



## COLLEGE OF PRACTITIONERS OF PHYTOTHERAPY

### LECTURE NOTES

Lecture Notes following past Seminars are available at a cost of **£100.00 for all 20 sets**, including UK postage and packing (or singly as quoted). Overseas – please enquire for postage. Card payment facilities are available. The Notes included are:

#### Set No 1 [£10.00] - Various

**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 & 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] – Phytotherapy & Pandemic Influenza

**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] – Cardiovascular Disease

**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] – Anti-Cancer Phytotherapeutics

**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] - Menopause

**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*.

*All lecture notes are now available to download from the CPP's new 'Living Library'*

[www.herblibrary.org](http://www.herblibrary.org). *Paper copies are available as above.*



**Set No 6 [£5.00] – Phytotherapeutics for Infertility**

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] – The Value of Traditional Use of Herbal Medicine**

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] – Alzheimer's Disease**

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] – Endocrine Health**

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] - Perceptions of Herb Quality: with emphasis on the Respiratory System**

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**

Psycho-Neuro-Immunology – *Peter Conway*

Stress – the whole herbal thing – *Simon Mills*

Herbs in the News – *Ann Walker*

**Set No 12 [£10.00] – Phytotherapeutic Support in Reproductive Cancers**

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*

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**Set No 13 [£10.00] – Insomnia & Sequelae**

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] – Auto-immune Disease**

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*

**Set No 15 [£10.00] – Children's Health**

Strengthening our case for herbal efficacy: the three-cornered stool – *Dr Saul Berkovitz*

Writing up Case Histories for publication – *Dr Peter McCarthy*

Nutrition: The basis of children's health – with special reference to allergic conditions – *Dr Ann Walker*

Dealing with childhood respiratory conditions – *Dr Seréne Foster*

Dealing with childhood digestive conditions – *Christopher Robbins*

The role of herbal medicine in the management of cystic fibrosis – *Emma Salmon*

Members' Case Histories – *Kath Antonis, Andrew Chevallier & Christina Stapley*

**Set No 16 [£7.50] – Anxiety & Depression**

"And we do not Fear": Stress pathways and escape routes – *Peter Conway*

Mood-enhancing foods and nutrients: What research is telling us – *Dr Ann Walker*

Anxiety and Depression: Historical and traditional perspectives of Herbal Medicine – *Simon Mills*

Herbal medicine, mood and hormonal imbalance in women - *Rosalind Blackwell*

**Set No 17 [£10.00] - Gastroenterology**

Who are Our Patients? CPP Practitioner Survey – *Dr Saul Berkovitz*

Phytotherapy Outcome: using MYMOP in a hospital setting – *Alex Laird & Krishna Ramamurthy*

Diarrhoea and bacterial dysbiosis – *Dr Ann Walker*

Colitis – *Stuart McLean*

Living Library – *Dr Saul Berkovitz*; Gastritis and dyspepsia – *Christina Stapley*

Crohn's disease – *Julian Barker*

Breakout-group brainstorming of three unusual case histories with GI tract involvement, with feedback - *Dr Merlin Willcox (facilitator)*.

**Set No 18 [£7.50] – Menopause/Andropause**

Andropause: Myth or Malady? – *Peter Conway*

Drug-induced Menopause – *Alex Laird*

The Menopause Study: Trials and Tribulations – *Dr Julia Green*

Evidence base for Phytoestrogenic herbs – *Dr Rodney Young*

**Set No 19 [£10.00] – Pain & Phytotherapy**

Pain mechanisms - *Dr Jens Foell*

Nutritional Basis of Pain – *Dr Ann Walker*

Pain Relieving Properties of Feverfew – *Andrea Lugli*

Dysmenorrhoea – *A J Yates*

Joint Pain – *Anna Newton*

Migraine – *Lee Calderwood*

**Set No 20 [£10.00] - What on Earth is Evidence-Based Herbal Medicine?**

An introduction to EBHM – *Peter Conway*

Motives for consulting with Herbalists – a Qualitative Study – *Dr Christine Little*

Traditional Medicinal Use of Herbs as Evidence – *Simon Mills*

Defining Best Practice in Herbal Medicine – *Dr Andrew Flower*

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