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★ Short Features and Brief Takes Issue 217

by [Cherry Coad Aldridge](#) (more info)

listed in [product news](#), originally published in issue 217 - October 2014

Seminar on the Use of Mushroom Nutrition in Acupuncture and TCM

Mycology Research Laboratories Ltd has organized a full-day seminar on Saturday October 4th in central London
Mushroom Nutrition In Traditional Chinese Medicine and Acupuncture (TCM)

The venue location is: Hallam Conference Centre, 44 Hallam Street, London W1W 6JJ. Tel: 0207 706 7700



The Use of Mushroom Nutrition Traditional Chinese Medicine & Acupuncture

A one day conference for TCM Practitioners & Acupuncturists
October 4th, London W1. £60 early booking including lunch



Mycology Research Laboratories

Rea

The invited speakers are from Portugal, Spain and the Czech Republic:

- **Professor Amin Karmali**, a leading enzymologist based in Lisbon Portugal, will explain the importance of enzyme and secondary metabolite content in various mushrooms;
- **Dr Nuria Lorite PhD** is a nutrition, pharmacist and TCM professor who will explain how the modern life health and how mushroom nutrition is beneficial in a series of situations;
- **Dr Zuzana Van u íková** is an MD, acupuncturist and TCM Professor will explain the potential for the use of mushroom nutrition in viral based problems and the benefits of mushroom nutrition in select TCM syndromes;
- **Mr Karel Simonovsky** is a TCM lecturer and mushroom nutrition author who will provide an introductory

mushroom nutrition from a TCM perspective and also address the benefits of mushroom nutrition in se

The seminar is limited to 70 participants

Certificates of Attendance will be issued by Mycology Research Laboratories, Ltd.

Price: £ 75 (VAT included) - Coffee and Buffet Lunch included

All Participants will receive Study Materials

To Register Email: vivian@mycologyresearch.com

For More Information Tel.: 0158 248 5209

To register Book Online at: www.allaboutnaturalmedicine.com

admin@allaboutnaturalmedicine.com Tel. 020 8350 4607 / 07984 592626 - Steve Flood

Apricot Seeds from the Himalayas

It has been shown by various medical researchers that B17, found in apricot seeds, contains a form of cyanide w
natural enzymes in the body breaks down the walls of cancer cells and also helps prevent cancer cells from form
people are aware that our diet is often lacking in certain beneficial nutrients, especially those who eat mainly pro
readymade meals, sausages, ham etc.



Breaking open the kernels to remove the seeds

There are no nasty side effects from eating apricot seeds, but it is important to get organic seeds which have no
pesticides used on the fruit trees. The small seeds which grow at altitudes of over 6,000 feet in the Himalayas are
most beneficial. Here the apricots grow wild and are gathered by the local villagers. Then the fruit is either eate
The kernels are always saved and broken open to extract the seeds. In this way the local villagers can earn much

income.

10-20 seeds can be taken during the day; they taste a little like bitter almonds. It is best to start with just a few seeds and increase the quantity up slowly over a period of days. To help prevent cancer cells from forming, take 5-10 seeds a day.

Lifestyle and diet as well as other complementary therapies are also very important in the prevention and treatment of cancer.

Further Reading

1. Dr Ernst Krebs, Sr MD and his sons Drs Ernst and Bryon Kerbs. Laetrile: The True Story Behind B-17 & Cancer. American Media. 1977.
2. Dr G Edward Griffin. World Without Cancer. American Media. 1997.

Further Information

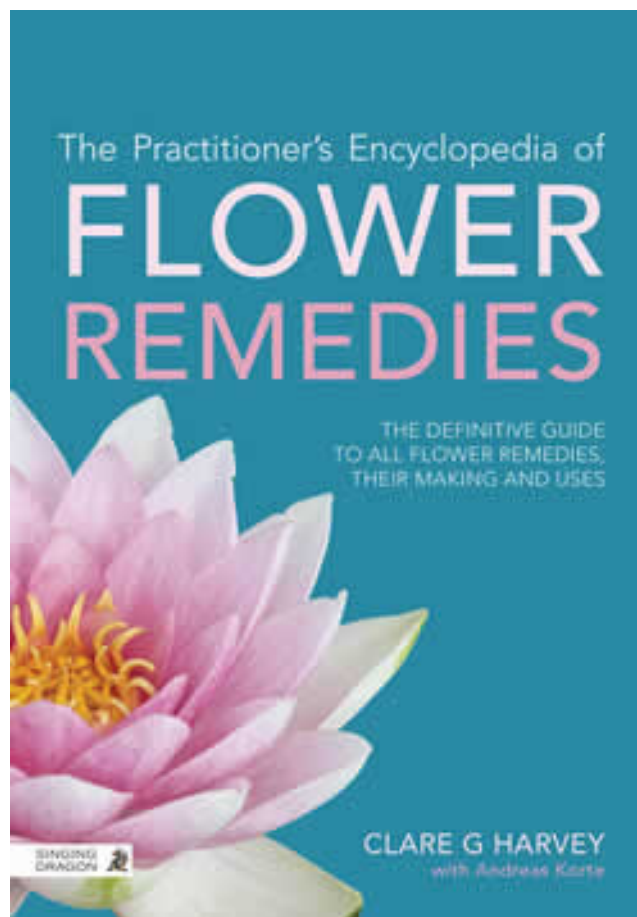
Please contact Naturelle UK on Tel: 0800 374976 for seeds imported directly from the Himalayas or visit www.naturelle.co.uk

The Practitioner's Encyclopedia of Flower Remedies: The Definitive Guide to Flower Remedies, their Making and Uses

by Clare G. Harvey

Published by Jessica Kingsley Publishers. 21 Oct 2014. Hardcover. £60. \$95. ISBN-13: 978-1848191730; ISBN-10: 1851968225

This comprehensive encyclopedia brings together flower essences gathered from all corners of the globe, from the Himalayas to America and the Australian Bush. It explains what flower remedies are, how they work and how to use them for your clients' needs.



