



International College of Herbal Medicine

Specialists in Herbal Education

16th February 2009
General Newsletter

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Summer Newsletter - My Summer greetings to you all.

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Nettle Sweet
1g nettle leaf
1.5 tsp honey
1.5 tsp peanut butter
1 teasp coconut
Mix together

Silvia Spyer Neves
Year One Student

Complex and Risky

Delving deeper into the world of fats and oils.

By Isla Burgess

I read the July 17 Bulletin article by the Tairawhiti Dieticians in Gisborne, NZ on 'Heart health: focus on fats' with much interest.

They divided fats into two groups, 'Everyday fats' and 'Fats to watch – reduce or avoid'. The advice given in this article would have me believe all vegetable oils are the 'goodies' such as sunflower, soybean, corn and safflower, polyunsaturated margarines, canola oil, flaxseed oil and walnut oil, while saturated fats and with trans-fats are the 'baddies'.

Let's delve deeper into what really is a healthy fat or oil, and what the best choices are when you look at the array of different oils on the supermarket shelf, including the more recent phenomenon of rice bran oil.

Basics

Why are fats and oils so important?

They provide a concentrated source of energy, are found in every cell membrane (as fatty acids) and form a part of our hormones.

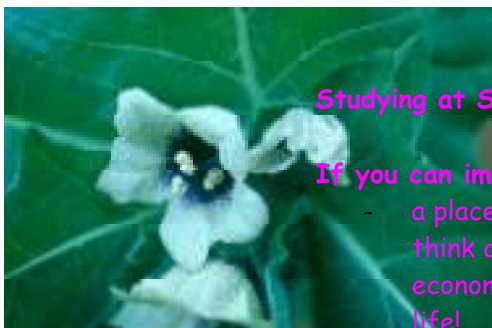
They also slow the absorption of digested food so the body feels more satisfied and act as carriers for the important fat soluble vitamins A, D, E and K. They take part in converting carotene (the orange pigment in vegetables) to Vitamin A, they are also involved in mineral absorption and a number of other biochemical processes.

This means our choice of oils is pretty important to our overall health and wellbeing. The method used to extract the oil can help us in our choice, and a knowledge of the fatty acids present can give us an idea of how many additives are added to keep them from going rancid.

As soon as we extract an oil from its whole part (seed or fruit) rancidity is a problem, and when the oil is then put into a plastic container the problem gets worse.

Butter or Margarine?

For the full text click on www.HerbCollege.com and then to 'News and Events'



Studying at Schumacher College, Devon, England.

By Isla Burgess

If you can imagine;

- a place where people from all over the world come together to learn, think about and discuss the issues facing the world whether it be law, economics, business, leadership, food, ecology, consciousness, health and life!
- a place where new ideas are conceived and plans emerge
- a place where transformational change in one's thinking is inevitable
- a place that exists to voice the concerns of the earth
- a place that is the connecting link between nations, races, sexes and ages
- a place that has some of the world's foremost thinkers as its teachers
- a place where current mainstream views on science and philosophy are challenged
- a place where the recognition that out of apparent disconnectness new ways of thinking, doing and acting emerge
- a place that offers a Masters Degree in Holistic Science, the only one of its kind in the world

That place is Schumacher College.

It was the Masters degree in Holistic Science that attracted me to Schumacher College and I have just completed the first five months of that course. It is challenging, life changing, stimulating, exciting, intense and fun!

Challenging because you begin to make connections between a linear reductionist way of thinking and the impact humans have/are having on the world.

Challenging because you question your own world view, the way you live your life, the food you eat, and what you are prepared to do to be healthy.

Life changing because you can no longer show disrespect for any other life form or other human beings because you now 'see' how we are all connected.

Life changing because you now have a greater awareness with supporting actual research (not model based) on climate change, global economics, the world's relationship with oil, the connection between matter and consciousness.

Life changing, because you now consider everything you buy with respect to its ability to be recycled or returned to the nutrient pool.

Exciting because the whole experience of Schumacher brings together all your seemingly disconnected concerns about how humans treat other life forms, the earth, health and healing and the embracing of such technological

Congratulations to the following graduate:

Matty Belsack - Hamilton, New Zealand

We wish you well in your future work

developments as Genetic Modification.

Exciting because you participate in days with some of the key researchers into different ways of seeing the world such as Rupert Sheldrake, James Lovelock, Lynn Margulis. And people (scientists) who have spent their lives committed to changing the prevailing view such as Francois Wemelsfelder (on animal welfare), Stephan Harding (environmental scientist) and Brian Goodwin (biologist). The college also attracts theoretical physicists who are challenging the popular view and application of theories in quantum physics, Chaos and Complexity as well as Biologists challenging the current perspective of evolution. The visiting lecturers also include Goethean scientists and philosophers who have developed a different way of seeing that leads to an intimate understanding of other life forms.

Exciting, because the 'free thinkers' in Science are aware of the closeness of their view and that of the shaman, Tohanga or mystic.

Intense both because the nature of the lectures are intense but also that you live, eat and breathe the work, share insights with others in your class (13 people from 12 different countries and 5 different continents) and become enfolded in 'cloak' that is Schumacher College.

I see this place of learning as a 'lighthouse' and at the same time similar to the fungal mycelium. It attracts, gives direction to and brings together people from all cultures, many world views, many countries, all continents and then they leave, still connected but taking a part back to their own land. A global fungal web which mushrooms all over the world.

The actual mycelium web is the only reason life exists and in fact developed on this planet!



Courses/Units Available beginning March 2009

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 2009

Year Two – Gathering Knowledge

Case-based Herbal Therapeutics

Year Three – Gathering Wisdom

400 hour Clinical Programme

Post Graduate

The Special Case of Pregnancy starts April. This is a must for all practitioners who work with pregnant women and .
 Therapeutic Issues in Women's Health 2 – Menopause is available now.

ENROL NOW ON-LINE www.HerbCollege.com then 'How to enrol'

NEWS and EVENTS

This is a good place to let us know what is happening in your area. The New Zealand Association of Medical Herbalists AGM is in Christchurch in May – refer NZAMH website.

There is a also an International Herb Gathering in Seattle in June – the first one of these I have missed in years. They are truly worth going to. Go to www.sagemountain.com

Websites to check out

For Nontarget Effects of Genetic Manipulation

www.nontarget.org/



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