



DILSTON PHYSIC GARDEN

Herbs for Health

A Foundation Course in Plant Medicine at Dilston Physic Garden (Dip Plant Med.) Students' Handbook 2012

*Discover the remarkable medicinal Power of Plants and
make your own Home Herbal Remedies*

Welcome to our new **Foundation Course** at Dilston Physic Garden

...a note from the curator of Dilston Physic Garden

We soon discovered, since beginning the Dilston Physic Garden in the early 1990's and opening to the public in 2005, that people want to learn more about the healing power of plants. There was a constant flux of questions from visitors wanting to know how to help treat their own everyday ailments, how to grow their own herbs and how to turn those herbs into useful ointments and treatments.

Over the years I have met many wonderful herbal medical practitioners. Listening to their many inspirational courses that are held here at the Physic Garden and how keen people are to learn about their wealth of knowledge, we all decided to draw together our experience to provide the public in the North of England with a comprehensive innovative programme of study teaching the principles behind the remarkable medicinal power of plants - hence, our new diploma - a 'Foundation Course in Plant Medicine at Dilston Physic Garden'.

We look forward to welcoming you on the diploma or indeed just test driving a day course and we hope you enjoy your time of study with us.

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1. Introduction

The Foundation in Plant Medicine at Dilston Physic Garden is an inspiring way to learn about the medicinal uses of the plants that grow around you. With our programme of study you can discover how to use medicinal plants to treat the minor ailments and health issues you encounter in everyday life. You also uncover some of the fascinating facts behind the principles of herbal medicine. Each course is designed to be informative, friendly and fun, allowing you to make home herbal remedies for you and your family.

Dilston Physic Garden is a Medicinal Herb Garden set in the wild and beautiful county of Northumberland. The course tutors come from a range of expertise in plant medicine and are qualified Medical Herbalists from the area and other professionals.

The course director is Elaine Perry, a professor of neuroscience who also has many years experience in the science behind medicinal plants, particularly those for the brain.

The course leader is Nicolette Perry, who amongst other fields has studied a Ph.D. in Pharmacognosy - looking specifically at the medicinal value of Sage (*Salvia*) for Alzheimer's Disease.

A taste of what you will discover on completion of your Foundation in Plant Medicine...

- Make your own Home Herbal Remedies: use raw plant material, from common medicinal plants that grow in your garden, to make a range of medicines for use in many different situations.
- *Materia Medica* - which plants for what? Learn how to use these plant medicines in first-aid situations and how to treat minor ailments and some of the most common conditions, for example:
 - For those common gastro ailments such as dyspepsia, reflux, nausea, IBS, bloating and allergy/intolerance you will discover how to prepare such herbs as peppermint, meadowsweet, fennel, angelica, marshmallow root, dandelion root, bilberry, oak bark.
 - For skin conditions such as eczema, acne, psoriasis, dermatitis, cuts/wounds/grazes, skin ulcers you will learn about comfrey, calendula, nettle, red clover, burdock, chickweed and cleavers.
 - For respiratory conditions such as catarrh, sinusitis, flu, colds, sore throat, asthma, bronchitis and hay fever, you will discover thyme, yarrow, elderberry, marshmallow leaf, garlic and horseradish.
- Grow your own medicinal plants: identify them in the wild, harvest, dry & store them for future use
- How to use plants as energetic medicines and understand more subtle aspects of plant medicine
- You will also discover a bit of the fascinating science and medicine behind plant medicine: how plant preparations work on the systems of your body

PLEASE NOTE:

A Foundation Course in Plant Medicine at Dilston Physic Garden is not a practitioner course and does not qualify you to become a herbal medicine practitioner or qualified Medical Herbalist. It does however give you diploma with an in depth and working knowledge of herbal medicine.

There are also opportunities of more advanced study for graduates, post-graduates, botanists, scientists and general practitioners with an interest in the science and medicine behind Herbal Medicine. If you are interested in an Advanced Day or Weekend Course please email nslperry@gmail.com.

2. Course Aims

- Experience the simple pleasure of recognising medicinal plants whilst out in nature
- Gather and make the remedies you need
- Learn how to look after yourself and lead a healthier life
- Encourage further study in the world of plant medicine - the Foundation can be used as preliminary to taking a Herbal Medicine or other related degree
- Connect more with plants and nature

3. Course Dates & Times 2012

All courses are held at the Herbology House at Dilston Physic Garden.

