



http://www

International College of Herbal Medicine

Specialists in Herbal Education

22nd January 2010
General Newsletter

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

Summer Newsletter – Kia Ora and greetings to you all.

IN THIS ISSUE

- 1 **New Courses**
- 2 *Report on the 4th Global Summit on Medicinal and Aromatic Plants Kuching, Sarawak, Dec 1-5th, 2009*
- 3 **Taste sampler from the Manufacturing unit – *Melissa officinalis***
- 4 **Events and News**

Uses of Chamomile tea

- For people with digestive upsets - indigestion, flatulence, nausea, constipation, nervous stomach - sip a cup before, during and after food
- For people who can't sleep - drink a strong tea before and during the night

(From *Manufacturing Herbal Medicines Unit*)

New Courses On Line...

1. We are now offering Anatomy and Physiology for students on-line. Linda Kloosterman has prepared an excellent course in a interactive accessible format. This is available now.

2 A Power Point Series for Practitioners focusing on sharpening your clinical expertise. The first of these prepared and tutored by Dr. Nicky Baillie will be available this semester. This is such a great opportunity to have contact with one of Western World's most experienced Herbal Medicinal Practitioners.

Remember you can study individual units from Year One without enrolling in the whole year. The Manufacturing unit for example is very popular. In each Newsletter we will give a small taste of what an individual unit contains. See Page Three of this Newsletter for a taste of 'Manufacturing Herbal Medicines.

The Post-Graduate units can also be studied individually.

**Our Prospectuses are available on-line at www.HerbCollege.com
You can enroll on-line at www.HerbCollege.com**

Herbal Apprenticeships

The last one of these I am likely to be offering for some years begins on February 8th for three weeks.

It is an opportunity for full immersion in, and the in-depth study (including clinical uses) of locally grown medicinal plants

Both qualified practitioners and those new to the study will gain insights Held at Viriditas, Wainui Beach, Gisborne (www.herbalapprenticeships.com)

Interested - contact me on isla@HerbCollege.com

"Come and live in one of the most beautiful places in the world, enjoy the plants, the earth, the bush and the ocean and a life changing experience"

E-mail me at isla@HerbCollege.com for course descriptions and further details.



Report on the 4th Global Summit on Medicinal and Aromatic Plants Kuching, Sarawak, Dec 1-5th, 2009

I am writing this from a hot and steamy Kuching at this gathering of people from mostly India, some from other parts of Asia, (Malaysia, Japan, Indonesia, Thailand, Bangladesh, Korea, China), several from Iran, and a few from Iraq, South Africa, Ethiopia, Morocco, Nigeria, Botswana, and one from each of Georgia, USA, Libya, Moldova Republic, Egypt, Lithuania, Germany, Turkey and NZ - me.

I am here as the interim convener of the International Research Group for the Conservation of Medicinal Plants. www.irgcmp.org

The Conference is based around research with conventional models being used - at least 200 papers being presented, each having 15 minutes each with 20 minutes for the three plenary sessions each day. It is a shambles, poorly organized and the communication by the organizing committee to delegates and presenters is non-existent.



My presentation on 'Global Issues and the Conservation Status of Medicinal Plants' was a little challenging, I was asked questions around the impact of Genetic Engineering and the role of Pharmaceutical Companies, it gave me a platform to express all of my concerns (the alteration of the phytochemical profile in response to GE, the need for education on the current situation of the loss of two plant species every hour, that there are other ways of researching without using animal 'models').

I read in the Borneo Times that a chemical compound found in Palm oil has been shown to reduce the incidence of and spread of breast cancer.... For a complete report go to www.HerbCollege.com 'News and Events

Excerpt from 'Manufacturing Herbal Medicines'

Lemon balm *Melissa officinalis*

Lemon balm is special.

Lemon balm is better used fresh and you need a lot of it. It is because it loses its volatile oils readily.

Lemon balm tea/infusion

Fill a glass jar or Tea pot with loosely packed leaves and stems. Pour over boiling water to cover. Infuse 5 min. Strain and drink.

Uses of Lemon balm infusion

- for people with feverish conditions
- for people with indigestion and nervous digestive upsets
- for people who feel anxious
- for people who can't sleep
- for people with mild states of over active thyroid function
- for people who want to improve their memory

For children and adults sip a cup several times daily or before bed.

Again this is a very safe herb for big and little people.

You can enroll on-line for this unit www.HerbCollege.com

Short term accommodation or
Time-out healing retreats or personal retreats are available at 'Viriditas'
See www.Herbalapprenticeship.com or contact me for details



INTERNATIONAL
COLLEGE OF
HERBAL MEDICINE

News and Events

*International Research Group for the
Conservation of Medicinal Plants.*

Visit our website and check out the intended
work of this important new group

www.irgcmp.org

2010 Conferences

NZAMH AGM/Conference

May 29-30th 2010, Auckland

NHAA Conference

*7th International Conference on Herbal Medicine
23-25 July 2010, Twin Towns Resort, Coolangatta
QLD*