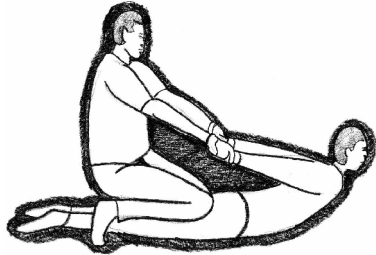


CLINIC

THERAPY FOCUS

Thai Yoga Massage



Thai Massage originated in India and arrived in Thailand at the same time as Buddhism around 3rd Century BC. The legendary founder was a contemporary of Buddha, a physician called Jivaka Kumar Bhaccha.

His teachings were passed down orally from teacher to student. In 1832 diagrams illustrating the knowledge were carved in stone and placed on the walls of Wat Pho (a temple in Bangkok), since the original texts had been destroyed, when the Burmese sacked the then capital Ayutthia in 1767.

The theory behind Thai massage is that the practitioner works on 10 main energy (sen) lines. On these lines there are important acupressure points which can open up blockages, stimulate flow of energy and help restore general well-being. This is the same theory as Chinese acupuncture and acupressure, as well as the Japanese system of Shiatsu (although the energy lines in these systems are called meridians).

Traditional Thai Massage is practised across Thailand, where it is used to stay fit and healthy. The massage takes place on a mat on the floor, and the client remains fully clothed throughout. It incorporates acupressure, stretching and breathing exercises, and, since it has a basis in Yoga teaching, incorporates many Yoga positions. The treatment lasts between 1 ½ and 2 hours, and tends to put the client into

a deep state of relaxation, followed by a subtle boost of renewed energy.

Anyone can experience Thai Yoga Massage, as the practitioner tailors the treatment to the individual, taking the clients' current medical condition into consideration



Barney Green practices Thai Yoga Massage at **Woodland Herbs** clinic on Mondays, Thursdays and selected Saturdays. Morning, afternoon and evening appointments are available. Barney trained in Thai Yoga Massage in London and Thailand. He practised massage in a number of clinics in London, and taught at two colleges before moving to Glasgow. His other therapies include Reflexology, Therapeutic Massage, Aromatherapy and Indian Head Massage.

First Visit (2 hours) **£50**

Return visits (90 minutes) **£40**

Want to Try Thai?

25% OFF any first appointment for a Thai Yoga Massage

TERMS AND CONDITIONS: Valid during July and August 2005. Not valid with any other offer.

New Therapists & Therapies

Iona Robertson has joined us offering Sports Massage. Her background as an international tri-athlete gives her insight into the treatment of sportsmen and women.

MULLIEN – VERBASCUM THAPSUS

MAKE YOUR OWN INFUSED OIL

Infused oils are made from a quantity of herb (fresh or dried) and an oil, for instance sweet almond oil, soya or even plain old sunflower or olive oil.

Sun Infused Method: Place the herb in a clear jar, cover with oil and seal (with a lid). Do not leave a large gap at the top of the jar, to prevent oxidation of the oil. Place the jar in the sunlight, either in the garden or on a sunny windowsill, and leave for several weeks. Shake the jar occasionally.

Heat Infused Method: If you are suffering from a lack of sunlight or a lack of time, then try the quicker method: heat the oil and herbs gently in a water bath (by placing the jar in a pan of simmering water) for a couple of hours. In this case only place the lid on the jar, *do not seal it*.

After the oils have been infused, strain the herbs off (using muslin or filter paper) and put the oil in a clean, dry (preferably dark) bottle and label. If you used fresh herbs remove any water left in the infusion, to reduce bacterial growth. You could increase the shelf life of the infused oil by adding a small amount of vitamin E (from a vitamin E capsule or from wheatgerm oil).

Bibliography

- CHEVALLIER A, 2001. *Encyclopaedia of Medicinal Plants*.
- BLUMENTHAL ET AL, 2000, *Herbal Medicine. Expanded Commission E Monographs*.
- BARTRAM T, 1998. *Bartram's Encyclopaedia of Herbal Medicine*.

Since January the popularity of Mullein has soared, partly due to the number of colds and flu's that have been about this year, and partly due to its inclusion in the Gillian McKeith's book "You Are What You Eat". Mullein is British herb with the species *Verbascum thapsus* being native.

Although used for millennia for chest problems, it was popularised by the Irish physician Dr Quinlan as an Irish treatment for tuberculosis. A handful of green mullein leaves were boiled in 2 pints of milk. The milk was then strained, sweetened with honey and drunk at least once a day. It "soothed the lungs, increased weight and restored vitality"³.

USES FOR MULLEIN

Mullein has 2 main modern uses; for **respiratory conditions** and for **the ear**.

When used for **respiratory conditions** it is normally taken as the tea or tincture and is indicated for dry conditions, it is both expectorant (helping to remove mucous) and demulcent (soothing and protecting the mucous membranes). This means it may be suitable for: stubborn catarrh, dry irritating coughs, hoarseness, sore throats, bronchitis, asthma, whooping cough, sinusitis, hayfever^{1,3}. It also has a cleansing action on the lymphatic system and is antiviral²; helping to clear infections, including infections of the respiratory system.

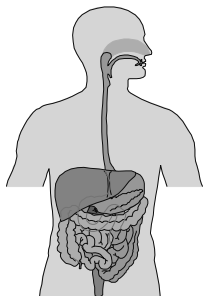
For the ear mullein can be taken internally or applied externally. In Germany it is most commonly applied topically as an infused oil, where it may be used to treat otitis media and eczema of the ear², but it can also be used for pain in the ear (due to catarrh) and ear infections.

Disclaimer: The information in this leaflet is to assist in the use of herbs. It is not intended to replace the advice of a professional.

