eHERBALIST



SUMMER 2023

ITEMS IN THIS EDITION INCLUDE:

- URHP & AMH SUMMER GATHERING 2023
- GARLIC MAGIC
- CURIOUS CURES IN CAMBRIDGE LIBRARIES
- CYBER-SECURITY
- A REAL APEEL
- SPOTLIGHT ON A MEMBER

UNIFIED REGISTER OF HERBAL PRACTITIONERS eHERBALIST

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URHP NEWSLETTER TEAM SUMMER 2023

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The next issue of The URHP eHerbalist will be published in November 2023. Please send your contributions for the next edition to Liz Lyden at: lizlyden@msn.com

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LETTER FROM THE EDITOR



Spring has burst upon us with an abundance of flowers, herbs, trees and birds. The weather has been better than usual for most of us so our crops will be good. Everything seems to have grown so fast that white, yellow and purple flowers have been out at the same time.

The URHP has similarly been growing and changing. We are trying to adopt Sociocracy as our way of working together. So far it has been a success. Laura is staying on council but stepping down as president, Dilys has handed over the Information Officer role to Sonia and is also staying on council.

Trixie, our wonderful Registrar and co-editor of eHerbalist has now retired. We welcome Wendy MacKinnon into both roles.

Our annual conference is coming up in July and we are delighted that it will be a joint event with AMH. And we are back in Purley Chase looking forward to their wonderful food and seeing each other in person.

In this issue, we have some wonderful articles by Lucy Jones and a NIMH article on garlic from the early 1900's. Please do keep sending us articles or snippets of information that you have picked up in your studies. Similarly, if you do spot an old article that we could reproduce let us know and all photos are welcome too.

I noticed this year that quite a few members have written excellent books. Do publicise them through us.

Enjoy the Summer

Liz and Wendy

Note: next edition will be September so please submit articles by September 15th to lizlyden@msn.com

URHP & AMH Summer Gathering 2023

JULY 7TH - 9TH 2023

The Purley Chase Centre, Atherstone, CV9 2RQ

'Celebrating Our Unity and Powerful Future'

A Conference for Qualified Herbalists & Herbal Students

All rooms are booked at Purley Chase, but there are still a few day places left for our exciting joint URHP & AMH summer conference. A celebration of our herbal families from our historical roots to the present day and our future together in our communities.

An opportunity to meet new and old friends, informative and inspirational talks, market stalls, herbal walks, fire ceremony and a forum together with the People's Health Alliance, exchanging creative visions and action in our fields of wellness and health care.

This is an opportunity to learn and share from the wealth of wisdom, knowledge and experience in our herbal community.

The conference begins at 4:00 pm on Friday and finishes after lunch on Sunday at 2:00 pm.

If you wish to book one of the few remaining day places, please email Wendy as soon as possible: urhpregistrar@yahoo.com

For more information on the conference schedule, speakers and topics, please visit the URHP website: https://www.urhp.com/events.php

PRESIDENT'S SPRING 2023 UPDATE

by Laura Yarham



Laura Yarham

"Never yet was a springtime, when the buds forgot to bloom"

Margaret Sangster

The life in Nature is well into waking up, there is much evidence around us that Spring has emerged and the energy is changing, as the season unfurls. The March winds blew those cobwebs away and we can now bask in the glory of the colours of late Spring in May, with yellow still predominating in the flowers and plant petals, now joined by the dazzling blues of plants such as bluebells and forget-me-nots, and trees blossoming everywhere. We have passed the time of the light and dark being balanced, with Spring Equinox almost a distant memory, having just celebrated Beltain and the height of growth and abundance. Our seeds of plans that we made over Winter have been nurtured and are well on their way to fruition. If you are like me, you will have planted physical seeds, too, cared for and observed in wonder, as a magical plant begins its growing and thriving journey.



Forget-me-nots

There have been seeds of plans germinating in the URHP council too!

We are thrilled that after many years, we are combining with the Association of Master Herbalists to bring you a weekend of herbal delights! A separate conference team has been set up this year, as we plan collaboratively with the AMH, to bring our Herbal Gathering into being. The team are very much enjoying working together to get the jobs done in planning and implementing such an event. Our conference this year is such an exciting opportunity to celebrate and learn together. You will have seen from the flyer and programme we have sent out that we have a really beautifully diverse event planned. Come along and immerse yourself in the joys and delights of a truly nourishing weekend.

We have been encouraging members to come and observe our work on the council and a recent email sent to student members has had a positive response. We are really looking forward to having their perspective in our meetings and for our student members to have a voice.
We have looked at our fees, once again, particularly for those student herbalists who have trained at various other non EHTPA accredited herbal schools and have now decided to remove the joining fee, which has been set at £150 for many years. We felt it was time to encourage more students from these courses to consider joining our Register and hope that this will have a positive impact by making it more affordable. We have also updated and redesigned the student leaflet.

Our website is now linked to our Instagram page and we are in the process of tidying it up a bit! If you wish to have a book you have written or similar, to be publicised on our website, please do get in touch. For most of the 6 weekly herbal gatherings on Zoom, notes are taken and will be posted in the members area. Remember you have access to all the back copies of the Herbalist magazine there too.

