urhp
"at the heart of Herbal Medicine"

NEWSLETTER

WINTER 2020



ITEMS IN THIS NEWSLETTER INCLUDE:

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A note on the symbology of the Balens Logo • Book Reviews •
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UNIFIED REGISTER OF HERBAL PRACTITIONERS NEWSLETTER

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LETTER FROM THE EDITORS

Wishing you all an active and healthy 2020. A new decade at a time when the planet is crying out for help and support. As herbalists we are in tune with nature and the gifts it brings and our duty to nurture and protect all of the natural world. Australia is currently losing trees, plants and animals that will possibly become extinct. The ferocity and speed of this is a reminder to us all of our role as custodians.

As many bastions of civilisation are tottering on the brink, our natural medicines and care may be needed more than ever in this coming decade.

We are producing the Spring Herbalist journal so please submit articles, book reviews, case studies, reports of seminars attended and conferences, and any diary dates by March 10th.

Liz and Cassie



Welcome to new URHP members

Since our last Newsletter we have welcomed four new qualified members, Lorraine Love, Marianne Gibson, Suzanna Thelwall and Joanna Wisniewska. Finlay Mahoney is our new student member.

We are delighted to welcome our first "Friend of the URHP", Lindsey Russell.

We very much hope you enjoy your URHP membership.

President's Winter Update: January 2020

By Laura Yarham

"Look deep into nature, and then you will understand everything better."

Albert Einstein



A new decade is upon us and it feels as if it is time to begin a fresh direction. The Great Turning that Joanna Macy talks about, needs to be embraced at some level, by us all, if we are to move towards regeneration and the adaptation that is required in order that the plants and animals, as well as ourselves, survive the present changes in our climate. As Looby Macnamara says, "A small shift on our trajectory can lead to a big difference in destination.....when we align cultural values to the ethics of Earth care, people care and fair share, our patterns of interaction and resource use will follow suit."

Have you noticed the changes going on outside in your gardens or your local nature spot? The birds, having sensed the days are lengthening, are beginning to change their tunes, ready for the start of the mating season, and there are little shoots starting to appear on the ground and on some trees: Nature is commencing its wake up season, also going in a new direction, and this always fills me with an optimism for this cycle of endings and beginnings which constantly turns.

So as we peep our heads out from our wintry slumber (or at least a day or two, when we might have been a little over full and had to succumb to a snooze), what is it we are going to work towards as Spring beckons? Planting more of our own herbs? Meeting up more with herbalists of different PAs in our own areas? Set up a natural health group for our community? Making more of our own herbal remedies? Connecting more regularly with Nature? Whatever we decide to do at this sort of level, however small and insignificant we think it might be, it will have a positive impact.

Even though we have had a rest over the Christmas period, there has still been much hard work going on in the URHP council



since my Autumn update. Lloyd, Chris Etheridge, Phil Deakin and I have been exchanging ideas and creative thoughts, which has resulted in Lloyd being very busy putting together the website that brings together the PAs with an events calendar: it will be called Herbal Alliance and it will be ready for its first airing very soon. This really is a huge first step forward in creating something together and working collaboratively across all the PAs : a new decade and a new positive direction!

This energy of creating positive changes together has been growing over the past few years and now moving into actual happenings. Our honorary member, Sebastian Pole, has plans to bring together the herbal community in a Herbal Unity Day to discuss how we unify the herbal medicine community and create a coordinated plan to raise awareness and build confidence in the safety, efficacy and sustainability of herbal medicine.

You will have read the EHTPA liaison report that was sent out to all members in December and so will be aware of the hard work that continues to go on in this council. The absence of the co chair, Emma Farrant, since her tragic death in 2019, has continued to be a huge loss to us all. She had been such a determined and hard working powerhouse for the EHTPA over many years, and was deeply respected and loved by her many colleagues. We have to move forward, however, and we welcomed two new members to the council, Ginny Kemp from CPP and Alex Jacobs from the RCHM. Chris Etheridge continues to put in huge amounts of time and energy as chair for the EHTPA council, constantly liaising with all the organisations that are involved in herbal medicine and arranging our meetings. Look out for information out soon about the CBD seminar on February 29th.

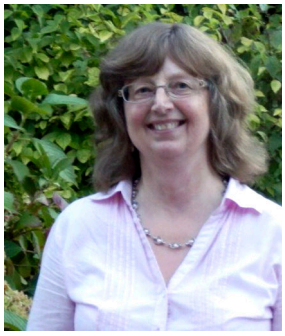
Finally, I would like to remind you all of our wonderful conference in Summer, from 23rd-25th June at The Purley Chase Centre. The conference team and council have been very busy getting a programme together and organising the event.

