Herbal History Research Network

Study Day Programme

Distillation in Herbal Medicine: Early Pharmacy to Today

9.45-4.30, Saturday 13th July 2019

Hampstead Heath Education Centre, Parliament Hill Lido, Gospel Oak,

London NW5 1LT

9.45 Registration. Herb teas provided.

10.15 Joe Nasr, MNIMH

Development of Distillation in Early Arabic Medicine

The day will begin by exploring the place of distilled and spiritous waters in early Arabic medicine and follows Avicenna's 10th century innovation of the 'worm' to advance the development of distillation.

11.15 Short break.

11.30-12.30 **Practical Distilling**

Technical aspects of distillation today will be addressed, such as the role of temperature, the still's construction and botanical material preparation.

12.30 – 2 pm Lunch break (Lunch is not provided but there are cafes nearby)

2 pm Christina Stapley, MCPP, HHRN

Pharmacy in the Stillroom, Interpreting Historic Recipes

After a brief introduction on practical problems encountered when interpreting stillroom recipes, comparisons are made between distilling practice by the apothecary versus methods followed in stillrooms. Christina will also discuss the sources of information available at the time, as well as lessons she has learned from study and experience in analysis of Simple and Complex Waters.

3.15 pm Short break. Herb teas provided.

3.30 – 4 pm Conclusions drawn from study of Herbal Aromatic Waters from the 15th-19th centuries and relevance to herbal medicine today.

4-4.30 pm. Questions on the day answered by Joe Nasr and Christina Stapley.

Lunch

There are two cafes nearby on Hampstead Heath, one in the same building at the Lido, and another up the path at Parliament Hill Fields, just off Highgate Road (5 min walk).

There are a range of cafes north of the Education Centre, exiting the park onto Highgate Road eg Bistro Laz, Carob Tree restaurant and the Tesco Express Dartmouth Park. (See attached map of Hampstead Heath).

Directions

The Hampstead Heath Education Centre is on the right hand side of the Parliament Hill Lido building if you are approaching from Gordon House Road.

Use the postcode, NW5 1LT to see the address on Google Maps.

(There is another Hampstead Heath Education Centre shown on Gordon House Road on Google Maps – which is the wrong address).

It is near Gospel Oak on the North London overground railway line, and 20 minutes walk from Kentish Town on the Northern Line underground line.

Walk right out of Kentish Town station and follow the main 'Highgate Road'. Very quickly you come to a big fork in the road, continue to follow Highgate road up the left fork. After 10 mins you will reach a set of traffic lights with a Costcutter on the corner. Turn left onto Gordon House Road, and less than 5 minutes walk on your right you will find the wooden gated entrance to the Lido carpark.

There are also buses from Kentish Town: 214 or the C2, get off 3 stops later at Gordon House Road stop GZ, 5 minute walk from there. Both walks are about 20-25mins.

Parking

Parking in the vicinity is very restricted.

The Lido carpark costs £7.20 for 2-4 hours and £6.50 for every extra hour!!!

Most streets in the vicinity are residents only parking including Saturday mornings from 10am-12pm. So if you drive, you could park in the Lido car park for first half and move to street parking at lunch. Google maps street view shows the signs, so you may be able to find a street with Monday-Friday only parking restrictions.