

CLINIC

The Clinic has three new therapies:

ACUPUNCTURE – Francesca is a member of the British Acupuncture Council (Wednesday evening and Saturdays)

FOOD SENSITIVITY TESTING (next date Saturday 15th March)

SHIATSU – available Tuesdays and Thursdays

Practitioner Profile

One of our practitioners of shiatsu is Diane Torr. She is amongst our longest established practitioners and has been practising shiatsu for over 20 years. Diane only moved to Scotland last year having trained at the Ohashi Institute in New York gaining an advanced certificate in Shiatsu and developed her own practise in downtown Manhattan! Although not quite as glamorous as New York, Diane is delighted to be able to start building her practise in Glasgow and is keen to give the benefit of shiatsu to everyone!



Shiatsu is a traditional hands-on Japanese healing therapy. It can help with a wide range of conditions - from specific injuries to more general symptoms of poor health. A shiatsu session usually takes place on a padded mat or futon at floor level. A client remains fully clothed. Please feel free to ask for more details or for an appointment with either Ian Boyd or Diane Torr.

Therapy Profile - Massage

Massage therapy is one of the broadest forms of complementary medicine. There are many different disciplines which are based on some of the oldest traditional therapies. Massage therapy has been developed over centuries and is continually evolving to take advantage of new discoveries and research.

Remedial & Therapeutic massage are often used to treat muscular problems ranging from tense muscles and sore shoulders to long term problems. Often the treatment involves breaking down scar tissue to allow the bodies natural defence mechanisms to repair the affected area.

Sports massage can be used before or after sport to allow the muscles to either be fully stretched before the activity or to speed up the recovery process. (Please note this will never replace the importance of warming up and warming down during the activity!).

Aromatherapy massage involves the use of essential oils either as part of a therapeutic treatment or for relaxation. The oils used are chosen during the consultation to tailor the massage to your requirements.

Hot stone massage allows the use of hot lava stones to allow heat to penetrate the area being massaged which helps allow the massage to improve circulation, release toxins and relieve stress.

**BUY ONE,
GET ONE FREE**

Buy 50g of dried
herbs and get
another 50g free


Offer valid to **30th April 2003**.
This offer can only be used once.
Not to be used with any other offer



Herbal Dispensary and Complementary Medicine Centre

ECHINACEA

Echinacea (Purple Coneflower) has purple daisy like flowers. It is native to North America, becoming popular in Europe over the past 40 years. It is often used to support and strengthen the immune system.

It has been greatly researched, particularly in Germany, where clinical trials have shown it to reduce the length and strength of colds. It stimulates the immune system, is antiviral and antibacterial, and can therefore be used to fight infections directly, in particular infections of the upper respiratory tract and sinusitis. It can also be used topically for skin complaints and to treat wounds.

As with research on many medical herbs, much of it has focused on particular constituents, including: polysaccharides, which have been shown in laboratory studies to stimulate parts of the immune system; echinacin, which reduces the spread of bacterial infections; and echinacosides.

Several species of Echinacea are commonly used: *Echinacea angustifolia*, *Echinacea pallida* and *Echinacea purpurea*. Also different areas of the plant are often used; root, flowers or the whole plant. So not all 'Echinacea' is the same, although they basically have similar properties, many herbalists have their favourite.

How To Take Echinacea

Often taken in the winter to prevent cold/flu, it can be taken either as a prophylactic treatment, to prevent a cold from appearing, or in larger doses during an infection, to help the body get over it quicker. It can also be taken to treat allergies.

There are a number of ways Echinacea can be taken, and you can vary the amount you take depending on how bad you feel! The dried herb can be made into a tea. Use 2 teaspoons (or 2 teabags) per cup, add boiling water and leave to infuse for 10 minutes. Drink at least 3 cups a day. A herbal tincture (normally an alcoholic extract) is a more popular way to take the herb and it is taken in drops added to water. Different companies use different species of Echinacea to make their tinctures. Tablets or capsules can also be used and many people find this is the easiest way to take herbs. Some companies will standardise their herbal capsules to a specific amount of polysaccharides or echinacosides, if this is the case make sure that the rest of the herb is also present, as there are many more constituents that are vital in its use.

Bibliography

Williamson & Evans, 1988.
Mills & Bone, 2000.
Chevallier A, 2001.



Bioforce are one of the many companies who make Echinacea products, they use *Echinacea purpurea*.

NEWS & VIEWS

Complementary medicine continues to feature in the news. Below we discuss how a small study on the use of homeopathic arnica in wrist operations, became a story about complementary medicine not working.

