



**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 individually**

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| • Self Care 1: Basics                    | Saturday 15 <sup>th</sup> October 2022  |
| • Self Care 2: Digestive Discomforts     | Saturday 5 <sup>th</sup> November 2022  |
| • Self Care 3: Sleep, Anxiety & Fatigue  | Saturday 26 <sup>th</sup> November 2022 |
| • Self Care 4: Skin & First Aid          | Saturday 14 <sup>th</sup> January 2023  |
| • Self Care 5: Coughs, Colds & Allergies | Saturday 4 <sup>th</sup> February 2023  |

[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 here: <http://courses.livingmedicine.org/an-introduction-to-self-care-with-food-herbs>**

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

\* Award of Merit from Gardening Against The Odds 2013

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