantum Botanicals
- Immersion Trainings
  - Healing Diets
  - Essential Oils & Healing Touch
  - Quantum Botanicals & Flower Essences
  - Herbal Medicine

**The Quantum Botanicals Advanced diploma course is the comprehensive study of plant based vibrational medicine,** offering a loving and mind expanding exploration of the plant world, the nature of consciousness and quantum physics, opening your heart and mind in profound ways that will change the way you perceive healing, the relationship between mind, body and nature, and the patient-practitioner relationship.

Discover the world of plant frequencies, quantum and fractal potential, heart-brain coherence and vibrational medicine through an in-depth study of the nature of matter and energy, how consciousness communicates with matter, the relationship between thoughts, emotions and cellular function, direct perception plant communication, flower essences and a range of vibrational modalities to support the healing process.

**All plant medicine is vibrational medicine, including diet, herbs, essential oils, flower essences and homeopathic remedies that utilise the vibrational/quantum field of plants.**

Learn about the fundamental science that underpins vibrational medicine, and how to engage the power of quantum and fractal potential through plant nutrition and medicine.

This course combines a strong foundation in the science of quantum healing with a deep study of consciousness; left and right brain



# QUANTUM BOTANICALS ADVANCED DIPLOMA

## Course Curriculum

hemisphere attention and processing, unconscious and collective unconscious vibrational archetypes, and mind-body healing with vibrational medicine. The course explores healing diets, culinary and medicinal herbs, essential oils and flower essence therapy in depth, as a profound opportunity to support healing of thoughts and emotions that hinder our path towards wholeness, peace and conscious experience of life.

The course also introduces students to traditional and indigenous perspectives on the relationship between subtle energies of mind, emotions and the physical body, including study of Ayurvedic, Chinese and other traditional systems.

**These topics are fully integrated with the study of Herbal Medicine, Essential Oils and Healing Diets**, so that recommendations are informed by knowledge of systemic and constitutional strengths and weaknesses of the individual and fully supported by medicinal herbs, and cleansing and health building approaches to food as medicine.

Our master teachers include Bonny Casel ND MAMH, director of the School of Natural Medicine UK, whose studied herbal medicine with Dr. John Christopher, Iridology and Nutrition with Dr. Bernard Jensen, Herbal Medicine, Naturopathy, and Iridology with Farida Sharan ND, epigenetic with Bruce Lipton and Quantum Physics with Nassim Hamein.

Julie Bruton-Seal, is a practising naturopathic herbalist, craniosacral practitioner, iridologist and natural healer and qualified at the

Selfheal School, under Dr Jill Davies and Christopher Hobbs in 2000. She is a Council member of the Association of Master Herbalists (AMH) and was editor of the quarterly magazine, Nature's Path, now The Herbalist, for many years. Julie was also one of the founding organisers of HerbFest, an annual gathering celebrating healing plants and herbal medicine.

If you wish to create your own clinical or herbal practice or create plant based therapeutic products, heal yourself, family and/or friends, or integrate vibrational plant medicine with other modalities in a clinical setting, this course will remain a wealth of knowledge, wisdom and inspiration for years to come.



### ONLINE STUDY

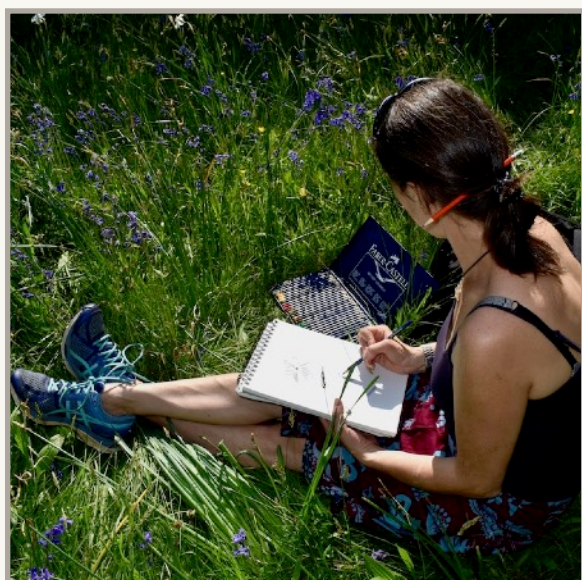
The three online courses offer a deep study of herbal medicine, healing diets and quantum botanicals, with creative, experiential and research based assignments that help students



