



Herbal Medicine Maker BOOT CAMP

with Dr. Philip Fritchey, M.H., N.D., CNHP

2-Day Intensive • Hands-On • Identification & Preparation Workshop

at
SPECTACULAR



www.CallawayGardens.com

in historic
Pine Mountain, Georgia

Special Event! • Limited Registration!

Saturday & Sunday • May 21-22, 2016

Take it from Nature's pharmacy to your medicine cabinet.
Now THAT'S an Affordable Care Act!

Day 1 - IDENTIFICATION (Assembly 8:30. Tour 9:00 - 5:00)
Nature's Medicine Supply - Up Close and Personal

"Herb Walk" doesn't begin to cover it. Starting at the **Mountain Creek Inn Conference Center**, Dr. Fritchey will personally guide the group on a full day-long walking/driving tour of his favorite spots and trails inside Callaway Gardens, the crown jewel of the Ida Cason Callaway Foundation's 13,000 acre plus natureescape resort. The Gardens' serene beauty offers a place of healing for Body and Spirit, and is graced throughout with many of Nature's medicinal wonders. Along the way, Dr. Fritchey will point out dozens of common and exotic medicine plants, with notes about usage, harvesting, preparation and storage. (Cutting and digging within the Gardens is discouraged, of course.)

Stops and highlights will include:

- Overlook Pavillion
- Lady Bird Johnson Wildflower Trail
- Cecil B. Day Butterfly Center
- Whippoorwill Lake Trail
- Ida Cason Callaway Memorial Chapel

Van transport from the **Mountain Creek Inn** for the day will be provided. Admission to the Gardens, and a box lunch for this day's outing is included. (Vegetarian by pre-arrangement.)

Be sure to bring your camera, note pad, comfortable shoes, and plenty of "ooh-ahhh's".

Day 2 - PREPARATIONS (Full day. 9:00 - 5:00)
Making It Meaningful - Hands-on (Aprons, too)

Sunday's session will convene in the **Mountain Creek Conference Center** adjoining the Inn for an extended day of bark peeling, root washing, herb chopping good times. The group will break up to work stations to learn, practice, and share the art and techniques of Medicine Making with herbs. Dr. Fritchey will give demonstrations, complete instructions, and a few "tricks-of-the-trade" gleaned from years as a practicing "old school" herbalist. Selections of fresh and dried bulk herbs will be provided, along with the ingredients, tools, bottles and containers necessary to produce finished herbal products that participants can take home. (We can even arrange to ship them home for you, if you prefer.)

Gain confidence-building experience to:

- Ethically harvest, dry and store herbs
- Craft alcohol, vinegar, and glycerin tinctures
- Make oil extracts for salves and ointments
- Blend teas for comfort and effect
- Encapsulate herb powders
- Prepare and apply poultices and fomentations

The day will conclude with a discussion of the practical, legal, and liability concerns of taking Natural products to market.

TWO FULL DAYS OF LIFE-CHANGING EXPERIENCE!

Due to logistical constraints, and to insure quality "face time" and personal guidance, registration for this program will be strictly limited to 40 participants. If you plan to attend, **REGISTER EARLY**. Don't miss out. These programs have a history of SELLING OUT quickly!

Early Registration for this class is \$350 (\$395 after May 7, IF space is available.)

Registration fee includes manual, class supplies, and entrance and transportation through the Gardens with lunch on Saturday.

To register for this class, go to www.HisGoodHerbs.com and click "Classes".

Transportation to and from the event, accommodations, and meals other than Saturday lunch are not included in the registration fee. Discounted room rate of \$109 per night has been arranged at the **Mountain Creek Inn** for participants. Rooms may be shared, but availability cannot be guaranteed after 4/20. For room reservations: 877-671-2669, or email: reservations@CallawayGardens.com. Mention Herbal Medicine Makers for the Special Rate. The Mountain Creek Inn at Callaway Gardens, U. S. Hwy. 27, PO Box 2000, Pine Mountain, GA 31822

Class time will be 9 - 5 both days, but please plan on Saturday arrival and registration by 8:30, as vans will depart promptly at 9:00.