As you will have seen from an email that was sent out recently, we are in the process of altering the structure of the council and redefining all the council officer roles within it, particularly those of the present President and Vice President. This will spread the work load and help to move away from a 'top down' way of working. We see great opportunities in doing this, to evolve into a much more effective team, all involved having much more manageable workloads and encouraging others to step up into new roles. More council members are essential in making this process happen, so we would warmly welcome you to our next few meetings to get a taster of what is involved. I am really looking forward to watching this all unfold, as we step into a whole new chapter!

May all your own particular seeds be flourishing in the way you wish, both in your window sills, gardens, allotments and within your hearts and lives.

Laura

GARLIC MAGIC

by Lucy Jones

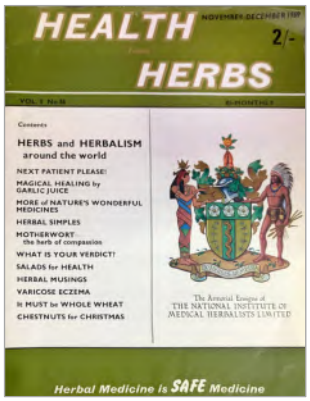
This article first appeared in a journal called the "Herb Doctor" in 1915 and was republished in 'Health from Herbs' in November 1969. We thank the National Institute of Medical Herbalists (NIMH) for granting us permission to reprint it here and to Lucy Jones for submitting it to us. As Lucy rightfully said, the article is "a piece of fascinating herbal history which highlights the lifesaving properties of Garlic."



'Magical Healing By Garlic Juice'

How it Arrests Infection in Wounds in an Astonishingly Quick Time

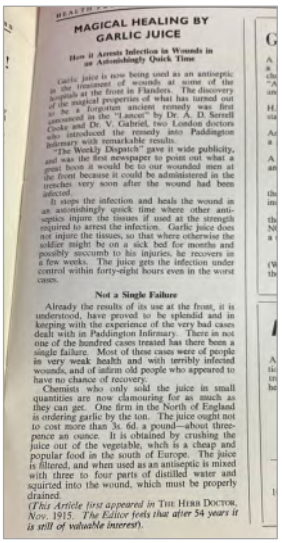
Garlic juice is now being used as an antiseptic in the treatment of wounds at some of the hospitals at the front in Flanders. The discovery of the magical properties of what has turned out to be a forgotten ancient remedy was first announced in 'The Lancet' by Dr A.D. Serrell Cooke and Dr V Gabriel, two London doctors who introduced the remedy into Paddington Infirmary with remarkable results.



'The Weekly Dispatch' gave it wide publicity, and it was the first newspaper to point out what a great boon it would be to our wounded men at the front because it could be administered in the trenches very soon after the wound had been infected.

It stops the infection and heals the wound in an astonishingly quick time where other antiseptics injure the tissues if used in the strength required to arrest the infection. Garlic juice does not injure the tissues, so that where otherwise a soldier might be on a sick bed for months and possibly succumb to his injuries, he recovers in a few weeks. The juice gets the infection under control within forty-eight hours even in the worst cases.

Not a Single Failure



MAGICAL HEALING BY GARLIC JUICE

How it Arrests Infection in Wounds in an Astonishingly Quick Time

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Not a Single Failure

Already the results of its use at the front, it is understood, have proved to be splendid and in keeping with the experience of the very bad cases dealt with in Paddington Infirmary. There in not one of the hundred cases treated has there been a single failure. Most of these cases were of people in very weak health and with terribly infected wounds, and of old infirm people who appeared to have no chance of recovery.

Chemists who only sold the juice in small quantities are now clamouring for as much as they can get. One firm in the North of England is ordering Garlic by the ton. The juice ought not to cost more than 3s. 6d. a pound—about three-pence an ounce. It is obtained by crushing the juice out of the vegetable, which is a cheap and popular food in the south of Europe. The juice is filtered, and when used as an antiseptic is mixed with three to four parts of distilled water and squirted into the wound, which must be properly drained.

(This Article first appeared in THE HERB DOCTOR, Nov. 1915. The Editor feels that after 54 years it is still of valuable interest).

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BOOK EXCERPT

by Lucy Jones



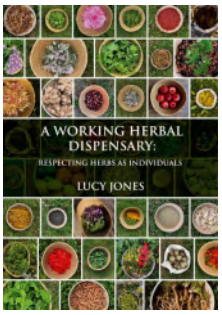
Lucy Jones

This is an excerpt from 'A Working Herbal Dispensary – Respecting Herbs as Individuals' which was published by Aeon Books in May 2023. This is what Aeon say about it: *A beautifully illustrated guide on how to understand and engage with medicinal herbs.*

In her fascinating second book, full-time medical herbalist, Lucy Jones, shares the characteristics and medicinal virtues of 108 herbs that she works with in her practice. She writes about each herb as an individual that she knows and respects, rather than simply a list of conditions it treats or the constituents it contains.

Lucy gives the physiological actions, energetic qualities, and emotional resonances as well as qualities according to Tibetan Medicine, where they apply. She also includes historical views, magical associations, and plenty of recipes for the home herbal apothecary.

This book sheds light on the way that Lucy prescribes her herbs, with an emphasis on treating dietary and lifestyle factors alongside herbs to treat the root cause of illness. There are numerous informal case studies to illustrate both the actions of the herbs and the special magic of truly holistic herbal prescribing.



