

THE CLINIC

Practitioners¹

Victoria Smith MA, MGCP

Victoria is a clinical aromatherapist, on-site acupressure massage therapist and Reiki practitioner. By building a caring relationship with her regular patients, she has found that new interest often comes through recommendations. She has been in practise since 1997.

Jean Malik GSSR, MSIR

Jean practises reflexology, on-site acupressure massage, Indian head massage and Reiki. Since qualifying she has practiced in a number of different circumstances, including at the Relaxation Station at Glasgow Airport and for the Living It Up programme (Glasgow City Council).

Katriona Telford PGDip, MNIMH

Katriona recently qualified from the Scottish School of Herbal Medicine, her experience as a herbalist builds on her experience as a nurse. She has been a nurse for 15 years

Angela Donnelly BSc, MCSP, SRP, AACP, OCPPP

Angela qualified in Physiotherapy in 1988 and since qualifying has worked both for the NHS and in private practise. She has also trained in acupuncture and aromatherapy. She is experienced in treating both adults and children.

Maureen Russell PGDip, MNIMH

Maureen has trained in many fields – teaching, counselling, massage, aromatherapy, reflexology and herbalism – related to the care of the physical, mental, emotional and spiritual aspects of the human being. Her work with essential oils over many years led her to explore the much wider herbal arena; she is currently training as a Shaman.

Therapies

Acupressure massage is performed through clothing, with the recipient seated in a specially designed chair. Pressure is applied to the acupressure points, leaving the recipient calm, yet energised and focused. This type of

massage is often used in the workplace (e.g. office) and is sometimes referred to as 'On-Site Massage'.

Aromatherapy uses essential oils, extracted from plants and trees in conjunction with massage to promote health and healing in body, mind and spirit. A session normally lasts an hour, enabling the practitioner take a case history and therefore to tailor the treatment to you and your needs.

Medical Herbalism is the oldest and still the most popular form of medicine throughout the world. Medical herbalists in Britain use herbs from a wide range of traditions, especially herbs local to Europe, to treat both physical and emotional problems. The herbalist takes a full case history during the initial consultation, which lasts around an hour. Four years training in medical herbalism enables the herbalist to prescribe a mix of herbs specific for you and your requirements.

Homœopathy treats the patient, not the disease, by assisting the body's natural tendency to heal itself. It uses minute quantities of substances, which in normal circumstances would cause the symptoms that they relieve. For instance the coffee homœopathic remedy may be used to treat insomnia.

Physiotherapy can help with a wide range of conditions: joint pain or stiffness, back and neck problems, soft tissue and sports injuries, work related injuries, stress, paediatric conditions, and neurological conditions. With many of these injuries it is important to have physiotherapy treatment as soon as possible after the injury. Seeing a physiotherapist privately enables you to avoid waiting lists, therefore speeding recovery.

Reflexology works on zones on the feet and hands, which are connected to the organs, glands and other systems of the body. By applying gentle massage and pressure to these zones the whole body can be treated. Reflexology is used to alleviate a wide range of ailments, as well as for relaxation and stress.



Herbal Dispensary and Complementary Medicine Centre

Woodland Herbs is a Herbal Dispensary and Complementary Medicine Centre based in the Charing Cross area of Glasgow.

We call ourselves a "Herbal Dispensary and Complementary Medicine Centre" to reflect our focus on herbal medicine, but also the fact that we aim to provide a resource to our customers on complementary medicine in general. If a customer would like information on therapies, products, training or recent developments then we will try to help and if we cannot, then we aim to act as a gateway to the right people or places.

Jacqueline Robertson manages the centre, with Anna Hill assisting. **Jacqueline**, having managed a Herbal Dispensary in Partick for nearly 10 years, is probably Glasgow's most experienced herbal dispensary manager. **Anna** is currently studying for a BSc in Herbal Medicine with the Scottish School of Herbal Medicine, having previously completed a PhD in physiology at the University of London. Prior to working at Woodland Herbs she worked alongside Jacqueline as a dispensary assistant. We also have a number of part time workers who cover for Anna or Jacqueline when they have holidays, who are all passionate about herbal medicine.

