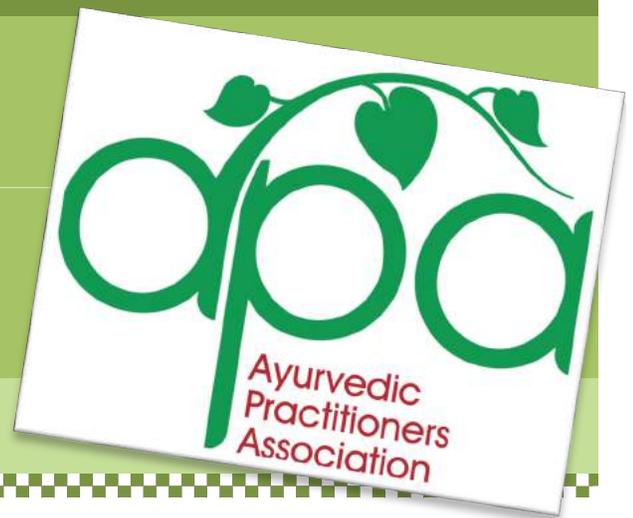


# News Update

Welcome to the latest news update  
from the  
Ayurvedic Practitioners Association

Summer 2015



## IN THIS EDITION:

- EHTPA Press Release
- Approved Suppliers
- Summer Recipe
- October Elections
- APA website news
- Dr Vasant Lad Seminar
- Online Publications
- Events from Members

We are delighted to be able to re-launch the APA newsletter in its new form. We believe this is a great platform for sharing information and hope that in the future you will want to use this format to raise issues, share articles and let other members know of your up-coming workshops. Dot and Sue are the only **PR** for the APA and they do need more help, input and ideas. So please we need YOU to participate in this process and help us with thoughts and ideas for future news updates.

This issue also sees the start of our new style CPD programme. We are hoping that this new format, based on TED principles, will keep CPD fresh and bring interesting and innovative ideas for discussion and possible inclusion in your clinical practice.

For those of you who have been able to attend we thank you for finding the time and travelling for this event. If you have any feedback that you were unable to share on the day, please don't forget to let us know. For those of you who were unable to attend, we are sorry you missed out and hope you will have a chance to discuss the day with a fellow practitioner and will be able to attend the next event. Please could non-attendees submit their collated CPD sheets into the office by 17<sup>th</sup> July 2015.

Lastly we understand as well as you do that any professional group is only as strong as its members, which is why the committee continually strive for a more cohesive and interactive environment for APA members. In the modern work place, where we often work alone, it is all too easy to get lost in the day to day workload and finding time for a CPD event often does not get very high on anyone's *to do list*. But as the proverb says it is only when you step out of the woods that you can really see the trees. It is our hope that by providing a CPD event that is not only free, but most importantly relevant to what is happening now and by highlighting issues that could alter your future as a practitioner of not just Ayurveda but natural health, you will be able to understand the implications for future practice.

So, please, tell us what you like. Tell us when you are not so keen. Forgive us if we do not achieve what you are looking for the first time. Mostly, communicate with us. Help us. Together we can build a strong cohort of professional Practitioners and Therapists that will in turn help more people understand the wonderful healing benefits of Ayurveda.

Warm regards from the APA



## PRESS RELEASE

### Government U-turn leaves public safety at risk from rogue herbalists



**[Friday, 27 March 2015, 09:00hrs] The European Herbal and Traditional Medicine Practitioners Association (EHTPA) and British Herbal Medicine Association (BHMA) say public safety is at risk following today's recommendation by the government to reject statutory regulation of the UK's 3000 herbal practitioners.**

Despite previous agreement that statutory regulation could be the only way to safeguard the public from poorly trained and unethical herbal practitioners, the government now favours voluntary accreditation by the Professional Standards Authority (PSA).

The U-turn by the government comes 15 years after statutory regulation of herbal practitioners was first recommended to the Department of Health by the prestigious House of Lords' Science and Technology Select Committee in 2000.

The recommendation also reverses an earlier decision by the Secretary of State for Health in 2011 to implement *statutory regulation* for herbal practitioners and is at odds with calls for statutory regulation made by two previous Department of Health Working Groups, in each case supported by an overwhelming public vote in favour of statutory regulation to ensure safe treatment by trained practitioners.

Chair of the EHTPA and member of the Herbal Practitioner and Medicines Working Group, Michael McIntyre said: "Herbal medicine is internal medicine and like other types of internal medicine practised in the UK, requires statutory regulation for those who practise it.

