

LISTENING WITH HEART

Brian Lamb, the longest serving medical herbalist in Scotland.

Louis Bohtlingk interviews Brian Lamb.
Quotes from Naomi Lamb.

PEACE IN THE HEART

Louis: “Brian, how has Heartmath inspired in your work?”

Brian: “Twenty five years ago I visited Heartmath, where I learned quite a lot about what it means to give love and synchronise with another person. When I see people they are often fairly desynchronised, not only within their own body, but also with other people. I often have to help people first with bringing peace back to the heart. We have herbal medicines that bring peace to the heart and feed the heart. I do employ Heartmath techniques.”

Louis: “Is it fair to say that your practise is deeply heart centered?”

Brian: “Yes I think so, in as much as we have a great heart for our patients. We show them love and compassion. We give them time and focus on the fact that the whole person needs to be healed, which often starts with the heart.

To give you an example. A week ago I saw someone who was very depleted and was just run ragged. I gave this person my health note on ‘Over Care’ (caring too much) and some medicine which is restorative with the main ingredients for the heart. This person came in again recently and felt like a new person.”

THE IMPORTANCE OF CASE HISTORY

Louis: “I heard that you put a lot of attention towards people’s case history. Can you say a more about this?”

Brian: “I can. There was a recent survey in America which very interestingly asked a simple question to respondents: What is the most important thing you need from your doctor? **The main response was ‘to be listened to’.**

The fact is that everybody has a story that they are burdened to get out. To be listened to is very much part of the healing process — to let the person tell their story without writing anything down. Trying to keep eye contact with them. Letting them feel maybe for the first time their story is being listened to. So yes, taking a case history is vital. We assign about an hour to a first patient.



Brian and his daughter Naomi Lamb

When someone is suffering from a very severe metabolic disorder, I sometimes have been one and a half hour with them. Our training is similar to a doctor. We know a great deal about metabolism, about how the body works. We have to delve into the past. It’s like the rings of an onion. We have to get those outer shells off before we get to the core. It is often right in the middle where the problem lies.”

WE ARE UNIQUE, COMPLEX AND AMAZING BEINGS

Naomi, Brian’s daughter wrote a [beautiful article](#) about her life with her father.

I quote: “At his elder age, he is Scotland’s longest practicing medical herbalist, still working full-time in his herbal practice where his dispensary has over 200 herbal tinctures. He makes his own plant tinctures: Echinacea, Elderberry, Milk thistle, Cat’s claw, (a herb which comes from the Peruvian rainforest, so unique and amazing whole books are written about it). And of course his famous Thyme syrup, which has preserved the health of many lungs and is a jewel in the crown for coughs.

“We come from a long line of medical doctors going back to 1800. We know that healing comes about through a multi-factorial approach. A holistic approach where people are seen as whole and individual beings. It is so important that a person is seen and heard. The power of human touch, encouragement, nutrition, and herbs can go a long way in bringing about healing. And now more than ever, this is not only necessary but vital. We are unique, complex, amazing, human beings.”

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