

## One Day Herbal Class Description

### Items to be covered:

Necessary Nutrients  
Vitamin absorption  
Food and nutrients  
Vitamin bandits  
Drugs and nutrition  
Sub clinical malnutrition  
Nutrition and your body  
Herbs as nutrition  
Potency and dosage  
Use of herbal remedies  
Basic herbal knowledge  
Recipes for tinctures, teas, poultices, and salves

## Two Day Herbal Class Description

### Items to be covered:

Necessary Nutrients  
Vitamin absorption  
Food and nutrients  
Vitamin bandits  
Drugs and nutrition  
Sub clinical malnutrition  
Nutrition and your body  
Herbs as nutrition  
Potency and dosage  
Use of herbal remedies  
Basic herbal knowledge  
Recipes for tinctures, teas, poultices, and salves  
Demonstration on making tinctures, teas, poultices, and salves

### Price includes:

Butterfly Miracles with Herbal Remedies book

