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International College of Herbal Medicine

Specialists in Herbal Education

25 October 2007
General Newsletter

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Spring Newsletter

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It is with much pleasure that we welcome Bevin Clare from the USA as a new tutor. Bevin will be taking over the mentoring of two Post Graduate Units, 'The Special case Of Pregnancy' and 'Children and Herbal Medicine Practice'. Bevin is an experienced practitioner, teacher and botanist.

The following courses and units can be started at any time, 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
Individual Plant Study

Year Two – Gathering Knowledge

Case-based Herbal Therapeutics

Year Three – Gathering Wisdom

500 hour Clinical Programme

ENROL NOW ON-LINE

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

Horehound Syrup

6 sprigs horehound (6" long).
Roughly chop and put in a glass heatproof jug. Pour over 1 cup of boiling water and set aside to cool (about 4 hours). Strain and add 125g of manuka honey or local honey to the liquid. Bring to the boil and simmer for 5 minutes. Add 12 drops of liquorice tincture and pour into a sterilised jar. Dose 1-2 tsp 4-6 times daily for cough (bronchial) and ½ tsp 4-6 times daily for infants.



Weight Loss

By Isla Burgess

Perhaps an unusual topic for a Medical Herbalist to focus on but it is a concern of many people I see as patients and for our society generally. The amount of advertising on the latest diet supplement, the promotion of weight loss clinics, books written and glossy magazines devoted to the new diet fads of the rich and famous must keep a significant number of the 'Western World' in the manner to which they have become accustomed.

In this article I will discuss the factors affecting weight loss, a comment on popular diets associated with weight loss, the role of genetics and a look at a couple of interesting little hormones called Leptins and Ghrelin.

This is not an article that says eat less of this, exercise more etc etc but it is about a few practical things you can put into place as well as to explain the bigger picture of how people gain weight. It will cover aspects of diet and lifestyle without being dictatorial (hopefully).

Two people eat the same food, one puts on weight – why?

There are several factors involved in this including your individual Basal Metabolic Rate (BMR), how much exercise you do and when, how well your thyroid functions, and it seems, how well your mother ate during her pregnancy and what you were fed as a baby and toddler.

The BMR is the rate at which your body works. The faster its metabolic processing the more energy it uses. This in turn is affected by genetic factors, age and thyroid function. We can't do much about the genetic input but you can make sure your thyroid functions well. It does need iodine and this is the reason why iodine was added to salt. If you are not using any salt then be sure to have a little seaweed daily. My suggestion is to use ½ tsp of granulated kelp in food. The rate of function of the thyroid may be unique to you and may not show up in the Lab test. That said the percentage of obese people where thyroid insufficiency is the major factor is relatively low.

When to exercise if you want to lose weight?

Exercise also affects the BMR but the earlier in the day the better. This sets the BMR for the day at a higher level and so burns up a lot more energy. So a 20min brisk walk or jog at 7am is better than the exercycle at the Gym at 5.30pm although the exercycle at 5pm is better than nothing. When you try to lose weight by reducing calories, you feel more hungry, but also your BMR drops so the early daily exercise is one way to alter this.

The full article can be found at www.HerbCollege.com and then to 'News and Events'.

"I am really enjoying this unit 'Understanding the Craft of Herbal Medicine' – things are starting to fit together and make sense now.

*Many thanks,
Niki Mikkelsen NZ*

Highlights from the 6th International Conference on Phytotherapeutics
presented by the National Herbalists Association of Australia.
September 20-23 2007 Canberra



This event is such a good opportunity to hear the best of Australasia as well as other International guest speakers. It provides insights into where Herbal Medicine is heading both internationally as well as in this part of the world.

Dr. Gerald Bodecker (UK) gave the opening plenary presentation 'Global trends in natural healthcare', he clearly sees the bigger picture and is involved in many projects in India and refugee camps in Thailand that educate local people in primary health care using local plants. For example he and his students have been involved in training people in 6,000 villages in India in not only how to grow a range of plants around their houses but also how to use them in primary health care. I think we all felt our contribution to the global issues somewhat lacking at this point.