Hedgerow Medicine: Introduction to Herbal Medicine *Part I* (Module 1) with Ross Menzies

Saturday 12th May 2012 10am-4pm

Ancient Folklore to Modern Medicine: Historical Context of Herbal Medicine (Module 2) with Jill Schnabel

Sunday 13th May 2012 10am-4pm

Hedgerow Medicine: Introduction to Herbal Medicine *Part II* (Module 1) with Ross Menzies

Saturday 26th May 2012 10am-4pm

Nature's Pharmacy *Part I: Digestive* (Module 3) with Anne Larvin

Sunday 27th May 2012 11am-5pm

Green Fingers: Growing, Cultivation, Drying, Seed Saving (Module 4) with Jill Schnabel

Saturday 23rd June 2012 10am-4pm

The Plant Itself: Botany, Plant Families & Ecology (Module 5) with Jill Schnabel

Sunday 24th June 2012 10am-4pm

Nature's Pharmacy *Part II: Skin and Nervous* (Module 3) with Ross Menzies

Saturday 7th July 2012 10am-4pm

Nature's Pharmacy *Part III: Cardiovascular & Respiratory* (Module 3) with Anne Larvin

Sunday 8th July 2012 11am-5pm

Optional Subject: (Module 6) Your selected optional subject from the *Workshop Courses*

Date dependant on selected Workshop Course date 2012

Clinical Perspectives: Any Questions? (Module 7) With a panel of experts

Saturday 8th September 2012 10am-4pm

4. Course Structure

- The Foundation Course in Plant Medicine is a diploma taught as a series of 10 day courses. Each day includes a theory session and a practical session or demonstration
- Courses take place in the Herbology House at Dilston Physic Garden on days (mainly Saturdays & Sundays) between April & October 2012 (10am-4pm or 11am -5pm) with a ½ hr break for (BYO) lunch
- The 10-day course covers 7 inspiring modules of study in Plant Medicine; this includes the creation of your own Herbarium that is completed before the final course on the 8th September 2012.
- Individual tutorial guidance is available for you throughout the course and participants have the opportunity to explore the beautiful Physic Garden in their own time. You are encouraged to partake in further independent study beyond the allocated course hours if you wish.

5. Course Contents

The course is divided into the 7 modules of study below, split over the 10 day courses.

Over the duration of the Foundation Course you will also compile your own Herbarium. At the beginning of the Course you can choose between a Herbarium that illustrates either the medicinal values of a medicinal plant you are interested in, or illustrates the *Materia Medica* - the medicinal plants used to treat a particular 'system' of the body. As you build your Herbarium for this plant or system over the Foundation Course, you will enjoy a greater understanding of its medical botany and will feel competent to present your Herbarium, with prepared questions if you wish, to the 'Panel' in Module 7 at the end of the Foundation Course. Although your Herbarium will be mainly self-directed study, assistance will be given in its preparation. Your 2000 word Herbarium will be assessed by medical herbalist Ross Menzies at the end of the course and will complete your Diploma.

5.1 MODULE 1 (with Ross Menzies)

Hedgerow Medicine: An Introduction to Herbal Medicine (Parts 1 & 2)

Hedgerow Medicine *Parts 1 & 2* are designed to bring herbal medicine alive by focusing on local plants that can be gathered from the wild or easily cultivated.

Both sessions are very practical and students will learn how to identify a range of medicinal plants and the techniques used to gather and prepare them. Experience the joy of making a wide range of traditional medicines and preparations using simple ingredients. At the core of this module is an approach to plant medicine that is deeply respectful of the plants and the wider environment. The Hedgerow Medicine module will lay the foundations for other modules introducing many of the skills and ideas that will be used or developed as the course progresses.

Hedgerow Medicine *Part I* Saturday 12th May 2012 10am-4pm

Theory

- What is a herb? Herbal medicine - a brief history and its place in the modern world
- How do herbs work – plant spirit, energetic, chemical, medicine
- The range of medicines that can be prepared
- Getting to know plants – developing skills of identification –senses, useful texts, making records for future use
- Plant drawing
- Acting as a caretaker in nature
- Collecting plant material, practical and ecological considerations
- Roots, berries, bark, leaves and flowers
- Infusion
- Decoction

Practical

- Preparing a comfrey and calendula ointment
- Nettle Soup - prepare and have for lunch
- Poultice and compress

Plants

- *Urtica dioica* (Nettle), *Symphytum officinalis* (Comfrey), *Calendula officinalis* (Calendula), *Sambucus nigra* (Elder), *Melissa officinalis* (Lemon balm)

