



Continuing Professional Development Webinar Series

## 'COVID-19: The Contribution of Phytotherapy in the short - and long-term'

Saturday, 20 March 2021

### Biographies of Speakers

#### Dr Sam Christie

Sam is a final year undergraduate at Westminster University studying herbal medicine, where she is also a visiting lecturer in phytochemistry and pharmacology and 2020 pharmacy prize-winner. As a natural product chemist and nutritionist, she worked in research and development within the consumer healthcare industry, while completing her PhD at Reading University under the tutelage of Dr Ann Walker in non-pharmacological treatments for premenstrual syndrome, assessing grape seed, magnesium and *Vitex agnus-castus L.* Subsequent collaborative research work and published scientific papers include non-pharmacological approaches in travellers' diarrhoea, fibromyalgia, photo-ageing, asthma, chronic telogen effluvium and vascular health at the Reading University, the Medical Research Council, Nottingham City Hospital, Imperial College Healthcare NHS Trust and Portsmouth University. She has also lectured at Oxford Brookes University, Reading University and is a graduate of the Institute of Optimum Nutrition. Sam has also contributed to regular national press articles including The Guardian, The Daily Mail, The Sun and The Star magazine, where she has been a regular health columnist.

#### Dr Chris Etheridge

Chris holds a first class honours BSc and a PhD in Medicinal Chemistry from Imperial College, London. He was a Lecturer and Research Fellow in Gene Therapy at Imperial's Department of Chemistry and at the Department of Biochemistry and Molecular Genetics at St Mary's Hospital from 1995-2002, where he taught on the undergraduate and postgraduate courses. He published a diverse range of research in areas including synthetic, medicinal and biological chemistry, and biochemistry. After this, Chris completed his professional training on the four-year Herbal Medicine degree programme at the College of Phytotherapy, East Sussex, where he graduated in 2006 with a first class honours BSc. His dissertation on quality control in herbal medicine was subsequently published. Chris currently works fulltime as medical herbalist and runs two busy practices in Central London and Epping. Chris is President of the College of Practitioners of Phytotherapy (CPP) ([thecpp.uk](http://thecpp.uk)), Chair of the British Herbal Medicine Association (BHMA) and Chair of the Herbal Practitioner Supplier Section ([bhma.info](http://bhma.info)), and President of the European Herbal Traditional Medicines Practitioners Association (EHTPA) ([ehtpa.eu](http://ehtpa.eu)). He is also a member of the British Pharmacopoeia's Expert Advisory Group on Herbal and Complementary Medicines ([pharmacopoeia.com/technical-advisers-to-the-bpc](http://pharmacopoeia.com/technical-advisers-to-the-bpc)). Chris is a guest lecturer at: University of Westminster ([westminster.ac.uk](http://westminster.ac.uk)), Lincoln College ([lincolncollege.ac.uk](http://lincolncollege.ac.uk)), Centre for Nutrition Education (CNELM) ([cnelm.co.uk](http://cnelm.co.uk)), the Institute of Optimum Nutrition (ION) ([ion.ac.uk](http://ion.ac.uk)), the Northern College of Acupuncture ([chinese-medicine.co.uk](http://chinese-medicine.co.uk)) and The Haven ([thehaven.org.uk](http://thehaven.org.uk)). He is a writer for the charity Action for ME ([afme.org.uk](http://afme.org.uk)) and scientific advisor for Advanced Orthomolecular Research ([aoreurope.co.uk](http://aoreurope.co.uk)), Potter's Herbs ([pottersherbs.co.uk](http://pottersherbs.co.uk)), the UK Tea and Infusions Association ([tea.co.uk](http://tea.co.uk)), Twinings tea ([twinings.co.uk/tea](http://twinings.co.uk/tea)), the Health Supplements Information Service ([hsis.org](http://hsis.org)), Neolife ([us.gnld.com](http://us.gnld.com)), Puresentiel ([puresentiel.com/uk/](http://puresentiel.com/uk/)) and the charities Yes to Life ([vestolife.org.uk](http://vestolife.org.uk)) and Kids Integrated Cancer Treatment.

### **Dr Susan Fidler**

Susan Fidler first studied Information Science at the University of Leeds and followed this with a Masters Degree in BioMolecular Organisation at the University of Baltimore. This set the stage for a rather sudden interest in non-medical health intervention. She then qualified at the College of Phytotherapy in 2002. Susan has been in full-time practice in America since. After a number of follow-up courses and some paradoxical clients, she completed doctoral studies in Naturopathy, which has led to increasing investigation in genetics and its effects on clinical outcomes. This has been especially useful with a number of clients with Lyme disease and those with significant methylation defects.

