



COLLEGE OF PRACTITIONERS OF PHYTOTHERAPY

LECTURE NOTES

CPP & NIMH Members only: Lecture Notes following past Seminars are available at a cost of **£87.00 for all sets**, including UK postage and packing (or singly as quoted). Overseas – please enquire for postage. The Notes included are:

Set No 1 [£7.50]

Devil's Claw (*Harpagophytum procumbens*): A natural anti-inflammatory for joint and muscular health – Dr Ann Walker.

Worts and All: Progress of the Battersea OA Clinical Trial of Herbal Practice – Dr Louise Hamblin and Alex Laird.

Pineapples and Pain: Bromelain and its role in joint health and well-being – Dr Rafe Bundy.

Successful Treatment of Enigmatic Cases of Acute Inflammation – Dr Ann Walker.

Artichoke and other Approaches for IBS – Dr Ann Walker.

Varicose Ulceration: Herbal Treatment and Case Studies – Christopher Robbins.

Integration of Nutrition and Phytotherapy for Chronic Fatigue – An audit of 8 case histories – Dr Ann Walker.

The Immune System in Health and Disease – Dr Serene Foster.

Complexity Analysis of Chronic Fatigue Syndrome - Professor Michael Hyland.

Advances in Phytotherapy Research Using a Multi-Factorial Approach for Persistent Fatigue in Women – Dr Steven Hicks.

Holistic Herbal Therapies for Chronic Skin Conditions – Dee Atkinson.

Nutrition and Phytotherapy for Type 2 Diabetes – Dr Ann Walker.

History of Anglo-American Exchange of Materia Medica and Know-How – Barbara Griggs.

***Cimicifuga racemosa* – Some Background Facts – Mary Tassell.**

Herbal Medicine Workshop – with Case Histories – Dr Ann Walker.

Set No 2 [£5.00]

Herbal Medicine Regulatory Working Group: SSR Update – Professor Michael Pittilo.

Colds, Viruses & SARS – Disease & Protection – Dr Patrick Mallia.

Anti-Viral Herbs in Respiratory Virus Infections: A Research Update – Dr Serene Foster.

Nutrition to Enhance Anti-Viral Defences – Dr Ann Walker.

Viral Infections with Specific Reference to Upper Respiratory Tract – Richard Adams.

Set No 3 [£5.00]

Making a Real Difference: Herbs for Hypertension – Dr Ann Walker.

Herbs & Arterial Compliance – Dr Dick Middleton.

Diet Matters: Dietary Influence on CVD Risk – Dr Anne Minihane.

Inflammation – A Newer Potent Risk Factor for CVD – Simon Mills.

Herbal Hypolipidaemics: An Overview of Worldwide Research on Hypolipidaemic Herbs – Dr Rafe Bundy.

Set No 4 [£5.00]

Medicinal Mushrooms & Anti-Cancer Therapy – Professor John Smith.

Rationale for Nutritional Supplementation in Patients with Cancer – Kate Neil.

Basics of Radiotherapy/Chemotherapy, Side Effects & Herbal Treatments – Dr Mohi Rezvani.

Cancer, Angiogenesis and Phytotherapy – an Overview – David Keogh.

Living Beyond Expectations : Members' Case Histories – Dr Ann Walker, Susan Allshorn & Jane Gray.

Set No 5 [£5.00]

Role of Essential Nutrients and Phytochemicals in the Prevention of Osteoporosis – Dr Sue New.

From Research to Practice : A Herbal Practitioner's View of Treating Adverse Menopausal Symptoms – Dr Julia Green.

Promoting and Building a Successful Practice in Phytotherapy – Dee Atkinson.

Set No 6 [£5.00]

Male Infertility – Peter Conway.

The Importance of Good Nutrition in Female Infertility - Dian Shepperson Mills.

A Phytotherapeutic Approach to Female Infertility - Carol Guyett.

Infertility : Members' Case Histories – Dr Serene Foster, Marcia Mendoza, Dr Ann Walker.



