eHERBALIST



ITEMS IN THIS EDITION INCLUDE:

- URHP Summer Gathering 2024
- Message from the New Chair of URHP
- Magnolia as Medicine
- Rosemary for Improving Memory
- The Power of 3: Herbs of Power from Major Traditions
- Book Review
- Diary Dates
- A Bunch of Flowers

UNIFIED REGISTER OF HERBAL PRACTITIONERS eHERBALIST

CONTENTS

1	Letter from the Editor
2	Message from the New chair of URHP - Rachel Boon
3	URHP Summer Gathering 2024 Flyer
4	Conference Programme
5	Conference Programme continued, plus payment details
6	Conference Speakers' Bios and Programme
9	Key highlights of the 2023 URHP AGM and Council activities
10	Magnolia as Medicine
11	New URHP Secretary/Information Officer - Nicola Sabin
11	Rosemary for Improving Memory
12	A Welcome to New Members
13	Book Review: Minted
15	The Power of 3: Herbs of Power from Major World Traditions
18	Herbal Gathering (on-line)
19	A Bunch of Flowers
21	Diary Dates and Contact Information

URHP NEWSLETTER TEAM SPRING 2024

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The next issue of The URHP eHerbalist will be published in September 2024. Please send your contributions for the next edition to Liz Lyden at: lizlyden@msn.com

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LETTER FROM THE EDITOR



This year has been exceptionally busy for the URHP. Spring has indeed had us bursting with energy and ideas.

The Council is now working with sociocracy which is great but the mountain of emails we all received was not. A solution was found using Google Workspace for Business, which initially resisted our payments. This has now been resolved and is up and running.

We introduced paying subscriptions through Sum Up. After a few teething troubles that is working well.

The Summer Gathering is also to be paid from payment links which will be sent out to you individually once you have booked.

The Gathering is being held in Conwy, North Wales in a beautiful place. Purley Chase is no longer available so it was a rush to find somewhere as nice and suitable. We think we have.

So we look forward to meeting in Wales.

Do send us your contributions for this journal. Everything is welcome.

Liz.

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MESSAGE FROM THE NEW CHAIR OF URHP - RACHEL BOON

It is a pleasure and an honour to be voted in as the next URHP Chair. Thank you all for your encouraging words of support. Laura Yarham has left big, compassionate and kind boots to fill as our previous Chair, generously serving two terms in Council as President. I feel lucky to arrive in post with our new sociocratic structure in place and to join our existing Council members, new and long-standing, who combined, have an incredible amount of knowledge and experience to serve our wonderful, eclectic membership. I look forward to seeing you all at the AGM in July.

Best regards,
Rachel



Rachel Boon
Naturopath & Medical Herbalist

www.rachelboon.co.uk

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URHP Summer Gathering 2024

JULY 5TH - 7TH 2024

Beechwood Court CEHC, Mountain Road, Conwy, North Wales LL32 8PY

'Moving Forward Together'

A Conference for Qualified Herbalists & Herbal Students

We are excited to be able to welcome you all, in person, to this year's URHP conference. This will be an amazing and exuberant weekend blending a whole diversity of expertise. This is an opportunity to share and learn from the wealth of wisdom, knowledge and experience in our herbal community. Along with the set programme, there will be 'open space' for spontaneous discussion and skill sharing. The conference begins Friday afternoon and finishes after lunch on Sunday.

SPEAKERS INCLUDE:

Cassie Sheriff – ***Medieval Music & Medieval Herbalism***
Rachel Boon – ***Women's Health – Perimenopause***
Barbara Wilkinson – ***A walk on the wild side & Case Presentation***
Anne Stobart – ***Creating a Medicinal Forest Garden***

Note: speakers may be subject to change at short notice.
The URHP can aid any member who requires financial support.
Please add this to the booking form.
Book your place with Liz Lyden treasurerurhp@gmail.com
Places are limited at Beechwood Court, please book before the end of April.

There is a £50 deposit whether you are a day delegate or staying for one night or the whole weekend. Full payment by 15th May 2024. Please go to booking-form/
Conference fee £230 with Ensuite and £200 Standard with shared bathroom.
See booking form for further options including dietary requirements.
This venue is Alcohol free and wheelchair accessible.

