

**Unlock the healing potential of your kitchen or garden with our award-winning course!**

## **An Introduction to SELF CARE with FOOD & HERBS**

**In Marlow, Buckinghamshire from 10:00 am to 1:00 pm**

**Thursdays, 2019**  
**7<sup>th</sup> March, 25<sup>th</sup> April, 9<sup>th</sup> May**  
**6<sup>th</sup> June, 19<sup>th</sup> September**

**OR**      **Saturdays, 2019**  
**9<sup>th</sup> March, 27<sup>th</sup> April, 11<sup>th</sup> May**  
**8<sup>th</sup> June, 21<sup>st</sup> September**



### **A 5 part practical course – sessions can be booked separately**

- Self Care 1: Basics
- Self Care 2: Digestive Discomforts
- Self Care 3: Sleep, Anxiety & Fatigue
- Self Care 4: Skin & First Aid
- Self Care 5: Coughs, Colds & Allergies

[We recommend that you always start with Self Care 1: Basics]

Living Medicine's award-winning\* course is for anyone interested in healing plants and foods, health, cooking or gardening. Taught by BSc-qualified medical herbalist Alice Nugent of Hippopot Herbs, Marlow, we taste and identify herbs in Alice's beautiful garden, explain how plants work in our bodies and how to use them, learn practical remedy making from teas, creams and tinctures to cooking healthy dishes and assess your own health and diet. It's about the pleasure of sharing knowledge, growing, eating and transforming a food or herb into a simple remedy!

**Cost for Course: £250. Single session including detailed handout £65.**

**Book online at: <http://www.livingmedicine.org/projects>**

**For more details email: [alice@hippopot.co.uk](mailto:alice@hippopot.co.uk)**

\* Award of Merit from Gardening Against The Odds 2013