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International College of Herbal Medicine

Specialists in Herbal Education

16th June 2010
General Newsletter

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Winter Newsletter – Matariki and Winter Solstice greetings to you all.

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The photo below was taken at the
'River Isla' in Scotland, a
patch of wild plants with
Taraxacum, Symphytum,
Urtica and Plantago all
growing happily in a single
spot around a Sorbus tree.



The Plant/Person Relationship in Healing

There are references in the herbal folklore that a person has a plant 'ally'; a plant that acts for that person in a way that is more than the sum of all of its known or written actions.

How we find 'our' plant has always intrigued me and it wasn't until I was studying the MSc in Holistic Science at Schumacher College, Devon, England and a compulsory module called 'The Living Earth' that some ideas began to take shape.

We were studying Chaos and Complexity Science and the role these play in health and healing. Good health, it appears is a chaotic state. Chaos theory teaches that patterned variability occurs within a bounded state. The research on health indicates that the more flexible the body is to change its boundary (within reason) when an external factor affects the existing pattern and causes a momentary chaotic state, the healthier it is. In dis-ease states the body demonstrates less chaos.

Complexity theory develops this further to explain the complex effect that emerges from the interactions of the many systems in the human body.

This effect is a way of differentially diagnosing illness. Through asking increasingly refined and defined questions about signs and symptoms of illness, excludes the differences between people with the same disease and focuses on what is similar. In other words the interaction between the systems of the body generates complexity which is reduced during disease and the shift from a more complex system (health) to a more ordered one (disease).

So as chaotic and complex patterns are seen in 'good health', the challenge is to find what might facilitate the restoration of both. By finding this "facilitator" we could then theorise that it would also maintain health. A plant is a smaller chaotic and complex being so my theory is that by using the old idea of the 'plant ally' then by finding the right plant for the right person it could be the 'facilitator'.

This newsletter contains details of several workshops I am offering to the general public over the coming months a 'The Plant/Person Relationship in Healing' with a focus on finding your plant 'ally' is one of them.

Viriditas Workshops 2010/2011 With Isla Burgess

August 28/29 (2 days) Gisborne

Staying Healthy in a Changing World Part 1

This 2 day workshop provides an in depth knowledge of 13 essential foods and 13 essential wild plants/herbs to restore and maintain health.

September 29/30 (2 days) Gisborne

Focus on digestion

Many health problems begin with poor digestion and assimilation.

This workshop provides in depth information on how digestion happens and how to improve its function.

October 30/31 Gisborne

Staying Healthy in a Changing World Part 2

(You do not have to have done Part One to register for this one).

The A B C of Grassroots Medicine

So here we go, a crash course in how to treat a range of health problems you are likely to encounter in a normal day, using a common sense approach and a small number of plants readily available to most people in the western world.

November 12/13/14

Held at Phytofarm, Little River , Christchurch

The Plant Person Relationship in Healing

This three-day plant focused workshop is about relationships, the relationship the plants have with us and we have with them. The relationship they have with each other.

Finding your plant for restoring and maintaining health and wellness.

November 26/27/28 Gisborne

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Finding your plant for restoring and maintaining health and wellness.

Jan 29/30 2011 Gisborne

Manufacturing Herbal Preparations in Summertime – 13 people only

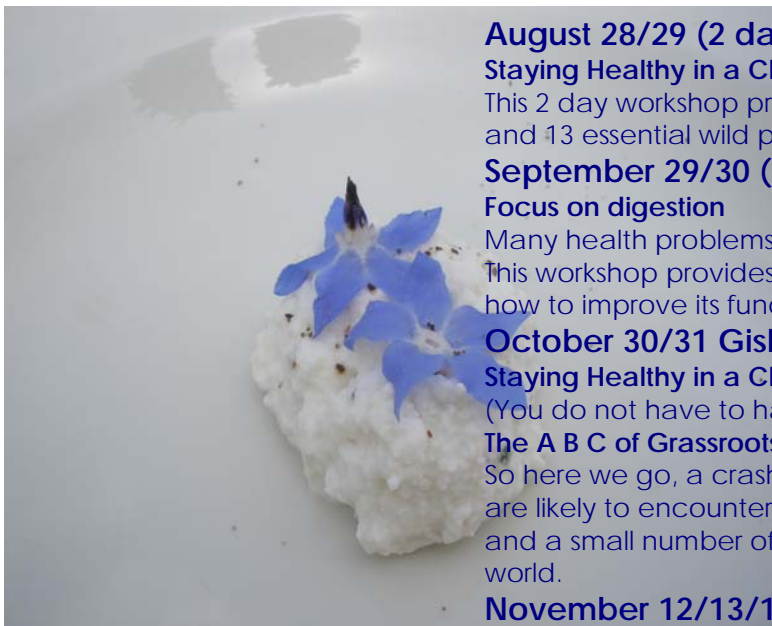
Feb 25/26/27 (3 days) in Gisborne

Plant Directed Learning (3 days)

All plants have a language, it is how and what we understand from that that matters.

This three day workshop explores ways of understanding that language.

More details and enrolment forms will be available on the website shortly as well as from www.Herbalapprenticeship.com. A brochure is available on application to isla@HerbCollege.com



Excerpt from 'Manufacturing Herbal Medicines'

Dried Nettle infusion

This is prepared by pouring a litre of near boiling water over 2 big handfuls of plant material in a covered container. That is, a litre to about 15gm of herb. Traditional preparations used 30 gm of herb. It is best in a preserving or canning jar that has a screw top lid. The plant material can be left in for 4 to eight hours for stems, leaves and fruits. Strain and refrigerate.

I am now sitting with my cup of 'green milk', I like it best cold. Why do I drink it regularly?

Uses of Stinging Nettle infusion

- a great source of bio-available vitamins and minerals for all people
- as a source of silica for all connective tissue, hair, teeth, skin and nails
- as a blood tonic
- for people with gout
- for people who have recurring kidney stones

For all people drink 1-3 cups daily

You can enroll on-line for this unit www.HerbCollege.com

A new website to check out - it is worth it!

<http://www.toddcaldcott.com/>



Courses On Line...

- **Anatomy and Physiology for students on-line.** Linda Kloosterman has prepared an excellent course in an interactive accessible format. This is available now.
- **A Power Point Series for Practitioners** focusing on sharpening your clinical expertise in working with people with cancer, tutored by Dr. Nicky Baillie.
- **Individual units from Year One** are available without enrolling in the whole year. The Manufacturing unit with Isla Burgess, for example, is very popular.
- **The Post-Graduate units** can also be studied individually.

Our Prospectuses are available on-line at www.HerbCollege.com

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