

The Acupressure Institute's Wellness Forum Presents ~

Herbal Medicine Chest



w/Carol Davison

Friday August 19, 2011 6:30 – 9:00pm

Upstairs @ 1533 Shattuck Ave. Berkeley, CA 94709

Free!

Herbal medicine uses medicinal plants to address the causes of "dis-Ease" within the body and to restore and maintain well-being. Medicinal plants have been used to treat illnesses for thousands of years and according to the World Health Organization herbal medicine is still a practiced healthcare system in around 80% of the world. Come for an evening of conversation with Carol and learn which herbs are most important to keep in your herbal medicine cabinet.



Carol Davison is an experienced Consultant Medical Herbalist and nutritionist; she graduated from Napier University in 2007 with a Bsc (hons) in Herbal Medicine.

Carol was brought up in Northern Ireland and moved to London to study Complementary Therapies where she gained Diplomas in Massage and Nutritional Therapy. She went on to further study in Edinburgh, completing a four-year science degree in Herbal Medicine. She managed an Herbal Practice in both Ireland and Scotland for several years before relocating to the Bay Area and is now the Culinary Coordinator and Staff Nutritionist at Kitchen on Fire, a renowned cooking school on Shattuck.