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International College of Herbal Medicine

Specialists in Herbal Education

18th Oct 2011
General Newsletter

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Spring Newsletter – Kia Ora to you all.

What is new at ICOHM?

We haven't been hibernating this past winter but re-thinking our direction in this ever changing world.

IN THIS ISSUE

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- 4 *Year long practical Apprenticeship in Herbal Medicine*

- ***Our respected three year Diploma in Clinical Herbal Medicine is continuing to be offered to those interested with some minor changes to how the requirements for Year Three are fulfilled.***
- ***The new introductory 'Grassroots Herbal Medicine' is a popular unit. It is a full participatory unit available for anyone to study.***
- ***All other Year One units are available.***
- ***A full Health Sciences course in Anatomy and Physiology continues to be available also.***
- ***Email us for details about availability of the Post Grad units.***

The BIG news for this edition though is the announcement that ICOHM is going public!

The website is not quite ready yet but will be soon.

We will be offering a 'ICOHM SUBSCRIBERS' access to the website. Signing up for this for a minimum of a year will provide the subscriber with access to the colleges' rich and diverse resources along with 4 Webinars annually with highly respected and experienced Herbal Medicine practitioners.

Various 'threads' will be of interest to the public generally, students, practitioners and teachers.

"I have been building up these resources for the past 11 years. They consist of my personal articles and papers, other ICOHM teachers' articles and papers, case studies, research papers, students work, individual plant profiles with a difference, and a free sign up download - 'Superweeds, Superherbs, Superfoods and the ABC of Greenroots Medicine' by Isla Burgess"



Wild Henbane (*Hyoscyamus nigra*)
Chon Kemin valley, Kyrgyzstan



Diversity and Difference in Kyrgyzstan Chon-Kemin Valley, July 2011

The 'call to prayer' resonates through this valley long before the first cock crows.

The valley and the Alpine meadows high up in the mountains that rise to awe inspiring heights on either side of the valley are a medicinal plant lover's paradise. As I crawl backwards down a steep part of a rocky incline my hands are full of intense fragrances of Artemisias, and marjorams, mountain mints and thyme, calamint and mountain sages. A Kyrgyz tarragon dominates several areas and I walk thigh high in such flowering beauty that each step fills the air with the same heady aromas.

In the valley there is enough burdock to feed the entire country if not the continent and traditionally Kyrgyz people do not use it as food. The roadsides and fields of potatoes, beet greens and corn are edged, several metres deep with wild medicinal plants. The nettles are less protective than in my garden, cannabis and henbane grow in profusion, elecampane and at least 7 species of Artemisias contribute to the perfect wild garden. I can't help feeling that all the cultivated plants are benefiting from this 'wildness' in their midst. I recognize approximately 60 species of medicinal plants we regularly use.

I loved the 'Grassroots Herbal Medicine' unit, it was manageable and interesting and a good introduction to herbal medicine. I especially loved that the plants were easily found in my garden or around the neighbourhood. It was comforting to know that you were there if I needed help and I appreciated the feedback that you gave me after each assignment.

Supraneer McLachlan 2011

[The 'Grassroots Herbal Medicine' unit was great, full of interesting ideas and research, a wide range of herbal information and projects that made learning fun. I thoroughly enjoyed it all. The tutor was fabulous, feedback was quick and help was there when ever needed.](#)

Raewyn Chamberlain 2011

I am here teaching at a summer school on 'Exploring Holistic Science', an eight day participatory experience that reflects in its diversity the range of plants in the Chon-Kemin landscape, the delicious array of local foods at every meal, the expertise and contribution from the participants and the vistas experienced moment by moment from this valley. I knew little about the country before I arrived, the Kyrgyz people warm, welcoming and determined to add to your waistline before you leave. The culture is strong as the people restore traditional practices and kinship connections that were 'hidden' during the 80 years of Soviet rule.

I exchange plant knowledge with Janara, a local herbalist, and learn about how she uses hawthorn and dandelion, aconite and white aconite, arnica, St John's wort and red elder. It is amazing that approximately 75% of the way she uses a plant species is similar to our traditional use. We share a manufacturing session together, making oils and tinctures from local Vodka.

Many of the species of plants we see in our local nurseries are found growing wild here, the memory of the perfume of a small dianthus still lingers in my mind.

The Summer School over and I am sad to leave, I have befriended a small dog and a baby donkey. The next part of this journey was equally as rich as I facilitated and presented at a 'Ethnobotanical Research Methodology' workshop in the north east of the country. There is now a Kyrgyzstan Plant Rapid Assessment Tool, developed and adapted from the International Research Group for the Conservation of Medicinal Plants rapid assessment tool (IRGCMPRAT). Interesting that a group of Professors and Agrarian University lecturers in Kyrgyzstan have embraced this approach to protect their plant diversity compared to the lack of interest and support shown to date by educators, manufacturers and the Herbal Medicine industry in the West.

NEWS and EVENTS

In New Zealand in November
Developing The Plant/Person Relationship in Healing

For Practitioners and Students

With Isla Burgess, Director, International College of Herbal Medicine

By actively engaging in "*doing science differently we uncover a different aspect of nature itself*". (Henry Bortoft, Physicist and Goethean Philosopher)

This experiential, participatory workshop changes the way people see the world. Long time gardeners comment that they had no idea.

To register Contact valmai@phytofarm.co.nz or Isla on isla@herbcollege.com

Dates: November 2011 at 'Phytofarm' Little River, Christchurch.

Cost \$517.50 (incl GST, supper (Fri night) and delicious lunches)



A Unique Learning Experience in Herbal Medicine
 Commences November 2011 – July 2012

A year long apprenticeship programme at the 8 year old Phytofarm, a 30 acre property devoted to the growing of medicinal plants by herbalist and naturopath Valmai Becker. It is both a learning centre and repository of plants. The programme includes thorough instruction and hands-on experience in growing, harvesting, processing and manufacture of a wide range of herbal products.

Students in the programme are encouraged to develop and explore personal areas of special interest and build confidence with medicinal plants that grow easily.



**INTERNATIONAL
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 HERBAL MEDICINE**

Valmai has had many years of experience in graduating students into the healing profession, gardening projects, and has been successful in the management of four businesses that reflect her enthusiasm and love all things natural. Co tutor, Isla Burgess contributes her amazing plant knowledge and assists to deepen the understanding of the plant person relationship. For full details visit www.phytofarm.co.nz



**...FEBRUARY...2012...Live In 'Plant as Teachers' Workshop....Wainui Beach,
 Gisborne, NZ....5 days immersion in the plant world....contact
isla@HerbCollege.com**

The International College of Herbal Medicine is unique in the world offering web based education. It is an extraordinary resource that builds each year.

Enrol now at www.HerbCollege.com