



Erika Galentin is a Medical Herbalist certified Clinical Aromatherapist. She holds a degree in Herbal Medicine from the University of Wales, UK and Scottish School of Herbal Medicine, UK. She is a professional member of the National Institute of Medical Herbalists (UK) and Pi Alpha Xi National Honor Society in Horticulture (USA).

Several years of clinical practice in Scotland provided the platform for a deep and influential understanding of the efficacy of medicinal plants within a clinical environment. With her passion for medicinal plants native to Ohio and the Greater Appalachian region, Erika teaches, lectures and writes on native medicinal plant conservation and applied ecology, propagation, herbalism, and clinical efficacy.

With roots in greater Boston, the Herbal Academy is an international school of herbal arts and sciences dedicated to teaching and promoting a lifestyle of wellness and vitality through the use of herbs, sound nutrition, and optimal health practices. The Academy offers high quality, affordable distance learning herbal programs to empower their students at the introductory, intermediate and advanced levels. It celebrates the community-centered spirit of herbalism by collaborating with a wide diversity of herbalists to create training programs that present many herbal traditions and points of view.



Since Gahanna was named the Herb Capital of Ohio in 1972, the Ohio Herb Education Center has carried out its mission of educating the public about the benefits and various uses of herbs. The herb center offers

informative classes, workshops and products featuring the use of herbs for culinary, decorative, garden, medicinal and home applications.



OHIO HERB EDUCATION CENTER

110 MILL ST. GAHANNA, OH 43230
614.342.4380
WWW.OHIOHERBCENTER.ORG



FUNDAMENTALS OF HOME HERBALISM

HERBAL INTENSIVE COURSE



BEGINS SEPTEMBER 2016

OhioHerbCenter.org

Cultivate the joy that herbalism can bring in to your life and the lives of those you love as we gather knowledge, confidence, and inspiration for holistic living.

This six-week intensive course is designed to educate herb lovers on how to use healing herbs in support of your vitality and wellness, while giving you the tools necessary to bring herbalism into your home in a safe, fun and inspiring way. Participants receive over 30 hours of professionally instructed sessions as well as substantiated herbal course materials, trustworthy resources, and simple recipes to practice at home.

Part I: Class Lecture

Understanding the Body

- * An overview of body systems and their functions. Review basic anatomy and physiology.
- * Specifics of how each organ works individually as well as its larger role in the body system.
- * Approaches on listening to your body through a better understanding of how it works.

Understanding Herbs

- * The role of herbs in a wellness strategy.
- * Plant identification and processing practices.
- * Energetics of herbs as heating, cooling, moistening, drying and why the differences in these categories matter.
- * How to attune to the personalities of plants through sensory experiences and herb tastings.

Creating a Wellness Strategy

- * Easily accessible herbal approaches to supporting and nourishing yourself and your family
- * Wellness solutions to common complaints.
- * Fortify and strengthen your digestive health as the cornerstone of wellness.
- * Promote positive attitudes and better sleep with the help of herbs.
- * Immune support through the cold/flu season

Dates: Six Saturdays

September 10, 24, October 8, 22, & November 5, 19

Time: 10:00am-2:00pm

Part II: Technique

One evening a month is dedicated to learning practical applications where participants have the opportunity to practice a variety of traditional herbal preparations including:

- * Infusions, Decoctions and Steams
- * Syrups, Vinegars and Percolation
- * Salves and Liniments

Dates: Three Wednesdays

September 14, October 12, & November 9, 6:30-8:00pm

Bonus Certificate

Herbal Academy Introductory Course

This self study program gives students with little or no herbal experience a glimpse into the world of herbs, kindling an enthusiasm for a lifelong course of learning. By the end of the Introductory Herbal Course, you will feel more comfortable AND excited about making your own teas, tinctures and body care products. Get ready to mix up new recipes in the kitchen, use spices and herbs you never knew had medicinal properties, and walk away more inspired to pursue your herbal studies at the intermediate level and beyond!

Cost

Cost for Fundamentals of Herbalism Part I & II: \$595.00

Gahanna Resident Rate: \$570.00

Cost for Fundamentals of Herbalism Part I only: \$475.00

Gahanna Resident Rate: \$450.00

Payment plans available. All classes held at the Ohio Herb Education Center at 110 Mill St. Gahanna, OH 43230. Space is limited. Call 614-342-4380 to register.

