urhp
"at the heart of Herbal Medicine"

NEWSLETTER

SUMMER 2019



ITEMS IN THIS NEWSLETTER INCLUDE:

Notweed Paper: Locally sourced paper from invasive plants • Healthy Teenage Menstruation and Guarding a Girl's Fertility • URHP Conference and AGM • Ayurfest 2019 • Book Reviews • Diary Dates

Unified Register of Herbal Practitioners Newsletter

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LETTER FROM THE EDITORS

When we came to look at material for this edition we had very little. Thanks to everyone who rallied round, especially John Smith. We think that it has come together to be really interesting. Laura Uphill, who did not attend the AGM, sent in an article on Teen Periods which dovetails nicely with Rosemary Umolu's inspiring talk at the Conference. We have had so many photos sent in that we have made collages.

You will see that NIMH have allowed us to use their NIMH GP Toolkit QS for which we are very grateful. It is always good for PAs to work together, especially now after all the divisions that have occurred in recent years.

The Conference itself was excellent and very relaxed so we all learned from it and each other. It was wonderful to see more of how Joe Nasr distills the herbs and how easy it is to do it. A significant number of non members attended which was very welcome.

You may be aware that Purley Chase mixed up our booking for next year and have one of their own workshops in our weekend so we had to change. This prompted Cassie sending out a questionnaire which showed that Purley Chase is the venue of choice and we will be meeting there from June 23rd to 25th 2020.

A sad piece of news is that Brian Day's wife Lilian passed away on July 10th from heart failure following a triple bypass operation. Our condolences go to Brian and his family. He and Lilian attended many conferences together before his retirement. She worked alongside him as receptionist in his practice.

Whilst climate change is a huge concern for all of us we wish you a wonderful summer and that your herbs will thrive in the hot weather.

The next journal is produced by AMH and the deadline for the Winter Newsletter submissions is December 1st 2019.

Liz and Cassie

Welcome to New Members

We are delighted to welcome several new members this year and we also have several applications currently being processed.

In 2019 five new full members have joined the URHP. Dr Tanya Nesbitt, Leeds; Mark Shanagher, Bristol; Dr Phil Deakin, Sheffield; Suzanna Thelwall, Whitby; and Christopher Menzies-Trull from Newcastle, Staffordshire.

Student membership is flourishing and our seven new student members this year are Abi Akinola, Maria de Lisle-Asher, Louisa Haywood-Samuel, Crystal Gomez, Beatrice Downham-White, Nicola Cowan and Amanda Smithson.

Welcome to you all and we very much hope you enjoy your URHP membership.

Healthy Teenage Menstruation and Guarding a Girl's Fertility

by Laura Uphill

It is becoming more and more evident that girls are commonly suffering from menstrual disorders. Whether it is due to more sedentary lifestyles, poor diet or hereditary factors, there are small changes that we can tell people about and encourage them to make to maintain a healthy menstrual cycle and protect reproductive health.

I am a mother or three, my eldest a fourteen-year-old girl. It is no surprise that conventional medicine will offer hormonal treatment as soon as menstruation starts and as soon as a problem arises.

I would like to share with you the adjustments we can make to support these young girls and keep their reproductive systems functioning smoothly. Due to their age, early problems should be minimal and more serious problems preventable.

There are four phases to a menstrual cycle, the premenstrual phase, the period itself, post period and ovulation. There are supportive treatments we can use through each phase.

During the premenstrual phase there is a rise in activity within the body as the body prepares to shed the womb lining. This increase in activity, or Yang, creates slightly more heat within the body. If Qi is flowing smoothly and the teen is having the right amount of physical exercise, is emotionally happy, not stressed and has a suitable diet, there should be no negative symptoms leading up to the start of the period. Tension within the body, due to stress or emotional upset or too much fluid being held in the body due to poor diet, will hinder the free movement of Qi. This slows the physiological processes within the

body creating almost a type of friction, bringing with it more heat and often pain.

In the lead up to the period, I encourage teen girls to:

- Take gentle exercise, stretching, Qigong or regular walks
- Drink peppermint and chamomile tea
- If fluid retention or spotty skin outbreaks are common, dandelion leaf tea
- For period pain, a 'mega strong' chamomile tea with a few slices of fresh ginger root
- Keep meals in the lead up easy to digest, soups, casseroles…
- Don't overeat
- If period pain is common and teen is deficient, I find a formula based on Ba Zhen Wan helps.
- Formulas based on Xiao Yao San seem to aggravate period pain and I use with stronger signs of stagnation like irregular cycle and breast distension.

The period itself I think is best left without Chinese herbal treatment unless there are problems, which hopefully are not too commonly seen in teens. Heavy bleeds I think are quite common as a teen girl is still quite 'Yangy'. I would not restrain a teen flow unless really necessary, but would rather put emphasis on building the Xue and Yin during and after the period with food.

- Continue gentle exercise, avoid excessive.
- Eat warm, cooked meals and incorporate bone stocks – chicken, beef, game…
- Avoid tampons

After the period it is important to replenish Xue, Yin and Qi. This is because after the lining has been shed, a new lining will begin to form. For a healthy uterine lining to form the body must not become deficient and must be offered the nutrients it needs otherwise chronic problems can ensue. If we can concentrate on good foods and perhaps some tonic herbs in the week after a period, I am sure many unexplained fertility issues would not arise later for many women. After years of potentially heavy periods, lack of sleep and not replenishing reserves, the body may end up in a chronic state of deficiency. If fertilisation of an egg occurs, the body may not have the reserves to nurture the pregnancy and choose not to, to protect itself. This often results in habitual miscarriage. Fertility is not the only reason to eat well the week after a period, it will also prevent anxiety, sleep troubles, skin problems, getting cold easily, dizziness… issues often seen in the modern teen. These lead to tiredness, inability to concentrate and potential behavioural issues which can influence their whole life and ability to cope in education.

