

## Woodhouse Eaves WI - June meeting

Members from Woodhouse Eaves were fascinated at this month's meeting when they received a presentation given by Ruth Austen on "Herbal medicine for the 21<sup>st</sup> century". Ruth, a senior consulting medical herbalist with 20 years of experience practices at Hydes Herbal clinic which has been located on London Road Leicester for over 100 years.



Ruth explained that the practice uses over 250 herbs as there are many different varieties of common herbs like lavender or dandelion. Although herbal medicine is a complementary or an alternative to conventional medicine Ruth stated that 80% of the world use herbal medicine. The main principle of herbal medicine is the maintenance of health, improvements of health, and supporting the body's natural processes.

A medical herbalist can diagnose, make up the medicine, prescribe and dispense them. They aim not only to treat the symptoms but establish the root cause of the condition. During a 45-minute consultation they will ask a range of questions around health, wellbeing, diet, lifestyle, and energy levels. Often a client may visit after several courses of antibiotics. Ruth is obviously successful in her field so it's certainly worth considering it.

Jane Faulks

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