Beautifully illustrated throughout with colour photographs, A Working Herbal Dispensary is much more than your run-of-the-mill herbal; it is an insight into a holistic practice where herbs and herbalist are working in partnership for the benefit of those that need help.

Before the end of June, Aeon are offering 20% off by using the code WHD20 on their checkout page. https://www.aeonbooks.co.uk/product/a-working-herbal-dispensary-respecting-herbs-as-individuals/95140/

Note: Aeon is also offering 10% off this and other titles at the URHP & AMH Summer Gathering at the Purley Chase Centre.

EXCERPT

Cowslip: *Primula veris*

"Cowslip, or Palsy Wort, is specific for respiratory congestion accompanied by repetitive tics or compulsive behaviour patterns"

The name 'Cowslip' comes from 'Cow-slop' in old English, referring to its tendency to grow in pastures where there are plenty of cow pats. The yellow flowers look a bit like a bunch of keys originally being called 'Freya's Keys' and being dedicated to the goddess Freya, the virgin of the key. Later it was Christianized by being named 'St Peter's Keys' or 'Our Lady's Keys'. Its other names are 'Palsywort,' 'Paralytica' and 'Arthritica, names which refer to its medicinal actions.

These days Cowslips are too scarce to wild harvest. If you want Cowslips as medicine, you need to establish a colony in your herb garden. Medicinally it is generally considered to be interchangeable with Primrose (*Primula vulgaris*) but I like to work with Cowslips and I grow them at my allotment.

Medicinal Parts

Traditionally roots although flowers are a good and more sustainable substitute.

Summary of Physiological Actions

- Sedative
- Antispasmodic
- Expectorant
- Antitussive
- Anti-inflammatory

Physiological Actions

Cowslips are sedative and antispasmodic. Cowslip tea is a good remedy for nervous tension and headaches as well as sleeplessness. The roots contain saponins and are high in anti-inflammatory and pain-relieving salicylates. This is probably why Cowslip was known as 'Arthritica'. These days, most herbalists work with the flowers and think of Cowslip mostly as a gentle sedative and cough reliever. They are indeed very good to treat dry respiratory infections where the lungs are congested with hardened phlegm. Cowslips thin the mucus, helping with the process of expectoration and they soothe tickly coughs. They are also a mild diuretic and are anti-inflammatory.

Old sources are a rich seam of information about different, perhaps more exciting, medicinal properties of Cowslip. It is reported as having a special affinity for nerves and the brain. Mrs Grieve in her 'A Modern Herbal', mentions that 'in earlier times' it was used in all paralytic or spasmodic ailments, being known as 'Palsy Wort' or 'Herba Paralysis'.

In My Dispensary

In my dispensary I have Cowslip flowers as a tincture and dried whole flowers for infusions. I absolutely love Cowslip for kids who have long standing respiratory congestion accompanied with nervous tics. The following two cases, one where Cowslip formed part of an infusion and one where Cowslip tincture was prescribed in drop doses, are typical examples of how Cowslip's virtues are helpful in my practice.

'Anthony' was seven years old when I first met him. He alternated between being withdrawn and impulsively active and he had a very poor attention span. He also had a periodic involuntary tic which had been steadily worsening over the last year. Anthony had a strong tendency to respiratory congestion, especially at night. He suffered from allergies and had very dark circles under his eyes. His tongue had a thick yellowish coating.

Anthony's mum was very worried because his tic was worsening and he was becoming prone to angry outbursts as well as periods of intense withdrawal. She had sought an allopathic assessment and the specialists had suggested that Anthony's problem could be related to a rare form of attention deficit disorder linked to a personality disorder. Understandably, Anthony's mum did not want to accept this. She told me that Anthony had always struggled to acknowledge his feelings, preferring to say that everything was fine when she asked him if he was alright. She was aware that he was feeling unsettled due to her recent divorce from Anthony's father. Anthony was finding it quite unsettling to move between his parents' homes and to adapt to different routines, house 'rules' and meal choices. Anthony liked things to be predictable and stable.

We went through his case history including his dietary patterns. It was clear to me that he most likely had a significant dairy intolerance, so we agreed that as far as possible Anthony was going to cut out dairy. I also prescribed a nice calming tea blend in order to relax him, help improve his hydration and to support his digestion. The tea contained Cowslip, Rose, Calendula, Cleavers and Skullcap. He was to drink two cups a day.

When Anthony returned for his first follow up four weeks later the dark circles under his eyes had completely gone and he looked much more vibrant. His eyes were shining and he was more engaged. He was excited to see me and to show me that his tongue was now clear. His mum told me that he was a different child, his congestion was lessening, the tic was much reduced and his behaviour was becoming more settled. After a couple more months of herbal treatment his tic was completely gone and his allergies were greatly lessened.

In Anthony's mix, the Cleavers and Calendula were intended to help clear his lymphatic system and the Rose, Skullcap and Cowslip were to help release tension, allowing him to start digesting his emotions. The Calendula, Skullcap and Rose would also gently support his digestion physically, by virtue of their bitterness. I chose the Cowslip in his tea blend specifically because of the tic and I believe that it played a very significant role in its disappearance.

