



**BEAT THE WINTER FLU BLUES!!!
ITS FUN AND INTERESTING**

**KITCHEN MEDICINE
MOSMAN COMMUNITY COLLEGE
02 9968 4000**

**SATURDAY 29 MAY 2010
10.30am to 2.30pm**

*'Let your foods be your medicines and your medicines be food'
Hippocrates. Build up your family's immunity with food and other
products that may be sourced from your kitchen. Aches, pains, colds and
flu. This workshop covers the use of fresh and dried herbs, spices, useful
supplements, herbal teas and more. From tinea to ear infections. Learn
to make a basic cough syrup, medicinal soup, juice and shake. Ginger
beer provided free!*

**NATURAL FIRST AID
SATURDAY 12 JUNE 2010
10.30am - 2.30pm**

**Potatoes for burns, salt water for sore throats. Making safe and
effective emergency creams with lavender and other essential oils.
How to use your kitchen pantry as a comprehensive first aid/medicine
cabinet, cheap effective and natural.**

**MAXINE WHITE,
HERBALIST**

**ADwHM, BHM, Post Grad Hsc, Cert IV TAA
mNHAA, mANTA, mATMS**

www.kitchenmedicine.com.au