



Mastering Herbal Medicine

FROM GARDEN TO REMEDY

Borgo Santo Pietro, in collaboration with world-renowned Herbalist, Anne McIntyre, proudly presents a comprehensive course in herbal medicine. As passionate advocates of holistic well-being, our estate is all about living in harmony with nature and the land that we eat and heal from by sharing the ancient wisdom to master herbal medicine. Borgo Santo Pietro has joined forces with Anne to distill her decades of herbal expertise to pass on to our beloved community of like-minded people. Our aim is to provide you with an exceptional foundation for your personal journey into herbal medicine.

Mastering Herbal Medicine consists of a combination of online lessons, designed to give you comprehensive theoretical knowledge, coupled with two practical 3-day workshops at Borgo Santo Pietro in Tuscany, Italy. As your mentor, Anne will not only share her extensive knowledge but also guide you through the distillation, maceration, oxymel creation, and ointment crafting that you will learn with us in our Herb House during the workshops.

With over 40 years of practice as a Medical Herbalist and Ayurvedic Practitioner, Anne will lead you on a journey of exploration through simple yet profound lessons. These lessons aim to deepen your understanding of what it means to be human and foster harmony with the natural world, allowing you to maximise your health and well-being.

Here, you will not only gain theoretical knowledge but also engage in hands-on experiences, personally introduced to the herbs by Anne. This unique blend of essential knowledge and practical herbal skills will empower you to confidently integrate herbs into your daily life, forming the cornerstone for any future learning endeavours.



WHO IS THE COURSE FOR?

The one year course is designed for:

- Anyone who would like to learn about herbs for their own self-care and to care for their family at home.
- Health care professionals whose primary system of care is another therapy such as naturopaths, homoeopaths, acupuncturists, osteopaths, chiropractors, nurses, health visitors, doctors, nutritionists etc, where a knowledge of herbal medicine would help to broaden their width of expertise.

COURSE DESCRIPTION

The Mastering Herbalism course consists of eight online modules and two 3-day workshops.

The modules and workshops are designed to be studied in sequence and new online material will be made available to students at the beginning of each month, starting in February 2024 and finishing in September 2024. The online lessons can be studied at your own pace, whenever it suits you and fits in with your other life commitments, but students are strongly encouraged to have completed all the available lessons before each workshop to allow the whole group to progress together.





THE ONLINE LESSONS

The online lessons will cover the following topics:

- **Global Herbal Traditions** - The Western Tradition, Ayurveda, Chinese Herbal Medicine, Tibetan Medicine, Unani Tibb, Flower Essences, Aromatherapy, Homeopathy and Shamanism.
- **The Active Constituents of herbs and their tastes.**
- **The Systems of The Body** - enhancing the health of one system in each lesson. Digestive and gut health, immune, nervous, respiratory, reproductive, urinary, skin and eyes, musculoskeletal and lymphatic.
- **Treating Common Ailments** - we will discuss herbs that can be used to treat a wide range of common ailments in each system.
- **Monographs of Herbs** - in-depth information on the herbs in each module which includes the constituents and actions of each plant, historical and folkloric uses, modern uses, growing tips, contra-indications and recipes, building to a collection of 70 herbs by the end of the course.
- **The Still Room** - skills and techniques to prepare herbal medicines. Drying and storing herbs, herbs as foods, infusions and decoctions, tinctures and glycerites, honeys, powders, vinegars and oxymels, elixirs, energy balls, hydrosols and how to use a still, salves and creams, hand and foot baths, eye baths, liniments, poultices and compresses, mouthwashes and gargles.
- **Practical Exercises** - this will mostly focus on creating a herbarium, building your own collection of plants you have collected, dried, stored and researched.
- **Recipes** associated with the systems and/or herbs discussed during the lesson.



THE PRACTICAL WORKSHOPS AT BORGO SANTO PIETRO

The first workshop will take place 31st May - 2nd June 2024 and the second workshop will take place 27th - 29th September 2024.

During both of the 3-day workshops, students will have the opportunity to collect the herbs growing on and surrounding areas of Borgo Santo Pietro and familiarise themselves with the herbs in person.

