



# International College of Herbal Medicine

Specialists in Herbal Education

25 August 2008  
General Newsletter

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## Spring Newsletter

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#### *Echinacea Balls* Nicky Baillie

Mix: 10mls echinacea tincture

40mls liquorice tincture

4 Tbsp wheatgerm

4 tsp slippery elm

2 tsp ground sesame seeds

2 tsp rice malt.

Roll in ground sesame seeds or wheatgerm and put a raisin in middle of each ball. Makes 20 balls with 2mls echinacea tincture in each. NB Could use ground liquorice root and also decoct the alcohol off the echinacea tincture. With this we would need much less wheatgerm to bind

My Spring greetings to you all.

It is a pleasure to have Valmai Becker from Little River, Christchurch join us as a tutor for Year Two. I have included her profile on the last part of this newsletter. Remember if there are herbal happenings in your part of the world we can include it here and on the website.

I leave soon to do a MSc in Holistic Science from the Schumacher College in Devon, England, Carol Burgess will be taking over Admin and little else will change.

Kia Ora , Isla

### **Courses/Units Available beginning September** **Individual units**

Introduction to 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**

400 hour Clinical Programme

### **Post Graduate**

The Special Case of Pregnancy starts Oct. This is a must for all practitioners who work with pregnant women.

**ENROL NOW ON-LINE**

**[www.HerbCollege.com](http://www.HerbCollege.com) then 'How to enrol'**



Photo Henriette Kress  
<http://www.ibiblio.org/herbmed>

## Should Good Health Cost That Much? By Isla Burgess

I have seen several people in my clinical practice recently, who bring with them a large bag full of supplements costing anywhere from \$300.00 to \$500.00 for around 1 months supply. Mostly they will have paid a practitioner's fee on top of that – anywhere from \$75.00 to \$150.00 for an initial consultation. Now most people I know just can't afford that! In this article I discuss the affordability and benefits of good food, the role of over-the-counter (OTC) or prescribed supplements, and some facts about water.

It is a look at the cost/benefit of these in maintaining wellness.

### About food

One of the reasons I love living in Gisborne is the early morning Saturday markets. Fresh, seasonal produce, grown in the area and superior in every way to what can be purchased elsewhere. It is not difficult to afford the 3-4 vegetables daily per person suggested by dieticians or even the 6-8 vegetables and 3 fruits daily per person that I advise, even if mostly it is organically grown. The latter would provide all the vitamins, most of the minerals, a range of protective antioxidants and other valuable nutrients, reducing the need for other vitamin and mineral supplements.

For a family of four purchasing potatoes, kumara, carrots, broccoli, squash, beetroot, greens, onions, leeks and some other end-of-Autumn vegetable (courgette, corn, pepper, aubergine) to provide at least 6 vegetables per day and 3 fruits (choice of apples, kiwifruit, bananas or persimmons or citrus) would cost approx NZD100.00. \$25.00 per person per week.

Is this unreasonable?

Given that 90% of the above can be purchased at the markets from a biodynamically or certified organic grown supplier (that means no sprays to place an extra load on the body or the earth), vitamin and mineral rich so no supplements are needed, I don't think so!

There has been much press given recently to the cost of bread, WHITE BREAD! For the family of four, buying bread as a staple, a filler, the cheaper breads are white, simple carbohydrate and not nourishing. There is no sense of feeling satisfied and the simple carbohydrate causes insulin management problems – a precursor to health problems such as Type Two Diabetes, weight gain and a role in some reproductive health problems...