BOOKING LINK: https://pay.sumup.com/b2c/QC67L7L6

URHP Summer Gathering 2024

JULY 5TH - 7TH 2024

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'Moving Forward Together'

A Conference for Qualified Herbalists & Herbal Students

Conference Programme

Friday 5th July

16.00 – 17.00	Registration
17.00 – 18.00	URHP - Members Informal Chat welcome
18.00 – 18.30	Opening Conference by URHP Chair & Mistress of Ceremony
18.30 – 19.30	Dinner
	Open Fire Ceremony
20.00 – 21.00	Oath & Sharing of Intentions/Gratitude
	Cassie Sheriff – Medieval Music & Medieval Herbalism

Saturday 6th July

08.00 – 09.00	Breakfast
10.00 – 11.10	Rachel Boon - Women's Health - Perimenopause
11.10 – 11.25	Tea Break
11.25 – 11.45	Rachel Boon - Q & A Women's Health – Perimenopause
11.45 – 12.30	Free Time
12.30 – 13.30	Lunch
14.00 – 15.30	Barbara Wilkinson– A Walk on the Wild Side Case Presentation
15.30 – 16.00	15.30 – 16.00 Tea Break
16.00 – 18.00	16.00 - 18.00 AGM
18.30 – 19.30	18.30 – 19.30 Dinner
19.30 – 23.30	19.30 - 23.30 Social gathering

URHP Summer Gathering 2024

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Beechwood Court CEHC, Mountain Road, Conwy, North Wales LL32 8PY

'Moving Forward Together'

A Conference for Qualified Herbalists & Herbal Students

Conference Programme

Sunday 7th July

08.00 – 09.00	Breakfast
10.00 – 12.00	Anne Stobart - Creating a Medicinal Forest Garden
12.00 – 12.30	Close Conference - Thank delegates, attendees and Venue
12.30 – 13.30	Lunch
14.00	Farewells
	Open Space

At this year's Conference there will be an Open Space throughout the event This is simply an alternative program that anyone at the Conference can create at any time.

The way this works is that if anyone wants to facilitate a discussion or group activity, they can announce this on the Open Space Notice Board saying what, where and when. This can be as an additional option to the scheduled Seminars, during meal breaks or in the evening.

PLEASE NOTE THAT SPEAKERS MAY BE SUBJECT TO CHANGE AT SHORT NOTICE

BOOKING LINK: https://pay.sumup.com/b2c/QC67L7L6

URHP SUMMER GATHERING 2024 'MOVING FORWARD TOGETHER' Conference Speakers' Bios and Programme



Beechwood-Court, this years venue



Cassie Sheriff

Cassie is a Medical Herbalist and Medieval Living History demonstrator based in North Wales. Cassie grew up with a love of history, which developed into demonstrating aspects of Medieval life to the general public. This pastime combined with a rural home inspired interest in the plants around us, leading her to qualify as a Medical Herbalist in 2016 and blending the subject into her Medieval displays. To find out more about Cassie, please visit her website: http://www.hedgecraftherbs.co.uk/p/home.html

Brief summary of the talk

While, nowadays working with herbs is quite the niche subject, for most of our past it was very much a way of life. In this talk we'll explore some of those ways and look at some of the plants traditionally used in Britain.

Rachel Boon BSc (Hons), Naturopath and Herbalist



Rachel is a Naturopath, Herbalist and Women's Health specialist with over 19 years in private practice. An experienced clinical supervisor, Rachel was also the lead clinician on a popular juice, yoga and detox retreat, enjoys public speaking and more recently, podcasting. She is passionate about helping women at all stages of their lives, especially during times of hormonal transition such as puberty and perimenopause. In her various clinical, teaching and public speaking roles, Rachel's core aim is to educate and empower women to become warriors for their own health. Rachel is Chair of the Unified Register of Herbal Practitioners and graduated from the CNM in 2005. For more information on Rachel, please visit her website https://www.rachelboon.co.uk/

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Your Perimenopause Friends and Foes: What is going on in there and how you can help yourself
By Rachel Boon, Women's Health Specialist Naturopath and Herbalist

- In your 40's and feel like you're on a hormonal roller coaster?
- Wish you knew how to recognise signs of high or low sex hormones?
- Still have regular periods but feel like someone else is driving your car?
- Wondering why your old weight loss tricks from your 30's no longer work?
- On hormonal birth control so have no idea where you're actually at?
- Libido missing in action, can't focus and want to kill your partner for noisy breathing? Then this talk is for you.

You'll gain:

- Clarity on what may be going on for you hormones-wise
- An awareness of what might be hindering your menopause transition
- Helpful herbal, naturopathic and lifestyle tools to take away

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Barbara Wilkinson, Consultant Medical Herbalist & Trustee for the Herb Society



Barbara qualified as a Consultant Medical Herbalist in 2012, becoming a member of the Unified Register of Herbal Practitioners, and the College of Medicine and Integrated Health.

As well as running her own practice, Barbara has been a Trustee for The Herb Society since 2014 and has appeared as a guest speaker at numerous events and conferences. She has had an allotment for over 28 years, where she grows both food and medicine. Barbara's expertise was recognised by Horticulturist Alys Fowler, who approached Barbara for support during the production of her book *A Modern Herbal* (2019).

Herb walks, workshops and events are a passion Barbara shares with many. She can often be founded teaching foraging and the joy of herbs throughout the seasons, in Physic gardens, private gardens, and community spaces across the North West.

