



## **TAILORED COURSES**

### **PHYTOTHERAPY**

#### **BASIC MEDICINAL HERBS**

**89 HOURS**

Since the dawn of time, humans have used plants to feed themselves, but also to heal. Even today, two-thirds of pharmacopoeia use the healing properties of plants.

There are plants that are traditionally called: the basics. These are the ones that have been used for a long time and can easily be found in the wild. They are often the most active. Getting to know them and using them is a great starting point for anyone interested in medicinal plants.

##### **Basic medicinal herbs**

- Introduction to phytotherapy
- The basic medicinal herbs (Presentation of 21 basic medicinal herbs)

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**\$696,00**

#### **HERBS FOR WOMEN**

**20 HOURS**

\* **Prerequisites** : Basic Medicinal Herbs

Some plants contain plant hormones that stimulate the production of human hormones or contain molecules that mimic the behavior of human hormones. These plants help to regulate, in women, the levels of hormones and thus facilitate transitions to different passages of life (adolescence and menopause), but also to accompany women throughout their life. This course will allow you to know these plants and also how to use them.

##### **Herbs for women**

- Plant hormones
- Female reproductive system disorders
- Premenstrual syndrom
- Irregularities
- Perinatal care
- Menopause
- Women's cancers

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**\$157,00**

## HERBS FOR MEN

6 HOURS

\* **Prerequisites** : Basic Medicinal Herbs

The health of the prostate is a very important element in every man's life and often becomes a concern from andropause. This course will provide you with the knowledge necessary to maintain or return to good prostate health with medicinal plants.

### Herbs for men

- The prostate
- Prostatic hypertrophy
- Prostatitis or prostatocystitis
- Prostate cancer

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**\$47,00**

## HERBS FOR CHILDREN

8 HOURS

\* **Prerequisites** : Basic Medicinal Herbs

The arrival of a child is a very important and sometimes destabilizing event in the lives of parents. This new being brings with him his share of joy and happiness, but also of responsibility and worries when he is sick.

In this course, we will see some of these "worries" as well as the solutions available to parents interested in medicinal plants.

### Herbs for child

- Newborns :
  - Diaper rash
  - Thrush
  - Cradle cap
  - Colic and digestive problems
  - Respiratory problems
  - Earaches
- Contagious childhood diseases :
  - Whooping cough
  - Gastroenteritis
  - Impetigo
  - Otitis
  - Measles
  - Rubella
  - Scarlet fever
  - Chickenpox
  - Worms
  - Pinworms

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**\$63,00**

**\* Prerequisites :**

- Basic Medicinal Herbs
  - Anatomy and Physiology
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In this last part of the phytotherapy, we will tackle more precisely different pathologies in connection with the different anatomical systems, and in what ways the medicinal plants can bring us their support.

**Herbs and systems**

- Herbs for the immune system
  - Herbs for the lymphatic system
  - Herbs for the digestive system
  - Herbs for the urinary system
  - Herbs for the cardiovascular system
  - Herbs for the nervous system
  - Herbs for the integumentary system
  - Herbs for the endocrine system
  - Herbs for the musculoskeletal system
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**\$743,00**