### **Dr Serene Foster**

Serene holds an honours degree in Immunology from Glasgow University and gained her doctorate at Oxford University in Kidney Transplantation. As an Immunologist, she has 30 years' experience in Medical research including at Oxford University, The Imperial Cancer Research Fund, Imperial College School of Medicine at St Mary's Hospital Respiratory Unit, St Georges Hospital Medical School and latterly in Immunotoxicology at Leicester MRC unit. She specialises in Immunology of respiratory viruses, virology, allergy, Autoimmunity, and transplantation. She has published in many scientific journals including on "Mite allergens" in the Journal of Allergy and Clinical Immunology, and on "Contaminants of indoor air" in the journal Immunology. Serene has overseen the work of doctoral and masters students and been honorary lecturer in Immunology for Medical students at Kings, Imperial and St George's Medical School. More recently in Leicester contributed to special study module in herbal medicine with final year medical students. Serene was associated with Hydes Herbal Clinic in Leicester since 1997, trained CoP University of Wales, and took over the running of the practice in 2003. She works as a full time practitioner. She sits on the Council for the College of Practitioners of Phytotherapy (CPP) (2003-) and European Herbal and Traditional Practitioners association (EHTPA) (2015-2019). She organises the CPP seminar/webinar series.

### **Lizzie Foulon**

Lizzie Foulon qualified from the College of Phytotherapy in 2005. In 2000 she was awarded a year-long study scholarship by Christopher Hobbs, when living in Oregon. She practised in Lincoln and Nottingham from 2005 - 2015, then took a well needed break and moved back to 'home turf.' In pre-COVID times, Lizzie practised in Oxford, Solihull and Stow-on-the-Wold. Lizzie was Herbalist for the Midlands region for the charity 'Breast Cancer Haven' until its recent closure. She is currently establishing her practice in the North Cotswolds at her own brand new clinic. Lizzie is a clinical tutor for Heartwood and The Plant Medicine School and sits on the EHTPA Accreditation Board as a representative of the CPP.

### **Professor Michael Heinrich, UCL School of Pharmacy**

Michael Heinrich is a Professor of Ethnopharmacology and Medicinal Plant Research (Pharmacognosy) and was until 2018 the head of the research cluster / Centre 'Biodiversity and Medicines' at the UCL School of Pharmacy. He currently serves as the joint chair of UCL's Research Ethics Committee (with Dr. L. Ang, Institute of Education). The group's research is based on a transdisciplinary perspective integrating approaches from the biomedical and social sciences with an overall aim of tackling the fast changing global health needs. Key areas of interest include the prevention and early stage management of diabetes / metabolic syndrome and cancer chemoprevention based on the use of traditional medicines as well as value chains of (herbal) medicinal products. The research integrates methodological approaches from ethnopharmacology, natural product research, public health research, and anthropology. Currently, he is one of the two Vice-Presidents of the GA (Society for Medicinal Plant and Natural Product Research), one of the largest societies in the field. He is Specialty Editor in Chief of Frontiers in Pharmacology (Ethnopharmacology) as well as an associate editor of the Journal of Pharmacy and Pharmacology, among a wide range of other roles.

### **Professor Martin Hewison, University of Birmingham**

Prof. Hewison is currently Professor of Molecular Endocrinology within the Institute of Metabolism and Systems Research (IMSR) at the University of Birmingham, UK, having worked from 2005 – 2014 at the

University of California Los Angeles. Prof. Hewison's main research interest is vitamin D and its importance to human health. He has published over 240 research papers on classical (skeletal) and non-classical (extra-skeletal) actions of vitamin D. Prof. Hewison's group is at the forefront of research linking vitamin D and the immune system, with implications for a wide range of clinical disorders including infectious, inflammatory and autoimmune disease. The Hewison group has also pioneered a range of studies to explore alternative markers of vitamin D 'status'. This includes development of novel technology to measure multiple metabolites of vitamin D – the vitamin D metabolome – and analysis of the role of the serum vitamin D binding protein as a determinant of vitamin D bioavailability within the immune system. Prof. Hewison is a recipient of a Royal Society Wolfson Fellowship. His research is supported by grants from the Medical Research Council and Biotechnology and Biological Sciences Research Council (UK), and the National Institutes of Health (USA).

### **Professor Janet M Lord, University of Birmingham**

Janet Lord is Professor of Immune Cell Biology and director of the Institute for Inflammation and Ageing at Birmingham University. She is also director of the MRC-Versus Arthritis Centre for Musculoskeletal Ageing Research. Her primary research focus is in the effect of ageing upon immune function and how this limits the ability of older adults to fight infection and resolve inflammation and predisposes them to chronic inflammatory disease such as Rheumatoid arthritis. She also researches the link between chronic systemic inflammation and physical frailty in old age and chronic disease. In this context Professor Lord has a particular interest in the role played by stress (physical and psychological) and the altered HPA axis in modulating immunity and frailty in old age and following an injury such as hip fracture. More recently she has begun to research the inflammatory response to major trauma and how this varies with age and influences patient outcomes. In 2013 she was awarded the Lord Cohen of Birkenhead medal for her outstanding research in human ageing by the British Society for Research in to Ageing. She was elected a Fellow of the Academy of Medical Sciences in 2015. She has published over 245 original papers. In her spare time she is a keen runner and was a cub scout leader for 35 years.

