



Discovering Herbal Medicine

"Mind, Mood, Mentation.... Herbs for the Brain"

Sunday 17th June 2012

at 'Early Day Centre', 1 Kenton Road, Earley, Reading, Berkshire, RG6 7LE

Biographies of Speakers



Dr Alan Lakin PhD CChem FRSH

Alan holds degrees in Food Chemistry and Animal Nutrition. He was Senior Lecturer in Food Chemistry at the University of Reading for many years, culminating in a 3-year period of Headship of the Department of Food Science. His research interests were centred on food proteins, before he retired in 1997. Alan cared profoundly about his teaching, which inspired many people around the world, some of whom still keep in touch.

Others have gone on to take key positions in government and industry. Alan became interested in the scientific basis of natural therapies because of their contribution to his recovery from chronic fatigue syndrome following a teaching assignment in Africa in 1986. Alan is married to Ann Walker and since his retirement, and until recently, they ran a consultancy to support the health food business in keeping abreast of the evidence-base for the use of over-the-counter supplements for health maintenance. They have now dropped the consultancy to concentrate on developing the Discovering Herbal Medicine course. Nevertheless, every morning, Alan still searches for news stories on research developments in the nutritional and herbal world to keep them both up-to-date with new developments



Dr Ann Walker PhD MNIMH MCPP

Ann retired from her post as Senior Lecturer in Human Nutrition in 2008 after 35 years at the University of Reading. She became interested in the medicinal uses of herbs, when her husband, Alan, who had chronic fatigue syndrome, successfully responded to treatment with Chinese Herbal Medicine. While holding down her post at Reading, Ann retrained as a herbal practitioner at the College of Phytotherapy. She runs a Clinic from her home on two days a week where she treats patients suffering from a wide variety of conditions with a combination of nutrition and herbal medicine.

At the University of Reading her clinical studies have investigated the effects of nutrients and plant extracts as single and complex interventions. Her study groups have included those with PMS, adverse menopausal symptoms, type II diabetes and hypertension. She is the author of several books on human nutrition and many scientific papers. Ann is currently Director of Continuing Professional Development of the College of Practitioners of Phytotherapy and is Co-Director, with her husband, of "Discovering Herbal Medicine" - a 12 month home-study course – completion of which allows entry to most BSc Degree courses in Herbal Medicine in the UK.



Stuart McLean BSc (Hons) MSc MNIMH MCPP

On leaving school Stuart studied Horticulture at the Hampshire College of Agriculture and took a post at the Royal Botanic Gardens at Kew where he developed a keen interest in the medicinal properties of plants. In 2003 following 4 years of study, he was awarded a second class honours degree in Herbal Medicine from the University of Wales, and in 2008 he completed an MSc in Nutrition at London South Bank University.

Since graduating he has been practising from a multidisciplinary clinic in Surbiton Surrey and continuing his research into the relationship between Nutrition and Ulcerative colitis.



Freda Miller BSc MNIMH MCPP

Originally trained as a botanist, Freda has spent most of her professional life as an agricultural researcher and scientific editor - including 10 years as a Research Fellow at the University of Reading. However, a life-long interest in the use of plants in natural medicine led her to retrain as a medical herbalist and, following a 4-year distance learning course, she obtained a BSc degree in Phytotherapy from the University of Wales. As a herbal student, Freda started dispensing for Ann Walker in her practice and still assists her on 2 days a week, acting as practice manager in Ann's absence.

She also sees her own patients at her Clinic in Earley and has particular interests in treating children and the elderly and in the role of nutrition in health and disease. She has given numerous talks on the history and 21st Century uses of herbal medicine to local societies. However, her greatest love is showing people the plants growing all around them which are still used in herbal medicine today.



Deborah Sweetman BSc (Hons) MCPP

Following a lifetime interest in complementary medicine, Deborah qualified with a first class honours degree in western herbal medicine in 2000 with the University of Wales and is a member of the College of Practitioners of Phytotherapy. Since then she has been the tutor for the Discovering Herbal Medicine course and in 2003 rewrote and edited a sizeable proportion of the course booklets. Deborah runs her own practice from home and also works for a well-established multi-discipline clinic and shop in Wadhurst, East Sussex, both as a practising herbalist and in a managerial role.

While experienced in a wide range of disorders, her specialist interests are in anxiety and depressive states, and functional disorders.