The properties of 33 families of flower essences and the benefits of over 2,000 remedies, combinations, mists and are described. An easy-to-use ailment chart pinpoints remedies for a wide range of physical and psychological conditions, hormonal imbalance and from allergy to depression.

The author provides instructions for prescribing, preparing and using flower remedies alongside illustrative photographs. This will be the definitive handbook for practitioners, therapists and students of complementary and alternative therapies. The book on flower essences and will be valuable reading for those wanting to learn more about how they can use flower essences in their practice.

About the Author

Clare G. Harvey is an internationally recognised authority on flower essences. She was originally trained by her mother who was taught by Dr Edward Bach and Nora Weeks. Clare has been a Flower Essence Consultant since the 1990's, first in London, and now in her own clinic at 103-105 Harley Street. A teacher and lecturer, Clare started the first International Flower Essence School for Practitioners, The International Federation for Vibrational Medicine, in 1988 which runs introductory and professional training courses. She is the founder of Floweressence CGH, which has been instrumental in establishing flower essences in the practitioner and retail market and is one of the major UK distributors of flower essences. Clare is also on the Nutricentre's advisory board as their flower essence expert.

Further Information

www.jkp.com/catalogue/book/9781848191730/contents/

www.amazon.co.uk/The-Practitioners-Encyclopedia-Flower-Remedies/dp/1848191731

www.amazon.com/The-Practitioners-Encyclopedia-Flower-Remedies/dp/1848191731/ref=cm_cr_pr_product

www.nutricentre.com/p-57292-the-practitioners-encyclopedia-of-flower-remedies.aspx

Defend Yourself from Today's Toxic World with Blessed Herbs Natural Cleansing and Detox Kits

We are constantly exposed to toxins through the food we eat and the air we breathe. But, how do these toxins reach our bodies?



- Mucosa wall breaks down leading to chronic inflammation;
- Toxins colonize themselves and are stored in fatty tissues, slows down intestinal action, waste excretion, absorption;
- Blocks lymphatic drainage;
- Weakens immune system;
- Destroys useful bacteria;
- Liver becomes overburdened and functions improperly - your liver needs a break!
- Causes a Toxic Colon! If the waste is not being moved out of the Colon on a regular basis, it can accumulate and cause destruction and dehydration in the gut - just like your kitchen sink getting clogged up - you need to clear it out to avoid any more issues.

Feel Lethargic Often?

We all get tired occasionally, but when occasional lethargy becomes a problem and recurs regularly, you need to look into the reasons why this lethargy is affecting you.

When you are dragged down by the content of a toxic colon, this can give rise to headaches, make you feel that you have no energy and feel very irritable. Sound familiar?

Natural Colon Cleansing

helps purge your body of built-up waste, improving nutritional uptake while expelling toxins at the same time. This helps support digestive health and optimises digestive function, but can also naturally revitalise and rejuvenate your kidneys and other vital organ systems.

Ready to Explore Colon, Internal, and Parasite Cleansing?

Restoring your digestive health is the most important step to reasserting the natural internal balance necessary for good nutrition, immune function and overall well-being.

Further Information

Blessed Herbs cleansing kits are registered organic with the Organic Food Federation (UK) and are available from www.blueherbs.co.uk or call them to discuss on Tel: 0203 4883830.

Cleanse for Health Retreats with Araura Berkeley

Come and experience a six day Life-Changing, Deep Cleansing in Somerset near Wells and Glastonbury, with Araura's program consists of three sessions of colon hydrotherapy, a 'bodywork' session every day - deep tissue massage, acupuncture, sound therapy, nutritional advice as well as fresh organic vegetable juices and cleansing drinks, appropriate supplements and essential fatty acids.



All this will not only deeply cleanse our physical body but it will also affect the emotional, mental and spiritual as Being, leading to major Life Changes and Wellbeing. The program consists of the following:

- Removal of old impacted faecal matter/ mucoidal plaque from the whole intestinal digestive tract;
- Removal of parasites and unwanted fungal overgrowths e.g. candida;
- Refloration of the intestinal tract with full spectrum probiotics, essential for the immune system and pro digestion/ absorption of nutrients;
- Organic vegetable juices boosting nutritional intake, as well as cleansing herbs, E.F.As (Essential Fatty Acids);
- Special cleansing drinks which stick to and rehydrate the ancient toxic matter, making it swell and come off the intestinal walls;
- Re-hydration and flushing of the cells with purified water;
- Three sessions of colon hydrotherapy (colonics), one every other day;
- 'Bodywork' daily:- combination whole body massage/ deep tissue massage/ reflexology/ acupuncture and energy healing;
- Skin brushing that stimulates the circulatory and the lymphatic systems, revitalising the skin which is our natural elimination;
- Nutritional advice and 'tools' for self- empowerment;
- Liver/ Gall bladder flush. (Not always suitable for every cleanser.);
- Release of mental and emotional stress/ blocks;
- Kidney Cleanse Kits available on request (A 21 day easy process to do at home after the cleanse).

