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International College of Herbal Medicine

Specialists in Herbal Education

1st October 2012
General Newsletter

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October Newsletter – Webinars and Workshops

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There is a wildness to the weather that challenges its season, yesterday here in Gisborne was a summer's day not a mid- spring one. The stinging nettles are happy though and their lushness at this full moon makes their leafy tips perfect for eating.

I made *Stinging Nettle and Porcini* fresh ravioli, delicious with crispy sage butter. Today's singing, stinging dish is *Stinging Nettle and Potato* soup.

Other eye catching spring changes are the exquisite blossoms on the Quince tree and my Mother Elder is beginning its flowering. I have been looking at colour this spring, in awe of how the plant does it – not only the metamorphic changes that occur moment by moment as buds burst, but the colour changes. The Elder has a distinct purplish red colouration among the various shades of green in its young leaves - a couple of days later and that has changed. Spending a little time each day with one plant during its growth cycle is such a good way to connect and become a part of another life form's life.

Begin by finding a plant close to your back door just as it is emerging from the earth. All it takes is 10mins each day to re-connect, notice the changes, draw it if you like. At night before you go to sleep, bring the plant back into your imagination and note all the changes. You will start to notice changes in yourself as well, how you are different in your response each day– a new relationship is born.

A beautiful description of this is found at
<http://www.janushead.org/8-1/Holdrege.pdf>
Scroll down to;

"Doing Goethean Science." *Janus Head*, Vol. 8.1, 2005

Describing this work as a kind of conversation with nature, he illustrates his methodology using the example of his research on the plant skunk cabbage.

The exquisite flowers in the photos in this newsletter are from my garden. This page the flowers of *Sambucus nigra* - Elder and the next page, the Quince blossoms. *Lamium alba* or White dead nettle is on page three.





November Webinar with David Mcleod Brisbane, Australia

David Mcleod has a wealth of clinical experience matched by few practitioners in the Western World.

'Considerations in Chronic Dis-ease'

Date: November 2nd at 1pm NZ time

From David *"Clinical experience over years allows for the recognition of the similar underlying connections in the people who develop chronic dis-ease. This talk will look at the major considerations that should be addressed in helping people return to a state of health, or to better cope and manage their condition."*

ICOHM Webinars

To access and participate in these Webinars and to access the wide range of resources in the 'ICOHM Subscribers' Library you can register at www.HerbCollege.com website and 'click' on 'Become an ICOHM Subscriber'. That will take you through to the Registration Form.

If you are in NZ and/or Paypal is not OK for you please contact us on admin@HerbCollege.com for other payment options.

David (the founder of Health Wise Clinic) and his partner Zam are responsible for an amazingly generous website www.healthwiseclinic.com.au

The Health Wise Clinic in Brisbane was established in 1981, and is one of the Brisbane CBD's longest practicing full-time natural medicine clinics. *"We are practised in effectively preventing, managing and treating a wide range of acute and chronic health conditions"*

What I like about the website is its range of recipes particularly if you have some dietary restrictions. There are some sensible safe suggestions and recipes for weight loss as well as notes from recent presentations.

About David

A practitioner for over 30 years David is a qualified acupuncturist, naturopath, herbal medicine practitioner and clinical nutritionist. David has played a major role in the natural therapies profession in Australia and has lectured extensively to health care professionals around Australia, New Zealand and in Europe. His clinical research has been published in leading professional journals.

Treatment interests

David has a strong interest in the restoration of robust health and the promotion of healthy ageing, including recent work in the development of longevity programs. David is skilled and has extensive experience in the treatment of chronic health conditions, including immune and autoimmune conditions. Women's health is another area of David's expertise, particularly infertility, IVF support, endometriosis and polycystic ovarian disease.

'Oestrogen Dominance and how it gets that way'



I have recently been running Seminars in Gisborne on *Women and Plants, health and healing*. I have written before about oestrogen dominance, (hyperestrogenemia) and hormonal imbalance. Since then there is more to add to the picture such as the impact of high sugar consumption/insulin/insulin resistance syndrome as well as the impact of stress/adrenalin and the cortisol/leptin/grehlin connection. I am in the process of writing up the new info – look for it in the Subscribers Library in a week or so.



A year with Valmai Becker, Phytofarm, Little River, Christchurch

A Unique Learning Experience in Herbal Medicine

Commences November 2012 – July 2013

A year long apprenticeship programme at the 9 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. Contact Valmai (see below for details)

NEWS and EVENTS

'Plant Immersion, Incubation and Inspiration' The Plant/Person Relationship in Healing

With Isla Burgess, Director, International College of Herbal Medicine

Following on from facilitating 5 of these workshops in the US and Toronto, I will be offering one 3 day participatory workshop at

- ♣ 'Phytofarm' Little River, Near Christchurch, November 9.10.11, 2012. (This is also begins the Apprenticeship Programme)
- ♣ Gisborne New Zealand, (Fri pm November 23rd to Nov 25th, 2012)

By actively engaging in "doing science differently we uncover a different aspect of nature itself". (Henry Bortoff, 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

Isla showed us that we could be more than what we were prior to attendance. Isla showed us how one could study plants in a rational and personal way and gain as much, if not more, than from a book. Honestly, I would not use the word 'intuition' for the learning that took place, ...it was more a matter of using more of what we had and did not know we had. The observations and conclusions that the students made were quite impressive and went well beyond the element of chance. (Lorraine M. Harwelik, US)



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