

Herbs Hands



Herbal Products

The
Pharmacy
from the Fields



Healing Ltd.



We are a specialist Western Tradition Herbal Medicine House (since 1978) that remains a pioneer of providing our own unique quality herbal formulae either direct to the public via mail order or through shops and clinics in the UK and Europe.

WE ENDEAVOUR AS A COMPANY TO:

- always provide the highest quality in both herbal medicine & formulae.
- provide informed alternatives to conventional medicine, as well as working along side it and other forms of integrated medicine.
- retain our 'family run' company style, even in the face of successful growth, whereby helping to making 'healing' a personal experience.

Our Philosophy & Intentions

We are a company passionate about herbal medicine and like us many of our customers use it as a primary source of health support. (*Today still 75% of the world population wholly relies on herbal medicine for their survival.*) Even though herb use, in recent time in Europe, has been overshadowed by conventional medicine and the pharmaceutical industry. This ancient tradition of health prevention is rapidly rising again to become widely used and relied upon.

A keynote of the company remains a commitment to using our inherited ancient British - European and other Western traditions whilst infusing them into a modern, safe and accessible format.

This company has sold it's Herbal Formulae and Superfood to thousands of customers over the past 25 years and has over time earned a name that can be trusted and respected by all who use our products and friendly advice.

Herbalism & Natural Healing

Our company's founder, Jill Davies is qualified in both natural healing (*naturopathy*) methods and herbal medicine. Jill therefore brings a broader and more holistic approach into the company. Although we visibly 'sell herbs' there is more of an ethos of 'all encompassing healing' alongside herbal medicine. So whether you are browsing our website, reading our quarterly 'Herb Chat', following product leaflet directions or speaking to one of our office staff or advisors you will notice that we always include 'supportive' and integral information. This will include information on nutrition and diet, relaxation, exercise, detoxing and cleansing, and many other aspects of natural healing- for example skin brushing and hot and cold showers.

The company is passionate about encouraging knowledge so that prevention and a balanced lifestyle can lead to self-responsibility and a feeling of life control and empowerment. We are adamant about referring our customers to visit a local herbal or nutritional practitioner when they are seeking advice or help that is not able to be safely reached or solved by our over-the-counter herbal products. This would be when they are suffering from complicated and detailed illnesses or poor health that requires a diagnosis and one-to-one qualified and monitored treatment.



Transform your Life through Change

Natural healing combined with herbal medicine can be powerfully life-changing. A vibrant, joyous life can become a reality using these methods of healing that focus on the many aspects of a person's body and mind. Raising health levels by living new and healthier ways that help to heal you is how it all starts. We have the knowledge to help you put one foot in front of the other towards following this positive and healthy life path.



How Herbal Medicine Works?

A MULTI-FACETED SOURCE OF HEALTH AID

Herbs work in a variety of strategic & inspiring ways. They *'support'* the body keeping it in a balanced and healthy state that can prevent a decline into real ill health. They can *'rejuvenate'* flagging energy levels and they can reduce the likelihood of being prone to illness. *'Prevention'* is a key word to be associated with herbal medicine as so much illness is all about not making the same mistakes and learning how to *'juggle'* ones own personal genetic and lifestyle package with the support of herbs and a focus on a reduction of ill health episodes.

Finally and importantly herbs *'heal'*, turning around many illnesses and troubling life phases (*menstrual, menopausal etc.*) in often a short space of time.



Why are our Herbal Formulae so clever and so safe?

Multi herb formulae or polypharmacy is the provision of many herbs (*in their whole state*) in one formula, deliberately addressing many patient/customer issues at the same time. Formulae provide an array of biochemistry able to stimulate, nurture, provoke, soften, combat, detoxify, eliminate and build all in one go. With this, many organs are worked and problems can be better addressed as the whole body is taken into consideration.

These formulae denote the hallmark of Herbs Hands Healing and they have been created by Jill Davies. Initially these formulae were used in clinics only but over time they were carefully tuned for safe over the counter (*OTC*) use. Their overall use now stretches back 30 years of solid feedback and sales; something that gives us the strong bedrock *'word of mouth'* customers that has made the company thrive.

The 1st Step to Rebuild your Health

We have been selling Superfood for over 15 years and not surprisingly as Jill Davies and Dr. Richard Schulze are old colleagues. Superfood as a word was coined then and now the term and what it represents has caught the attention of the general public and other companies. Our Superfood remains our bedrock product and partners our Herbal Formulae. It's a easily digestible plant super-nutrition which builds and fortifies like non other and remains the foundation for building health and recovery for us all.

