

Welcome to the 10th International Herb Symposium Schedule of Events June 24 ~ 26, 2011

*Oh, good scholar, I say to myself,
how can one help but grow wise with such teachings as these ~
the untrimmable light of the world, the ocean's shine,
the prayers that are made from grass?*

~ Mary Oliver

KEY OF ABBREVIATIONS

BH=Balfour Hood Center	ML=Mary Lyon Hall	WFA=Watson Fine Arts
SC=Science Center	KH=Knapton Hall	CMC=Cole Memorial Chapel
MA=Mars Arts & Humanities	WT=Weber Theater	Cragen Hall = CH Basement
HW = Herb Walks	NP = Nurses Path (CNE)	VT =Wholistic Vet Track

- **Please use this schedule;** it includes updates, class descriptions and room assignments. If there are any last minute changes (as there invariably are), they will be included in the Schedule Addendum you'll receive at the IHS.
- **Symposium Proceedings Books are \$18 (\$12 if purchased before the IHS)** and are Available at the IHS Information Booth. These are valuable resources, contain class notes, herbal resources and are useful long after the event.
- **Tree Farm Communications** will be professionally recording most of the lectures; audio recordings will be available for sale during the Symposium and can be ordered after the Symposium from Tree Farm Communications; www.treefarmtapes.com; info@treefarmtapes.com; 800-468-0464.
- **Workshops are designated** for beginner (Begin) and Intermediate/Advanced (Int/Adv) when applicable. If not specified, it's generally considered appropriate for all levels. These are general classifications and are meant to serve as guidelines only. You are welcome to attend any workshop that appeals to you regardless of your level of knowledge or expertise.
- **If you'd like a quiet place to sip tea or visit quietly,** the **Art Room (BH)** is a lovely quiet space to reflect. There's also the lovely tree filled campus and woodlands surrounding it.
- **Please be on time for workshops** you are attending and, if not attending, be courteous of those in progress. If you plan to leave a workshop early, please sit towards the back so as not to disturb the rest of the class. Thank You.
- **There are children's activities being offered throughout the day by Gracie Phillips & Friends;** see Children's Activity Schedule. You are also welcome to bring your child(ren) to classes with you, however, if they become restless or noisy please set outside until they are quiet again. Thank you.
- **Herb Walks meet rain or Shine.** If raining, just wear rain gear and enjoy!
- **Meals are served in Chase Dining Hall;** you must wear your name tag to meals (meal info is on your name tag)

THURSDAY EVENING

Wherever you stand be the soul of that place ~ Rumi

7:30 – 10 p.m. Registration in BH Atrium ~ for those registering for Pre-Conference Intensives

FRIDAY SCHEDULE

"The poet's perspective of life, the musician's sense of harmony, the artist's eye of proportion and relationships ~ these are

all shared by healers, especially the herbal healer who works with plants, which are the pure creative expression of nature and the healing process" ~ Michael Tierra

7:30 - 8:30 BREAKFAST ~ *full Breakfast served at Chase Cafeteria (pay \$7 at the door). Also, light breakfast items available in Hood Café (BH-Atrium upstairs)*

7:30 – 12 REGISTRATION ~ *BH Atrium*

8 - 12 PRE-CONFERENCE INTENSIVES (pre-registration required)

1. Spiritual Bathing, Massage and Healing Ceremonies of Ecuador with Rocio Alarcon (Ecuador). In this special intensive, Rocio will guide people through the experience of 'spiritual bathing & massage' using herbs, water, flower, and oils. These herbal baths are used to cleanse the spirit of negative energy and are also used for specific ailments. The properties of the plants and other ingredients can clean our negativities and make us feel more attractive and alive, ready to face the future with enthusiasm and positivism. Ancient healing ceremonies of the Andes will also be shared. Rocio is a gifted healer and is renowned throughout the world for her healing gifts. Class will be hands-on/experiential. *Students need to bring a towel and quart water bottle. (ML-122)*

2. Cupping for Herbalists w/Julia Graves (Germany/France). Almost lost from the Western tradition of herbal and holistic treatment, Julia offers a hands-on cupping training from the Western and TCM point of view. Highly effective and relatively easy, this ancient art has a special healing effect that herbs or massage cannot duplicate. Once a household staple for common colds, muscle and back aches in traditional societies world-wide, it is now enjoying renewed interest. Revive your roots: in the old days, all herbalists knew to cup! Trained since her youth in the ancient European tradition, Julia teaches cupping as an integral part of what was once a holistic Western system of medicine and herbalism. The course has proven very informative for licensed acupuncturists and other health care professionals. *Please note: students will need to bring a towel & their own wool blanket to lie on, arnica massage oil, and if possible, bring your own hand pump cupping glasses which can be ordered from www.kamwo.com (Tae Keuk Bu Hang sets are high quality cupping glasses). (Chapel-downstairs)*

3. Developing the Plant/Person Relationship in Healing w/Isla Burgess (New Zealand). Do we each have a plant ally? A plant that restores and maintains health? In this engaging Intensive we will explore a new theory on healing through understanding the role Chaos and Complexity Science has in health and how our perception of the qualities that plants possess can assist us in finding our plant 'ally'. It is where a shamanistic view of the world meets Quantum physics. By actively engaging in "*doing science differently we uncover a different aspect of nature itself*". (Henry Bortoft, Physicist and Goethean Philosopher). *All levels invited ML- 212*

HW 4. Wild Plant and Botan-Eyezing Walk w/Cascade Anderson Geller. There's never enough time for herb walking and/or botanizing at herb events, so we've added a 5 hour intensive with Cascade, one of the best botanizers/herbalists around. There are many famous herbs, trees, and shrubs to be found growing on the Wheaton campus and surrounding 200 acre woodland. Plan on walking about 2 miles, roundtrip, on trails through woods and fields. Emphasis will be on developing your *botan-eyes* and the details about how to harvest and prepare the plants in a reverent and sustainable manner. *Please note; this class will end at 1 and will include a picnic lunch. Class is limited to 25 participants so register early. (Meet in Dimple).*

5. Vet Track: Vaccinosis: The Disease and its Herbal Treatment w/Cindy Lankenau, DVM. Vaccinosis is one of the main causes of chronic disease in our animal friends. The practice of annual vaccination has created a plethora of new disease syndromes and auto-immune conditions. This lecture will first look at the historical recognition of Vaccinosis and then using the recent development of Rabies vaccination in horses, investigate the development of chronic disease. The use of botanical medicines and minute doses of botanical medicines will be discussed in the treatment of the tangled web of dis-ease. **(SC-243)**

12 – 1 LUNCH ~ *full lunch served in Chase Dinning Hall (\$9 pay at the door)*

"I don't trust a garden (or gardener) that hasn't any weeds. Some wildness and uncertainty is a condition that is an honest representation of life." ~ Christopher Hobbs

1 ~ 2 OPENING CEREMONIES ~ In Chapel. Welcome & Introductions. Drumming & Ceremony. And welcoming performances by special guest musicians

2:30 – 4 AFTERNOON WORKSHOPS

1. NP 1. Cholesterol – Getting to the Heart of the Matter w/Kathleen Maier. Many people today are faced with challenging questions about their cardiovascular health. The medicalization of our hearts is taking away our confidence in

our ability to sustain our own health. This class looks at the myths surrounding hypertension, high cholesterol and statin drugs. We will talk about cholesterol as our primary anti-oxidant for dealing with stress and look at the deep reaches stress plays in our world today. (SC-211)

2. The Art of Herbal Formulation w/Michael Tierra. We will describe traditions of formulation and principles from all herbal traditions and strategies and methods of use. **Intermed/Adv. (MA-301)**

3. A Taste of Herbs w/Christopher Hedley (England). Using organoleptic testing as a teaching and research tool, my partner and I have been developing tasting as a teaching tool for students of herbal medicine at all levels for 30 years now. We have found it to be a profound and powerful method for introducing people to the healing power of plants and for our increasing understanding of all aspects of the plants. (ML-211)

