



# OYSTER BAY

*Since*

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*Serving : Bayville, the Brookvilles, Centre Island, C  
Laurel Hollow, Locust Valley, Mill Neck, Muttont*

## Dr. Kamhi of Oyster Bay Takes the Holistic Approach to Medicine



Dr. Kamhi out in her herb garden in Oyster Bay (Photo by Christine Neilson).

by Christine Neilson

When doctors recommended surgery for a back injury, Dr. Ellen Kamhi, then twelve years old, chose instead to pursue other sources of treatment. She was interested in natural healing modalities and by researching the various plants and their healing qualities, she cured the condition without surgery. Her discoveries led her to Holistic Medicine, which she has been practicing for over thirty years.

illnesses today. We focus on the things that are effective with little or no side effects. However," she said, "the use of herbal medicine should be done under the guidance of a certified herbologist." As a professional member of the American Herbalist Guild which requires seven years of clinical experience, she feels strongly about this.

"I give classes on how people can learn more about holistic medicines for themselves. We conduct walks, right here in the Oyster Bay area, to find herbs which can be used as food

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