We have our own Don Rawson taking the lead for one of the mornings: anyone who heard his lecture last year will know this is one not to miss. We will have talks from Rose Holmes from Riohealth, James Fearnley from Herbal Apothecary and very excitingly, a local beekeeper who will be bringing his bees and letting us in on a few beekeeping secrets! We also have Annette Montague-Thomas, Vicki Pitman and Dr Edward Thompson giving us their own particular herbal insights. There will be stands from Panacea, The Herb Society, Rio Health and Herbal Apothecary. So, it will be a great mix of 'home grown' and 'external' knowledge and wisdom coming our way. I look forward very much to welcoming you there.

In the meantime, let's focus on those small changes in trajectory in our own lives and communities that will lead us to new destinations and make those big differences. Every single one of us is an important part of what we create as we step into this new decade. Let's make every step count.

The Physicians of Myddfai Society Annual Conference 29th June 2019

by Dilys Griffiths



On a warm, sunny Saturday morning I wound my way along country roads from my home to the pleasant village of Myddfai near the town of Llandovery in Carmarthenshire to attend the annual conference of the Physicians of Myddfai Society. There are a couple of different roads to get to Myddfai but I chose to go through Llangadog and along the country roads and lanes full of meadowsweet and wild flowers. I had previously attended the conference in 2016 but had been unable to attend since. The Community Hall and Visitor Centre where the conference is held have been refurbished with the aid of grants several years ago and are greatly improved from how the old hall used to look. At the Centre there is a shop which sells locally made crafts and other goods, many of these by the 'Ty Talcen' charity established in Myddfai and they also have a cafe there. For the purpose of conferences, weddings and other events outside caterers are brought in, and this time as last, the food was first class and well presented by the local business. Those of you who know the history of the Physicians of Myddfai will understand the connection with herbalists and natural healing (see my article in The Herbalist Autumn 2011) with this area. It was great to arrive early so that I could relax and wander round the growth in the hedges and in the vicinity of the Centre.

Each year they have a specific theme to the conference and this year it was all about 'blood', and with the list of speakers on the agenda I looked forward to an interesting day.

A warm welcome was given to all by the chairman of the Society Dr. Brinley Jones and to open the programme he invited Mary MacGregor, a retired English teacher who now lives in Myddfai and whose father had a chemist shop in the Valleys of South Wales to read a poem she had written about Blood. This was a nice introduction to the day's proceedings.



The first speaker was Dr Aoibheann Nic Dhonnchadha, Assistant Professor in the School of Celtic Studies at Dublin Institute for Advanced Studies and she introduced her talk on the Medical texts in Irish (1350 – 1650) and some texts on bloodletting. She showed on screen some original pages of manuscripts and described the evidence available of the practice of medicine during the Old Irish period. In some ways these were comparable to our Welsh Physicians of Myddfai ancient texts. From as early as the year 700 AD manuscripts showed how they valued the use of herbs and diet in the treatment of health, they also kept herb gardens, and during the 8th century medical practice was established. Manuscripts showed

how they treated wounds and one manuscript held at the British Library showed a phlebotomical chart of a man drawn in outline showing the veins which could be opened with a description of the virtues of each vein. She gave us details of the different texts and who had written or translated them, also a list of what academies, libraries or institutes held various manuscripts. She said that the Avicenna fragment images shown, of the University College of Cork were under private ownership. We could see that from a very early period the authors of these Irish manuscripts showed that health was considered in many ways as we herbalists do today. Dr Aoibheann Nic Dhonnchadha had clearly researched this subject.

The next session was given by Dr Tim Smith of Chippenham – a retired Consultant Anaesthetist and Curator of the Berkshire Medical Heritage Centre in Reading. His talk was about Cupping, Leeching and the Lancet – a history of blood-letting. Dr Smith stated at the beginning of his talk that he was mindful that many of us attending were involved or interested in the alternative and complementary side of medicine, (some were retired allopathic doctors and from the NHS sector), but he was of a scientific background and only believed in things that had medical scientific proof of their efficacy. What a pity I thought, as I was hoping for more information and praise about cupping (without blood-letting) as I had proved its efficacy several times myself as an additional treatment from my acupuncturist for chest infections. He went on to explain the various ways of blood-letting such as cutting into the vein with a lancet and when people were deemed suitable for being treated in this way. He touched on the use of leeches, but as one of the afternoon speakers was from Biopharm Ltd – the local leech farm, he kept this to a minimum, but did say that when they were used in the past they were available at the local chemist and after use were taken back where they were then 'milked' of the blood by