4. Invasive Plant Medicine w/Timothy Scott. Based on his excellent book *Invasive Plant Medicine*, Tim Scott demonstrates the ecological benefits and healing abilities of invasive plants. Contrary to conventional thought, these prolific plants are actually serving essential environmental needs by protecting disturbed areas, enhancing biodiversity, and revitalizing the land. While at the same time, these widespread plants are also providing inhabitants powerful healing remedies, which in many cases have documented medicinal uses for thousands of years, and are desperately in need today. **Beginner/Intermed (SC-243)**

5. Bringing Back the Green-The Evolution of Herbalism: Are We Prepared for the 21st Century? w/David Hoffmann. A look at the diversity of herbalism in the US, how it has changed in the last 25 years, and how it might change in the next. Are we ready for climate change, globalization, etc., etc.? (ML-212)

NP 6. The Skinny on Metabolic Syndrome w/Chris Marano. Perhaps the most epidemic of non-contagious diseases plaguing our culture, metabolic syndrome is a cluster of chronic disorders directly related to food and lifestyle choices, affecting the entirety of our systems, including menstrual irregularities. This presentation offers a run-down of the causes, symptoms, and simple choices we can make with lifestyle, herbs, healthy supplements, and food, including insight into the remarkably healthy Mediterranean diet. (SC-246)

7. Sexy Weeds the Wise Woman Way w/ Susun Weed. Aphrodisiacs are often the first, and sometimes the only contact, that many people have with herbal medicine. As experienced herbalists in the 21st century, we are not immune to the lure of sexy herbs, especially as we age. In this workshop Susun will share a wealth of experience about 'sexy weeds', and answer your most intimate questions ~ the Wise Woman Way. (Chapel-upstairs)

8. The Tree Doctor Is In w/Michael Phillips . Come learn from the "herbal orchardist" how to build health and happiness for our tree friends. This wild weaving of holistic tree care involves fermented herbal teas to overcome disease, earth poultices to ward off blights, and general horticultural tips for structural health. Many trees offer medicinal gifts. . . and it's high time we returned the favor! Michael Phillips, co-author of *The Herbalist's Way* and *The Apple Grower* is generally regarded as *thee* experts in heritage fruit trees and is renowned in New England for his wisdom and knowledge. (MA-307)

9. Medical Marijuana w/Dr. John Woytowicz. Over the past twenty years medical marijuana has been adopted by several states to assist those with chronic medical problems to enhance their quality of life and manage their symptoms with few side effects. This class will review the statutes in several states where it has been legalized. As a family physician in Main I have certified nearly two hundred patients with a wide variety of medical conditions. The physiology of endocannabinod system, the medical literature and the challenges to implement an effective program to promote the use of medical marijuana will be reviewed. (Chapel--Downstairs)

10. VET TRACK: Vet Track: Health for Organic Livestock w/ Dr. Hue Karreman. A leading expert in the field of organic dairy management and disease prevention and treatment using botanical medicine, Hue will give a thorough lecture on the treatment of organic livestock. (MA-102)

HW 11. Weeds for your Needs w/Doug Elliott We will roam rich wooded areas of the campus focusing on the great variety of medicinal, edible, and otherwise useful wild plants - their botany, natural history and folklore, as well as their traditional and contemporary herbal uses. (MEET in the Dimple)

Our true home is in the present moment.

The miracle is not to walk on water. The miracle is to walk

On the green earth in the present moment

~ Thich Nhat Hahn

2:30 - 6:00 HERBAL INTENSIVES

1. Talking Leaves; an Indigenous Language of Plants w/David Winston. The Cherokee and other indigenous peoples have long known the best way to learn about plants is from the plants themselves. We will explore the three languages of plants (the physical, symbolic and subtle/intuitive) and learn how the green nation can guide us in personal and planetary health. By understanding these basic concepts, you will be able to simply taste, smell, touch and look at any plant and gain profound insights into their uses for physical, emotional and spiritual healing. The class will include traditional

stories, clear guidance on the use of these techniques and give participants the ability to understand a new language. (KH-LECTURE Downstairs)

2. The Practices and Principles of Southern & Appalachian Medicine w/Phyllis Light. The regional folk medicine of Southern Appalachia and the lower South is a combination of the European humoral system, Native American plant use, and African healing techniques overlaid with Scots-Irish folk medicine. In this Intensive, Phyllis will discuss the traditional causes of health problems, seasonal patterns and influences, spiritual/magical influences, and the influence of the land upon the medicine. The class will explore the Southern blood types: sweet, sour, bitter, salty; the blood patterns: high/low, thick/thin, weak/strong, good/bad as a way of assessing constitutional imbalances; and the elements; fire, earth, air and water. The principles of SAFM provide a practical method of viewing health and constitutional imbalances and offers a common sense approach for achieving or regaining health. *Intermed.* (ML-122)

"Your grandfather was always curious about other people's business, which is how he learned to be an herbalist. As a boy, your grandfather sat in the hut of the herbalist in his village, watching and listening carefully while the other boys played, and in this way he gained knowledge ~ " President Barack Obama from *Dreams from My Father*

4:30 – 6 AFTERNOON WORKSHOPS (Please note; these * classes will run to 6:30)

***1. 'Talk Story' Healing Traditions & Hawaiian Wisdom w/ Hawaiian Elder Raylene Ha`alelea Kawai`a (Hawaii).** The Hawaiian culture has developed over millenniums and is rich, intricate, complex and filled with story and legend. Much of the teaching of cultural and spiritual values is done through sharing story. Raylene will talk story with us, sharing, asking questions, and opening our hearts/minds to a new way of seeing and being in the world. (ML-212)

***2. Ten Favorite Herbs for Family Health w/Nancy Phillips.** We'll start off with a talk about the safety and toxicity issues of herbs, including general guidelines for using medicinal herbs alone and with other healing modalities. Then Nancy will introduce you to ten of her favorite herbs, discuss multiple uses for each herb and demonstrate how to make them into herbal preparations. *Super class for beginners!* (SC-246)

***3. Become a lymphomaniac! Understaiding the Lymph System w/Caroline Gagnon.** The lymphatic system is undervalued by both Doctors and Herbalists. We will explore the brilliance of how our lymph works to assist other body systems; it's affect on our body's general terrain, and our basic constitution. We will look at the energetic, emotional and physiological effects of the lymph. Understanding the subtleties of the different lymphatic herbs and the role they could play in the treatment of diseases and dysfunctions such as venous deficiencies, hepatitis, thyroid dysfunction, disease of the reproductive system, etc. *Intermed/Adv* (SC-243)

***4. A Live Clinical Session: Guiding the Client to Health w/Bevin Clare.** Herbal medicine in action! View a live clinical session with a client from start to finish. Begin with a comprehensive intake and interview followed by an assessment, the development of goals and strategies, and the plan. The skills and subtleties of clinical practice are best learned as applied, and this session will give the beginner or advanced clinician tools and techniques to use in their own practice. *Advanced.* (BH-Lyons Lounge)

***NP 5. Medical Herbalism and Autoimmune Thyroid Disease w/Dr. Michael Friedman.** An overview of pathophysiology and laboratory testing of thyroid dysfunction will be discussed within a holistic context of healing therapies. The use of botanicals, bioidentical hormones, nutrition, vitamins, minerals and lifestyle counseling as a restorative treatment approach towards healing for thyroid disease will be discussed. Case studies of patients treated for Chronic Fatigue Syndrome, Fibromyalgia, Hashimotos Disease, Graves Disease, and Toxic Multi Nodular goiter will be discussed in detail. *Adv* (MA-301)

