**Meet Helen**

​

I am a Qualified medical herbalist, with nearly 5 years of clinical practice behind me.

I am committed to Herbal Medicine, holistic health and supporting the body’s innate ability to heal. In consultations I work to build an integrated, personal health picture and a treatment plan which incorporates information on diet and life style, mental wellbeing, medical history and a full enquiry into physical symptoms.  A core principal of healing and well-being is recognising the importance of owning responsibility for our body and our health; I endeavour to support the individual in finding their path back to this intrinsic health.
My formal training in Herbal Medicine has followed from a lifelong interest in the relationship between plants and healing. My decision to undertake formal training came after 15 years as a teacher.  I specialised in teaching Food Studies, Health and Well Being, predominantly to pupils with Special Educational Needs, including several years teaching within a Steiner based, Camphill Community. Understanding nutrition was central to my teaching and continues to guide my current herbal practice.

I studied Herbal Medicine at Lincoln University. While the course was rooted in the practice of Western Herbal Medicine, it incorporated extensive investigation of other healing traditions including Traditional Chinese Medicine and the Ayurvedic practice.

In addition to consultation work  I run Herbal Medicine making workshops, herb identification walks and make and sell my own range of herbal products