

March 2011



# Spring/Summer Newsletter

## Herbcraft Diploma *Working with Nature through the Seasons*

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Since the launch of Herbcraft in December 200, Melanie has been working towards offering this increasingly popular 'home-study' course as a Professional Diploma for both practising therapists and those interested in herbal medicine.

We are now excited to announce that the Course was fully accredited by The Association of Natural Medicine in December 2010, and will begin as a Practitioner Diploma Course in Herbcraft & Wholistic Well-being from April 2011. It will run two days a month for 12 month duration at a lovely eco-friendly venue in the Hertfordshire countryside. The course runs continuously, so you can start at anytime and study for a year.

With a global emphasis on 'Green Living' and EU Directives threatening our right to use herbs for health ... NOW is the time to learn these essential skills - for yourself, your family and your clients!

### The Practitioner Course covers:

- Over 100 medicinal herbs
- Herbal preparations
- Kitchen Pharmacy
- Herbal First Aid
- Anatomy & Physiology
- Herbs for Common Ailments
- Nutrition & Naturopathy
- Honouring the seasons
- Iridology
- Flower Essences
- Wild Food & Foraging
- Emotional Freedom Technique
- Plant Spirit Medicine
- Crystals
- Reiki & Healing techniques
- Working with the Moon
- ... and much more



'Herbcraft' is now accredited by the Association of Natural Medicine

Professional Diploma from APRIL 2011 for 12 months

Reserve your place ENROL TODAY

[www.herbcraft.info](http://www.herbcraft.info)

### Seasonal Focus:

- Herbcraft Practitioners Diploma Course
- 'Summer Experiential Herbcraft' weekend
- Liver & Digestive help
- Dandelions & Cleavers
- Spring Cleansing & Detoxification
- Skin issues

## 'Summer' Experiential Herbcraft

Whether or not you are enrolled on and studying Herbcraft ... why not experience the fun of a weekend playing with herbs anyway?



Join us this summer in the Hertfordshire countryside for 'hands-on' practical Herbcraft.

You'll explore herbal First Aid from your kitchen, discover and taste delicious raw food for your optimum health, make herbal 'lotions and potions' to take home, and forage for many edible & medicinal plants to support the heart and urinary system.

Experience eco-friendly community living, discover your 'inner fire', and make some new herbal friends too!

1-3 July 2011

Primrose Cottage  
Sawbridgeworth, Herts

([www.future-living.co.uk](http://www.future-living.co.uk))

£175.00

Includes accommodation, six delicious raw vegan meals and tuition

10% Early bird discount - if you book by 6th May

[www.herbcraft.info](http://www.herbcraft.info)

## Featured Herb: Dandelion

Suppose I was to tell you that I had just discovered a miracle plant which, when eaten as a part of your daily diet or taken as a tea, could, depending on the peculiarities of your body chemistry: prevent or cure liver diseases, such as hepatitis or jaundice; act as a tonic and gentle diuretic to purify your blood, cleanse your system, dissolve kidney stones, and otherwise improve gastro-intestinal health; assist in weight reduction; cleanse your skin and eliminate acne; improve your bowel function, working equally well to relieve both

constipation and diarrhoea; prevent or lower high blood pressure; prevent or cure anaemia; lower your serum cholesterol by as much as half; eliminate or drastically reduce acid indigestion and gas build-up by cutting the heaviness of fatty foods; prevent or cure various forms of cancer; prevent or control diabetes mellitus; and, at the same time, have no negative side effects and selectively act on only what ails you, would you use it daily to solve current problems and then for preventative body maintenance? Dandelion is a miracle herb indeed!

This common garden 'weed' is a powerful cleanser for the kidneys and liver. It's name comes from the French '*dent de lion*' meaning lion's teeth, after the shape of the leaves. It's strong diuretic action has given it the folk name '*piss-a-bed*', so don't drink it before bedtime! It is extremely nutrient-rich and makes a wonderful daily tonic.

