

I am very pleased to have recently joined the team at Body in Balance and I am looking forward to meeting existing clients and new. To introduce myself, I am a graduate of the Scottish School of Herbal Medicine. My background is in education, working at Kilmarnock College for 23 years and in the Complementary/Alternative Therapy area for over 14 years. I have compiled a few notes below in order to give you brief insight into herbal medicine, however if you have any questions, or would like to book a consultation please feel free to contact me by telephone, mobile or email. My contact details are listed below. *Janet Hall*

What Is Herbal Medicine?

Herbal Medicine is the use of remedies derived from plants to treat disease. It is the oldest and still the most widely practiced form of medicine in the world today.

Western Herbal Medicine is based on our traditional medicinal heritage using native plants, although throughout the years, medicinal plants have been introduced from around the world for their particular and valuable therapeutic effects.

The balance of active constituents contained in each plant has been found to impart specific and individual actions on the body. Some plants have a particular affinity to certain organs or systems and a herbalist will use this knowledge to help to restore the body back to its optimum balance and health.



Viburnum prunifolium

Black Haw, used for its antispasmodic properties in the treatment of painful periods and, excessive menstrual flow

What Can Herbal Medicine Do For You?

Herbal medicines can be used to help almost any condition that a patient may take to a General Practitioner including; chronic and acute conditions, stress and anxiety, respiratory conditions, digestive problems, muscle and joint aches and pains, childhood complaints, skin conditions, urinary conditions, menopausal menstrual and fertility problems. Herbal Medicine is suitable for everyone of any age.

If you would like a consultation or any further information on what herbal medicine can do for you, contact Janet at Body in Balance on **01292 618942** or **07967 102722**, or you can email on janet@willowherbs.co.uk.

Consultation Times

I will be available for consultation at Body In Balance on Thursdays between 09.30– 4.30 from 27th September. Please phone or email for limited availability out with these hours.

Other therapies include; Hopi ear candles for sinus, ear, nose and throat problems, Aromatherapy and Massage



Harpagophytum procumbens

Devil's claw-root is often used for its anti-inflammatory properties to treat joint and muscle pain

What Can You Expect When You Visit a Medical Herbalist?

A practitioner of herbal medicine is trained in the same diagnostic skills as orthodox doctors, but take a more holistic approach to illness.

A typical treatment plan will follow an initial consultation that will last approximately an hour, in which the herbalist will take a thorough medical history from the patient to enable a full understanding of the person as a whole. Clinical examination may be carried out to establish a working diagnosis.

The treatment plan will be discussed with the patient and may include diet and lifestyle advice with herbal medicines, which is typically a combination of several herbs prescribed and combined for the individual person.

Medicines may be in the form of liquid fluid extracts or tinctures, syrups, dried herbs to make teas or decoctions, creams, ointments, oils or lotions as appropriate, depending on the individual circumstances.

A follow up appointment is usually carried out two to three weeks later, with subsequent appointments if required, at two to six week intervals as appropriate to the individual circumstances.

Cost for initial consultation for herbal medicine will be charged at £35 (1 hour), or approximately £50 including medicines

Follow-up consultations will be £20 (1/2 hour), or approximately £35 including medicines

Janet Hall BSc (Hons) MNIMH

Member of the National Institute of Medical Herbalists



Body in Balance

6 Miller Road

Ayr KA7 2AY

Tel. 01292 618942