to integrate this knowledge for effective practice and personal self healing. Studies are personally mentored by school founder, Bonny Casel, and she guides students as they develop consultation skills and lay the foundation for practice.

## IMMERSION TRAININGS

The four 5 day Immersions provide the hands-on and consultation skills to educate clients and create and guide effective healing programmes. All of our immersions are offered on alternate years.



## QUANTUM BOTANICALS ONLINE COURSE TOPICS

- **Mind Mapping**
- **What is Matter?**  
Euclidian/Newtonian science, Scientific Methods, Planck/Einstein/Quantum Physics/Mandelbrot/Holographic Universe, Fractal Potential/Fractal Progression
- **How Does Matter Communicate?**  
Consciousness, Electromagnetic Energy  
How Do Cells Communicate  
Self Organisation & Emergent Behaviours  
Left/Right Hemisphere Dynamics  
Heart Math/Heart Entrainment  
Intuition/Felt Sense

- Metta Practice
- **Plant Consciousness**  
Darwin & Botany  
History of Plants as Medicine  
How Plants Communicate  
Direct Perception Plant Communication
- **Physical and Subtle Bodies**  
Ethereic Body/Emotional Body/Pain Body  
Mental Body/Spiritual Body  
Consciousness/Sub-Conscious/Collective Unconscious  
Relationship between Mind, Emotions and Physical Body  
Candace Pert - effect of emotions on molecular/cell behaviour
- **What is Vibrational Medicine**  
What is Health/What is Disease/Natural Laws/Elemental Energetics  
Early Development of Homeopathy
- **Ayurvedic Chakras & Emotions**
- **Bach Flower Remedies**  
History & Development of Bach Flower Remedies  
12 Healers/ 4 Helpers/19 Situational Remedies
- **Flower Essences in Practice**
- **Consultation Skills**  
Observation and Active Listening  
Case History Skills  
MYMOP patient questionnaires  
Choosing a Remedy for Yourself  
Choosing a Remedy for Others
- **Combining Vibrational Modalities**
- **Vibrational Essences**
- **Essence Development**  
Product Creation/storage/hygiene/carriers/labelling/packaging
- **Practice Development**
- **Code of Conduct - Ethics**

## QUANTUM BOTANICALS AND FLOWER ESSENCES IMMERSION

This immersion focuses on plant based vibrational medicine. Studies begin with the fundamentals of 'What is Matter?', 'What is Health?' and 'What is Cure?' leading to an



exploration of the science that underpins vibrational medicine.

Within the context of current understanding of energy, space, matter, organised energy fields, and the fractal nature of body, mind and emotions, students learn how the interconnectedness of mind and body can be harnessed to support self healing and evolution of consciousness.

Through lectures and experiential classes, students explore the world of plants, both physically and vibrationally, with reference to studies of plant consciousness, plant senses, the 12 Windows of Perception and human-plant resonance, leading to study of flower essences, felt sense, heart-brain coherence, brain hemisphere processing, the language of feeling and emotions, and the relationship between mental and emotional states, health and disease.

The study of flower essences is structured around the 38 Bach Flower Remedies as we learn about the 12 Healers (core personality types), the 12 Helpers (for when the core personality is obscured by long-term disassociation or environmental influences) and the 19 Situational Remedies (for current internal and/or external stresses and influences).

Other flower essences systems are introduced and students are invited to explore their resonance with a range of essence producers including Flower Essences Services (FES) remedies, Icelandic Nature Essences, Alaskan Essences and others.

