

# The Kitchen Pharmacy

## Grassroots Medicine



ANNIE PRINCE™  
AROMATHERAPY

Clinical Aromatherapist and Educator  
BA. Postgrad Cert Ed. Dip Aroma. Cert.  
Relaxation Massage

Enhancing Wellbeing with the Plants from your Garden



*" Why pay others  
to frolic in the luscious garden of Earth,  
picking flowers and enjoying themselves  
making herbal products?  
You can do all that frolicking  
immersing yourself  
in wondrous herbal beauty  
and uplifting your mind and spirit.  
The herbal preparations you make  
can be every bit as excellent  
as those you bring home from the store.  
Actually they will be better,  
profoundly better"*

James Green,  
The Herbal Medicine Maker's Handbook

### Contents / What you will learn:

- The reality of 'Nature Deficit Syndrome' in modern life and how we can remedy that
- Twenty common herbs / plants for everyday use and time in the herb garden getting to know them
- Growing, harvesting, drying
- Instructions and recipes for simple herbal infused oils, vinegars , teas, glycerites, honies, salves, scrubs, poultices and compresses for culinary, medicinal and cosmetic purposes
- Fire cider and turmeric paste concoctions for a healthy gut and immune system
- Lots of testing and tasting
- Comprehensive notes, references and ALL materials, jars, bottles, raw ingredients will be provided

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### Practical - make and take home

- A culinary infused herbal vinegar
- An infused herbal oil (comfrey, for use on bruises, sprains, broken bones)
- The ingredients to turn your comfrey oil into a Gardener's Salve (homework!)
- A calendula salve (all purpose, invaluable salve for dry irritated skin, lip balms, baby balms)

### Who would benefit from this course?

- Anyone with a love of Nature and interest in the medicinal, cosmetic and nutritional value of plants
- No previous experience is necessary

### Duration / Cost

- 9:30am to 3:30pm
- Beverages / Glutenfree morning tea provided. BYO lunch
- \$ 165.00

### Booking

- Places limited to 6 participants
- Payment required at time of booking Thank you
- Time and date by arrangement
- All materials provided
- Due to limited places a cancellation fee of 25% applies

### Venue

- At my home / clinic in the Waitakere Ranges; a peaceful and beautiful environment
- 13 Bush Road, Oratia, Auckland