



Discovering Herbal Medicine

Afternoon Workshop

"Making A Herbal First Aid Kit"

Saturday 30th June 2018, 2.30-5.00 pm

At The Earley Day Centre, 1 Kenton Road, Earley,
Reading, Berkshire RG6 7LE

Led by: DHM Course Director, Zoi Maraki

The next Workshop in the Discovering Herbal Medicine Afternoon Workshop Series will be on Saturday, 30th June 2018, at The Earley Day Centre, 1 Kenton Road, Earley. Reading, Berkshire, RG6 7HT. This will be a hand-on workshop as described on our website (www.newvitality.org.uk) and limited to 12 participants. Tickets are on a first-come, first-served basis. Students, prospective students and their guests are welcome [the £35 fee is payable by all persons attending]. Please reserve a place[s] by sending your cheque to Sylvie Marusic and completing the under-mentioned form.

✂ -----

Discovering Herbal Medicine Workshop

Saturday, 30th June 2018

Name:

Guest's Name:

Address:

.....

.....**Post Code:**.....

Tel:**Email:**

Fee : £35.00

Cheque[s] for total of £ enclosed, made payable to New Vitality Tuition.

Directions NOT required [✓]

Send payment to: Sylvie Marusic, New Vitality Tuition, Woodgate Cottage, 37 Woodgate Road, Mile End, Coleford, Gloucestershire, GL16 7QJ. Tel: 01594 835810

[Monday - Friday 10am-1pm 2pm-5pm]

Email: sylviemarusic@gmail.com Website: www.newvitality.org.uk

We regret that once a firm booking has been made for the Seminar, requests for refunds within 10 days of the Seminar may incur a penalty of £20 to cover administration and pre-booking charges.



“Workshop: Making A Herbal First Aid Kit”

The items that a herbal practitioner might include in a herbal first aid kit very much depend on how the kit will be used – for example will it be taken on a walking holiday or a visit to rural India or is it for home use? This hands-on workshop will focus on making ointments, tinctures and other preparations to take home, from herbs such as comfrey, chamomile, lavender, marigold, raspberry leaf, yarrow, elderflower and mint. The benefits and applications of these herbs will be described. Some common ailments that would benefit from the timely use of the right herbs include: skin cuts and grazes and bleeding wounds, burns, insect bites, joint sprains, diarrhoea, bruises and viral infections (including sore throat, cough, fever etc).

When making up a herbal first-aid kit, the best advice is to keep it simple, as having too many choices can make it harder to decide which herb to use in an emergency. The herbs chosen for the kit need to have reliable, strong and quick action and, ideally, they should have multiple physiological actions, as this will make them useful for a range of different ailments.

Zoi Maraki BSc MSc MCPP ANutr

Zoi became interested in herbal medicine after completing the Discovering Herbal Medicine course, while being already a registered nutritionist. She initially graduated with a BSc from Oxford Brookes University in Nutrition and Food Science and then went on to do an MSc in Sports Nutrition at the London Metropolitan University. She worked for three years as part-time lecturer at the Department of Nutrition and Dietetics of the Technological and Educational Institute of Thessaloniki in Greece, before pursuing her interest in herbs and their medicinal properties. Zoi qualified as a Medical Herbalist with a First Class Honours BSc in Western Herbal Medicine from the University of Westminster. During her studies she has been awarded a number of prizes and awards including the Neal’s Yard Remedies Award and the Panacea Health Award for Materia Medica. Soon after obtaining her degree in herbal medicine, she has been joined Ann Walker at New Vitality Clinic in Earley, Berkshire, where she and Ann apply an integrated approach in treating various ailments with nutrition and herbal medicine. See also Zoi’s website: www.zoiherbalist.com.