Hedgerow Medicine *Part II Part 2* Saturday 26th May 2012 10am-4pm

Theory

- Preparing a herbal tincture. Various plants to choose from, each discussed – *Thymus*, *Filipendula*, *Urtica*, *Salvia*
- Herbal first aid (creating a First Aid Kit). Discuss *Salix alba*, *Quercus robusta* and *Filipendula*, *Achillea*, essential oils, burns, cuts, stings, diarrhoea, headaches, gum health, toothache, fevers, sore throats, urinary infection
- Preparing a cough syrup
- Intuitive work with plants, an introduction

Practical

- Study of *Taraxacum officinalis* – collecting and drying the root; dandelion coffee
- Gathering a few wild leaves to add to lunch
- Herb walk

Plants

- *Thymus vulgaris* (Thyme), *Angelica archangelica* (Angelica), *Salvia officinalis* (Sage), *Salix alba* (Willow), *Quercus robusta* (Oak), *Filipendula ulmaria* (Meadowsweet), *Achillea millefolium* (Yarrow), *Echinacea purpurea* (Echinacea), *Gallium aparine* (Cleavers)

Nicolette Perry (January 2011)

5.2 MODULE 2 (with Jill Schnabel)

Ancient Folklore to Modern Medicine: Historical Context of Herbal Medicine

Sunday 13th May 2012 10am-4pm

A look at the rich and fascinating folklore that surrounds many of our medicinal herbs and its place in the context of modern medicine.

Herbal medicine is the oldest form of healing. This module explores some of the earliest historical evidence for the use of plants as medicine and then traces a timeline through to the modern day. Alongside the learned scientific evidence of herb use that led to modern medicine there will be a special focus on domestic herbal traditions and how these can enrich our view of many herbs. Throughout the day we shall be working with herbs from the Physic Garden via guided walks, observations, tastings, quizzes and individual worksheets.

Theory

- A concise history of herbal medicine from ancient origins to present day
- Plants as the origins of modern medicine
- British Domestic Herbal traditions
- The Naming of Plants: exploring old plant names and what they can tell us
- Individual histories for selected herbs from the Physic Garden
- Gain insight into the profound and ancient history of humans' use of plants for healing
- Appreciate the significance of plant folklore as a resource for studying and understanding herbs, and be aware of good information sources in this area
- Understand the role that plants have played in the origins of modern medicine, placing this in the context of their role in 21st century healthcare.

Practical

- Herb tastings
- Guided Garden walk
- Pictorial quiz
- Individual garden worksheet
- Making herbal tea
- Develop a closer relationship with a selection of herbs found in the Physic Garden

Plants

- *Achillea millefolium* (Yarrow), *Hypericum perforatum* (St. Johns Wort), *Symphytum officinale* (Comfrey) and others.....

5.3 MODULE 3 (with Ross Menzies & Anne Larvin)

Nature's Pharmacy *Part I: Digestive* (with Anne Larvin)

Sunday 27th May 2012 11am-5pm

A day learning about the crucial and central role of the digestive system in health and disease. Find out how herbs can help both specific problems and promote healthy digestion.

Did you know that the gut contains more immune cells than any other area of the body? Did you know that the digestive system produces more serotonin (which affects mood and sleep among many other things) than the brain does?

In this full day course we will look at how the digestive system works and find out about its crucial role in our overall health and well-being. The course will give an overview of the anatomy and physiology of the gut and explore herbal strategies can help with specific digestive problems from the mouth downwards, including such problems as indigestion, reflux, IBS, food intolerances, constipation and infections.

A range of plants will be reviewed along with explanations of how they work and how they can be used in the home. Many of the plants to be discussed are suitable for a range of effects in the body and these will also be highlighted during the day. This one day course links in with the 2 other day courses on Nature's Pharmacy – Skin & Nervous System, and Cardio & Respiratory System – although each day course can be taken on its own.

Theory

- Some basics on the anatomy and physiology of the digestive tract to start you off
- The role of the digestive tract as protector, transformer and eliminator
- Plant constituents and actions that are particularly suitable for digestive problems, such as bitters, astringents and mucilages
- Linking plants and their constituents and preparing herbal formulations
- 'Red flags' of knowing when to treat yourself and when to refer
- We will also be including some of the latest research information.
- An understanding of how the digestive system works and influences/affects other parts of the body
- A knowledge of herbal constituents and how they work in the digestive system
- Learn about the safe use of herbs in relation to digestive problems

Practical

- Identify and taste herbs which have particular constituents such as volatile oil and bitters
- Preparing a cold infusion
- Be able to identify how and why different herbs can help in different digestive problems