The Story & Faces of the Company



Dr. R. Schulze *A.M.H. (H.N.H. Jr. Ph.D.)*

FOUNDER OF THE ABP & CREATOR OF SUPERFOOD

Dr. Richard Schulze, Jill and Peter are very old friends. Both herbalists carry on the Dr. John Christopher style of herbal medicine infused with their own distinct way of work. Together they have taught many students in the UK, who today run their own clinics and herb businesses.

Richard Schulze's range of products, at The American Botanical Pharmacy are very similar to Jill's herbal products and their aim's are the same, "to make people better". Their formulae vary slightly due to local availability of plants and traditions but all have been successfully used for nearly 30 years and all work in the same way.

(We can advise you on which Dr. Schulze's products are equivalent to our own product range.)



Jill Davies *F.A.M.H. (H.N.H. Jr. Ph.D.)*

SENIOR HERBALIST, CO-DIRECTOR & FOUNDER

All our formulae and herbal products have been designed by Jill, a natural healer (*naturopath*) and herbalist. Jill was originally a student of Dr. John Christopher (1909-1983) the famous natural healer and herbalist who founded the School of Natural Healing in America. Jill has over 28 years of clinical experience in herbal medicine and natural healing and she currently sees patients in her near by city of Norwich. Jill is also vice-chair of The Association of Master Herbalists (*A.M.H.*). Jill has written her own works, publishing many books and working for newspapers and magazines as an expert. She is also the great granddaughter of a Suffolk and London Apothecary and is proud to carry on the family tradition.



Peter Schmittmann *(I.T.E.C.)*

CO-DIRECTOR & FOUNDER

Peter worked for the last twenty years at Herbs Hands Healing and had been phenomenal in terms of shaping and steering a small 'cottage' business and clinic from its early days into the successful mail & internet order company that it is today.

Jill of course represents 'HERBS' within the name of the company, Peter is known for his 'HANDS' due to his original vocation as a therapeutic masseur. Jill and Peter truly meet within their work on the meaning of 'HEALING'.

Lorna Driver Davies

Lorna has worked within the family business for the last two years after completing her degree in Social Anthropology. She has brought a pioneering spirit into the company, combining her love of herbal medicine and natural healing with marketing and communication projects. She is embarking on a training to become a naturopathic nutritionist, to broaden her knowledge base and carve out her own path as a practitioner. While away from head office, she will as ever still continue to have a dynamic active role in projects and ideas.

Herb Source & Quality Trademarks

The majority of the herbs we use are grown in the UK on a certified biodynamic farm. The organically grown and biodynamic farming method honours the relationship of planetary influences on plant life and the rhythms of nature, without the use of pesticides and other chemicals. The farm holds a Demeter symbol, and this certification requires complete traceability and sustainability but also includes a total audit of our activities from seed, land and packaging through to composting and drainage.

We care about the quality and standard of all our products, right from the very beginning when the herbs we use are still growing, to cropping and production, and finally to the finished product. All stages are overseen by experienced growers and bio-chemists.

If you taste our echinacea root tincture for example, you will notice the strong metallic-like tingling on your tongue and a production of more saliva in your mouth. This is a sign of the tinctures strength and quality and although the same taste is not found in all tinctures, the effect gives you some idea of how high our benchmark standards are.

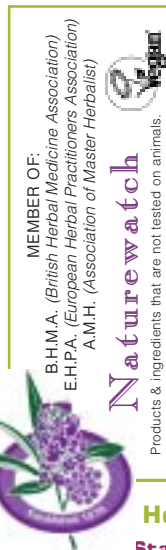
We remain committed to supporting organically grown herbs, being careful about choosing wildcrafted herb sources, never using endangered plants and generally remaining aware about intellectual property rights of healing traditions and plants.

Environmental Sustainability & Ethical Values

If managed correctly, herbal medicine production is a sustainable industry. Our relationship to mother Nature is a close bond, so we actively practise policies that support the environment.

As a Western herbal medicine company but also by specific company choice, 75% of our herbs are grown on local farmland in lush fertile organic and biodynamic soil and bottled at the nearby factory. The other 25% mostly come from the rest of Europe and a small percent of that from America. For decades we have concentrated on using Western herbs (*we use about 1% of non Western*), as this is our tradition, but also because they are more environmentally and ethically friendly because:

- More local or European herbs means less 'travel miles'.
- We have chosen certain herbs over another, in order to protect herbs from being over-farmed or from being imported from very far away. For example, meadowsweet instead of devil's claw. They both work excellently for joint and arthritic pain, but devils claw is not sustainable and is imported mainly from Africa.
- We are positively supporting the British and European farming industry.
- We work with herbs that literally surround us and the feeling of using own local plants is a healing in itself.



Herbs Hands Healing Ltd.

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Order Line: 0845 345 37 27

Monday – Friday 9.00 am – 6.00 pm

Product Advice Line: 0870 755 48 48

Website & On-line Shop:

www.herbshandshealing.co.uk