Nine year old 'Will' was pretty active and healthy most of the time but suffered with episodes of severe breathing difficulties at night. Each time it happened he required emergency admission to hospital and high doses of steroids. It was not clear what was causing the episodes but his parents were pursuing every possible avenue to understand and treat this very worrying issue. The episodes were happening on average once a month.

Will had a lot of energy and found it quite difficult to settle down at bedtime. He had a lingering phlegmy



Cowslip (*Premula veris*)

unproductive cough and often suffered with coughs and colds. He also had some repetitive behaviours such as throat clearing and humming. I suspected dairy intolerance and asked Will to cut it out completely. He was a very intelligent and determined young man and immediately took on board my advice and adapted to his new way of eating. One month later the cough had changed in character and the repetitive throat clearing had lessened. He was also settling down and going to sleep more easily. During that first month, he had suffered with one episode of breathing issues but it was milder than usual and he did not require hospitalisation. At this stage I prescribed Cowslip tincture as a simple, five drops to be taken twice a day in a drink. Over the next four weeks his cough became much more productive, he had no more breathing difficulties at night and all of his repetitive behaviours completely ceased. He felt much more ready for bed in the evening and settled down to sleep more easily.

Historical Applications

Hildegard of Bingen recommended applying a warm compress of Cowslips over the heart while sleeping, in order to cure melancholia. This is a really fascinating idea which I have yet to try in my practice.

The medieval 'Regimen Sanitatis Salernitanum' recorded Cowslip as a cure for palsy or paralysis. Geoffrey Grigson writing about Cowslip in his Englishman's Flora, suggested that this association had come about due to the trembling or nodding of the flower heads.

'A Leech Book of the Fifteenth Century' (by WR Dawson published in 1934) reported that Cowslip and Lavender should be boiled together in ale for: "trembelynge hand and handis a slepe".

Gerard referred to the treatment of 'the phrensie' with Cowslips as follows: *"A practitioner of London who was famous for curing the phrensie, after he had performed his cure by the due observation of Physicke, accustomed every yeare in the moneth of May to dyet his patients after this manner: take the leaves and floures of Primrose, boile them a little in fountaine water, and in some rose and Betony waters, adding thereto sugar, pepper, salt and butter, which being strained, he gave them to drinke thereof first and last." He also wrote about their properties as expectorants, phlegm clearers and pain relievers, saying: "the Antients have named them 'Verbasculi', that is to say, small Mulleins……the roots of Primrose stamped and strained, and the juice sniffed into the nose with a quill or such like, purgeth the brain, and qualifieth the pain of the megrim." Regarding Cowslip as an external healing treatment he wrote: "An unguent made with the juice of Cowslips and oile of Linseed, cureth all scaldings or burnings with fire, water, or otherwise."*

Parkinson also referred to the ability of Cowslips to ease headaches and joint pain, saying: *"They are eaten in Tansies and Sallets, by those beyond Sea, and are accounted very profitable for paines in the head, and are accounted the best for that purpose next unto Betony, they are excellent good against any joynt aches as the palsie and to ease the pains of the sinews..".*

Magical

A bit of Cowslip placed underneath the door mat at the entrance to a house is said to discourage visitors if you want to be alone. Tradition has it that a bunch of Cowslips worn or held in the hand will help you to find hidden treasure. Cowslips are also associated with restoring or preserving youth.

SPOTLIGHT ON A MEMBER

Barbara Wilkinson DBTh. MURUP



Barbara Wilkinson

Consultant Medical Herbalist and Naturopath, Trustee, Ambassador Co-ordinator and Instagram host for the Herb Society.

Barbara previously worked in the hotel and catering industry, before pursuing a life-long interest in health and nutrition. She 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.

Barbara is a third-generation herbalist and runs The Springfield Clinic of Natural Healing in Cheshire. She is an advocate of cultivating the use of plants in everyday life and keen to empower people with the confidence to embrace food as medicine.

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 has worked on behalf of The Herb Society to design gardens for the RHS Flower Show Tatton Park. In 2018, she appeared in the BBC's coverage of the RHS Flower Show, as part of a special segment looking at fermented foods.

Barbara attended Malvern Three Counties Show in 2019, where she was a guest speaker on the Women for Wellbeing Forum and Herbs for Health with Horticulturist Alys Fowler. Barbara also demonstrated in the Food Theatre at Malvern alongside names such as Mark Diacono and Jean-Christophe Novelli.

At each of the shows she has worked very closely with Hooks Green Herbs and other herbal nurseries that are members of the Herb Society. She has also appeared with Jon Wheatley on Gardeners' Question Time at RHS and Malvern show and was a guest speaker at Southport Flower Show 2022.

Following RHS Tatton 2022, Barbara was invited to feature on Lymm Radio, where she discusses all things herbal in a monthly segment.

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 Herb 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.

CURIOUS CURES IN CAMBRIDGE LIBRARIES

What could a Herbalist Learn from Curious Medieval Cures?



Cambridge Digital Library is conducting a two-year project to preserve over 180 medieval manuscripts containing thousands of unedited medical recipes for cures of all kinds of ailments, some of which still afflict humans today.

The 'Curious Cures in Cambridge Libraries'[1] project is funded by a £500,000 Research Resources Award in Humanities and Social Science award from the Wellcome Trust. The project will catalogue, digitise, and transcribe these ancient texts in order to make them accessible to researchers everywhere who will be able to access them free of charge on the Cambridge Digital Library website.