6. The Botanical Adventures of Herbal Ed w/Ed Smith. A travelogue slideshow of Ed Smith's adventures while in search of medicinal herbs and herbal knowledge in the Peruvian Andes & Amazon jungle, India, Thailand, Indonesia, Vietnam, Vanuatu, etc. Ed will discuss the pharmacognosy & therapeutic uses of these herbs discovered in his travels: Maca, Dragon's Blood, Cat's Claw, Guggul, Bacopa, Gotu Kola, Turmeric, Vanilla, Black Pepper, Holy Basil, Green Tea, Ud wood, Andrographis, Cinnamon, Mangosteen, Kava, etc. (SC-211)

NP 7. Health Benefits of Tea w/Mark Blumenthal. Next to water, infusions of the tea plant (*Camellia sinensis*) are the most popular beverages in the world. Modern pharmacological, clinical and epidemiological research supports the main health benefits of this remarkable beverage, including its antioxidant, cardiovascular and chemopreventive (anticancer) effects. This presentation covers impressive body of recent science on tea. (ML-211)

8. The Dirty Dozen w/Matthias and Andrea Reisen. These are the roots that connect us to the earth mother and who we are. We will talk about 12 different roots, their uses and the magic of each. This class will include opportunities to feel and taste the herbs, and to experience their healing qualities. Growing, harvesting and drying each of the 'dirty dozen' will also be covered. *Beginner/Intermed.* (Chapel -Downstairs)

9. Ritual, Religion, and Divination; Sacred Uses of Sage (Salvia spp.) w/Aaron Jenks. This talk will explore the sacred uses of Salvia species by indigenous American cultures, including the use of *Ñucchu* in Inca religious traditions; *Mirto* in the ritual treatment of the folk-illnesses, particularly *Susto*; and the use of *Ska Pastora* (*S. divinorum*) in visionary healing and divination. *Inter/adv.* (BH-Media Center)

10. Learn by Doing/hands on class: Lip Balm 101 w/Wendy Mackenzie. Learn the art of making luscious lip balms! We'll cover herbs that are great for keeping our lips healthy. You'll get to participate and learn the process step by step. Learn the best oils to use, the best combinations of herbs, easy tube filling strategies and how to make great labels and get them to stick. Recipes and Samples included. *Great beginners class.* \$5 material fee. (YOUNG- Basement)

11. Vet Track- Health for Organic Livestock Part II w/ Dr. Hue Karreman. This lecture will be a continuation of Hue's in-depth discussion on the maintenance of health in an organic dairy herd & the treatment of disease with botanical medicines. (MA-102)

HW 12. Forest Wisdom w/Kate Gilday. Walk with Kate among the trees of the Wheaton College and awaken your senses with the fragrance of sassafras, white cedar and pines. Learn of foods and medicines the trees of the Northeast offer through the seasons. Hear tales of the evergreens and hardwoods along with the shrubs, forest floor herbs and flowers that grow in their protection. It is the woodland environment that nurtures some of the at-risk plants we use as herbalists-and where we can find a deep peace and healing. (Meet in Dimple)

Remember, the active ingredient in plants is friendship ~ Kathleen Maier (2007)

6:00 - 7:30 DINNER

*"My idea of a good herbalist isn't someone who knows forty different herbs,
but someone who knows how to use one herb in forty different ways" ~ Dr. Svevo Brooks*

***An Enchanted Midsummer's Eve
~ Starts at 7:30 in the Chapel ~***

***Welcoming Ceremonies
A wonderful evening of music and song with Rising Appalachia
Poetry Enchantment with Dale Pendell***

***Key Note Address with Paul Stamets
How Mushrooms Can Help Save the World***

As we are now well engaged in the 6th Major Extinction ("6 X") on planet Earth, our biosphere is quickly changing, eroding the life support systems that have allowed humans to ascend. What can we do? Fungi, particularly mushrooms, offer some powerful, practical solutions, which can be put into practice now. Paul Stamets will discuss the evolution of mushrooms in ecosystems and how fungi can help heal environments.

***Special Fire Dancing Performance on the Green
With Appalachia Rising***

Fire shows call upon the primal cravings in us all to create a fertile space for ritual. Seduced by the flame, this ancient art form continues to evoke us to own our heat and our ability to manifest. It calls us home.

***Followed by an Evening of Festivities in BH Center
Tea & Cookies will be served in the Atrium***

A wonderful opportunity to meet other herbalists, authors, artists, & listen to some great music

***Appalachia Rising
Music to Lift your Soul, Make you Smile & Get up & Dance
Appalachia Rising sister's Leah & Chloe were raised with old time melodies
And young veins pumping with underground hip hop and spoken word movements of the urban
south.***

Author's Book Signing

Authors will be selling & signing their books in the Balfour Hood Café (Upstairs)

Meet your favorite herbal authors & get your books signed!

Meet the Herbal Artists

Facilitated by Katherine Yvinskas

Herbal Artists will be in the Art Room in BH Atrium from 9:30 ~ 10

Stop by for a chat & a look at some of the beautiful art and crafts created by fellow plant lovers

SATURDAY SCHEDULE

"Nature insists that we slow down, listen, and observe. Beauty and stillness fill us when we stop our incessant human chatter" ~ Village Herbalists, Nancy & Michael Phillips

7:00 - 8:00 EARLY MORNING ACTIVITIES

1. Morning Yoga w/Teresa Fields. Stretch, open your body, mind, and spirit. Mixed levels; beginners welcome. Bring a towel and/or mat. (Chapel -Downstairs)

HW 2. Earth Centered Herbalism; a Medicinal Plant Walk w/Micki Visten. Some of our most common "weeds" are our best medicine, not only helping to heal us but the earth itself. On this walk, as we're learning plants we'll also discuss Earth Centered Herbalism ~ using plants to heal the earth. Learn who these dynamic healers are in our wildlands and how they can be used to help rebuild soil and restore comprised ecosystems. (Dimple #1)

HW 3. Walk with the Senses w/CoreyPine Shane. Tasting, smelling and feeling an herb's effect allows us to understand how a plant works in our body in a very direct way. On this walk, we will connect with common plants that aren't commonly used and figure out how they affect us, then compare that with traditional use. This is a great way to get beyond the "book learning" about herbs. (Dimple-#2)

HW 4. Birding by Ear, a morning bird walk with Cyclone Greg McCrone. This walk is offered for those who enjoy looking up from the ground once in a while to see what's above in the branches of the trees! Join herbal pharmacist, Cyclone (Greg), on a walk to learn the birds of New England. Listen to their songs; what do they mean? Bring binoculars if you have them. Greg also knows his plants really well, so if participants wish, we can do some plant I.D. as we walk. (Dimple -#3)

"...to make the acquaintance of an herb, to understand the lowly weed, to hear its voice and that of Spirit teaching how to make it medicine and use it for healing, is the essence of Earth relationship and Earth healing ~ the essence of herbalism"
~ Stephen Buhner, Sacred Plant Medicine

7:00 - 8:30 BREAKFAST

"Seeking for truth I considered within myself that if there were no teachers of medicine in this world, how would I set to learn the art? No otherwise than in the great book of nature, written with the finger of God. I am accused and denounced for not having entered in at the right door of the art. But which is the right one? Galen, Avicenna, Mesue, Rhais, or honest nature? Through this last door I entered, and the light of nature, and no apothecary's lamp directed me on my way"..... Paracelsus

9 - 10:30 MORNING WORKSHOPS

1. Interdisciplinary, Complimentary Approach to Understanding and Healing Trauma w/Dr. Almendares. (Honduras) Millions of people in the world today suffer from trauma, a crippling condition which disables its victims and can haunt them for decades. In this workshop we will look at an interdisciplinary, complimentary approach to understanding and healing trauma. Dr. Almendares will share his experiences working with the Center for Prevention of Torture and alternative therapies used in the treatment of torture survivors. A compassionate doctor, humanitarian and torture survivor, Dr. Almendares is the founder of the Center for Prevention of Torture. *Inter/Adv (ML-212)*

2. Edible and Medicinal Mushrooms w/Todd Elliott. This power point presentation will include many award winning photographs of common edible and medicinal mushrooms. We will discuss ways to safely identify and use them for food and medicines well as taking a brief look into their roles in the environment. (MA-301)

