

## WHO ARE WE?

The National Institute of Medical Herbalists was founded in 1864. Proud of our heritage and tradition, we actively promote the art and the science of herbal medicine.

Admission to the Institute follows graduation from an accredited university or equivalent course, where students are trained in both medical and plant sciences.

Members are required to carry out Continuing Professional Development, and commit to a career-long learning programme organised by our Post Graduate Training Board. All members are governed by a strict code of ethics and practice, and a complaints and disciplinary procedure. They are also covered by professional indemnity and malpractice insurance.

The letters MNIMH or FNIMH after the name of a herbalist are your assurance of a professional practitioner you can depend on

## RESEARCH

Because of our extensive contacts within universities, with suppliers of herbal products, practising herbalists and others in related fields, NIMH members are in a unique position to access top level herbal research, an increasingly important aspect of our work.

## FINDING A MEDICAL HERBALIST

Finding your nearest member of The National Institute of Medical Herbalists is quick and easy.

Our website at [www.nimh.org.uk](http://www.nimh.org.uk) has a 'Find a Medical Herbalist' facility, containing a register of all practising Institute members.

To contact our office directly, you may either telephone us, email us at [info@nimh.org.uk](mailto:info@nimh.org.uk), or write to us at the address below.

For further help and information, contact us at:

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# THE NATIONAL INSTITUTE OF MEDICAL HERBALISTS

Herbal Medicine:  
for a naturally healthy life

## HERBAL MEDICINE PAST, PRESENT AND FUTURE

For thousands of years we have depended on plants to provide the essentials of life – food, shelter, clothing, fuel and medicine. In many respects little has changed. For most of the world's population, plant medicine is still mainstream medicine. Now many in the more developed world are looking again at ways in which plant medicine can offer them a naturally healthy life.

In the developed world today we face challenges such as pollution, long-term stress, drug resistance and side-effects, and modern diseases of affluence such as obesity, diabetes and high blood pressure. At the same time, we know more about our own bodies, and how we should protect them.

So it's not surprising that more and more often, people look to the benefits of herbal medicine. This works with the body's natural defence systems in a gentle and well-tolerated way, to provide long term relief from both physical and mental disorders.

Herbal medicine will play an increasingly important part in our personal healthcare programme, so it's good to know that there are experts in the field to turn to – Members of The National Institute of Medical Herbalists.

## OUR PHILOSOPHY OF PRACTICE

NIMH practitioners use remedies made from whole plant extracts, and are trained to look beyond and beneath the obvious, to find the root cause of a problem, helping the body to correct imbalances and heal itself. To sum up our approach to our patients; we do not treat symptoms, we treat people.

## WHO CAN BENEFIT FROM HERBAL MEDICINE?

Patients of all ages, from infants to the very elderly, can find benefit from herbal medicine. Those already receiving treatment from their doctor may also be helped, and are prescribed only herbs which do not adversely interact with other medication. If appropriate, and with the patient's consent, GPs or consultants are kept fully informed of the herbal regime.

## WHAT CAN HERBAL MEDICINE TREAT?

Herbal medicine is appropriate for most of the conditions for which you would visit your GP. These include digestive and circulation problems, skin complaints, sleep, stress and emotional issues, hormonal imbalances, musculo-skeletal aches and pains, respiratory conditions, and many more.

## CONSULTING AN INSTITUTE MEMBER

During your first consultation, which lasts about an hour, your herbalist takes a detailed case history, covering not only your present problems, but also your wider medical history, present medication, lifestyle, diet and social circumstances. A blood pressure check and other examinations are carried out where relevant.

The medical herbalist then makes a diagnosis based on their findings, and, where necessary, may refer the patient on for further tests. They discuss and draw up a management plan in co-operation with the patient, and prescribe as necessary.

A prescription may be a tincture (a blend of herbal extracts in an alcohol/water base) or a tea. Capsules and tablets are also sometimes used. For external use, creams, lotions or oils may be prescribed.

No two patients are alike, even if they appear to be suffering similar symptoms, so no two prescriptions are exactly the same.

Follow-up consultations are of shorter duration, and usually every two to three weeks. Adjustments may be made to the medication during this time to ensure it is at its most effective.