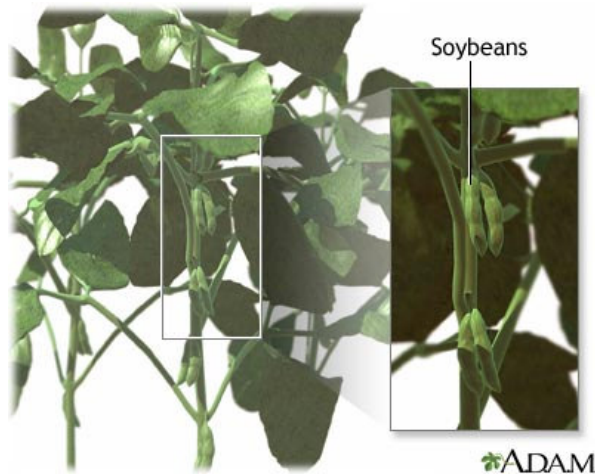
For the full text click on [www.HerbCollege.com](http://www.HerbCollege.com) and then to 'News and Events'.

*Congratulations to the following graduates*

*Linda Caddick - Ireland  
 Sandra Issaacs - Turkey  
 Marianne Beacon - Canada  
 Violet McIntyre - NZ  
 Sonya Pound - Bali  
 Holly Passifume - Canada*

*We wish you well in your future work*

## Soy (*Glycine max*) by Danielle McCutcheon Year Three Student



"The soybean has been a part of the human diet for almost 5,000 years. Unlike most plant foods, the soybean is high in protein and is considered equivalent to animal foods in terms of the quality of the protein it contains." *From MedlinePlus*

For some level-headed information regarding *Glycine max*, visit:

<http://www.nlm.nih.gov/medlineplus/druginfo/natural/patient-soy.html>

<http://www.nlm.nih.gov/medlineplus/ency/article/007204.htm>

For some recent news about soy, visit:

[http://www.nlm.nih.gov/medlineplus/news/fullstory\\_67302.html](http://www.nlm.nih.gov/medlineplus/news/fullstory_67302.html)

Regarding soy and menopause:

<http://www.nlm.nih.gov/medlineplus/ency/article/002142.htm>

<http://www.nlm.nih.gov/medlineplus/ency/article/000894.htm>

Kids and soy:

About half of the infants who have an allergy to milk also have an allergy to soy, in which case a specialized formula will be prescribed.

<http://www.nlm.nih.gov/medlineplus/ency/article/001973.htm>

<http://www.nlm.nih.gov/medlineplus/ency/article/000817.htm>

Take heart:

[http://www.nlm.nih.gov/medlineplus/news/fullstory\\_66826.htm](http://www.nlm.nih.gov/medlineplus/news/fullstory_66826.htm)

!

The downside:

<http://www.westonaprice.org/soy/index.html> or

[Tragedy and Hype: The Third International Soy Symposium – Part II](#)

And if you aren't thoroughly enlightened, outraged, or confused already:

<http://www.soyfoods.org/> or <http://www.soyfoods.org/pr/soyfoods-do-not-impact-sperm-count>

**Soy—the mystery food...try it and decide for yourself.**

## NEWS and EVENTS

### ***Valmai Becker Naturopath & Registered Medical Herbalist***

My passion for natural medicine has spanned 30 years. It is a career and life-style that has enriched my life and woven a structure that integrates a mind-body approach to achieving and maintaining wellness.

I have had eight years of clinical practice as a Naturopath & Herbalist and from 1988 to 2005 I was the owner, course director and curriculum writer for Canterbury College of Natural Medicine. In 1992 I developed a Diploma in Clinical Herbal Medicine and a Certificate in Herbal studies in 2001. Curriculum writing of herbal medicine has allowed me to explore a modern approach to clinical herbal medicine with a respect for the traditional philosophies of herbal medicine. I am a feature writer for 'Avena' the professional journal of the New Zealand Association of Medical Herbalists.

Currently my main focus is the development of a medicinal plant farm called Phytofarm on my 30 acre property. [www.phytofarm.co.nz](http://www.phytofarm.co.nz) The main objective of Phytofarm is to run educational workshops on herbal medicine that brings the garden pharmacy of healing plants into the daily lives of people. I also run 'Wellness Retreats' that focus on holistic approaches to healing.

I look forward to guiding Year Two students in their study and therapeutic application of herbal medicine. For Workshops and Wellness Retreat information see [www.HerbCollege.com](http://www.HerbCollege.com) and 'News and Events'



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