"The only way that the public can be assured of receiving safe treatment from well trained, ethically practising herbal practitioners is via statutory regulation since voluntary accreditation leaves the public open to poor practice from ill-trained practitioners who have opted out of, or never signed up to the voluntary scheme in the first instance."

Not only will voluntary regulation fail to ensure the public are consulting trained and ethical practitioners, it will also fall short of ensuring herbs supplied by herbalists are sourced from companies with adequate quality assurance systems, leading to cheaper supplies of inferior and suspect quality.

Dr Dick Middleton, Chairman of the BHMA commented: "The proposals will not prevent the continued availability of low quality or adulterated herbal supplies to herbal practitioners for use in their practice. Herbal practitioners will be unable to identify high quality herbal material and this will inevitably lead to a continued and unacceptable risk to patient safety."

**Voluntary accreditation under the PSA is no substitute for statutory regulation:** Voluntary accreditation of herbal practitioners already exists in the UK via a number of well-run professional associations with decades of experience of delivering training and monitoring fitness to practise of their members.

"The essential weakness of voluntary accreditation is that any practitioner disbarred by one of the voluntary registers can leave the register and legally continue to practise outside its jurisdiction," said McIntyre. contd.

Government U-turn leaves public safety at risk from rogue herbalists / 2

“Furthermore, training institutions that do not wish to submit themselves to independent accreditation can refuse to participate and operate outside the accreditation scheme.

“The PSA suffers exactly the same shortcomings that undermine other existing voluntary accrediting bodies since the PSA has no more ability than existing voluntary accreditors operating in the herbal sector to require herbal practitioners to belong to it or to require that all herbal training institutions adhere to agreed standards of training. More worryingly, accreditation via the PSA offers the public false security as it appears to have all the powers of a statutory regulating council but in reality in its role as a voluntary accreditor it has none.”

McIntyre concluded, “A well trained herbalist is a safe herbalist. In the last two decades, practically every herbal misadventure has occurred at the hands of those practising outside the main UK voluntary registers without adequate training or unethically. Statutory regulation is the only way to ensure *all* practitioners work to the same high standards. With the growing interest in and use of herbal medicine, only statutory regulation can ensure that the sector as a whole works to agreed standards and can integrate herbal medicine into the healthcare systems of the 21st century.”

**In objection to the government’s decision to recommend voluntary accreditation, an open letter to the Department of Health has subsequently been supported and signed by a over half\* of the Herbal Practitioner and Medicines Working Group objecting to the government’s ruling and calls on the government to reconsider its decision in the interests of public health.**



Approved Supplier

A reminder about the APA Approved Suppliers Scheme (ASS) that ensures our members have access to sustainably sourced, ethically produced, and legally supplied herbal ingredients. At present Pukka Herbs is the only APA approved supplier that continues to impress the Independent Auditor. Given that legislation now limits access by practitioners of Traditional Herbal Medicine to most herbal preparations it is important to use only those suppliers who comply with this legislation.

If you are interested in finding out more about the ASS, or applying to join the scheme you can visit the APA website or contact the office



Do you recognize this Ayurvedic herb?

*Azadirachta indica* - otherwise known as neem! Neem products are believed to be anthelmintic, antifungal, antidiabetic, antibacterial, antiviral, contraceptive and sedative. A versatile herb also known as the “Village Dispensary”



## Summer Recipe

### Ginger & Basil Limeade

#### Ingredients

½ C basil leaves  
2 inches fresh ginger  
1 -3 whole limes  
2 – 4 Tbsp honey to taste



1. Use a fine grater to make about 1 teaspoon of lime zest. Juice limes. Chop ginger into chunks.
  2. Add 1cup water to a blender with ginger, lime juice, lime zest, honey and fresh basil leaves. Blend until smooth.
  3. Combine ginger-lime juice with an additional 3 cups of water in a pitcher. Chill and serve garnished with fresh basil.
- \*Salt the rim of your glasses to complete this mock-tail while satisfying all six tastes!

**Quenches-thirst, Stimulates  
energy, Cardiac-stimulant,  
Diaphoretic**

## Elections for the APA executive committee

This year is election year for the APA executive committee. We will soon be sending out a request for nominations. The executive committee is a group of volunteers who give their energy and inspiration to our association and act as a voice for our members, the APA and for Ayurveda in the UK. If you are a full member of the APA and think you have what it takes to be part of this team then please consider nominating yourself!



Watch out for the 'Call for Nominations' in your email box at the end of July!