There are weird and not so wonderful ingredients in the medieval recipes such as "the use of roasted puppy fat as a salve to treat gout, or the gall bladder of a hare as a component in a treatment for 'web in the eye'.[2]" However, there are recipes using common herbs such as sage, rosemary, thyme, bay and mint - as well as common perennial plants: walwort, henbane, betony and comfrey" and spices such as cumin, ginger, and pepper.[3]

The project is spearheaded by Dr James Freeman, a Medieval Manuscripts Specialist at Cambridge University Library and member of the Herbal History Research Network. In his blog post on the Herbal History Research Network, Dr Freeman said that the Curious Cures project might be useful to the work of herbalists because:

"At the simplest level, it will help researchers to find a particular plant among the thousands of recipes that these books contain and among the many culinary herbs and common perennials to which they refer. To take just one example, in a fifteenth-century compilation of recipes (Cambridge, University Library, MS Add. 9308) rue is found in cures for such diverse complaints as bad breath ('For stingeng breth þorw þe nose', f. 4v), coughing (f. 5v), 'For him þat may noȝt wel pisse' (f. 8r), 'For ony werm in þin eye' (f. 11r), and aches in the knees (f. 12v) or in the head (f. 13v).[4]"

You can follow developments of the 'Curious Cures' project on its website: https://www.lib.cam.ac.uk/research/research-development/research-projects/curious-cures

The Herbal History Research Network will celebrate its 15th anniversary on Wednesday, 16 October 2024 with a return to an in-person seminar. For more information visit, Herbal History Network: https://www.herbalhistory.org/home/

References

1. Cambridge Digital Library: https://cudl.lib.cam.ac.uk/collections/medievalmedicalrecipes viewed at 18:32 on 27/5/23.
2. https://cudl.lib.cam.ac.uk/collections/medievalmedicalrecipes viewed 19:07 on 27/05/23
3. Ibid
4. Dr James Freeman's blog post on the Herbal History Research Network https://www.herbalhistory.org/home/curious_cures-in_cambridge_libraries/ viewed at 18:34 on 27/5/23.

CYBER-SECURITY

By Tina Silva



Tina lived in London for most of her life, however, the majority of her early childhood was spent abroad with her maternal grandparents who lived on a country farm. Tina spent huge amounts of time around nature and wildlife, as her grandparents sourced all they needed from the land and sea. Married for over 27 years, Tina has two daughters and two grandsons, and she now lives in the South West of England with her family.

For more information, Tina may be contacted at: theculturefherbs@protonmail.com
or doresetbabydolphin@yahoo.co.uk

Staying safe online:

I would like to share with everyone the programs I use to try and stay as safe as possible on the internet. I use different methods to stay secure online, be it on email, browsing, or all the passwords for multiple accounts we must all try and remember. I use ProtonMail and Proton VPN alongside LastPass, my trusted password manager which will alert me of any breaches and weak or repeated passwords. I find these programs extremely useful.

Proton

Proton came into existence in Switzerland and was launched in 2014. Development began when a group of scientists who had met at CERN (The European Organization for Nuclear Research), decided that privacy was paramount when it came to building a safer, freer, and better internet. Scientists, engineers, and developers were drawn together by the same vision of protecting civil liberties online.

Proton is considered safe because its core principle is that your personal data remains with you and not any technology companies, your internet provider or governments, as well as to protect your data from hackers. Due to its encrypted services you are able to remain private and secure by default. As a result, your privacy is secured by Swiss privacy laws and strong encryption technology.

Proton can be used for individual or business purposes and it currently provides services to over 70 million businesses and people worldwide. With one account, users can access their Proton services from any device such as, but not limited to, Android, Linux, Windows, iPhone/iPad, Mac and many others. It's services are free to use alongside paid plans that allow for larger amounts of devices and additional features.

Proton provides the user with an easy-to-use encrypted email, file storage, calendar, and a VPN which was built to protect your data. Proton prides themselves on the fact that to them, keeping your information private is fundamentally important and it is a priority to the Proton team.

One important point regarding encryption is to keep your master password safe because if a password for an encrypted system is lost or forgotten you can reset it, but once you are able to access that system all previous emails will be encrypted and at times the user may not be able to access their data if the master password is lost.

At Proton, they believe that transparency and open-source software is the only way to gain the trust of their community. All of Proton's apps are open-source, which have been verified by third-party experts and independently audited. These audit reports can be viewed or inspected by anyone including yourselves, giving everyone the opportunity to access and verify that our apps do exactly what we claim they do.

VPN - Virtual Private Network

A VPN is a network which helps to secure access to the internet via establishing a private and protected connection, even when this is accessed from a public network, like coffee shop Wi-Fi. A VPN server is an internet server which has been configured with VPN capabilities.

An IP address (Internet Protocol address) is a unique digital label that is used to establish communication between different networks.