Post period practices in this house are to…

- Incorporate bone stocks into as many meals as possible, using it to cook rice, pasta, in soups…
- Eat good quality red meat and liver. (My daughter gets cravings for liver, cooked with apple and onion. Loves it!)
- Lots of leafy greens, beetroot, eggs, raspberries or blackberries with porridge, black sesame in porridge, just little adjustments in the diet can make a huge difference.
- After a very heavy period, some tonic herbs, again based on Ba Zhen Wan or a good quality rosehip syrup, better if made with blackstrap molasses…

Ovulation is a time when the body will naturally hold more fluid, it's at its most Yin. This makes it an important time in the cycle to avoid foods which encourage the body to hold or create even more fluid. When there is an excess of fluid in the body, processes will be slowed and hindered leading to stagnation of fluid. An early indication of this is pain on one side whilst ovulating. If the teen gains weight easily, they may be more prone to developing cysts, excessive discharges or having lumpy/distended breasts. Later this could also lead to fertility issues later in life.

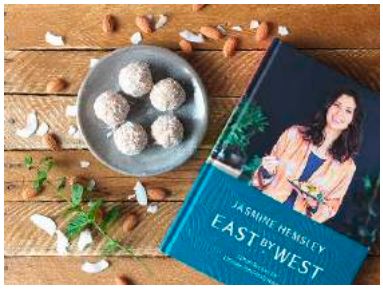
Either way, this is a time to avoid:
Excessive dairy products,
Foods grown in a warmer climate than the one in which you are in.
Heavy meals
Pasta
Chilled foods

and have more -
Warm, cooked meals
incorporate culinary herbs such as oregano (moves Qi), thyme (dries dampness), parsley (drains fluids, moves Xue)…
Exercises – stretching and rotating of the hips

I know this is nothing new which I write about, but I thought it important to raise awareness and create a reminder that we need to look after our teen girls.

East by West - Simple Recipes for Mind-Body Balance

A book review by John E Smith F:URHP



In her beautifully produced book Jasmine refines and enlarges on the concept of "You are what you eat" by stating "We are what we digest, absorb and assimilate – physically, emotionally and mentally".

Jasmine Hemsley has spent the last 15 years developing her knowledge of how to be and stay well in what she describes as "manic modern times".

I am reminded of the quote from Hippocrates (2,500 B.C) "Ill health is caused by our inability to digest the environment" – what would he have thought of the 21st Century?

Jasmine's writing, as with her lecturing style, is friendly, light hearted and refreshing.

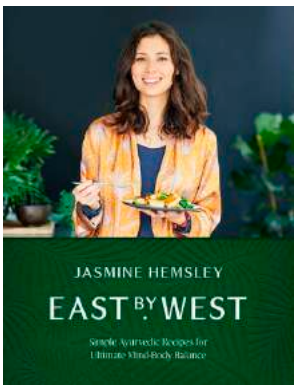
East by West outlines the basic principles of Ayurveda and gives some valuable hints on food combining and a list of useful foods, spices etc. before launching into the body of the book "The Recipes", which run from breakfast to evening meal are so well illustrated with Photographs by Nick Hopper, that they might inspire even the laziest cook to rush out and buy the ingredients before taking to the kitchen.

Personally I am looking forward to my first attempts at making amaranth porridge with pear and cinnamon; spiced sunflower seeds rosemary mung bean bread and carrot halwa.

I know my wife is itching to get her hands on this book so the culinary future looks rosy.

My thanks to Jasmine Hemsley for making Ayurvedic cooking so exciting, colourful, delicious and accessible.

East by West was published by Bluebird Books for Life.



Notweed Paper: Locally sourced paper from invasive plants

By Trajna Collective

Notweed Paper is the first paper brand that takes advantage of the environmental problem caused by invasive plants, and turns it into an opportunity for papermaking.

Urban ecosystems across the globe are greatly altered by the thriving nature of invasive plants. Because their forceful spread transforms the appearance of river bays, parks, gardens and construction sites, they cause big distress to local authorities and land owners. Instead of working towards their eradication, Notweed Paper uses their abundant biomass to start a new circular economy of sustainable paper products.

The pioneering paper brand was initiated by Trajna collective, an interdisciplinary team of eco-social designers. Young creatives are highly motivated to look for ways to design with nature in regenerative and unexpected ways. By introducing a unique paper collection crafted from the locally picked Japanese knotweed, which is considered as one of the most invasive plants in the world, the founders of the Notweed Paper question the undesirable nature of invasive plants and invite us to discover their useful properties.

The idea for making the paper brand came to life when designers started to look for new ways to support their research and community activities. Trajna decided to offer their inventive paper to environmentally aware organisations and businesses. Besides purchasing the paper, they also invite their customers or rather 'partners in crime' to join them at picking activities. Instead of importing the wood cellulose from tree plantations, the local enthusiasts meet on degraded city sites and forage the feral weeds – their local source of plant fibres.

The harvest is carried to the paper factory, which stands in the vicinity of their picking spots. The plants are milled into pulp and carefully crafted into paper sheets. By sourcing and producing in the city of Ljubljana, Slovenia, designers at Trajna work towards reviving local manufacturing and reducing the carbon footprint of the paper product. The desired outcome results in a recyclable and biodegradable paper, made without any bleaching. Its sandy shades and natural textures bring their conscious users an ideal opportunity for designing beautiful stationery, packaging or artwork that exposes environmental responsibility in a distinctive and meaningful way.

