



## Natural Medicine Taster Session

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### Summary

If you dream of becoming a Herbalist, Naturopath or Nutritionist, join us for one of our Taster Sessions, to gain insight into some of the various aspects of natural medicine.

The session will give you a chance to experience our online classroom environment and to encounter Nature Care's inspiring Trainers in action!

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### When

The sessions are delivered live online at the schedule time and run for a 2-hour duration.

### Taster Session Options

- Friday 29 November from 10.00am to 12.00pm
- Tuesday 21 January 6.00pm to 8.00pm
- Tuesday 18 February 6.00pm to 8.00pm

The Natural Medicine Taster Session cost is \$45. The cost of this session can be credited towards any [Advanced Diploma](#), of [Professional Certificate of Natural Remedies](#) or [Certificate in Natural Health](#) when you enrol into the 2025 intake.

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### Content

- **Nutrition** – Five simple principles of holistic nutrition.
  - **Herbal Medicine** – Various ways to use herbs both internally and externally.
  - **Bach Flower Remedies** – How these remedies help restore emotional and mental balance, featuring Mimulus, the remedy for known fears.
  - **Iridology** – An introduction to the three foundational constitutional types.
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### Meet Your Trainer – Lis Conlon

An experienced, passionate Trainer, Lis has been teaching naturopathic subjects for over 25 years.

She authored the book "Iridology: A Beginner's Guide" which has been used as a foundational textbook. Lis received a resounding endorsement for this book from renowned international iridologist Dr. Ellen Tart-Jenson, PhD

Lis is a versatile educator with an avid interest in adult learning styles and tailored teaching techniques. With a wealth of experience as an educator and practitioner Lis was the recipient of the prestigious Lecturer of the Year Award in the Australian Traditional Medicine Society (ATMS) 2024 Natural Medicine Awards.

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### Resources

You will need a computer to access your online classroom. Your computer needs reliable internet access and the Zoom app to attend the live online sessions.

**Important:** You will receive access to the student Portal and your online classroom 1 week before your session. We recommend that you test out your login details at least two days prior to the scheduled session time, in preparation for the Taster.

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