Having been a member and supporter of the Society for many years, Barbara is a champion of all it strives to achieve and feels a strong affinity to its founder Hilda Leyel, whose values and beliefs align with Barbara's own.

Being passionate about the education of traditional medicine for all life on earth, Barbara spreads the word about the importance of herbs, and believes they are our past, present and future.

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‘A Walk on the Wild Side’

‘Come with me and you’ll be in a world of pure imagination take a look and you’ll see...’ A brief seasonal introduction in the joy of nature and hear how Barbara connects plants and people. We will explore the magnificent grounds of Beechwood Court, immerse ourselves in the delights of early July, the season of summer. Our journey will be of connection and learning together as we go. Light, camera action and we are away...

For more information, contact:

barbara_wilkinson101@hotmail.com and https://herbsociety.org.uk/

Anne Stobart



As a co-founder of Holt Wood Herbs, Anne has sought to develop sustainable ways of growing medicinal trees and shrubs. She is an experienced herbal practitioner, based in Devon. Previously she taught herbal medicine at Middlesex University in London. She is also permaculture-trained and enjoys growing herbs alongside fruit and vegetables on the allotment. Anne has excellent knowledge of the herbal medicine world from clinical practice to worldwide sourcing of herbal remedies.

'How I Created a Medicinal Forest Garden'

Anne Stobart, medical herbalist, will talk about the inspiration behind her project in growing and harvesting medicinal trees and shrubs in Devon.

She will discuss the benefits of permaculture design and give examples of healing trees and shrubs that can be sustainably cultivated in the UK.

Anne has much practical experience of growing, harvesting and creating a range of herbal preparations. Having a particular interest in medicinal trees and shrubs, she has published The Medicinal Forest Garden Handbook. (Permanent Publications 2020)

Her newsletter The Medicinal Tree Woman is full of practical information on all these aspects and more. It is available from https://medicinalforestgardentrust.org/

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KEY HIGHLIGHTS OF THE 2023 URHP AGM AND COUNCIL ACTIVITIES

The AGM for 2023 was held on 10 January 2024 on Zoom and the key highlights follow below. A full report can be found in the Members Area of the URHP website.

Constitutional Changes

Prior to the AGM, an electronic ballot was held that approved constitutional amendments which: changed the title of President and Vice President to Chair and Vice Chair; added the option of having convenors of Council meetings other than the Chair on a rotating basis; and redistributed responsibilities amongst the Chair Council.

Election of new Chair

Under the sociocratic selection method, Rachel Boon emerged as the new Chair of URHP on the basis that she would observe Council meetings until she took up the post in the summer of 2024. (See Rachel's bio on page 13).

Council

In the interim, the Council would continue operating with the sociocratic method where duties and responsibilities are shared and responsibility for convening meetings rotates amongst Council members. With the Chair in Council in the summer there will be further deliberations on the distribution of duties.

Finances

The URHP increased Full Qualified membership fees to £140. There is still no joining fee. The method for members fee payment changed to SumUp which has streamlined the payment process.

Membership

Membership numbers remain steady with few members leaving and new members joining or upgrading from Student to Full Qualified Membership. The mapping procedure to facilitate applications by new members is under review. A team of URHP Council members and volunteers hosted a virtual Fireside chat to promote URHP with students at Lincoln College, after which three applications were received.

Secretary/Information Officer

The Council welcomed Nicola Sabin who has volunteered to take on the role of Secretary/ Information Officer. Nicola is also a Student Member representative on the Council.

URHP Conference team

A team comprising Council and volunteers was established and has been working to select a venue and set up the arrangements for the Summer Gathering, that will take place 5-7 July 2024 in Conwy, Wales. Plans are well underway. See page 2 for full details and booking information

Herbal Gathering

The Sharing Circle has been renamed **Herbal Gathering** and will be convened by Barbara Wilkinson and Nicola Sabin.

Tribute

The AGM and Council paid tribute to Pierre Jean Cousins, who became a Friend after leaving Full membership, to thank him for his contribution as a founding and hard-working member of URHP over the years.

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MAGNOLIA AS MEDICINE

By Dawn Ireland



Dawn Ireland

Bio: *Dawn has had a practice in Torquay, Devon for 12 years, where she takes herbal medicine trainees for clinic experience from the Betonica School of Herbal Medicine, Heartwood Herbal Education and the Plant Medicine School.*

She has also written articles about herbal medicine related subjects, for magazines such as The Bushcraft Magazine, Reconnect, The Herbalist, and *The Country Gardener.*

It is a common truth that a herbalist's kitchen is full of equipment not used for it's original purpose. One such item is the humble potato peeler. I have two potato peelers! One for actual potatoes. The other is for peeling bark from medicinal plants, and very effective it is too.

My latest efforts are from prunings of a Magnolia tree which is more easily done in Spring than Autumn. The bark is traditionally used in Chinese Medicine and is starting to be known and used in Western Herbal Medicine.