3. Entheogens and the Dying Process w/Kathleen Maier. Shamanic plants have been used for millennia to allow traditional peoples access into sacred states of being. This class will look at the chemistry and practice surrounding hallucinogenic plants and see what they have taught cultures about the dying process, whether that is end of life or through life's transitions. (BH-Media Center)

4. Polyphenolic Molecules in Medicinal Plants w/Guido Mase'. An exploration of new research on flavonoids, stilbenes, coumarins and phytoestrogens. These compounds provide a means for the plant world to direct the expression of

the animal genome, and have important therapeutic applications in cancer, chronic disease, and hormone balance. Learn how phytochemicals present in all plants are essential for the healthy growth and differentiation of our cells, and how many Western disease patterns fall into a broader 'plant deficiency syndrome'. (MA-105)

NP 5. Addressing Chronic Illness with Herbs and Heart w/Kate Gilday. This workshop will offer a comprehensive approach to restoring health and well-being through understanding one's constitution, strengths and weaknesses, supporting immune function, tending heart and spirit, as well as addressing physical symptoms. From her perspective as a traditional western herbalist, Ayurvedic and flower essence practitioner, Kate will discuss specific herbs, foods, supplements and flower essences-and share case studies from her practice. *Intermediate* (WFA-102)

NP 6. Using Herbs as a Primary Treatment for Cancer w/Michael Friedman. In this informative discussion Dr. Friedman will share effective herbal remedies and protocols that he uses with his patients. He will share case studies and cover specific herbs that have a long history of being used effectively for slowing the growth of tumors and cancerous growths. *Advanced* (SC-211)

7. Formulating for the Digestive Tract w/Cascade Anderson Geller. Knowing herbs by their constituent groups and therapeutic actions is key to having success and flexibility in formulating. This class will focus on effective simples and formulas, some even good tasting, for various conditions and episodes of the digestive tract and will include a slide show & demonstration. *Adv.* (SC-243)

8. Herbal Medicine for Guys w/Michael Phillips. Let's be clear from the start: this is not your typical Men's Health Workshop where the ladies discuss a guy's shortcomings and what he could do better. This is one guy speaking to other guys (and daring ladies!) about "guy conditions" and what makes sense plant-wise to feel better. Herbal husbands learn much over the years about blunt wounds, aching joints, sore muscles, acid reflux, chronic cough, heart support, and how to improperly deal with stress. And whatever the medicine, we always include some humor to round out the dose! (ML-211)

9. Learn by Doing/Hands on Class: Midsummer Garlands with Kate Rakosky of Sagewood Herb Farm. We will create a beautiful garland tied with a ribbon to wear in our hair, just as our ancestors did at festivals and holidays, for ceremony and ritual, using herbs and flowers that are plentiful and meaningful this time of year. Kate will share the meaning of the herbs and why they were used in traditional wreaths. Materials provided - just bring your creativity! *\$8.00 material fee. Space is limited in this workshop so please sign up ahead of time at the BHC - IHS Information Booth.* (ML-122)

10. VET TRACK Specific Tinctures & Natural Remedies for Vague Conditions: w/ Dr. Laurie Dohmen. In this informative lecture Dr. Dohmen will share tinctures and other herbal remedies that she has formulated and uses in her practice to deal with a variety of common ailments in animals. The utilization of the herbs in each formula will be discussed in depth. (SC-246)

HW 11. Weeds for your Needs w/Doug Elliott We will roam rich wooded areas of the campus focusing on the great variety of medicinal, edible, and otherwise useful wild plants - their botany, natural history and folklore, as well as their traditional and contemporary herbal uses. *Please note; Doug will cover different herbs than on his Friday walk.* (Dimple)

"I am excited to see M.D.'s becoming comfortable with herbs, but what really thrills me is seeing three year olds putting plants on boo-boos. That is the revolution" ~ Susun Weed

9:00 – 12:30 HERBAL INTENSIVES

1. Hawaiian Spirituality and Hula as Way of Life with Raylene Ha'alelea Kawai'ae'a (Hawaii). Join Raylene as she shares the beauty and grace of the Hawaiian culture and its healing traditions. This Intensive will focus on Hula, a Hawaiian way of experiencing life through dance, songs, chant and storytelling. We will be learning about the traditions, practices and rituals of Hawaiian healing and hula. E Komo Mai, E Hula Kakou! *Come, Let's dance hula! Please wear comfortable clothing and/or a loose flowing skirt or paeru. Bring a towel or blanket to sit on, a face towel and water to drink.* (Chapel-Downstairs)

2. A Grower's Invitation for the Cultivation, Harvesting and Drying of Medicinal Herbs w/ Herb farmers extraordinaire Matthias & Andrea Reisen of Healing Spirits Herb Farm and Jeff & Melanie Carpenter of Zack Woods Herb Farm. This is the intensive for those interested in any aspect of producing medicinal herbs. Medicinal herbs have a unique appeal to the general public. They provide a sustainable livelihood for people wanting a connection to the land and community herbalism. Learn special techniques for the production of medicinal herbs and how to preserve the integrity and spirit of the plant. Experienced and successful herb farmers/growers will share soil building protocol, plant specifics, wildcrafting-growing dos and don'ts, drying techniques and marketing insights about herb production. *All welcome but geared toward Intermed/Adv.* (KH-LECTURE downstairs)

3. VET TRACK- Intensive with Dr. Bruce Ferguson: Characteristics and TCVM Treatment Strategies for Eight Basic Tongue Quality Abnormalities in Animals. Tongue diagnosis has long been an integral part of Traditional Chinese Medicine. In this intensive we will review these tongue qualities which indicate an excess or deficiency of Yin, Blood, Yang, and Qi. Pattern differentiation is based upon these tongue qualities and lead to rational treatment strategies. Acupuncture and herbal treatments for animals based on these tongue qualities will be discussed. (MA-209)

"No matter at the all the shenanigans of her human children, our mother earth remains a generous spirit"

~ Cascade Anderson Geller

11:00 – 12:30 MID MORNING WORKSHOPS (Please note; these * classes will run till 1)

***1. Mycoremediation, Mycofiltration and Mycoremedies: the use of mycelial membranes to heal ecosystems w/Paul Stamets.** Paul's work with mycelium shows how these largely untapped organisms can replace chemical insecticides; break down toxic wastes, including petroleum-based products such as diesel, dioxins, and other toxins into non-toxic forms. Understanding mycelium's production of antibiotics is useful not only to compete with bacteria in nature but has also proven useful for preventing vectors of diseases that afflict animals, and ultimately humans. By building mycofiltration membranes, pollution from farms and factories can be reduced or eliminated, protecting downstream environments from toxins. Farmers, gardeners, green architects and ecological designers all can use these emerging. (SC-211)

***2. Plant Directed Learning-Trusting Our Senses w/Isla Burgess (New Zealand).** A practical participatory workshop to discover how tasting, touching and smelling can uncover a plant's secrets. Explore the importance to health of bitter, sweet, sour, salty and pungency as well as the sensations of astringency and sliminess. How can we check to see if a plant has alkaloids, saponins or salicylates? What are the 'do not use this plant internally' signs? (ML-212)

***3. Wild Arrangements from Germany w/Brigitte Addington (Germany).** In this workshop you will learn how easy it is to prepare tasty food that is rich in vitamins and minerals. Brigitte will fully immerse you into the visually pleasing dishes that she prepares, as well as treat you to the tastes of Mother Nature that promise to be healthy treasures. You will be inspired to add common plants, herbs and flowers to your weekly menu and enhance your relationship to nature as a true provider. (SC-246)

***4. Signs of the Times: Astrology for Health. Fire, Earth, Air, Water w/Phyllis D. Light.** Folk astrology is a form of traditional wisdom, based on the Sun and Moon Signs and the Four Elements, which can serve as guideposts for health and prosperity. The core principle of health astrology is based on the assignment of Zodiac signs to different parts of the body. Understanding the strengths and weakness of different parts of the body under the influence of the different signs can be an integral aspect of a health plan. The class will also cover planting and harvesting times based on the Moon. (MA-301)