Due to the rising demand of paper and other cellulose-based commodities, ancient forests are rapidly replaced with tree plantations. These cultivated monocultures threaten their biodiversity and often take away food and shelter from local communities. By replacing virgin wood fibres with the prospering Japanese knotweed, Trajna aims to develop a sustainable paper alternative, which promotes the use of invasive plants and fosters life in our multispecies ecosystems.

You can join Trajna's efforts by ordering Notweed Paper, participating at their picking events or becoming a partner of the Notweed Paper initiative.

Contacts:

www.notweedpaper.com

https://www.instagram.com/trajnacollective/

https://www.facebook.com/Trajnacollective/a

Email: info@trajna.com



1. The desired outcome results in a recyclable and biodegradable paper, made without any bleaching. Photo credits: Jonathan Killick and Elliott Taylor.



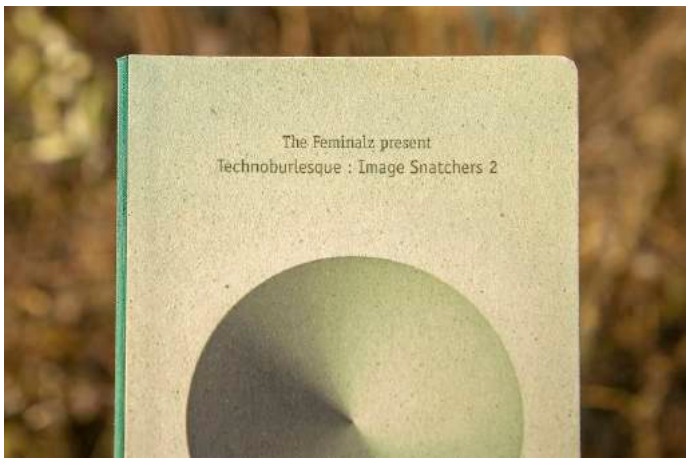
2. Its sandy shades and natural textures bring their conscious users an ideal opportunity for designing beautiful paper products. Photo credits: Jonathan Killick and Elliott Taylor.



3. The plants are milled into pulp and carefully crafted into paper sheets. Photo credits: Jonathan Killick and Elliott Taylor.



4. Paper sample, crafted by a young designer Jonathan Killick. Photo credits: Jonathan Killick and Elliott Taylor.



5. *Notweed Paper* is suitable for the application of many printing techniques: digital printing, riso printing, offset etc. Photo credits: Jonathan Killick and Elliott Taylor.



6. Various paper weights. Photo credits: Jonathan Killick and Elliott Taylor.





7. Community harvests take place in neglected sites in the city of Ljubljana. Photo credits: Nataša Košmerl.







8. Japanese knotweed spreads quickly and produces an abundance of valuable biomass. Photo credits: Nataša Košmerl.

URHP Conference

By Laura Yarham URHP







Purley Chase was bathed in sunlight as we arrived with eager anticipation for our yearly conference. This was a brilliant start to the weekend: to be able to sit down together in the sunshine outside with a cuppa and a delicious cake to chat and reconnect, while welcoming old friends and newcomers alike.

A huge amount of work had gone into the planning and organisation of this event from the conference team and this paid off with a smooth running welcoming team, ready with packs for each attendee and guidance and information about the weekend for those that needed it. From beginning to end, the whole conference was infused perfectly with learning and laughter, wisdom and wit with a generous helping of collaboration and communication - the ideal recipe for a nourishing and joyous herbal gathering.

The inspiring and highly motivated Rosemary Umolo was our first speaker and she gave us all an overview of her 'Periods, not Pills' campaign to bring knowledge and understanding of the menstrual cycle to school girls and how they can be empowered to take their health issues around painful and difficult periods into their own hands. She also illustrated her herbal approaches by discussing case studies. Rosemary's talk was really enlightening, particularly as she has found ways of connecting with service providers in the school environment.

After supper, we were delighted to have a talk from one of our Council members, Liz Lyden, about the incredible healing and balancing powers of Phylak Spagyrics. This truly is a mode of treatment that has the magic of herbal alchemy at its core. We were entranced as Liz explained as simply as she could, how this type of herbal medicine acts upon the human system at all levels. She talked us through several case studies and also generously offered to make each one of us a Spagyric constitutional remedy to take home with us.

Saturday was full to the brim with much diverse and valuable learning from our speakers, as well as all of us making the most of connecting in bright and often fascinating conversations with each other. We can sometimes underestimate how powerful it is to sit together with other practitioners and soak up the mutual experience and wisdom that abounds.

Our first speaker of the day was Joe Nasr from Avicenna who talked us through the joys and



delights of aromatic herbs and gave us a practical demonstration of actually producing an aromatic water from the beautiful mint plant that he had brought along. The distilling equipment itself is a wonderful sight to behold and we all thoroughly enjoyed watching the distillate gradually appearing and then being able to swoon over its unique aroma. As always, Joe kept our attention with his wise and witty explanations of these special plants that are so close to his heart.

Ben Birrell from The Original Alternative Official followed this session and all who attended were extremely interested to hear the story of how this business began and what has grown from these original roots. Ben talked very openly and candidly about the journey to actually producing the variety of CBD oils that are available today from their company. He has had the direct experience of seeing how beneficial this compound is for children with severe disabilities and also for palliation when appropriate. He brought a press with him, so we could witness how the oil is extracted from the plant. This was a talk that gave us new insights into the world of CBD oil.