What is Complementary Medicine?

In the recent government report on complementary health, therapies were always discussed as Complementary and Alternative Medicine (CAM). However, the terms Complementary Medicine and Alternative Medicine are not interchangeable.

Practitioners of complementary medicine see their therapies as a complement to orthodox medicine (as used in the National Health). This means they will always take into account any medication that is being taken by the patient, and will never recommend that the patient does not inform their doctor that the patient is attending the complementary practitioner. However it remains the prerogative of the patient to inform both the complementary

practitioner and their GP of any other medication they are taking.

Alternative medicine is used by patients who would like an alternative to orthodox medicine, and who refuse to be treated by orthodox medicine. Alternative medicine is rarely practiced, as many people like to leave their options, but complementary practitioners may practise alternative medicine if requested. It is still the prerogative of the patient to inform all concerned in their health of any actions they are taking.

THE SHOP

The herbal dispensary carries an extensive range of dried herbs, herbal tinctures and creams. The herbal dispensary also hosts our shop which stocks a range of vitamins and supplements, herbal and homeopathic remedies and a natural body care range. We also stock gifts and books. We aim to stock organic products where possible, and if not suitable products of as high quality as possible, as we believe that if you are taking a substance for your health it is important that it is of good quality. We also stock many of the base ingredients that you may need to make your own herbal remedies (i.e. to make an ointment or cream).

We can give advice on use of the 'over the counter' remedies, but if it is not appropriate for the person to be treated over the counter then we can recommend that they book in for a full consultation with one of our practitioners. This is the advantage of having both a shop and a clinic.

The clinic caters for a range of therapies and has good disabled access. Our practitioners are drawn from all over the West Coast of Scotland. They are vetted to ensure that they are fully qualified and insured and also that they will fit in with the people and the environment that we have created.

¹ All practitioners at Woodland Herbs are qualified, insured and registered with the appropriate bodies.

NEWS ITEMS

Are Vitamins Good For Your Health?

A recent study,¹ reported in the national news, has shown that vitamins are not protective against severe heart disease (and other vascular disease). As with many news reports on scientific studies, the claims made in the newspapers and on the television were misinterpreted. The study looked at the effect of taking antioxidant vitamins (A, C and E) over a period of (on average) 5 years, in patients with a 'substantial 5-year risk of death from coronary heart disease'. In these patients it was found that the vitamin treatment did not change the likelihood of an adverse event (compared to placebo tablets).

The study looked at the effects of antioxidants on heart disease because of scientific evidence suggesting that these vitamins reduce the build up of atherosclerosis^{2,3} (a major cause of heart disease). Clinical studies have confirmed the protective effects of antioxidants in a number of different types of patient,^{4,5} but the effect of antioxidant supplementation had not been tested in a group of high risk patients.

At Woodland Herbs we believe that the healthiest way to obtain vitamins and minerals is via a healthy, wholefood diet. However many people do not have a healthy diet, or require supplementation for other reasons, therefore supplementation can be beneficial as part of a healthy lifestyle, to make up for vitamin or mineral deficiencies. However we always recommend that anyone who has serious illness (such as a 'substantial 5-year risk of death from coronary heart disease') does not self-treat the condition with vitamins. This is not because vitamins can cause any harm (as the study¹ confirms), but because any treatment should be in conjunction with a health professional.

Taking responsibility for your health is always worthwhile, this may include changing your diet, changing exercise regimes or/and supplementation. But if you are undergoing any treatment with your doctor (or another health professional) it is always advisable to inform them of any self-supplementation (including vitamins, minerals or herbs).

