



Welcome to the Hippopot News

February 2018

History of Herbal Medicine - Did you know.....

The Father of Herbal Medicine

Medical historians generally look to Hippocrates as the founder of medicine as a rational science.

Hippocrates of Kos, also known as Hippocrates II, was a Greek physician of the Age of Pericles, and is considered one of the most outstanding figures in the history of medicine. He was the founder of the Hippocratic School of Medicine and used healing plants as part of his hippocratic theory.

It was Hippocrates who finally freed medicine from the shackles of magic, superstition, and the supernatural.

Featured Herb....

Turmeric (*Curcuma longa*)



Turmeric is a rhizomatous herbaceous perennial plant of the ginger family, Zingiberaceae. It is native to the Indian subcontinent and Southeast Asia, and requires temperatures between 20 and 30 °C and a considerable amount of annual rainfall to thrive.

This ancient superfood and key ingredient in curry powder has been used by Indian Ayurvedic healers for its antioxidant, and anti-inflammatory properties for centuries.

Tea of the month:



Turmeric Tea

With Warming Ginger



Turmeric is the trend of the season and an absolute must-have as a tea. It is a popular way

to consume turmeric. It has a unique but subtle flavour, and is great way to reap the health benefits of turmeric. This herb tea blend is based on turmeric roots and ginger pieces and caters for an extraordinary taste experience.

Ginger's spicy warm flavour is underlined by sweet aniseed and delightfully bitter cocoa shells. That certain something comes from cinnamon pieces and their pleasant spice.

Just let yourself go, breathe deeply and relax.

For more information [click here](#)

Where can I buy Hippopot Tea?



Our current stockists are:

Marlow Complementary Health Centre

11 Liston Court

High Street

Marlow

SL7 1ER

www.healthy-stuff.co.uk

Wycombe Museum café

Priory Avenue

High Wycombe

HP13 6PX

www.wycombemuseum.org.uk

You can also see our entire range and buy directly from our [online tea shop](#)

Upcoming Events:

24 th February	Boutique Yoga Workshop High Wycombe Hippopot will be sampling Turmeric and Serenity tea on the day. For more information click HERE
3rd March	Marlow Market Artisan Foods and Crafts on The Causeway The Causeway, Marlow, SL7 2AA
4th March	Food and Herbs for Health Workshop 2 - Stress and Sleep Hosted by Alice Nugent (Medical Herbalist) and Suzanne Davie (Registered Nutritional Therapist) Click HERE for more info and booking
9th March, 15th March, 22nd March, 19th April & 26th April	5 part practical course - An Introduction to SELF CARE with food & Herbs Hosted by Alice Nugent For more information and to book please click HERE (Sessions can be booked separately)
10 th March	Walking With a Purpose A walk from Marlow to Hurley and return to raise money for Malawi Smiles. 8.30am - 12 noon including full English Breakfast at the famous Olde Bell pub, Hurley. Booking Essential - click HERE for more information

Please keep an eye out on our Facebook page for more events and workshops in 2018

[Click here to visit and like our Facebook page](#)

Malawi Smiles:



Latest Update

Each year since 2014, following fund-raising activities, Alice and some supporters have traveled to Malawi to work with groups of children, most of whom have lost their parents. We are currently fundraising for the 2018 visit which is planned for August.

The work started with a very small group of children. This has now expanded. A former school friend of Alice from Zimbabwe was working as a pastor in Malawi, and took the children under her wing. Bishop Emelda (as she is now known) was at the same time trying to help a much larger group of orphaned children, especially girls who often miss out on the opportunity for education. Working with some local church leaders, Bishop Emelda has established a charity called "Peace Halfway House" with the specific objective of promoting the education and skills of orphaned girls.

Alice saw that Malawi Smiles had to reach out beyond the immediate family to a wider group of orphaned children. More fund raising was done, including Jewellery making, and individual donations of both money and useful items of clothing enabled Alice to make her most ambitious trip to Malawi so far. This time to work with a larger group under the care of Bishop Emelda.

Alice was accompanied by Jan Campbell who had herself been active in fund raising. It is important to state that with the various trips to Malawi, Alice, Caroline and Jan all paid their own way. Everything that was raised for the children went to support them, with no administration expenses at all.

The centre piece of this visit was a week-long workshop for girls. Fifty had been expected and planned for. Seventy eight turned up!

The week was spent on several activities including art, sport, music, and jewellery making. This latter workshop developed skills that can be turned into commercial activity, as the girls can sell the jewellery they make.

At the end of the week many of the children asked Alice and Jan to stay. Of course, that was not possible. But both of them are determined to raise more funds and to return in August 2018.

For more information on Malawi Smiles please visit our website by clicking [HERE](#)



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