



Online course:

Herbal Remedies: The Science behind the Old Wives' Tales

With health food stores sprouting up everywhere, and the public seeking herbal remedies to ailments from a headache to depression, it seems that as long as a product is 'natural', then it must be OK to put it into your mouth. An increased understanding of what these natural products are actually doing in the body would allow the discerning buyer to make an educated judgement about whether to swallow the herbs.

During the course, we will take handful of common herbal remedies and explain the science behind them, their benefits and/or problems. The course will start with a general introduction to natural products, why they exist (usually to benefit the plants themselves) and how we can exploit them for our own medicinal needs.

Direct comparisons between natural and conventional medicines will be discussed. In fact, many conventional medicines are derived from natural products, where active ingredients in the herb have been extracted and refined in order to reduce side effects and increase potency. This group includes cancer fighting drugs such as taxol, and pain relief drugs such as aspirin.

Anti-oxidants will be explained (everyone has heard of this term, but who knows what it is?), and herbals for the brain and cancer will be discussed.

The course will end in a mini research project, where the student will research a drug by him/ herself (with tutor help if required). This will equip the she student to make future informed choices about individual herbal remedies.

Who is this course for?

Anyone with an interest in herbal remedies who would like to find out a little about the science behind them. This is an ideal course for members of the medical community who want to be able to talk about herbal remedies with patients.

How is this course offered?

The course is delivered completely online through our virtual learning space, and you will have the full support of a tutor to guide and encourage you via e-mail, online discussion, and live text chat. There are assignment and activities throughout the course.

When does the course start?

The course normally starts on the first Wednesday of every month —check the website to confirm.

How long is the course?

Around 30 hours. It's up to you!
You will have tutor support for up to 3 months.
You choose how and when to study within that period.

Outline and Aims

The main aims of this course are:

- to increase your awareness of the difference between conventional and traditional medicine;
- to enable you to achieve a basic understanding of common biomedical mechanisms;
- to provide you with more in depth knowledge of the scientific case for selected well researched herbal remedies; and
- to arm you with the ability to research herbal remedies for yourself.

Course Outline

Topic 1 - Introduction to Herbal Remedies

In this topic we discuss herbal remedies, including how effective or indeed harmful they can be and why. It will start with the preconceptions associated with herbals, both for and against, and go on to discuss these in greater detail.

Topic 2 - Plants and Antioxidants

A short introduction to photosynthesis and respiration is followed by a description of the atom, electrons, free radicals and antioxidants in plants.

Topic 3 - Herbals for the Brain

A brief look at depression and how the processes in the brain impact on it. We discuss neurons and neurotransmitters, and look at a simplified explanation of how antidepressants work.

Topic 4 - Herbals for Cancer

In this topic we provide an answer to the question, What is Cancer?, before discussing some possible herbal cures (i.e. Green tea and Taxol). We end with a discussion of metastases and mechanisms of action.

Topic 5 - Mini Project

You will be encouraged to find a herb that is indigenous to your local community, plant it, tend it, and watch it grow and use the internet, libraries etc. to investigate nay medicinal use that it might have.

How much does it cost?

£77

Do I receive a certificate?

Yes. If you finish the course you will receive a New Curiosity Shop Certificate of Achievement.

Where do I join?

On the web: find out more and book a place at:

www.newcurioshop.com

You can also book places by purchase order - contact us for details.



The New Curiosity Shop Online College provides distance learning courses in a wide range of subjects. All our courses are available over the Internet, which means you can take part at any time at your convenience. It's "Learning for Grown-ups."

Find out more—

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