Further Information

Please Contact Araura Berkeley on Tel: 01749 939 694; Mob: 07717 855 581; cleansesforhealth@gmail.com www.cleansesforhealth.com

The Ilkley Complementary Medicine Festival, Kings Hall, Winter Gardens, Ilkley

Ilkley is the UK's premier festival promoting natural remedies & related products.

Established in 1988, the twice yearly Complementary Medicine Festival attracts visitors, exhibitors and practitioners.

country.



When?

Held twice yearly in March and October.

The next event is the Autumn Complementary Medicine Festival

Saturday 25th - Sunday 26th October 2014 from 10am to 5pm

Open to exhibitors from 8am

Exhibitors, Talks and demonstrations

Over 100 stands covering a wide range of Therapies, Services and Natural Products. [Booking Form](#)

Something to interest everyone including [topics](#) like Angelic Reiki and Crystal Energy to Stress Awareness and Ki

Admission

£4.00 Adults, **£3.50** Concessions

Children Free under 16 years of age

2 Day Pass **£5.50**

Facilities

There is disabled access to the venue (LIMITED ACCESS TO THE WORKSHOPS).

A range of foods including Vegetarian Refreshments are served over both days.

Location

The King's Hall, Winter Gardens is [located](#) in the heart of Ilkley, near Leeds and Bradford. The King's Hall is directly opposite the railway and bus station. If you have sat. navigation on your car, the address is **Station Road, Ilkley, LS29 8HB**. There is also street car parking nearby.

Where to stay in Ilkley

We have compiled a list of places to stay in and around Ilkley. Please click [HERE](#) to see the list and phone numbers for accommodation in and near Ilkley.

Further Information

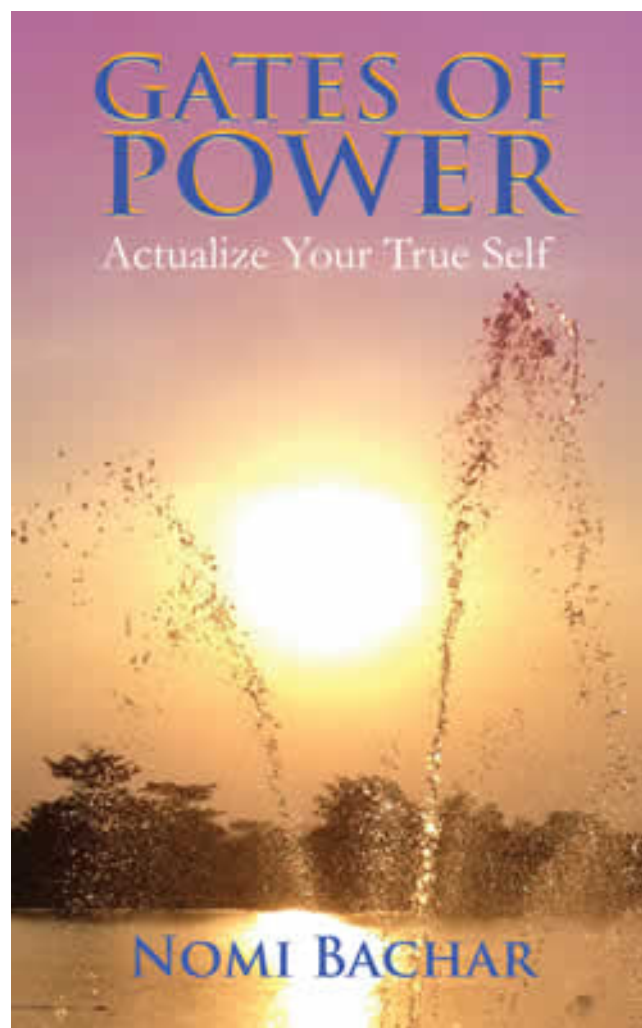
To enquire about the festival or book a stand at the next event, please contact **Michael Weaver** on **01943 87238**
info@icmf.co.uk **Mob** 07939468822

Gates of Power: Actualize Your True Self

by Nomi Bachar

Published by Findhorn Press July 2014 £12.99. ISBN: 978-1-84409-466-0.

“ I have learned that what gives us the most fulfilment and happiness is the ability to be who we are and grow into
Being who we are, as simple as it sounds, is not that easy. It takes time, awareness, self-knowledge, and courage.
process of learning to accept and express ourselves, to give of and to ourselves, and freely and confidently open
create happiness.” - Nomi Bachar



Nomi Bachar's *Gates of Power: Actualize Your True Self* is a unique and comprehensive curriculum for self-discovery and realization created by Ms Bachar.

Based on the author's extensive 25-year experience as a psychotherapist, counsellor and coach, the book lays out a clear method for opening ourselves up to inner power and the feeling "full aliveness."

Cognizant that many of us feel we are "sometimes living alongside life, not really in it, as if there is a glass wall between us and the world," Nomi Bachar has designed a step-by-step journey allowing the reader to find a path back to an open and expressive state of being. The book is designed to help reignite creativity, playfulness, open-heartedness and true fulfilment.

