



UWI Open Campus /CAPSICUM Collaboration A Resounding Success

After many weeks spent wooing a somewhat wary St Lucian populace, the UWI Open Campus, St Lucia in collaboration with CAPSICUM and the Optimum Health Clinic of Antigua hosted a successful weekend seminar on **“Metabolic Syndrome/Insulin Resistance and its Impact on St Lucian Society”**. The entire weekend’s activities focused on giving participants a sound understanding of the cluster of metabolic risk factors that characterize the syndrome and how to successfully avoid or manage these through the proper use of herbal and other medicinal foods.

From the décor of the room to the mouthwatering vegetarian meals served, every facet of the seminar was choreographed to reflect the healthy lifestyle practices being expounded.



Display of locally produced natural remedies for a range of common ills

Nor did facilitator Dr Jose Humphreys, Director of the Optimum Health Clinic (Antigua) and highly qualified Integrative Medicine Specialist disappoint. An expert in the use of herbs and medicinal foods as an alternative/integrative means of dealing with disease, Dr Humphreys is the author of the seminal text ‘A Guide to Caribbean Herbs’ which provides a comprehensive listing of medicinal herbs often found quite commonly in the region.



Dr Humphrey's fielding questions from participants

An excellent example of practicing what he preaches, his seemingly effortless yet energetic delivery ensured that participants more than got their money's worth. By the end of the seminars, those courageous enough to embrace Dr Humphrey's potentially life changing approach to dealing with chronic conditions such as diabetes, obesity, hypertension and dyslipidemia, were provided with a wide range of tools with which to combat these - naturally.

During the highly interactive sessions which took place, participants were encouraged to share their knowledge of the use herbs handed down from generation to generation. Dr Humphreys also took the opportunity to dispel any myths regarding the use of certain herbs while confirming/highlighting the scientifically proven value of a plethora of others.

Short informal quizzes held throughout the sessions ensured that by the end, participants had a sound understanding /knowledge of:

- What metabolic syndrome/insulin resistance is.
- The importance of nutrients, diet, exercise, natural remedies and lifestyle changes in the prevention and management of insulin resistance.
- The relationship between metabolic syndrome and hypertension, diabetes and high cholesterol.
- The key concepts of metabolic syndrome, its identification and herbal and natural remedies that can prevent and/or reverse insulin resistance.

Participants were also given the opportunity to test their knowledge by entering into a good natured competition to see who could successfully name the greatest number of herbs on display. The winners were then treated to a herbal product of their choice compliments of Eden Herbs.



Mini Herbal Display



Dr Gilbertha St Rose (President of CAPSICUM) presenting a bottle of Virgin Coconut Oil to a very pleased Ms Toussaint.

Of particular note was the participation of a cross section of medical practitioners - from western trained Medical Doctors to Physiotherapists and Pharmacists – a fact which bodes well for an integrative approach to the practice of medicine in St Lucia in the future.



Mr Abraham Weekes President of the St Lucia Pharmacists Association making his contribution

A Special Note

The UWI Open Campus wishes to extend sincere thanks to the Rendezvous Hotel, Rizen FM, Health and Wellness Television, and Ms Katherine Atkinson for their generous support of the Seminar. We could not have done it without you.