the chemist and put back into the jar ready for the next customer. Leeches are used in hospitals for various medical conditions today and he did agree with this. He mentioned that Hippocrates and Galen worked based on the Four Humours – black bile, yellow bile, phlegm and blood. He said that the barber's red and white pole displayed outside barber shops originated from the fact that they were allowed to perform blood-letting at their establishments and the red on the pole would inform the public of this fact, this had been standard medical practice until the 1850's. We were shown various blood-letting tools used in the past which seemed very crude and basic. It was believed that blood-letting was a means of curing all sorts of medical conditions, even performed after child-birth. Used in the correct way and not to excess it was successful in some cases but it is not used today. He then showed us short videos of cupping with blood-letting and how this has become popular with celebrities for various reasons.

Before lunch Phil Cope launched his latest book 'The Living Wells of Wales' and gave an overview of his travels to see the various holy wells around us for this and his previous books on the subject.

After lunch Andrew Jenkins of Biopharm UK who works at a leech farm at Llanedi, Carmarthenshire gave a talk about the rearing and use of leeches today as well as the



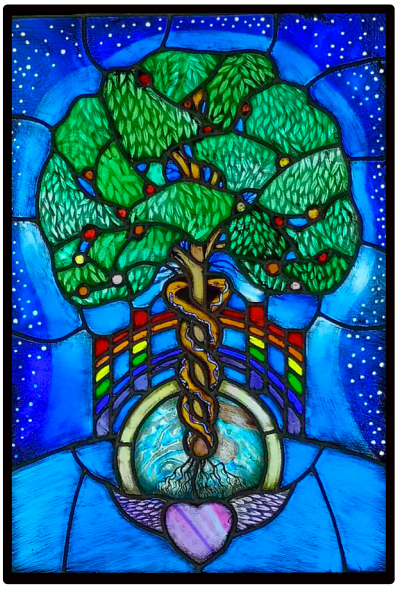
history of their use in the past. At one time it was only the rich who could afford to use leeches as leech traders kept them to 'rent out' as a business. He explained that the leeches start their life as a cocoon, then when they grow they have 125 teeth per jaw, five pairs of eyes and have 32 parts with one brain cell in each part and they can go for two years without food, it is their main body area that holds the blood. These were astounding facts. He then passed around various plastic containers with leeches in various stages of their life in each one, for instance one contained first feed hatchlings, he explained if you kept your finger on a part of the container they would move towards it as they could sense the body heat on that part. This company is the only one in the UK that rears and distributes leeches to hospital. Of course due to data protection he couldn't detail which hospitals or specify reasons for their use, but generally they are of benefit during surgery where fingers or ears are being re-attached. Once they have been used on a patient they are not re-used and are destroyed (humanely we hope). Vets will also use them for blood thinning in animals. Andrew clearly enjoys explaining to groups about his unusual job – although he is an accountant by profession and is the company's Accounts Manager. We were all fascinated by the containers of leeches and Andrew ensured that all containers went back into his cool box in case any escaped!

The last presentation of the day was given by Dr Saad Al-Ismail recently retired from the NHS as a Senior Consultant Haematologist at Swansea, he has also established a Haemophilia Centre there, his talk was about the Recent Advances in Clinical Haematology. Although from a scientific background it was very interesting as he explained various facts about blood components and the development of blood cells and a brief outline of blood diseases and the progress of haematology which has led to better treatment strategies of blood diseases. The advancement in improved diagnosis and understanding of gene defects has meant that patients get better therapy and specific treatment as they can identify where the fault is and target it with therapy. He said that they have a clinic at Singleton hospital in Swansea for blood-letting for those who have too much iron in the blood. He touched on bone marrow and stem cell transplants. It was in 2016 gene therapy was established and he believes that this will become a dominant treatment for patients. Again this was a very informative and interesting presentation. We hope these developments, together with herbal and holistic treatments for the whole person will go a long way to improve everyone's health.

Dr Brinley Jones closed the conference by thanking all speakers and attendees, we then enjoyed some more of the treats on offer with a cup of tea. The AGM of the Society followed later.

Overall an interesting day with lovely surroundings, if you get the chance do visit the Community Hall and Visitor Centre at Myddfai – the Physicians of Myddfai used the herbs that grew in the area as well as the water from the well to treat their patients, and the clean fresh air will also be good for you.

Balens: a note on the symbology of their logo



Balens Logo in stain-glass

Our Tree symbol was envisioned by David Balen in the late 1980s to represent and be a signpost for transforming the business from a general commercial brokerage into something closer to his heart and life interests. We started to use the Bridge symbol when we relaunched the business and took it in a new specialist direction in the late 80s early 90s, resulting in a complete change of clientele, insurer relationships and focus.