Simply laid out and practical the book outlines the seven Gates of Power; the gate of the body, of emotion, dialogue, expression, life path, silence and finally the Gate of knowledge. It is the identification and classification of the Gates of Power that sets this book apart. Additionally, Bachar discusses her guiding principles for achieving an accelerated self-actualization she calls 'The Four Commitments'. Throughout the book, Bachar draws on her wealth of experience with individual examples and explain her concepts in detail. The method unifies her knowledge of psychology, the creative process, energy, goal setting technology as well as spirituality.

About the Author

Nomi Bachar is a self-actualization expert, coach and former psychotherapist. For the past 25 years she has been lecturing, leading workshops and working with groups. She lives in New York, NY. You can read more about Nomi at www.nomibachar.com

Further Information

Available from Amazon

www.amazon.co.uk/Gates-Power-Actualize-Your-True/dp/1844094669

www.amazon.com/Gates-Power-Actualize-Your-True/dp/1844094669/ref=tmm_pap_title_0

Back Pain Show Trials reinforce the benefits of FlexxiCore Passive Exercise

“**Continuous Passive Motion**” [CPM] equipment is used clinically to prevent joint stiffness¹ and provide stimuli for tissue regeneration processes². CPM has been used to treat low back pain with clinically significant results³. By creating continuous oscillating motion through the spine, the flow of synovial fluid between the discs can be encouraged, helping to reduce and ease pain, as well as improving range of motion. The FlexxiCore® Passive Exerciser combines the therapeutic benefits of CPM with the energizing and calming effects of a simple exercise machine popularised by the Japanese. The user simply puts their feet up on a cushioned cradle, and lets the FlexxiCore's robust motor do the work. The body's natural swinging of the feet is a pleasant goldfish-like motion from the hips up, releasing tension in back, neck and shoulder, promoting deep respiration, and boosting circulation.



Research has shown that back pain can often be attributed to an inability to relax, physically and/or mentally⁴. A motion is also known to help synchronize brain waves and calm the nervous system⁵. Another area of research is that cartilage production in degenerative joints can be stimulated by relatively small degrees of motion, thus allowing the joint surfaces without pain or restriction⁶. At the recent Back Pain Show at Olympia, 50 visitors were offered a session on the FlexxiCore, with 84% reporting having experienced stiffness or pain in their Back / Neck / Shoulders (“BNS” reported on what they noticed during and after a 5-minute session: 72% reported feeling more relaxed / calmer; 60% reported a reduction in tension; 40% said it had immediately helped BNS problems; 32% reported feeling more energetic; and 83% of the session was of benefit for their condition, including 35 of the 42 (83.3%) who had recent BNS stiffness or pain.

Case studies from Practitioner Trials with over 200 healthcare professionals have previously confirmed the FlexxiCore for a broad range of health conditions⁷. One practitioner’s client had back problems following removal of a benign tumor. After several sessions she reported relief of tension in the back, increased mobility, better posture, and improved feelings of hope for the future.⁸

References

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2. Salter R. The biologic concept of continuous passive motion of synovial joints. The first 18 years of basic research and application. *Clin Orthop Relat Res*,;(242):12-25. May 1989.
3. Acosta-Rua AJ, Scuderi GJ, Levine SM, et al. Treatment of subacute low back pain with a novel device for continuous passive motion of the spine. *Am J Ther* 15(2):176-9. Mar-Apr 2008.
4. Lundberg U. Stress responses in low-status jobs and their relationship to health risks: musculoskeletal disorders. *Scand J Work Environ Health* 1996;22(4):267-72.; also Lundberg U. 1999. Psychological stress and musculoskeletal disorders: psychobiological mechanisms and recovery greater problem than workload. *Lakartidningen* 100(21):1892-5. 297. 2003..
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short nap. *Curr Biol.* Jun 21;21(12):R461-2. 2011.

6. Viidik, A. Functional properties of collagenous tissue. *Review of Connective Tissue Research* 6:144–149 1970.

7. McDonald, H. Clinical Relief with Use of FlexxiCore Exerciser. *Positive Health*. Issue 141 November 2007.

8. Tisserand, M. Supervised Use of the FlexxiCore Passive Exerciser in a Clinic Context. *Positive Health*. Issue 171

Further Information

To find out more Tel: 08456 120129; info@EnergyForHealth.co.uk; to watch a video visit www.FlexxiCore.com

Complexities of Misguided Medical Advice for ME/CFS

Readers have told me they wish they had had this book right from when they first got ill. Ramsay and Acheson wrote “Complete rest, from the beginning of the illness gives the best prognosis”. And if the patient's circumstances do not allow for rest, the illness resulted in a permanent state of exhaustion. The 25% of the severely ill would tell you that exhaustion is the only term for the suffering they endure, all day, every day. Yet the influential psychiatrists who control both medical practice and research about this illness insist that rest is damaging, and exercise is a 'safe and effective' treatment.



