

## Kristin Jeffs

Kristin was a valued member of the Board of the BHMA for many years and was our Treasurer up until 2007. After retiring from the BHMA Board, Kristin remained an actively engaged honorary member of our Association, always keen to keep in touch and attending our 50<sup>th</sup> Anniversary celebrations in 2015. Kristin sadly died in July, shortly before her 71<sup>st</sup> birthday, following complications from a stroke. Kristin is survived by her son Mark.



**BHMA BOARD May 2007.** From left to right: Martin Willoughby, Roberta Hutchins, Steve Hicks, Peter Bradley, Suham Sidani, Andrew Whiles, Victor Perfillt, Ann Walker, Ray Hill, Diana Foreman, Simon Mills, Kristen Jeffs, Hugh Mitchell, Len Mervyn

“Kristin, based in Somerset, had practiced herbal medicine since the late 1970s. She received her training from that outstanding pioneer of modern herbal medicine of the 20th century, Fred Fletcher-Hyde. She was admitted to membership of the National Institute of Medical Herbalists (NIMH) in March 1979 and was handed her certificate by the mayor of Harrogate in April of that year at the NIMH conference. She was soon recognised for her abilities and was promoted to the NIMH council and later served as president of the Institute.

Kristin was a contemporary of Hein Hidde Zeylstra, whose efforts elevated the educational status of phytotherapy to its present vaunted position.

As a personal friend of both Kristin and Hein, I well remember his evaluation of her as: ‘professional, dependable, and totally trustworthy.’ He admired the fact that she practised herbal medicine exclusively.

During the early 1990s, Hein visualised the creation of the College of Practitioners of Phytotherapy(CPP). In persuance of this, he chose Kristin and Hugh Michell - a central figure in the importation of medicinal herbs and president of the British Herbal Medicine Association - as the founding members of the college. Over a period of two years, Kristin, Hein and Hugh had many meetings at a hotel convenient to Wells, Bournemouth and Tunbridge Wells. During this time, Kristen wrote the legally required Memorandum and Articles of Association for the CPP. Later, Kristin served as treasurer for the college. Kristin avoided the limelight, and worked quietly in the background and we are indebted to her for her part in what we value as one of the foremost professional associations of practicing medical herbalists.

Kristin, enjoyed good health and remained in practice until the early part of this year when, after a short illness, she suffered a cerebral haemorrhage and died on July 24th. She will be greatly missed.”

Brian V. Lamb MCPP

Simon Mills has shared a lovely photo of Kristin with himself and Hein Zeylstra taken around 1992 at the front door of the College of Phytotherapy, Bucksteep Manor.

Kristin sharing her love for herbal medicine with Prince Charles, during the BHMA’s 50<sup>th</sup> Anniversary celebration at Highgrove on 28<sup>th</sup> July 2015.

