



MEDIA RELEASE

Everyday Herbalism

National Herbal Medicine Week, 14 – 20 September 2009

The health secrets of herbalists will be revealed this week. Discover why a cup of tea is good for you, learn to defend yourself against infections, make effective kitchen remedies and more, during National Herbal Medicine Week.

Organised by the oldest complementary medicine association in Australia, the National Herbalists Association of Australia (NHAA), the Week celebrates hundreds of years of herbal medicine history.

“Scientific evidence is now beginning to support the traditional knowledge we’ve developed over centuries of herbal medicine use. A great example of this is St John’s Wort, which has a long history of traditional use and now has strong scientific support for the treatment of depression. During National Herbal Medicine Week we are able to share the knowledge from our traditional roots and our experience in modern day practice with the public, to demonstrate how herbal medicine can benefit you in everyday life.” says Erica McIntyre, Executive Director of the NHAA and practicing medical herbalist.

Over the week, people can meet and mingle with herbalists and sip herbal tea while attending free talks and demonstrations in Sydney, Adelaide and Newcastle.

Sydney: Sun 13 Sept, 10am-4pm. Free giveaways, talks and guided tours of the Herb Garden.

Adelaide: Sun 20 Sept, 10am-3pm. Free herbal tea tasting, talks, tours and giveaways.

Newcastle: Sun 20 Sept, 10am-3pm. Herbal cream making demonstrations and garden tours.

Entry to all events is free. Drop in at any time!

You can get further details by visiting the NHAA website at: www.nhaa.org.au

Media Enquiries for Sydney and Newcastle: Erica McIntyre 0438 448 653

Media Enquiries for Adelaide: Helen Stevenson 0414 865 298

**PLATINUM
SPONSORS:**



Metagenics
Genetic Potential Through Nutrition

**GOLD
SPONSORS:**



flordis
clinically proven herbal medicines



**NEW DIRECTIONS
A U S T R A L I A**

Nutrition Care
Products you can trust

WellBeing
magazine

www.nhaa.org.au

The National Herbalists Association of Australia (NHAA) is Australia's peak body, representing practitioners of herbal medicine.