

First Aid from your kitchen cabinet

August 17th 10 am -12 pm

Anya Syrkin

Columbus Herbs and Acupuncture
3620 N. High St. 43214

Please pre-register by 8/10/24

Fee \$50

614.804.0614 or qiworker@gmail.com

Anya Syrkin: Herbalist-Acupuncturist with 24 years of teaching and clinical practice experience.

In this class you will learn how to use your kitchen cabinet as first aid for everyday health related issues. All you need is a well-stocked kitchen pantry that includes culinary herbs and commonly found foods. These can be used to address a variety of issues. Please see the list below for some examples. We will be learning about multiple applications of herbs and foods by doing some organoleptic testing. This means all of our sense organs will be involved in getting to know these herbal remedies and cooking ingredients.

The following is the list of issues addressed in this class:

- Colds and flu, congestion, cough, sore throat
- Bug bites
- Burns
- Insomnia
- Bowel regularity or dis-regulation, digestive discomfort
- Cuts and scrapes, bruises
- Acidity
- Headaches
- Allergies
- Anxiety
- Eye health

many more...

