



ONLINE ADVANCED CERTIFICATE COURSE

*An Introduction to*  
**AROMATIC HERBAL MEDICINE:**  
*Combining Essential Oils and Herbal Simples*  
*Safely and Effectively*

*with* **Gabriel Mojay** *and Special Guest Lecturer* **Denise Cusack**

In this new advanced online certificate course, Gabriel Mojay invites practitioners to join him in a special study of the *biological activities and practical therapeutic uses* of **12 major aromatic herbs** from key pharmacological, Oriental-energetic, and psychospiritual perspectives.

The central aim of the course - **a series of six 2.5-hour webinars** - is to provide practitioners with an introduction to **Aromatic Herbal Medicine** with respect to the effective and safe use of herbs including those derived from the genera *Angelica, Boswellia, Carum, Cinnamomum, Citrus, Lavandula, Matricaria, Melissa, Rosa, Salvia, and Santalum*.

Joining Gabriel for the 2nd of the 6 webinars will be **Denise Cusack**, a leading clinical herbalist and past president of the American Herbalist Guild (AHG) and Executive Director of Herbalists Without Borders (HWB). Denise will share with participants a range of practical methods in which they can prepare aromatic herbs for *simple therapeutic and home use*.

Gabriel's approach will be 'phenomenological' in nature... in other words, we will explore every aspect of the aromatic plant under study— its *botany, phytochemistry and pharmacology; taste and fragrance energetics, therapeutic activities from research-based and traditional vitalistic (TCM and Ayurvedic) perspectives,* and its unique *psychospiritual faculties* based on a grasp of the plant's ethnobotany, age-old symbolism, neuro-psycho-pharmacology, and its foundational taste and fragrance energetics.

For aromatherapists in particular, the course will provide an opportunity to expand their knowledge of *important plant compounds of a non-volatile nature* occurring in aromatic plants, which bring to the individual important benefits consistent with those of widely-occurring essential oil constituents.

Indeed, they will come to understand just how important these constituents and activities are, in terms of availing oneself of their ability to *protect against serious diseases* - including cancer and heart disease - as a result of that ability to *counter the free radicals* which are the foundation of cell damage, cellular degeneration, and (premature) ageing.

Join Gabriel and IJHPA host **Lora Cantele** with Special Guest Lecturer **Denise Cusack** for this fascinating study of aromatic plants and their essential oils from the ground up, as it were, and *gain the knowledge, know-how and confidence needed to make recommendations* regarding this incredibly useful range of safe-to-use herbal tisanes, decoctions, and extracts!

## KEY AREAS OF STUDY

- **Aromatic Herbal Medicine:** definitions, provenance, and applications.
- **Aromatic Repertory:** *Angelica, Boswellia, Carum, Cinnamomum, Citrus, Lavandula, Matricaria, Melissa, Rosa, Salvia, and Santalum.*
- **Biology:** botany (phytomorphology and evolution), phytochemistry, and pharmacology (structure and function of volatile and non-volatile constituents and their synergistic activities);
- **Sensory interface:** classical TCM and Ayurvedic taste and fragrance energetics; their therapeutic and constitutional signatures.
- **Pharmaco-energetics:** integrated research-based (*in vitro; in vivo; clinical trial; systematic review; meta-analysis*) and traditional vitalistic TCM and Ayurvedic *pharmacoenergetic activities*
- **Psychospiritual faculties:** integrated interpretation based on each plant's ethnobotany, symbolism, neuro-psycho-pharmacology, and taste and fragrance energetics.
- **Posology:** practical formulating and really useful applications for *simple therapeutic and home use.*

## KEY FEATURES

- **Format:** 6 two-hour Zoom Pro webinars incl. 20-min. tea break.
- **Style:** informal, informative, lively, humorous, and scholastically rigorous.
- **Presentation notes:** extensive first-class individually-referenced PDF-slide presentation notes.
- **Visual Education & Plant ID:** slides and slides notes illustrated by aromatic plant images from Gabriel's personal library of over 6000 aromatic and medicinal plant photographs.
- **Zoom recording:** webinar recordings made available for review for *one year* following sharing.
- **Class participation:** participant questions and comments relevant to the diverse range of topics the class encompasses are welcome, while certainly not required.
- **CE Certificate of Attendance:** individually issued as a PDF following the 6th and last webinar, jointly issued by the International Journal of Professional Holistic Aromatherapy (IJPHA) and the Institute of Traditional Herbal Medicine & Aromatherapy (ITHMA), founded by Gabriel in London in 1990 – a year before he founded the Register of Qualified Aromatherapists, which merged to become the International Federation of Professional Aromatherapists (IFPA) in 2002.