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HERBAL MEDICINE AWARENESS WEEK – DIGESTIVE HEALTH



This year's Herbal Medicine Awareness Week was held during May with the theme of Digestive Health. The topic was selected because digestion and nutrition are key to well being and healing. It is also something that herbs treat very effectively – either through a herbalist or as self-help remedies.

Common Problems

- **Acid reflux** (heartburn) is caused by stomach acid reaching the walls of the stomach or the oesophagus. If untreated permanent damage can occur.
- **Constipation** can be painful and may lead to problems such as diverticulitis. Long term treatment should focus on dietary changes, and not stimulant laxatives which can lead to a 'lazy bowel'.
- **Diarrhoea** may be temporary if caused by a stomach bug. However seek advice if it is severe, or lasts more than a couple of days.
- **IBS** (Irritable Bowel Syndrome) covers a wide range of symptoms and can ruin lives. Keeping a 'food, stress and symptoms' diary can be a good start to understanding what causes an individual's IBS.

Common Herbs

- **Peppermint** (*Mentha piperita*) is a traditional remedy for bloating and wind. The origin of the 'after dinner mint' was peppermint tea drunk after a meal.
- **Slippery Elm** (*Ulmus fulva*) is a fantastic herb which can offer instant relief from heartburn and is useful throughout the digestive tract as a healing and nutritious herb. It is normally taken as a gruel (a very slimy paste!).
- **Psyllium Seeds / Linseeds** can be useful to provide bulk fibre to help prevent constipation. They also help to heal the digestive tract.
- **Chamomile** (*Chamomilla recutita*) tea can help soothe digestive problems,

reducing indigestion.

- Bitter herbs (for example **Centauray** (*Centaureum erythraea*) or **Gentian** (*Gentiana lutea*)) can be used to stimulate the digestive process.
- **Senna** (*Cassia angustifolia*) is a stimulant laxative suitable for *occasional* use to overcome infrequent constipation.
- Although not a herb, **charcoal** is a very popular remedy for excess wind.

Possible Lifestyle / Dietary Changes

Indigestion is often caused by eating too fast, too much or the wrong foods.

- Drink enough water (often the most important thing when treating persistent constipation).
- Chew your food thoroughly.
- Sit down at the table to eat.

Strangely we are always happy to discuss people's digestion and are not too embarrassed to discuss bowel movements. Feel free to pop in to the shop or call us to discuss any remedies or issues that you are interested in.

As part of this year's herbal medicine awareness week we are offering the first 3 weeks medicine free with any visit to see one of our Medical Herbalists.

First 3 weeks medicine provided free with any initial consultation with a medical herbalist.

A 1 hour consultation costs £25. The first 3 weeks medicine will be free of charge. The typical price of 3 weeks medicine is £12.50.

Terms and Conditions: Not valid with any other offer. Offer ends 30th September

Contraindications & Precautions

Although many digestive complaints can be managed by self-treatment it is important to consult a health professional if you have: blood in your stools, painful bowel movements, unexplained nausea, sudden and unexplained weight loss, sudden severe constipation or diarrhoea or a sharp pain in the lower right hand side of the abdomen.

COURSES

We are running a selection of courses over the Summer and Autumn Period. The courses are informative, interactive and fun. If you see a course that interests you please get in touch to book your place.



CHILDREN'S HERBAL WORKSHOPS

Explore the world of herbs through story, drawing, planting, making teas, sachets, posies, creams and lots more. The courses are being run by Medical Herbalist, Maureen Russell MNIMH. Maureen is a qualified teacher.

Date and Time: Friday 8th July to Friday 12th August from 11am to 1pm
Cost: £12.50 each or £60 for all 6 (includes materials)

HERBAL MEDICINE AND ITS USES

A series of classes and workshops based on different themes. Available as single evening workshop on a topic of interest or forming a 6 week course. Classes include latest research, traditional remedies, making your own remedies and more.

5th July : Herbal treatment for **digestive problems** (IBS, heartburn and more)

12th July: Herbal treatment for **anxiety and stress**

19th July: Herbal treatment for **eczema and other skin complaints**

26th July: Herbal treatment for **arthritis and other frequent age-related issues**

2nd August: **Women's Health**

9th August: **Guided Herb Walk** (*may be rescheduled subject to weather conditions*)

Times: 7pm to 9pm **Cost:** £12.50 each or £60 for all 6 (includes materials)

HOMEOPATHIC FIRST AID EVENING CLASS

Homeopathic First Aid with Joan Thomson RGN MLCHom. Homeopathy is a gentle therapy that is suitable for all. During the course you will learn about homeopathic remedies and make your own homeopathic first aid kit.

Date and Time: Tuesday 9th August to Tuesday 13th September from 7pm to 9pm

Cost: £80 (*concessions available*)

SEATED MASSAGE (for therapists)

Shiatsu in Sitting Position with John Williamson MRSS. A course for massage and bodywork therapists. This course offers the opportunity to add some shiatsu pressure and stretching to your own bodywork.

Date and Time: Tuesday 13th September to Tuesday 25th October 7pm to 9pm **Cost:** £80



INTRODUCTION TO HERBAL MEDICINE

How to make herbal medicines and creams for home use and common ailments. Learn how herbs work, when to use herbs, and an introduction to herbal remedies. Highlights include guest speakers, herb walks and making your own remedies. The course tutor is Medical Herbalist Ian Boyd MNIMH.

Date and Time: Monday 15th August to Monday 19th September 7pm to 9pm

Second Dates: Tuesday 1st November to Tuesday 29th November 7.30pm to 9.30pm

Cost: £60 (*includes materials*)