Having a VPN on your systems will:

- Hide your IP – Internet Protocol address
- Make browsing online private
- Protects the user on public Wi-Fi
- Encrypt internet traffic
- Hides your location
- Stop anyone from tracking you, including your internet provider

Proton VPN

Proton VPN sends internet traffic via an encrypted VPN tunnel, so that confidential data and passwords remain safe even when using untrusted or public internet connections. Proton will keep any browsing history secure and private. Proton VPN does not share any data with third parties or log any activity - this VPN service is anonymous. This enables the user to access the internet without surveillance.

Other VPN services may be compromised when their servers are under surveillance, however, when using Proton's VPN, this is prevented by transmitting the user's traffic via Proton's Secure Core Network in countries which are privacy-friendly such as Iceland and Switzerland. Furthermore, a compromised VPN endpoint server is still unable to disclose your true identity, location or your IP address.

How a VPN works

This secure connection is done by the user connecting to the internet through a VPN, which establishes a private and secure tunnel between one of its VPN servers. Your internet traffic will be transferred via this tunnel. The VPN will change your IP address; this will happen when your internet traffic passes through the VPN tunnel. A tunnel is a secure and safe connection between the device you are using and the server you are trying to access. Tunnelling relies on encapsulation which will hide any VPN communications with the internet.

What it does

A VPN encrypts your information, this occurs when the tunnel process is safe and secure, the VPN will hide your information under codes, this will encrypt it and no data can escape and no one will be able to identify you.

Benefits

Without a VPN your data which travels over the internet will display your IP address, allowing websites to obtain information about you. This is where a VPN proves useful as it steps in hiding your IP location and address, ensuring privacy online. VPN Protocols do not impact your connection's stability, speed and security. Having a secure VPN is extremely important as this will keep the user safe online. VPNs can be set up on your router, which is beneficial when having many devices which need protection. By setting up a VPN to your router the user is able to protect their household while keeping everyone safe, even on incompatible devices.

Many people ask if VPNs are legal, and the answer is yes - they are legal in most countries, but it is advisable to check the country you are living in or visiting. Furthermore, it is against the law to use a VPN for illegal activities. In some countries there is a ban on VPN, which is for legislative and political purposes. Most countries have not forbidden the use of VPNs.

LastPass: What it is

LastPass is a password management program that stores all your passwords securely. We all have more passwords than we can remember, be this at work or at home. Many breaches occur due to reused and/or weak passwords; therefore, it is essential that you have unique passwords for all your accounts. A password manager is a tool which can remember and create passwords as well as filling in email addresses and passwords.

How LastPass works

When logging into an account for the first time, LastPass will automatically store your user and password, and so each time you go back into that account your credentials



will be automatically filled in. LastPass is a cross-platform password management that can be downloaded and used free across one device or upgraded to premium for unlimited access, over all devices.

What it does

LastPass is a password manager which stores all of your essential information in a password vault. It is a keep-safe for all of your online information. Your LastPass vault is the headquarters for everything you have saved including secure notes, credit card information, and saved passwords. You can use the LastPass browser extension to add sites onto your vault or add these manually, automatically, or by importing them into the vault. Passwords will automatically be captured by LastPass as these are entered on every website.

Within the LastPass vault you are able to edit login information, add notes, share login information, launch websites, and much more. Some key features within Last Pass are:

- Save and auto-fill
- Password-less authentication
- Dark web monitoring
- Password generator
- Security dashboard

Going passwordless and removing the password obstacles between the user and all the sites stored within your vault, you can set your master password aside. Downloading the LastPass Authenticator app will allow you to authenticate your access to your accounts.

Benefits

- No more data breaches and hacks
- No more forgetting and resetting passwords
- No more time wasted resolving password lockouts
- Staying secure online

How to use a password manager

When you start using LastPass free password manager these are the advised steps, which are also found on their website: https://www.lastpass.com/password-manager.
The information below is as it is stated on LastPass website and has not been altered or edited by the author.

1. "Get the LastPass browser extension.
2. After you download LastPass, you'll find the LastPass button in your browser toolbar. Click the button and create an account.
3. Make a strong master password. Create your account with one long, secure master password and let LastPass do the rest. A memorable passphrase is the easiest way to create a strong master password. It could be a quote from a movie or lyrics from a song with your favourite colour at the end to make it even more secure.
4. Add sites to your vault. As you log into your online accounts, LastPass will ask if you want to save them to your vault. Simply click add and they will be saved for next time.
5. Take the security challenge to see how strong your passwords are. If you have any weak or reused passwords, use the LastPass password generator to create new ones and update those accounts.
6. Download the mobile app. A password manager is only useful if you can access it wherever and whenever you need it. Everything you save in LastPass is synced automatically so you can access them on any device.
7. Add more security to your vault by two-factor authentication. A strong password combined with a two-step verification protocol provides the most protection."

Websites used

https://www.lastpass.com/

https://www.lastpass.com/password-manager

https://proton.me/

https://protonvpn.com/

https://surfshark.com/learn/what-is-vpn

Disclaimer

This is the author's view, however, there are many other VPNs, encrypted emails and secure ways of keeping data secure and passwords safe. Please do your own research and read up on reviews and what others have said and decide for yourselves which program is right for your needs and requirements. I personally use LastPass password manager (paid version), LastPass authenticator (free version), ProtonMail (paid version) and Proton VPN (free version).

The author advises the reader to search for the best VPN, Email and encrypted services which best suit their needs.

Thank you for reading.

Good luck!