David believes that Insurance is about trust; quality relationships and good communication, and that those roots are essential to nourish the tree of our (or any) enterprise. Our vision and purpose has always been to nurture these against a backdrop of ethical, service-related endeavour.

The Bridge symbol was conceived as a metaphor for linking and connecting different aspects of society and thought. Examples of this would be: the conventional with the unconventional modes of thought and culture; conventional medical approaches with more natural approaches; linking the world of insurance and legal contracts with those desiring financial protection from the potential vicissitudes of life; the world of business with those who have little experience of it.

Our logo also contains the following elements: The Caduceus – A double helix of snakes, and ancient symbol for Hermes, the messenger god, depicting our role as communicator between our clients. Ancient Indian Yogic Philosophy posited these dual electrical currents polar opposites (Yang and Yin as it were) flowing up and down our spines and helping to raise consciousness to higher levels.

There are also correspondences with the symbol of Asclepius, the Greek god of healing and medicine.

The Tree of Life: The main focus of our symbol, is a strong world tree, with deep long established roots representing so many years of the growth of our reputation and brand, watered and fed by our client relationships and insurers. Our ground has formed over time based on innumerable communications and actions, learning and growing all the while. We are all living on planet Earth, and Balens is rooted in ethical practice and professionalism. The mature fruits are the fruits of our collective labours.

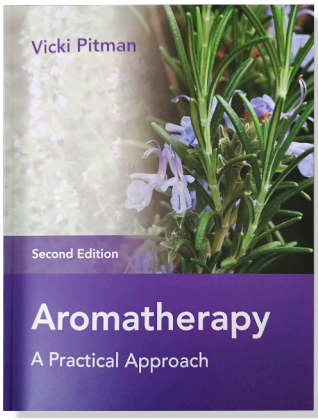
The World: Our business has become more International over the years in response to client demand.

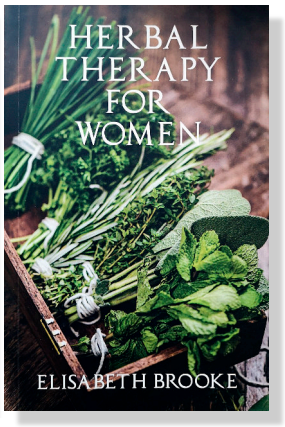
The Winged Heart: our business is underpinned by a love for what we do, caring for our clients, our staff and nurturing our business.

Above all David sees us as an information bridge and guide for our clients. We achieve this through many spheres, from daily education when we talk to and guide clients, to our annual CPD Conferences, our various talks at events on risk management, and practice development, and the regular updates we provide via our website and social media outlets.

New Books

by Barbara Wilkinson



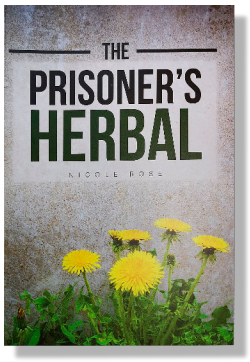


It is always good to do some reading and writing over winter and two of our members, Vicki Pitman and Lucy Jones, have books out, Lucy's in April, published by AEON Books, Vicki's already available.

Lucy's is titled Self-Sufficient Herbalism: A Guide to Growing, Gathering and Processing Herbs for Medicinal Use. The Herb Society are reviewing the book and Lucy will be off to the USA teaching and talking about her book this year and writing an article for the society's magazine.

AEON books publish for many authors in complementary and alternative medicine, it is always worth checking out their forthcoming titles.

Vicki's book is a second edition and out now, Aromatherapy A Practical Approach.



At the Herb Society conference in Lampeter in Wales last year, I had the opportunity to meet several authors and people whose books I own or have read. These included Elisabeth Brooke, whose books: Traditional Western Herbal Medicine As Above So Below; A Woman's Book of Herbs; Herbal Therapy for Woman and Women Healers Through History-Revised and Updated was also there and gave an excellent presentation.

I also met Anne McIntyre, one-time President of The Herb Society and author of many books including her latest revised and expanded edition of The Complete Herbal Tutor. Anne also gave an excellent presentation and focussed on Ayurvedic medicine which was very interesting.

Other books I have read recently and recommend are, The Wild Remedy by Emma Mitchell and HRH The Prince of Wales, Harmony, A New Way of Looking at Our World, and The Prisoner's Herbal by Nicole Rose.

We would like to hear about books you have enjoyed and perhaps we can share some titles.