*** NP 5. Adaptogens: Herbs for Strength, Stamina and Stress Relief w/David Winston.** We live in a stress filled world and one of the answers to dealing more effectively with this chronic problem is the use of Adaptogens. These restorative tonic herbs help re-regulate the HPA (Hypothalamic-Pituitary-Adrenal) Axis and SAS (Sympatho-adrenal System), thus normalizing endocrine, immune and nervous system function. What are adaptogens and how is this term being misused and confused? How do they work and which ones are appropriate for you? (WFA-102)

***6. The Language of Plants Part 1 - Doctrine of Signature Alive! w/Julia Graves (Germany/France).** This lecture presents the idea, history, and logic behind the doctrine of signature. Part of all planetary cultures, traceable in Western history since the ancient Egypt, and coming down to us via Paracelsus and the medieval great herbal masters, the doctrine of signature is the most artistic and creative part of herbalism. Learning to read the language of plants spelled out to us in their colors, shapes, smells, tastes, and environment, we can start to read in the book of Nature. *Intermed/Adv* (MA-307)

7. The Religious Symbolism of Plants in Medieval Tuscany w/Paolo Luzzi (Italy). Review of religious meanings, legends and folk traditions related to the plants in Medieval Tuscany. Paolo Luzzi is one of the foremost experts on religious symbolism and traditional uses of plants in Tuscany. He has served as the curator of one of the oldest botanical gardens in Italy for over 30 years, Simpler's Botanical Gardens in Florence, Italy. *Intermediate.* (BH- Media Center)

8. Media Reporting & Misreporting of Herbs and Herbal Medicine; a Crisis in Consumer Confidence w/Mark Blumenthal. Too often, the media present negative results as being definitive proof of the lack of efficacy of a particular herb. This has occurred with Echinacea, St. John's wort, ginkgo and other herbs. This presentation will provide an update about clinical trials on key herb and phytomedicinal ingredients. As is often the case, the results of most of the trials are relevant only to the specific type of product tested and subject to the specific designs of the trial. Also, the media's tendency to focus on negative outcomes of research and its impact on public perceptions will be critically reviewed and

evaluated. (SC-243)

* **9. Hands on Demonstration: Creating a Home Spa Day w/Wendy Mackenzie.** Hands on workshop. Learn how to create a simple and relaxing spa night for your friends with homemade herbal products. We'll make simple preparations for a relaxing time and then try them out. Bring a towel, washcloth and something to tie your hair back with. **\$5 materials fee. (Class ends at 1) (YOUNG –basement)**

10. VET TRACK Herbal treatment of Unique Veterinarian Conditions w/ Dr. Liz Hassinger Our animal friends differ from humans in anatomy, psychology, physiology. Due to these differences, they have many unique diseases and manifestations of diseases. Liz will explore these differences and discuss their herbal treatments. (MA-105)

HW 11. Medicinal Plants Beyond the Basics: A wild weed walk of the lesser used medicines w/Bevin Clare. Explore the forests, swamp and field around Wheaton College looking for the lesser used medicinal plants. We'll discuss their identification in the field, medicinal making techniques, and the application of these plants in health and in disease. **Intermed/Adv. (MEET at Dimple)**

"Talking to plants is one way of talking directly to Spirit" ~ Rosemary Gladstar

12:30 - 2:00 LUNCH

Please note; Relaxation Oasis is open from 12:30-1:45

Kate Rakosky of SageWood Herbals invites you to join her at the **Relaxation Oasis** for a little R & R.

Stop by for a little TLC. Free Facials and other herbal pampering.

In the Lounge Area (BHC) across from the Exhibit Hall

2:00 – 5:30 HERBAL INTENSIVES

- 1. Pulse & Tongue Diagnosis w/Michael Tierra.** We're honored to have Dr. Michael Tierra join us at the IHS this year. He's been at the forefront of the Herbal Renaissance and has been an herbal educator, author and herbal practitioner for over four decades. He brings a wealth of information and expertise to his teachings. In this intensive, Michael will focus on Tongue and Pulse diagnosis for the practitioner. Pulse diagnosis has always been regarded as the confirming aspect of Traditional, Western, Chinese and Ayurvedic herbal medicine. This course will provide techniques and tools to empower your ability to make an accurate pulse reading. We will also discuss and demonstrate Tongue diagnosis and its importance as a vital part of differential diagnosis. Tongue diagnosis is a very useful method to help determine the root cause of an illness and thus, a more efficient treatment strategy. Useful, for beginning through advanced practitioners and patients too. Learn how to recognize various tongue characteristics, what they mean, and how to treat them. **Intermed/Adv (KH-LECTURE downstairs)**
- 2. We're so sorry to report that Grandmother Enriqueta Contreras is unable to join us this year.** Her big heart needed care and attention, and all who love her dearly (including her doctors) felt it best for her not to travel quite yet. We send her our love, our caring, and our healing energy.....

*" They feel things we feel. They give birth. They move around.
They live in families. They die. No companion creates more beauty,
gives nourishment more freely, or lives and dies more gracefully than a plant"*

~ From the Male Herbal by James Green.

2 – 3:30 AFTERNOON WORKSHOPS

1. The Story of Herbs w/Christopher Hedley (England). Herbal medicine is a key part of the ongoing story developing between people and the plants they live with. Examining the themes of this story and their development over time helps us deepen our relationships with the plants we use and provides a firm ground for taking that relationship forward into difficult times ahead. (SC-243)

2. Traditional Thai Herbal Medicine; Pharmacognosy & Therapeutics of Herbs, Spices & Foods of Thailand w/Ed Smith. This lecture will cover the history of Thai Traditional Medicine, and how it is being incorporated into Thailand's modern healthcare system; Thai cuisine, spices, fruits and vegetables as medicine; Topical use of herbs in traditional Thai massage. A beautiful slide presentation included. (SC-246)

NP 3. An Herbalist on the Road ~ Traveler's First Aide w/Rosemary Gladstar. Herbal first aide remedies and tips from an herbal gypsy. When traveling it pays to be prepared. What favorite remedies do fellow traveler's have to share? What goes into a traveler's first kit? Rosemary will share her favorite remedies for healthy traveling and a sample traveler's first aide kit peppered with stories of her travels, adventures and misadventures with herbs and first aide along the route. (ML-211)

4. Plants, Women & Shamanism w/Rocio Alarcon (Ecuador/England). Rocio will give an introduction to women and shamanism using visionary plants to contact other natural elements for healing mind, body and spirit. She will share about the sacred and healing uses of chocolate for hip and breast massage and will also demonstrate the limpia ceremony used for cleansing and healing rituals. This is a participatory workshop. *For women only, please.* (Chapel-Downstairs)

5. Absinthe, the Genus Artemisia and the Lore of the Green Fairy w/Dale Pendell. A look at the virtues of Wormwood, other members of the genus *Artemisia*, and the famous liqueur absinthe. Talk includes literary history, pharmacology, making absinthe, and wormwood salves. (WFA-102)

NP 6. Qi & Blood, Shen & Essence: a Chinese Herbal Perspective on Deficiency Disorders w/Chris Marano. A user-friendly explanation of the Chinese Vital Substances and how they relate to health and imbalance, with emphasis on deficiency disharmonies, including how they manifest, what symptoms to look for, and what herbs, foods and behaviors address them, including simple and effective qi gong exercises. *Intermed/Adv.* (ML-212)

7. Natural Healing for Lyme Disease w/Timothy Scott. Tim Scott, L.Ac., Herbalist will be sharing his deep experiences with Lyme disease from a perspective as a health care provider, as one who was infected, as a researcher, and as an avid gardener and outdoorsman. Tim will sift through the confusing and conflicting information surrounding Lyme disease, its transmission, and its treatment, to provide a source of healing for those who suffer and useful knowledge for prevention of this devastating disease. *Int/Adv.* (MA-301)