References

1. Lancet 2002; **360**: 23-33

2. N Engl J Med 1989; **320**: 915-24

3. N Engl J Med 1997; **337**: 408-416

4. N Engl J Med 1996; **334**: 1156-62

5. Am J Clin Nutr 1999; **69**: 261-6

The European and British Legislation on Vitamins and Herbs

The selling of herbal remedies within the UK is currently being regulated by the 1968 Medicines Act, with amendments applied since. There are now moves in the European Parliament to increase the regulations on the sale of supplements and herbal medicines (via the Food Supplements Directive and the Traditional Herbal Medicinal Products Directive). These are proposed to make the sale of these products safe throughout Europe. However, when it is considered that some European countries have banned the sale of tea tree essential oil and homeopathic arnica, it is plain to see that this will severely limit the availability of a wide range of products.

It is important for the public to be protected against false claims and dangerous products, but this needs to be done without reducing the choice for everyone. If the amount of safe information was increased at the point of sale (to sell a herbal product you currently need no knowledge of what it is you are selling), rather than the choice of remedies reduced, then the safety of the general public could be upheld.

The directive on herbal products will force herbal remedies into the formal regulatory environment of pharmaceutical drugs. By forcing more research to be performed on a remedy before it gets a product licence, the sale of remedies will be limited to the companies who can afford the research and trials (i.e. pharmaceutical companies). However, if a company is to spend millions of pounds researching a remedy it will only be for remedies which they can make money from (i.e. a product which can have a patent taken out on it), this effectively means the banning of herbs, as a whole plant cannot be patented.

If you are interested in finding out any more about the campaigns against these directives then take a look at these websites: www.healthchoice.org.uk, www.vitamins-for-all.org.

EVENTS

To promote both the business and natural health in general, we have attended or are intending to attend a variety of events.

In June we sponsored the **Scottish Canoe Polo Championships**, at Clyde Muirshiel Regional Park. As part of sponsoring the event we also attended with a mini version of the shop and an on-site masseur (Jean and Victoria). If you can imagine 10 canoes in a small area fighting for control of a ball, I am sure you can imagine why the prime sellers at the event were muscle rubs and arnica cream. The popularity of the on-site massage on the second day of the event showed that not all canoeists have learnt about warming up before exercise!



Tom (who painted the shop door... and floor!) ready to commence battle.

Other events coming up that we are attending are The Glasgow Show and the Scottish Alternative Health Exhibition. **The Glasgow Show** (24th-25th August) is a garden show taking place at Victoria Park for the second year running, as well as a large range of stalls selling plants and gardening paraphernalia, there is a wide range of craft stalls. We hope our presence will encourage those who grow herbs to use them.

We are also attending the **Scottish Alternative Health Exhibition** (commonly known as Connections) at Candleriggs on 26th-27th October, where Katriona Telford will give a talk titled :- *"What's in it for me – Making Your Own Products"*

Each of these events look to be fun, why not come along?

Talks and Demonstrations

We are hosting talks on a wide range of topics in the health and complementary field. These talks will be given by our practitioners or by guest speakers.

The first talk will be 'Herbs for Health', presented by Katriona Telford (one of the medical herbalists). It will take place on 23rd August from 1pm to 1.40pm. All are welcome to attend.

The talks are "free", however as places are limited we are selling tickets for £2 for each talk, the price of which can be redeemed in the shop. Classes will also be run, for which there will be a charge.

Future talks and classes will take place during the day or in the evening. Examples are given below, nearer the time we will be able to give further information on the time and location.

Possible Talks

- Treating mother and baby with herbs;
- Learn to meditate (and relax);
- Stress management;
- Using essential oils (safely);
- Detox your life;
- Homeopathy-what is it all about;
- Nutrition and supplements;
- Reflexology and ... (fill in the blank!);
- Back pain!

Possible Classes

- Baby Massage
- Basic Herbal Medicine
- Yoga

If you are particularly interested in one of the classes mentioned it would be useful if you let us know. Or if there is a subject you are interested in but not mentioned then let us know, if there is enough interest we will try to organise a suitable talk.

We can also organise talks for groups or clubs, contact Anna or Jacqueline for further information.