Your Degree in Herbal Science….What Next?

Herbal Science is the Science of Herbal Medicinal Products, Functional Foods and Natural Products applied to Healthcare and Medicine.

The programme focused on the production, characterisation and applications of herbal extracts and natural products. The herbal extracts and natural products are used as ingredients in the medicinal, pharmaceutical, cosmetic and food industries.

Herbal science is a field with many specialisations, including plant based medicine and healing.

What skills have I gained from my Herbal Science degree?

You will gain experience in laboratory work during your degree and this will equip you with the skills you need to plan, conduct and evaluate experiments. It will also enable you to comply with health and safety regulations and research and interpret scientific literature.

Pursuing a Science career, your degree will have helped you develop a range of transferable skills that you can bring to many jobs. These include:

- analytical, data collection and problem-solving skills
- communication and presentation skills, e.g. the ability to reason clearly and to communicate complex ideas, develop and write research proposals
- computational and data-processing skills
- data analysis using a range of appropriate statistical methods and packages
- identify and predict trends and patterns
- interpret and evaluate events, information, and ideas
- strategic thinking
- problem solving skills
- report writing
- research skills
- teamwork, e.g. by working on projects in a group
- technical skills, e.g. use instruments and identify and classify materials
- time-management and organisational skills

What Career Options Will I Have?

Career opportunities in herbal sciences vary from the commercial to the scientific. Career fields in herbal sciences include herbalist, manufacturing consultant, industry representative or entrepreneurial grower. You may wish to pursue research projects sponsored by either pharmacological commercial interests or university research grants.

Disclaimer: Information is provided in good faith by the CIT Careers Service. CIT, the Careers Service, and any contributing third party shall have no legal liability or responsibility for any individual’s decision made on the basis of this information.
Graduates can expect to work in a variety of sectors including

Healthcare/Cosmetic Industry  
Food Industry/ Nutraceutical Industry 
Biopharmaceutical Industry 
Quality Control/Analysis 
Medicinal Plant Production 
Herbal industry representative, consultant, formulator, manufacturer or manager 
Production and processing specialist 
Researcher 
Herb cultivator or wild crafter 
Work in the health/wellness-supplements/cosmetics industry 

And following further study:

Dietician 
Teaching 
Clinical Herbal Medicine 
Organic Horticulture 
Natural medicine 
Ethnobotany, acupuncture and Oriental medicine 
Phytotherapy 
Botany 
Horticulture 
Pharmacognosy 
Pharmacology 
Medicine 
Nursing 
Nutrition 

Graduates can also look for employment in the following relevant areas:

Quality control/quality assurance 
Sales 
Market research 
Technical support 
Careers in pharmaceuticals, biopharmaceuticals, biotechnology, agriculture, food, horticulture, retail, educational, research. 

Another subfield in herbal science is herbal medicine, which is a type of complementary and alternative medicine. Herbal medicine is also an important part of traditional Chinese medicine.

The Herbal Science degree gives the educational foundation necessary to pursue a career as a medical herbalist. The IIMH accepts and recognises this BSc Honours degree programme as constituting Part I of its professional training requirement for qualification as a medical herbalist/practitioner in Ireland. (Further study/training is required to achieve Part II of the IIMH professional requirements – see post graduate study section below for further info)

Naturopath

Practicing naturopathic physicians treat patients seeking herbal remedies and other alternative treatments to various ailments, mental health disorders or nutritional concerns.
Oriental Medicine and Acupuncture Practitioner

Oriental or Chinese medicine is the overall category for a variety of therapeutic disciplines that originated in the Far East. Acupuncture is perhaps the most well-known of these, but breathing techniques and particular herbal therapies are also classified Oriental medicine.

Self-Employment

In order to develop a successful career, you will need to be prepared to dedicate time and energy to the initial establishment of a practice. Acquiring new patients, which is crucial to career development, can take some time, especially as new patients are often attracted by word of mouth.

Developing a business often involves raising public awareness of the benefits of herbal medicine. Other ways of developing a practice include giving presentations and lectures, running workshops and making use of networking opportunities.

After successfully qualifying and setting up a practice, many herbalists develop their skills and offer other complementary therapies to patients. These may include:

- aromatherapy;
- homeopathy;
- massage;
- osteopathy;
- bach flower remedies.

Diversifying into other areas is also likely to increase the number of patients and, therefore, the size of the practice.

Some herbalists work with other providers of complementary therapies at complementary health centers’. It may also be possible for herbalists with experience to move into teaching or training.

Research into the medical applications of herbal remedies is another possibility. Consultancy and public relations work may be available with companies involved in the natural health product industry.

Employers

Some examples of companies who may offer work experience to herbal science students.