Roots can be dug up, cleaned, dried and roasted for use as a delicious coffee substitute, whilst the leaves are eaten in salads to aid digestion. Why not try our **Taraxa Café** – £5/100g?



*Dandelion*  
(*Taraxacum officinale*)

## Look after your Liver

Both the liver and gallbladder play an important part in a healthy digestive system. The liver is vital for detoxifying our body and plays an important part in making and storing hormones. These days, with the consumption of processed 'fast foods', people 'eating on the run' and leading stressful lives, many suffer from poor digestion and assimilation of nutrients in our food, as well as constipation and elimination problems, hormonal imbalances, and the possibility of an overgrowth of candida albicans and a weakened immune system. Therefore it is vitally important to take care of these

organs for your optimum health and well being by following a good diet and eating regime. Below are good suggestions for good liver health:

- Lower fat intake. Less refined, cooked oils or fats. Get most of your essential oils from whole nuts, seeds, and extra-virgin olive oil.
- Rest the digestive system whenever possible, so don't eat too late at night or too early in the morning.
- Be aware of proper food combining. Sweet fruit and cooked protein are a bad combination, causing fermentation in the gut.

- Regular liver flushes and increased daily 'lemon-water' intake is important.
- Daily exercise to eliminate toxins from the lungs, colon, liver and skin.
- Massage the liver area at least once a day to help remove congestion.
- Release 'liver-related' emotions like anger and anxiety in a constructive way.
- All red, orange, yellow and dark leafy green vegetables and fruit are all good liver foods.
- Visit our website [Ailments](#) section for more info.

"... sour flavours stimulate and promote good liver health."

### Liver Cleanse & Support Formula

#### Cholesterol Formula

55ml / £8.00

110ml / £15

270 ml / £30

## Featured Herb: Cleavers

Cleavers is a common hedge-row weed that is a wonderful cleansing remedy, clearing toxins from the system and reducing heat and inflammation. It has a diuretic action, aiding elimination of wastes, and also acts to enhance the lymphatic system, promoting drainage of waste via the urinary system. These actions combine making cleavers excellent for fluid retention problems, all skin dis-harmony like eczema, acne, boils, psoriasis, abscesses; and urinary infections, kidney stones, ar-

thritis and gout. Cleavers can be used for lymphatic problems, such as lymphatic congestion and swollen lymph glands. This herb cools heat and inflammation in the body, seen in conditions such as cystitis, arthritis, inflammatory skin problems and digestive problems. Its bitter properties stimulate liver function and enhance digestion and absorption. A cooling drink made of cleavers was traditionally taken every spring to "clear the blood".

Best juiced and taken internally, Cleavers are helpful for cases of swellings and tumours—drink a wine-glassful a day. It is possible to freeze the juice in ice trays, and defrost as required. Externally, cleavers has been used as a cream or ointment for lumps and ulcerations. Take one cup internally, as an infusion three times a day. You can also use the cooled infusion as a wash or poultice for inflamed skin conditions. It is a vital ingredient in our **Skin Support Formula**—£8/55ml.



*Cleavers*  
(*Galium aparine*)

## Skin Harmony

Everyone wants clear skin, which is a key physical feature that denotes beauty and health, and people are naturally drawn to healthy looking people. A clear complexion is a great physical attribute. Often skin problems denote an underlying health problem. Skin eruptions can mean an organ isn't functioning properly. It could also mean a virus, infection, food allergy or hormonal imbalances. If you have problems with your skin, which is the body's largest detox 'organ', also take into account your current diet, emotions and lifestyle and make changes. Some great herbs for skin health are kelp, alfalfa, and parsley. Kelp is a natural

source of iron and iodine, both help regulate the thyroid which helps fight germs, bacteria and regulate metabolism. Alfalfa boosts the immune system as its rich in calcium, iron, magnesium, phosphorus and sodium—and is an important ingredient in The Green Stuff. Parsley is much more than a garnish, it's high in vitamins A, B, and C and a wonderful blood cleanser.