I peel the bark, dry it and then tincture it at 40% alcohol.

The flavour is slightly peppery, warming and aromatically bitter. A couple of the constituents lignans magnolol and honokiol are shown to ease anxiety, low mood, and stress by interacting with GABA. The aromatic bitters aid digestive function as you'd expect, and there is beneficial action supporting the liver.

The leaves and flowers are also used, the flowers for rhinitis, sinusitis and inflammation of the upper respiratory system. The leaves at full maturity in Autumn show antimicrobial activity, especially in the gastrointestinal tract.

Many species of Magnolia have similar levels of phytochemicals.

For more detailed information see:

J Zhejiang Univ Sci B. 2017 Mar; 18(3): 194–214.
doi: 10.1631/jzus.B1600299
PMCID: PMC5365644
PMID: 28271656
Biological activity and toxicity of the Chinese herb Magnolia officinalis Rehder & E. Wilson (Houpo) and its constituents. Mlanie Poivre and Pierre Duez†‡



Magnolia

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WELCOME ABOARD NICOLA!

New URHP Secretary and Information Officer



Nicola Sabin, a dedicated member of URHP, has volunteered to serve as URHP Secretary/Information Officer. Nicola has been active on the URHP Council as a Student Member and co-hosting the URHP Herbal Gatherings (previously known as Sharing Circle), bringing loads of experience and skills to the table. Her role is crucial for URHP and Council operations, and her involvement will greatly boost our support for members.

Beyond her URHP duties, Nicola has a Practical Herbalist Diploma and continues her herbal studies at the Wild Rose College of Herbal Medicine and the Matthew Wood Institute of Herbalism. She is also a trustee of The Herb Society and has a real passion for exploring how herbs can help with dysautonomia. She is a regular contributor to the URHP eHerbalist and you can read her article "Rosemary for Improving Memory" below.

Nicola can be contacted at: info@urhp.com

ROSEMARY FOR IMPROVING MEMORY

By Nicola Sabin



Herbs have been used throughout history to improve memory function. As we get older, some people notice they don't remember information as well as they once did or are unable to retain or recall it as quickly. Forgetfulness can be a normal part of ageing, or it can be one of the first signs of something else, such as dementia.

Rosmarinus officinalis is well known as the herb of remembrance. In folk medicine, rosemary has been associated for centuries with having a good memory. The shrub became known as the "Rose of Mary" because it is said that when the Virgin Mary spread her blue cloak over a rosemary bush, its white flowers turned blue.

Rosemary's active constituents can aid in enhancing cognition and has been used to help those with Alzheimer's disease. In animal studies Rosemary was shown to improve cognitive outcomes in normal and impaired animals.

Mild cognitive impairment is a deficit in memory and cognition with no physical limitation in daily activities. This impairment advances with age and is expected to increase in the future with an increasing older population worldwide. Patients with mild cognitive impairment frequently progress to dementia and Alzheimer's disease.

Herbal medications used as cognitive enhancers include *Ginkgo biloba*, *Bacopa monnieri*, *Hypericum perforatum*, *Salvia officinalis* and ginseng. These herbs have shown to be promising cognition enhancers, especially for the treatment of Alzheimer's disease due to their cognitive benefits and, more importantly, for their mechanisms of action that address the fundamental pathophysiology of the disease.

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Rosemary is an aromatic plant and one of the most cultivated culinary herbs in the world. Its fresh and dried leaves are used in cooking or as herbal tea because of their characteristic fragrance. It is a perennial herb, with evergreen, needle-like leaves and white, pink, purple or blue flowers. Its actions include antibacterial, anticancer, antidiabetic, anti-inflammatory and antinociceptive, antithrombotic, antiulcerative, cognitive deficit enhancement, antidiuretic, and hepatoprotective effects. Rosemary also has antioxidant properties that protect the brain and blood vessels.

Chemical constituents include, carnosol, rosmanol, ursolic acid, betulinic acid, and rosmarinic acid, and nepitrin. 1,8-cineole may be one of the compounds in rosemary oil that may be responsible for changes in memory performance as it causes an increase in acetylcholine, a neurotransmitter. These compounds do this by preventing the breakdown of the neurotransmitter by an enzyme. Inhalation is one of the best ways of getting drugs into the brain. With inhalation, small molecules can pass into the bloodstream and from there to the brain. According to a study, inhaling rosemary can increase cogitative function and mood.

Another study by Dr Moss and Victoria Earle was presented at the annual conference of the British Psychological Society. The study revealed that rosemary can assist with memory. A series of memory tests were conducted in a room full of pupils between the ages of 10 and 11 years old. The pupils who were exposed to rosemary showed a 5-7% improvement in memory function.