Plants

- *Mentha x. piperita* (Peppermint), *Filipendula ulmaria* (Meadowsweet), *Foeniculum vulgare* (Fennel seed), *Artemisia absinthum* (Wormwood), *Althea officinalis* (Marshmallow root), *Verbena officinalis* (Vervain), *Taraxacum officinalis* (Dandelion), *Agrimonia eupatorium* (Agrimony), *Vaccinium myrtillus* (Bilberry), *Rumex crispus* (Yellow dock); *Glycyrrhiza glabra* (Liquorice)
- For these plants (above) we will look at what parts of the herb are used, how they can be prepared, what actions make them so helpful, and sourcing of these herbs.
- Other plants that will be mentioned include: *Angelica archangelica* (Angelica), *Chamomilla recutita* (Chamomile), *Rosmarinus officinalis* (Rosemary), *Salvia officinalis* (Sage), *Thymus vulgaris* (Thyme), *Plantago lanceolata* (Ribwort), *Calendula officinalis* (Marigold), *Symphytum officinalis* (Comfrey leaf).

5.3 MODULE 3 (with Ross Menzies & Anne Larvin)

Nature's Pharmacy *Part II: Skin & Nervous (with Ross Menzies)*

Saturday 7th July 2012 10am-4pm

How these 2 systems are associated together - their imbalances and how plants can help correct these by calming and strengthening both the skin and the nervous system.

The skin - A discussion of your skin's important functions. Explore how the skin is associated with other bodily systems and how skin problems may be locally caused but also often associated with imbalances in the body. Students will learn how to maintain good skin health and will also explore how diet, fluid intake and lifestyle can have a great influence upon the health of the skin. A number of useful and effective plants will be studied that can be used to correct a range of skin problems.

Theory

- Anatomy and physiology - a brief exploration of the role of your skin and how it is associated with other systems of your body
- Common health issues with your skin – keeping skin healthy, rashes, eczema, spots and boils, fungal infections, dry skin, greasy skin, infections, bleeding
- Naturopathic understanding of skin eruptions and problems – how this informs treatment
- Explore the internal and external treatment for skin problems

Practical

- Useful plants: discuss, make notes - including drawings, participants choose a different plant each to make detailed notes on and to share with each other

Plants

- *Taraxacum officinalis* (Dandelion root & leaf), *Gallium aparine* (Cleavers), *Urtica dioica* (Nettle), *Arctium lappa* (Burdock), *Symphytum officinalis* (Comfrey), *Calendula officinalis* (Marigold), *Trifolium pratense* (Red Clover), *Plantago officinalis* (Plantain), *Stellaria media* (Chickweed)

The Nervous System - Consider the functions of the nervous system and explore some of the common imbalances. Stress is perhaps the most common imbalance having many disruptive effects on a person's state of health and well being. A range of techniques to reduce stress will be practiced alongside a comprehensive study of herbs that can be used to calm and strengthen the nervous system.

Theory

- Some basic anatomy and physiology to start you off
- Common issues – stress, depression, anxiety, insomnia, poor concentration
- How the nervous system affects other systems - e.g. digestive, reproductive, cardiovascular, skin
- Diet / caffeine and the nervous system
- Stress and managing stress naturally – meditation, progressive relaxation, coping strategies, making positive change, the importance of achievable steps

Practical

- Creating a personal plan for positive change and managing stress
- Plants to strengthen and calm the nervous system – students study one each in detail and share notes.

Plants

- *Valeriana officinalis* (Valerian), *Melissa officinalis* (Lemon Balm), *Salvia officinalis* (Sage), *Hypericum perforatum* (St John's Wort), Chamomile nobile (Chamomile), *Stachys betonica* (Betony), *Humulus lupulus* (Hops), *Ginkgo biloba* (Ginkgo), *Nepeta cataria* (Nettle), *Lavendula officinalis* (Lavender).

Nicolette Perry (January 2011)

5.3 MODULE 3 (with Ross Menzies & Anne Larvin)

Natures Pharmacy *Part III: Cardiovascular & Respiratory* (with Anne Larvin)

Sunday 8th July 2012 11am-5pm

A day learning about the cardiovascular and respiratory systems in health and disease, and finding out how herbs can help both specific problems and promote healthy heart and lungs.

