

# Welcome to Herbalist Health!

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Herbal medicine is the use of plant remedies to treat disease, it is a complimentary therapy that can be used to compliment orthodox medicines and work along with it as well as on its own.

Plants contain chemical compounds which we are able to identify and therefore understand how and why they work.

Qualified medical herbalists are trained in the same diagnostic skills as conventional Doctors but approach each illness by looking at the patient holistically.

Herbs when supplied by a qualified medical herbalist have a good reputation for both efficacy and safety with few if any side effects.

Due to a herbalists extensive training (4 Years) the herbs that can interact with prescription drugs are fully understood and carefully considered.

Most but not all health food shops will try and give you advice, this in itself can be a dangerous as the majority are untrained.

Seeking professional advice is always the safest course.

I discovered herbal medicine as a result of my own health problems. At 21 years old I had terrible problems with my joints and for four years struggled to cope with the pain.

At 25 years of age I was diagnosed with Rheumatoid Arthritis after paying privately to see a specialist. For 15 years I struggled on using orthodox drugs, eventually I was persuaded by a very outgoing General Practitioner to try herbal medicine, I did not believe it could help my body but thought it would occupy my mind and therefore alleviate my problems.

The course and subsequent treatment has completely changed my life, I have had replacement surgery to four of my joints and therefore understand the Pre Op and Post Op care for orthopedic surgery very well. The surgery was a result of earlier conventional treatment and disease damage. I am grateful to my disease because it has enabled me to understand other peoples problems more fully and empathise with every condition. My training and subsequent practice has empowered me to help others.