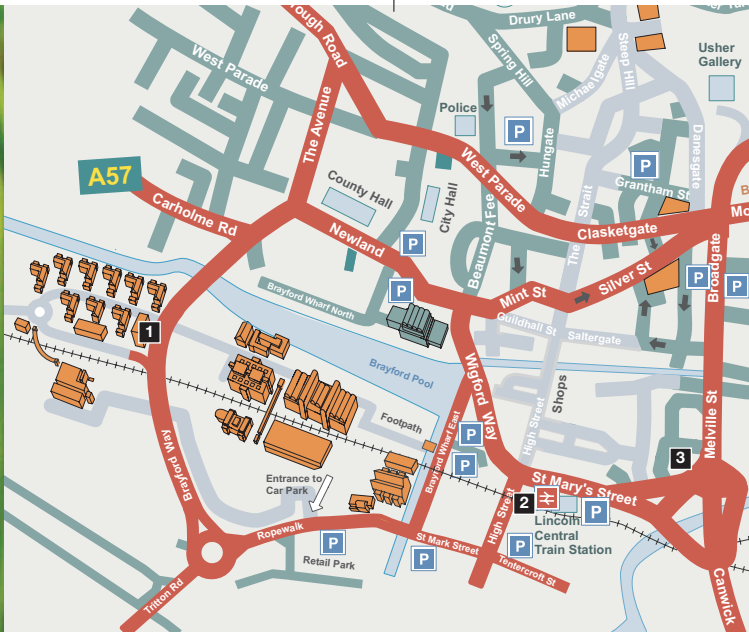




Iris



Complementary Medicine Clinic

# Herbal Medicine

### When are we open?

Clinics take place four days per week during term time and one or two days per week during the university holidays. Messages can be left on the answer machine if the clinic is closed, and someone will return your call when the clinic is next open.

### What does it cost?

All consultations are free of charge. Herbal medicine costs from £5 per week for tinctures. Teas, creams, drops etc are priced differently and would incur an additional charge.

Payment is by cheque or postal order only. We do not take cash or cards.

### How to make an appointment?

Telephone 01522 886113  
Email: [clinic@lincoln.ac.uk](mailto:clinic@lincoln.ac.uk)  
Call in (see map)  
Look at our website

## Directions to the Complementary Medicine Clinic

**1** on the map is Bridge House where the clinic is situated. The clinic is on the ground floor. The university does not provide parking, other than disabled parking (outside the clinic), so please allow sufficient time to park in the public car parks before coming to the clinic. Car parks are shown on the map, as is the train station (**2**) which is a short walk away. The central bus station (**3**) is just north-east of the train station where Melville Street is marked.

**Complementary Medicine Clinic  
University of Lincoln  
Bridge House  
Brayford Pool  
Lincoln  
LN6 7TS  
Tel: 01522 886113  
Email: [clinic@lincoln.ac.uk](mailto:clinic@lincoln.ac.uk)  
[www.lincoln.ac.uk/shsc](http://www.lincoln.ac.uk/shsc)**



Free Consultations for all the family

## Would herbal medicine suit you?

Herbal medicine embraces the ideal of holistic care, treating the patient as a whole whilst promoting optimal health and well being for the individual by using pure, natural remedies. Herbal practitioners deal with a wide range of health related conditions and treat everyone from children to the elderly. Each medicine is specifically made for you, with different herbs being included relating to your particular case.

Herbal medicine is the use of medicinal plant material which provides a safe and gentle treatment for a wide range of conditions. Herbal medicine is one of the oldest forms of medicine and is still used by 80% of the world's population. Herbal medicine

is based on traditional uses of herbal remedies from many parts of the world, which have been confirmed and updated by scientific research. Although many European herbs are used others may be sourced from many parts of the world.

### How does Herbal treatment work with the medicines you are taking from your doctor?

Any medication or treatment that you are already receiving is taken into consideration. You should continue your current treatment alongside the herbal remedy. It is important that you do not stop using your existing treatment without seeking your doctor's advice. When you have your first consultation bring a list of all the medication you are taking plus a list of supplements (vitamins etc).

## What conditions can herbal medicine treat?

Allergies	Arthritis and rheumatism
Recurrent infection	Menopause
Children's ailments	Hormonal imbalance
Cystitis and urinary disorders	Respiratory disorders
Skin disorders	Heart & circulatory conditions
Digestive problems	Stress
Migraines	and many more...



Measuring out one of the tinctures for inclusion in the medicine

### What will happen when I come for a consultation?

Your first consultation will take about an hour and a half. A full case history will be taken, and any necessary examination performed. The practitioner will discuss your health problems and the proposed treatment will be explained. Patients are treated by student practitioners, under the close supervision of a qualified practitioner. All of our practitioner supervisors are full members of the National Institute of Medical Herbalists (NIMH), and are fully insured. There will be other students observing the consultation, as this is a teaching clinic. The herbal medicine will be prepared while you wait and is in the form of tinctures, teas, creams or lotions, which are easy to take or apply. Advice on diet and general health care may be offered.

Follow-up visits last for about half an hour, where your progress is monitored and your treatment revised.

All consultations are completely confidential and where there is a condition for which herbal treatment is not appropriate, referral to other health care professionals will be discussed.

Our governing body is the National Institute of Medical Herbalists (NIMH) [www.nimh.org.uk](http://www.nimh.org.uk)



Cream making