Set No 7 [£5.00]

Animal Self-Medication: Lessons for Herbalists? – Dr Cindy Engel

Ethnobotany: Scope and Significance – Peter Conway

Modern Tradition: What we can learn from Practitioners who Publish – examples of Vitex and Cimicifuga - Dr Ann Walker

Ethnobotany in the UK: Evidence from Archives and Museums - Dr Annie Hood

How the Story brings the Evidence Base alive: Launch of the EXTRACT database to CPP Members - Simon Mills

Herbs with Potential? Members' use of Unusual Herbs – Caroline Galloway & Peter Conway

Set No 8 [£5.00]

Neurodegeneration, stress and inflammation – Kevin Spelman

Nutrition and Alzheimer's Disease: Research Update – Dr Ann Walker

Building Neurological Reserve - Kevin Spelman

Ayurvedic Perspectives of Alzheimer's Disease – Sebastian Pole

[Includes Kerry Bone's *Herbal & Other Strategies for the Prevention & Treatment of Alzheimer's Disease and Herbs to Enhance Mental & Physical Performance*]

Set No 9 [£5.00]

Dealing with Hyperinsulinaemia or Insulin Resistance Syndrome – Dr Ann Walker

Endobiogenic Approach to Health Maintenance & Restoration – Colin Nicholls

Phytotherapy & Thyroid Function : An Integrative Approach – Rosalind Blackwell

Members' Case Histories – Rosalind Blackwell, Dr Ann Walker, Peter Conway

Set No 10 [£7.50]

Notes from an Organic Herb Grower – rules, 'regs', rage and rapture – Paul Chenery

Herb Standardisation – a benign quality marker or a destroyer of phytochemical synergy? –

Professor Liz Williamson

Will EC Directives stop people buying herb rubbish? – Vic Perfitt, MBE

Practitioner's herbs: an enquiry into values (inspired by Robert Pirsig, author of "Zen and the Art of Motorcycle Maintenance") – Simon Mills

Practitioner experience of herb quality in Phytotherapy for the Respiratory System –

Dr Seréne Foster

Members' Case Studies – Herbs for the Respiratory Tract – Alex Laird & Peter Conway

Set No 11 [£7.00]

Psycho-Neuro-Immunology – Peter Conway

Stress – the whole herbal thing – Simon Mills

Herbs in the News – Ann Walker

Set No 12 [£10.00]

Nutrition to reduce Cancer risk and enhance therapeutic outcome – Dr Ann Walker

Prostate Cancer - Phytotherapeutic perspectives – Dr Chris Etheridge

Phytotherapeutic Protocols for Breast Cancer Part 1 & Part 2 – Chanchal Cabrera

Members' Case Histories – Christine Alder & Iman Amanpour

Set No 13 [£10.00]

Sleep – What's it all about? – Dr Clare Anderson

The Relationship between Inflammation & Sleep – Kevin Spelman

PNI : Sleep as a Qualitative Measure of Neuroimmunoendocrine Status – Kevin Spelman

Using Phytotherapy to Establish Good Sleep Patterns in Bipolar Depression and Chronic Fatigue –

Dr Ann Walker

Members' Case Histories – Kath Antonis & Andrea Denney

Set No 14 [£10.00]

Mechanisms of Autoimmunity and where Phytotherapy fits in – Dr Seréne Foster

Nutritional Considerations in Autoimmunity – Dr Ann Walker

Endogenous Retroviruses as a Potential Trigger for Autoimmunity – Dr Paul Nelson

Phytotherapeutics in Autoimmunity – a Practitioner's Experience – Dr Julie Whitehouse

Future Seminars: Sunday, 16 March 2008, at the University of Reading, on 'Children's Health' & 'Making More of Case Histories'. *Attendees are sent lecture notes.*

2nd Phyto-Medicine Interface Forum [particularly directed at GPs/Healthcare professionals].

Sunday, 15 June 2008, at the University of Reading, on "Enhancing Patient Outcome with Herbal Medicine – Muscular-Skeletal Health". *Attendees are sent lecture notes.*

See www.phytotherapists.org for Programmes/Booking Form.

Cheque f/o 'College of Practitioners of Phytotherapy' to Pam Bull please. (Card facilities are available).

Pam Bull, College of Practitioners of Phytotherapy, Oak Glade, Hythe Close, Polegate, East Sussex, BN26 6LQ.

Tel: 01323 484353 Email: pamela.bull@btopenworld.com www.phytotherapists.org