A brief overview of the anatomy and physiology of the cardiovascular and respiratory system will 'set the scene' for exploring some of the home herbal remedies that can be used to treat specific conditions. Plants to maintain a healthy heart and lungs will be reviewed but we will also look more widely at plants to treat conditions such as headaches and migraines, varicose veins, and Reynaud's disease. Respiratory conditions discussed will include seasonal infections (and how to treat them with or without antibiotics), allergies such as hay fever, sinus conditions, and excess catarrh. The course also reviews the different methods of delivering herbal treatments from poultices to tinctures; from inhalations to infusions. A range of plants is included in this 1 day course along with explanations of how they work and how they can be used safely in the home. Some plants to be discussed you will have already met on other Nature's Pharmacy courses, others will be new but all are discussed specifically in terms of their effects on the cardiovascular & /or respiratory systems.

Theory

- Some anatomy and physiology of your cardiovascular system and respiratory system; what happens when things go wrong?
- Their role in health and disease and an understanding of 'what can go wrong'
- Herbs, their constituents and actions, that are particularly suitable for specific cardiovascular and respiratory problems, why specific herbs can help in different problems;
- Herbal pharmacy: how different ways of using herbs work and what is suitable for different conditions
- 'Red flags' of knowing when to treat yourself and when to refer
- We will also be including some of the latest research information
- An understanding of the cardiovascular and respiratory system A knowledge of herbal constituents and how they work in the cardiovascular and respiratory systems;
- Learn about the safe use of herbs in relation to cardiovascular and respiratory problems and know when to seek help

Practical

- Preparing poultices
- Formulate a herbal infusion to treat, for example, a migraine headache or a sore throat

Plants

- *Crataegus* spp. (Hawthorn), *Leonurus cardiac* (Motherwort), *Tanacetum parthenium* (Feverfew), *Ruscus aculeatus* (Butchers Broom), *Capsicum minimum* (Cayenne), *Aesculus hippocastanum* (Horsechestnut), *Althea officinalis* (Marshmallow leaf), *Rosmarinus officinalis* (Rosemary), *Thymus vulgaris* (Thyme), *Inula helenium* (Elecampane), *Achillea millefolium* (Yarrow), *Sambucus nigra* (Elderberry & flower), *Allium sativum* (Garlic), *Armoracia rusticana* (Horseradish).
- For these herbs (above) we will look at what parts of the herb are used, how they can be prepared, what makes them so helpful for the cardiovascular and/or respiratory systems and sourcing of these herbs.
- Other herbs that will be mentioned include: *Angelica archangelica* (Angelica), *Plantago lanceolata* (Ribwort), *Glycyrrhiza glabra* (Liquorice), *Vaccinium myrtillus* (Bilberry), *Echinacea* spp. (Echinacea), *Tilia* spp. (Limeflower), *Stachys betonica* (Betony), *Tanacetum balsamita* (Alecost)

5.5 MODULE 4 (with Jill Schnabel)

Green Fingers: Growing, Cultivation, Drying, Seed Saving

Saturday 23rd June 2012 10am-4pm

This module is about the joys and skills of gardening and how these can both enhance our relationship with herbs and enrich our understanding of their healing potential.

From seed sowing and nurturing your herbs in the garden to gathering herbal medicines in the form of leaves flowers seeds and roots. This course covers the basic techniques of organic growing and then looks in detail at selected medicinal herbs, with specific tips and guidelines for successful production.

Theory

- Techniques for sowing seeds. Seed germination & stratification. Pricking out & potting on
- Soil preparation & soil fertility for herbs. Watering and feeding regimes
- Buying herb plants & seeds
- Trimming & pruning herbs and other management through the year
- Harvesting and storing herbs for medicinal use. Guidelines for sustainable harvesting
- Saving & storing your own herb seed
- Growing herbs as a way of developing your intuitive skills & deepening your relationship with the plant
- Gain insight into how the experience of growing a herb can deepen knowledge and understanding of its healing qualities
- Be aware of the basic principles that underlie sound organic herb gardening practices
- Be able to identify, for a number of specific herb species, key cultivation and management practices to encourage optimum growth and plant quality
- Be able to identify, for a number of specific herb species, optimum harvesting drying and storage practices
- Awareness of the techniques / skills involved in raising plants from seed with specific information on certain particular herb species
- Awareness of other methods for propagating herbs and which herb species these are relevant to

Practical

- As much of this course as possible will be hands on
- Herbal teas

Plants

- See lists in other Modules - a selection of plants shall be drawn from this list as determined by what is flourishing in the garden at the time of the session.

MODULE 5 (with Jill Schnabel)

The Plant Itself: Botany, Plant Families & Ecology

Sunday 24th June 2012 10am-4pm

The mysterious botanical world of plants: what we know about them as living organisms and how we strive to categorize and label them as a way of understanding them better.