Our next speaker, Mel Hornby, had travelled from the North of England, where she has been running 'The Junior Herbalist Club' for several years. There is such great importance in instilling a love of plants and nature into children and ultimately equipping them with skills that will stay with them for life. Mel has done this on a phenomenal scale. It began with a few interested children at a local school learning how to collect plant material and making a remedy of some description from it. This has now become a course with learning objectives and outcomes which links to the national curriculum, while the joy of connecting to plants remains its guiding principle. Mel is now running courses to train herbalists in becoming leaders of a Junior Herbalist Club in their own area and will soon be commencing a full time position teaching these skills in a grammar school. We were all inspired by how sheer determination combined with a vision and passion, can result in such a positive outcome for engaging children in the beauty, magic and power of herbs.

Our own Sandra O'Neill then filled the following hour with her own passion for a very special herb: Goldenseal. We all know the myriad of healing properties that this highly esteemed herb has. What Sandra gave us was an insight into how to successfully grow and nurture this plant and encouraged us to propagate it in our own gardens. Sandra and her partner have been experimenting for years to discover the best possible conditions for producing healthy, happy hydrastis and have succeeded! They manufacture their own tincture



Rosemary Umolu



Joe Nasr copper distillation vessel

from this and a sample was passed round for us to try out - a deep and rich bitterness pervades the tongue on tasting this particular product, which meant it was sold out within minutes of the lecture finishing!

Our final talk of the day was an essential one for practising safely as a herbal practitioner: red flags. This subject was given a thorough exploration and explanation by our URHP member, Dr Edward Thompson. It is so important that we keep up to date with our medical knowledge in order to refer our patients on to the appropriate medical teams when it is necessary.

The whole day was 'full on' in a very positive way and there was much to learn and absorb from all of our speakers. This organised programme was intertwined with time for 'open space', when anyone who wanted to set up a session for learning or discussion, could do so. This opportunity was taken up by several different herbalists and the feedback was that this was a great way to explore other subjects in a more informal way.

There was a great 'buzz' of conversation around the dinner tables that evening after such a fascinating day, which carried on in the conservatory/ bar area as those who wanted to, relaxed and socialised, sharing stories, experiences and laughter.

On Sunday, the sun came out to greet us once more and we began our day with URHP member, Don Rawson, who had agreed to talk to us on the subject of 'mind the mind-body gap'. This lecture proved to be 'ab fab', yes, absolutely fabulous! Don was a psychotherapist well before he discovered the world of herbs and became a qualified herbalist. Over the years he has come to realise the critical importance of being aware of both the mind and body imbalances that his patients present with and linking these up to provide a truly holistic treatment that takes account of every area of a patient's life and environment. Don illustrated this by giving us an in depth insight into two contrasting case studies and how he dealt with each one: what was beneficial and where mistakes were made. Everyone who was there to listen to this fascinating lecture agreed that they would love to hear more at a future date.

Our own Barbara Wilkinson then led those who wanted to go, on a herbal walk, which delighted the senses and enlivened the brain! Barbara has an innate ability to infect all who surround her, with her own passionate love of herbs that abound around us. She is like a walking herbal

encyclopaedia and there is always so much to learn and enjoy from these special walks.

The AGM followed and then our final meal together to eat as well as share our thoughts and feelings about the weekend we had just experienced. It was generally felt that this had been an incredibly enjoyable conference. Those who had not attended before were bowled over by the friendliness and warm welcome they received which pervaded the whole gathering. Much wisdom and experience was shared and we all came away with the knowledge that this sort of herbal gathering is essential in gathering our strengths together: to share, to engage, to learn, to grow and to celebrate both our unity and diversity.

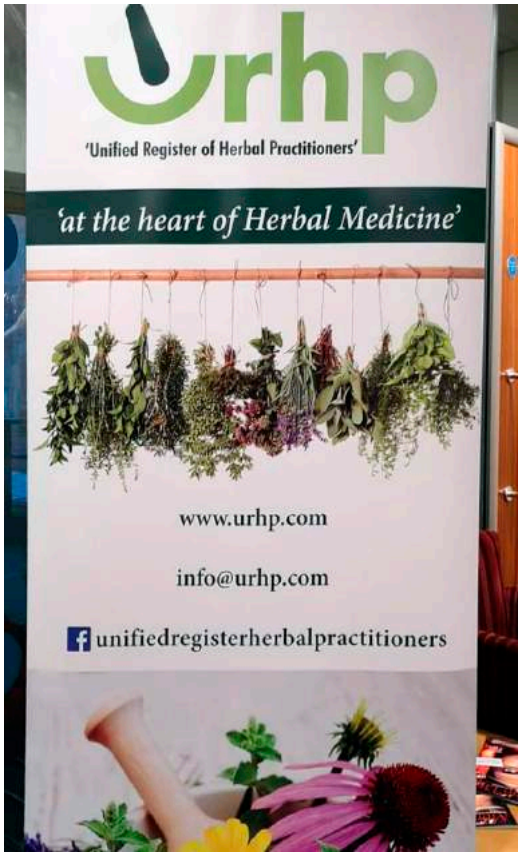
URHP conference and AGM 5th – 7th July 2019

By Dilys Griffiths



Purley Chase was again the meeting place for all things herbal. A group of people full of energy, enthusiasm for plants and herbal treatments and calm all at the same time. Those who were there will know what I mean. On arrival it was good to meet old acquaintances and several new faces to get to know over the weekend. The check -in arrangements on the Friday afternoon went smoothly and very soon we were at the first session which was about Periods, not Pills with Rosemary Umolu who explained that she attends schools and specifically girl group sessions teaching them that periods should not be a curse or a pain but is a natural part of their lives. She teaches them that there are ways of helping to ease pain naturally and how diet and lifestyle will go a long way to easing any period and monthly problems. She showed a short video of a talk she gave which demonstrated how at ease these girls were whilst interacting with her and learning to understand their own bodies, and also how to help themselves by diet and herbs – things such as herbal teas to ease period cramps. Rosemary is such a vibrant, knowledgeable person it is easy to see that she would be able to get her message over to these young girls and give them plenty of support and insight for their future.

