



# HERBAL STUDY ACADEMY

## **Correspondence Course Handbook**

## **Table of Contents**

<b>Introduction.....</b>	<b>3</b>
<b>Course Tutor.....</b>	<b>4</b>
<b>Testimonials.....</b>	<b>5</b>
<b>Course Content.....</b>	<b>6</b>
<b>Resources.....</b>	<b>7</b>
<b>Assessment.....</b>	<b>8</b>
<b>Fees.....</b>	<b>8</b>
<b>Study Tips.....</b>	<b>9</b>
<b>Further Study.....</b>	<b>10</b>
<b>Ethics Statement and Student Enrolment.....</b>	<b>11</b>
<b>Contact Details.....</b>	<b>12</b>

## **Introduction**

Welcome to the Herbal Study Academy! The Herbal Academy is an institute of alternative medicine situated in Ireland. The Herbal Study Academy makes use of a dynamic blend of Western Herbal Medicine and Traditional Chinese Medicine to develop a range of holistic treatments for common ailments, all of which are appropriate to use in conjunction with mainstream medical treatments.

The guiding principle of the Herbal Study Academy is that anyone can be equipped to make use of herbal remedies to help them in their health journey. Thus, the Herbal Study Academy has established a foundational course in Herbal Medicine to provide you with the basics of herbalism. This course seeks to educate participants in the basics of herbalism, so that they will recognise effective herbal treatments for personal and family use, how to use herbal treatments in a first aid context, and how to pair herbal remedies with mainstream medical treatments. The course assumes no prior knowledge in herbalism and is suitable for beginners and those returning to education. You will learn effective herbal treatments for a range of common ailments, such as the common cold, IBS and various skin conditions, among many others.

This Herbal Study Academy Course is delivered completely through correspondence learning and emphasises self-directed learning. The Herbal Study Academy aims to provide home-based learning for home-based treatments. In this way, you can increase your knowledge of the growing field of alternative medicine at your leisure and from the comfort of your own home. Upon completion, you will be awarded a Diploma in the Foundations of Herbalism.

In this Handbook, you will find all of the details about the course, such as the Course Content, Assessment and Fees. Be sure to read each section of the Handbook carefully. If there is any confusion, you will find the contact details of

the Course Tutor on Page 12. At Herbal Study Academy look forward to guiding you through your entry to the world of herbalism.

## **Course Tutor**

The tutor for this course is Patrick Murphy. Patrick Murphy is a professional Herbalist from Ireland, who has been practicing for over twenty-five years. He works with people dealing with a wide range of common ailments and his particular speciality is in the area of skin health. He has enjoyed great success in his private practice and is looking forward to sharing his knowledge with a new generation of people who are eager to learn about the benefits of herbal medicine.

Although this distance learning course is primarily based on self-directed learning, meaning it emphasises individual study, Patrick is a very hands-on tutor and will be available to contact on issues related to lessons and the assessment, and any other questions you might have on herbalism and alternative medicine.

## **Message from Patrick Murphy**

*Hello all! I am looking forward to welcoming you all to Herbal Study Academy in the coming months. Herbalism is a form of alternative medicine that has been used for generations and has been revolutionised in modern times.*

*My distance learning course will provide you with the foundational knowledge of how to apply herbalist techniques in a personal capacity. This will be of benefit to your own health and the health of your loved ones. From the flu to aches and pains, herbalism offers relief to a wide variety of illnesses and, upon completion of this course, you will be more equipped to deal with them and will know when to seek professional advice.*

*I will support you in your educational journey and will be with you every step of the way. If you have any questions at all, feel free to contact me, my details are contained in this handbook.*

## **Testimonials**

- Because of my busy lifestyle, this excellent online course really suited my circumstances. I would recommend to anybody. – *N. O'Donnell, Co. Donegal*
- I work in a health shop and this course was invaluable to me in being properly informed for my work. – *R. Fox, Co. Dublin*
- I cannot put into words the great pleasure, satisfaction and confidence that I got from this amazing Herbal Course. I am now about to embark on further study and getting my diploma has meant so much to me. – *L. Gleeson, Co. Tipperary*
- I understand my own health much better now since taking this course. I am also helping my family with their health. I highly recommend. – *S. Smyth, Birmingham, UK*
- Patrick Murphy's easy writing style made the Herbal Course a real pleasure to study. A great educational experience. – *T. Adams, Co. Antrim*
- I have to say, I found this Herbal Course interesting and very enjoyable. The tutor was very helpful to me throughout my studies. Highly recommended. – *E. Keane, Co. Monaghan*

- A first-class experience and I would recommend this herbal course greatly. – *R. Burns, Co. Sligo*

## Course Content

This course will be composed of two broad modules. Section 1 will serve as a comprehensive introduction to the various facets of herbal medicine, including how to recognise various useful herbs and herbal first aid. Section 2 will consist of the application of herbal medicine at a systematic level, focusing on how herbal techniques can be applied to common ailments that afflict the various systems of the body. The range of topics covered in both Section 1 and 2 are presented below. It will take 3 – 6 months to work through all of the material in both sections.

