

WILD MEDICINE ACADEMY
NEWSLETTER



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website

THIS ISSUE

- Message from Sulin: Our mission statement and what's coming up
- Our new course 'Heroines of Herbalism' immerses you in the stories and medicines of women herbalists
- Recipes: Blue Butterfly Pea Latte & Cherry Dandelion Compote
- Invitation to sign up for our herbalism summer school webinar series for **FREE**



WHAT A YEAR!

We have both a mission and a vision here at Wild Medicine Academy:

- Our mission is to deliver inspiring educational experiences that round out formal training in natural medicine along with providing entry level academic standard training to enthusiasts and plant lovers looking to make medicines with good manufacturing practice.
- Our vision is to facilitate a journey for every student to deepen into realising the power and intelligence of plants as part of any learning journey, through which we heal ourselves and the planet.

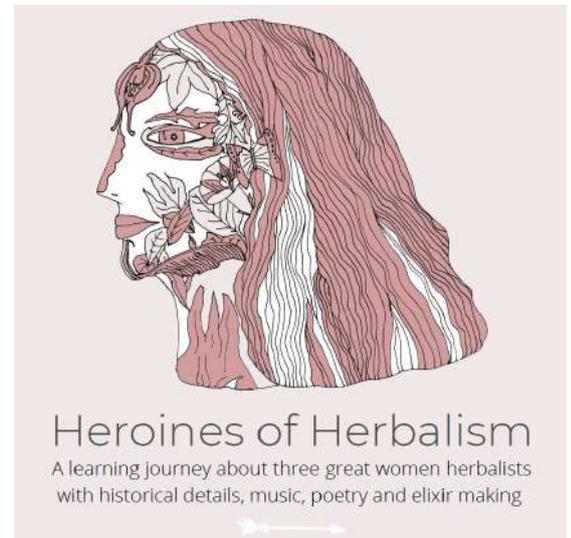
We've got two elixir making courses on offer currently. The elixir making process itself refines both practice and philosophical understanding of herbal medicine as an art form and provides insights into formulating, dosing, processing, ritual and communication with herbs. It complements formal training in herbalism beautifully.

COMING UP!

- **Free educational offerings:** This summer you will receive an invite to sign up for our completely free webinar based summer school in herbalism. Keep an eye out for it!
- **New courses:** In 2021 look out for holistic diagnosis, elemental theory, synergism and more.
- **Elixirs meetings:** The next ELIXIRS group zoom meeting will be January 2021. More info on the Facebook group.
- **Our growing team:** There are two incredibly intelligent and inspirational nature cure professionals who are joining our team for 2021 which is so exciting. Woohoo!

HEROINES OF HERBALISM

Women in herbalism don't get enough recognition! In this course dive into the lives, achievements and approaches to medicine of three great women herbalists: Hildegard von Bingen, Lydia Pinkham and Juliette de Bairacli Levy. It's a short and sweet 3 unit course with beautiful recipes, downloadables, video demos and a bonus mystery fourth unit. Perfect for a summer holiday experience and the herb kits and module books are both available for purchase too! Watch my introduction to the course [here](#). This would make a beautiful Christmas present :)



BUTTERFLY PEA LATTE

Let's face it, we all get excited about tea. That's why you're on this newsletter list. Here's a mug-o-LOVE recipe for you to share with someone special.

- 1 Tbsp Blue Butterfly Pea (flos, dry)
- 500mL milk of your choice, warmed on stove
- 1/2 tsp vanilla essence
- 1 Tbsp maple syrup

Warm the milk and flowers together gently. When hot, strain and top with frothed milk and flowers of your choice such as rose petals and Sacred Blue Lily.

Butterfly Pea flowers are a natural antioxidant, and therefore are beneficial for the vascular system, the heart, and also as agents to alleviate cellular damage. This recipe makes two 250mL mugs, two serves.

WEBINARS - SUMMER

As mentioned before, I'm working on a series of webinars on topics that students have expressed interest in over the years. It's not always suitable for these subjects to be included in formal training, however they are useful and will deepen insights for herbalism students in particular. Some of the topics are listed here.

- Botany for wildcrafters
- Dosage/Posology in herbalism
- Solvents: properties and historical significance
- The Elixir as an initiation into herbalism
- The art of the infusion
- The art of the decoction

ELIXIRS: TRANSFORM YOUR HERBALISM PRACTICE

The ELIXIRS course is a comprehensive study of the art of medicine making. Imagine rediscovering herbalism since ancient times not through the eyes of a phytochemist, but through the eyes of an elixir maker - not bound to any doctrine of medicine, and informed by the sacro-religious aspects of plant medicine. The course is self-paced and flexible, and is a joy to move through in your own natural time. It's also initiatory in nature and feel, and covers all foundational aspects of herbalism so is suitable for all levels beginners to professional. Consider joining before our next group meeting in Jan 2021 so you can participate in that too! On sale now until 31 Dec.



CHERRY DANDELION COMPÔTE

Dandelion flowers are sweet, rounded, warming. They infuse easily into an infusion of cherries, gently simmered to create a delicious, thick topping for yoghurt, fruit salad or pancakes. Even health nuts eat pancakes.

- 1 cup frozen cherries
- Petals from 3 - 5 fresh Dandelion flowers
- 1 - 2 Tbsp maple syrup
- Juice of 1/2 lemon

Gently simmer the cherries, petals and maple syrup on medium heat for 15 - 20 minutes. You may want to add sugar too, up to you. Once thick, press with a spoon to soften further. Add the lemon juice. Garnish with flowers and dried coconut pieces, or as you please. Enjoy!



Until the next newsletter...
Love & Light to you all!

X Sufin