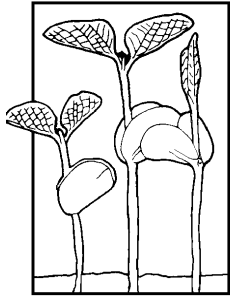


*Enrich your health and life with medicine that you can grow!*

---



## A Unique Herbal Study Series begins March 24<sup>th</sup>!

Saturday mornings, 10 am-1 pm

At the Massabesic Audubon Center

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

---

### **The Home Herbalist Series**

*Instructed by Maria Noël Groves, Clinical Herbalist*

These eight classes will give you a solid background in herbs so that you are more educated and comfortable using herbs to help heal a variety of common health concerns. Each class will discuss a body system, food and herbs that can be helpful, as well as a remedy-making demonstration (with finished samples to bring home). Perfect for beginner and intermediate herbalists, and anyone who would like to better understand these lovely healing plants.

**Visit [www.nhaudubon.org](http://www.nhaudubon.org) or call 668-2045 to register**

#### **Mar 24: Introduction to Herbalism & Herbal Nutrition**

We'll start off with a brief exploration into the art of herbalism and some herb safety basics. We'll also discuss some of most nutritious, vita-mineral-rich herbs that provide the base for almost any herbal therapy. Then we'll spend the bulk of this class covering our most important herbal remedy: tea.

*Remedy Making: The Art of Tea*

Maria will demonstrate the basics of an infusion and decoction and discuss and taste some of our most popular simple herb teas. You'll get to taste at least 6 teas, then you'll learn how to blend them for medicinal and beverage teas. You'll get to create your own blends for home.

#### **Mar 31: Energy & Relaxation: Herbs for the Nervous and Adrenal Systems**

Find yourself running on empty? We'll learn about herbs that help your body withstand stress better to keep your mood and energy levels at top notch. We'll also discuss herbs that help to relax your nervous system, relieve tension, depression, anxiety, and insomnia.

*Remedy Making: Tinctures*

Tinctures, or alcohol extracts of herbs, are easy to make, potent, and have a long shelf life. Learn how to make these indispensable remedies.

#### **Apr 7: Digestive Wellness: Herbs for the Upper & Lower GI**

Does your belly ache or your heart burn? We'll discuss our best herbal options for indigestion, heartburn, gas, diarrhea and constipation.

*Remedy Making: Herbal Oils*

Herbal oils may be used to help heal skin rashes, burns, bruises, fungus, sores, and some types of pain, depending on which herbs are used. Learn a simple technique to make herbal oils for use on their own or to make salves.

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

**Apr 21: Detoxification: Herbs for the Liver, Colon and Urinary Tract**

Throughout history humans have used the seasons and holidays to cleanse their bodies on a regular basis. Learn how food and herbs help your body remove toxins more efficiently and how to decide which ones are best for you.

*Remedy Making: Capsules*

Capsules can be a convenient way to take your herbs, particularly if you don't like to taste them. We'll demonstrate how easy it is to turn any loose herb into pills and you'll get to choose an herb to make your own in class.

**Apr 28: Insulin Resistance & Diabetes: Herbs to Support Blood Sugar Balance**

Blood sugar balance has become an epidemic concern in America. Learn how diet and herbs like gymnema, cinnamon, and blueberries can help manage blood sugar—from basic sugar cravings to type 2 diabetes.

**BONUS: Herbal First Aid** – We'll also talk about how to create your own First Aid Kit and what kinds of products you might want to make or choose for your family's needs.

*Remedy Making: Herbal Salves*

Using herbal oils, or just olive oil, beeswax, and a few other ingredients, you can quickly make professional-looking and useful salves for all sorts of skin and body concerns.

**May 6: Hypertension & Cholesterol: Herbs for the Cardiovascular System**

Heart health is of utmost concern due to our diet, lifestyles, and aging. Learn how to use herbs, food, and dietary supplements to help manage these two common cardiovascular concerns. We'll also discuss heart tonics that can be helpful in a variety of situations.

*Remedy Making: Herbal Honey & Vinegar*

Delicious herbal honeys and vinegars are a snap to make and keep for at least a year in the cupboard. Use them for medicine, flavor, and cooking.

**May 12: Allergies, Colds, the Flu & Respiratory Health: Herbs for the Immune System**

Our herbal arsenal is better equipped to handle viruses like the common cold and the flu than modern medicine. We'll discuss foods and herbs to maintain a healthy immune system, as well as the ones we can call in when viral and bacterial infections strike. We'll also discuss remedies that can help reduce seasonal allergies, both in-the-moment and long-term.

*Remedy Making: Elderberry Syrup*

This delicious remedy can support the immune system to protect against viral infections, sore throats, and more. Learn how easy it is to make, and go home with a bottle.

**NEW DATE! June 16: Women's & Men's Health: Herbs for the Reproductive System** ☼

Some herbs can subtly and overtly manage our hormone cycles. We'll discuss some of the common women's and men's health concerns including PMS, cramps, menopause, libido, and BPH.

*Remedy Making: Lip Balms & Natural Bodycare*

Once you realize how easy and inexpensive these all-natural bodycare items are to make, you'll never drop coin in a department store again! Learn how to make lip balm in a jiffy as well as other treats like aromatherapy spray, bath salts, body scrubs, and massage oil. Great for gifts, too!

**\$25 M/\$35 NM + \$5 materials fee per class**

***If you sign up for the whole series: \$20 M/\$30 NM + \$5 materials per class***

☼ **Optional Herb Walk from 1:30-2:30 on June 16, \$10 M/\$14 NM**