Rosemary is often paired with lemon, orange and lavender to improve cognitive function in people with Alzheimer's. Energetically, Rosemary is warming, drying and slightly constricting. It can be drunk as an infusion, used in tincture form, glycerite, capsule, infused oils and essential oils for topical use.

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urhp
"at the heart of Herbal Medicine"

A WELCOME TO OUR NEW MEMBERS

Since our last newsletter was published in the autumn of 2023, we have welcomed the following new Members to the URHP Register:

New Full Qualified Members
Judith Butler
Suneet Kaur (former Student Member)
Sam Lidgley
Emma Taylor (former Student Member)

New Student Members
Suzann Elsahen
Anne Goelder-Thompson
Elma McElligott
Elle Shuttelton
Colleen Wright

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MINTED: HOW TO CREATE A PROSPEROUS HEALTHCARE PRACTICE WITH JOY, EASE AND AUTHENTICITY, BY HANNAH CHARMAN

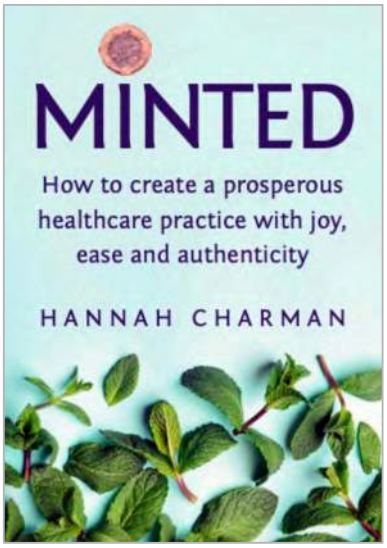
Book Review by Rachel Boon



Bio: *Rachel Boon BSc (Hons), Naturopath and Herbalist*

Rachel is a Naturopath, Herbalist and Women's Health specialist with over 19 years in private practice, both face to face and virtually. She was the lead clinician on a popular juice, yoga and detox retreat, is an experienced clinical supervisor and enjoys public speaking and more recently, podcasting. She is passionate about helping women at all stages of their lives, especially during times of hormonal transition such as puberty and perimenopause.

Rachel is the Chair of the Unified Register of Herbal Practitioners and graduated from the CNM in 2005.



Minted is a book I wish someone had bestowed upon me in 2005, as a graduate Naturopath and Herbalist. I felt confident enough clinically but knew nothing about running a business. I naively thought that if I worked in a multi-disciplinary clinic, the referrals would come flooding in and I'd be busy working full-time, in no time. Sadly not! Fast forward ten years, two children, some expensive mistakes and a couple of bridge jobs later, it was only then, a decade after graduating, that I felt busy and confident enough to go into full time private practice.

I believe the knowledge shared by Hannah, gleaned from years of experience, both good and bad, as a herbalist and hypnotherapist, could have helped me, and others, make the leap far sooner and way easier.

Why is this business book any different to others I hear you ask? Well, it's written by an experienced therapist for starters, so the odds are whatever hiccups you've had along the way, Hannah would have had them too, and probably more, as she has been in herbal medicine longer than almost anyone I know.

Aren't business books a bit boring and dry though? Not this one. I wish all business books were this easy to read. Heartfelt, honest and practical I got into it off the bat and started writing action points for my own business after every chapter.

Hannah writes with authenticity, experience and honesty, drawing from her own real-life struggles along the way which have gone on to shape her business and mindset. I particularly enjoyed the sections around self-care, fiercely protecting your time and boundaries and shiny object syndrome which I can totally relate to!

She reflects how working yourself to the brink of burnout was seen as rather cool at one point, but now, she views success as how happy you are rather than how knackered you are. I couldn't agree more! For British women working in complementary

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therapies, under charging is rife and talking about money is frowned upon. I passionately feel we need to change this narrative as it no longer serves us (did it ever?) and by under charging as individuals, we are devaluing our profession as a whole.

Hannah has a whole section on 'Serving your clients' which covers pricing (how much do you need to earn), 1:1s, programmes, packages and all the different ways you can serve your ideal client, from high end long programmes to self-paced short courses.

I challenge anyone to finish this book and feel anything less than inspired and wired to get out there and start growing a prosperous practice on their terms.

COULD YOU HELP AT THE URHP HERBAL GATHERING?

We need help with tasks such as meeting, greeting and helping people to their rooms (no lifts), collecting firewood for fire ceremony, keeping chairs and rooms tidy etc.

If so please contact Tina via email on:
conferenceteam@urhp.com

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THE POWER OF 3: HERBS OF POWER FROM MAJOR WORLD TRADITIONS

By John E. Smith, F:URHP



John E. Smith

Bio: *John E Smith F:URHP B.A. (Hons.) is a classical herbalist with a background in Ayurvedic, Chinese and Unani Tibb systems. John is a long term URHP member and author of "100 Herbs of Power", "Food, Herbs, Health & Healing" and "Fragrances of the Soul".* jesmithbodytonix@aol.com

A trinity exists in all great traditions and this article explores its application to herbal medicine in three places: Persia and the Middle East, China, and India.

