



Discovering Herbal Medicine

Afternoon Workshop

"Digestive Self Care with Food and Herbs"

at the home of Herbal Practitioner, Alex Laird MCPP in Fulham, London
Date and Time: **Saturday 9th March 2019**, 2.00 - 5.00 pm

This will be an interactive workshop led by an experienced and inspiring teacher, as described on our website (www.newvitality.org.uk) and limited to 12 participants. Tickets are on a first-come, first-served basis. Students, prospective students and their guests and other members of the public are welcome to attend [the £40 fee is payable by all persons attending].

Please reserve a place[s] by sending your cheque to Sylvie Marusic and completing the under-mentioned form. You can also contact Sylvie to pay by bank transfer if you prefer.

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Discovering Herbal Medicine Workshop

Saturday, 9th March 2019, 2.00-5.00pm

Name:

Guest's Name:

Address:

.....

.....Post Code:.....

Tel:Email:

Fee : £40.00

Cheque[s] for total of £ enclosed, made payable to New Vitality Tuition.

Directions NOT required [✓]

Send payment to: Sylvie Marusic, New Vitality Tuition, Woodgate Cottage, 37 Woodgate Road, Mile End, Coleford, Gloucestershire, GL16 7QJ. Tel: 01594 835810

Email: sylviemarusic@gmail.com Website: www.newvitality.org.uk

We regret that once a firm booking has been made for the Seminar, requests for refunds within 10 days of the Seminar may incur a penalty of £20 to cover administration and pre-booking charges.



“Workshop: Digestive Self Care with Food and Herbs”

A well-functioning digestive system is regarded as fundamental to our overall health in both modern and traditional systems of medicine. Specifically, a well-functioning digestion is recognised as having a strong influence on our nervous, hormonal and immune systems. Furthermore, the role of certain foods is now increasingly recognised in conditions not previously associated with diet: auto-immune disorders such as rheumatoid arthritis or multiple sclerosis, mood and behaviour problems such as autism, depression and degenerative disorders such as Alzheimer's. Inflammation plays an important causative role in most chronic diseases, including the big killers associated with obesity, heart disease and cancer. Fortunately, we can modify these destructive inflammatory responses by our choice of foods and common problems like heartburn, indigestion and constipation can be managed by understanding how to select and use foods, herbs and spices for Self care.

Alex Laird BSc MCPP

Alex has been practising as a medical herbalist since 2000 when she set up the first herbal clinic in a hospital dermatology department at Whipps Cross University Hospital. She also practises at The Haven, the breast cancer support centre in London. She is a visiting lecturer at universities and a Council member of the College of Practitioners of Phytotherapy (CPP). After 12 years as a TV producer, she practised as an aromatherapist with clinics at Chelsea & Westminster Hospital and at centres for those with HIV and drug problems. She set up and runs Living Medicine (www.livingmedicine.org); its medical herbalists run courses and workshops to reskill people in how to use foods and herbs for everyday healthcare. Living Medicine also has a vision for Britain's first world herbal medicine/food garden as a national centre linked to a web of community healing gardens throughout the UK.