Membership Renewals

The annual membership renewal emails will be sent out over the next few weeks and will need to be finalised before the end of March. Please complete the online form, arrange payment and send the following to Trixie, our Registrar.

1. Copy of insurance certificate.
2. URHP CPD form signed and completed. A copy of the form will be included in the email.
3. Signed Declaration of Health.

Thanks in advance!

URHP AGM and Conference 2020

We will be holding a midweek Conference and AGM this year from Tuesday 23 June to Thursday 25 June.

Once again, we will be at the beautiful Purley Chase Centre near Atherstone in Warwickshire.

This year the Conference will be free of charge and bookings will be via Eventbrite. We will send a link once the page is up and running. Accommodation will need to be booked through Trixie, our Registrar at urhpregistrar@yahoo.com

The Herbal History Research Network

The Materia Medica of Tadhg Ó Cuinn (1415): a product of the engagement of Gaelic physicians with European learning By Brigid Mayes, Medical Herbalist and researcher, Co. Westmeath, Ireland.

Brigid is a practising herbalist who began to engage with this medieval text through her interest in the local plants in county Westmeath which one of the Midland counties of Ireland. Interestingly, this is a translation from Latin into the vernacular, in 15th century Irish. *The Herbal History Research Network* publish their blog at http://www.herbalhistory-.org/home/blog/

Spagyrics Seminar November 2019

by Liz Lyden



This was one of the most inspiring seminars to date. We studied Epstein Barr Virus in conjunction with Aspergillus Nigra which are being found in 70% of people tested for serious illnesses (if they are tested for as well). One of the working hypotheses from this is that these two conditions open the way for cancer and other serious illness and certainly reduce the patient's abilities to deal with them. We have a formula now that over three months should clear the conditions. I have been trialling some of these combinations and had amazing results. As they are energetic remedies you do not need to take a lot. 8 or 13 drops 2-3 times a day – more often in acute phase if needed.

In addition, we had new combinations for chronic insomnia, pain, memory loss, digestion and all bone conditions including osteoporosis. These are additional to the 1300 we already have.

We also looked at the new agricultural products that are being developed in Mauritius being sponsored by the Government as the national economy there is so dependent upon agriculture. To date yields have been vastly increased and pests and diseases removed with no chemical input whatsoever. The banana crop – their largest export – has been saved from disease. Tests are still underway for sustainability. We should be able to use these things in our own farms and gardens in the UK by mid-summer. A new cosmetic range was presented. A cream for all breast problems which can be used to maintain or restore breast health, even



after surgery. A beautiful perfume which also protects from all electro magnetic energies. A body cream which protects the skin as well as moisturising it and another cream which reduces stress. This is in addition to the organic night cream that we have had for a few years now.

There is another seminar with Dr Naidu booked for November 2020. If anyone is interested in an introductory seminar in May/June and 20 people sign up there will also be one then. You receive combination books at the seminar and do not need to hold any stock as remedies can be ordered from as little as 50 mls up to as much as you want. Test kits are available for those who dowse or use kinesiology. I would encourage you to attend. I find this system the most exciting available.

In making the essences through communition very small quantities of the actual herb are used and the whole herb is used. Through the initial distillation of the herb the alcohol which preserves the remedy is produced so literally only the herb and water are used to produce each of the 108 individual essences currently available. We have another 2 new individual remedies each year.

Book Review

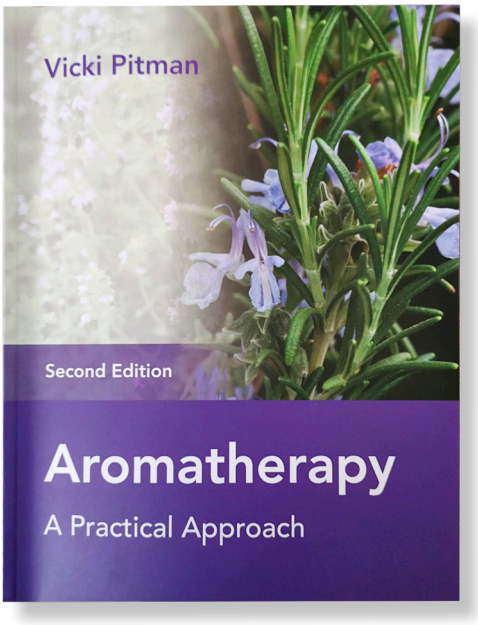
by Dilys Griffiths M:URHP

Aromatherapy - a Practical approach 2nd Edition by Vicki Pitman

Whilst at the HHRN seminar in Bath during October I was fortunate enough to win Vicky Pitman's new book 'Aromatherapy - a Practical approach' (2nd Edition) in a raffle. The first edition was published in 2004.

