

What's new from the Hippopot Tea.....

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Welcome to the Hippopot News

June 2022

Dear Hippopot fans

We really appreciate all of you for subscribing to our newsletter. Hopefully, you find it informative and interesting. Please feel free to email us with any feedback and ideas for the next issue.

How time flies and Spring is nearly over. We hope you have had an opportunity to cleanse and replenish yourselves with the season's goodies such as Nettles. I love making nettle soup and we enjoyed making this at the recent Living Medicine workshop.



Also, don't forget about Cleavers (*Galium aparine*) which are in abundance at the moment and great for your lymphatic system.



The last two years have been challenging for all of us even here at Hippopot as we are a small business. We have decided to attend fewer markets but continue to have the online teashop as the way forward. We will still do some markets, especially at Christmas. You can still buy our teas from The Health shop in Marlow, and from Seed 1.

We are reinventing ourselves trying to focus more on One-to-One consultations for Herbal Medicine either in person or via Zoom for those who cannot come in person. We offer a holistic approach to Aromatherapy, Reflexology, Therapeutic Massage, and Therapeutic Facials using natural herbal products prepared by me, Alice Nugent.

The Living Medicine workshops are really worth attending. They offer hands-on experience using herbs, having fun learning from each other, a handbook with invaluable information to use for your family and friends, and remedies to take home. Feedback is that people really like the hands-on experience in the herb garden, tasting, smelling, and feeling as well as having the opportunity to sit together and try what everyone has prepared.

Alice

Living Medicine Workshops



An Introduction to SELF CARE with FOOD & HERBS

It has been so great to be able to run our in-person workshops again this year. We have had some great feedback from each session that we have run.

The skin is the body's largest organ. It acts as the interface between the internal structures of the body and the environment and protects us against injury and infection. It is a major organ of elimination through sweat, plays a key part in temperature regulation and helps make vitamin D.

A number of immunological responses, such as urticaria, occur in the skin. Its abundant nerve endings allow us to communicate and perceive; in turn, emotions and stress may profoundly affect our skin. Many factors affect skin function – hormones, diet, genetics, digestion (eg a sluggish bowel reabsorbs toxins excreted by the liver back into the body which can result in spots), the environment, such as sun exposure, and sleep patterns. There are few magical pills or creams that 'cure' bad skin in the long term. More effective is the holistic approach of supporting skin function and treating the underlying factors.

The workshop runs from 10:00 am - 1:00 pm at Hippopot HQ in Marlow. The cost for the session is £65 which includes a detailed handout. At the end of the session, you will go home with a remedy you have made during the workshop.

To find out more and to book please click the button below:

[Find out more about our Living Medicine Course](#)

Hippopot Tea



New Look Packaging

We have been busy upgrading our product packaging.

All our tea is available to order from our website and we offer FREE shipping to UK destinations when you buy 4 packets of tea or more (£27.96).

Hippopot Tea Shop

1-2-1 Herbal Medicine Consultations



Did you know that Alice, the Owner of Hippopot Herbs is a qualified medical herbalist?

Herbal medicine is the oldest and still the most widely used system of medicine in the world today. Treatment is centred on the care of each patient as an individual. The medicines given to patients are made exclusively from plants.

Alice is trained to look beyond and beneath the obvious, to find the root cause of a problem, helping the body to correct imbalances and heal itself.

She offers consultations in the relaxing environment of the Hippopot Practice (as pictured), where she will have an in-depth discussion with you about your health issues and everything affecting them, current and past.

As every patient is unique, a prescription will be created specifically for you. She will select high quality herbal preparation, chosen for your unique physiology and situation.

People of all ages can benefit from herbal medicine so if you would like to learn more or to book a consultation please:

Call: 01628 472328

Email: admin@hippopot.co.uk

Alice also offers Reflexology and Aromatherapy.

Malawi Smiles:

We are so excited to finally announce that we are going to Malawi in September!

Malawi Smiles is a project we started in 2014 to support a group of six children. Now we are working with a much larger group of girls, who are often disadvantaged when it comes to educational opportunities.

Everyone funds their own travel but we are raising funds to cover materials for the workshop.

We invite you to An African Themed party on the 30th of July - Feast at the Chief's Kraal.

The Feast starts at 12 noon and runs all day until 8:00 pm. Food, drink, and music are on the go all day.

When you purchase a ticket we ask you to indicate your planned arrival time. This is just to help us cater for you. But we are flexible about it!

Find out more by clicking below:

Feast at the Chief's Kraal

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