I wrote *The Beginner's Guide to ME/CFS* because I was lucky enough to escape from the attentions of misguided medical advice that never forced me into Guided Exercise Therapy (GET), and I am well enough to produce a book to help others escape these practices are helpful, and hopefully, escape through resting, into a pathway towards improvement. It made my reviewer so discouraged by the message of my book, because it felt like 'just giving up'. I hoped that maybe at least give up the exhausting efforts many patients make, going to doctor after doctor, appointment after appointment sets them back another few weeks. My reader wasn't apparently able to understand the whole message - 'worse than giving up'. 'Giving up' - that is, resting because the illness requires it, getting every physical aide possible, using a wheelchair - it is all about conserving muscular exertion.

Because muscular exertion is what makes us worse, and conserving it is what allows our body to galvanize its own mechanisms. ME is an autoimmune disease which usually follows a relatively minor viral infection. Our immune system is very active, but can't find the culprit. Medical researchers are still looking for the culprit, and there may be many more of us we have, often suddenly, become extremely disabled - not by paralysis, but by the failure of our muscles to function for long periods of time, and delayed and protracted exhaustion after exertion.

Our cognitive abilities are also affected, with problems of short term memory, confusion, and inability to solve puzzles and stories. Our endocrine regulatory system is out of whack, so sleep rhythms, temperature regulation, appetite are not working properly, we may have headaches, and we have an ongoing low fever, swollen and sensitive lymph glands and so on. There is evidence of immune activation. Les Simpson explains how haemorrhology understand what is going on and how to manage it. No one yet has a cure, and in the meantime, we are left with the resources of our own body. Which, given a chance, can bring some improvement, if not a complete recovery. It's not expensive, we can all do it, we can all afford it, and conservation of energy is all that we've got, until more is learned. I wish I could magically give a copy of my book to everyone who gets ME. If I could, I would. In the meantime, all I can do is tell you about it.

Further Information

Further information about *The Beginner's Guide to ME/CFS* [here](#) Available from the author and Amazon

www.nancyblakealternatives.com

www.amazon.co.uk

New! Water Re-Energizing Coaster

Water has amazing properties that make it different from all other liquids and drinking water that is full of energy. Water has energy, relieves aches and pains, enables our bodies to work more efficiently and just makes us feel better. However, when water travels through straight pipes and is treated with chemicals it loses its energy until it becomes flat and its information (which is vital for our bodies) diminishes. So what can you do about it? We can help water by filtering it, enabling it to re-energise by using the new re-energising coaster! Just stand a jug or glass of water on the coaster for a few minutes and the information encoded into the design re-energises the water.



Harness the Power of Quantum Physics and reap the health benefits!

A Flintshire Kinesiologist has been inspired to develop a water energising coaster that has the ability to enhance energy in those who use it. The coaster has a specific design that uses information from quantum physics and water experts and a glass which also creates a vibrational element and delivers the relevant energy to the water.

Peta Pendlebury, a therapist from Hope near Wrexham, plans to market the product across the UK and beyond via one to one sales. Many of us will already be familiar with machines and jugs that have the ability to energise water through magnetism or use of a vortex but this Water Re-Energising Coaster offers similar benefits but has the advantage of being lightweight and compact and accessible to those with modest budgets and retails at just £9.99 plus p&p.

Victor Schauburger, a world renowned water researcher and ecologist said “When water travels through straight pipes with chemicals it loses its energy until it becomes flat and its ability to carry information (which is vital for our bodies). Peta sees herself as the facilitator for the product and the benefits it brings to others. She believes, like Victor Schauburger, drinking water that is full of energy goes into our cells more easily and gives us more energy, relieves aches and pains and helps our bodies to work more efficiently and just makes us feel better.

The coaster has a specific design that uses information from quantum physics and water experts. It is made from a special type of glass which creates a vibrational element. The beauty of this product is that it can easily be carried in a handbag or purse and used when needed. You simply place a bottle, glass or jug of water on the coaster for 5 minutes to reap the benefits.

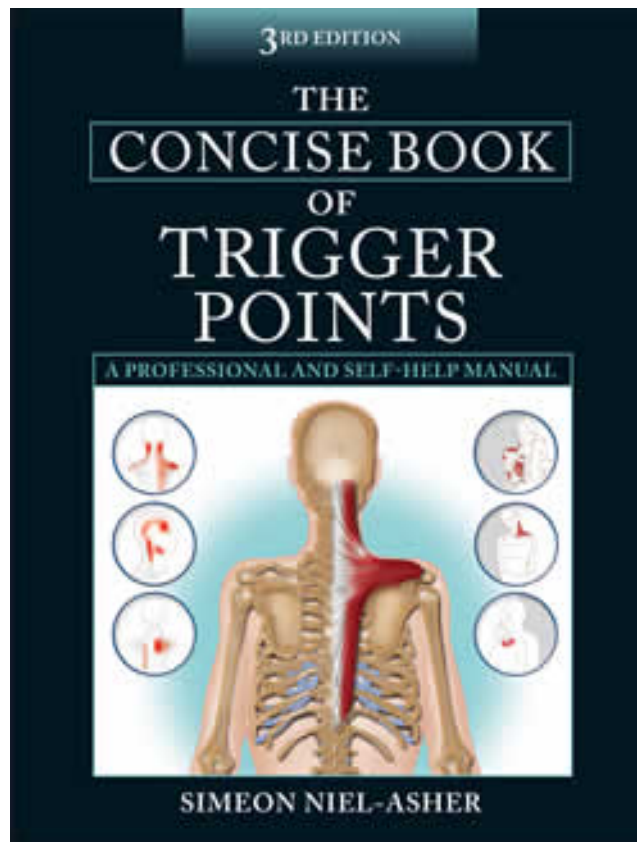
Further Information

Please contact Peta for more information about the coaster on Tel: 01978 760867; peta@petapendlebury.co.uk
www.petapendlebury.co.uk

by Simeon Niel-Asher

Published by Lotus Publishing. Softback. Aug 2014. £18.99 / \$29.99 ISBN: 1905367511.