Every topic is fully integrated with the next, so that all topics are understood as a whole with a focus on developing therapeutic skills and creating effective programs, so that this knowledge can be used effectively in practice.

## HERBAL MEDICINE ONLINE COURSE TOPICS

- History and philosophy
- Use of herbs in ancient and tradition societies
- Chemistry of herbs
- climate, soil, active principles
- Collecting, harvesting, storage
- Extraction
- Food as medicine - food as poison
- Food addictions
- Effects of diet, coffee, alcohol, drugs, etc., on the healing process
- Creating herbal formulas
- Prescription symbols
- Herbal pharmacy terminology
- Contra-indications for a range of situations
- Materia Medica (116 primary herbs, plus dozens of supportive herbs) - action, active ingredients, activity, applications, aromatherapy, astrology, Ayurveda, cautions, contraindications, chakras, elements, emotions, Chinese medicine, combinations, cultivation, dosage, energetics, flower essences, formulas, habitat, history, homeopathy, meridians, organs, names, nutrients, part used, personality, plant description, research, spiritual properties, substitutions, systems, taste, tissues, wildcrafting, and preparation.
- Iatrogenic disease
- Herbs and Healing
- Body system and Herbal Medicine

- Anatomy & Physiology is taught by body system and is integrated throughout the course
- Holistic perceptions
- Body/Mind/Spirit
- Vitamins, minerals and phytonutrients for body organs, systems and glands
- Botany
- Naming and identifying plants
- Collecting and preparing herbarium specimens
- Plant classification appendix
- Pharmacy and dispensary
- How to set up a pharmacy
- Dosage
- Methods of herbal application
- First aid treatment
- Acute condition
- Fomentations
- Infusions
- Ointments
- Ovules
- Pill making
- Poultices
- Smoking herbs
- Syrups and tinctures
- Distillation

## HERBAL MEDICINE IMMERSION

The Herbal Medicine Immersion instils an authentic relationship with plant medicine in daily practice, as students explore the multi-dimensional therapeutic qualities of plants through hands-on creation of formulae, tinctures, salves, ointments, distillations, infused oils, flower essences and experiential treatment with poultices, packs and foot baths.

Knowledge of the medicinal and nutritive properties of herbs is grounded in experience of direct perception plant communication, plant recognition, elemental properties expressed through plant colour, structure and signature, ethical harvesting and foraging, plant drying and storage, and pharmacy

protocols, so that students develop a relationship with the energetics of nature and learn to work in harmony with plant rhythms and intention.

Each medicinal plant that we learn about, experience and befriend offers a lifetime of healing support. The Herbal Medicine Immersion provides the foundation for a lifetime of exploration, with respect and appreciation for the natural world.



## HEALING DIETS

This comprehensive study takes you on an inspirational and experiential journey through the art and science of 'food as medicine.'

Each lesson covers a facet of healing diets in-depth, and creative, experiential and research based assignments help students to integrate this knowledge for effective practice and personal self healing.

The course curriculum includes cleansing and health building, transition diets, food for different life phases, a deep study of nutrients and their health benefits, organ and system cleanses, support for detox symptoms, food





choices and the environment, and the politics of the food industry.

