

Enabling

PAFAM wants to be active in practical ways to further its aims. It sees publicity as an important aspect of raising awareness of and educating the public about the Anthroposophic approach to healthcare. In addition, a phone line for enquiries and to supply more in-depth information about Anthroposophic Medicine is available.

We have ongoing communications with our fellow health professionals; meetings with doctors, and Weleda UK, familiarising ourselves with legislation and current issues. PAFAM works together with EPAFAM, the European Federation of Patients and Friends Associations for Anthroposophic Medicine.



Mistletoe (*Viscum Album*)

PAFAM can also offer talks and workshops to interested groups and organisations across the UK (please see the News or Events tabs for the latest information). Workshops can cover various themes including the following:

- Stress & Hypertension
- Embracing Life
- Heart Health
- Strengthening your Immune System
- Nutrition
- Connecting to your Biography
- Accepting Illness
- Embracing Dying

Do you value the choice

In being able to choose Anthroposophic Medicine? If your answer to this question is YES then by joining PAFAM you can help enable your chosen medicinal pathway to be available for yourself, others and future generations.

Benefits of PAFAM Membership

- Help & Non-Medical Advice i.e. locating doctors and therapists
- Questions Queries & Issues
- Biannual Newsletter i.e. developments in integrative medicines
- Patient voice for legal representation in Anthroposophic Medicines / Therapies in the UK
- Workshops i.e. Embracing Dying / Stress and Hypertension
- Website i.e. where to buy Anthroposophic medicines

www.pafam.org.uk

Mobile 07974 390197

Landline 01584 881197



AHaSC Anthroposophic Health, Education & Social Care Movement

PAFAM

EMBRACING INTEGRATIVE MEDICINE & THERAPIES



The official voice and information source
for Patients & Friends of Anthroposophic
Medicine & Therapies in the UK

Anthroposophic Medicine

Anthroposophic Medicine is an integrative conventional medicine with an added extra dimension. For all its invaluable achievements, conventional practice is limited by its foundation on natural science – the science of the physical world. Diseases are analysed in terms of cellular disturbances and drugs prescribed to counteract physical symptoms. Yet, in order to understand what brings physical matter to life and imbues it with thoughts, feelings and will-power, it is possible to add anthroposophy, or spiritual science, to the picture.

Anthroposophic doctors qualify in conventional medicine, further complementing this with anthroposophic training, thereby increasing the therapeutic opportunities at their disposal. Not



Arnica (*Arnica Montana*)

only do they offer the possibility of a cure when conventional treatment may suppress symptoms, but through the range of anthroposophic medicines and therapies available to them, they may also reduce the need to use conventional drugs. These principles are used worldwide by many doctors and complementary practitioners.

(Modified according to Dr Michael Evans).

Aims of PAFAM

The availability of Anthroposophic Medicine for the present and future generations. These important aims can only be achieved together and we would therefore urge you to consider joining PAFAM if you value these aspects too!



PAFAM exists to help support the availability of choice of Anthroposophic Medicines and Therapies FOR YOU.

When it really matters it will be the number of people who are using Anthroposophic Medicine that counts – our voice will only carry weight if these same people are members of PAFAM. We appreciate your commitment to the work of PAFAM, demonstrated by your joining us.

Legal

The patient's opinion is being listened to increasingly because it is the patient who can speak from experience. It is PAFAM's aim to provide a patient voice for Anthroposophic Medicine and Therapies and to affirm its

“This organisation provides support for people experiencing health problems who are seeking an integrative approach. Very helpful and kind.”

“PAFAM is a very informative and helpful source for anything anthroposophically medically related”

effectiveness and encourage its acceptance both legally and medically. As with most integrative medicines, Anthroposophic Medicine is still seeking a fully recognized place in European and UK legislation.

Supporting PAFAM will affect the decisions made on the availability of Anthroposophic Medicines. The more members we have, the greater our impact where it matters most.

Social

The whole human being – body, soul and spirit – is addressed in the Anthroposophic approach to healing. Because of this, social relationships play an important role in the healing process. As a patient and friends' organization, PAFAM is able to offer support and non-medical advice to people using Anthroposophic Medicine in isolation.



Rhythmical massage therapy