In her introduction, Vicki says that in this book she has collected together as much relevant information as possible for students and those studying aromatherapy, and as I read through her book this is indeed the case as it is very comprehensive and well set out. Although I'm an herbalist and not an aromatherapist, I have an interest in it for personal and family use and, of course, the information about plants and herbs is very useful.

The book has been divided into clear sections. In Part I we have an introduction to aromatherapy and its use as a holistic medicine, which explains all aspects of the approach to treatment and the stages of disease and healing, diet and all other subjects which need to be considered in any such treatment. Within this there is a section on how aromatherapy works and the chemistry and physics of the oils from the plants and how the oils work on and within the body. There is a section with clear coloured diagrams of the physical and anatomical structure of the body and how these work – as we as herbalists would have studied initially. In fact, many aspects of our training as herbalists are contained in the book and it could serve as a reminder for us. For instance, in the section about the practitioner and their relationship with the client or patient we are reminded to tell them during their first



consultation that all information and discussions are held in the strictest confidence. I may not always remind the patient of this as I state it on my website and in my leaflet and it is a given, but do they know this as they may have come to me by 'word of mouth'? This book reminds me to do this each time I see a new patient.

There are clear explanations about the origins of essential oils, how to identify the provenance of the oils and how they are produced from the harvested plants. It gives a section on the various body systems and the use of oils for these systems too.

In Part II we have a section on the plants used in the form of essential oils with full details of the plant and its country of origin together with the therapeutic and historic uses and the constituents found within the plant and with a full colour photograph of the plant in question, all these in alphabetical order. In Part III we have the practicalities of aromatherapy and how it is used within the community together with the business

aspects of practicing – again this could prove useful as a reminder to other practitioners with regard to running their business. The appendices contain various case histories, cautions to consider whilst using essential oils and other useful information for the new practitioner of aromatherapy. There are plenty of examples of which oils to blend together and the carrier oils that could be used safely.

All chapters have clear headings within them and various colour coded boxes which contain vital notes such as a light blue box labelled 'remember' which is easily found in each section and chapter which highlights important snippets of information. Another pale pink box at the start of each chapter highlights what you should be able to do or know after working through the chapter. Another box shaded in green will tell you what is good practice, and a box shaded in pale turquoise headed 'activity' will provide you with a practical activity to do with the information gained in that chapter. All this makes it easy to pick out important information at each stage and also to find things such as revision activities. There is also a 'progress check' boxed section.

The book is all nicely set out for easy reference, with practical and colourful diagrams and photographs, and is a pleasure to either browse through or to study in detail. I thoroughly recommend this book for anyone who wants to know more about aromatherapy or like me has to have just one more book about the therapeutic value of plants and their uses.

Aromatherapy - A Practical Approach 2nd Edition by Vicki Pitman published by Lotus Publishing.

CPD when you can't always travel

by Nicola J. Bradbury



Nicola J Bradbury BEd (Hons) MH MIIR, is a Medical Herbalist, Counsellor, trained in bio-acoustic Sound Therapy, Reflexology and Touch for Health Kinesiology, and is based in Cheshire.

I am now I my 35th year as a therapist. 2017 – 18 involved a home move from the Lake District and a return to Cheshire where the majority of my patients live due to working in the area for over 25 years before running the retreat centre on the Isle of Skye for six years. Having coped with a spinal injury sustained in a road traffic accident in 1977 and having treated my breast cancer with an holistic regime since 1999, I now find myself slowing down physically with my reduced mobility.

As a herbalist focusing my emphasis as a cancer support therapist, even during my move my clients had my mobile number at all times and I keep a large box of herbal and nutritional supplements available so nobody was denied any 'top up' formulas for their

protocols. Working with cancer patients requires a long-term commitment and the willingness to be at the end of a phone during the patient's times of fear or distress. To this effect I allow a Sunday morning emergency phone contact and evening phone contact up to 9.00 pm in the week. I now have a new consulting room in Cheshire at my home where clients come for treatment. These sessions initially take two hours per client.

I have divided my research since March 2018 [once boxes were unpacked from store], mainly in four areas.

- Cancer and pain relief
- Auto immune disease
- Dementia and Alzheimer's
- Healing through diet and food preparation.

The latter category allows patients to develop a responsibility for their own care using foods/herbs and spices between their hospital visits. This reduces their sense of fear and vulnerability and enables them to see the benefits and good results of using food as medicine.

To give a date or time for my research is also ridiculous as research has become a way of life for me and I am reading books or listening to interviews with doctors or oncologists on a daily basis.