Section 1	Section 2
<ul style="list-style-type: none"> <li>• Plant Therapy</li> <li>• Patrick Murphy’s Philosophy</li> <li>• Health is not to be Taken for Granted</li> <li>• Regeneration in Pentagram</li> <li>• Pentagram Rose</li> <li>• Modern Day Phytotherapy</li> <li>• Bioinformatics</li> <li>• Bioinformation is the Future</li> <li>• Bioinformation Herbal Creams</li> <li>• Kick Start the Organism Successfully</li> <li>• Supertronic Diagnostics</li> <li>• Podcast Reference Guide</li> <li>• Green Foods</li> <li>• Humates, Therapeutic Use</li> <li>• Treat Your Skin to the Power of Nature</li> <li>• Herbal Approaches to Hot and Cold Imbalances</li> <li>• More than Normal Cold Conditions</li> </ul>	<ul style="list-style-type: none"> <li>• When to Seek Medical Help</li> <li>• The Circulatory System and the Herbal Treatments that can Help – Common Ailments</li> <li>• The Digestive System and the Herbal Treatments that can Help – Common Ailments</li> <li>• The Muscular &amp; Skeletal System and the Herbal Treatments that can Help – Common Ailments</li> <li>• The Nervous System and the Herbal Treatments that can Help – Common Ailments</li> <li>• The Respiratory System and the Herbal Treatments that can Help – Common Ailments</li> <li>• The Urinary &amp; Reproductive System and the Herbal Treatments that can Help – Common Ailments</li> </ul>

<ul style="list-style-type: none"><li>• More than Normal Hot Conditions</li><li>• Classical Symptoms</li><li>• Depleted Cold Condition</li><li>• Depleted Hot Condition</li><li>• Disease Observed Outside the Body</li><li>• Pathology Inside the Body</li><li>• Simple Alkaline Diet</li><li>• The Materia Medica</li><li>• Herbal Relief – First Aid</li><li>• Contents for a Simple Herbal First Aid Kit at Home</li><li>• Arrangement of Herbs Made Simple</li><li>• Dividing Herbs for Usage</li><li>• Dividing Herbs on their Active Constituents</li><li>• Herbal Medicine and Delivery System</li></ul>	<ul style="list-style-type: none"><li>• The Skin and the Herbal Treatments that can Help – Common Ailments</li><li>• Herbs for Children</li><li>• Herbs for Women</li><li>• Herbs for Men</li><li>• Free Elective Lesson: Specialty Herbs</li></ul>
--	---

## Resources

As this is a distance learning course, you will not need a lot of equipment. All of the lessons will be provided to you through correspondence.

**Please note there are no videos or podcasts included with this correspondence course.**

In terms of resources you will be required to source yourself, there are two. The first is a textbook: *The Complete Herbal*, by Nicholas Culpeper. You can source this on Amazon and Eason's Bookshop.

<https://www.amazon.com/books-used-books-textbooks/b?ie=UTF8&node=283155>

<https://www.easons.com/>

You will also require a resource book called a Materia Medica. There are several examples of these available online, such as Harvey Wickes Felter's version, which is available here: <https://www.henriettes-herb.com/eclectic/felter/index.html>

You may make use of any Materia Medica that you wish, whether it is online or in soft copy format.

## **Assessment**

Assessment will take the form of a terminal exam. This will involve a series of knowledge-based questions that will assess your understanding of both Section 1 and Section 2 of the course. To be awarded a pass, you will be required to achieve a grade of 70% minimum.

You will be supported through the assessment process by the tutor, who will be available for contact regarding any questions you have about the format of the exam.

The course is accredited by the American Association of Drugless Practitioners Certification and Accreditation Board.