An additional feature for the conference this year was the Open Space where anyone could provide an alternative programme anytime which would be noted on the board in the hallway.



After a break for our evening meal which was delicious as usual, Liz Lyden gave us an insight ino Phylak Spagyrics, Herbal Alchemy produced in Switzerland. She has been studying and using these for several years. She explained that they are essences which work on a vibrational level with actions on the emotions, mind as well as the physical level, similar to the Bach Remedies. There are 106 remedies and she explained that to choose which to use you would start with the date of birth of the person being treated then three more remedies are added by the patient choosing these by the numbers on the bottles, this will be the constitutional remedy. Each herb/plant is in a minute vibrational form with each one having a number on the bottle. Only minimal amounts of drops are needed to be taken. She would prescribe these after a full case history is taken as we would normally do. She has had surprising results, and as this works through old emotional problems patients have experienced changes in themselves with great improvement. Of course some will experience old feelings surfacing during the healing process. Liz offered all attendees the chance to have a free bottle of Spagyric essence made up for them if they gave her their date of birth and chose three other numbers from the bottles of essence, it seems that this offer was taken up by many and by Saturday evening many of us were reading up on the various essences included in our individual bottles as there is a manual describing each plant or herb in the series and their effect or use.

After a good breakfast on Saturday morning we were ready to watch and listen as Joe Nasr of Avicenna demonstrated how he extracts essence from some plants and makes aromatic waters. His talk on Aromatic Waters – brief history, chemistry and distillation was very informative and interesting, giving a thorough overview of all the work he does at Avicenna with the plants that they grow. He is clearly very knowledgeable in chemistry and the way plants react when treated in various ways and we all had a chance to spray his Damask Rose Aromatic Water around us and to taste the Lemon Balm Spiritous Water. We got to see close up, the process of slowly heating and distillation of a mint plant. After all this many of us were eager to see and buy some of his produce which was available in another room. Also in this room were other stalls with books and produce to purchase, one of which was The Herb Society which many of us are now members of due to Barbara Wilkinson's enthusiasm and hard work on behalf of the Society.

Dame Annette Montague-Thomas gave us a quick up-date on the situation with her GNHCT charity and sadly noted that, as mentioned in previous URHP Newsletters, the charity in South Africa has been wound up as all the land and property has been taken away from the charity and it's very dangerous for her to be there in the present situation. This is very sad as we all know how hard she and others have worked and given of their money and time to set up this clinic, to run it and treat the locals with herbs as well as establishing the farm and all the other work done there. On a more positive note she said that the GNHCT UK Lyme Disease



charity in Cornwall has been offered a part of a college in Devon which they could use to grow herbs and establish a centre – currently under discussion, so we will hear more about this in the near future, she also gave out leaflets about the Lyme Disease GNHCT Scotland charity which is a separate charity due to Scottish law but with the same basis and aims of offering advice and treatment for Lyme Disease patients. The energy of this lady is unceasing and an inspiration to us all.

Before lunch Ben Birrell and his colleague from Original Alternative Official gave an informal talk about Cannabis and their experiences of treatment for a variety of conditions whilst using a variety of extracts of the herb. He explained how they have worked to get this licensed in Guernsey and in their experience, with correct use of the herb no one had any extreme reactions to it. There was a general interest and some had questions for Ben and his colleague.

After lunch we were ready to hear a talk by Mel Hornby on Engaging Children in the craft of Herbal Medicine. Again we had another speaker who was passionate and very knowledgeable about their subject. She runs a Junior Herbalists Club in Lytham St Annes which she started herself and has, over about 4 year, developed structured classes for level 1 (ages 7 – 11) and level 2 (ages 8 – 13). She provides 10 lessons for each level during a year which is held once a month. This is now going to be included into the curriculum as they are very professional and provide the children with so much information in an informal way. This teaches them about the environment, plants and their uses. They can then make things such as lip balms and ointments, so it is very hands on for children. Parents are also in attendance. She introduces one plant each lesson and will explain the properties of each one and their uses. She also has a short questions sheet for them on each lesson which helps them with their learning. The children can interact fully in the experience and will take home the knowledge and the items which they have made themselves. This was something which grew from a feeling that the children needed to learn about what grows around them and because so much has been lost over the years in a child's enjoyment and knowledge of their surroundings and nature. With the development of the lessons Mel has created packs of all the lessons in each level and the information for the materials needed to do the practical things with the children, together with all the Health and Safety procedures and other things needed to hold the classes so that others can purchase the pack complete, without having to do the mundane things she had to along the way whilst developing this programme. Mel is an inspirational and energetic person and is doing great things to promote natural health and knowledge for our future generations.

Sandra O'Neill gave the next talk about the wonderful Hydrastis canadensis plants that she and her husband have successfully grown at their home in Cumbria. As we know this plant is endangered in the wild so we try not to use it. But after many years of trial and error they grow and harvest this wonderful plant. She gave a frank and sometimes emotional account of their journey, with photographs of the growing plants. We are so proud and thankful to them for doing this for the herbal community and for giving us a chance to purchase the tincture which they have produced from their beautiful Hydrastis plants. Several of us were quick to take advantage of the chance to purchase the few bottles which she had brought with her.

The last session of the day was by Dr Edward Thompson who gave us a thorough insight into Red Flags in Western Medicine – Knowing When to Refer Urgently. As Edward is a

practising GP he gave us plenty of details, grouped according to the various functions of the body such as respiratory, circulatory and so on, of what situations or symptoms could occur during consultation or after where a patient should be referred by an herbalist. There were several questions and he was asked at the end maybe he could forward the powerpoint information to the URHP for dissemination to members as he had so much detail and not enough time to explain all the important information he had to give us, as always Edward had a lot of important information which will be invaluable to us as herbalists.

