

# Editorial

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## Welcome to the Final Edition of 2024

This issue is particularly significant as, alongside three original research articles, we present a heartfelt guest editorial honouring one of our profession's great losses this year: Emeritus Professor Stephen Myers.

Stephen Myers was a pioneer in naturopathy and herbal medicine, whose advocacy led to transformative milestones, including the introduction of naturopathic degree programs at publicly funded universities. His exceptional ability to bridge naturopathy, biomedicine, and pharmacology inspired countless colleagues, leaving an enduring legacy.

We are privileged to dedicate this issue to his memory. Curated by Michelle Boyd—a steadfast advocate for our profession and a friend of Stephen's since the early 1990s—the guest editorial gathers tributes from Stephen's academic peers and collaborators. These reflections celebrate his dedication, professional acumen, and generous spirit. Thank you, Michelle, for your invaluable contribution to this issue and the broader field.

Looking ahead, we will honour another significant loss: traditional herbalist Linda Bates. Her work enriched the naturopathic and herbal medicine professions at the grassroots level and extended into academic naturopathy at Western Sydney University. Linda's inspiring contributions also supported communities across NSW's Blue Mountains, Coffs Harbour, and Sydney.

In addition to these tributes, this issue highlights new research advancing evidence-based naturopathy and herbal medicine:

- **Candida species review:** A comprehensive examination of *Candida*'s role in disease, the growing threat of drug-resistant strains, and the evidence for natural antifungals. The review also discusses dietary and lifestyle strategies to prevent *Candida* infections.
- **Pilot RCT on nausea in pregnancy:** A randomised controlled trial involving 40 pregnant participants (7–14 weeks gestation) compared the effectiveness of *Rosa damascena* aromatherapy to metoclopramide for reducing nausea, vomiting, and improving sleep. Both interventions significantly reduced nausea and

vomiting over ten days, though neither improved sleep parameters. This preliminary evidence suggests *Rosa damascena* essential oil could be a viable alternative for those avoiding the side effects of metoclopramide.

We also extend our gratitude to Dr Wendy McLean for compiling *MedJourn* and *MedHerb* along with the CPE questions—thank you, Wendy, for your excellent work!

As we close this year, we at *AJHNM* wish you a relaxing and rejuvenating end to 2024. Thank you for your continued support and encouragement.

Cheers,

Susan Arentz  
Editor, *AJHNM*