PERSIA AND THE MIDDLE EAST

The Persian Empire once spanned from the Indian Border to Greece.

"Nard and saffron, calamus and cinnamon, with all the trees of Frankincense, myrrh and aloes, along with all the finest spices…" The Book of Solomon

Frankincense: A review of PubMed reports on clinical trials using boswellic acids or frankincense resin from Boswellia serrata reveals that these substances have been studied and found highly effective in such conditions as rheumatoid arthritis, osteoarthritis, low back pain, soft tissue rheumatism, myositis, fibrositis, chronic colitis, ulcerative colitis, Crohn's disease, bronchial asthma, and peritumoral brain edemas. Besides its pronounced anti-inflammatory properties, it has been found to have a strong immuno-stimulant activity.

Myrrh is both an antimicrobial agent and a direct stimulant of white blood cell production. It increases resistance to infection and is one of the most effective of all known disinfectants from the plant kingdom. It is a rejuvenating tonic and is reputed to enhance the intellect.

Aloes refers to Aloes wood or agar wood – a tree which is constantly threatened by parasites. In order to ward off these parasites the tree creates a resin known as Oudh. Much of the best Oudh is now owned by China and was previously owned by the Saudi royal family.

(Nard or Spikenard was carried from the Far East to anoint Christ before the crucifixion. Saffron is probably the closest in the plant world to gold and probably more expensive).

CHINA

The ancient Chinese Emperors recognised that in order to be all powerful they needed 3 qualities:

Omniscience (all knowing) – which was granted to them by their great advisors – people like Mencius, Lao Tsu and Confucius.

Omnipotence (all powerful) – yes, China had this as a major world leader.

Immortality – the third quality was something the Chinese Emperors desired. So hunters were dispatched to the four corners of the kingdom to find the plants known to bestow long life.

In Tibet the plant hunters found a botanical know as "winter worm, summer grass" Dong Chong Xia *Chao* or *Cordyceps sinensis.*

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Reishi Mushroom (Ganoderma lucidum)



Andrographis (Indian chiretta)

Cordyceps is a fungus which lives in the body of a caterpillar during the winter months and grows from the caterpillars head in the spring, breaking through the soil as a grass. Cordyceps is known to improve both lung and adrenal function. In 1993 cordyceps was recommended to Chinese athletes who subsequently broke nine world records.

Panax Ginseng (ren shen) - is known in China as an Emperor Herb. The word Panax is related to the word "Panacea", it was referred to in *The Classic of the Divine Farmer* as 'a herb to quiet the spirit, eliminate evil, open the heart and prolong life'.

Reishi: As we are working in 3's – my 3rd Chinese herb will be Reishi Mushroom (Ganoderma lucidum), "The Mushroom of Immortality".

The first herbal paper on longevity described Reishi as "tens of thousand years fungus" and it has also been referred to as "Spiritual vegetable meat". In both China and Japanese folk medicine Reishi (ling zhi) is considered to be in the highest class of tonics.

INDIA

Ayurveda is probably the oldest health system of the world and was inspired by the Vedic Scriptures which are considered by devout Hindus to be the "Blueprints of Creation".

My chosen 3 Herbs from this tradition are Ashwaganda, andrographis and gotu kola (Brahmi).

Ashwaghanda (withania somnifera)

Ashwaghanda is classified in Ayurvedic medicine as a "rasayana" or "elixir"; it is Adaptogenic (meaning that it combines both calming and uplifting properties) – earning it the name "Indian ginseng".

Recent research in both India and the U.S. has suggested that this herb could be useful in the treatment of Long Covid.

Andrographis (Indian chiretta)

"The king of bitters" - It was during the last year of the First World War that andrographis took on a totally new role in helping to overcome the Spanish flu virus which killed 10 million people in India (30-50 million worldwide). Andrographis appears to be faster acting than Echinacea and is often referred to as "Indian Echinacea".

Gotu Kola (hydrocotyl asiatica), known in India as "the meditation herb", is said to synchronise the left and right hemispheres of the brain. This herb is often referred to as "Brahmi" (a title it shares with Bacopa monnieri).

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Usnea longissima

EUROPE:

This is where things become a little confusing, as many herbs which we consider to be native to Europe actually come from America, the Middle East, or even India.

Hawthorn (cratageus) - was first recorded in 40-80 A.D. by Dioscorides. The word "Cratageus" was derived from the Greek word "Kratos" which means "always having been there". Hawthorn has traditionally been used as a heart tonic by people as diverse as American eclectics, The Cherokee nation and the private physician of King Henry 1V.

Yarrow (achillia) - was recorded in The Iliad as being used by Achilles to salve the wounds of soldiers in the Trojan wars. It is said that Achilles was advised on its use by Chiron (the centaur) who invented the art of healing.