## HEALING DIETS ONLINE COURSE TOPICS

- Water in cell, organ, gland and systemic function
- Effects of dehydration
- Water fasting: history, theory and practice
- Water quality, structure and preservation
- Hado water
- Juice fasting: history, theory and practice
- Ligitarian Diets
- Green drinks
- Produce hygiene
- Nutritional and medicinal properties of fruit and vegetables
- Disease progression: enervation, toxaemia, irritation, inflammation, ulceration, induration and function
- Steps to overcoming disease
- The eliminative organs: support with diet, herbs and naturopathic therapies
- Detox symptoms and naturopathic treatments
- Bowel cleansing: theory and practice
- In-depth study of digestive system and enteric nervous system
- Liver and gallbladder cleansing: theory and practice
- Stomach cleansing and healing
- Nutritional support for body organs, systems and glands
- Purification diet
- Food combining
- Alkaline Diet: effects on body cells, organs, glands, and on mental and emotional health
- Minerals, vitamins, proteins, carbohydrates, fats, sugars, enzymes, antioxidants, phytonutrients, pre and probiotics, and light/life force in food and their roles in body function
- Diet and the immune system
- Lymphatic cleansing
- Transition Diets
- Low glycemic diets
- Healing food habits: mealtime stories, food addiction, emotional eating and other eating disorders
- Oils and fats: raw, vegetable, nut and seed, methods of extractions, effects on health
- Creating a healing diets kitchen: tools, cookware
- Conscious Eating: awareness, presentation, environment
- Menu inspiration
- Five Elements and diet
- Doshas and diet
- Prana, Tejas and Ojas
- 6 Tastes: sweet, sour, salty, pungent, bitter and astringent
- Healing spices: dosha balancing and medicinal benefits of culinary spices
- Three Gunas and diet
- Living foods: history, theory and practice
- Fermented foods and drinks
- Sprouting
- Dehydrating foods
- Use of nuts and seeds in healing diets
- Raw food diets: transitioning to raw, raw food preparation, nutrient density, raw challenges
- Assimilation of nutrient
- Diet for babies and children
- Diet for adolescence
- Diet for preparing for pregnancy,

pregnancy and nursing

- Diet for those on medication, chemotherapy and radiation therapy
- Diet for menopause
- Diet for the elderly
- Food and conditions for increasing beauty
- Nutrient density for athletes
- Food and consciousness: emotions, cognition, increasing awareness
- Tissue Salts
- Parasite cleansing
- Vegan diet: philosophy, application and menu inspiration
- Health, societal, and economic consequences of eating animal products
- Food and Ethics
- Factory Farming
- Meat, dairy and egg replacers in recipes
- Vegan and vegetarian baking
- Genetically modified foods: health, environmental and economic/societal costs
- The seed industry
- Corporate food, the FDA, AMA, private and public research
- Litigation and school lunches
- Subsidised GMO farmers vs organic farmers
- Slave labour in the food industry
- Codex Alimentarius
- Food additives
- Public research - private gain: funding for food research/funding policies
- Changing food policies
- Food sovereignty
- Soil and Health
- Organic farming; Biodynamics and Permaculture
- Self Healing
- Creating a practice
- Creating a consultation space
- Practice promotion, websites, marketing
- Practice ethics and code of conduct
- Consultation skills
- Mind mapping
- Healing diets programme creation

## HEALING DIETS IMMERSION

The 5 day Healing Diets Immersion is a delicious, delightful hands-on experience that

provides the foundation for inspired, creative preparation of therapeutic nutrient dense foods. Students participate in establishing the rhythms of a living foods kitchen, moving from cleansing to health building, and culminating in gourmet raw food preparation.

Practical time in the kitchen is interspersed with lectures that explore different facets of the material taught in the Healing Diets and Herbal Medicine study materials.

In this Immersion you will learn skills to bring magic and inspiration into your relationship with food, along with the foundation to share this knowledge with others.

## HEALING DIETS IMMERSION COURSE TOPICS INCLUDE:

- Establishing the rhythms of a living foods kitchen
- Fermenting, dehydrating, sprouting, juicing, culinary herbs and spices
- 5 Tastes in Chinese Medicine
- Doshas in Ayurvedic Medicine
- Transitioning from SAD to real food diet
- Transitioning to a vegan diet
- Transitioning to a raw food diet
- Vegan and raw food preparation
- Conscious eating
- Consultation skills
- Case taking and clinical practice skills
- Creating Healing Diets programmes
- Creating a Healing Diets practice