### **Paul Michael**

Paul Michael is a medical herbalist, practitioner of endobiogenic medicine and a qualified Gut and Psychology Syndrome (GAPS) therapist. He is a first-class graduate of the BSc in Herbal Medicine programme at Middlesex University, and a member of one of the main professional organisations for medical herbalists in the UK, the College of Practitioners of Phytotherapy (CPP). He has trained for over 7 years with Dr Jean-Claude Lapraz, and in his practice uses the endobiogenic approach in conjunction with classical herbal medicine. Paul Michael has written articles for Positive Health Magazine, and has hosted a series of radio talk shows focusing on the approach of modern herbal medicine in the treatment of disease. He is also the author of; 'Treating Digestive Disorders from an Endobiogenic Perspective: *an innovative system of plant medicine*'. Paul has been involved in the teaching of endobiogenic medicine in the UK and is one of the founders of the Endobiogenic Medicine Society of the UK (EMS). Paul has also trained in the traditional Chinese internal healing arts of Qigong and Tai Chi and has a very strong interest in mind–body medicine.

### **Simon Mills**

Simon Mills has been in regular clinical practice in Exeter since 1977, providing individualised natural health care and herbal medicine prescriptions to thousands of patients with a very wide range of conditions. He has also been active nationally and internationally. He is a Cambridge medical sciences graduate who was at the forefront of the development of complementary medicine from its beginning, being the first Chair of the Council for Complementary and Alternative Medicine, and founder trustee of the Research Council for Complementary Medicine, both from 1983. In 1985 he worked with Sir James Watt, President of the Royal Society of Medicine, to organise their ground-breaking Colloquia on Complementary Medicine, attended by HRH the Prince of Wales, and in 1987 co-founded the Centre for Complementary Health Studies at the University of Exeter, the first ever such university centre. In 1996 the Prince of Wales asked Simon to co-chair the Regulatory Committee of his new Foundation for Integrated Health and in 1999-2000 he was Special Advisor to the House of Lords Select Committee report on Complementary and Alternative Medicine, which was quickly accepted by the Government. In 2003 Simon co-ordinated the first integrated medicine course at a UK medical school, at the

Peninsula School of Medicine (now Exeter Medical School). He has published in many peer-reviewed scientific journals, including double-blind clinical trials, and has supervised ten successful doctorate theses. In the herbal field Simon has led the main organizations in the UK (the British Herbal Medicine Association, the College of Practitioners of Phytotherapy, and National Institute of Medical Herbalists) and served on the Government's Herbal Medicine Advisory Committee. Between 1992-95 he led a major European Commission project on herbal medicine, involving over 20 centres across Europe, and since 1997 he has been Secretary of ESCOP, the lead herbal scientific network in Europe, that produces defining monographs on herbal medicines, initially for the European Medicines Agency. He has also written seminal herbal medicine textbooks, notably with Kerry Bone the award-winning Principles and Practice of Phytotherapy and the Essential Book of Herbal Safety. In 2001 he directed the first Masters degree programme in herbal medicine in the USA. He has also over the years supported academic and community activities as a consultant to the leading international names in the consumer health industry, focusing particularly on technical assessments, and product and process development among herbal manufacturers around the world. From 2008-11 Simon co-ordinated a major Department of Health project 'Integrated Self Care in Family Practice' with Dr Michael Dixon's practice in Cullompton Devon, the Bromley by Bow Centre in Tower Hamlets, Peninsula School of Medicine and Westminster University, to pioneer social prescription and create a resource for self-care, now relaunched as Our Health Directory. He is Self-Care lead at the College of Medicine, was a Fellow of the Royal Society of Medicine from 2006, and has been listed in Who's Who since 2013. In September 2016 he joined Pukka Herbs as Herbal Strategist, and with their strong support works further to develop natural self-care approaches to health and wellbeing.

### **Boaz Zur**

Boaz Zur studied herbalism at the College of Phytotherapy in East Sussex. He graduated the University of Wales validated course in 2003 with a first class honours BSc degree. Since 2006, Boaz has been practising Herbal medicine in his local clinic/workshop, treating patients, wild harvesting some local healing plants, producing his own tinctures, creams and ointments, leading herb walks and running herb lectures and short classes for the general public. In addition, Boaz has approximately ten years' experience of teaching Materia Medica to Naturopathy students at alternative medicine colleges in Israel. He was a member of the Israeli Herbal Association managing board for six years, helping to promote the field of herbal medicine in Israel.