

What is Herbal Medicine?

Herbal Medicine, capital “H” and “M” vs. herbal medicines, small “h” and “m”, are very different. Herbal Medicine is the craft, or practice itself, of utilizing herbal medicines, whilst herbal medicines are the plant-based remedies. When one practices the craft, one is looking at the individual and matching the individual with a custom remedy specific to that person, which could include personalized tinctures, teas or salves.



Herbal medicines are a small financial investment when given by a qualified Medical Herbalist because you are receiving an individualized approach that focuses on you and your health complaint. Herbal Medicine is more successful at getting to the root cause of your symptoms than self-medicating with herbal medicines from a health food shop. The recommendations for one person are rarely the same as another person’s treatment who is experiencing similar symptoms, as it is the *person* being treated not the illness. This individualized approach is the key to successful treatment.



What is a Medical Herbalist?

Medical Herbalists are the experts of Herbal Medicine. They combine historical knowledge of plant remedies with the latest scientific research. They do not dabble in other 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.

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 trained to take into account any medications that have been prescribed, and encourage working with and communicating with doctors and other health care professionals.

Learn about upcoming herbal classes, workshops, retreats, and plant walks

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Christine Dennis

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

Medical Herbalist

Helping you get to the root of the problem



Plant Walks

Herbal Classes

Retreats

Workshops

Holistic Health Consultations

Holistic Health Consultation

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 by means of using traditional diagnostic approaches, allowing a qualified Medical Herbalist to still get a clear understanding of what is going on in the body.

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.

1-hour Holistic Health Initial Consultation

Adult	\$100
Child	\$90

2-hour Comprehensive Holistic BodyMindSpirit Consultation

Adult	\$150
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Repeat Visits

½ Hour		1 Hour	
Adult	\$45	Adult	\$75
Child	\$30	Child	\$50

Phone Consult

(for those living too far to travel)

1 hour	\$100
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*"I help people solve their health problems
so that they have time to enjoy their lives."*

- Christine Dennis

Workshops, Classes, Seminars & Plant Walks

Christine offers a variety of herbal classes, with topics including herbal medicine-making, wild edibles, plant walks, field experience, top herbs to know, how to be your own herbalist, herbal alchemy, as well as health seminars such as infectious diseases, inflammation, and autoimmunity.

Workshops and classes can also be arranged by request. Please contact Christine for more information.

Christine Dennis

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

Christine has a Master of Science (MSc.) degree in Herbal Medicine from the University of Wales in the UK. This is the highest level of clinical herbal medicine qualification available and Christine is one of only a small handful of people with this level of herbal medicine training and education.

She is a current Professional Member (RH) and past president of the Ontario Herbalists Association as well as a member of the National Institute of Medical Herbalists (MNIMH) in England. Having a balance of bio-medical, traditional and energetic herbal medicine training, Christine considers herself to be an eclectic herbalist. She has a great deal of hands-on experience in the field with 20+ years seeing patients and facilitating herbal and health classes.

Understanding the importance of both modern science and ancient healing systems, Christine feels that often it is best that people walk with a foot in both worlds. It is important that all health practitioners work together as there is a time and place for conventional pharmaceuticals and procedures, and a variety of complementary healing systems. Optimal health is multifaceted with multiple layers, and therefore may require multiple levels of healing and treatments. Herbal Medicine combines both science and historical traditional knowledge, offering help and healing on the physical, emotional, mental, and spiritual levels.

Living on an organic farm allows Christine the perfect opportunity for her home-based office, and giving herbal walks and talks as well as at other locations around southern Ontario.