8. Herbs, 'Natural Products', and Cell Signaling w/David Hoffmann. An introduction to the way plant constituents are revealing the complexities of the cell. What does this imply for the herbalist who works with whole plants and not extracted phytochemicals? (SC-211)

9. HANDS ON/Learn by Doing: Botany for Herbalists w/Aaron Jenks. A class for herbal practitioners to expand their basic botanical knowledge and terminology of Plants. In this hands-on class we will learn to recognize the major plant families (with emphasis on those with many common medicinal species). This class will also focus on gaining familiarity with basic botanical terminology of plant morphology, i.e., the names of the reproductive/flower parts as well as vegetative structures (leaf shapes, growth habit, etc.). Armed with this knowledge we will learn to use keys to identify unknown plants; a fun, helpful, and even necessary skill required for accurate wildcrafting and in getting to know and identify the local, and frequently overlooked medicinal 'weeds'. *Intermed.* (BH-MEDIA Center)

10. The Art of Intake: Developing Consultation Skills w/Margi Flint & Kay Parent. Join Margi and Kay for an opportunity to observe the unique ways they each sit with a client- observing how each herbalist approaches issues and works towards discovering the infinite mystery surrounding health and well being for each individual. Class will include a discussion about the art of intake as well as the opportunity to observe two skilled practitioners at work. Margi and Kay have worked together for over a decade; each runs their own Practitioners Circle monthly. A client-volunteer will be asked to volunteer from the group attending. (ML-122)

HW 11. Chinese Energetics of Local Herbs; An Herb Walk w/CoreyPine Shane. Looking at both commonly and uncommonly used herbs, we will use the lens of "energetics" to better understand when and for whom to employ these plants. Heating and cooling, moistening and drying are not some secret language but a practical way to viscerally understand how plants affect our physiology. Some of these plants are already used in Chinese traditions and some are new for us to discover. (MEET in Dimple)

"Over the years in the US it has been my deep pleasure and honor to experience the vibrant, living tradition that is the diversity of US herbalism. To me it is Viriditas at work on a cultural level. This profoundly important phenomena should be cherished, not formalized or structured to death" ~David Hoffmann

4-7 ~ SPECIAL PLAYSHOP INTENSIVE ~

These hands on 'playshops' are offered for respite from a heady weekend. All materials, samples, and handouts are included. \$35 fee. Register ahead of time at the IHS Information Booth. Playshops don't overlap with other workshops, but do overlap with Sat. afternoon Intensives.

1. The Secrets of Soapmaking with Donna Bryant Winston. Join Donna in this delightfully fun, hands-on, workshop as we discuss the history of soap and go through every step of the soap making process, sharing tips and techniques along the way. You will learn how to incorporate herbs, essential oils, and natural ingredients into your luxurious handmade soaps. We'll make a goat's milk soap in class. Participants will leave feeling confident about making soap on their own. Class includes supplies, handouts, recipes, and samples. (SC-345)

2. Herbal Preparations 101 with Nancy Phillips. Join Nancy, community herbalist and co-author of *The Herbal's Way/the Village Herbalist* for a course on how to make your own herbal remedies. This hands-on class will jump start you into making

excellent quality herbal infused oils, salves, medicinal strength teas, tinctures, liniments, herbal pills, and capsules. We'll review the pros and cons of various methods and discuss some of the best resources available. This will be a 'hands-on-learn-by-doing' class. Lots of samples, recipes, and step by step instructions. **Great class for beginners! Class size limited; register early. (Young Basement)**

"...the Chinese Material Medica has evolved over centuries and every one of the 250 to 300 herbs in it are as necessary to the practice of TCM as the 88 notes of the keyboard are to a concert pianist" ~ Michael Tierra, herbalist/concert pianist

4:00 ~ 6:00

FREE THYME

This time has been set aside for visiting the exhibit area, networking, participating in 'hands-on' activities, or just plain good ole fashion relaxing. There are beautiful woodlands behind the campus filled with wonderful plants, and a campus full of very gorgeous elder trees just waiting for someone to talk to them.....

"Don't hurry; Don't worry. You're only here for a short visit.

So be sure to stop and smell the flowers" ~ W. Hagen (1892 ~ 1969)

~ **4-5:30 Wild Mushroom Walk with Todd Elliott.** We'll roam the campus and the woods in search of edible, medicinal, and otherwise interesting fungi and discuss ways to identify and determine their edibility and medicinal uses. We will look into their essential roles in the environment. **(Dimple HW AREA #1)**

~ **4-6 Plant Dyes for Wool with Joann Darling.** In this hands-on demonstration you will learn how to extract beautiful warm colors from flowers, skins and barks. You will learn step-by-step how to process and prepare the plants, wool fibers and dye baths. Samples and handouts provided. Joann is a gardener, community herbalist and fiber artist who lives in Vermont at her family herb farm, Garden at Seven Gables. **\$5 material fee.** gardens7gables@gmail.com; **(Stanton Basement)**

~ **4:30- 6 Health without Harm; Animal-Based Testing of Herbs & Natural Products w/Cynthia Pileggi of Health without Harm and other panelists.** Please join us in a spirited panel discussion on a topic that resonates in many of our hearts. Should we use references from the testing and torture of animals in our educational forums, lectures, articles, and in marketing herbs and natural products? Are there alternatives? Can we shift and create a model in harmony with our traditional, cultural, and ethnobotanical use of plants and natural substances? First do no Harm has been a foundation of the herbal-holistic health community. United we can create solutions to extend that philosophy to the animal kingdom, while honoring our deep rooted herbal traditions. Listen, comment and ask questions during this exploratory dialogue. **(ML-212)**

~ **4:30-6:30 Henna Delights with Henna Queens, Andrea Reisen, Penny Clare & Colleen O'Connell.** Have you always wanted to henna your hair, but never dared?! Here's your opportunity! The Henna Queens are back! They'll help you select best color(s) to bring out the henna lights in your own hair. We'll provide the henna in a rainbow of colors from blonde to brown to red (and colors in between)! Colors are always stunning, but never guaranteed! Bring a towel (preferably old & **absolutely not the college towels!!**), old t- shirt, and hairpins. **\$5 material fee. (Meet in the Dimple)**

~ **4:30-6 Introduction to Palmistry with Linda Patterson.** Have you always wanted to read palms? This is your opportunity! Join professional palm reader and herbalist, Linda Patterson to learn what secrets your palms hold and how to unlock the mysteries of reading between the lines. **(MA-105)**

~ **4:30 - 6 Yoga Journey to the Spirit of the Elder with Lydia Russell-McDade.** Join Lydia for an inspiring and uplifting Plant Spirit Yoga Journey! Flow through a graceful and strengthening series of yoga poses, designed to reveal the transformative nature of the Elder and to bring alive its healing essence within our own bodies. *This will be a moderately challenging yoga practice; not recommended for beginners.* Bring a yoga mat and a blanket. **(Chapel-Downstairs)**

~ **4:30-6 History, Mystery, and Folklore Garden Tour with Cherylann McFedtrige & Sheilagh Cruickshank.** Join Cherylann and Sheilagh for a joyful adventure 'in the garden'. Come be entertained by stories of folklore, history and mystery of the plants many of you have growing in your own gardens, or, after this class, might be interested in growing. There are plants that protect against witches and demons, plants for historic love charms, plants to help you see fairies,

and stories of Greek Gods and Goddesses. Learn about historic uses, and cures all while sipping herbal ice tea, snacking on Lavender Love Cookies, and Calendula peach jam (helps one to see fairies) and crackers. This is a life plant class; come meet the plants up-close and personal. **(Meet at far end of Dimple)**

~ **5-6:30 Teaching Herbcraft w/jim mcdonald.** Perhaps the most important way to ensure that traditional grassroots herbalism thrives is to ~teach~ it in our communities. Michigan herbalist jim mcdonald will share some thoughts on getting started, finding students to come to and groups to host classes, ways to promote your endeavor and, perhaps most importantly, encouragement you to do so: it doesn't take a "super herbalist" to change someone's life, and teaching creates immense benefits for the community, the herbalist and the plants we love and work for. **(KH-Lobby)**

~ **NP 5-6:30 The Herbal Nurses Forum: Building a Professional Practice with Nurse-Herbalists Bonnie Kavanagh & Marguerite Uhlmann-Bower.** The focus of this open forum will be to update on professional practice issues and continue dialogue for nurses who wish to include herbs and herbalism in their practice. **(MA-209)**

~ **MASSAGE.** Treat yourself to a wonderful massage. Sign up at the IHS Information Booth. (Sign up early as these slots fill quickly).

