

"Herbal Medicine" vs "herbal medicines"

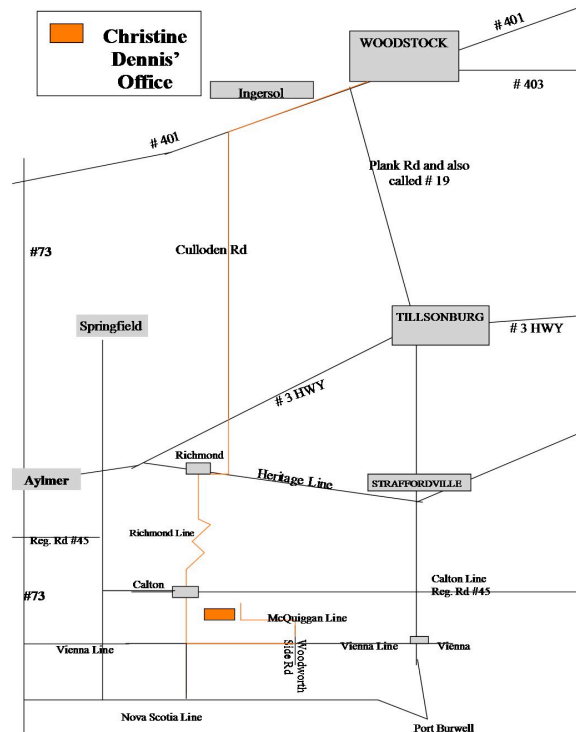
Herbal Medicine, capital "H" and "M" vs. herbal medicines, small "h" and "m", are very different. Herbal Medicine is the craft, or practice it self, whilst herbal medicines are the tools of the practice. When one practices the craft, one is looking at the individual and matches the individual with an individualized remedy specific to that person.

Herbal medicines are a very small investment when given by a qualified Medical Herbalist that offers an individualized approach that focuses on you and your health complaint. Herbal Medicine is more successful than self-medicating with herbal medicines from a health food shop, plus, it is less expensive as you are being given recommendations for just what you need. Almost never are the recommendations the same as another person with similar symptoms, as it is the person being treated not the illness. This individualized approach is the key to successful treatment.

By Appointment Only
Initial 1 hr health consultation
Adult \$ 100
Child \$ 90
2 hr Comprehensive Holistic
BodyMindSpirit Consultation
\$ 150

Repeat visits
½ hour - Adult \$ 45
Child \$ 30

1 hour - Adult \$ 75
Child \$ 50



** From Plank Rd south to Vienna, after crossing bridge at bottom of hill, immediately turn right, go 1 block turn left, go up hill past Lions Hall, follow road around bend to left up to Vienna Line.

For more directions visit the website.

Christine Dennis

RH, MNIMH, MSc. (Herb. Med.)

MEDICAL HERBALIST

*Helping you get to the root
of the problem*



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Christine Dennis

RH, MNIMH, MSc. (Herb. Med.)

Christine has a **Master of Science degree from the University of Wales (MSc.)** in the UK. This is the highest herbal medicine qualification available in the world. Christine is one of only a handful of people in all of North America with this level of training and education.

Christine is very **Body/Mind/Spirit** focused and considers herself to be an eclectic herbalist having had a balance of bio-medical and traditional training, as well as a great deal of personal experience in the healing journey and in the field.

Christine is a Professional Member of the **Ontario Herbalists Association (RH)** as well as a member of the **National Institute of Medical Herbalists (MNIMH)** in England, which is the oldest and most respected regulating body of western herbal medicine in the world.

Living on an organic farm with large herb gardens allows Christine the perfect opportunity for her home based office, and giving herbal walks and talks.

"I help people solve their health problems so that they have time to enjoy their lives."

TREATMENT OFFERED

A visit to a Medical Herbalist is similar to a visit to a doctor but much longer. An initial consultation involves an in-depth patient history, case assessment and any necessary physical examinations. Medical Herbalists believe that it takes time to get to know a patient as well as get a clear understanding of the patient's body and what troubles them, even in the event that a person does not come to the visit with a diagnosis.

Herbal Medicine is effective in treating many of today's chronic and acute conditions, including but not limited to:

- Diabetes
- Acid reflux, IBS, indigestion
- Constipation/ diarrhoea
- PMS/ menopause
- Frequent colds & flu
- Asthma/ reactive airways
- Ear infections
- High blood pressure
- Sleep disturbances
- Anxiety /depression
- Stress
- Fatigue / low energy
- Hyperactivity / irritability
- Complexity illnesses/syndromes

A course of treatment may involve specific dietary advice, helping the individual to understand themselves, develop healthy lifestyle skills and, if necessary, an individually designed herbal prescription or remedy.

MEDICAL HERBALISTS AND HERBAL MEDICINE

Medical Herbalists are the experts of Herbal Medicine over any other profession and are the specialists that combine historical knowledge with the latest scientific research. They do not dabble in other practices and alternative health modalities. They are educated in the study of medical sciences, diagnostic skills, herbal pharmacy, herbal *Materia medica*, dietetics, in addition to supervised clinical training and experience.

Medical Herbalists are trained to take into account any medications that have been prescribed.



To identify the underlying cause of disease, the focus of the treatment plan is to look at the entire individual and not necessarily just one health problem.

Medical Herbalists are not exclusive of orthodox medicine and not only encourages but enjoy working alongside doctors and other health care professionals.