My research in 2018-19 has been a combination of webinars, DVD expert interviews, peer exchange and phone conversations with colleagues. This method allows me to cope with my own comprehensive cancer diet regime and also makes learning easier than struggling to attend venues whose surroundings may be very difficult with stairs etc.

Work Studied:

1. Dr Rashid Buttar. I can recommend his book "The 9 steps to keep the Doctor away".
2. Dr Josh Axe: Dr Axe is a nutritionist with years of experience treating cancer with diet, herbal juicing and essential oils. I have personal experience of \Dr Axe's research with frankincense [boswellia or boswellic acid]. It is highly anti-inflammatory and is a powerful antioxidant. Studies in the UK have shown frankincense oil to be effective in shrinking tumours. It is effective in treating breast cancer as I have observed with my own eyes. The boswellic acid dries up the inflamed tissue and in a 24-hour cycle the skin flakes off like layers of an onion. [Tumour on the surface of the skin]. I am keeping photographic evidence of this. The combination of the spice turmeric, frankincense and myrrh is also very effective. The quality and origin of the frankincense is very important. I use boswellia sacia from Oman available from The House of Frankincense, London. Its owner, Shebaz Khan, refers patients with cancer to me for support therapy.
3. A webinar, with Dr Eric Zielinksi, taught how to make non-toxic home cleaners and hand salves. On a regular basis I give demonstrations to cancer patients or their family members on how to make their own non-toxic home care products using essential oils. I also make aura-cleansing sprays and skin care products. These are very useful in the clinic if patients have had anaesthetics or radiotherapy in hospital.
4. Using the method of food being medicine I refer to Dr Ali Lee, who has researched foods that have an anti-angiogenesis factor. This is part of my teaching programme to cancer patient's partners and family. These foods have been shown by Dr Lee to inhibit cancer growth.
5. Research of Ingrid Naiman ["Cancer Salves", A Botanical Approach to Treatment, has provided valuable

information to pass on to cancer patients of herbs that can be used to cleanse and support the liver during/after chemotherapy and radiotherapy for those patients who prefer to go down the path of conventional treatment. Hydrastis Canadensis [goldenseal] for stomach cancer/goldenseal and phytolacca in equal parts of the tincture for hard tumours of the breast. Yarrow is very protective for patients during rounds of radiotherapy.

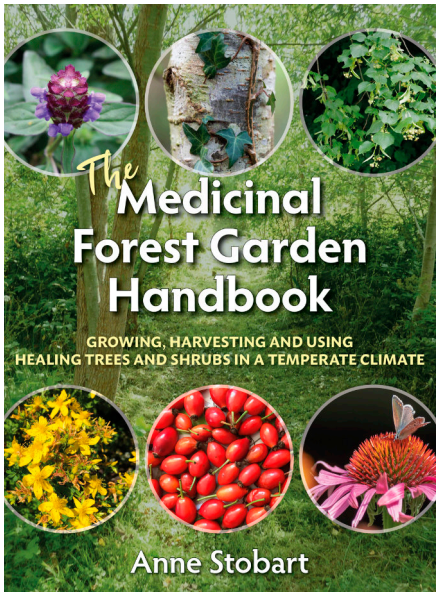
6. I liaise with Professor Dana Flavin who lives in Germany. Most recently was a discussion on the value of CBD oil. A webinar on the benefits of CBD oil versus full spectrum organic, non GMO, Kosher certified hemp oil between Dr Joseph Mercola and Carl Germano, CNS, CDN, revealed the pain relieving and healing benefits of full spectrum hemp oil. This benefits my clinical practice for patient information to help insomnia, MS, pain from spinal injury. [See a new publication "Road to Ananda" A simple guide to the endocannabinoid System, Hemp Phytocannabinoids/CBD and Your Health by Carl Germano, CNS, CDN].
7. Research in the field of autoimmune disease that I have done recently is the work of Dr Steven R Gundry. A webinar with Dr Joseph Mercola and Dr Steven Gundry revealed the importance of removing lectins and lectin containing foods from the diet for people with autoimmune disease. This information I have passed on to MS patients, lupus patients and people with severe skin conditions such as vitiligo. "The Plant Paradox" by Steven R Gundry MD and also "The Plant Paradox Cookbook" I can highly recommend to colleagues. This provides excellent recipes for people with lectin sensitivity. Also lectin sensitivity is indicated for patients with stubborn weight gain.
8. Another area of focus on my research is in the field of dementia and Alzheimer's. In previous years I successfully managed to get an elderly 89 year old, senior lecturer [retired] out of hospital. The prognosis was onset Alzheimer's and she was destined to go from the geriatric ward directly into a permanent residential nursing home under a deprivation of liberty order put on her restricting her movements. Well, the update is now, two years later, she is still in her own home with her 95-year-old partner. I researched Dr Glenn S Rothfeld's work on reversing/slowing down Alzheimer's and this lady is now on his protocol of ashwagandha extract, turmeric, Vitamin B complex, Vitamin D3, apple juice for malic acid, maple syrup and cinnamon, Vitamin E from regular avocados, lysine and vitamin C to attack the virus herpes simplex associated with Alzheimer's with much improved results. Dr Rothfeld has also published a booked on "Brain Games" to teach people how to protect their minds and memories.
9. Other areas of research have been in food and her growing methods. I can recommend to colleagues a most wonderful book by Isabella Tree called "Wilding". This is a must read for anyone who is against modern, inhuman farming methods and mega dairies. Many cancer patient families are interested in growing their own organic food, fruit, vegetables, herbs and spices. This guarantees the organic status of the products they use and can save them money. I highly recommend, "No dig organic home and Garden" by Charles Dowding and Stephanie Hafferty.
10. I have been requested to mentor a lady who is 30 years my junior who has the youth and energy to take groups on foraging courses. She has invited me to formulate recipes for healing teas, salves and creams. Due to my mobility issues, I supply the research and she provides the legs! This brings the value of herbs to the wider public.