<table>
<thead>
<tr>
<th>UK</th>
<th>Manhattan</th>
<th>Herbs in a bottle</th>
</tr>
</thead>
<tbody>
<tr>
<td>Manufacturing</td>
<td>Bulk herbal products</td>
<td>Quality Assurance/ control</td>
</tr>
<tr>
<td>Manufacturing</td>
<td>Bulk organic herbal products</td>
<td>The Organic Herb Trading Company</td>
</tr>
<tr>
<td>France</td>
<td>Research</td>
<td>IUT - Université d’Angers</td>
</tr>
<tr>
<td>Research</td>
<td>Pharmacy – Separation and isolation</td>
<td>University of Burgundy – Dijon</td>
</tr>
</tbody>
</table>

Disclaimer: Information is provided in good faith by the CIT Careers Service. CIT, the Careers Service, and any contributing third party shall have no legal liability or responsibility for any individual’s decision made on the basis of this information.
### Graduate Employment

**Careers in the Herbal Science Industry**

If you are interested in working in industry, the following websites will provide lists of companies in Ireland.

Enterprise Ireland has lists of Irish employers across all industry sectors, including up-to-date sector profiles. Check out; [www.enterprise-ireland.com](http://www.enterprise-ireland.com). Click on ‘Source a Product or Service from Ireland’ and ‘Sector and Company Directories’.

**Tip:** The Industrial Development Agency (IDA) has a comprehensive list of all multi-national companies in Ireland. Companies who employ Science graduates are listed. Check out; [www.idaireland.com](http://www.idaireland.com). Click on ‘Business in Ireland’, select from the list of sectors and then click on ‘Search Company Database’ for a full list of companies.

- Register with gradireland to get email alerts on employment opportunities as well as job search advice; [www.gradireland.com](http://www.gradireland.com)
- Pick up free copies of the **Gradireland Directory** for Ireland (north and south) and, **‘Ireland's 100 Leading Graduate Employers’**, which is available at CIT’s Careers Service, 2nd Floor, Student Centre.

### Postgraduate Study

Gaining a postgraduate qualification brings with it many benefits. It enables you to gain further, more specialized knowledge in your field of study. It can give you a specific technical, vocational or professional qualification and facilitate you in developing a range of key skills including; research, analysis, evaluation and written communication.

Or if you are looking for a change in direction there are many ‘conversion’ post graduate courses which are worth exploring. You can use [www.qualifax.ie](http://www.qualifax.ie) and type in ‘conversion’ and use the ‘postgraduate’ filter.

---

**Disclaimer:** Information is provided in good faith by the CIT Careers Service. CIT, the Careers Service, and any contributing third party shall have no legal liability or responsibility for any individual's decision made on the basis of this information.
For further information, go to the ‘Further/Postgraduate Study’ link on the Students page of our website: http://www.mycit.ie/careers.

Other websites include: www.postgradireland.com and www.prospects.ac.uk

For further information please contact the Careers Service on 021 4335772.

**Post graduate clinical training:**
The clinical training programme developed by the Irish College of Traditional and Integrative Medicine (ICTIM) is accredited by the IIMH (The Irish Institute of Medical Herbalists). Graduates of this programme are eligible to apply for membership of the IIMH. This programme is open to all graduates but is especially relevant to all health care practitioners. It is a rigorous programme and requires commitment. More details regarding this programme may be found at http://www.irishcollegeoftraditionalandintegrativemedicine.com

**Further Resources**

For career opportunities in Nutrition\Dietetics in the UK see www.targetjobs.co.uk

**Tip:** If you are unsure about what direction to take after your degree, the gradireland Careers Report is a useful tool for matching your personal information and preferences to potential careers. Log on and register at www.gradireland.com to use the report.

**Tip:** If you want to find out more information about what is involved in any of the job titles listed in this document, check out the A to Z Occupation List on www.careersportal.ie

**Websites**

- www.idaireland.com
- www.enterprise-ireland.com
- www.holisto.com (Practitioner Training)
- www.iimh.org (The Irish Institute of Medical Herbalists)
- www.iammh.com (The Irish Association of Master Medical Herbalists)
- www.gcwhite.co.uk/nimh.htm (The National Institute of Medical Herbalists)
- www.associationofmasterherbalists.co.uk (Association of Master Herbalists)
- www.ehtpa.eu (European Herbal & Traditional Medicine Practitioners Association)

**Further Study**

- www.prospects.ac.uk
- www.gradireland.com
- www.studyabroaduniversities.com
  Search for ‘Biotechnology’ or ‘Pharmaceutical’ courses if interested in that field.
  Google courses in Switzerland, the UK and USA in particular.
- www.naturopathy-uk.com

Disclaimer: Information is provided in good faith by the CIT Careers Service. CIT, the Careers Service, and any contributing third party shall have no legal liability or responsibility for any individual’s decision made on the basis of this information.