

DEE ATKINSON
MEDICAL HERBALIST | EST. 1988

www.deeatkinson.net

LIPSTICK IN THE JUNGLE ‘trademarked’

Presented by Dee Atkinson, FNIMH

In association with The Herbal Medicine Trust





The Herbal Medicine Trust

www.herbalmedicinetrust.org



Welcome to The Herbal Medicine Trust. The trust is a UK based registered charity that exists to promote herbal medicine in all its forms. We fund diverse projects and deliver education from home herbalism to full professional training. The trustees who run the charity are an eclectic and talented group of people united by their love of plants and their respect for herbal medicine.

We know that herbal medicine touches lives – and we are here to help make it happen.

[More About Us](#)



Back to the Land

Growing up in rural Wales on an Organic Farm

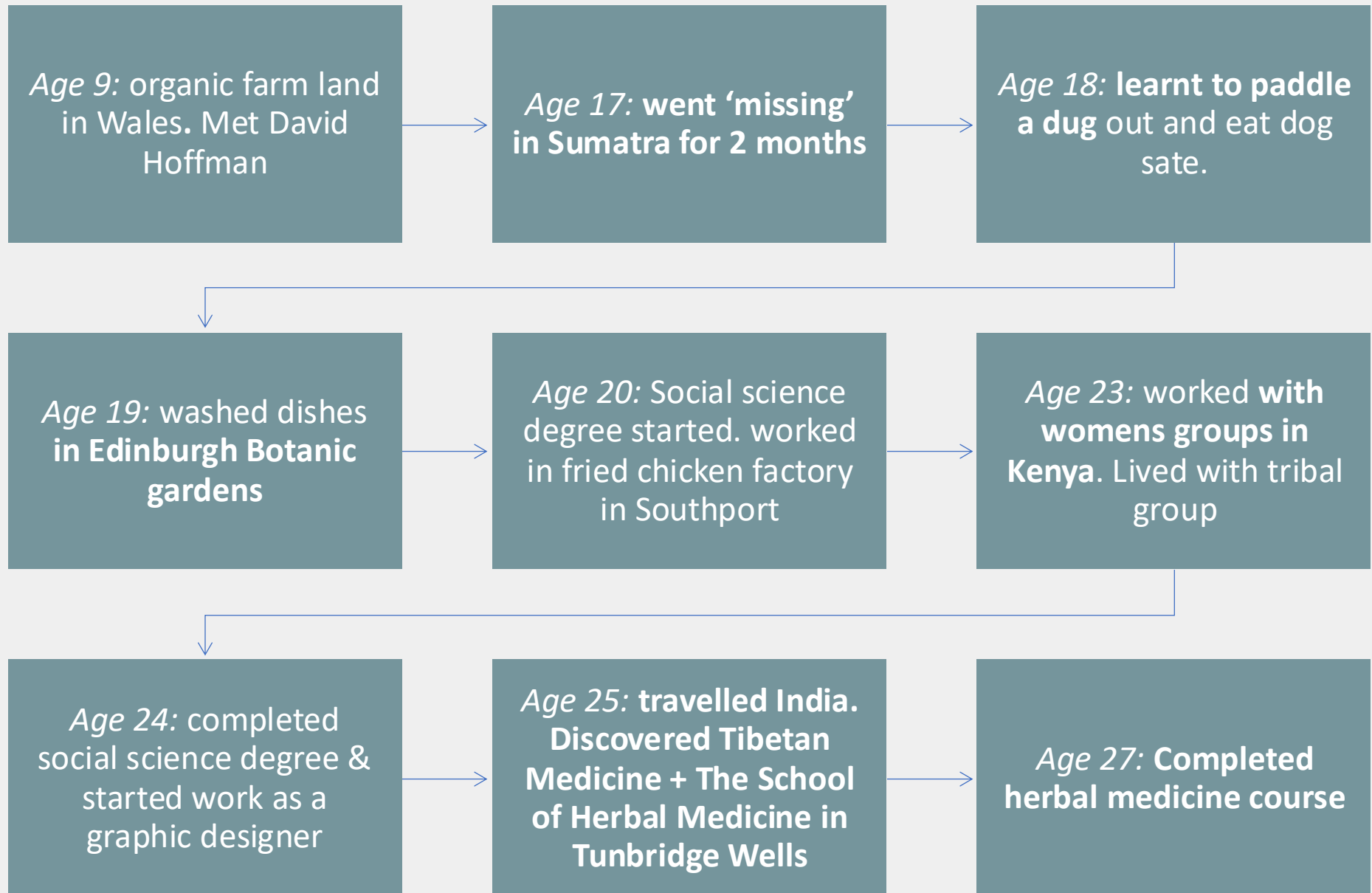




Dee Atkinson & Chanchal Cabrera



#whatsister





Finding my Calling

Studying Herbal Medicine among like-minded souls with a drive for the cause, supported by The Herbal Medicine Trust





Age 28: offered chance to practice out of Napier's Herbalist in Edinburgh by Jan D' Vries.