Nick Burgess presented an overview of what it is to be a practitioner in this world of 'Evidenced Based Medicine' and Dr Wojciech Kielczynski gave an insightful focus on Hypericum and its role in autoimmunity.

In a similar vein Kerry Bone explored the myths surrounding Echinacea.

Phil Rasmussen gave an excellent updated presentation on Pandemics and together with some concurrent sessions on Herbal Medicine in Mexico, Cuba, Thailand and Sweden, Friday was over.

Day two focused on Cancer and other states of health with an extraordinary perspective given by Kakkib li'Dthia Warrawee. Of Aboriginal descent and facing death from toxicity he gave an emotionally charged presentation on what it was like to be a patient in a Western Health care system, with what we should and shouldn't do or think as practitioners.

If Day One saw the men presenting then Day Three was the Women's turn. Bevin Clare (USA) with an excellent overview of Tropical Diseases, Sandra Villella (Aus) on age related brain function in peri-menopausal women, Ruth Trickey (Aus) looking at the second consultation in clinical practice and Isla Burgess with a revised perspective on 'Gut Bugs and Chronic Illness'.

One of the delights for me was a presentation on 'Forgotten Treasures: the rediscovery of some lost Materia Medica' by Dawn Whitten and Jason Hawrelak (Tasmania). This is a good reminder that what we have access to in the way of herbal extracts from companies are not the only medicinal plants we have available. I encourage you to start saving for the next NHAA Conference. It is a great opportunity to meet people, experience directly what else is going on in the world and always fun.

Isla Burgess
Director ICOHM

Cough Syrup

35mls marshmallow decoction

10mls liquorice tincture

30mls elecampane tincture

30mls hyssop tincture.

Mix well into 150mls manuka

honey (or other honey). Dose

Adults 1 dsp 3x daily, Children

1 tsp 3x daily. "I have used it

and it seems to work well."

Hohepa Kereopa

In memory of Hohepa Kereopa, Tohanga, Teacher, Healer

Today Thursday September 6th was the last day of the Tangi for and burial of Hohepa Kereopa.

Many past students will remember the extraordinary days we spent with Hohepa in the bush in Waimana valley.

Our first journey only came after countless phone calls to Hohepa with his replies that said "Phone next week". At last he said "Come tomorrow!"

After hasty pack of essentials and a journey that took us to the DOC hut in Waimana valley, the experience of Hohepa's teaching was 'different'. He would turn up around 6am., light the fire and begin talking. It didn't take long to realize that these talks were more precious, insightful, guiding and illuminating not only about Rongoa but also about the bigger picture of life, the world, and ways of seeing.

My first real 'test' came when he pulled a spike of Tutu berries off a plant, looked at me in the eye and said "Hold out your hand and drink". I did of course knowing that the plant was poisonous, only to discover later that the juice is the only part of the plant that isn't!

The next year it took one phone call and we were there. It was an horrendous journey (another test?) sheet rain like I have never driven in (only when we turned off into the valley).

We ended up staying on (The Prophet) Rua's Marae, the experience of which has stayed with me all my life.

I am immensely grateful for the time spent in the presence of this extraordinary man. His teachings have touched me in more ways than I realise.

For the others who spent time with him, look back over those notes you took. Let us remember and honour him by putting some of his teachings together as a collection. It goes without saying that we will allow his family to decide if they are for a wider distribution than us.



INTERNATIONAL
COLLEGE OF
HERBAL MEDICINE

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.

From Amanda Dainow, Canada

'FDA seizes \$71k in herbal tea products as campaign of censorship against nutritional supplements' continues by Mike Adams Refer to www.Herbcollege.com then to 'News and Events' for the full text.