Usnea – A favourite herb of mine – although it is widely available in the U.K. (will grow only in relatively clean environments) - it is rarely used by herbalists in this part of the world, but more commonly used in the U.S. and known by eastern and oriental practitioners.

Usnea is something of a natural phenomenon in that it combines the characteristics of both a fungus and an algae.

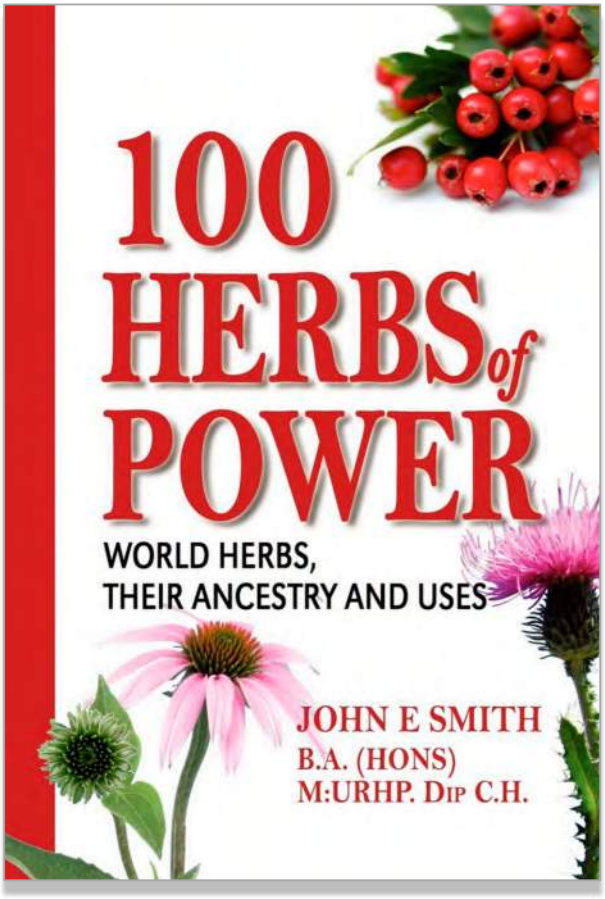
Usnea is anti-fungal, antiseptic, antibiotic, antiviral, and antibacterial.

N.B. Although this article focuses on the Power of 3, other major numbers such as 5 and 8 are also powerful. For example, the number 3 can apply to the Trinity, the 3 doshas of Ayurveda etc.; 5 may relate to the Chinese 5 elements etc; and 8 as the number of infinity. These are all Fibonacci numbers, so the list could go on ad infinitum.

References:

King's American Dispensatory. By Harvey Wickes Felter, M.D., and John Uri Lloyd, Phr.

100 Herbs of Power by Smith, J.E. (2008).. Strategic Book Publishing.



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HERBAL GATHERING (ON-LINE)

In January 2024, the online Sharing Circle meeting was renamed Herbal Gathering and is now convened by Barbara Wilkinson and Nicola Sabin. They would like to thank Liz Lyden, Laura Yarham, Louisa Hallowes and Sarah Murphy for all their hard work and time running the Sharing Circles.

The Herbal Gathering will continue to be an informal social space for all URHP members, including Students, to meet, share herbal highlights of our month, and to give support and advice to members when requested. Everyone is welcome!

Barbara and Nicola aim to invite special guest speakers to discuss topics including case studies that can inform your herbal practice. The speakers for 2024 so far have been:

- **January** - Barbara Wilkinson discussed a fascinating case study of an Alzheimer's diagnosis and the changes made that led to better quality of life and a changed diagnosis from the patient's GP.

- **February** – Student Member Antonella Di Cillo talked about her journey into herbalism and her experiences as a student herbalist at The Irish School of Herbal Medicine.

- **March** - Nicola Sabin URHP Student Council Member (and new URHP Secretary/Information Officer) discussed her personal experience of being diagnosed with Postural Orthostatic Tachycardia Syndrome (POTS) and how she has regained her health using lifestyle and herbal approaches after vaccine damage.

The next session of the Herbal Circle will be 7pm on Tuesday, 4th June 2024. For this session, we are looking for a speaker on any herbal topic; for example, you can share insights into a case you have worked on that gained positive outcomes or give a talk on specific herbs you use in your practice that have shown to be loyal allies and why.

After 4th June there will be a summer break until October. Please contact either Nicole or Barbara for further information or to discuss details: info@urhp.com



A BUNCH OF FLOWERS

By M.A.P Whitley



Bio

Mary lives in London and is studying Bach Flower remedies. She has shared this article with us at our invitation. It's easy for us to forget how these simple powerful remedies can make a huge difference to our patients. Ed.