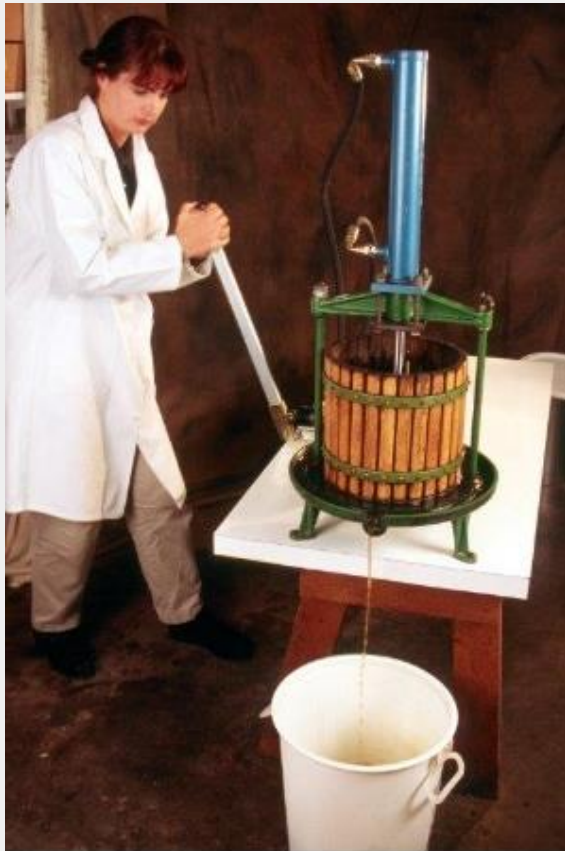
Age 30: took over the shop and the old manufacturing





1989: My Herbal Battle Cry

To increase public awareness of and access to herbal medicine
and qualified medical herbalist's





10 years to change the world age 30-40



Went publicity mad to
promote my big idea.



Talks to WI groups and
churches



Won TV Business
game



Highlight: Beachgrove
garden. Lorraine Kelly
and Basil Brush





Co-ordinated Herbal response to potential legislation to withdraw access to herbal medicines. Emptied dustbins of supplements on pavement at Holyrood.



Prince of Wales Foundation of Integrated Health for CPP





SEVENTH EDITION, 1874.

A RETAIL PRICE LIST
OF
BRITISH & FOREIGN
HERBS, ROOTS, BARKS, &c.
WITH THEIR
Most Familiar Names, Properties, and Uses Explained;
ALSO, A LIST OF
BOTANIC AND ECLECTIC MEDICINES,
AND THE NAMES OF
The Edinburgh Botanic Medical Depot,
22 & 24 BRISTOL STREET, EDINBURGH.
Open from 9 a.m. till 6 p.m., SUNDAYS excepted.
WITH OBSERVATIONS ON THE
PRESERVATION OF HEALTH,
AND THE
CURE OF DISEASE.
BY THE PROPRIETORS
D. NAPIER, M.B.M.R.A., & SON,
GENERAL AGENTS FOR
DRS. SKELTON, COFFIN, WHITE, AND BLUNT.

