

# Kirkcaldy Herbal Clinic

Newsletter March 2018

Hello and welcome to the first of what I hope will be a long series of newsletters from the team of Medical Herbalists practicing from Health Food and More. Please let me introduce myself, my name is Keren and I am the business owner and a Consultant Medical Herbalist. Wearer of many hats, which also includes being a passionate forager and mushroom hunter. I haven't had much opportunity to pen newsletters over recent years but with the recent return to the practice of my long term friend and fellow herbalist, Wendy Kelly, I have found myself with time to start looking at newsletters, website update and creating a blog.



One step at a time...it's newsletter first and I just wanted to take this opportunity to raise the profile of what we do in herbal clinic. I have been practicing herbal medicine for over twenty one years now and know from this vast clinical experience the difference herbal medicine can make for people who are often struggling with chronic health problems.

I like to think we offer people an affordable and effective "alternative" to using conventional medicine, either because it isn't working for their specific complaint or because the preference is to manage long term chronic health problems with less "toxic" means. I am not knocking modern medicine one bit, it just doesn't hold all the answers and overstretched GPs don't always have the time to support their clients with the lifestyle and nutritional changes that can bring about positive results.

Wendy and I are both Members of the National Institute of Medical Herbalists, the gold standard of herbal medicine practice in the UK. What this means is we have the medical training to safely prescribe for you...we study hard for four years in all the medical sciences and have medical understanding on par with a GP. In addition we have a thorough knowledge of our Materia Medica with a large number of practitioner strength herbal remedies in our toolkit that can be blended

specifically for you and your unique health profile. This toolkit also contains a thorough knowledge of nutritional medicine and supplementation.

We have the training and the experience to know when to prescribe which herb and we can do this safely alongside your conventional treatment.

If you are not sure whether herbal medicine may be helpful for you then please do give us a call on 01592 566446. Leave a message for a call back should you wish to speak to myself or Wendy.

Wishing you the best of health

**Keren Brynes MacLean**

To find out more about herbal medicine, the conditions we can treat, training and much much more check out our professional body The National Institute of Medical Herbalists at

[www.nimh.org.uk](http://www.nimh.org.uk)

They hold a register of NIMH registered Medical Herbalists across the UK and beyond should you be seeking support for friends or family elsewhere.



**132a St Clair Street, Kirkcaldy KY1 2BZ 01592 566446**

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## Managing Recurrent Urinary Infections

### A Herbalists Approach

It's thought that up to 4 million people a year suffer from urinary infections in the UK. UTIs do predominantly affect women, although older men with prostate problems can also be very susceptible to infection.

The standard treatment from your GP will usually be an antibiotic, but with 20-30% of infections failing to respond to antibiotic treatment it's no wonder that we end up with a lot of people both in the shop and the clinic seeking advice.

Unfortunately by the time people seek help from us they have usually had at least one round of antibiotics, which means the natural protective flora of the urinary tract have been disrupted. Our good bacteria help to keep the "bad guys" at bay and they also help to prevent the overgrowth of pathogenic yeasts. How often have we come across that cycle of thrush, cystitis, antibiotics, thrush.....and so on!

An hour long appointment may seem indulgent for the initial visit, but nothing in your body happens in isolation and if you have a recurrent problem it's good to get to what is driving the condition. There is no point in treating a UTI but leaving somebody with a poor diet and bugged up bowels or not to address chronic stress which could be having significant impact on immunity.

So we take our time, listen thoroughly and try to get our treatment spot on, not just to clear symptoms, but to work constitutionally and improve overall health and well-being.

There are standard go to herbs for cystitis, broad spectrum antiseptics that help to flush harmful bacteria out of the way, without damaging microflora. Buchu and Bearberry are two such remedies. Demulcents such as couch grass and corn silk can soothe inflamed membranes and the addition of a nervine such as saint johns wort or pulsatilla can be helpful if stress is a factor.

For women who have lost pelvic tone a firm favourite is ladies mantle to gently lift the bladder. We lose count of the number of women who use this herb to feel less leaky. One positive effect is often they can sleep through the night without a trip to the loo! How doesn't benefit

from a good night's sleep? It almost feels miraculous that a simple herb can do so much.

For the older gentleman using prostate reducers such as saw palmetto complements the antiseptic and demulcent herbs and we see significant benefits and reduction of antibiotics usage.



Using probiotics to recolonise good bacteria can reduce cystitis symptoms and we almost always recommend a supplement to restore bacterial integrity. Two notable strains for women to use are *Lactobacillus rhamnosus* and *Lactobacillus reuteri* which have been clinically proven to reduce UTIs and thrush.

If you suffer from urinary problems speak to a member of staff about the best treatment. For a one off infection try our herbalist blended urinary tea, but if it's recurrent and persistent it may be better to invest in a consultation to sort the problem out properly.

Our first visit consultation fee is only £35 and any follow ups come in at £25. This doesn't include medicines, but is a great investment in your health as we look at everything not just your main presenting symptom.

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