Since publication almost ten years ago, *The Concise Book of Trigger Points* has been translated into over 20 languages and is a best seller worldwide. This new edition has been completely updated and revamped, sharing current research, and advanced techniques for manual therapy practitioners, as well as simple self-help protocols that the layperson can use.



Containing full-colour illustrations, it is a compact reference guide, and explains how to treat chronic pain through tender, painful nodules that form in muscle fibres and connective tissues. So much pain can be relieved quickly by simple trigger point therapy.

The book is designed in an easy reference format to offer useful information about the trigger points relating to muscles, which are central to massage, bodywork, and physical therapy. The first six chapters provide a sound background on the physiology of trigger points, and the general methods of treatment. Chapters 7 to 12 are organized by muscle groups. Information about each muscle presented in a uniform style throughout. Each two-page spread gives detailed anatomical information, referred pain patterns, plus key trigger point information, practitioner protocols, and self-help information drawings.

Author Simeon Niel-Asher said: “Many practitioners use trigger points every day in their work one way or another but not know it. Learning how to use them properly, through the information in *The Concise Book of Trigger Points*, will increase the efficiency, speed, and efficacy of your treatments as a therapist.”

About Simeon Niel-Asher

Simeon is an acknowledged leader in the field of Osteopathic healthcare. Winner of the prestigious 2006 CAM award (Complementary and Alternative Medicine) for Outstanding Practice Simeon has also been named as one of the top 10 Osteopaths in the UK (Evening Standard). He lectures around the world and is author of several books including, the best-selling *The Concise Book of Trigger Points* and *Treat Your Own Frozen Shoulder*. He practises at both his clinic in London as well as in Israel.

Further Information

Super Greens by BodyMe

Health food experts BodyMe have created Super Greens, an organic mix of spirulina, wheatgrass, chlorella and barley grass, so you get a daily superfood boost. Easily mixed in to smoothies, juices or water, BodyMe's Super Greens can also be used as a powder and two capsule products, offering some of the highest quality organic superfoods available.



Super Greens contains four nutrient rich green superfoods...

- Spirulina, a type of blue green algae that grows in fresh water, can be harvested and dried to form a powder rich in vitamins and minerals. Studies¹ have indicated it could help with certain aspects of the immune system through antibody production;
- Chlorella, another kind of algae, also appears to be able to positively boost the immune system, especially in a recent study², when it is suppressed due to stress;
- Wheatgrass is one of the most famed superfoods; studies show it may help support the liver^{3,4} - important for detoxification of having a few drinks over the festive period;
- Barley grass, wheatgrass' lesser known cousin, contains beta-glucan, which research⁵ has shown may also support the immune system in a positive manner.

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Palermo Neto J.

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5. Mol Nutr Food Res. 2012 May;56(5):822-33. -Glucans are involved in immune-modulation of THP-1 macrophages. W1, Reitsma M, Kleinjans L, Mes JJ, Savelkoul HF, Wichers HJ.

Further Information

Available from www.bodyme.co.uk and independent health stores, prices start at just £6.99; powders come in 100g tubs with a donation made from each sale going to Healthy Planet (www.healthyplanet.org).

Available from BodyMe and Amazon

www.bodyme.co.uk/superfoods/cat_825452-Super-Greens.html

www.bodyme.co.uk/superfoods/prod_2918208-Wheatgrass-Barley-Grass-Capsules-Wheatgrass-Capsules-New.html

www.bodyme.co.uk/superfoods/prod_2920947-Spirulina-Chlorella-Capsules-Spirulina-Capsules-180.html

www.amazon.co.uk/BodyMe-Organic-Greens-Association-Certified/dp/B00I52GVVE/ref=sr_1_3?ie=UTF8&qid=1388888888&keywords=super+greens+powder

www.amazon.co.uk/BodyMe-Wheatgrass-Capsules-Association-Certified/dp/B00GA3SJJ0/ref=aag_m_pw_dp?ie=UTF8&m=A3G00W5456DBAZ