Although we had a lot to take in during each session we still had time to chat during tea breaks and meal times and to exchange ideas and catch up with what everyone was doing or had done since we last saw each other. This is a great chance to socialise with like minded people and to see how others do things and maybe have new ideas to take home with us.

Sunday morning after breakfast we were inspired and informed again by Don Rawson this time, with his session about Mind the Mind-Body Gap. Don being a registered Counselling Psychologist as well as a Medical Herbalist was able to provide us with information and a deeper insight into the mind and body link within health and how, sometimes things may 'fall into the gap'. Of course we as herbalists will usually treat the whole person but will not always have the full picture, or are fully equipped to understand what is going on in the patient's life or how best to deal with their various emotional or background problems. He gave us examples of how hidden underlying things can escalate and cause further problems and gave tips on how to approach various situations and what are the crucial questions that we need to ask the patient in order to get a correct history and background for us to treat them successfully. This was a very interesting session and we all agreed that if Don was willing, they would ask him to give a longer session at the conference next year, which he was happy to do. We look forward to this, thank you Don.

After the tea break I attended one of the Open Spaces session – there were 3 to choose from – the herbal walk with Barbara Wilkinson; a session with Judy Evans about natural hormone therapy or a herbal tea tasting the Scottish way with Donald Purves, it was a difficult decision but as we were travelling on to Scotland for our holiday later that day I chose the latter. Donald had collected some herbs/flowers earlier in that morning and had now brewed some in a teapot without showing us what they were. We then all sat on the veranda whilst Donald poured the herbal tea into mugs and handed them around, he told us that we would proceed to smell, feel (with our tongues) the tea and taste it and note any thoughts on smell, taste and effect it had on us during this quiet period, then he would ask each of us what we had noted, and if possible what we thought he had used to make the tea. As I still had the remains of a cold I could not smell anything in particular, but by drinking it and noticing how it affected the various digestive organs we all had several comments, some felt its astringency, I felt that after a minute or two some of the cold congestion moved in my respiratory system. All in all it was a calm and relaxing session, and the herb, when revealed to us was Self-heal.

The final session before our Sunday lunch was the AGM. Another conference and AGM came to a close where we all said goodbye for another year after a happy, relaxing but energising weekend at Purley Chase. Thanks to all Council members for their hard work and to those who arranged another successful conference weekend.

NIMHGPToolkitQS

PDF accompanying this Newsletter

THE NATIONAL INSTITUTE OF MEDICAL HERBALISTS



QUICKSTART GP GUIDE

DIALOGUE WITH DOCTORS

A herbalists' toolkit for writing to medical practitioners

The National Institute of Medical Herbalists has produced this short guide to help practitioners who want to start writing routine letters to GPs.

More in-depth methodology, background information and exploration of suggested protocols, together with advice on specific issues, is available in the full NIMH manual.

1 Introduction

2 Step-by-step guide

3 Some suggested do's & don'ts

4 Some frequently asked questions

5 Examples of letters
- An example of a basic initial appointment
- An example of a basic review appointment
- An example of how to raise a concern

1 Introduction

Many herbalists are familiar with the idea of writing to a patient's GP when a particular health issue requires this. Sending routine letters after each consultation is a less familiar idea, but can bring about a number of benefits, including:

Benefits for the patient
- *Improved patient safety*
- *Sharing of best practice and possible improved patient outcomes*
- *Opportunities for better informed patient healthcare choices*

Benefits for the GP
- *Increased awareness of herbal medicine and your role as a herbalist*
- *Additional patient health information and better transparency of care*
- *Educational opportunities involving herbal issues relevant to general practice*

Benefits for the herbalist
- *An opportunity to be recognised as a source of healthcare information*
- *Possible additional patient referrals from general practice*
- *Potential for collaborative work with an integrated approach to patient care*

For any herbalists who are are uncertain about how best to proceed, this quickstart guide covers the basic principles involved in producing a simple and professional GP-friendly letter that can be used routinely after seeing a patient in clinic.

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Cornish Photo Gallery

By Vicki Pitman











AYURFEST 2019

A memory by John E. Smith



Ayurfest participants 2019

My wife and I will not easily forget our cosy caravan beneath the trees at The Earth Spirit Centre, near Glastonbury, where we took part in what was undoubtedly the greatest Ayurvedic event of the year.

APA (The Ayurvedic Professionals Association) pulled out all the stops to make Ayurfest a profound experience.

The event was opened on the Friday evening with a spine tingling "Calling of the Archangels" in Hebrew, by singer and "sound painter" Orna Ralston.

The Saturday morning "welcome" - a Vedic chant led by Nicki Slade, voice worker and kirtan leader - set the tone for an inspiring weekend with speakers and facilitators from India, America and Europe.

Dr Ram Kumar's talk, "Cleansing the Mind – its role in the healing process" was memorable., I actually felt that the presence of this great man and others, held the energy for the entire weekend.

Alchemical transformations were demonstrated by both Dr Ghanashyam Marda from India and Andrew Mason, UK practitioner and writer.

A refreshingly heartfelt talk on Ayurvedic cooking by Jasmine Hemsley, author of "East by West" (see book review on page 4).



