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International College of Herbal Medicine

Specialists in Herbal Education

1st August 2012
General Newsletter

ICOHM, 18 B Sirrah St, Wainui, Gisborne 4010 NZ
www.HerbCollege.com info@HerbCollege.com #64 6 8630048

Autumn Newsletter – A new Semester begins...

Herbal Roots zine an on-line magazine for kids (All photos and illustrations in this newsletter are from the June 11 edition)

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On a June/July journey to the USA and Canada teaching/facilitating workshops on *'Plant Immersion, Incubation and Inspiration – The Plant/Person Relationship in Healing'* I was teaching at a Women's Conference in Wisconsin and met Kristine Brown the designer, writer and illustrator for *'Herbal Roots zine – Planting a Seed of Knowledge for a Lifetime of Herbal Wisdom'*.

This is an extraordinary monthly activity magazine for kids about medicinal herbs. Each issue focuses on a medicinal plant and they are packed full with information, games, crafts, quizzes and crosswords and recipe ideas.

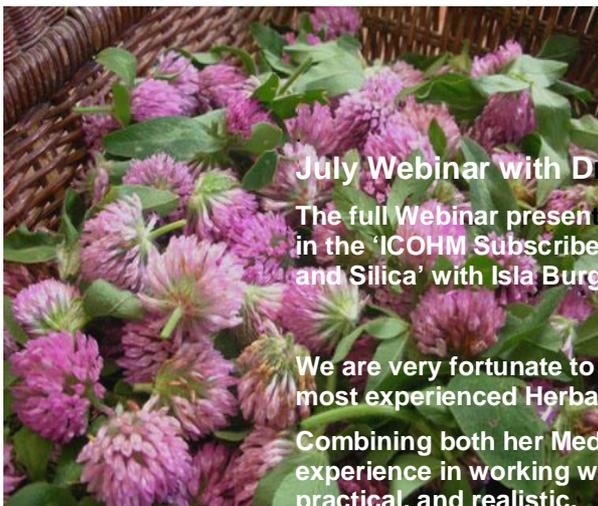
The June 11 edition **'Crazy for Clover'** s index lists that in its 35 pages you will find; (This is **AVAILABLE IN THE 'ICOHM SUBSCRIBERS' LIBRARY**)

Note to Parents, Calendar of activities, Herb Spirits, All About...Red Clover, Scramble, Search and More, Herbal Lore, Songs and Poems, Herbal Recipes, Coloring Page, Herbal Crafts and More, Maze, Herbal Journal, Crossword Puzzle and Resource Page

The illustration to the left is the cover page of the **'Crazy for Clover'** issue.

You can find out how to subscribe for this magazine by going to: www.herbalrootszine.com

I know of no other publication like this one that is so full of interest to engage the next generation of herbalists and plant lovers.



July Webinar with Dr. Nicky Baillie 'Living Well with Cancer'

The full Webinar presentation, power point and notes are now available in the 'ICOHM Subscribers' library along with the first Webinar on 'Wild Weeds and Silica' with Isla Burgess.

We are very fortunate to have a presentation from Nicky, one of most experienced Herbal Medicine Practitioners in Australasia.

Combining both her Medical practitioner experience and her extensive experience in working with people with Cancer, this presentation is both practical, and realistic.

What I deeply appreciate is Nicky's ability to keep up with the current research and put that into an accessible form. She was able to provide relevant information about the use of antioxidants through chemotherapy and afterwards and useful statistics about overall outcomes if chemotherapy is chosen as a treatment option.

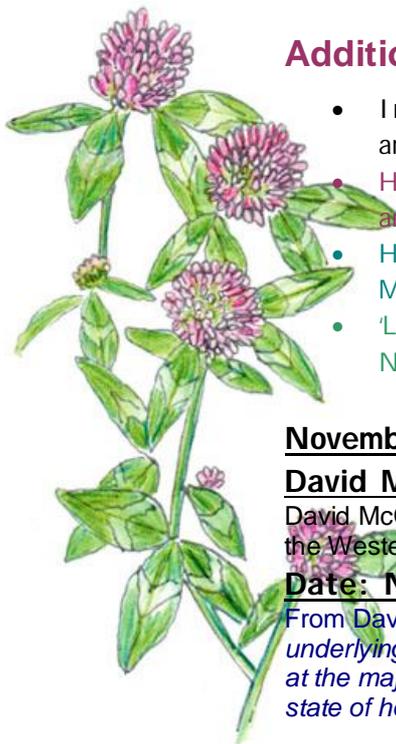
Her general notes re. 'What to eat more of... and What to eat less of...' is a great guide for both people who have been diagnosed with cancer and complementary health practitioners and students to advise their clients.

Barbara Ellen Bitondo (WA, USA), commented on International College of Herbal Medicine's Wall post. "Hello, I am listening to the webinar again, thank you again! This lecture along with the first two downloads are worth the cost of annual membership! Thank you !"

