

Herbal Medicine for Our Changing Times

A PRACTICAL HERB COURSE 2019

Ecologically Sustainable Herbal Medicine

Presented by John Redden RH



Beginning on June 6th, 2019 the class will meet one Thursday a week from 6:30 PM to 8:30 PM until November 14th, 2019, 20 classes total (no classes August 15,22,29).
Participants must enroll for all sessions.

THE OBJECTIVES OF THE COURSE ARE:

*To guide participants through one entire growing season, in order to learn about and experience the planting, tending, and harvesting of approximately 25 medicinal plants which grow readily in Ontario. Students will participate in a group garden provided by the teacher and they may grow some plants at home in their own gardens.

*To discuss the medicinal uses of these plants & about 25 more local wild herbs. To learn by doing, how to prepare and use the various remedies they provide; to address concerns about the appropriateness of herbal medicine for our time and the importance of ecological sustainability.

*To learn how to use the herbs safely and appropriately for the improvement of personal health and the health of the ecosystem.

The garden will be available for tending and harvesting on days not scheduled for class.

Elective group gardening time and herb walks will be scheduled in, according to student/teacher availability over the summer. Herb walks around Ontario will take place spring, summer, and fall.

Enrollment will be limited to about 30 Students. The cost for the entire course is \$800.00, which will cover lectures, class notes (efiles), herb walks, gardening time, herb products and food products.

Our **REGISTER NOW** is not functioning so please send e transfers to Susan at susan@viriditasherbalproducts.com. Payment of \$800 may be done in full or in quarters (\$200/month for 4 months) starting with the first payment on the first class. Please use the password PHC as a security question for e-transfers. Our phone number, if you need more information, is 416-767-3428. Missed classes may be made up the following year.

Students will keep an assortment of tinctures, salves, syrups, creams and fermented foods that they have manufactured during class time. A Certificate of Completion will be awarded at the end of classes upon request. Continuing Education Credits may be applicable for professionals.

Classes will be held at Viriditas Herbal Products, 2775 Dundas St. West, Suite 108 (2 blocks East of Keele) and High Park Garden.

For more information, visit viriditasherbalproducts.com

JOHN REDDEN RH is a Western Medical Herbalist with an eclectic background. He has over forty years experience growing and wild crafting herbs, teaching and manufacturing remedies. As an elder member of the Ontario Herbalist's Association, he co-founded "A Celebration of Herbs", Toronto's largest herbal event. John's studies in the U.S., Britain and Canada culminated in the founding of Viriditas Herbal Products in Toronto, whose clients include professional herbalists, naturopaths and medical doctors.