Sebastian Pole founder of Pukka Herbs



Dr. Ram Kumar



Dr. Ganashyam Marda (left), Andrew Mason (right)



Dr. Ganashyam Marda



Practical Ayurvedic alchemy demonstration



Cow dung cakes used to cook some Ayurvedic remedies

Talks by some of the best speakers and exponents of Ayurveda from India including Dr Ram Manohar, Ayurvedic Doctor and researcher. From America – Dr Akil Palanisamy M.D. (San Francisco), Maria Garre (New Mexico) and, Diane Lurie (Montana),. And from the U.K Sascha Kriese, Dr Vijay Murthy and Sebastian Pole.

Morning Yoga sessions were led by Tarik Dervish, Ayurvedic Scholar and Yoga Teacher.

A weekend of Knowledge, celebration and more!

Email Alert

Some members with BT email addresses may have missed a recent email due to it being seen as spam by their email server.

If you haven't already, please consider adding urhpinfo@gmail.com to your list of "Safe Senders".

To do this, BT mail suggests heading to your "settings" tab, selecting "Safe senders", clicking the "Add" button then adding the email address there and clicking save. In Outlook 2010, you might need to go to the "Home" tab, click "Junk", choose the "Junk Email Options" and there you should find an option to add safe senders. In Outlook Express, go to "tools", then "Address Book", click "New" and select "New Contact" where you should be able to add the email address. To find instructions specific to your email provider or programme, do an internet search for its name and "whitelist email address" or "add email address to safe senders".

You may also want to check your "Spam" folder and if you find a URHP email in there indicate that it is not spam (there's often a button to do this once it's opened or selected). This may help prevent them from being put in Spam in future.

Herb Tea Tasting: Purley Chase Centre Sunday 7th July 2019

URHP Herbal Gathering

Prunella vulgaris ~ A blind tea tasting session facilitated by Donald Purves

In contemplative stillness a small group of us experienced, with all our senses, a tea of fresh Prunella vulgaris, (Selfheal) only Donald knew it was this plant. We shared our impressions as follows:

Smell
Green. smells sweeter than taste

Taste
Aromatic sweetness
Smooth
Astringent
Bitter
Smoky
Numbing to tongue

Qualities
Dry
Moist
Warming

Colour associations
Yellow and green
Red
Orange

Organ appropriations
Stomach
Heart
Blood circulation in head

Mucus membranes
Lungs

Actions
Activating – making more active
Making breathing easier
Calming, especially internally
Induced a sense of clearing
Released mucous membranes,
inducing a runny nose
Relaxing, but only down to the waist

One participant noted the bitter taste and an impression of red all round. Their breathing became easier – they became aware of a knot in their chest. Then an impression of orange at the back of their head became yellow and spread down between their shoulder blades, at which point they had a runny nose and then started to feel upset.

Another participant noted a reflective state of mind.

All agreed this was a profound way of getting to know a medicinal plant better, on a more personal level.

Phylak Spagyric Seminar

Sunday 24 November 2019





Dr B Gopalsamy Naidu, Phylak's CEO and aresearch scientist and health practitioner, will lead their Seminar in LondoninNovember.He will be assisted by David Van Dessel – manager, project leader, teacher, practitioner in spagyrics, astrology, hypnosis, Shiatsu, homeopathy, Reiki, chakra psychology, Osteo Thai Massage, reflexology.

Phylak hold seminars in London twice a year. The next Seminar takes place on Sunday 24 November 2019, at Regent's College Conference Centre, Regents Park, London NW1 4NS, at a cost of £100.00.

The Seminar will look at the physical and energetic properties of the new species Hyoscyamus niger (105) and Nigella sativa (106), featuring new blends and indications, clinical case presentation. This seminar follows on from the seminar in June by expanding on the themes, and presenting new knowledge and feedback on using these two new species and species that are in synergy with them. Presentation of clinical cases.

Those who were unable come to the June seminar are very welcome to attend in November as the first seminar introduced the themes above and the second seminar will further develop them. It will also incorporate the new combinations and lines of thought that develop over the year and any new case studies.

The June seminar covered the following:

- The new brochure "Propositions des Melanges"/suggested combinations and the reference document "Key-Words", 2019 edition.

- Some themes: Modern diseases, new approaches to supporting, modulating and regulating the immune system. Treating serious diseases, autoimmune diseases, neurodegenerative diseases and diseases of the nervous system, cancers.

- Specific Energetic Themes: Escaping from ignorance, deliberately vague explanations and fears rooted in old patterns of behaviour. To wake up and enlighten our consciousness so that we understand our behaviour more clearly. Seize this chance to own your destiny, to evolve and to solve our problems, looking at life with a fresh eye, and thus actively growing/transforming on all fronts.

For further enquiries please contact Liz Lyden on +44 7800 911939 or email:
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or Heike.Kretschmer@phylak.com
Fax: +49 35727 52161.

Herbal History Research Network : Tenth Anniversary Seminar Programme

Join us for a day of exploring achievements in herbal history research, with a focus on the role of herb growers and gardeners and on how herbal medicines were used. Another focus will be on the process of research into historical sources, looking at the methodology and issues around the identification of the relevant medicinal plants.

10.00am–4.30pm,
Wednesday 30th October 2019
Bath Royal Literary and Scientific Institution,
16-18 Queen Square, Bath, UK, BA1 2HN
Tickets available from:
https://tinyurl.com/y3a2245v

A vegetarian and vegan buffet lunch will be provided. Please ensure that you tell us at herbalhistoryrn@gmail.com if you have any allergies or particular requirements.

Tickets: £70 (£55 for students)

Speakers:

Ruth Mannion Daniels: Botanical medicines used by the Royal Naval Surgeons, 1793 to 1815. Ruth Mannion Daniels, MCPP is a medical herbalist in Bath. After a first degree in biology (UCNW) she did a degree in Phytotherapy (UCW) and has been practising since 2005. Nutrition, the role of traditional diets against noncommunicable diseases, environmental sustainability and resilience, and the quality of herbs are important aspects of her practice. She is currently running a programme in the rain forest of Kenya introducing botanical and environmentally sustainable treatments for the problem of jiggers.