Using the wealth of plants found in Dilston Physic Garden this course will delve into the realms of botany, ecology and plant classification systems as a way of stimulating and expanding our perception of plants and how to work with them.

Understanding modern plant classification and becoming familiar with latin names of herbs can be an invaluable tool in *understanding plant relationships*....Several of the major plant families (e.g rose family, daisy family, mint family) will be examined in detail with a focus on their botanical, medicinal and healing qualities.

Alongside conventional scientific methodologies space will also be given to discuss alternative “energetic” approaches to plant study.

We shall be considering the varying life cycles of different herbs with an opportunity for seed sowing and individual projects.

Theory

- The wonder of plant photosynthesis
- The amazing Plant Kingdom and plant classification systems – why Latin plant names are interesting and informative
- Basic plant ecology – how plants can adapt to their environment with examples of herbs from different habitats
- From Seed to Harvest: explore the life cycles of annual, biennial and perennial herbs
- Examining Botanical Families as a way of understanding more about the qualities of medicinal herbs
- The Energetics of plants and plant medicine
- Gain insight into how plants function as living organisms
- How an understanding of botany & ecology can enrich our relationship with medicinal plants
- Appreciate alternative approaches to plant study that emphasize an energetic perspective.
- Understand the basics of our modern plant classification system and be aware of the major plant families to which most medicinal plants belong
- Understand how different types of plants have *different* life cycles and the relevance this has when cultivating or working with medicinal herbs

Practical

- Herb tastings / Seed sowing activity
- Herbal Tea

Plants

- *Calendula officinalis* (Pot Marigold) (- seed sowing exercise), *Anethum graveolens* (Dill).
- See list in other Modules—a selection of plants from this list shall be drawn, as determined by what is flourishing in the garden at the time of the session.

MODULE 6 Optional Subject**Date dependant on your chosen course date.**

The Optional Subject (Module 6) allows you to study a chosen area that interests you most. Select your choice of subject from the *Workshop Courses* list below and ensure you mark it on your Booking Form:

Making your own Perfume using Fragrant Essential Oils with Christine Fisk **Saturday 16th June 2012 1pm-4pm**

Spend an afternoon learning how to make Eau de colognes, Eau de toilette and Splash cologne using fragrant essential oils. During the afternoon, you will learn basic blending techniques with Christine Fisk, Clinical Aromatherapist, so that you may create your own unique fragrance.

Flower Essences with Phillipa Lee **June 2012 (for date, time & cost please email nslperry@gmail.com)**

Flower remedies have been used for over 75 years to treat and help us manage our negative mental and emotional states. They are natural remedies that have absolutely no side effects: they can do no harm – only good. Fears, phobias, stresses agitations and anxieties figure prominently in the flower remedy repertory and are therefore well-suited to use alongside any other therapy in the healing and management of these types of conditions. In fact so benign are flower remedies that the sufferers themselves can self-prescribe in confidence because even if they choose incorrectly the remedies can do no harm.

Plant Spirit Medicine with Ross Menzies **Tuesday 10th July 2012 10am-3.30pm**

Plants have always been revered for their healing properties, in many cultures (and historically in our own) healers have had very close relationships with their healing plants and have often described having a communication with them as part of a healing process. This course will help develop the skills needed to sense the more subtle qualities of plants and to work with plants using their subtle energies to promote healing – physical, emotional and spiritual. Ross believes and has found that working with plants as living evolved and complex beings - coming to them from a place of deep respect and reverence allows a deeper healing to occur. Some basic kinesiology will also be taught.

Artistic, Creative Approaches to Healing Plants Jenny Blayney & Jill Schnabel **Saturday 14th July 10am-4pm**

A creative way to discover the Secrets of Healing Plants; close group observation followed by a personal painting and drawing experience with a chosen plant. Or is the plant choosing you? Using Goethe's model of plant observation and metamorphosis. Jenny is an art therapist, working out of the ideas of Rudolf Steiner and Anthroposophy. She has been running workshops for over ten years on Nature and Art in the Cycle of the Year and on the relationship of the Human Soul and the Spirit in Nature.

