

Phytotherapy

"Man Know Thyself" is the first step to claim health and longevity.

Medical Herbalism / Phytotherapy consists of using plants and practitioners only supplements, together with modern scientific research and thorough medical training. Phytotherapists refer to GP's if they know that the patient is requiring immediate medical intervention and are trained to always recommend what is best for the patient. In South Africa a professional Phytotherapist is registered with the AHPCSA and has a practice number.

The training is similar to medical students' training and includes full courses in Anatomy, Physiology, Pathology, Internal Medicine, Differential Diagnosis, Clinical Methods, etc. Instead of pharmacology of drugs used in conventional medicine, herbs and their pharmacology are studied.

Phytotherapists are skilled in compounding and dispensing medicines, specifically formulated to treat and/or prevent disease. The formulation of prescriptions are uniquely designed for each patient. We aim to treat the person as a whole and get to the root of problems in order to eradicate symptoms and address the cause of disease. Emphasis is placed on prevention and treatment of disease and includes nutrition, prescribed supplementation and lifestyle management.

Herbal medicine and supplements may be used in conjunction with conventional medicine if under the supervision of a Medical Herbalist / Phytotherapist. Phytotherapists are specially trained to understand how herbal formulations and supplementation interact with allopathic drugs. This ensures that you avoid side effects and drug interactions, and receive the best possible advice and treatment. It is, therefore, recommended that if you are considering trying herbal medication / supplements to first consult with a registered Phytotherapist.

Remedies available in health shops or pharmacies are generalised formulations and are aimed at the treatment of symptoms and as such do not address the cause of disease.

What to expect from a visit to a Medical Herbalist / Phytotherapist?

A consultation with a Phytotherapist starts with a full medical history. The practitioner then performs all relevant physical examinations and may send the patient a laboratory for tests (incl blood tests / urine tests etc.) / X-Rays departments. Based on these clinical findings the Phytotherapist makes a medical diagnosis and assesses the patients general state of health from a holistic perspective. Sick notes might be issued so that the patient can fully recover from current condition being treated. The practitioner will then formulate a treatment and management plan, including lifestyle adjustments, nutrition, supplements and a comprehensive herbal prescription, specific to the patient.

Which conditions are suitable for Phytotherapy?

Most conditions respond well to herbal medication and the correct prescribed supplements. This includes acute and chronic conditions from feeling 'run down' to Fever, Colds and Flu, Arthritis, Autoimmune Disease, Hormonal Imbalances (PMS, Menopause), Infertility, Impotence, Skin Disease (acne, psoriasis, eczema), Digestive disease, Urinary Tract Disease, Respiratory/lung diseases, Hypertention, Diabetes Mellitus, Cholesterol (Hyperlipidaemia), ADHD, Depression and Anxiety to name but a few.

My practice has a special interest in weight loss, management of auto immune disease and gut restoration. Anti inflammatory protocols are followed with the aim of optimal health and longevity.

Legislation has been passed to enable medical aids to cover Phytotherapy. However, it is advisable to check with your individual medical aid scheme before visiting your Practitioner. Rates might be above medical aid rates.

Medical Herbalism / Phytotherapy consists of using plants and practitioners only supplements, together with modern scientific research and thorough medical training. Phytotherapists refer to GP's if they know that the patient is requiring immediate medical intervention and are trained to always recommend what is best for the patient. In South Africa a professional Phytotherapist is registered with the AHPCSA and has a practice number.

The training is similar to medical students' training and includes full courses in Anatomy, Physiology, Pathology, Internal Medicine, Differential Diagnosis, Clinical Methods, etc. Instead of pharmacology of drugs used in conventional medicine, herbs and their pharmacology are studied.

Phytotherapists are skilled in compounding and dispensing medicines, specifically formulated to treat and/or prevent disease. The formulation of prescriptions are uniquely designed for each patient. We aim to treat the person as a whole and get to the root of problems in order to eradicate symptoms and address the cause of disease. Emphasis is placed on prevention and treatment of disease and includes nutrition, prescribed supplementation and lifestyle management.

Herbal medicine and supplements may be used in conjunction with conventional medicine if under the supervision of a Medical Herbalist / Phytotherapist. Phytotherapists are specially trained to understand how herbal formulations and supplementation interact with allopathic drugs. This ensures that you avoid side effects and drug interactions, and receive the best possible advice and treatment. It is, therefore, recommended that if you are considering trying herbal medication / supplements to first consult with a registered Phytotherapist.

Remedies available in health shops or pharmacies are generalised formulations and are aimed at the treatment of symptoms and as such do not address the cause of disease.

What to expect from a visit to a Medical Herbalist / Phytotherapist?

A consultation with a Phytotherapist starts with a full medical history. The practitioner then performs all relevant physical examinations and may send the patient a laboratory for tests (incl blood tests / urine tests etc.) / X-Rays departments. Based on these clinical findings the Phytotherapist makes a medical diagnosis and assesses the patients general state of health from a holistic perspective. Sick notes might be issued so that the patient can fully recover from current condition being treated. The practitioner will then formulate a treatment and management plan, including lifestyle adjustments, nutrition, supplements and a comprehensive herbal prescription, specific to the patient.

Which conditions are suitable for Phytotherapy?

Most conditions respond well to herbal medication and the correct prescribed supplements. This includes acute and chronic conditions from feeling 'run down' to Fever, Colds and Flu, Arthritis, Autoimmune Disease, Hormonal Imbalances (PMS, Menopause), Infertility, Impotence, Skin Disease (acne, psoriasis, eczema), Digestive disease, Urinary Tract Disease, Respiratory/lung diseases, Hypertention, Diabetes Mellitus, Cholesterol (Hyperlipidaemia), ADHD, Depression and Anxiety to name but a few.

My practice has a special interest in weight loss, management of auto immune disease and gut restoration. Anti inflammatory protocols are followed with the aim of optimal health and longevity.

Legislation has been passed to enable medical aids to cover Phytotherapy. However, it is advisable to check with your individual medical aid scheme before visiting your Practitioner. Rates might be above medical aid rates.