There will be discussions of the information covered in the preceding lessons. The herbal preparations will be demonstrated and then practiced so that you will feel confident about trying them out for yourself at home.

Students will be able to enjoy the extensive gardens and woodlands in Borgo and marvel at the fields of herbs and vegetables all grown organically. The days include refreshments and a wonderful lunch at Borgo. You will be free to look around the farm and estate and enjoy the amenities on offer.

Accommodation at Borgo Santo Pietro can be arranged for guests wanting to stay on the premises, excluded from the cost of the course. A list of alternative nearby accommodation will be offered to students once they have signed up.

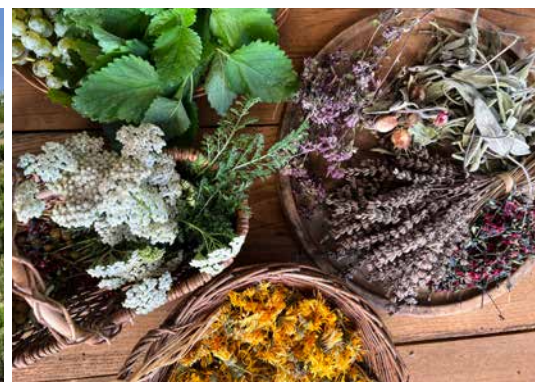
SUMMARY

The Mastering Herbal Medicine course will provide you with the confidence and competence to treat common ailments safely and effectively at home. You will gain detailed knowledge of herbal medicine, how and why it works, and you will have suggestions for the herbal treatment of a wide range of common ailments.

The course runs from **February 2024** to **September 2024**. There are eight online modules and over twenty lessons in total and two 3-day workshops. The total cost is € 1.995,00, which includes the online course, two workshops with supporting materials, breakfast, refreshments and lunch. Dinner is optional and not included.

Accommodation and flights are not included, however transportation can be arranged in advanced at an extra cost.

For any inquiries and course information please feel free to contact us at herbcourse@borgosantopietro.com





COURSE MODULES:

Mastering Herbalism Course Structure:

Module One - February 2024

What is herbal medicine? Global herbal traditions - Western herbal medicine. Foraging and harvesting herbs, drying and storing herbs. Starting a herbarium. The digestive system and its common ailments. Herbal monographs and recipes.

Module Two - March 2024

The relationship between taste and the constituents of plants, the sweet taste. Global herbal traditions - Ayurveda. The Still Room - foods, infusions and decoctions. The respiratory system and its common ailments. Herbal monographs and recipes.

Module Three - April 2024

The sour taste. Global herbal traditions - Traditional Chinese medicine. The still room - tinctures, glycerites, mouthwashes and gargles. The nervous system and its ailments. Developing the herbarium - the five senses. Herbal monographs and recipes.

Module Four - May 2024

The salty taste. Our connection to the plant world. Global herbal traditions - Tibetan medicine. The still room - honeys, vinegars, elixirs and oxymels. The immune and lymphatic systems and their ailments. Herbal monographs and recipes.



Module Five - June 2024

Practical Workshop at Borgo Santo Pietro The pungent taste. Arab culture and humoral medicine. Global herbal traditions - Unani Tibb. The still room - baths, salves and creams. The cardiovascular system and its common ailments. The herbarium - plant energetics. Herbal monographs and recipes.

Module Six - July 2024

The bitter taste. Healing with herbs in the subtle realms. Global herbal traditions - flower remedies and homeopathy. The still room - hydrosols. The reproductive and urinary systems and their common ailments. Herbal monographs and recipes.

Module Seven - August 2024

The astringent taste. Fragrant oils for mental and emotional wellbeing. Global herbal traditions - aromatherapy. The still room - herbal oils and liniments. The skin and the eyes with their common ailments. Herbal monographs and recipes.

Module Eight - September 2024

Practical Workshop at Borgo Santo Pietro. The way forward. Consulting a herbalist. Global herbal traditions - Shamanism. The still room - powders, pastes and energy balls. The musculo-skeletal system and its common ailments. Herbal monographs and recipes. Conclusion - supplies, further reading and useful websites.

