

Go Beyond the Basics

& Learn New Skills with Backyard Medicine



A Unique Herbal Study Series

begins January 7!

Saturday Mornings, 10 am – 1 pm

At the Concord Hospital

Center for Health Promotion

Series is limited to 12 students - Sign up early to ensure your spot!

Beyond the Home Herbalist Series

Instructed by Maria Noël Groves, Clinical Herbalist

Many of our common ailments and health concerns can easily be managed with medicinal herbs and healing foods. We'll start with an overview of backyard medicine and then look at seven common health concerns in depth. Each class will feature a unique herbal remedy to compliment the weeks' topic, helping to expand your creativity with fun ways to take your herbal medicine! The classes in this series build on the Home Herbalist Series with all new material, but anyone can take them regardless of previous studies. Classes can be taken individually or as a series. Series students will receive a certificate upon completion, and nursing contact hours are available.

Visit www.concordhospital.org or call 230-7300 to register

Jan 7: Backyard Medicine: Basic Concepts & Favorite Medicinal Herbs from the Garden and Wild – “Backyard Tea” Blending

One of the most rewarding aspects of herbal medicine is the empowerment of being able to harvest an herb in your backyard to feel better. This class will offer an overview of the basic concepts of backyard medicine including the most common remedy-making techniques, key New Hampshire herbs, and considerations for cultivating and wildcrafting local plants. Everyone will be able to blend a “backyard tea” to bring home.

Jan 21: Longevity & Vitality: Plants that Slow Aging & Promote Good Health – Cordial/Elixir

Even if you don't have anything “wrong” with you, chances are you look at aging with apprehension. We'll discuss some of our best tonic herbs and foods that help prevent disease, maintain good energy, and keep your body healthy at any age. During this class, everyone will get to blend a four-ounce tasty longevity cordial/elixir to bring home.

Jan 28: Brain-Boosting Herbs – Brainiac Bonbons (aka Electuaries)

Feeling foggy lately? Learn about some amazing, safe herbs that enhance brain circulation, reduce the effects of stress, energize, and have proven memory-enhancing effects. We'll also discuss helpful foods and lifestyle techniques to keep your brain running top-notch whether you're a student, a busy parent, or approaching old age and are concerned about mental decline. Together, we'll make bonbons (more formally called an electuary in herbal medicine) with energy and memory herbs and foods to bring home.

See back page for the rest of the series class descriptions!

Feb 4: Strong Bones for Life – Super Nourishing Infusion

You know you need to take calcium, but what kind? Coral, citrate, carbonate, chelated, bone calcium... And then you've got magnesium, vitamin D, vitamin C, vitamin K, zinc, boron, sunshine, and weight-bearing exercise. We'll muddle through fact and myth, food and supplements, and a few fun activities to make your bones stronger. You'll get to taste a nutritive Super Infusion with bone-building herbs and get to blend your own to bring home.

Feb 11: Managing Chronic Pain – Gin Raisins

Headaches, migraines, osteo and rheumatoid arthritis, chronic fatigue, fibromyalgia. These are not easy conditions to treat. However, it's worth sleuthing out the cause of your pain and looking at it as a task master rather than something to overcome and ignore. Through this, you can achieve better health and less pain. We'll discuss natural pain-relieving herbs as well as useful minerals, supplements, dietary changes, and lifestyle changes. Everyone will get to make a four-ounce batch of the old timer remedy Gin Raisins for arthritis and inflammation.

Mar 10: Healthy Skin with Herbs - Herbal Exfoliant

Your skin is the manifestation of your body. Learn how herbs and dietary changes can significantly improve (and, in some cases, eliminate) common skin issues including eczema, acne, dermatitis, psoriasis, fungal infections, even aging! You'll come to understand how closely linked your skin is with the health of your digestive system, liver, nervous system, and general lifestyle. We'll discuss remedies that provide quick relief as well as healthy lifestyle tips to help your skin glow. Everyone will get to make a specially crafted exfoliant for the skin to bring home.

Mar 17: Herbal Allies for Weight Loss – Herbal Chocolate!

You know that a healthy diet and exercise are crucial to achieve a healthy weight, but perhaps you need a nudge to help you maintain your goals and accelerate the process? Many herbs safely boost metabolism, curb cravings, and give you the energy to keep up your exercise routine. Learn which plants to turn to for your weight loss challenges and which ones to avoid due to potentially dangerous side effects. We'll also discuss herbal therapies for sneaky weight loss saboteurs including stress, blood sugar, and thyroid issues. We'll make a batch of herbal chocolate for everyone to bring home to satisfy a sweet tooth healthfully.

\$30 + \$5 materials fee per class

Nursing Contact Hours are Available!

Concord Hospital Professional Practice and Development Department is an approved provider of continuing nursing education by the New Hampshire Nurses Association Commission on Continuing Education, an accredited approver by the American Nurses Credentialing Center Commission on Accreditation.