Growing Colour with Tricia Hutchinson **Saturday 21st July 2012 10am-4pm**

Dyeing with plants is not a science... the colour obtain can vary greatly and be depend on many factors... the time of year a plant is picked... the growing conditions... the water... the mordents... the method used to extract the dye... as well as the type of fibre used... so each and every time you use plant dyes the results you obtain have the potential to be different... fibres dyed with plant dyes are not always colourfast... over time the colour can change too... but for me all these variants and possibilities make dyeing with plant dyes so exciting... a range of plants will be used... the colours, shades & hues obtain will be different... the day will start with a walk through the garden gathering plants... once the vats of colour are simmering away... we will talk about the different types of fibres & mordents available... then it will be time to add you fibre to the dye pots... you will end the day with a selection of plant dyed natural fibres to use in your own projects...

Using Herbs and Herbal Remedies with our Animal Companions Leigh Smyth **Thursday 28th July 1pm-4pm**

This course will help you to learn about how your companion animal (focusing mainly on horses, dogs and cats) has evolved using natural remedies. Learn which ones are useful for you to grow, and use with them for common ailments. Devised and presented by Leigh Smyth who works therapeutically with humans and animals using a number of healing modalities, including the use of herbs, essential oils and other natural remedies. Leigh Smyth of 'Essentials for Equilibrium' is passionate about the medicinal/ healing properties of herbs, essential oils and other natural substances for our animal companions. Having trained at the Institute of Zoopharmacognosy, Leigh is keen to help as many animals as possible. Leigh is also a Registered Nurse and Reiki Master. She says all animals can and do heal themselves with the earth's natural products.

Botanical Brian Booster with Elaine Perry **Saturday 22nd September 2012 1pm-4pm**

How medicinal plants/ herbs enhance mind/ brain activities - improving memory and attention, promoting healthy sleep, reducing anxiety or depression, and fostering a positive state of mind/ happiness (including safe herbal highs). Exploring evidence on these phyto neuro therapies from legendary traditional/ folk uses and medical herbalism, through chemical, biological and clinical research to new drug development. An afternoon with Elaine Perry, neuroscientist and Garden Curator exploring these fascinating facts, together with the relevant plants growing in the garden, and trying samples of teas and tinctures.

Tree Medicine with Ross Menzies **Saturday 29th September 2012 10am-4pm**

A day devoted to getting to know some of our wonderful healing trees. Learn how to identify them, discover some folklore around each tree and explore their many healing properties. Prepare an elderberry winter cold & flu tonic, an acorn antiseptic/ antifungal rinse that can be used to stop bleeding and a medicine from willow that can act as a natural painkiller. The course will have a strong practical element – preparing remedies and getting out and about getting to know the trees.

MODULE 7 (with panel of professionals)

Clinical Perspectives: Any Questions?

Saturday 8th September 2012 10am - 4pm

This session consists of an open discussion with professionals from different perspectives in the fields of plants, science and medicine.

Theory

- It will give you broader perspectives on plant medicine in medical practice: from self medication of herbal medicines, to the integration of science into the practices of general practitioners
- This session will close with an 'Any Questions' discussion panel

Practical

- Here you will present your chosen Herbarium to the panel for assessment and prepared questions you have for the panel (assistance will be given in the preparation of this).

6. Course Tutors



Ross Menzies

Ross is an experienced herbalist and has been in practice in Hexham for 13 years supporting patients with many acute and chronic health imbalances. He works using primarily native herbs and prepares many of his own medicines. He has had a close association with Dilston Physic garden for many years and regularly runs courses there that have proved very popular. Ross has also tutored on a professional herbal medicine diploma and has edited a professional journal.



Jill Schnabel

Jill studied agricultural science (BSc) and plant pathology (PhD) before qualifying as a medical herbalist in 2004. She now practices herbal medicine in Newcastle upon Tyne and Northumberland. After working as an advisor with the National Centre for Organic Gardening, she moved to the North-East in 1993 where she co-founded a successful organic vegetable growing cooperative. As an adult education tutor she has taught a diverse range of courses in organic gardening, plant folklore and herbal medicine, at both university and community levels. "My enthusiasm and love for plants was inherited from my Grandmother and Mum, and continues to weave a constant thread through my life and work. My approach to plant medicine is eclectic and encompasses historical, cultural, scientific, emotional and spiritual dimensions."



Ann Larvin

Having studied law at Durham University and then worked in the pharmaceutical industry for many years, Anne came to herbal medicine later in life. She has been studying herbs for over 15 years and has worked as a professionally qualified medical herbalist for over 7 years and still remains awed and excited by the power that plants exert over our health and well-being. As well as writing and publishing a book 'Remembered Remedies of Northumberland' for the Northumberland federation of WIs, she also edits and publishes Greenfiles, a quarterly journal of research abstracts for professional herbalist and other healthcare professionals. Anne has also qualified as a nutritional therapist and is currently writing her M.Sc. evaluating a cooking skills project in Newcastle.