"Deposited the world as they come by the way,
The purposes you see that wait;
Though beautiful to eye are better than they,
With all the earth's gifts be careful.
The herb that grows, the hardest weed,
If we only look, wisdom is not;
Are given to wisdom, for man's wisdom's power,
And the world with the world will agree."

Printed by NEIL & BROWN, Scotch Printers, Ample Place.

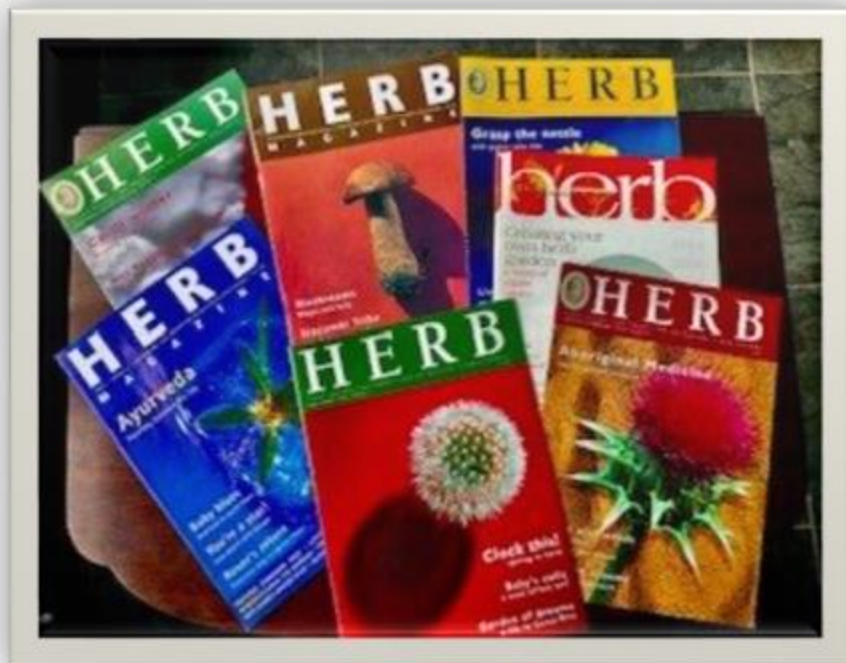
Price Two-pence

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Composition Essence	✓ 4
Islandine Ointment	14
Leprosy Ac. Linct.	✓ 23
Eye Lotion	✓ 3
Eucalyptus Hair Restorer	✓ 27
Solio 17, 28 & 1	✓ 95 5
Horsehound Linct.	✓ 140 15-16 41
Indigestion Cure	✓ 135 5
Lobelia Ac. Linct.	✓ 23
Syrup	✓ 25
Mercurial Heart Tonic	✓ 11
Pectoral Syrup	✓ 11
Pot. Perm.	3
Pulmonary Lozenges	✓ 11

MAC



Herb magazine 2000-2002





Established apprentice scheme
for Napiers

Worked in Costa Rica on essential oil
project with local shaman





Identifying medicinal plants and building a living library



James Duke in the jungle





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Pectoral Syrup ✓	11
Pot. Poum.	
Pulmonary Lozenges ✓	
MAC ✓	

Established 1860

Telephone No.
031-225 5542

D. NAPIER & SON,
Herbalists,
British & Foreign Medical Botanists,
17/18 Bristo Place, Edinburgh, EH1 1HA.

NAPIER'S HERBAL POWDERS

Compound Barberry Bark	- For Stomach Complaints including Nausea
" Burdock	- A Herbal Blood Purifier
" Comfrey	- To relieve discomfort of Haemorrhoids and discourage Bleeding by softening stool
" Guaiacum	- For Rheumatic Pains
" Meadowsweet	- Has a purifying action which helps the elimination of waste matter by maintaining Urinary flow