[Excerpt From Nicky's presentation – Full notes in the 'ICOHM Subscribers' Library](#)

Foods to Have More Of...

Acidophilus yoghurt	
Apples and pears, including pips	
Berries, especially blueberries	
Cabbage family vegetables -broccoli, brussel sprouts, cabbage, cauliflower, radish, mustard greens.	C
Fish, especially deep sea fish	
Garlic and Onions	
Legumes - lentils	
Seaweeds - kelp, karengo	
Umbelliferous vegetables - carrots, celery, parsley, parsnips.	
Vitamin A - carrots, egg yolk, kumara, liver, mozzarella cheese	
Beta-carotene - all dark green or orange vegetables	
Vitamin C - capsicum, fresh fruit, rosehip tea, violet leaves	
Bioflavonoids - berries, broccoli, buckwheat, citrus fruits and peel, green capsicum	
Vitamin E - cold pressed oils, nuts, seeds	
Zinc - oysters, pumpkin seeds, seafood	
Selenium - brazil nuts, organic garlic, rice, wheat (depending on soil levels), seaweeds	
Calcium - acidophilus yoghurt, dark green vegetables, sesame seeds, oatstraw tea	
Silica - oatstraw tea	
Lycopene - apricots, guava, papaya, tomatoes, watermelon	
Lutein - leafy green vegetables	
Phyto-oestrogens – grains, legumes, linseeds, seeds, soybeans	Con't
Anti-oxidants - many of the above foods have antioxidant properties. Other good antioxi	



Additions to ICOHM Subscribers Library

- Iron Tonics available of the OTC market. A research paper by Anna Loe and Post Graduate student. Found in 'Students work'.
- Herbal Roots zine June 11 'Crazy for Clover'. Found in 'Herbal Medicine and Children'.
- Herbal Roots zine January 12 'Clambering for Kelp' Found in 'Herbal Medicine and Children'.
- 'Living Well with Cancer' Dr Nicky Baillie, Webinar, Power point and Notes. Webinar under that title and notes under 'Webinars'.

November Webinar 'Considerations in Chronic Dis-ease' with David McCleod, Brisbane, Australia.

David McCleod has a wealth of clinical experience matched by few practitioners in the Western World.

Date: November 2nd at 2pm NZ time

From David "Clinical experience over years allows for the recognition of the similar underlying connections in the people who develop chronic dis-ease. This talk will look at the major considerations that should be addressed in helping people return to a state of health, or to better cope and manage their condition.

To access and participate in these Webinars and to access the wide range of resources in the 'ICOHM Subscribers' Library you can register at www.HerbCollege.com website and 'click' on 'Become an ICOHM Subscriber'. That will take you through to the Registration Form. If you are in NZ and/or Paypal is not OK for you please contact us on admin@HerbCollege.com for other payment options.

Courses/Units Available beginning August 2012

Grass Roots Herbal Medicine

Botany

Plant Language

Manufacturing Herbal Medicines

History and Philosophy of Herbal Medicine

Herbal Medicine, Children and Babies

Year One – Gathering Information

This includes all the individual units plus Understanding the Craft of Herbal Medicine Materia Medica – available Feb 2009

Year Two – Gathering Knowledge

Case-based Herbal Therapeutics

Year Three – Gathering Wisdom

Clinical Programme

Post Graduate The Special Case of Pregnancy This is a must for all practitioners who work with pregnant women and Therapeutic Issues in Women's Health 2 – Menopause is available now.

ENROL NOW ON-LINE www.HerbCollege.com then 'How to enrol'

NEWS and EVENTS

'Plant Immersion, Incubation and Inspiration' The Plant/Person Relationship in Healing.

Following on from facilitating 5 of these workshops in the US and Toronto, I will be offering one 3 day participatory workshop at 'Phytofarm' Little River, Near Christchurch, November 9.10.11, 2012.

If you are interested in attending this or one in Gisborne New Zealand, (Fri pm November 23rd to Nov 25th, 2012) let me know.

Some comments from course participants:

I am still "tasting" the amazing workshop in Toronto. Thank you again! (Amalia Martinez, Canada)

I wanted to thank you for pulling together such a wonderful evening with Isla last night! I was (and still feel today!) so inspired! (Susan Hess, US)

I enjoyed this unique workshop very much! I loved learning the techniques for, and having the beautiful, earthy experience of, getting acquainted with a plant...something I intend to continue to develop. (Liz Stevens, US)

Isla showed us that we could be more than what we were prior to attendance. Isla showed us how one could study plants in a rational and personal way and gain as much, if not more, than from a book. Honestly, I would not use the word 'intuition' for the learning that took place, ... it was more a matter of using more of what we had and did not know we had. The observations and conclusions that the students made were quite impressive and went well beyond the element of chance. (Lorraine M. Harwelik, US)

I would like to thank you for the wonderful and remarkable experience I got last weekend at your workshop in Toronto. Right thing came to me at the right time...Elena Doubova, Toronto



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