



23 March 2020

Dear Member

Guidance for AMH Herbal Practitioners re COVID-19

We are living under unprecedented times and during this pandemic, the AMH supports and recommends the Government and Department of Health guidance regarding the prevention, containment and clinical management of the corona virus. We ask that practitioners follow and protect themselves and the wellbeing of their patients accordingly.

If you are seeing patients, then please ensure you follow the guidelines available within these documents:

Guidance for Health Professionals

<https://www.gov.uk/government/collections/wuhan-novel-coronavirus>

The levels of fear and anxiety over this virus has led to an increased interest in people turning to nutritional and herbal supports to build health and resilience. As professionals we can offer considerable help through clinical consultations and herbal supports to build immunity in fighting infections and more. We encourage practitioners to use and apply herbal strategies to support patients appropriately alongside any conventional treatments.

Please be mindful of any claims of 'cures' for this virus. We can neither support individuals or any companies who make such claims. We are still at the early stages of research and understanding this pandemic.

There are some interesting studies being conducted with Traditional Chinese Medicine and COVID-19. You can keep up-to-date by reviewing scientific published studies here <https://www.ncbi.nlm.nih.gov/pubmed/>

Business and Finance

We have all been affected financially during this time and as a small business there is much to consider. The Government has recently announced initiatives to help small businesses, employed and self-employed details of which can be found here:

- [COVID-19: support for businesses](#)
- [COVID-19: guidance for employees](#)

Insurance

Last week Balens sent out an email to help guide you with any questions you may have about your policy. Their FAQ covers some questions you may have regarding your policy and the current situation. If you have not received this email then please contact Balens directly.

Do note that your insurance policy offers free counselling and maybe worth considering if you need it right now. It won't affect your policy payment if you access it. It is of course a confidential service.

We understand we are living in very uncertain times and that Herbalists, often working alone, may need more support and connection right now. We are currently looking into ways of how to assist you further. In the meantime, if we can be of help then please contact us here, Shelley masterherbalists@gmail.com

We wish you well and send you our love and support during these times.

Kind regards

Rumana, Peter, Shelley, Kelly, Patina, Alicia, Emma, Andrew, Jo

The AMH Council