

ABC of Herbalism

A Correspondence Course with Susun Weed

PO Box 64, Woodstock, NY 12498 (845) 246-8081

A special course for the aspiring herbalist who'd like to have me "by your side" teaching you how to harvest, prepare, and use 52 healing herbs. I'll "watch over your shoulder" as you create and use:

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|----------------------------|-------------------------|------------------------------|----------------------------|
| ~ Aloe vera gel | ~ Ginger tea | ~ Mullein infusion | ~ St. Joan's wort oil |
| ~ Arnica gel | ~ Hawthorn tincture | ~ Nettle infusion | ~ Skullcap tincture |
| ~ Burdock vinegar & tinct. | ~ Hops tea | ~ Oatstraw infusion | ~ Thyme tea |
| ~ Comfrey leaf infusion | ~ Insect repellents | ~ Olive oil beauty care | ~ Turmeric milk |
| ~ Catnip pesto | ~ Jewel weed brew | ~ Onion juice medicine | ~ Uva ursi infusion |
| ~ Chickweed tincture | ~ Fermented Kava Kava | ~ Osha root tincture | ~ Violet leaf oil |
| ~ Dandelion tincture | ~ Tasty Kelp dishes | ~ Peppermint tea | ~ Wild cough syrup |
| ~ Elder berry cordial | ~ Lemon balm tea | ~ Plantain leaf poultice/oil | ~ Willow vinegar |
| ~ Echinacea tincture | ~ Lavender tea & oil | ~ Herbal birth control | ~ Witch hazel extract |
| ~ Fenugreek seed tea | ~ Linden infusion | ~ Red Clover infusion | ~ Wormwood tincture |
| ~ Garden Sage infusion | ~ Medicinal mushrooms | ~ Raspberry infusion | ~ Yarrow tincture |
| ~ Garlic honey | ~ Motherwort tincture | ~ Rosemary mouth wash | ~ Yellow dock fun |
| ~ Ginger compress | ~ Milk Thistle tincture | ~ Sacred smoke | ~ <i>Zea mays</i> silk tea |

Your studies will be both experiential and intellectual. You will make and use herbal remedies as well as reading about them in a variety of sources. You will try out my favorite remedies for:

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|-----------------------------|----------------------------|---------------------------|----------------------------|
| ~ <i>asthma/allergies</i> | ~ <i>fevers</i> | ~ <i>infections</i> | ~ <i>obesity</i> |
| ~ <i>bladder infections</i> | ~ <i>headaches</i> | ~ <i>joint pain</i> | ~ <i>pain</i> |
| ~ <i>constipation</i> | ~ <i>heart health</i> | ~ <i>liver health</i> | ~ <i>powerful immunity</i> |
| ~ <i>cancer</i> | ~ <i>indigestion</i> | ~ <i>menopause woes</i> | ~ <i>sleep problems</i> |
| ~ <i>earache</i> | ~ <i>incredible energy</i> | ~ <i>menstrual cramps</i> | ~ <i>wounds</i> |

Your course materials include:

- ~ Fifty-two herbal projects and twenty health projects to complete at your own pace.
- ~ Guidance in developing a green ally.
- ~ Three hours of "talk" time with me, on the phone or by correspondence.
- ~ Your choice of \$100 worth audio visual materials: MP3s, CDs, and DVDs.
- ~ A set of herbals including four of Susun's favorites, such as: *Common Herbs for Natural Health/Levy; Healing Wise/ Weed; The Herb Book/Lust; Green Pharmacy/Duke*
- ~ A recommended reading list
- ~ Initiation and completion gifts.
- ~ A graduation certificate for you to frame and hang.
- ~ A 10% discount coupon off any books at www.wisewomanbookshop.com
- ~ A one-year basic membership free at www.wisewomanmentor.com
- ~ A 20% discount coupon for courses at www.wisewomanschool.com when paid in full at time of registration.

Green Blessings

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