



## Medical Herbalism 1)

Following the holistic healing philosophy of treating the whole person, rather than just a collection of symptoms.

Medical Herbalism is a sophisticated system of natural medicine using plant extracts and herbs to help treat physical and mental disorders. It is the oldest system of medicine in the world, some of the very plants used today were dispensed by the father of medicine, Hippocrates and many common drugs today are made from herbal extracts. Unlike conventional medicine, herbalists use the 'whole' herb or plant rather than isolating and breaking down chemical compounds and then synthesising them. This is because the plant, being a part of Nature, is said to represent perfect balance; healing requires the natural combination of elements in the plant or herb, not just a single chemical within it.

### How Does it Work?

The natural chemical properties of certain herbs have been shown to contain of themselves, medicinal value. The medicines used are prepared solely from plants - leaves, roots, barks, berries and oils - and are dispensed as tinctures, creams, ointments and herbal teas. In some cases plant medicines work directly on symptoms, in other cases a herb seems to serve as a general tonic to a particular body system. Extracting the so called 'active agent' from a plant medicine and administering it directly rarely produces the same beneficial effect as the entire plant, probably because even the simplest herb is a very complex organic package of delicately balanced ingredients compounded over millennia by Mother Nature. While herbs can be employed symptomatically for minor ailments when dealing with complex illness it is best to work on the holistic model, most usually in conjunction with a qualified herbalist.

### The Treatment

Your practitioner will take your full case history and be concerned with your diet, medications and lifestyle. You can expect a full physical examination sometimes urine and blood samples, blood pressure and pulse will be taken. Your practitioner will then prescribe specific herbs, in tincture, fluid extract, capsule or tea form and he may suggest dietary changes, exercises and other therapies to help the healing process. The underlying cause of the problem is sought and it is this that is treated instead of the symptoms alone. As well as discussing your current health complaint fully a Herbalist will want to know about your diet, lifestyle and family history for inherited health patterns. By building up a complete picture of your individual constitution a Medical Herbalist can then help to steer you on a course to good health. A gentle, supportive, rather than suppressive approach, typical of herbal medicine.

### Do you Suffer From?

Skin problems such as psoriasis, eczema and acne, digestive disorders such as peptic ulcers, irritable bowel syndrome, constipation, colitis and other inflammatory bowel diseases, circulatory complaints such as high blood pressure, varicose veins and ulcerations, as well as simple angina, gynaecological problems such as PMS, endometriosis, polycystic ovary syndrome, heavy or painful periods and menopause.



## Medical Herbalism 2)

Following the holistic healing philosophy of treating the whole person, rather than just a collection of symptoms.

### The Benefits

Herbal Medicine will create deep and lasting health improvements in a safe, gentle but effective way working with your body's own innate healing capacities. It is safe for everyone from the very young to the elderly.

### Results You can Expect?

Your body will begin to thrive. You will acquire a spring in your step and renewed vigour, greater resilience and stamina, sugar cravings may diminish, digestive and bowel complaints will ease. Consuming high quality food in the right combinations and quantities, good digestion, absorption and elimination lead to better health and your food will taste even more delicious. Every single cell in your body requires a precise balance of nutrients on a daily basis to work properly. Anything less and the whole body will fail to thrive.