In addition to adding herbs to your diet, consider doing a gentle cleanse/detox and possibly adding more fibre, like fresh fruit and vegetables, which also helps the liver and colon filter out toxins, that cause eruptions in the skin.

**The Green Stuff** is a perfect compliment to your cleanse, boosting the detoxification process and giving your body the best 'easily assimilated' organic nutrition daily. Made from the richest whole-food sources on the planet, this powerful concentrated vitamin & mineral 'Superfood' supports the body in a multitude of ways.

Other than taking herbs to boost your immune system and provide nutrition, it's important to drink plenty of water. Lastly, exercising speeds up your metabolism, moving toxins out of the body faster.

**For more info on cleansing programmes visit our website or email us.**



**Full Body Detox Kit**

**£38.50**

**The Green Stuff**

**5 day (50g) Trial—£5**

**1 month (300g)—£33**

**Skin Support Formula**

**55ml: £8 / 110ml: £15**

## Reiki Healing & Attunements

**Reiki** is an ancient Japanese tradition of hands on healing re-discovered in the 1800's by Dr Mikao Usui, a Japanese spiritual scholar and healer. Throughout history, mankind has experienced healing techniques based on the transfer of life energy. The word Reiki means '**Universal Life Energy**'. This energy is also called 'Chi' in Chinese and 'Prana' in Hindu tradition.

It is a method of channelling safe, gentle, yet powerful energy, promoting deep relaxation and thereby naturally reducing stress and increasing energy levels. During a session, the Reiki is drawn to

where it is most needed by the individual and flows through the affected parts of the body's meridians starting a natural healing process. Reiki also increases the therapeutic effects of other treatments.

It can be used safely and effectively to alleviate a wide variety of complaints like:

Allergies, Anxiety, Arthritis, Asthma, High/Low Blood pressure, Chronic Fatigue, Depression, Digestive disorders, Eczema and other Skin problems, Headaches/ Migraines, Hormone imbalances, PMT, and even Stress.

Reiki not only assists the healing process, but anyone can be 'attuned' to this energy to help heal themselves and others, and further their spiritual path. As a Reiki Master, Melanie aims to teach Reiki without boundaries, thereby allowing you to be fully creative with this wonderful gift of healing. Her sessions are always individual and personal, and her unique approach encompasses various techniques drawn from a wide range of traditions that may be used to enhance your practice.

**See the website for more info or email us.**

### 'The Five Reiki Principles'

**Just for today I will Trust**

**Just for today I will Work Honestly**

**Just for today I shall Accept my Blessings**

**Just for today I will be at Peace**

**Just for today I shall Respect All Life**

**'Melanie also uses crystals with Reiki to balance the Chakras'**

## Other news ...

This year is already panning out to be a very busy one! Not least with the launch of the Herbcraft ANM accredited diploma in April, but also Melanie's various teaching dates (both in the UK and overseas) through out the year. This has, however, put back the online option of self-assessment for the home study course... but it is still in the pipeline. Keep checking [www.herbcraft.info](http://www.herbcraft.info) for news.

We are also following news on the Traditional Herbal Medicinal Products Directive (THMPD) due to be introduced in the UK and Europe in April. This is part of a global effort to outlaw hundred's of herbs, vitamins and supplements and thereby affect our personal right to use these Latest good news is, as part of the Association of Master Herbalists, Melanie will be statutory regulated, so she can continue to

practice and prescribe her formulae to people.

Also, now, more than ever, we need to get back to Nature, reconnect to our roots and traditions and learn to use 'Nature's Pharmacy', as our veritable modern medicine chest. That way, despite the Directive, we can be more independent and self-sufficient in one of the most important areas of our life ... our health.

