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International College of Herbal Medicine

Specialists in Herbal Education

16th June 2009
General Newsletter

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Winter Newsletter – Kia Ora and greetings to you all.

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New Courses On Line...

1. 'Staying Healthy in a Changing World' is prepared by Isla Burgess and is a short course packed with ideas and for anyone interested in living a healthier life. Below is an exerp. It will be on-line in August.

2 A Power Point Series for Practitioners focusing on sharpening your clinical expertise. There will be 9 of these prepared and tutored by Dr. Nicky Baillie. This is such a great opportunity to have contact with one of Western World's most experienced Herbal Medicinal Practitioners. We will email details of this in July. Series begins in August.

From 'Staying Healthy in a Changing World' by Isla Burgess

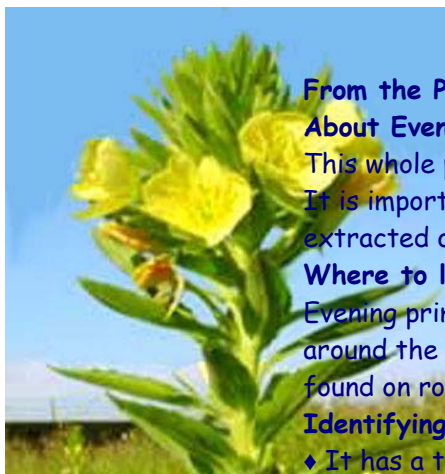
Who is this unit for?

It is for anyone who wants some clear, concise and practical health promoting advice. It is a 'How to.....' unit packed full of information on, how to stay well when resources are limited or your normal world changes (pollution, pandemics, nuclear fallout, tsunamis), by knowing how to find food around you, what basic foods you would need to store and what you would need to include as a basic herbal medicine kit. There is also information on how and when to use this kit.

It is also for anyone who is interested in improving their health without spending a fortune on over the counter supplements and pre-prepared food. There is something on the diet crazes and a simple 'Eight Point Annual Health Action' programme for maintaining wellness.

Infused Honey

*4 Tbsp raw manuka honey;
horehound and sage - both
fresh and enough for the
honey just to cover. Coarsely
chop the herbs and mix with
the honey in a warm double
boiler, infuse for 45 minutes.
Strain the honey into a jar and
keep in the fridge. (Ed - you
can also infuse herbs in the
honey without heating.)
Deborah Jeyes - Past WCHM
student*



From the Part on Superfoods

About Evening Primroses *Oenothera biennis*

This whole plant is edible! Flowers, seeds, leaves and roots.

It is important to use a whole plant and not just an isolated part, such as the extracted oil from the seed that has made many companies rich.

Where to look for it

Evening primroses began their journey in North America and from there spread around the world, distributing thousands of seeds wherever they grow. They are found on roadsides, waste places, lawns, gardens and dry areas.

Identifying features that distinguish it from similar looking plants:

- ◆ It has a tall spike with masses of open, fragrant and yellow flowers all the way up the stalk.
- ◆ Flowers open in late evening and early morning.
- ◆ As it grows, the first year plants form a rosette of strong, long, tapered leaves, often tinged red.
- ◆ In the second year the flowering stalk grows and is often tinged red.
- ◆ The thousands of black seeds are in long capsules.

Main Nutrients

This whole plant contains a range of nutrients.

- ◆ Calcium, magnesium, phosphorus, potassium, amino acids (protein), carbohydrates.

The seeds contain:

- ◆ Calcium, magnesium, phosphorus, potassium, iron, manganese, boron, zinc, amino acids and Vitamin E. All of these are wasted when only the oil is extracted.

Main Plant Chemicals (Phytochemicals)

The plant contains:

- ◆ Alpha linoleic acid, lysine, salicylates and mucilage (also in the flowers).

Seeds contain:

- ◆ The seed husks contain tryptophan, a precursor to serotonin - that 'feel good' chemical.
 - ◆ And, of course, as you all know, oil. This is rich in Omega 6 essential fatty acids, and in particular, dihomo gamma-linolenic acid, which can go on to produce some very important hormone-like chemicals called prostaglandins. These reduce inflammation, dilate blood vessels and make the blood flow more easily. This doesn't happen if you have lots of sweet foods, but that isn't likely in a disaster.
- Roots contain:
- The roots are also edible, and although tests have not been done, they are likely to have minerals and carbohydrates. They taste a little like turnips and can be eaten raw or slow cooked. A perfect contribution to 'Stone Soup'.

Cough Linctus

30mls echinacea

20mls hyssop

20mls liquorice

20mls sage

20mls horehound

Total 110mls.

Add 220mls of manuka or other honey. Dose 5mls 3-4 times per day.

Ling Teo - past WCHM student

Juliette de Bairacli Levy

Thoughts by Isla Burgess

Juliette died peacefully on May 28th in Switzerland.

When I first read 'The Illustrated Herbal Handbook' by Juliette in the mid 70's I felt my connection with the plant world grow, a connection that continues to grow daily. I was so excited to meet her many years later at an International Herb Symposium in Boston, US and to spend days with her at Tish Streeten's parents place in Northern New York State. Many will remember the room overflowing with people at the 'Women, Herbs and Health Conference' in Cambridge, NZ in 1998, it was such a delight to have her among us. As Juliette, Tish and I sat around at dinner after the Conference, she delighted us with tales of her lovers, life and herbal medicine. Tales that were interrupted often with her tinkling laughter and her mischievous smile. She was a lover and breeder of Afghan hounds, friend of the Gypsies, traveller in search of herbal wisdom, and the pioneer of holistic veterinary medicine. Juliette has a long record of spectacular cures to her credit and the books she has written have been a vital inspiration for all involved in Herbs and Herbal Medicine today. She is the Grandmother of us all!

From her film Biographer (Juliette of the Herbs), Tish Streeten
"Juliette was 96, had a remarkable life, a peaceful death and will leave an incredible legacy. Even while feeling the beauty of the completeness, I will miss her presence in this world."

Peace, my heart, let the time for the parting be sweet.

Let it not be a death but completeness.

Let love melt into memory and pain into songs.

Let the flight through the sky end in the folding of the wings over the nest.

Let the last touch of your hands be gentle like the flower of the night.
Stand still, O Beautiful End, for a moment, and say your last words in silence.

I bow to you and hold up my lamp to light you on your way.

-Rabindranath Tagore



NEWS and EVENTS

NEW!!! The Plant/Person Relationship in Healing with Isla Burgess
Two New and Different Workshops (one for Practitioners and one for the interested person).

Develop an intimate relationship with plants, work out 'your' plant, your patient's plant. Contact us for details.

Two Videos to Watch on-line.

Mushrooms. I am just reading 'Mycelium Running. How Mushrooms Can Help Save The World' by Paul Stamets. Its great. This is a video-clip of him.

<http://www.youtube.com/watch?v=XI5frPV58tY&feature=channel>

This video includes interviews from Economic Think Tank in November at Schumacher College.

<http://vimeo.com/2858126>

Watch out for 'EarthWhisperers Papatuanuku' a beautifully filmed and crafted documentary about 10 New Zealanders who work with the earth. Isla is very honored to be one of them.



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