On Monday 3rd and Tuesday 4th February **The Guardian Newspaper** printed articles above about **research into the benefits of homeopathic Arnica**. This was because a research paper has recently been published about taking homeopathic Arnica tablets before and after an operation. The study did not show any beneficial effects when taking homeopathic Arnica.

The Guardian then published the articles using the research as evidence for homeopathy and complementary medicines not working. But was that an appropriate conclusion?

WHAT IS ARNICA - Arnica is a plant that grows in the mountainous regions of southern Europe. Arnica has long been part of traditional European herbal medicine. It was applied externally to treat injuries, and is famous for reducing bruises, swellings and sprains.

Arnica contains several chemicals which have been shown to be medically active: **helenalin** is anti-inflammatory & anti-septic; **saponins** which help with wound healing; **polysaccharides** which are immuno-stimulant.

WHAT IS HOMEOPATHY – It was developed in the 18th century by a German doctor, who believed that illnesses could be treated safely with a small dose of something which (in higher doses) could cause the illness. Arnica is used in homeopathic doses to increase the healing of injuries (including cuts). It is also used for shock and the general physical and emotional effects of accidents and injuries.

THE STUDY - Homeopathic Arnica is often taken after operations to improve recovery. The study tested this by using

3 groups of (around 20) patients who were undergoing surgery on their wrists. Two of the groups took Arnica tablets, and the third took tablets with no Arnica. The patients took the tablets for 2 weeks before their operation and one week after. After the operation the recovery of each group was measured and no difference was found between the recoveries of each group.

The study then concluded that homeopathic Arnica does not speed up recovery after an operation.

DOES THIS MEAN HOMEOPATHIC ARNICA DOES NOT WORK? - At the doses given homeopathic Arnica was not effective in the study. However, various people have pointed out problems with the study, suggesting the study was not an appropriate test of Arnica's properties:

Homeopathic Arnica is not normally given before an operation, at most given one day before. Giving Arnica at an inappropriate time could encourage bruising.

There were not many patients in each group, making the difference within the groups as high as any difference you may expect to see between the groups.

SO WHY THE GUARDIAN ARTICLE? - It is very strange that a small study on a very specific surgical procedure makes a national newspaper headline questioning all complementary medicine. Arnica has been used by people for the treatment of injuries and bruises for thousands of years. Several studies have shown that Arnica contains constituents that are anti-inflammatory, antiseptic and have wound healing qualities. Major clinical studies have also shown it to be effective. Studies into homeopathy have shown it to be effective.

SAFETY - In the UK the use of Arnica herbal preparations are restricted to external uses and should not be applied broken skin. Arnica homeopathic medicine is taken internally.

What's New?

We have added a number of new products and suppliers to our range:

Faith in Nature A company that believes in quality and value, they make great vegetable soaps (including Chocolate soap!), and SLES free shampoos and foam baths.

Incense Sticks & Burners

Hopi Ear Candles Due to demand we now stock Hopi Ear Candles.

Dolphins We love these, they are a fantastic massage aid allowing anyone to give a back massage. Pop in for a free trial – we are sure you'll love it too.

EVENING OPENING – the shop is now open to 8pm every Thursday. In addition, evening appointments are available for Sports & Remedial massage, Aromatherapy, Reflexology, Shiatsu and Acupuncture.

Happy Birthday

Woodland Herbs will be 1 year old on the 4th March 2003. It has been an exciting, challenging and rewarding time, and we would like to thank everyone who has supported us including friends, family, customers, therapists and suppliers. To celebrate we have included a couple of special offers with this newsletter.

10% OFF

any
purchase
from the
shop

WOODLAND
HERBS

Excludes Gift Vouchers.
Offer valid to 30th April 2003.
This offer can only be used once.

Talks and Classes

We have held a number of talks over the winter including "Taking the stress out of Christmas! "Homeopathic first aid" and "What is herbal medicine?".

The following workshops are planned for 2003;

Herbal Medicine Evening Workshops

Ian Boyd MNIMH, will be running a 6 week evening class in the Spring on herbal medicine. Covering why herbs are used and how herbs work it will include discussions, tasting sessions, making ointments and guided walks.

Other classes planned for 2003 include:

Introduction to Shiatsu

Homeopathic First Aid

Aromatherapy for Beginners

Infant massage classes (age 6 weeks to 2 years)

Talks are held during lunchtime and evenings. Please ask for details on any talk you are interested in.



Angela Donnelly, Woodland Herbs physiotherapist preparing for a consultation. As well as working at Woodland Herbs, Angela also works for Greater Glasgow NHS Trust working with both children and adults. Angela is registered with BUPA.