NAPIER'S HERBAL MIXTURES

Tonic Blood Purifier	- For use in cases of Skin irritation and other minor Skin conditions
Nasal Catarrh Mixture	- For Nasal Catarrh & the results of neglected colds
Herbal Tonic	- Especially beneficial when taken after Influenza or in cases of stress or overwork
Scullcap Herb Compound	- Warming & Soothing for Shivers, Toothache, Cramp & Colic
Composition Essence	- To be taken at the first signs of Cold, Influenza & Chill
Lobelia Syrup	- For Coughs, Bronchial Asthma & Infections of Upper Respiratory Tract
Soothing Syrup for Infants	- For Stomach Disorders in Children including those due to Teething

NAPIER'S TABLETS

The Tonic Blood Purifier, Nasal Catarrh & Herbal Tonic are also available in Tablet Form	
Dandelion Pills	- For Stomach Disorders, relieving associated nausea
Golden Seal Tablets	- For disordered states of the Digestive system
Pile Tablets	- To relieve discomfort of Piles by softening stools
Rheumatic Tablets	- A convenient alternative to Guaiacum Powder
Natural Herb Tablets	- For the relief of occasional Constipation & with a wide range of relieving action on the Stomach & Digestive system



The Tonic Prescribing Principle

<u>Nerve Debility Tonic</u>		
2 gr	Fluid Extract Sassafras	10
2 gr	Sassa Calmette	10
2 gr	Stoca	12
2 gr	Quinine	14
2 gr	Infusion China Radix	4
3 gr	Gentian	9
4 gr	Fluid Extract Sassafras	30
4 gr	... Sassafras	30
6 gr	Infusion Sassafras	30
6 gr	Infusion Sassafras	30
6 gr	90 (Nervalgia)	45
6 gr	82 (Debility)	1-20
14 gr	101 (Head: Nerve)	75
13 gr	Glycerine	78
80 gr	Mix - Shake	5-28
<u>S.P.N. Special Nerve</u>		
5 gr	Dec Sassafras	?
35 gr	Prunus Sassafras Tonic	
5 gr	Staphylococcus Infusion Arsenic	
35 gr	Nerve Debility Tonic	
80 gr	Mix - Shake	

<u>Nerve Debility Tonic</u>	
2 gr	Fluid Extract Sassafras
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80 gr	Mix - Shake



Tonics : Blood purifier





Blood Purifying Tonic

Process Sheet

Contain compound ingredients

- Scullcap Compound
- Elixir of Trifolium

Product Specification

Product name: Blood Purifying Tonic

INGREDIENTS

Description	Qty	% Content
Smilax ornata fe_10601r	83	8.30
Trifolium Elixir Compound_Nap/trifolium	250	25.00
Skullcap compound bulk_nap/1035C/R	104	10.40
Rumex crispus tinc_930r	104	10.40
Phytolacca decandra tinc_805r	104	10.40
Jateorrhiza palmata BPC_6304	104	10.40
Avena sativa seed Organic 1L_170r	41	4.10
Arctostaphylos uva-ursi FE_1151r	104	10.40
Arctium lappa FE_1101r	104	10.40

Excipients

Description	Qty	% Content
Total weight	1,000mg	

PRODUCT SPECIFICATION FINISHED

Specification

Approved

Signature:.....
Print Name:.....
Position:.....

