



**HERBAL STUDY
ACADEMY**

**Herbal Study Academy
Herbal Home
Remedies Course
Handbook**

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Introduction

Welcome to Herbal Study Academy! The Herbal Study 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

Today, there are many common herbal remedies available to us that are safe and simple to take at home and that can truly help build vitality or even lessen the duration and severity of an illness.

In this basic herbal course you will learn about herbal remedies essential for several common situations including insomnia, infections, sore throat, rashes, cough, nausea, digestive issues, fever, stings/bites, bruises and joint problems, just to name a few. You will be led to discover many preparations and many uses of fruits, herbs, spices, oils and more, that have been relied on by our families for centuries to help combat common ailments and promote health and vitality.

The course contains 12 lessons and there is a test after each lesson. A Certificate of completion will be awarded following successful completion of the course.

This Herbal Home Remedies Course is delivered completely through online learning and emphasises self-directed learning. 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.

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. We 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

1. The circulatory system and the ailments affecting same. Herbs that help ailments of the circulatory system.
Example: bruising, bleeding, wounds, cuts, chilblains, piles, high blood pressure, high cholesterol, nose bleed, varicose veins, poor circulation etc.
Questions on the circulatory system.
2. The digestive system and the herbs that can help digestive ailments.
Example: IBS, baby colic, bloating, constipation, excess wind, food intolerances, food poisoning, gall bladder (removed), gum problems, heartburn, mouth ulcers, worms, acidity etc.
Questions on the digestive system.
3. The muscular and skeletal system and the herbal therapy that can help.
Example: back pain, fractures, gout, joint pain, arthritis, muscle cramps, muscle pain, sprains, severe bruising etc.
Questions on the muscular and skeletal system.
4. The nervous system and the herbal therapy that can help nervous system common ailments.
Example: anxiety, concentration, depression, headache, nervous attacks, shingles, stress etc.
Questions on the nervous system.
5. The respiratory system and the herbal treatment that can help.
Example: colds, bronchitis, coughs, earache, ear infections, fever, flu, hay fever, sinusitis, sore throat, tonsillitis etc.
Questions on the respiratory system.
6. The urinary and reproductive systems and the herbs that can help common ailments.
Example: bedwetting, prostatic enlargement, cystitis, urethritis, hot flushes, erectile dysfunction, incontinence, libido low, menopausal problems, morning sickness, periods, PMS, thrush, prolapsed, first aid herbs for pregnancy etc.
Questions on the urinary and reproductive systems.

7. Herbal first aid for men's health.
Example: impotency, exhaustion, immune problems, chronic stress, bladder problems, memory problems, cognitive problems, liver problems, energy low etc.
Questions on men's health.
8. Herbal first aid for women's health.
Example: stretch marks, night sweats, infertility, hormonal problems, menopause problems, bone and muscle problems, constipation, iron problems etc.
Questions n women's health.
9. Herbal therapy for children and the herbs that help common ailments.
Example: low immune system, sleeplessness, colic, teething issues, nappy rash, fever, glue ear, coughs, sore throats, minor cuts, hyperactivity etc.
Questions on children's health.
10. Herbs for skincare.
Example: normal skin problems, oily skin problems, dry skin problems, combination skin problems, sensitive skin, disorders of the skin and the treatments that can help, cold sores, chickenpox, shingles, viral infections, fungal infections, acne and boils, eczema, problem hair and scalp etc.
Questions on skin care.

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

In terms of resources you will be required to source yourself. This 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/>

Assessment

On successful completion of all the tests that follow each topic of the course, you will be awarded a Certificate of Completion. Students must attain an aggregate of 70% overall in the tests to complete the course.

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 will be €129 to be paid in one payment before starting the course.

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 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 basic 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. You may wish to take our Foundation Herbal Medicine Course (see website) if you wish to learn further about herbalism. 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 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 Certificate 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

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:

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