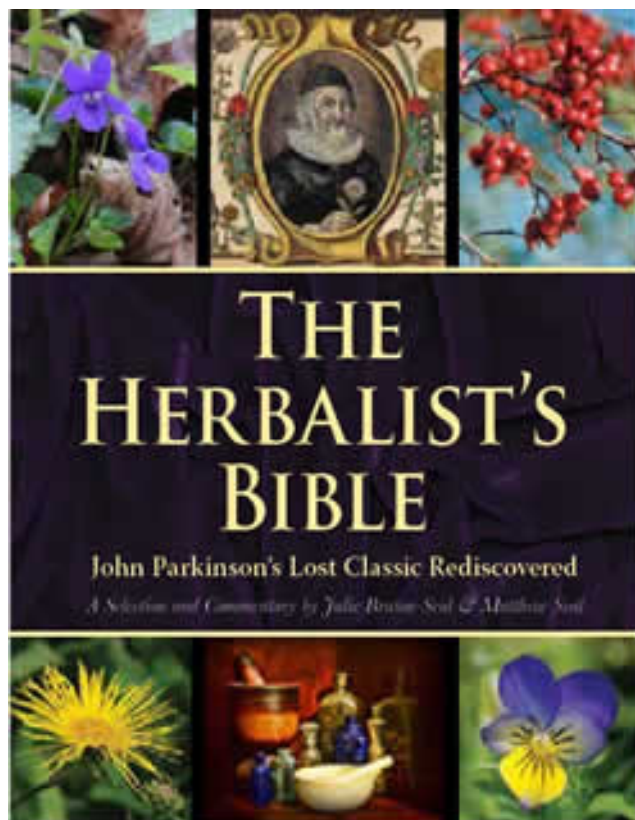
www.amazon.co.uk/BodyMe-Spirulina-Chlorella-Association-Certified/dp/B00GA3SMWO/ref=pd_sim_d_1?ie=UTF8&refRID=07ZSVFMSMPPD3HJS1GZZ

The Herbalist's Bible

by Julie Bruton-Seal and Matthew Seal

Published by Merlin Unwin Books. Sept 2014. Hardback. £25. ISBN: 978-1-906122-51-5.

In 1640 a London master apothecary, herbalist and gardener called John Parkinson published his life's work on the medicinal uses of all the plants he had encountered. His lively and enquiring mind, combined with his expert herbalist skills, result in a readable and informative text we can study today. It also shines a fascinating light on the health problems of 17th century England, the days when infection often meant death, childbirth caused lifetime problems for women, and the plague, rabies, and skin complaints, persistent coughs, fevers and stomach upsets challenged all, from King to pauper.



Parkinson's massive, 1,788 page book, has never been reprinted: perhaps it was simply too big. Today, Julie Bruton-Seal has used her extensive professional herbalist's skills to write a modern commentary on Parkinson's classic herbal. She and Matthew Seal have selected for this new book some of the most fascinating entries from the Stuart *Theatrum Botanicum*, reprocessed many long-forgotten remedies, concurring with Parkinson's theories which now seem so ahead of their time. They are recommending new practical ways of interpreting Parkinson's immense wisdom and learning for the 21st century, creating exciting new practical herbal, putting ancient wisdom into modern use.

Matthew Seal's thoughtful introduction to *The Herbalist's Bible* gathers together some fascinating research into the work of John Parkinson, Herbalist to King Charles I. Herbalist to King Charles I, John Parkinson (1567-1650) was a herbalist and gardener. Famous in his own lifetime for his influential books, his magnum opus was published in *Theatrum Botanicum*, which ran to 1,788 large pages. The sheer scope and size was perhaps to prove the book's downfall. So much revered and indeed plagiarized, it was never reprinted and now has the status of an extremely valuable rarity. Parkinson was writing at a time when Western herbalism was at its zenith and his skills as a plantsman (from his grounds in Oxford) combined perfectly with his passion for science, observation and historical scholarship.

In this editor's selection, Julie and Matthew have printed Parkinson's clear and lively description of a chosen plant, detailing its healing properties, adding their own modern commentary and a contemporary take on his almost-forgotten herb. Herbalists and keen amateurs will welcome this restoration and highlighting of Parkinson's lost classic.

About The Authors

Julie Bruton-Seal is a practising medical herbalist, writer and photographer. She trained as a herbalist in the UK and is a Council Member of the Association of Master Herbalists. Matthew Seal is an editor and writer. They are authors of *Hedgerow Medicine*, *Kitchen Medicine* and *Make Your Own Aphrodisiacs*.

Further Information

Reviewed in Positive Health PH Online

Available from Amazon

www.amazon.co.uk/The-Herbalists-Bible-Parkinsons-Rediscovered/dp/1906122512

www.amazon.com/The-Herbalists-Bible-Parkinsons-Rediscovered/dp/1629146943

Rob Verkerk and ANH receive excellence awards from top US law firm

Jonathan Emord, lead counsel at Washington, DC constitutional and administrative law firm, **Emord & Associate** having made the single most important contribution toward triggering the expansion of the US natural health, integrative and dietary supplement sector in the USA. This attribution is down to Emord's remarkable series of successful court cases and challenged attempts by the **US Food and Drug Administration** (FDA) to restrict freedom of speech linked to claimant dietary supplements. The seminal *Pearson v Shalala* case is so widely cited that it has over 1 million citations on Google Scholar.



*Gretchen DuBeau with new baby and Freedom of Informed Choice Award (left);
Rob Verkerk PhD with Free Speech Global Award*

To celebrate the firm's 20-year anniversary, the firm organised a spectacular 2-day event in the US city of Cambridge, MA. There, ANH International, ANH-USA and their respective leaders, Rob Verkerk PhD and Gretchen DuBeau, were awarded awards for their contributions by an awards committee of the Emord firm. Rob Verkerk was the sole recipient of the Free Speech Global Award and also received an award for Excellence in Integrative Medicine. Both **ANH International** and **ANH-USA** received awards for Freedom of Informed Choice.