## ESSENTIAL OILS AND HEALING TOUCH IMMERSION

Essential Oils are plant medicines that have a unique resonance with the emotional body. Their complex chemistry and high frequency has a direct effect on cellular and DNA memory, permanently releasing trauma while increasing oxygenation to the pineal and pituitary glands. Essential oils also support healthy functioning of the endocrine, immune, nervous, respiratory, circulatory and digestive systems, are naturally anti-bacterial, anti-viral





and potentially anti-inflammatory, increase focus and memory, increase right-hemisphere processing of life experience, increase coherence between mind and body and are effective anti-depressants and mood elevators. Their therapeutic benefits are enhanced by the beauty that they bring to day to day life.

The Essential Oils and Healing Touch Immersion focuses on experiential healing processes that combine essential oils with techniques to balance sympathetic and parasympathetic nervous system function and heart-brain coherence, allowing for deeper connection and receptivity to self healing.

As classes progress, healing processes shift to the study of Reflexology; a gentle format for exploring a range of healing touches and developing skills to bring clients into a deep state of relaxation where they are exceptionally open to the shifts in fractal progression offered by essential oils.

## **COURSE FEES & ENROLMENT**

Students begin their studies by enrolling in the Quantum Botanicals Advanced online course, and enrol in Immersion Trainings at their own pace, attending either one or two Immersions each year.

### **Quantum Botanicals Advanced Online Studies**

12 monthly payments of £225

or

Payment in full of £2000 (savings of £700)

### **Immersion Trainings**

Each Immersion is offered on alternate years in London.

**Healing Diets Immersion:** £1600

**Herbal Medicine Immersion:** £1350

**Essential Oils & Healing Touch:** £1350

**Quantum Botanicals & Flower Essences:** £1350

See application form for enrolment details.



# FAQ

## WHAT QUALIFICATION WILL I RECEIVE ON COMPLETION OF THE QUANTUM BOTANICALS ADVANCED DIPLOMA COURSE?

Upon graduation you will receive the Quantum Botanicals Advanced Therapist Diploma awarded by School of Natural Medicine UK and accredited by the BFVEA, AADP and AAMA.

You will further qualify as a board certified Holistic Health Practitioner and Alternative Medical Practitioner.

In addition you will receive the Healing Diets Nutritional Consultant diploma and Herbal Medicine Certificate, awarded by School of Natural Medicine UK and accredited by the AAMA and AADP.

## CAN I BEGIN WITH ONLINE CERTIFICATION STUDIES AND CHOOSE TO ATTEND IMMERSION TRAININGS FOR DIPLOMA STUDIES AT A LATER DATE?

Yes! You are welcome to begin with online certification training and enrol in Immersion Trainings and the Self Healing module when ready.

## HOW LONG DOES IT TAKE TO COMPLETE ONLINE COURSES?

Students can create their own study schedule to fit in with personal and professional commitments.

### **A guideline for assessing study time is as follows:**

**Quantum Botanicals** - 12 lessons - 8 hours per week for 12 months

**Quantum Botanicals Advanced** - 36 lessons - 8 hours per week for 24 months

## HOW DO I GET HELP IF I HAVE A QUESTION?

Help with questions is readily available by contacting the school by email. If the questions are more complex, then Bonny will set up a time to speak with you on Skype.

## HOW IS THE ONLINE COURSE STUDY STRUCTURED?

There are 12 lessons in each online course (14 lessons in the Iridology course), and each lesson contains between 40 and 60 pages of detailed study material, with additional links, video and/or recommended reading, depending on the lesson.

Assignments combine reading, research and writing, with creative projects and experiential self healing. Assignments for each lesson are sent together as a group for marking and feedback. If your assignments do not reach the standard required, then you are given the opportunity to develop your work and resubmit your assignments.

## IS THERE A DEADLINE FOR COMPLETING AN ONLINE COURSE?

Individual online courses must be completed within two years, although you can apply for an extension with extenuating circumstances. The Quantum Botanicals Advanced online course must be completed within three years.