### [www.Website](http://www.Website)

We are continually looking for ideas to keep the APA website fresh and relevant to both our members and the general public. At the moment we are working on the FAQ section – thank you to everyone who was able to send us some suggestions. As soon as the answers have been compiled we'll go live with that. We are also exploring the potential for an online Events Calendar for you to add your own Ayurvedic courses and events which will be available on the website in real-time!

If you have any other thoughts or suggestions for the website then please get in touch!



## DR. VASANT LAD

We are delighted to be hosting Dr. Lad for the 8th year, from **October 6 – 10, 2015** for a series of seminars on Ayurveda.

Don't miss this opportunity to participate in this unique event and learn from this gifted teacher with a wealth of experience gained in a long career of healing and teaching. **Book now on the APA website!**

**A documentary film** exploring the life of Dr. Lad by Jeremy Frindel The film follows the journey from Dr. Lad's childhood to his medical training and the Ayurveda movement in the West that his work has sparked.

Production began on this documentary last year, and the makers are currently fundraising to complete the film. With your support, this inspiring film can come to life! To enable tax-deductible UK donations under Gift Aid, the Hare Krishna organisation ISKCON has kindly offered the facility at the Lotus Trust [www.thelotustrust.org](http://www.thelotustrust.org)

Please follow the links for "DONATE". Once you make a donation, kindly email Stefka Regelous ([sregelous@hotmail.com](mailto:sregelous@hotmail.com)) with your name and the amount, so that the funds can be transferred to the film fund.

## ONLINE PUBLICATIONS



*The Journal of Ayurveda and Integrative Medicine (J-AIM)* is a peer reviewed, open access international circulating professional journal led by the Institute of Ayurveda and Integrative Medicine ([www.iaim-friht.org](http://www.iaim-friht.org)). As a trans-disciplinary platform for integrative health sciences, J-AIM aims to explore the relationships between Ayurveda, biomedicine and other contemporary health sciences encouraging meaningful collaboration to promote effective, safe and affordable global health. To view this journal online please visit <http://jaim.in/>  
The journal is published quarterly.

*The Ayurveda Journal of Health.* The Light on Ayurveda Educational Foundation (LOAEF) publishes the *Ayurveda Journal of Health* to share clinical Ayurvedic practice with both students and practitioners of Ayurveda. The foundation exists to bring the knowledge of Ayurveda to all. This is done through special educational materials, including Frequently Asked Questions (FAQs), informative health articles, articles on Ayurvedic science and through the information contained on the website. We are always keen to receive papers from new authors, so please, as a practising APA member if you have anything you would like to share or would like to submit a paper, contact the journal direct online. <http://ajh-journal.com>



## Seminars, Workshops & Courses by APA Members

### YOGA THERAPEUTICS

Monday 20 – Saturday 25 July 2015

Mira Mehta MPhil (Oxon), AAPA

Yoga postures and breath control (asana and pranayama) are uniquely healing as they access the power of both body and mind. When done correctly they alleviate aches and pains caused by joint dysfunction and organ strain and improve the workings of all the body systems. At the same time they rejuvenate the mind, bringing clarity, strength and calm.

This course covers the principles of Yoga therapeutics, giving explanations from Yoga's sister science, Ayurveda, and showing how these principles apply in practice.

Open to all except beginners.

The Yogic Path, London NW6, [www.yogicpath.com](http://www.yogicpath.com), [info@yogicpath.com](mailto:info@yogicpath.com)

Charge, £500, Non-refundable deposit £50

### AYURVEDA MASSAGE THERAPY COURSE

12th - 17th October, 2015

Tri-Dosha Academy - Sunita Passi

Our signature 5 day massage course covering seven key Ayurvedic techniques including the classic *Abhyangas*, *Shirodara*, *Pinda Sweda* and *Udvaartana*. The course is accredited by the FHT.

Venue: North Hertfordshire College, Hitchin, Herts.

For more information please see [www.tridosha.co.uk/therapist\\_training.php](http://www.tridosha.co.uk/therapist_training.php)

### WEEKEND RETREAT in YOGA, AYURVEDA & the MIND

12th - 15th November, 2015

YogaWell – Tarik Dervish

A weekend retreat in Devon with Tarik Dervish and Anne Ashton. The retreat will be a powerful blend of daily Yoga practice, workshops in the basic principles of Ayurveda and a variety of therapeutic techniques used in therapy to help you overcome limiting beliefs and get what you want out of life.

For more information on this exciting Retreat, please visit:

<http://www.yogawell.co.uk/blog/2015/05/07/weekend-retreat-in-devon-this-autumn/>