



---

# Heal Your Body with Herbs & Food

This April - June  
Tuesday Nights, 6:00 – 8:00 pm  
At Concord Community Education

---

## The Herbal Body 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. Learn how to safely use herbs to improve your health and enhance your life, even if you have complicated health issues or are taking pharmaceutical drugs. This series is set to compliment the Home Herbalist Series with material not covered there. Classes can be taken individually or as a series.

**Visit [www.classesforlife.com/index](http://www.classesforlife.com/index) or call 225-0804 to register**

### **April 13: Herb Safety 101**

Herbs are generally quite safe—certainly they have a better track record than pharmaceuticals—but they still may have side effects and drug interactions. We'll discuss the safety of some of our most popular herbs. You'll also get the low down on some "controversial herbs." Are kava, black cohosh, and comfrey safe for your liver? Why should you use caution with St. John's wort? How can you safely use herbs while taking pharmaceutical medications? What's the best way to transition from pharmaceuticals to natural therapies? What can I take if I'm pregnant or nursing? I'll share my favorite resources for herb and drug safety and give you some helpful, easy-to-remember guidelines. Herbs are there to help bring us to better health, but it is our responsibility to use them wisely.

### **April 20: Managing Chronic Pain**

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.

### **April 27: Breezing Through Menopause**

Hot flashes, mood swings, irregular periods, vaginal dryness, brain fog, and low libido. It's enough to drive some women to the pharmacy. However, most women can make it through menopause without drugs. We'll discuss black cohosh, the good and bad sides of soy, vitex, flaxseeds, fish oil, and other remedies that can help reduce or eliminate unpleasant effects from menopause.

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

**May 4: Strong Bones for Life**

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.

**May 11: Healthy Skin with Herbs**

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.

**May 18: Natural Allergy Relief**

Fend off allergies before the season begins. By tending to your potential allergies now, you can reduce or eliminate them this year. We'll discuss remedies such as nettles, quercetin, and the neti pot nasal wash, as well as potentially problematic food sensitivities and a weak immune system.

**May 25: Spring Forward with a Spring Cleanse**

Throughout history and most cultures, early spring is a time to step back, cleanse the body, and purify the mind. Seasonal foods, particularly leafy and bitter greens and spring-harvested roots, gently detoxify the body. However, there are so many ways to cleanse, and one plan won't fit everyone. We'll discuss detox basics and different types of cleansing so you can develop your own customized cleanse.

**June 1: Herbal Allies for Weight Loss**

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.

**\$19 per class**

***Extra Discounts if You Sign Up for Multiple Classes or Register with a Friend!***

**Concord Community Education  
Adult Enrichment Course**  
Located within Concord High School  
170 Warren Street, Concord, NH