<https://aadp.net/>

## **Fees**

The fee for the course is €240. This may be paid by a one off payment OR by ONE down-payment of €40 and separate payments of €40 each month up to FIVE months maximum. before taking the exams on each Section and the Final Diploma exam. Payment is accepted either online on the Academy website or



by cheque, Bank Draft or Postal Order, payable to The Herbal Academy (for contact details, see page 12)

## **Study Tips**

Most of you will be totally new to herbalism, and many of you will be returning to education after a time away from study. This can seem like a daunting prospect at first. But rest assured, you will have all the support you need. Your Course Tutor has put together some tips on how to get back into the habit of studying, so that you can make the most of this course and progress on to others afterwards.

- Perhaps the most important aspect of study is your working environment. Think, where do you intend to study your course work? It is best to find a quiet, well-ventilated area. Beside a window in a spare room would work very well.
- Establishing a study routine is a very effective way of improving your work. Consider when would be the best time for you to study and do your work. This time will vary, depending on the student. Some might prefer to do their work in the morning, others in the afternoon. If you live in an exceptionally busy household, the evening might be the most appropriate time. There is no best option, whatever time works for you is the right one. However, try to work at the same time on most days, as it is easier to build a study habit in this way.
- Studying is easiest and most effective when the student is feeling good. This is a course which aims to educate you on ways to improve your health. Taking steps to look after yourself has many benefits, including for study. For example, making sure to get a good night's sleep will ensure you are fresh for the day and able to tackle your course work. It will also increase your ability to remember your material. Additionally, a balanced diet will do wonders for your health and your study. Make sure to have something to eat before you start working on your course material, as it is much easier (and more enjoyable) to study on a full stomach. Finally, light exercise is shown to improve a person's mood and memory, which will be of great help in studying your course work. Consider taking a 20-minute

walk after you eat. You will be ready for your study and anything else the day throws at you.

- This course will exercise your reading comprehension. Be sure to read through the text of the lesson at least twice. Keep a notebook at hand, in which you can write down new vocabulary and terminology, along with their definitions. Try to research any new concepts you come across, using your textbook, the Materia Medica and the internet. Be sure to make a note of any useful information you find. Finally, try to read as much as possible throughout the day, whether it be course work or a book on another subject. The more you read, the easier it becomes.
- Lastly, take a positive view of things. Gaining new knowledge and education is always something worth celebrating, so you should take pride in your work. Be sure to share your new insights with family and friends, you might spark their curiosity also!

## **Further Study**

As stated already, this is a foundational course. You will not be a licenced practitioner once you complete it, but you will have greatly developed your knowledge of herbalism in a personal capacity. If you would be interested in going forward to seek professional accreditation, which would make you a licenced practitioner of herbalism, you need only ask your Course Tutor, who will be able to point you in the right direction and give you advice. Education can become infectious once you get a taste of it and we are only too happy to help you achieve your goals!

## **Ethics Statement**

We, At Herbal Study Academy are devoted to your educational journey, but also to your personal growth. We care about people and their lives. We care about the planet and the environment. We want to help people to make the best use of the world's natural resources to fortify their health in a safe, responsible and environmentally friendly way.

## **Student Enrolment**

When we receive your enrolment, you will be registered as a Herbal Study Academy student and immediately assigned a personal tutor. Your online herbal course will be sent to you. Once you have worked through your first study module and have completed your assignment, you should send it by email to your personal tutor for correction. When your tutor receives your assignment, they will carefully assess your work, give detailed feedback and any positive suggestions and send it back to you with your grade. I will also give regular feedback on how you are progressing. We will always be happy to help with any course queries as they arise.

When all assignments are successfully completed you will be awarded your accredited Diploma in Foundational Herbalism in recognition of your personal achievement and success. You can use your newfound learning to improve your health and the health of your loved ones.

## **Contact Details**

Here at The Herbal Study Academy, we are happy to help always. Feel free to contact us by phone or email on any topic related to the course, or any difficulties involving an aspect of a lesson.

If you wish to speak to the Tutor, you can telephone during office hours: **9 a.m. – 1 p.m. and 2 p.m. – 5 p.m., Monday – Friday.**

**Phone Number: 093-27033**

Alternatively, you can send an email outlining your queries.

### **Email Addresses:**

- [info@herbalstudyacademy.com](mailto:info@herbalstudyacademy.com)
- [info@skinherbalist.com](mailto:info@skinherbalist.com)

### **Postal Address:**

**46 The New Glebe,**

**Tuam,**

**Co. Galway,**

**Ireland**

**H54 Y184**