Principles and Practice of Phytotherapy
Dedication
This book is dedicated to the late Hein Zeylstra, a beloved colleague, and former Principal of the College of Phytotherapy in England, who through his enormous energy over 25 years inspired us both in our work.

About the Authors

Kerry Bone
Associate Professor Kerry Bone as the co-founder and Director of Research and Development is the innovation driver at MediHerb. He was an experienced research and industrial chemist before studying herbal medicine full-time in the UK where he graduated from the College of Phytotherapy in 1983 and joined the National Institute of Medical Herbalists. As a practicing herbalist (28 years’ experience) he still maintains a busy practice in Toowoomba in Queensland. As Associate Professor at the University of New England in Armidale, Australia, a position held for more than 7 years (currently adjunct), he developed their innovative programme, the Masters of Health Science (Herbal Medicine). Kerry is a prolific author, with six published herbal medicine books that are renowned as defining herbal texts in natural medicine schools throughout the world. A recent book, written in conjunction with Rob Santich, is Healthy Children: Optimising Children’s Health with Herbs. He has also co-authored more than 30 scientific papers in the field of herbal research.

Simon Mills
Simon Mills is a Cambridge graduate in medical sciences who has been a herbal practitioner in the UK since 1977. In the intervening years he has had a leadership role in the field of herbal medicine, including as Chairman and President of the British Herbal Medicine Association, President of the National Institute of Medical Herbalists and President of the College of Practitioners of Phytotherapy. He has been a professional member of the Herbal Medicines Advisory Committee, the first UK government committee in this area, and since January 1997 Secretary of the European Scientific Cooperative on Phytotherapy (ESCOP), the lead European body working to ensure quality, safety and efficacy for herbal medicinal products in collaboration with the European Medicines Agency (EMA). He co-produced the 1996 edition of the authoritative British Herbal Pharmacopoeia and has written many books and articles in the scientific literature including controlled clinical trials and other primary research. In 2000 he founded the first MSc programme in herbal medicine in the USA at Tai Sophia Institute for the Healing Arts. More widely he has led large projects for the UK government and the European Union and has held academic posts at the University of Exeter and Peninsula Medical School in the UK. He pioneered many developments in complementary and alternative medicine in the UK and in 1999–2000 was Special Advisor to the seminal report from the British House of Lords Select Committee on Complementary and Alternative Medicine.

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