



Herbs for Healing

# Courses & Workshops

## Introduction

Luzia Barclay is a registered medical herbalist (DBTh MIRCH), based in Turnworth near Blandford, Dorset.

As well as appearing on BBC Radio Solent as a 'resident herbalist', Luzia is a tutor at Kingston Maurward College in Dorchester, Monkton Wyld Court, Long Crichel Herb Garden, Turnworth Herbal Practice and Adult Education.

Her website: [www.herbsforhealing.org.uk](http://www.herbsforhealing.org.uk) is a fast growing resource for those interested in the benefits of herbs and herbal medicine. ● **Sign-up for a workshop or course**, ● **Shop for organic herbs, creams, tinctures and teas** ● **Arrange a consultation**, or ● **Read news and articles about herbs**.

The aim of a herbalist is always to find the root cause of symptoms and to help the body to heal itself. Herbs have been used for centuries to enable this.

"By running these courses, and doing BBC radio phone-ins, I hope to ensure that the knowledge isn't lost," says Luzia. "We have become so used to quick fixes for everyday ailments. Sadly, these often weaken our immune systems; but there are some really effective natural alternatives."

Why not find out more? Half-day courses and workshops are booking up fast this year, so visit [www.herbsforhealing.org.uk/courses](http://www.herbsforhealing.org.uk/courses) for details and to **sign up now**.

## Luzia's upcoming Course Schedule:

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27.11.2009                      10:30 - 13:00                      Turnworth Herbal Practice

### **Alternatives to antibiotics, superbugs and MRSA**

*Looking at a natural alternatives that don't lead to 'Superbugs'; how they work and how to use them.*

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04.12.2009                      10:30 - 13:00                      Turnworth Herbal Practice

### **Alternatives to antibiotics, superbugs and MRSA**

*Looking at a natural alternatives that don't lead to 'Superbugs'; how they work and how to use them.*

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09.12.2009                      10:30 - 13:00                      Turnworth Herbal Practice

### **Herbal Medicine for Common Ailments**

*Herbs have been used for preventing and healing illness throughout the history of mankind. How and why do they work? How do we use them? Learn about herbal medicine, and its uses for common ailments.*

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15.12.2009                      10:30 - 13:00                      Turnworth Herbal Practice

### **Make your own quality face cream from natural ingredients**

*Learn how to make an effective moisturising cream with natural ingredients. Take home 2 x 25ml jars of your own cream plus some recipes to make the creams at home, for yourself or as a present.*

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15.01.2010                      10:30 - 13:00                      Turnworth Herbal Practice

### **Alternatives to antibiotics, superbugs and MRSA**

*Looking at a natural alternatives that don't lead to 'Superbugs'; how they work and how to use them.*

continues overleaf

22.01.2010 10:30 - 13:00 Turnworth Herbal Practice

### **Natural remedies for women**

*Effective alternatives to HRT. Herbs for problems during the menopause: hot flushes, depression, fatigue, sleeping problems, to balance the hormones. Herbs for irregular or painful periods.*

26.01.2010 10:30 - 13:00 Turnworth Herbal Practice

### **Make your own quality face cream from natural ingredients**

*Learn how to make an effective moisturising cream with natural ingredients. Take home 2 x 25ml jars of your own cream plus some recipes to make the creams at home, for yourself or as a present.*

29.01.2010 10:30 - 13:00 Turnworth Herbal Practice

### **Natural remedies for your children**

*How to deal with common coughs, colds, fevers, earaches etc so that children's immune systems grow to be strong and more resilient.*

05.02.2010 10:30 - 13:00 Turnworth Herbal Practice

### **Natural remedies for the skin**

*The skin can be treated internally and externally. Conditions like eczema, psoriasis or acne must be treated externally AND internally so that true healing can take place.*

12.02.2010 10:30 - 13:00 Turnworth Herbal Practice

### **Alternatives to pharmaceutical drugs (side-effects)**

*Side effects of chemical drugs like paracetamol, statins, beta blockers, NSAIDS can be damaging. Herbal treatment, diet and life style changes can lead to a healthier future instead of an increasingly longer list of pills.*

19.02.2010 10:30 - 13:00 Turnworth Herbal Practice

### **Natural remedies that work**

*Herbal medicine is the oldest and most tried and tested form of medicine. Learn which herbs to use and how to use them for simple and common conditions.*

22.02.2010 10:30 - 13:00 Turnworth Herbal Practice

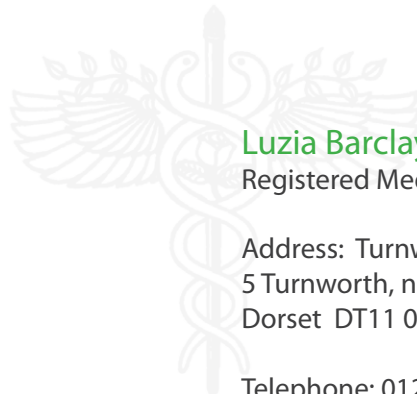
### **Make your own quality face cream from natural ingredients**

*Learn how to make an effective moisturising cream with natural ingredients. Take home 2 x 25ml jars of your own cream plus some recipes to make the creams at home, for yourself or as a present.*

05.03.2010 10:30 - 13:00 Turnworth Herbal Practice

### **Natural remedies for the digestive system**

*Learn about the many herbs that improve digestion and absorption. Herbs that strengthen and stimulate liver and pancreas, encourage the production of important digestive enzymes, and much more.*



**Luzia Barclay DBTh MIRCH**  
Registered Medical Herbalist

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