~ **HERBAL CONSULTATIONS offered by Kay Parent.** If you feel called to have some time during the conference to just totally focus on yourself, consider joining community herbalist Kay for a 1 1/2 hour private consultation. Must sign up ahead of time at the IHS information booth. Donations will be contributed to United Plant Savers.

Visit the Relaxation Oasis

Open from 4 ~ 6

With Kate Rakosky & Friends of Sagewood Herb Farm

**Enjoy a facial, neck/shoulder massage, hand and footbath,
and a sweet bit of pampering at the Relaxation Oasis.**

All treatments are free of charge!

This is a great place to enjoy the Symposium from a relaxed perspective!

BH Center (Lounge area next to the Exhibit Hall)

Herbal Product Contest

Calling All Judges to the Herbal Product Table

With the Mistress of Ceremonies, Reid Giacomarra

**For those lucky souls who have been selected to judge the Herbal Product Contest, meet Reid at the
Contest Table in BH Atrium at 4 o'clock sharp!!**

Winners will be announced at the Evening Ceremonies

All Participants are welcome to enter the Herbal Products Contest

See Registration Information for Guidelines

*"In our secret heart we are the flower, we are the stamen, the pistil, the ovary wall glistening,
the sticky embrace of bee, the seed that swells, the silky rush toward heaven" ~ Stephen Brown*

**~ Special Showing of Herbal Films & Slide Presentations
Meet the Film Makers**

4 - 5:30 HerbalAide with film directors Mary Blue & Kim Andrade. This exciting new documentary features herbalists who are using their passion for plants as a tool to support their community in health and healing. **HerbalAide** is a non-profit based organization founded to document, inspire and fund grassroots herbal projects/businesses that are working towards creating positive, sustainable social change. Proceeds from the film sales go to the Herbal Aide Grant Fund. **Followed by discussion with herbalist/film makers Mary Blue & Kim Andrade. HerbalAide.org (WFA-102)**

5:30~ 6:45: Stewards of Healing Herbs; Native Medicinal Plant Conservation with Susan Leopold and Betsy Bancroft. Join UpS's new executive director and long-time office manager for an informative discussion on our native medicines. With the new slideshow for illustration, we'll discuss the current conservation outlook for the 'at-risk' plants, how UpS is using the Assessment Tool to gain new information, and how herbalists can participate and make a difference. **(BH-Media Center)**

5 - 6:30: Numen; the Nature of Plants with Ann Armbrecht & Terry Youk. Numen is a wonderful documentary focusing on the healing power of plants and the natural world. The film brings together innovative thinkers to discuss the healing force in nature, how our disconnection from this force affects human and environmental health, and the healing made possible by embracing our place in the wider web of life. **Meet the directors following the Showing. (SC-243)**

*"Let the beauty you love be what you do.
There are a thousand ways to kneel and kiss the earth" ~ Rumi*

5:30 - 7:00 DINNER

*"Plants are not simply one mass of green, they are tribes and individuals
asking that we pay attention to their distinctive forms, needs, gifts and lessons" ~ Kiva Rose*

7:00 ~ 9:30

~ Another Magical Evening ~

Join us in the Chapel

Humorous Health with Mark Blumenthal

◆♣◆♣

***Weeds, Woodlore and Wildwoods Wisdom
Stories, Songs, and Lore Celebrating the Healing Plants
A special evening concert with Doug Elliott***

Winner of the IHS Products Contest Awards presented

Health Without Harm with CYNTHIA PILEGGI

***UpS Medicinal Plant Conservation Updates
w/UpS Executive Director Susan Leopold***

&

9:30 - 12:30 Dance the Night Away at The International Herbalists Ball

*"Let the Dance Begin" with Master of Ceremonies Uncle Eddie
Kava Toast by **Herbal Ed Smith** and the Bula Bula Back up Band!*

SUNDAY SCHEDULE

"Give nature just half a chance and she has a miracle in store for everyone" ~ Dr. Rosita Arvigo

7 – 8 MORNING ACTIVITIES

1. Morning Yoga w/Teresa Fields. Stretch, open your body, mind, and spirit. All levels welcome. Bring a towel and/or mat. (Chapel downstairs)

HW 2. The Wonders of Wayside Weeds... a medicinal plant walk w/jim mcdonald. Common weedy plants are the foundation of most herbalists' repertoires, and for good reason. We'll take a deeper look at the specific indications and the surprising and overlooked uses of some of our most beloved medicinal plants. *Begin/intermed* (Dimple Area #1)

HW 3. Earth Centered Herbalism; a Medicinal Plant Walk w/Micki Visten. Some of our most common "weeds" are our best medicine, not only helping to heal us but the earth itself. On this walk, as we're learning plants we'll also discuss Earth Centered Herbalism ~ using plants to heal the earth. Learn who these dynamic healers are in our gardens and wildlands and how they can be used to help rebuild soil and restore comprised ecosystems. (Dimple Area #2)

HW 4. A Plant Botanizing Herb Walk w/Betzy Bancroft. Learn the medicinal and edible Plants of New England with simple botany techniques that will help you remember what you're learning. Betzy will discuss the edible and medicinal uses as well as botanical ID features. (Dimple area #3)

"The secrets are in plants. To elicit them you have to love them" ~ George Washington Carver

(7 ~ 8) JOIN US FOR A SPECIAL SUNRISE SOLSTICE CELEBRATION ~

Welcome in Summer and the Sun with drumming, prayer and ceremony

Facilitated by Matthias Reisen & Rocio Alarcon

Meet in Green on Side of Chapel ~ Bring drums and rattles and songs

"The boundless energy of summer is upon us, throwing its magic everywhere.

Open your heart and catch it ~ it's show is gorgeous." Matthias Reisen

For the spirit of the mountain we dance;

For those who consider her holy Places; For the Miwoks who live beneath her,

Who gathered her herbs and sang her songs, we dance.

And quietly we dance for those who have lost their lives on her trails,

Quietly we dance for them.

For the trails that lead us back to the Mountain, life, and peace, we dance!

