

Press Release.

Traditional health strategies can keep you in top form, Bush medicines and western Herbal medicine meet in Tweed heads. Six generations of Herbalists in one family and common weed milk thistle can help protect chemotherapy patients in treatment say keynote speakers at 7th international conference of herbal Medicine day one.

"The traditional observation techniques of classical Herbal medicine practices can keep you healthy and require emphasis on creative therapies for nutrition, rest, healing, heart and other conditions that are emerging as common chronic diseases," said USA medical herbalist and Naturopath Paul Bergner. He is the Director of North American Institute of medical Herbalism in Boulder Colorado and has made the trip to Australia for the 7th International Conference in Herbal Medicine at Twin Towns resort on The Gold Coast this week. He believes that we need to put science in its place and use traditions combined with current research to develop treatments for illnesses that are using a regime of health strategies with Herbal and nutritional medicine support.

Also Opening speaker Lyndsay Shume who is a life member of the NHAA which is celebrating its 90th birthday with this conference showed members the Herbalists Charter from King Henry the 8th which was printed 400 years ago and was influential in the political developments of Herbalism globally. He discussed the Herbal Pocket prescriber booklet which was printed in 1938 and has over 600 formulations in Herbal medicine, many of which are still used effectively today. . Lyndsay' family have been practising herbal medicine for 140 years and his daughters have taken over the family Herbal Extract business based in Sydney, Now his grandchildren are also involved in herbal medicine which makes 6 generations of herbalists. Lyndsay is an iconic Australian Herbalist and his work is well respected in the profession.

From Perth Traditional Aboriginal bush medicine and western herbal medicine was presented by Vivienne Hansen who practices many methods of bush medicine involving external applications and techniques from Balladong-Whadjuk Yorga from the Bibbulman nation of Western Australia. Simple bush remedies are easy to make and evidence is showing that traditional use of plants is now being researched as treatment for conditions such as digestive complaints.

Can common herbs such as Milk thistle help protect the liver for chemotherapy patients? Although it's an area that requires more research Susan Dean from Ballarat in Victoria says that she thinks so! her preliminary research for her Masters Degree has shown that it's worth investigating further and positive results from the research influenced conference delegates to develop research further in their own patients.

Is national accreditation on the cards for Herbalists, John Wardie from the University of Queensland says that it is likely to be enacted through The National Health Practitioner Registration and Accreditation scheme.

This is just a glimpse of the dynamic and professional conference that has brought together some of the greatest minds in Herbal medicine development, Research and education in Australia and Internationally. A true thinktank of where Herbal medicine is leading the way in medical professions. The day ended with social cocktails at The Twin Town Resort Coolangatta Gold Coast Australia.

Day two, Saturday promises to be even more dynamic as three rooms run concurrently presenting even more exciting presentations.

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