

Sustainable healthcare
systems as part of
permaculture:

herbal medicine for the
future



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Content

What is herbal medicine?

Herbal medicine and permaculture

Holistic approaches

Levels of knowledge

How to include herbs and herbal medicine into our lives and the lives of others

Limitations and solutions

What is herbal medicine?

For all
Use of whole plants
An integrated, holistic approach
Affordable
Gentle and effective
Low environmental impact
Can be locally grown



Herbal Medicine and Permaculture

Flowers attract pollinating insects

Aromatic plants help to deter pests (IPM)

Increased biodiversity

Farmacy: self-reliance in health care through using medicinal plants that are locally available and cheap

Stacking functions

Medicinals often help soils and rebuild fertility and/or stabilise the ground to prevent erosion

Holistic approaches

How to include herbs and herbal
medicine into our lives and the
lives of others

Levels of knowledge - herbalists garden, Mexico

Traditional midwives and herbs in Senegal

Women working in
medicinal plant
conservation, Himalayan
National Park

Sangoma, traditional
Shaman. South Africa

Limitations

Not enough people formally studying herbal medicine – only 2 courses in UK teaching herbal medicine to Bsc level

Not enough people undertaking apprenticeships (time/money constraints)

Knowledge transmission being stunted through problems of modernity, urbanisation, and so-called 'development'

Government restrictions on herbal medicines

Solutions

More support for natural health workers
Promoting and showing support to herbalists
Campaigning for real medicine
Being informed
More????

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