LIVING MEDICINE
PEOPLE & PLANTS FOR HEALTH
www.livingmedicine.org

Hippopot®
www.hippopot.co.uk

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, Saturdays from 10:00 am to 1:00 pm

A 5 part practical course – sessions can be booked separately

• Self Care 1: Basics	Saturday 19th September
• Self Care 2: Digestive Discomforts	Saturday 10th October
• Self Care 3: Sleep, Anxiety & Fatigue	Saturday 21st November
• Self Care 4: Skin & First Aid	Saturday 16th January
• Self Care 5: Coughs, Colds & Allergies	Saturday 27th February

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

At the end of each session you will go home with a remedy you have made during the workshop

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/events.php
For more details email: alice@hippopot.co.uk

* Award of Merit from Gardening Against The Odds 2013

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