INTEGRATING WESTERN HERBS, CHINESE MEDICINE AND PHYTOPHARMACOLOGY

Herb Combinations to treat Geriatric Disorders: Part 2  Cognitive, Emotional, Sexual, and General Disorders


New integrated system of herbal medicine  The emphasis in this course is on using Western herbs according to Jeremy’s new integrated system of Chinese medicine, Western herbal tradition, and modern pharmacology. All herbs and herb combinations will be classified according to Jeremy’s system of 4 Imbalances and Five Organs.

Herb combinations and medical drugs  Jeremy will discuss:

• the risk level of drug side effects
• the risk level of herb side effects
• the risk level of potential herb-drug interactions
• situations in which it is safe and appropriate to replace medical drugs with herb combinations

HERB COMBINATIONS

Jeremy will describe combinations to treat the geriatric disorders listed below: 14 combinations in full detail, and 12 other combinations in brief.

• Hepatic weakness in the elderly
  o drug-induced hepatic weakness
  o hepato-protective herbs
  o hepato-protective combinations

• Declining Kidney energy in the elderly
  o combinations to tonify Jing and balance Yin and Yang

• Sexual dysfunction in the elderly as a drug side-effect
  o combinations for sexual dysfunction in the elderly

• Diabetes in the elderly
  o herbs for diabetes: advances in research
  o combinations for diabetes
  o diabetic neuropathy
  o combination for diabetic neuropathy
  o diabetic neuropathy case history

• Malabsorption and malnutrition in the elderly
  o drugs causing colon flora disruption and malabsorption
  o herbs for colon flora disruption and malabsorption
  o combinations for colon flora disruption and malabsorption

• Cognitive disorders in the elderly
  o drugs causing dementia, reduced concentration, and memory loss
  o drugs causing movement disorders in the elderly
  o herbs for Alzheimer’s and related disorders: advances in research
  o combinations for cognitive disorders
  o cognitive impairment case history
- Insomnia in the elderly
  - drugs causing insomnia in the elderly
  - herbs and combinations for insomnia

- Drowsiness in the elderly
  - drugs causing drowsiness in the elderly
  - herbs and combinations for drowsiness

- Depression in the elderly
  - drugs causing drowsiness in the elderly
  - herbs and combinations for depression in the elderly
  - depression case history

- Anxiety in the elderly
  - drugs causing anxiety in the elderly
  - herbs and combinations for anxiety in the elderly
  - anxiety case history

**Immediate use**  You can use these combinations in the clinic immediately after this course, and you are given full details for safe and effective use.

**Recommended textbook for the course**
*Die Rezepturen* by Jeremy Ross, which contains over 300 herbal formulas, with details of how to use them. *Eine Klinische Materia Medica* by Jeremy Ross, which contains details of 120 herbs, including safety and dosage.

**Herb tastings**  There is the option to taste 5 combinations. Herb tasting is voluntary. Herbs will be supplied by Kreis Apotheke.

**Jeremy Ross**  Jeremy Ross has a BSc in biology from the University of Birmingham, specializing in plant physiology and biochemistry. He graduated from the National Institute of Medical Herbalists UK in 1982, and gained a doctorate in acupuncture from the British College of Acupuncture in 1985. In 1988 he completed a two-year training in Chinese herbal medicine with Ted Kaptchuk, followed by further training at the International College in Nanjing, China. After 17 years of clinical practice in Bristol, England, he practiced for 10 years in Seattle, USA, and in 2004 returned back to Bristol. For 25 years, Jeremy Ross has specialized on the integration of Western Herbs, Chinese Medicine, and Phytopharmacology. He is the author of three textbooks on this topic.