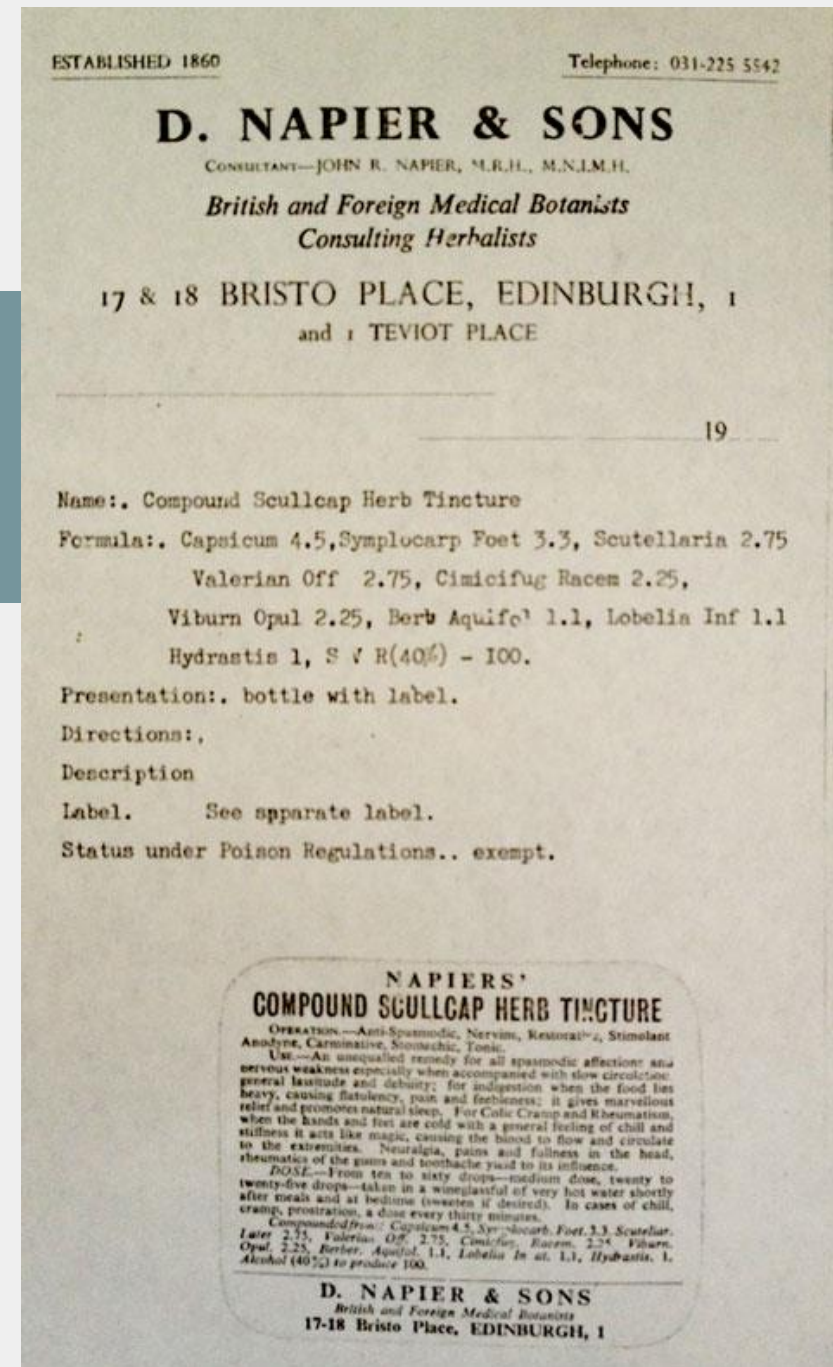
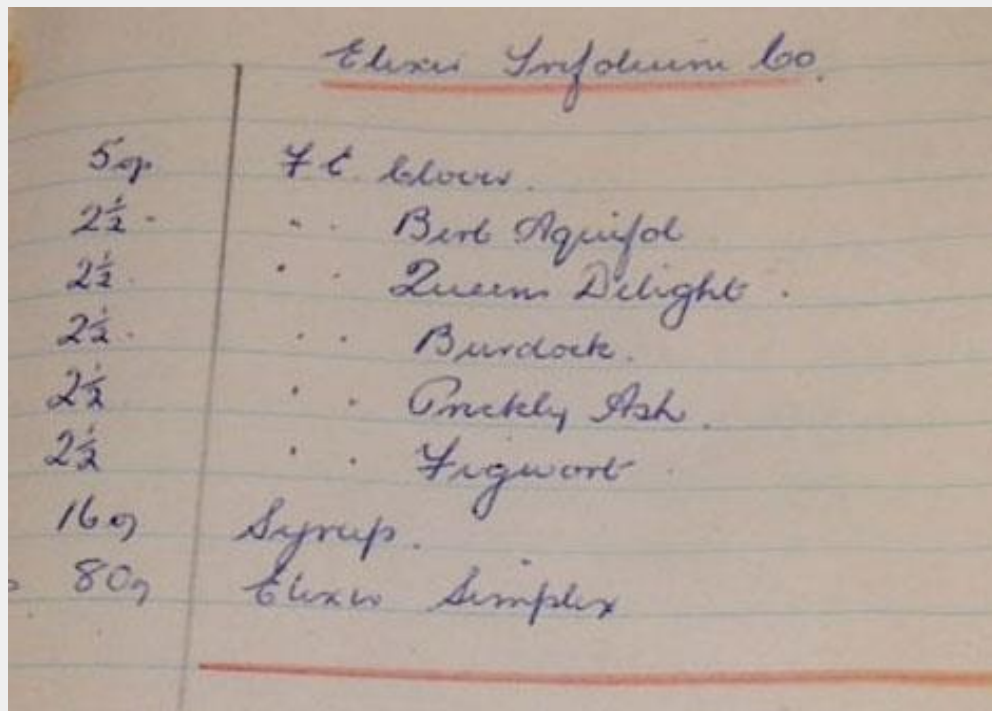
Customer Approved

