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International College of Herbal Medicine

Specialists in Herbal Education

31 January 2008
General Newsletter

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Summer Newsletter

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New additions to the garden
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Nasturtium Flower vinegar

Collect half a jar full of flowers.
Cover with organic apple cider vinegar to a depth of 3cms.
Leave two days ONLY.
Strain.

This is delicious. I have no idea how long it will keep for as we use it up as fast as we make it. I gave bottles away for Christmas presents.

*It is a new year and a new semester. We have had enough rain among the hot days to keep all the plants happy and I watch my newly discovered *Rehmannia glutinosa* plant with much interest. I also have a fascination with growing the sinisterly beautiful herbs as well, *Hyoscyamus* and *Daturas*, even more beautiful under the microscope. My warmest wishes to you all for 2008.*

The new semester begins in March and the following courses and units can be started at any time from now, just contact us about how to enroll for these.

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 2008

Year Two – Gathering Knowledge

Case-based Herbal Therapeutics

Year Three – Gathering Wisdom

500 hour Clinical Programme

Post Graduate

Pre-requisite Materia medica
Children and Herbal Medicine Practice

ENROL NOW ON-LINE

Unit descriptions and Mentor details as well as students' comments and online registration are available at www.HerbCollege.com



What to eat to be healthy?

By Isla Burgess

In my last article I discussed several factors affecting weight loss. I made a brief comment about popular diets and from the feedback I received I want to focus more on that in this issue.

I have worked with many people over the last 25 years or so who have digestive problems and many people who choose to follow various dietary approaches or philosophies. I think I have experienced through students, living examples of just about every 'diet' so I feel able to make a reasonably informed comment distilled over time and constantly changing.

Some general statements I would make are;

- There are no bad, unprocessed traditional foods; it is what we do to them that create the problem. For example kumara steamed in a hangi compared to kumara chips fried in reheated fat.
- Supplements are overused and are not food but some can be used for therapeutic outcomes. For example fish oils found in cold water fish - food, compared to fish oils containing DHA and EPA in a capsule - medicine.
- There is a difference between what food guidelines are for people generally and those that are used within the context of a particular philosophical perspective. For example such invaluable foods as onions and garlic are considered too stimulating by some Indian sects, even bananas in another oriental tradition.
- No 'diet' is right for everyone. As a health practitioner this is a really important consideration. (See below for my KIS approach). No whole food is bad – processing changes them in the relentless search for the NEW food or nutraceutical to captivate the market share and convince us that we absolutely have to use it. For example the multi level marketing used by the producers of glyconutrients and other plant chemicals. That is not to say that these are not useful as a therapeutic agent but they are available in whole foods for food.
- Eggs and dairy are great foods but what eggs and what dairy?? I don't want to eat the eggs from a battery farmed hen, anti-biotic and unnaturally fed,(not to mention the suffering) neither do I want my yoghurt (beneficial fermented dairy if natural unsweetened and 'live') tainted with antibiotics and chemical sprays.
- Fats and oils. Really important in today's world. I truly believe that a little butter (the emphasis being on little) and extra virgin olive oil are better than any margarine or combination of plant oils made into a spread. Yes Essential Fatty Acids (Omega 3's and 6's) are important but a balanced but a balanced diet supplies these.
- Apples especially cooked are great food, eat at least one daily.

Thank you for your thoughtful feedback. It's nice to hear a perspective embracing the careful study of multiple traditions. I am glad to be studying at ICOHM because it seems to embrace all ways and wisdoms of the past and present! It's been a great course! Kathryn MCKann US (Comments made to her History and Philosophy tutor)

For the KIS approach and the full text... .

Go to www.HerbCollege.com and then to 'News and Events'.



Salvia apiana White sage (With thanks to Leonie Vingoe – NZ)

What part? – aerial parts

When to harvest? - Before flowering

How to use internally? - inhalation/fresh and dried tincture/infusion.

Externally? - dusting powder/ gargle /smudge stick

How much to use? - Fresh tincture 1:5 60% 1ml 3 times daily

- Dried tincture 1:5 60% 1ml 3x daily

- Gargle 1-2 tbsp per cup of hot water

- Inhalation 50grams of dried leaves in 200mls water. Infuse 5-10mins covered

Actions

Antifungal, antimicrobial, anti-inflammatory, contains ursolic and oleanolic acids which are beneficial for brain function.

Indications

Respiratory - effective against bacterial and fungal infections

Digestive – intestinal dysbiosis – yeast infections

Skin - yeast infections

Reproductive - yeast infections, menopausal sweats

In one of Juliettes de Bairacly Levy's books she learnt from the Mexican Indians to plant it under the grape vines to prevent fungal attacks.

NEWS and EVENTS

Advanced Herbal Medicine

This is a different concept in workshop experience intended to be an annual event – convened by Isla Burgess (NZ) and Nicholas Burgess (Australia). This is a five day intensive held at Wainui Beach, Gisborne, New Zealand that is more akin to a tutorial for practitioners with some of the Western World's most experienced Herbal Medicine practitioners. Guest tutors Ruth Trickey (Aus) and Dr. Nicky Baillie (NZ). The first is to be held on 3-7th March 2008. Please contact me on isla@HerbCollege.com or Nick on nick@prescribingholistic.com.au if you are interested or wish to be placed on our mailing list.



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