

## Twin Star Herbal Education - Individualized Class Offerings

<p><b>Medicine Making</b>          Preparing Herbal Teas, Oils, Salves, Tinctures, Glycerites and Vinegars, Cordials, Syrups</p> <p><b>Home Remedies</b>          Common Kitchen Remedies          Medicinal uses of Culinary Herbs          Herbal First Aid</p> <p><b>Nervous System Health</b>          Herbs for Managing Stress          Herbal Therapies for Depression          Herbal Therapies for Insomnia &amp; Headaches</p> <p><b>Urinary Health</b>          Herbal support for Kidney Stones          Herbal Therapies for UTI's</p> <p><b>History</b>          The History of Herbal Medicine          The Wise Woman Tradition          The History of Biblical Herbs</p> <p><b>Children's Health</b>          Herbal Newborn Care - Adolescence          Herbal Therapies for ADHD          The Vaccination Debate</p> <p><b>Aphrodisiacs</b>          Herbal Aphrodisiacs          Creating you own Herbal Love Kit</p> <p><b>Women's Health</b>          Herbal Remedies for Women          Herbs for the Menstrual Cycle &amp; Menopause          Herbal Allies for Breast Health          Herbal Therapies for Cervical Dysplasia          Therapies for Female Infections</p> <p><b>Pregnancy</b>          Herbal Care for Pregnancy, Labor &amp; Delivery          Preventative Postpartum Care</p> <p><b>Herbs for Pet's</b>          Basic Herbal Pet Care</p> <p><b>Senior Citizen's Health</b>          Herbs for Elders</p> <p><b>Men's Health</b>          Herbs for Men's Health          Herbs for Benign Prostate Hyperplasia</p> <p><b>Nutrition</b>          Feeding the Family Right</p> <p><b>Materia Medica</b>          Over 100 herbs both Eastern &amp; Western</p> <p><b>Flower Essences</b>          Introduction to Flower Essence Therapy          Flower Essences for the Practitioner          Chakra Essences          Flower Essences for Maiden, Mother &amp; Crone          Flower Essences for Children and Pets</p> <p><b>Wild Plant Walks</b>          Identification - spring/ summer/fall/winter          Doctrine of Signatures Plant Walk          Sustainable and Ethical Wildcrafting walk</p>	<p><b>Herbal Workshop Series</b></p> <p><b>The Art of Flower Essence Therapy</b>          An eight week workshop offering an in depth explanation of Dr. Bach's 38 original flower remedies. Topics covered include: the history of flower essences, how to use flower essences for people, pets and plants, making your own flower essences, case studies, consultations, chakra essences and beyond. (meets on weekday evenings and one Saturday class)</p> <p><b>Family Herbalism – Summer Series</b>          Explore herbal remedies for adults, elders, children, pregnancy, pets and more. Join us for garden walks and herb hikes. Learn about fresh plant remedies and summer skin care, plant nutrition and how to use herbs right off the garden path. Begin Building your own herbal apothecary by taking home a new herbal remedy each week! (Class meets once a week for 4-6 weeks)</p> <p><b>Family Herbalism – Winter Series</b>          Design to inspire students to naturally care for themselves and their families this course covers topics in men's health, pregnancy, infants and young children, elder's and menopause. Holistic nutrition will be covered, winter immunity will be emphasized and participants will learn to make an array of herbal remedies to take home each week. (Class meets once a week for 4-6 weeks)</p> <p><b>Making Your Own Herbal First Aid Kit</b>          Learn the traditional art of herbal first aid. From backyard herbs to the goodies in you kitchen, you will learn how to naturally treat cuts, bumps, bruises, colds, stomach aches, itchy skin and more. Everyone will go home with there own fully stocked herbal first aid kit, including healing salve, antiseptic wash, poison ivy spray, herbal styptics and much more. (Full day workshop)</p> <p><b>Mountain Roots</b>          Learn how herbs can enhance your life with this fun intro to herbalism, focusing on plant walks, medicine making and community wellness. Saturday classes include outdoor mushroom and plant identification walks. Begin building your own apothecary, making herbal remedies to take home each week. (Meets once a week for 6 weeks and every other Saturday)</p>
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