Signature:.....
Print Name:.....
Position:.....



Compound Ingredients

- Scullcap Compound
- Elixir of Trifolium





Elixir of Trifolium 19

COMPOUND ELIXIR OF TRIFOLIUM

PL 0250/5080R

A. PRODUCTION AND CONTROL OF DOSAGE FORM:

1. <u>Batch Formula:</u>	<u>Per 114.5 L</u>	<u>Per 5 ml</u>
Compound Fluid Extract No. 16	6.640 L	0.290 ml
Fluid Extract Red Clover	4.500 L	0.196 ml
Fluid Extract Burdock	2.290 L	0.100 ml
Fluid Extract Cascara Tasteless	2.290 L	0.100 ml
Fluid Extract Queens Delight	1.150 L	0.050 ml
Col Sol	0.460 L	0.020 ml
Rectified Spirit	0.850 L	0.037 ml
Nipasol M	0.050 K	2.183 mg
Imitation Sassafras Flavour	0.080 L	0.003 ml
Saccharin Solution	0.550 L	0.024 ml
Syrup	83.000 L	3.624 ml
Water	12.700 L	to 5 ml

Compound Fluid Extract No. 16 is made to the following formula:-

Sarsaparilla	17.25 %
Burdock Root	17.25 %
Poke Root	17.25 %
Zanthoxylum Bark	8.75 %
Glycerin	10 %
Alcohol	to 100 %

Col Sol is a colour solution made to the following formula:-

Caramel	50 %
Glycerin	12.5
Chloroform	0.125
Nipagin M	0.062
Water	to 100

2. Method:

Make the intermediate Co. Fluid Extract No. 16. Add the fluid extracts and colour solution.

Mix Rectified Spirit, preservative and flavouring and add to the bulk.

Add the Saccharin Solution and mix.



Polypharmacy

20 herbs in one formula

- Smilax
- Rumex
- Phytolacca
- Jateorhizza
- Avena
- Arctium
- Arctostaphylos
- Capsicum
- Scutellaria
- Symphlocarpus
- Valerian
- Cimicifuga
- Vibernum opulus
- Berberis aquifolium
- Lobelia
- Hydrastis
- Stillingia
- Zanthox
- Scrophularia
- Cascara



The Tonic Principle

Many body systems covered in one prescription: “The Law of Three”

- The prescription anchor:

1. Burdock and Sarsaparilla

- The prescription adjuncts:

2. Physical: Rumex, Cimicifuga, Arctostaphalos, Hydrastis, Berberis

3. Mental: Scullcap, Valerian, Avena



Arctium lappa



Smilax spp.