7. Entry Requirements

A Foundation in Plant Medicine is for everyone. It is a complete beginner's guide. No qualifications or previous knowledge are needed for this diploma, just passion and enthusiasm! Participants must be over the age of 18.

8. Assessment

To be awarded your Diploma in Plant Medicine (*Dip. Plant Med.*) Certificate, the 10 courses and the preparation and writing of your own Herbarium must be completed and assessed.

Module	Award
Module 1 Hedgerow Medicine <i>Parts I-II</i>	10%
Module 2 Ancient Folklore to Modern Medicine	10%
Module 3 Nature's Pharmacy <i>Parts I-III</i>	10%
Module 4 Green Fingers	10%
Module 5 The Plant Itself	10%
Module 6 Optional Subject	10%
Module 7 Clinical Perspectives	10%
Herbarium Self-directed study	30%

9. Course Fees

The Foundation Course in Plant Medicine 2012 tuition fees are £400

A single individual full day course is £50 (concessions £40).

NOTE: There will be some additional costs for materials used during the courses; these however should amount to no more than £2 per day course. No booking can be confirmed until full payment is received.

Scholarships

We have a limited number of scholarships available for 2012. Our scholarships are particularly aimed at encouraging recent school graduates, students or degree graduates. Please send an email outlining why you would like to study the Foundation Course in Plant Medicine to nslperry@gmail.com. Please note that there is a dedication fee of £60 payable by all scholarship participants.

10. How to Book a Course

- To book the **10-day Foundation Course in Plant Medicine 2012** simply complete the **Booking Form** at the end of this handbook and return it - with your deposit - to Dr Nicolette Perry, Dilston Physic Garden, Corbridge, Northumberland NE45 5QZ or email it to nslperry@gmail.com

Please note that payment is made in 2 instalments:

1st instalment: Send your £200 (non-refundable) deposit with your booking form

2nd instalment: Send the remaining £200 before Wednesday the 11th April 2012.

A limited number of scholarships are available for 2012

After this date bookings can still be taken (dependent on availability) with payment of the full amount

- A **Single Day Course** from the Foundation in Plant Medicine series is £50 (conc. £40) - to book a course please email nslperry@gmail.com with the course title as subject.
- Early booking is recommended as numbers are limited to 15 per day course

"I took a course by Ross Menzies last year and I found it so informative and useful - a whole other world of possibilities in terms of my health - that I have booked another one for 2012" Hexham, Northumberland 2011
Nicolette Perry (January 2011)

11. Booking Form**DILSTON PHYSIC GARDEN**

Herbs for Health

A Foundation Course in Plant Medicine at Dilston Physic Garden

(Dip Plant Med.)

Diploma Booking Form 2012

Please fill in this Booking Form as thoroughly as possible and return it to

Nicolette Perry
 Foundation Course in Plant Medicine
 Dilston Physic Garden
 Corbridge
 Northumberland NE45 5QZ
 or email it to nslperry@gmail.com

Please ensure you

- Fill in each section and select your Optional Subject choice.
- Enclose your £200 deposit with this form. Cheques payable to 'Dilston Physic Garden'*.
 *Note the remaining £200 is due before the Wednesday 11th April 2012

Note: you will be sent information on what you need to bring to each course by the course tutor.

Contact information

Full course information can be found at http://dilstonphysicgarden.com/foundation_course.htm

Any additional queries please email nslperry@gmail.com - please note that email is the preferred method of contact (if needed please telephone 07879 533875 and leave a message).

NOTE: your email will be responded to as soon as possible and within 7 working days.

Transport

Please visit the website for full directions to the garden. There is easy access by bus (2min walk) and train (Corbridge, 20m walk) and parking available at the garden.

Bed & Breakfasts

There are a number of Bed & Breakfasts in the area - please visit www.visitnorthumberland.com/bed-and-breakfasts for an up-to-date list.

Your details

Name : _____

Surname : _____

Address : _____

Postcode : _____

Telephone : _____

Mobile : _____

Email : _____

Optional Subject choice _____

Please select your choice from the Workshop Course list on page 13 (Module 6) of this handbook

More details

Briefly outline any previous experience you have in Plant Medicine and your qualifications

Please let us know your reasons for taking the Foundation Course in Plant Medicine and what you hope to gain from the course

Professional background (please outline briefly)

How did you hear about the Foundation Course in Plant Medicine?

Any further comments:
