

New Vitality Tuition

Course Registrar • Pam Bull • Oak Glade • 9 Hythe Close • Polegate • East Sussex • BN26 6LQ

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www.newvitality.org.uk

DISCOVERING HERBAL MEDICINE COURSE

ACCREDITED BY THE
BRITISH HERBAL MEDICINE ASSOCIATION

**WESTMINSTER UNIVERSITY & LINCOLN COLLEGE WILL ACCEPT SATISFACTORY
COMPLETION OF THIS COURSE AS AN ENTRY QUALIFICATION FOR THEIR
BSC DEGREE COURSE IN HERBAL MEDICINE (PHYTOTHERAPY).**

The last few years have seen a growing demand for some form of training in the use of herbal remedies for the layperson. This is based on the realisation that there are a large number of ailments which, although troublesome and painful, could benefit from the enlightened use of the simple and effective remedies found in many of our common plants. This, coupled with an increased awareness of our bodies and a preference towards more natural, gentler forms of medical treatment, has prompted many people to look to herb books and health magazines for insight into the art of herbal treatment. This in turn is often unsatisfactory; the reader is confused by the mass of incomplete and often contradictory information found in these sources. Along the way, the conviction that in plants there is something very valuable for our health is often lost. The alternative, to study and train for at least four years to become a professional practitioner, is for many people out of the question.

It was in answer to this need that this home-study course in basic and self-help herbal medicine was introduced. The aim of the Course is to provide sufficient understanding of the human body to be able to recognise illness and assess its severity, and to equip the student with a working knowledge of the use of herbs commonly found growing in Britain or widely available from whole-food and supplement shops in the treatment of non-severe illness. An essential part of the Course will be devoted to recognising what cannot be treated in this way, emphasising severe disease states that must be referred to a trained professional practitioner or GP. The Course gives an equal understanding of the healing plants and the problems they treat. The central relationship between both will be preserved throughout, so that in time it may even be possible to develop an inspired, intuitive understanding of both plants and man.

The Course is divided into six subjects taken together:-

- Basic anatomy and physiology of the human body, using the textbook Ross and Wilson 'Anatomy and Physiology in Health and Illness' by Anne Waugh & Allison Grant, 9th Edition [or 10th Edition], published by Churchill Livingstone [ISBN No: 0-443-06468-7 or 10th Edition: 0-443-10101-9], and may be obtained from most bookstores or via www.amazon.co.uk.
- A study of the main diseases of the human body. The principles are based on orthodox medical science and will, when studied in conjunction with the diagnosis section, give the ability to differentiate between minor and serious conditions. This part also contains some advice as to treatment, nutrition and diet.
- A section consisting of a very basic discourse on diagnosis. In conjunction with the pathology, this section will enable the student to recognise common conditions.
- A detailed study of native remedies, including their cultivation and preparation; in each section several plants will be considered, some in more detail than others.
- A section of the philosophy and practice of herbal medicine which will give the student some idea of the philosophy behind herbalism and the approach of herbalism to disease.
- A section on pharmacy, detailing the preparation of herbal infusions, tinctures, syrups and ointments, etc., with the help of basic kitchen utensils.

At the end of the Course a Final Assessment can be taken if desired and the successful student will receive the **Certificate of Herbal Studies**. *It is to be emphasised that this certificate does not constitute a licence to practise, nor confers membership of any professional body.* Qualifications necessary for taking the Course are modest: a basic intelligence, an ability to study and a desire to learn are the major requirements. The demands on time and finances need not be excessive. The rewards of success, however, will include the recognition of one's ability to adequately recognise the everyday ailments of family and friends, and to be able to understand in some depth the wonderful medicinal properties of our native plants.

The Course is presented in four stages and will cover a different aspect of body function in turn and discuss the plants most pertinent to that function. At regular intervals the student will answer questions set in three of the six subjects and send the answers to the student's Personal Tutor. The papers will be marked and corrected, if necessary, and then returned to the student. After the completion of each stage, the next stage should be requested from the Registrar, Pam Bull, by completing the request form provided.

The Anatomy and Physiology section of the Course is not compulsory, and for those interested only in gaining a basic knowledge of herbal remedies and their use in minor ailments, or who already have sufficient knowledge of this subject, this section may be omitted.

At present, the total cost of the Course is £410.00 (which includes UK postage). Alternatively, applicants may choose the Payment Plan, by making an initial payment of £215.00, and then 10 monthly payments of £20.00 [a total of £415.00]. Additional postage has to be charged for coursework sent to addresses outside the UK; this is currently £35.00, giving a total cost of £445.00. *The payment plan is not available to overseas students.* Because of the current economic situation, these prices may be increased at short notice; this would be for new applicants, not registered students.

Please note that the charges outlined above do not include the cost of the Anatomy & Physiology Textbook, nor the cost of the stamped, self-addressed envelopes that we ask you to include with work submitted for marking by post (so that work can be returned directly to you). This is why we urge overseas students to submit their work via email.

Final Assessment costs are included in the Course fee and the paper, which is completed at home, may be requested at any time after the student has completed the last component of the Course.

A new scheme has begun of occasional Workshops around the country by Medical Herbalists. Full details will be provided to students as and when they are arranged.

Enrolment for the Discovering Herbal Medicine Course is continuous throughout the year and therefore the Course may be started at any time. A form is attached which should be completed and returned with the fee to the Registrar. Credit/Debit Card facilities are available. *Course material will normally be despatched to the student within one week from receipt of enrolment form and fee.*

The company reserves the right to make alterations to the fees and course material without prior notice.

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APPLICATION FORM FOR THE DISCOVERING HERBAL MEDICINE COURSE

Name: (in full)
(Mr, Mrs, Ms, Miss)

Address:
.....

Post Code: Tel/Mobile No:

Date of Birth: Nationality:

Present Occupation: Email:.....

I wish to undertake the Discovering Herbal Medicine Course, and I enclose herewith the sum of £410.00 for the Course in full [OR £215.00 for the first instalment together with completed standing order form]. *Please delete as appropriate.*

Where did you hear about us?

No acknowledgement of payment will be sent unless application is accompanied by a SAE (Stamped self-addressed envelope).

Signature: Date:

All cheques should be made payable to: **NEW VITALITY TUITION**
Please return to: Pam Bull, Oak Glade, 9 Hythe Close, Polegate,
East Sussex, BN26 6LQ. Tel: 01323 484353.

Email: pamela.bull@bopenworld.com

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