I floated the idea of my retirement to my many patients and especially the cancer patients, who bravely follow an holistic regime, such as myself, expressed dismay at not having the support and contact.

While my body allows I hope to be there for these courageous people for a few more years yet, fully insured and with my URHP registration.

Book Review

by Vicki Pitman M.Phil., F:URHP; IFA



The Medicinal Forest Garden Handbook, Anne Stobart. Permanent Publications (Available from 28 Mar. 2020, £24.00)

The Medicinal Forest Garden Handbook draws on a quiet revolution that has been taking place in our gardens, green spaces and woodlands. Growers in many countries are reimagining what a garden can mean and be. Creating a forest garden draws on understanding the dynamics of a natural woodland, with its different layers, types of species, soil and habitat. Research has shown how a managed forest garden supports soil health, biodiversity, and more. Medical herbalist and educator, Anne Stobart has brought all these elements together with a focus on medicinal trees and shrubs. She created from scratch a medicinal woodland in Devon according to permaculture principles, Holt Wood*.

Using her experience she guides us expertly through all essentials of the process from planning and design, practical horticulture and required physical equipment, health and safety, techniques of harvesting, through to the making of the medicines for both personal use and at a scale for marketing. She presents the foundations of herbal medicine as a health modality, including the properties, chemical constituents of herbs and methods of use and safety aspects. She includes recipes for a range of medicinal products and a directory of 40 plant profiles, and provides useful tables which summarise key information. The text is supported with a wealth of images, sample projects from around the UK and USA, and research.

Stobart has further developed the woodland into an educational tool for engaging the wider community in environmentally sustainable living. Her work is inspirational.

For more information:
https://www.holtwoodherbs.com

Diary Dates

Course dates at Holt Wood Herbs in Devon.
Further details at https://www.holtwoodherbs.com/
Thur 14 May 2020: Designing the Medicinal Forest Garden - £85
Thur 28 May 2020: Harvesting from a Medicinal Forest Garden - £85
Sat 23/ Sun 24 May 2020: Medicinal Forest Garden Weekend - £150
Thur 11 June 2020: Medicinal Herbs in Historical Practice - £85
Sat 20/ Sun 21 June 2020: Medicinal Forest Garden Weekend - £150

Friday 21st to Sunday 23rd February, 2020: **Get Well Show, Olympia.**
A health expo about innovative ways to improve health.
£20 for a single day; £45 for a three-day pass.
Further details at: https://getwell.solutions/

Tuesday 23 to Thursday 25 June 2020: **URHP Conference and AGM**

American Herbalists Guild Free Webinars:
https://www.americanherbalistsguild.com/upcoming-webinars-0
Typically on Tuesdays at 8pm EST (1am GMT)

25th February – Moodtopia – Tame your moods, De-Stress and find Balance using herbal remedies and aromatherapy and more

17th March – **The History and Modern-Day Applications of Islamic Herbal Medicine**

14th April – **Understanding and Treating Lyme Disease: Chinese Medicine and Western Herbs**

19th May – **Comfrey: Friend or Foe? The Practical Toxicology of Pyrrolizidine Alkaloids**

Wednesday 17th Nov – **Hemp-THC-CBD-Cannabis – Endocannabinoids – What's all the BUZZ?**

NEWSLETTER

WINTER 2020

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