Love, peace and light

Tina Silva

THE REAL APEEL: WHY WE SHOULD CHECK IF A VIRAL POST IS REAL

By Wendy MacKinnon URHP Registrar



After a career as a diplomat and consultant, Wendy has focused on freelance editing, writing, and teaching English for special purposes while pursuing her charitable and artistic interests. She teaches the art of silk painting at a local non-profit art college and especially enjoys painting plants and flowers on silk. She is also interested in connections to her Bahamian heritage including its fauna and flora, and the use of native herbs and herbal remedies. Having worked with Liz and Trixie on the New Belongings Project several years ago, she is delighted for the opportunity to apply her broad range of skills and creativity to support the work of the URHP and its members.

A post making the rounds on social media warns people not to eat fruits and vegetables that have an 'Apeel' sticker on them. The post attaches a safety data sheet for Apeel which states that the product can cause serious eye damage and allergic skin reactions, and that protective clothing should be worn when using the product. However, the safety data sheet is actually for another product with the same name. The post confused two totally different products by two different manufacturers.

The Apeel used to coat fruits and vegetables is produced by a Californian company called Apeel Sciences. It is plant-based protection for fruit and vegetables aimed at extending the life of fruit and vegetables and reducing the use of plastics. It's safety data sheet can be read at https://www.apeel.com/[1].

The Apeel product to which the safety data sheet being circulated erroneously applies to is a chemical cleaner and degreaser produced by a British company called Evans Vanodine. It's safety data sheet can be found here: https://www.evansvanodine.co.uk/assets/eng_apeel.pdf[2] On their website[3], the company has published a disclaimer advising people not to confuse their cleaning product with the food grade Apeel Sciences product used to preserve fruits and vegetables. To confuse matters further, there is also an 'Apeel' odour-neutralizer being sold by an Australian company[4].

So what's the real deal with Apeel on our fruits and vegetables?

Wouldn't we all love a product that extends the life of fruits and vegetables, reduces wastage, and cuts down on our use of plastics? The Apeel produced by California company Apeel Sciences was to be trialled as protective coating for fruits and vegetables here in the UK by Tesco in 2018[5], but a statement on its website does not provide results of that trial[6]. Asda is the first supermarket to actually use the Apeel product in its stores[7].

The product information sheet for the UK states that this Apeel product is "a thin, edible postharvest coating made from plant-derived materials that extends the shelf-life of fresh fruits and vegetables by slowing moisture loss and reducing oxidation". It further states that Apeel is fully compliant with UK food law; it is composed of food grade mono- and diglycerides of fatty acids (E 471) derived from plants; it is not derived from



GMO; and, it "does not contain, nor is it manufactured in a facility that processes: cereals containing gluten, crustaceans, eggs, fish, peanuts, soybeans, milk, nuts, celery, mustard, sesame seeds, sulphur dioxide and sulphites, lupin, or molluscs and it is not derived from genetically engineered plant material.[8]"

The confusion amongst these different products is somewhat understandable because they all have the same name. However, in what some call this post-truth era, we need to check the facts of such viral claims. Here are just a few fact-checking websites I tested for information about Apeel:

- https://apnews.com/article/fact-check-apeel-fruit-produce-safety-sheet-867075775325
- https://fullfact.org/online/apeel-sciences-edipeel-fruit-vegetables-safety/
- https://toolbox.google.com/factcheck/explorer
- https://www.reuters.com/fact-check

Researching this article showed me we also need to fact-check what is happening with our food. I was unaware of the use of this product; although I shop at various major supermarkets and some small green grocers, I have never seen the Apeel label on my fruits and vegetables – have you?

Links

1. https://www.apeel.com/ viewed 22/5/23 at 14:30
2. https://www.evansvanodine.co.uk/assets/eng_apeel.pdf viewed 22/5/23 at 18:09.
3. https://www.evansvanodine.co.uk/shop/product/A157EEV2
4. https://www.greenstarsupplies.com.au/apeel-odour-neutraliser-500ml-pump-pack-500ml viewed 22/05/2023 at 18:10.
5. http://www.oateslaboratories.com.au/documents/downloads/msds/cr/apeel.pdf and
6. https://www.tescoplc.com/tesco-to-trial-apeel-plant-based-protection-for-fruit-to-extend-shelf-life-and-reduce-food-waste/ visited on 2/5/23 at 14:18 pm.
7. https://www.tescoplc.com/learnings-from-our-apeel-trial/ as viewed 29/05/23 at 17:58.
8. https://corporate.asda.com/newsroom/2021/11/19/asda-is-the-first-uk-retailer-to-introduce-apeels-plant-based-protection-to-increase-shelf-life-and-help-reduce-food-waste and https://www.apeel.com/blog/asda-x-apeel-where-long-lasting-quality-and-value-meet

OBITUARY

Dr. Jacqui Manwaring



It is with great sadness that I let you know that Dr. Jacqui Manwaring passed away after a short period of illness on Friday, 12th May 2023. Jacqui was a long-standing member of the herbal community, and she was a member of the National Institute of Medical Herbalists since the 80s; I think she qualified in about 1986. Jacqui wrote a BSc Herbal Degree which was sadly never rolled out and for those that remember her she spent some years lecturing in New Zealand (she loved her time there very much). I first met Jacqui in 2000 while I was a student, and she was one of our lecturers at the University of Central Lancashire. We became good friends and those that had the pleasure of meeting Jacqui will know that she was a gentle, caring, and loving soul who was always exploring herbs and natural healing. There is much love shared for Jacqui and she was a wonderful herbalist, teacher, guide, and friend to so many. Jacqui will be very sadly missed.

