



NATURAL MEDICINE & HERBAL MEDICINE ONE YEAR CERTIFICATION SERIES

From the Private and Teaching practice of
Mary Light, ND MH LMT

January through December 2025 Early registration required.

We are offering these teachings again after a bit of a hiatus! The events and awakenings of the past several years for empowerment as to holistic health knowledge, has set our office a-buzz with requests to learn and integrate natural medicine and herbal therapeutics knowledge. Hence, we offer this training, along with this description and overview:

What and Why

The Learning Objectives and syllabus draft will make clear what this consists of. But why? How can a participant or graduate use this knowledge? Frankly, the healing(s) students will experience are worth the tuition fee alone. One becomes empowered, and this training is often taken for personal enrichment, as a benefit to one's family, as an adjunct to former training and professional endeavor, and a gateway to relevant continuing education. This knowledge will support business endeavors, current consulting services, and existing holistic identities.

INVESTMENT

\$2,800.—PLUS \$500 MATERIALS FEES. It is possible to set up a limited payment plan or 1/3 - 1/3/ - 1/3

WHEN

3RD Saturdays, 930- - 430 . Assignments are given to give continuity and support to each training day. Required books/equipment listed to enrollees.



OVERVIEW

There are EIGHT PILLARS OF NATURAL MEDICINE PRACTICE – Herbal Therapeutics, Bodywork, Hydrotherapy, Movement, Healing Diets, Energy Medicine, Sleep & Rest Dynamics, and , Education & Counsel.

In this training we integrate and experience all of them, with lecture, demonstrations, hands on practical applications, and field experience. You will complete each segment with ever more knowledge, skills and personal healing.

I begin with the theoretical model- this is very important to understand the difference between traditional naturopathy approach vs allopathic “conventional” medical approach. From here I explore, define, and discuss with the students each of the eight Pillars, with examples of each.

Students will be given a **FIELD WORK JOURNAL** to chart and document their experiences and hands on assignments between class meetings.

There is no extensive book work, however, there is some required reading and some recommended reading for continuity and clarity.

A **personal equipment list** for students to obtain is as follows: hot water bottle, brush for dry skin brushing, hand size loofah, several cloths and towels, a set of linens for in-class work (we provide tables); cocoa butter, fragrance free lotion, Hexane free castor oil , 32 oz bottle; two pillow cases. It is essential that students **cease using** fragrances in oils, lotions, and laundry cleaning materials- including those they wear and bring to class.

Participants will be given numerous samples of nutritive and herbal formulations during this series.

I welcome your questions - 734-769-7794 ~ Mary Light ND MH LMT

Registration is open now, with a December 15 deadline!

