

EFT Community Gathering Jan 2012

Could it be the medicine?

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Resources list

Books

These are books that I have come across that are useful when looking at medicines and are not meant as any kind of endorsement.

BMA guide to Medicines and Drugs- aimed at the general public with plain English information on diseases, groups of medicines and individual medicines.

BNF (British National Formulary) or e-BNF on line
The pharmacist's and prescriber's "bible on medicines" in the UK that is updated every 6 months. Will require some knowledge of medical terms or a good medical dictionary to read.

Children's BNF (also on line)

The "bible" on medicines use in children. Updated annually.

The Prescribed Drug Guide: An Holistic Perspective - Stephen Gascoigne A good introductory text.

Drug Muggers by Suzy Cohen

Information about drugs and effects on vitamins, micro nutrients etc in the body and how to correct through diet. American book so drug names may not match those in the UK.

Websites

Natural standards <http://www.naturalstandard.com/>- requires subscription but a wealth of knowledge about medicines put together by US medics, pharmacists and holistic practitioners about many aspects of health including medicines.

E BNF and children's BNF <http://bnf.org/bnf/index.htm>

Free access for a sign up to up to date UK medicines information
EMC <http://www.medicines.org.uk/emc/>

Includes information on medicines on the UK market. Search by drug name and also by PIL (patient information leaflet- plain English information aimed at people taking the medicine) or by SPC (the technical information sheet aimed at health care professionals using the medicines). The SPC will often include the half life ($t_{1/2}$) of a medicine if you need that.

www.ukmas.co.uk

Free resources including drug history form, danger drugs list, trainings list, consultancy services for holistic practitioners and their clients from a UK registered pharmacist.

Also a subscription database (Self search) starting to collate information about medicines and energy medicine including EFT. Some free access available to any one willing to share their experiences or case studies of medicines and EFT in that database.

Workshops and trainings

Run by UKMAS. Including an introductory day to the terms around medicines. Sessions around medicines groups (eg medicines used in diabetes) also planned shortly watch the website to find out more See www.ukmas.co.uk for full list.

If there is a group of interested people these workshops can be delivered via skype or webinars or can travel to you, just talk to me!

Current at January 2012