A Bunch of Flowers

We carry the impact of stress across our lives: family, caring, needing to be cared for, work, cost of living etc. In a fast moving, electronic world the pressures are even greater and though there are many options for support these days, we can't all afford the respective therapies on offer.

If we find time to listen to our inner voice, that's our best guide, but often we don't. Caught in a problem, we can get stuck and unable to see how to move forward. Then there are the challenges that seem to be on repeat.

Every generation must deal with their own version of stress and many remarkable people have left behind effective, often overlooked discoveries that are just right for the world we live in today.

In 1912, over one hundred years ago, a young doctor, by the name of Edward Bach, began his work. An observant physician, Doctor Bach (pronounced Batch), believed in treating his patients as individuals. He made time to listen to them talk and he noticed how their thoughts and emotions had a bearing on their physical health. He theorised on unresolved mental patterns, problems and emotional stresses and he questioned how, when predominant, they contributed to disease in the body or even were a root cause.

Dr Bach studied medicine at the University of Birmingham before continuing at University College Hospital in London. Initially he worked as a house surgeon before becoming a bacteriologist and then a pathologist. Later he started original research in immunology and vaccine therapy. Eventually his interests led him to a position at the Royal London Homeopathic Hospital.

Homeopathy further inspired Bach and he took to deeper studies in plant-based preparations, conducting wider independent research. The results he found were sufficient to encourage him to leave London altogether in 1930 to focus entirely on finding new plants for healing.

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Dr Bach saw his patients' continued progress, employed his Homeopathic knowledge, and compiled meticulous notes in his ongoing research. His method was to 'treat the person, not the disease: the cause not the effect''.[1]

In a few short years Edward Bach had developed the system known as Bach Flower remedies. Derived from wild plants Bach was drawn to work with and that had shown significant improvements in patients, he created the 38 Bach Original Flower Remedies. He blended a mix of five of those remedies to create an emergency mix, best known by the brand name Rescue Remedy. It can be taken as drops, pastilles, and even applied as a cream.

Each remedy influences the recipient's fine and complex energetic body. A particular healing quality is found in each individual flower essence.

Dr Bach said in one of his public talks: "They cure, not by attacking the disease, but by flooding our bodies with the beautiful vibrations of our Higher Nature, in the presence of whom disease melts away as snow in sunshine".[2]

The Bach method is a simple one designed to be easy and convenient for people to help themselves come into balance and embody their unique authenticity: they are true spirit. The remedies can be easily self-selected and administered. Each works on a particular feeling or pattern of thought/ behaviour.

Offered in a small drop bottle and preserved in water and brandy only, the remedies are available in non-alcoholic preserve too. Two drops daily are directed to be taken in a medium glass of spring water (or fruit juice). That is all that is needed for the remedies to work by gently dissolving layers of imbalance. The drink should be sipped throughout the day. There is no set time for the remedies to work as the healing will take its own course according to personal need. People find one day they have just stopped taking the drops or they lose the bottle which is a sign the matter has been resolved.
The remedies are safe, they are not addictive, and don't interfere with any other medications or diets. They are gentle enough to be given to children and to animals and importantly too in the current economy, they are affordable.

The right remedy is selected in recognition of an issue a person is going through from the list of the 38 remedies given. For example, for those who have a pattern of feeling guilty, blaming themselves, or taking responsibility for the actions of others, then the remedy Pine will help clear that, or should bitterness or resentment be in the way of balance, Willow helps to heal and lift away those feelings to allow greater positivity. We can take more than one remedy at a time (up to seven). This is what is known as a Personal Mix and is specific to the person taking the remedy. Find more information on how to do this by following the links below.

Though simple, there is more to learn about Bach flower remedies and how they work. Dr Bach categorised the 38 into seven groups as he saw the nuances and complexities of our emotional and mental expressions and experiences, our different personalities and life circumstances. The needs of the individual can be more finely attuned through access to this information.

References

1. Of Hippocrates
2. Edward Bach – *Ye Suffer from Yourselves*, his lecture to the British Homoeopathic Society in 1931

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eHERBALIST

DIARY DATES

4th June 2024 at 7:00 pm	The next **Herbal Gathering** will take place at 7:00 pm on Tuesday, 4 June 2024 on Zoom. The topic and link will be sent out two weeks before the event. free for all URHP members, including student members. For further information, please contact: info@urhp.com
5 – 7 July 2024	**URHP Summer Gathering** Please see flyer on page: For questions, please email: conferenceteam@urhp.com
6th July 2024	**The 2024 AGM** will take place in person during the Summer Gathering, please see the Programme on page 4 of this newsletter.
16th October 2024	**Herbal History Research *Network*** *Converging Influences in the History of Western Herbal Medicine & Practice*, Medical Society of London https://www.herbalhistory.org/home/seminars
HERBAL ALLIANCE	**Herbal Alliance Events Calendar** Please check this link regularly to find out more about https://www.herbalalliance.uk/events/

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