Trifolium pratense



Scutellaria laterifolia



Tonic actions

- Smilax: Blood tonic and hormone balancer
- Rumex: Liver herb
- Phytolacca: Lymphatic
- Jateorhizza: Bitter tonic
- Avena: Nervine
- Arctium: Blood tonic, alterative, adaptogen
- Arctostaphylos: Diuretic, urinary tonic
- Capsicum: Circulation
- Scutellaria: Mental tonic
- Symphlocarpus: Expectorant
- Valerian: Sedative
- Cimicifuga: Hormonal balance
- Vibernum opulus:
- Berberis aquifolium: Infection
- Lobelia
- Hydrastis: Anti bacterial/microbial
- Stillingia: Laxative, tonic
- Zanthox: Circulation
- Scrophularia: Diuretic, depurative
- Cascara : Laxative, tonic



Tonic actions

Capsicum

Circulation

Scutellaria

Mental Tonic

Symphlocarpus

Expectorant

Valerian

Sedative

Cimicifuga

Hormone Balance

Viburnum opulus

Berberis aquifolium

Infection

Smilax

Blood Tonic

Hormone
Balancer

Rumex

Liver Herb

Phytolacca

Lymphatic

Jateorhizza

Bitter Tonic

Avena

Nervine

Arctium

Blood Tonic

Alterative

Adaptogen

Arctostaphylos

Diuretic

Urinary Tonic

Lobellia

Hydrastis

Antibacterial

Stillingia

Laxative

Tonic

Xanthox

Circulation

Scrophularia

Diuretic

Depurative

Cascara

Laxative

Tonic



Royal Botanical Gardens Kew

Collaboratively following a dream dedicated to expanding the field of education in Herbal Medicine



The Herbal Medicine Trust

www.herbalmedicinetrust.org



Our vision is work together to create:

Clear pathways into the world of herbal medicine whether you are just herb curious or want to become a medical herbalist.

Gold standard education at foundation or professional level through our flagship project – Heartwood Education

Funding for grassroots projects that make a real difference to local communities.

Exploring ways to support newly qualified medical herbalists to establish vibrant and successful businesses.



The Herbal Medicine Trust

www.herbalmedicinetrust.org



Some of Our Most Recent Projects



Heartwood Education



Junior Herbalist Club



Festival First Aid



Support for Refugees

Projects



Trustees



Paul Hambly
Chair



Dee Atkinson
Secretary



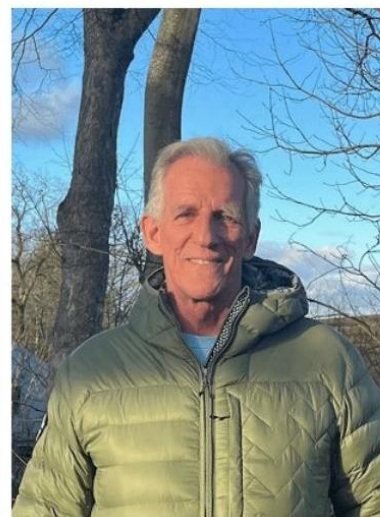
Deborah Sweetman
Treasurer



Jan Nicol
Trustee



Tony Carter
Trustee



Iain Millership
Trustee



Why Lipstick...?



- I was known in the jungle for always wearing lipstick, it was a sort of 'trademark'
- I had come across a plant I could use to naturally stain the lips
- Developing a 'non slip' lipstick became a hot idea back in the 1990's
- But no ideas are every really new, so celebrate when others have the same ideas
- Much like the plants themselves, we can thrive in competition. It's part of evolution!



In community, supporting each other and looking after our plants, we are stronger...

...and above all, in celebrating and sharing our knowledge in the use of herbal medicine



The Herbal Medicine Trust