

Herbal School Training in 2008!

Learning how to use herbs to improve your health is fun and easy at Dr. Donna's "Herbal School". You'll feel right at home sampling herbs and meeting new friends while listening to lectures on herbs. As you learn about herbs and begin to apply the knowledge, your health will improve.

Classes in each module meet two nights a week (generally Monday night is one of them) for 2 hours, for 2 weeks out of the month. You have the rest of the month free to use the herbs and start creating your herb stories and building your health. Classes focus on three herbs each class. You will build a strong foundation of knowledge this way.

Module I - August 11, 12, 18, 22

Class 1. Preparing Your Body to Receive Herbs, Herb Principles, Part 1. Herbs are good; there's no doubt about it. However, if you have a history of prescription drugs, there are some simple cleaning details that must be addressed before you start using herbs. Learn three herbs that will start cleaning your body from the inside out, how to use them, what kind of results to expect and when.

Class 2. Anti-inflammatory Herbs. Before most people knew that herbs can decrease pain, herbalists were using three herbs to cut down on pain levels in the body. That's a good thing because these herbs also are known to assist in healing in other ways. Learn all about these three vital herbs that no person should be without.

Class 3. Immune System Herbs. Eliminate colds, flu and infection when you know which herbs to use and why. Learn how to combine them depending on the type of infection. Three top immune system boosting herbs discussed and lots of stories to go with this class! An effective combination of herbs can wipe out any microbe, often within 24 hours.

Class 4. Herbs that Detoxify Your Body. When your body is detoxifying itself at its highest level, you have the greatest capacity to heal. Three herbs gain center stage here. Learn what they are, how to use them, when not to use them, and proper dosage. Find out signs that you're detoxifying too fast as well, and what to do to stop this.

And God said, Behold, I have given you every herb-bearing seed, which is upon the face of all the earth, and every tree in the which is the fruit of a tree-yielding seed; to you it shall be for meat.
Genesis 1:29



Module 2 - September (times announced later)

Class 1. Preparing Your Body to Receive Herbs, Herb Principles, Part 2.

Cleansing the body is something that all of us must do, including those who are healthy. Learn more principles today and take your health to the next highest level this month.

Class 2. Building the Body with Herbs. Some herbs can provide enough nutrients to equal vitamin/mineral tablets. They also provide dozens of medicinal constituents that can activate different dormant biochemical pathways necessary for optimal health. Find out which three are the most nutritive and how to use them.

Class 3. Herbs with Antioxidant Action. Herbs that are strong antioxidants have great potential to heal the body and turn back the hands of time. Learn three herbs well known for their antioxidant action, how to use them, and get started on your journey to look young again.

Class 4. Herbs with Special Actions for Emergencies, Part 1. Herbs can be used to help save your life. Learn what to do while you wait for an ambulance to arrive and also what to do to stay out of the hospital (unless it's absolutely necessary).

Module 3 to 7

Module 3: immune system boosters, nutritive herbs, and emergency herbs.

Module 4 to 6: herbal principles, herbal history and herbal formula creation.

Module 7: detoxification principles, herbal principles and creating herbal formulas.

Module 1: \$199 for all 4 classes, plus \$20/class for all materials which includes notes, books, tapes, herb samples and anything else related to that class.

MODULE 1 DEADLINE: August 8th.

Location: Norwood ave at Crusaders Hall, 320 Harris Ave suite H, Sacramento CA 95838

TO SIGN UP, call 916-649-8323 and register.

Dr. Donna's "Herbal School"

DrDonna.net and DrDonna.info

www.dr donna.net/2008-herbal-training.html

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