

# Herbs F O R Health



With Kaye  
& Peter Sehm



Increasing numbers of people are turning to herbal medicine. They are discovering how herbs can be used to effectively treat illnesses and common ailments as well as strengthen your health.

Discover how simple garden herbs can be used to improve your health. Learn about how some other easily obtained herbs (from Health Food shops) can be used to treat a wide variety of health problems.

## Herbs Discussed

- Dandelion
- Licorice
- Nettle
- Hawthorn
- Calendula
- Alfalfa
- Cat's Claw
- St John's Wort
- Red Clover
- Aloe Vera
- Herb Robert
- plus more....

## Cooking Demonstration

Includes 2hr Cooking demonstration in the morning

Venue: 15 Industrial Park Dve, Lilydale 3140

Dates: Sunday, 5th Feb, 10am - 4pm

Cost: \$20 - including light lunch

Bookings Essential: 9739 4093      RSVP by 27th January