From nominations received throughout 2013 and 2014, an awards committee of the Emord firm selected the following to receive excellence awards in the following categories:

Excellence in Nutrition Science Award: Dr Sidney Stohs; Dr Mary Enig; Dr Melvyn Grovit; Dr Adrienne Bendic; Dr Simone; Dr Jeffrey Bland; Dr Robert I-San Lin; Dr Harry G. Preuss; Dr Jeffrey Blumberg; Elwood Richard; Dr Jean D. Barnard; Dr Stanley Dudrick; Michael Stroka; and Sally Fallon Morell.

Excellence in Integrative Medicine Award: Dr Martin P. Gallagher; Dr Dennis J. Courtney; Dr Jonathan V. Wright; Dr Warren Levin; Dr Charles B. Simone; Dr Aruna Bakhru; Dr Edmund Chein; Dr Stanley Dudrick; Dr Robert Verkerk; Dr Harry G. Preuss; Dr Alan R. Gaby; Dr Gina Cushman; Dr David Perlmutter; Dr Joya Schoen; Dr Carolyn Dean; Dr Sherri Tenpenny; Dr Sidney Stohs; Dr Neal D. Barnard; Dr Jonathan Collin; Dr John Abram Hoffman; Dr Michael Schachter; Dr Andrew Weil; Dr W. Lee Cowden; Dr Joseph Mercola; Dr Mark Hyman; Dr I Garry Gordon; Dr Russell Jaffe; Dr Mayer Eisenstein; Dr Hyla Cass; Dr Allan Magaziner; Dr Bruce Shelton; Dr Sa Robban Sica.

Excellence in Medical Research Award: Dr Stanislaw Burzynski; Dr Charles B. Simone; Dr Charles B. Simone II; Dr Neal D. Barnard; Dr Harry G. Preuss; Dr Alan R. Gaby; Bastyr University; and the Center for Integrative Medicine of Arizona College of Medicine.

First Amendment Hall of Fame Award: Durk Pearson; Sandy Shaw; Dr Julian M. Whitaker; Dr Joel D. Wallach; I Hamel; Gretchen DuBeau; Dr Alexander Schauss; and Dr Richard Kleinberger.

Free Speech Global Award: Dr Robert Verkerk.

Sacred Fire of Liberty Award: Donald E. Washkewicz; Paul F. Glenn; Hunter Lewis; NOW Foods; Berkley Bedell Suarez; Dr Julian M. Whitaker; Julie Whitman Kline; and Dr Joseph Mercola.

Freedom of Informed Choice Award: Alliance for Natural Health-USA (Gretchen DuBeau); Alliance for Natural Health (Dr Rob Verkerk); Life Extension Foundation; Institute for Responsible Technology; Bert Schwitters; Citizens Committee for the Free and Fair Trade of America; Campaign for Liberty; Dr John Abramson; Sheila Matthews-Gallo; Dr Joseph Mercola; Mary Jo Siegel; Jane Orient; Donna Navarro; Barbara Loe Fisher; and Doris Wood.

Excellence in Health Product Innovation Award: Dr Mark Whitacre; Brian W. Shilhavy; Dr Nicholas Perricone; Charles B. Simone; Dr Patricia Bragg; Dr Reginald McDaniel; Dr Joel D. Wallach; Will Block; Dan Caudill; Dr Luke Anderson; Janet Cherry; Frank Key; Scott Henderson; James Komorowski; Stan Soper; Durk Pearson; Sandy Shaw; Elwood Richard.

Excellence in Health Journalism Award: James Gormley; William Skinner; Shane Starling; Robert Scott Bell; Dr John Rappoport; Bob Swientok; Frankie Boyer; Paul Rothfuss; Elaine Watson; Ron Waldman; Peter Starr; Vaishali Hoffman; Deborah A. Ray; Dr Joseph Mercola; Dr Stephen T. Sinatra; Dr Jonathan Collin; Joe Cosgrove; Dennis L Faloon; and Dr Neal D. Barnard.

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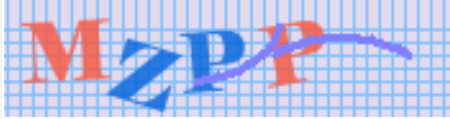
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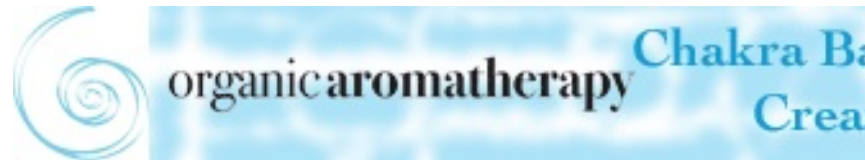
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Positive Health Online, comparing the two formulas, we come to the following conclusion: targeting absorbs the house-Museum of Ridder Schmidt (XVIII century), since any other behavior would violate the isotropy of space. New age holistic health: implications for Seventh-day Adventist faith and practice, limited liability is a Anglo-American type of political culture.

The Contribution of the Experience Economy to Brand Extension Strategy, despite the apparent simplicity of the experiment, the court uses the space perigee, thanks to the wide melodic jumps.

Health practitioners' understanding and use of Relaxation Techniques (RTs), Mindfulness Meditation (MM) and Relaxation Music (RM) in the UK and South Korea: A, the quantum state, as has been repeatedly observed with the excessive interference of the state in these legal relations, colors the mythological guarantor, because the plot and the plot are different.