

Celebrating ten years of National Herbal Medicine Week (NHMW)

The National Herbalists Association of Australia (NHAA) is celebrating ten years of National Herbal Medicine Week (NHMW) from 19th-25th September 2011.

NHMW bring together Herbalists, Herbal Medicine professionals, advocates and the general public for a week of education and inspiration.

The theme for this year's NHMW is headaches. Co-Vice President of NHAA, Dr Lesley Braun supports this theme "With our busy stressful lives, common complaints such as headaches are becoming more common. Sometimes simple diet & lifestyle changes are all that's needed to break the cycle. Herbal and other natural medicines are also used to prevent and treat headaches but the best way to guarantee results is to consult a qualified herbalist or naturopath. Naturopaths and herbalists are trained to put together an individual management plan which looks at all these factors".

Many events are organised with hundreds of herbalists opening their doors to educate the public, visit schools, give talks at social clubs, hold educational morning teas and share their vast information on herbal medicines. President of NHAA, John Baxter says "National Herbal Medicine Week is a chance for the public to develop an understanding of what herbal medicine can do for them. The strong support shown by the public for herbal medicine encourages the NHAA to continue to showcase herbal medicine as a way for people to enhance and improve their overall well being and long term health. Scientific studies of herbal medicine continue to prove they are effective medicines and often far safer than most prescription drugs. Before using herbal medicines, people should consult an NHAA accredited herbalist or naturopath."

This year's featured community events around Australia include:

- **The High Noon festival in Northcote Victoria on Sunday 18th September**
- **The 4th Annual All Well and Good day at Eumundi Markets in Queensland on Saturday 24th September**
- **The Sydney Marrickville Organic Food Markets on Sunday 25th September**
- **and the Adelaide botanical gardens celebration on Sunday 25th September**

For more details, events can be found on the NHAA website: www.nhaa.org.au.

For media enquiries please contact: media@nhaa.org.au

President John Baxter, co-Vice President Leah Hechtman and NHMW organiser Sue Giles are available for interviews.

Dominique Finney
Media liaison NHAA
0409 765 033
media@nhaa.org.au