



New Self Care Library and the science of herbs

We are delighted to announce the launch of our [self-care library](#), researched by College members and funded by the Department of Health.

We also report back in more detail on our Science Council event on herbalism at Kew earlier this month. A huge variety of speakers touched on everything from [how cinnamon changed world history](#), to how [metabonics](#) are revolutionising research into herbs and other complex substances today. We also take a realistic view of how herbal products might be used [on the NHS](#).

We're very grateful to our sponsors, Schwabe and Bionorica. We are also pleased to have [free hard copies and pdfs](#) of Schwabe's guide to twelve newly registered herbs.

Upcoming Events

- [Conference on TB](#)
16th November 2011
- [Capita's second national GP commissioning conference](#) 20th September 2011
- [Care farming summer open days](#)



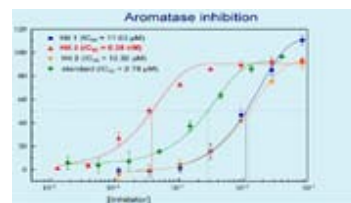
A brief history of herbs

Simon Mills describes how the quest by chilly Elizabethans for warming spices changed world history - and how some of those spices today look like good prospects for inflammatory diseases.



Can herbalism work on the NHS?

Is the ideal world of hour long consultations for herbal prescribing realistic on the NHS? And where it's not, what does 'good enough' care look like?



Metabonics: a new route into herbal research

Most modern scientific research is geared towards testing isolated compounds, not the complexity of whole plants. Peter Hylands explains

Herbalist and researcher Andrew Flower gives a critical analysis of the possibilities.

metabolics, and how it may be the key to unlocking the actions of complex substances.

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Five types of membership are now open: professionals, associates, retired professional, students and academics. [See where you fit and join today.](#)

A rush of applications means that we are just processing a backlog, but we are catching up very fast and everyone will hear from us during August.

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Launch of our Self Care Library

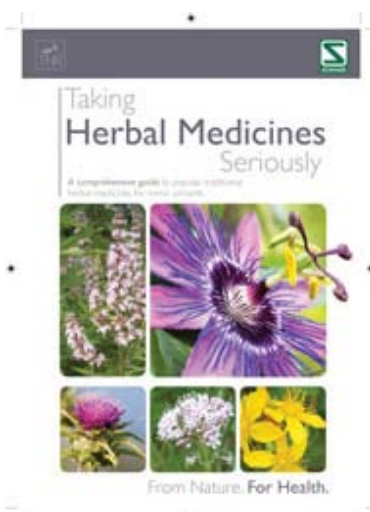


Our self-care library was developed by College Members with support from the Department of Health. We are already working on a plan to expand it further, but launch with twelve common chronic conditions, ranging from [sleep problems](#) to [backpain](#), [depression](#), [osteoarthritis](#) and [stress](#).

For each there is an overview, a note of when to see your doctor - and suggestions of things to do, buy as well as classes and practitioners. Crucially for each condition there is a summary of the evidence for every intervention suggested - whether it's giving up coffee, taking a B vitamin or trying a psychological therapy.

[Explore the self care library »](#)

Free copy of Schwabe's guide to medicinal herbs



Schwabe were generous sponsors of our Kew herbal event and have produced a range of herbal medicines now rigorously tested and registered with the MHRA . They have just published a guide to their uses and contraindications.

The herbs discussed are agnus castus, artichoke leaf, black cohosh, devil's claw, echinacea, feverfew, milk thistle, passion flower, perlagonium, rhodiola, st john's wort and valerian.

You can download a copy of this guide free from the College of Medicine website or order a free print copy from Schwabe's website.

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