Typically students complete individual online courses within one year, and the Quantum Botanicals Advanced within two years.

If a student has not sent in an assignment in six months, the student file is placed on hold for a further six months before being closed.



## FAQ

### ARE THE DIPLOMA COURSES ACCREDITED?

Each of our courses are accredited and you can view details of accreditation on our website by following [this link](#).

### ARE THE DIPLOMA COURSES ACCREDITED INTERNATIONALLY?

Each country has its own requirements and there is no accreditation available that is 'international.'

Most countries do not regulate the practice of natural or herbal medicine, with the exception of a few restricted and/r illegal herbs, as this approach is holistic and does not diagnose or treat disease, thus in most settings you can freely practice without requiring board examinations or professional memberships (although joining professional bodies is highly recommended).

Some countries do require an examination in their own language, for example in Germany there is an examination required for all practitioners who make health recommendations, regardless of your qualifications.

Each graduate must educate themselves about the requirements in their own country and abide by them. School of Natural Medicine graduates practice all over the world and we have never had a graduate who has been unable to practice and/or teach in their home country.

### WILL I BE ABLE TO OBTAIN PRACTICE INSURANCE UPON GRADUATION?

School of Natural Medicine UK graduates can obtain block insurance from Balens insurance company in the UK, or with an insurance company in your own country. Professional memberships also frequently offer reduced fee insurance options.

### CAN I ATTEND IMMERSIONS IN ANY ORDER?

Yes! All five Immersions can be attended in any order. Clinical Training, if applicable, is attended once all online and immersions studies are complete.

### I HAVE FURTHER QUESTIONS. HOW DO I REACH THE SCHOOL TO DISCUSS THE COURSES?

You can reach the school directly by email: [info@schoolofnaturalmedicine.com](mailto:info@schoolofnaturalmedicine.com)

To arrange a Skype call, email the school to make an appointment. The school Skype address is PureHealthSNM.

You can also arrange a time to speak with Bonny Casel by telephone. Email the school to schedule a time.

### WHEN CAN I BEGIN MY STUDIES?

We have open enrolment, so you can begin your studies as soon as you wish!





# How Do I Enroll?

## 1

The first step towards enrolling is to explore the school website and prospectus. Once you have a feel for our courses, get in touch to share about yourself and your goals, and to ask any questions that you have. We can also arrange a time for a Skype or telephone conversation to discuss your goals for study and your questions about our courses.

## 2

When you are ready to enrol you can do so directly through the school website, or you can print the application form and complete it by hand. You will need to check the box next to the course and, if applicable, the immersion(s) that you wish to enrol in, and then choose either the time-payment or discounted payment in full option.

## 3

There are several payment options. You can pay directly through the school website or, if you prefer, we can send you a PayPal invoice (+3 % PayPal fee or 0% if you have your own PayPal account and would like to use the 'friend and family' payment option) or you can pay by direct deposit if using a UK account or wire funds if you are an international student.

Time-payments are either for a standing order on the 1st of each month for British students, or by PayPal invoice, due on the 1st of each month, for British or International students.

Students paying in full have the option of paying through the school website, a PayPal invoice that can be paid using a credit card, a direct deposit, or a bank wire if you are an international student. Just check the box for your preference.

## 4

Sign and date the completed application form and either photograph or scan to email back to the school.

## 5

Sign and date and either scan or photograph the data consent form. This allows the school to create your student file and store your completed assignments. We will also need a scan/photo of your photo ID and a personal photo for your student file.

## 6

Email the completed application, signed data consent form, photo ID and personal photo to the school at [info@schoolofnaturalmedicine.com](mailto:info@schoolofnaturalmedicine.com) along with a few words on what has inspired you to enrol in this course and what your goals are for your studies.

**We look forward to welcoming you to the school and supporting you through your studies!**