

## How to be referred

The Royal London Hospital for Integrated Medicine (RLHIM) is part of University College London Hospitals NHS foundation trust and accepts all NHS referrals.

GP referrals are by letter or via choose and book.

Patients can also be referred by their NHS hospital consultant.

### Please send your referral letter to

Western Herbal Medicine  
Royal London Hospital  
for Integrated Medicine  
UCLH NHS Foundation Trust  
60 Great Ormond Street  
London WC1N 3HR

## Professional education and training

The Royal London Hospital for Integrated Medicine is part of the University College London Hospitals NHS Foundation Trust and is a teaching hospital.

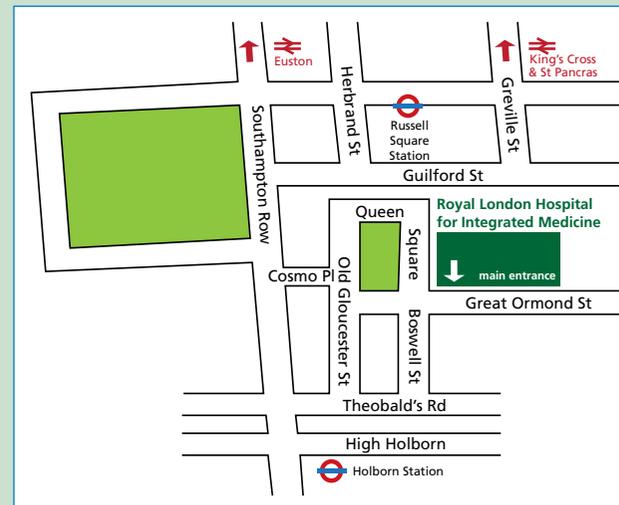
With the patients consent, other healthcare professionals may sit in during outpatient clinics.

## How to find us

**By Train** – Euston, King's Cross and St Pancras are all only about 15 minutes walk from the hospital.

**By underground** – Russell Square (Piccadilly Line) and Holborn (Central and Piccadilly Lines) are both within walking distance.

**By Bus** – Various buses come within 15 minutes walk of the hospital including route numbers: 8, 17, 19, 25, 38, 45, 46, 55, 59, 68, 91, 168, 188, 242 and 243.



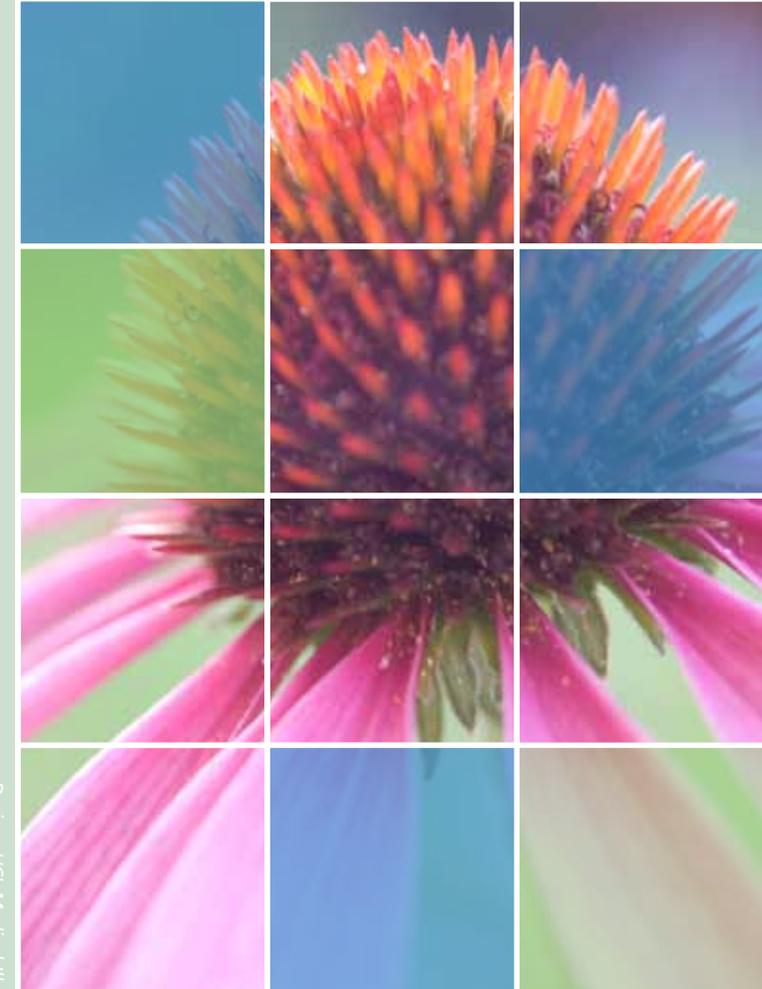
**Royal London Hospital  
for Integrated Medicine**  
60 Great Ormond Street  
London  
WC1N 3HR

[www.uclh.nhs.uk/rlhim](http://www.uclh.nhs.uk/rlhim)

**Pharmacy**  
Tel: 020 3448 2600

# The Royal London Hospital for Integrated Medicine

## Western Herbal Medicine



• Design: UCL Medical Illustration 2010

University College London Hospitals **NHS**  
NHS Foundation Trust

The Royal London Hospital for Integrated Medicine



## Western Herbal Medicine

Herbal medicine is the use of plant-based medicines to promote good health and treat illness. It combines traditional knowledge with insights from clinical and laboratory research into the active constituents of herbs.

### How does herbal medicine work?

Herbal medicine aims to improve the function of key bodily systems to restore a balanced state of health. Herbs may share similar actions to orthodox drugs. It can be used alone or in combination with other treatments including orthodox medicine. Some herbs, such as St. John's Wort (*Hypericum perforatum*), may have potential for drug interaction. Careful prescribing avoids such problems.

### Are herbs safe?

Herbal medicine is very safe when prescribed by a competent practitioner with good medical and herbal knowledge.

The Herbal Clinic is led by a consultant physician qualified in Western Herbal Medicine.

Western Herbal Medicine usually consists of a bottle of alcohol-based tinctures, with up to five different herbs mixed together.

Patients with strict views about not taking alcohol cannot be treated using tinctures, but in some cases tablets or capsules are available.

### Conditions particularly suitable for treatment by herbal medicine are:

- Digestive disorders
- Urinary disorders
- Allergies
- Women's health
- Joint problems
- Stress
- Skin conditions
- Hormonal conditions
- Fatigue syndromes
- Recurrent infections
- Migraine

