

What else to expect?

Chinese Herbal Medicine is about prescribing herbs for certain conditions. These herbs can come in various forms (see picture in front).

Herbs can be given in three ways:

- Patent pills: are very useful to compliment Shiatsu Treatments, also given on their own for long term problems that are not severe. They are also the cheapest option.
- Powders: Powders are easier to prepare. You just add hot water to it. They are the most convenient choice for acute and deep-rooted problems and are my first choice.
- Loose herbs can be given. These are boiled up. They can be less tasty and take more time, effort and money to prepare.

Length of Treatment

For acute conditions obviously there is no need for long term treatment.

The longer a condition has been around, the longer the treatment will take as a rule of thumb.

Patent pills cost around £5 per 6-10 days, depending on dosage.

Powders can vary much more in price but an average of £15 - £20 per 9 days can be expected.

The initial consultation is face to face £35 and will be followed by either half hourly consultations £20, or, where appropriate, by telephone £6 for 15-20 minutes.

Herbs will be either send to you or handed out at the Rosemount Centre with details on how to take the herbs and follow-up consultations.

Chinese Herbal Medicine

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About myself

I have been studying and practicing forms of bodywork from the age of 21, starting with some Yin Shin Jitsu and Yoga.

During my training in Gestalt Therapy I was introduced to Shiatsu in 1987, for which I fully qualified in 1996.

I am qualified Teacher of 5 Rhythms™ Dance work (1994) and in 2005 I have gained a Diploma in Chinese Herbal Medicine (Dip CHM) through the College of Integrated Chinese Medicine in Reading.

I am Co-Founder of the Rosemount Centre for Complementary Therapies and Teacher with Aberdeen College of Shiatsu.

Through both those organisations I run classes, courses and professional trainings.

For further information & treatments call:

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[Chinese Herbal Medicine](#)

Chinese Herbal Medicine (CHM) has a long established history of usage.

In the early days Chinese Herbalists would have prescribed herbs more from a shamanic point of view and later the need for a more rational understanding and explanation of the use of herbs was required, theories and ways to diagnose were formulated.

Today Chinese Herbs are prescribed on the basis of Traditional Chinese Medicine (TCM) theory.

A consultation will include in-depth questioning (asking diagnosis), touch diagnosis (ie. Pulse diagnosis) and visual observation (including Tongue diagnosis) and will take about One hour.

From all this the Herbalist will see a pattern of Health (and Illness) emerging. When prescribing herbs these will be matched to the Pattern presented.

[What can it help with?](#)

Chinese Herbs can be used for both acute and chronic conditions.

Conditions would include:

- Hay-fever (acute stage and after season preventative tonification)
- PMT
- menopause
- Colds and coughs
- Diarrhoea/constipation
- Nausea/vomiting
- Skin conditions (acne/psoriasis/eczema)
- Sleep disturbance/insomnia
- Infertility
- Anaemia
- Lack of energy/ME
- Menstrual problems
- Depression/no motivation
- Oedema
- Goitre
- Lack of appetite
- Headache/migraine
- Miscellaneous aches and pain that are either hard to diagnose or treat
- And more (as always)