Michael Heinrich: Traditional practice - future wisdom? Quality, safety and evidence of herbal medicines from an ethnopharmacological perspective. Professor Michael Heinrich leads the Centre for Pharmacognosy & Phytotherapy,



University College London, School of Pharmacy. See https://iris.ucl.ac.uk/iris-/browse/profile?upi=MHEIN39

Claire Hickman: Scottish eighteenth-century botanic gardeners: technicians, teaching assistants, researchers and artists. Dr Claire Hickman is Senior Lecturer at the University of Chester. See: https://www1.chester.ac.uk/departments/history-and-archaeology/staff/clare-hickman

Anna Parkinson: Tracking an old story: John Parkinson, apothecary & gardener (1568-1650) Anna Parkinson is a former BBC producer who lives and writes in Kent. She is author of Nature's Alchemist: John Parkinson, herbalist to Charles I, (2007) and Change Your Mind, Heal your Body (2014). She now also practices as a healer and continues to work with herbs but she does not prescribe plants medicinally.

Cassandra Quave: Historic herbal texts as a resource for drug discovery in the post-antibiotic era. Dr Cassandra Quave is Curator of the Herbarium and Assistant Professor of Dermatology and Human Health at Emory University, Atlanta, where she leads drug discovery research initiatives and teaches undergraduate courses on medicinal plants, food and health. Trained as a medical ethnobotanist, her research focuses on the documentation and biochemical analysis of botanical remedies, with specific interest in natural products that target antimicrobial resistance. See http://dermatology.emory.edu/faculty-bios/quave-cassandra.html

Graeme Tobyn: The identification of William Turner's herbalists in Tudor and Stuart England. Dr Graeme Tobyn is a Senior Lecturer in Faculty of Health, University of Central Lancashire. He completed his PhD in the history of medicine at Lancaster University in 2017, on "English herbs for English bodies: The promotion of native plant remedies 1548-1659, Nicholas Culpeper and his antecedents". He practised herbal medicine for 26 years as a former member and fellow of NIMH. He is external examiner for the BSc Herbal Medicine programme at Lincoln College, UK. He was visiting botanical medicine scholar at Bastyr University, Seattle, USA in 2015. His publications include Culpeper's Medicine (1997/2013) and co-author of The Western Herbal Tradition (2011/2015). See https://www.uclan.ac.uk/staff_profiles/graeme_tobyn.php

Diary Dates

7th September: **Association of Master Herbalists** AGM/Conference. Venue: Town Hall & Corn Exchange in Hungerford, Berkshire. Guest Speaker: Nathaniel Hughes. FREE to AMH Members or £25 to non-members. For booking and enquiries, please contact Alicia Sawaya by email at (aliciasawaya.uk@gmail.com), Telephone: 01932 344604

14th – 15th September: **Naturopathic Summit** - London
With Joe Pizzorno (Genetics and Natural Health) on the 14th and Matthew Wood (Female Reproductive Herbs) on the 15th
For ANP members: £150 for full weekend (£75 for single day)
For Non-ANP members: £350
For more information and booking, visit: www.theanp.co.uk/summit

21st September: **'Time With Lyme' Conference** – Edinburgh
For more information, visit: http://gnhct-scotland.com/events/conf2019

6th October onwards for 6 months: **Mentoring with Beatriz Linhares for post-graduates**
Price: £700 (£650 for bookings before August 28th), able to be paid in instalments
For more information and booking, visit: https://mailchi.mp/c97b6e56f717/mshmstudygroup

11th-13th October: **National Institute of Medical Herbalists** 155th Annual Conference. Macdonald Burlington Hotel, 126 New Street, Birmingham, B2 4JQ. For booking contact 01392 426022 or info@nimh.org.uk, or via Eventbrite

18th – 19th October: **The Essence of Clinical Aromatherapy: An international seminar for hospital and hospice care** – London
Price between £150 - £200
For more information, visit: https://www.royalmarsden.nhs.uk/essence-clinical-aromatherapy

30th October: **Herbal History Research Network**: "Traditional practice – future wisdom? Quality, safety and evidence of herbal medicines from an ethnopharmacological perspective" – Bath. Price: £70 (£55 for students)
For more information and booking, visit: https://tinyurl.com/y3a2245v

20th November: **Use of Scientific Plant Names for Herbal Products**: best practice, safety and labelling
With the BHMA and Royal Botanic Gardens, Kew – London
For more information and booking, visit: https://tinyurl.com/y46sxj2u
Price: £100 – £200 (£90 for students)

24th November: **Physical and energetic properties of the new species Hyoscyamus niger (105) and Nigella sativa (106) – part 2.** Phylak Spagyric Seminar. 09.45 – 16.00, at Regent's College Conference Centre, Regents Park, London NW1 4NS. Price £ 100.00 including documentation. Lecturers: Dr B Gopalsamy Naidu, research scientist and health practitioner, CEO of Phylak Laboratories specialising in medicinal plants and their impact on modern day diseases. David Van Dessel – manager, project leader, teacher, practitioner in spagyrics, astrology, hypnosis, Shiatsu, homeopathy, Reiki, chakra psychology, Osteo Thai Massage, reflexology. For more information and booking contact lizlydenspagyrics@gmail.com

URHP Conference Dates at the Purley Chase Centre
2020: 23rd / 24th / 25th June
2021: 18th / 19th / 20th June
2022: 17th / 18th / 19th June

NEWSLETTER

SUMMER 2019

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