**For more info or to support the Alliance for Natural Health in stopping this injustice:**

[www.anh-europe.org](http://www.anh-europe.org)

Natures Pharmacy—*Balancing  
Mind, Body & Spirit* since 1996



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CB11 4PY

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E: [sales@naturespharmacy.org.uk](mailto:sales@naturespharmacy.org.uk)

Therapies available:

Herbal Medicine  
Iridology  
Reiki Healing & Attunements  
Chakra Balancing  
Therapeutic Massage  
Emotional Freedom Technique  
Thermo-Auricular Therapy (Hopi Ear Candles)

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**'FULL BODY DETOX KIT'**

- 55ml Detoxification Formula
- 100g Detoxification Tea
- 60 Aloe & Cascara Colon Capsules
- 150g Bentonite Colon Clay Formula
- 50g (5 day) TRIAL 'The Green Stuff'



**SPECIAL OFFER: Only £38.50** (till end June 2011)

Visit our online Shop:  
[www.naturespharmacy.org.uk](http://www.naturespharmacy.org.uk)

**Clinics:** The Cave Shop Wellness Centre, Royston, Herts  
Serenity Healing Clinic, Clavering, Essex

*~ All through the long winter, I dream of my garden.  
On the first day of spring, I dig my fingers deep into the soft earth.  
I can feel its energy, and my spirits soar. ~ Helen Hayes*

\*\*\*\*\*

*~ Autumn is a second spring where every leaf is a flower ~ Albert Camus*



Primrose Cottage, Herts

Look out for us at  
these events

HerbFest, Somerset

## Dates for your diary

Nature's Pharmacy are out and about this spring and summer. We will have our range of medicinal formulae, natural beauty products and naturally, the Herbcraft Course, at many of these events.

**2-3 April: Herbcraft ANM Diploma Course begins at Primrose Cottage, Herts.** First of 12 monthly 'weekend' dates for the accredited version of Herbcraft. A perfect opportunity to gain confidence in working with Nature's gifts.

[www.herbcraft.info](http://www.herbcraft.info)

**8 & 12 April: 'Introduction to Herbcraft', Andalucia, Spain** Melanie has been invited to give two talks—one will be in Spanish!

**16 April: PF Wessex Conference, Town Hall, Glastonbury.** Stall with our usual 'Herbal goodies' and course info.

**17 April: 'Introduction to Herbcraft', Grail Centre, Glastonbury.** 10am—4pm Workshop & Herb Walk  
[www.witchcraftshop.co.uk](http://www.witchcraftshop.co.uk)

**1-5 June: OBOD International Dryade Camp, Holland** Melanie is a guest speaker offering a herb walk and workshops at this Druid Camp in the Netherlands.  
[www.obod.nl/dryade](http://www.obod.nl/dryade)

**1-3 July: 'Summer Experiential Herbcraft', Primrose Cottage, Herts** Join us for hands-on, practical Herbcraft in the Hertfordshire countryside. We will explore raw food and kitchen pharmacy, making herbal 'lotions & potions' which you can take away with you, discover many edible and medicinal plants and much more. If you are interested in natural

remedies and Nature ... this weekend is must for your diary! Spaces are limited, so early booking is advisable.  
[www.herbcraft.info](http://www.herbcraft.info)

**22-24 July: HerbFest, Croydon Hall, Somerset.** Melanie is lecturing at this amazing weekend, and facilitating the Opening & Closing ceremonies.  
[www.herbfestuk.co.uk](http://www.herbfestuk.co.uk)

**14-16 August: Harlequin Fayre, Norfolk.** East Anglia's own 'Green Gathering' offering 3 days of music, magic and fun for all the family—all run on renewable energy and focusing on a 'green ethos' and a sustainable future. We'll be in the Healing Glade with our stall of herbal goodies, offering Iridology, talks & herb walks.  
[www.medleyproductions.co.uk/HarlequinFayre](http://www.medleyproductions.co.uk/HarlequinFayre)