By Lynn Rawlinson, Member URHP

REPORT OF URHP COUNCIL MEETING APRIL 2023

Your council met on Zoom on 20th April 2023 and these are the main points of our discussion.

Information Officer

As you will have already seen the email from Dilys, you will be aware that she has handed over the role of information officer to Sandra. Dilys has been an absolute joy to work with, willing and able to complete all that has been asked of her, efficiently and always with a smile! She will remain on the council. Sandra has been a long term, very supportive and loyal member of the URHP.

Welcome, from us all, to Sandra who is very happy to be taking over.

Registrar

Trixie Vorderman is stepping back from the registrar role in the next month, after working incredibly hard for many years. She has been exemplary in her approach to her work, and we all are so grateful for all she has done so effectively. We can now welcome Wendy MacKinnon as our new registrar, who has a wealth of experience and skills to bring to the role.

URHP Representation - EHTPA

Lloyd is remaining on the EHTPA council and will continue to be our representative there until whoever takes over as Chair in the future will begin attending alongside him.

President

Dr Andy Patterson has withdrawn from the future role as URHP President and council membership, due to time needed to develop his courses at the Hippocratic institute and his studies. We thank him for his contributions while he was a member of the council.

Laura will step down as President in July this year, as planned and will remain on the council.

Role of Chair

The council have brought our ideas together on how we move forward. Firstly, in the short term, we will look at all the jobs the current President fulfils and as an interim measure, divide up the current duties within the council and ensure they are completed fully and effectively.

In the medium term, we see the opportunity this gives us to redefine the roles of president and vice president and our present structure within the council, which is based on a rather hierarchical model where much is expected from the people fulfilling the roles at the 'top'. In fact, the way we have been working within the council the past few years has been much more democratic, where decision making is shared, and all voices are heard. We have proposed to try changing the role names initially to Chair and Vice Chair and will work on new job descriptions for these roles, making them much more manageable and sharing work within the council in a new and more balanced way.

This does require that our council has more members to share these responsibilities and it is now essential that members who can, step forward to come and engage with the very fulfilling work that needs to be done to maintain our Register. We will ultimately need someone to step into the Chair role too, at some point in the future. We see that although this may feel rather unsettling right now, we wish to embrace the changes required to bring our organisation forward into more sociocratic ways of working and for all our members to feel part of this gentle transformation.

If you are interested in being part of our newly emerging council, we would warmly welcome you to come along to our next few council meetings. Please contact our information officer for more details.

We look forward to hearing from you.

URHP Council

Lloyd, Liz, Laura, Donald, Dilys, Tina, Sandra,
Wendy, Trixie and John

A WELCOME TO NEW MEMBERS

We are delighted to welcome new members who have joined us since the last newsletter.

Full Members

Abby King was a student member and has now graduated from Heartwood.

Michael Potter has been practicing Chinese Herbal medicine for over 30 years. He currently teaches at the University of Westminster and practices in Totnes, Devon. He is also on both the EHTPA and BAAB Accreditation committees.

Lynn Rawlinson has a BSc in Herbal medicine from UCLAN and runs her herbal clinic, Roots of Thyme.

Student Members

Emma Louise Cowley is studying for a Professional Diploma in Herbal Medicine at Heartwood College.

Hayley Rigby is studying for a BSc Hons in Clinical Herbalism at Lincoln College.

Rokhsaneh Madeira is currently studying on a Commonwealth holistic herbalism course.

INTERVIEWER ROLE FOR EHERBALIST



Would you like to be an interviewer for our newsletter? This would involve conducting interviews that would then form the basis of articles for our eHerbalist Newsletter.

You can also submit your own articles which can go towards meeting your CPD requirements.

If you are interested, please get in touch with the Editor: lizlyden@msn.com

urhp
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SOCIAL MEDIA ROLE FOR URHP



The URHP is looking for an enthusiastic individual to help with our social media platforms including Facebook and Instagram. We require someone to give a couple of hours per week to monitor, build and support these platforms by taking the reins and making them their own. You will need to promote our events, newsletters, and the eHerbalist magazine. With good communication skills, you'll also have a great interest in promoting herbs while preserving nature. This is a voluntary position and only requires a couple of hours per week of your time.

Thank you for reading and to express an interest in this role, please contact Tina on 07985 216213 or email her at dorsetbabydolphin@yahoo.co.uk

urhp eHERBALIST

DATES OF SHARING CIRCLE MEETINGS

We hold our herbal Sharing Circle gathering on Zoom every six weeks, where we meet to share herbal highlights of our month and to give support and advice to members where requested. The information officer sends out a reminder about this the week before with the Zoom link.

These are the remaining dates for 2023:

Thursday 29th June

Friday 11th August

Wednesday 20th September

Thursday 2nd October

Friday 15th December.

All meetings are 1pm - 2.15pm

If you have any questions, please contact the Information Officer at: urhpinfo@gmail.com

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