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**Recommended Reading / References:**

Gerti Samel. 2002. *Tibetan Medicine*. Little Brown Books. UK.

Griggs, Barbara. 1997. *Green Pharmacy*. Healing Arts Press, Vermont, USA (also required for *Herbal Medicine 1A*)

Grieve M. *A Modern Herbal* Penguin Books. 1980

Chevallier A. *Encyclopaedia of Traditional Plants* (out of print)

Culpeper *Culpeper's Herbal*

Any Potters New Cylcopaedia before 1998.

Any of the works of Juliette de Bairacli Levy e.g. *The Illustrated Herbal Handbook*; *Herbal Handbook for Everyone*; *Herbal Handbook for Farm and Stable* (Faber & Faber).

Any older texts written by herbalists not academics.

Any work by Maurice Messegue, e.g. *Of Men and Plants*, reprinted as *Health Secrets of Plants and Herbs*.

Wood, M. *The Book of Herbal Wisdom*. North Atlantic Books, 1997.

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**WEEK-BY-WEEK OUTLINE**

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<b>WEEK 1</b>	Introduction Part 1 Tibetan Medicine.
<b>WEEK 2</b>	Part 2 Tibetan Medicine.
<b>WEEK 3</b>	Medicine in the 1800's North America - Lewis & Clarke Expedition
<b>WEEK 4</b>	Europe
<b>WEEK 5</b>	Africa <b>Practical work – in class assessment</b>
<b>WEEK 6</b>	Ancient Healers - Unani medicine & Ancient Systems <b>Assignment due</b>
<b>WEEK 7</b>	West Coast Canada / USA
<b>WEEK 8</b>	South America
<b>WEEK 9</b>	Australian Aboriginal
<b>WEEK 10</b>	Pacific Islands
<b>WEEK 11</b>	<b>In class presentations</b>
<b>WEEK 12</b>	<b>In class presentations</b>

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**Please be respectful of your fellow students and arrive on time for class. Please ensure all mobile phones are turned off prior to the commencement of class.**

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### **INTENSIVE WEEKEND OUTLINE**

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<b>DAY 1</b>	Introduction Tibetan Medicine Medicine in the 1800's North America - Lewis & Clarke Expedition <b>Assignment Due 6 weeks after day 1</b>
<b>DAY 2</b>	Europe Africa <b>Practical work – in class assessment</b> Ancient Healers - Unani medicine & Ancient Systems
<b>DAY 3</b>	West Coast Canada / USA South America Australian Aboriginal
<b>DAY 4</b>	Pacific Islands <b>In class presentations</b>

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