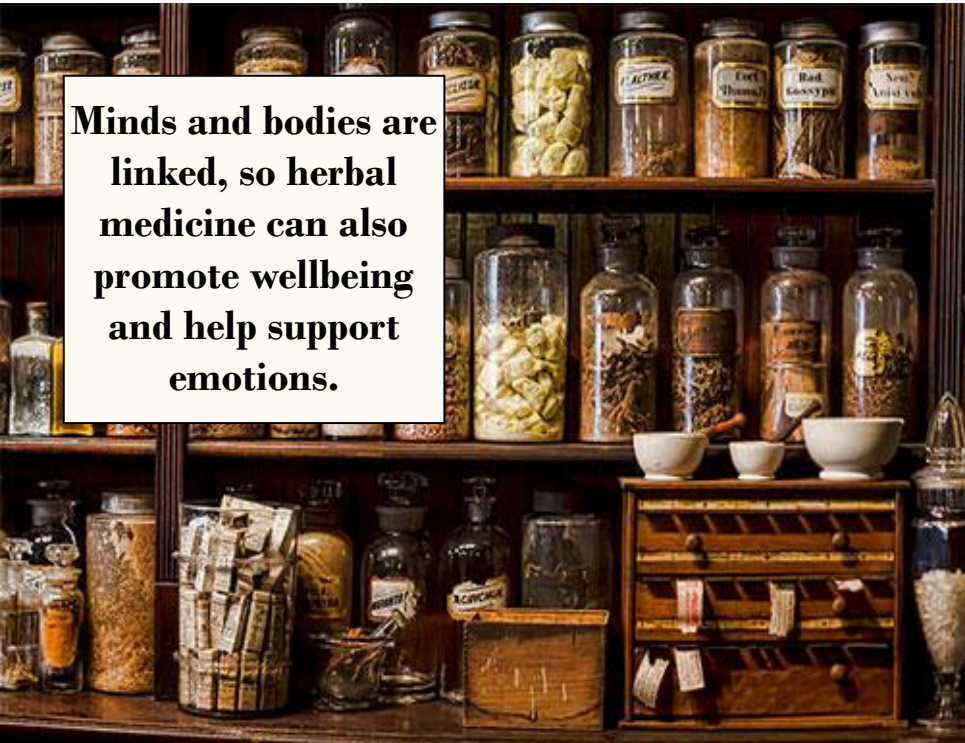


Minds and bodies are linked, so herbal medicine can also promote wellbeing and help support emotions.



Nicholas is a medical herbalist - someone who is specially trained to assess health and wellbeing in a holistic model and administer bespoke and individually-tailored herbal remedies and lifestyle plans. Holistic approaches consider biological, mental, social, emotional and lifestyle factors.



# What can Herbal Medicine help with?

As herbalists, our motto is to “treat the person, not the disease”. So, in one sense it can help with a vast range of things. Herbal medicine works to promote the normal function of organ systems and aid the body’s normal healing ability. This is normally done by:

- increasing liver function
- aiding with normal digestion
- supporting immunity
- optimising the body’s own excretory systems
- decreasing inflammation
- normalising circulation and heart function
- balancing hormones and blood sugar

Nicholas uses the framework of Western Herbal Medicine, a highly developed approach to health and disease that aims to establish an optimum level of health by stimulating the body's own natural healing and biological functions with the use of medicinal plants and extracts. These include liquid extracts (tinctures), capsules, infusions, creams, lotions and gels. The healing power of plants is also harnessed through bespoke blends of bath salts, essential oils and incense.

Herbal medicines and remedies are taken for...

skin problems - oily, dry or inflammatory  
digestive disorders

nerves, stress, problems sleeping, emotional troubles  
complications of old age  
boosting energy

helping the body fight recurrent infections  
first aid - to promote skin healing from cuts and burns

Herbal medicine is usually taken as liquid preparation called a ‘tincture’, which is a combination of alcohol and water. This extracts the beneficial components and preserves them from decay.



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## Is natural always safe?

The truth is that some plants do produce substances that can be harmful in high doses so care is needed. That’s why taking herbs under supervision is important.

It’s not uncommon to experience increased bowel movements, urination, desire to sleep, and emotional changes when you start taking herbal medicines.