7:00 - 8:30 Breakfast

"It is a strange thing, and a wondrous one, that no one can really tell you what a plant is. And when you meet with that which is indefinable, then indeed you are in the presence of something great" ~ Donald Culrose Peattie

9 – 10:30 MORNING WORKSHOPS

1. Structure and Function w/Mary Blue. Are you in the business of selling your herbal products or want to be? Do you work in an herb shop and give advice to customers regarding herbs? In this workshop you will learn about Structure and Function language. This is the language that the FDA requires all herbal companies to use. If you are an aspiring practitioner or small herbal business owner, this workshop will guide you through the process to make sure your products are in compliance with 'Structure and Function' laws. *Intermediate.* (SC-246)

2. Understanding the Menstrual Cycle through the Yin Yang w/Caroline Gagnon (Canada). Learn how to use the Yin Yang to dynamically view the rhythms, hormones and symptoms of a woman's monthly cycles, thus helping us to understand the ways our bodies tell us about the imbalances that can originate in our emotional and physical body. We will also explore the energetic subtleties of the plants used for the menstrual cycle. Our goal is to embrace the intelligence and beauty of this monthly journey so that the symptoms become our allies guiding us toward our wholeness. *Intermed.* (MA-301)

3. Deepening our Relationship with Plants and Their Relationship with Us w/Isla Burgess (New Zealand). To recognize a plant adds to the experience. To know about a plant adds to the experience. To know how and what it does furthers the connection. But to truly 'see' a plant is phenomenological magic. Focusing on one plant, this participatory workshop will develop 'seeing with different eyes'. This is a unique opportunity to connect with plants in a way that will surprise you. (Chapel – Downstairs)

4. Herbal & Natural Treatment Protocols for Men's Health w/Guido Mase. Therapeutic strategies that focus on

adjusting patterns of excess, deficiency or congestion in the major body systems. Specific attention will be paid to conditions affecting today's men of all ages. Herbs specific for men's health will be discussed along with appropriate dosage and preparation. *Int/Adv. (ML-211)*

NP 5. Alternatives for ADD/ADHD w/David Winston. According to published statistics 3-5 % of children (and adults) have ADHD. If you look into America's classrooms, the number of children diagnosed with this condition and on medication to treat it is actually much higher. In this class we look at the neurological, societal, dietary and environmental causes of ADHD & the orthodox and botanical/nutritional treatments that show evidence of efficacy & long-term safety. **(SC-211)**

6. Diabetes; An Integrative Approach w/Dr. John Woytowicz. An over view of the traditional pharmaceutical approaches will be integrated with lifestyle, nutrition and herbal approaches that will maximize health and wellness. As a family physician I weave the wisdom of the plants into my practice to facilitate healing and wellness in my patients with diabetes. I am a family physician with an integrative practice and faculty at the Maine Dartmouth Family Residency in Augusta, Maine. **(ML-212)**

7. Traditional Medical Plants of Tuscany (Italy) w/Paolo Luzzi. Paolo Luzzi is the curator of one of the oldest botanical gardens in Italy and is extremely knowledgeable about the traditional medical uses and folklore of Tuscan plants. In this class, Paolo will share about plants that are still used in traditional Italian medicine (many of them familiar plant in the U.S. as well) and the folk traditions related to them. *Intermed. (BH-Media Center)*

8. Medicine Hunt ~ Adaptogens in China w/Chris Kilham. Over the course of a two year period, Chris Kilham traveled from the remote Tian Shan Mountains in China's far northwest, to the forested border of Russia in China's northeast Heilongjiang province, tracking down the adaptogens Rhodiola, Schisandra, and Eleuthero. He also saw the vast goji harvest in Ninxia. In this workshop you will learn about the origins, harvesting and cultures around these most highly valued of Chinese medicinal plants, and see spectacular images. **(WFA-102)**

9. Keeping You and Your Microflora Happy w/Nancy Phillips. One cannot be truly healthy without optimal digestion. Impaired digestion can trigger problems ranging from mild stomach upsets to life threatening imbalances. We will explore healthy eating habits, sample herbs, drink healing teas and discuss foods that all promote healthy digestion and help heal imbalances. Nancy will also demonstrate how to easily make and use foods that include healthy bacteria (yogurt, sauerkraut, kimchi, etc.) **(BH-Lyons Lounge)**

10. VET TRACK- Natural Diets w/Dr. Steve Tobin. The basis for all good health is diet. Our pets have been fed commercial over processed foods for many decades. Many diseases are a direct result. This talk will be on how to feed a natural diet. **(SC-243)**

HW 11. Invasive Plant Walk w/Timothy Scott. Let's walk around the edges and into the disturbances to see if any of these so-called "invasive" plants have arrived, and try to understand why they might be here. The plants are growing where they do for a reason, and they are sending an important message, providing potent medicine, and revealing the intelligent nature of the plant world around us. **(Meet at Dimple)**

"For 2/3 of the people on earth, Traditional Medicine is herbal medicine" ~ Amanda McQuade Crawford

9:00 – 12:30 HERBAL INTENSIVE

1. Natural Cosmetics and Herbal Skin Care with Kate Rakosky of Sage Wood Herbs. In this wonderful and delightful hands on Intensive, discover how to create exquisite natural skin care products using herbs and flowers from your garden and common kitchen ingredients. Participants will discover how to recreate a spa in their own homes. This is a hands-on participatory, fun opportunity to make moisturizing facial/body creams, facial scrubs and masques, bath salts, toners/spritzers and a luscious lip balm. Great Fun & Great Products! Each participant will receive handouts, recipes and samples to take with you. **Class size limited; register early. (ML-122)**

2. Cancer Care and Support the Herbal Way w/Kate Gilday. Many people face the decision and challenge of receiving aggressive treatments for cancer. These treatments often severely compromise the person's immune system. Kate will cover in detail the use of medicinal mushrooms, herbs, foods, essential oils and supplements that have been used by cancer patients with excellent results to safely build and support the immune system during and after these medical treatments. Learn what natural products can be used to safely support those receiving radiation and chemotherapy as well as food and herbs that help support immune health and serve as cancer preventions. **(KH-Lecture downstairs)**

*"Unknowingly, we plough the dust of stars, blown around us by the wind,
and drink the universe in a glass of rain" ~ Ihab Hassah*

11 – 12:30 MORNING WORKSHOPS

1. The Bowl of Light w/ Raylene Ha`alelea Kawaiie`a (Hawaii). The story of my Kupuna (ancestors) tells me that each of us was given a bowl filled with light. The question is, how do we keep it filled in the today's world? An empowering "talk story" discussion, of Hawaiian values and walking the talk that will give you amazing insights into your own 'bowl of light'. (Chapel-upstairs)

NP 2. The Art and Science of the Intake w/Phyllis D. Light. What is the purpose of the intake? How do we develop a working intake form that captures vital info without overwhelming the client? How do we engage our clients and still set boundaries? These are some of the questions that will be answered. Other topics covered in the class include: staging the office area, using assessment language, assessment techniques, developing a strategy, designing a program, stages of change, hierarchy of needs, follow-up. Includes some business aspects of running a practice such as fee setting, record keep, advertising. *Practitioner oriented.* (ML-212)

3. The Language of Plants Part II - Disease Signatures w/Julia Graves (Germany/France). While most examples of the doctrine of signature cover organ patterns as images of the healthy state of the body, some signatures depict the state of ill health. Not surprisingly, we find the corresponding colors, shapes, and patterns pointing to a disease similar to it. Julia will present a number of disease signatures, such as for injuries, epilepsy, and cancer. *Intermed/Adv* (BH-Media Center)

4. Mind Plants/Plant Teachers w/Dale Pendell. All plants affect us, and all plants are teachers, but some of them are particularly articulate. Physically, the articulation is mediated through the language of neurotransmitters. Spiritually, the relationship is mediated through rituals and songs. We'll survey a few of the mind plant families, from "Phantastica" to "Excitantia," looking for clues of protocol. (WFA-102)

5. The Wild of the Herbs and the Jewel in Every Stone w/Brigitte Addington (Germany). Multiply the energy and healing properties of wild greens and precious stones and you have a powerful healing combination. In this workshop, Brigitte will help you get in touch with body, mind and soul with these inspirations and gifts from Mother Earth. (MA-102)

6. Adventures in the Bee Yard w/Doug Elliott Long-time beekeeper, Doug Elliott, tells outlandish tales from the world of bees and beekeeping; practical advice about how to treat a bee sting, how to catch a bee swarm and what to do if you are high up in a tree and fifty thousand bees fall on your head! Find out what can happen when a swarm of bees invades a biker bar. Marvel at the astonishing, sexy details of the queen's nuptial flight and lament the sad fate of those hapless, helpless drones. Find out that bees and humans have a great deal in common and how bees can teach us about ourselves and give us perspectives on politics and human society today. (SC-211)

7. Yin Deficiency; the Diagnosis that Confounds Treatment w/Michael Tierra. Adrenal burnout, strumous condition, vata-pitta imbalance is a state of deficiency that causes most standard herbal treatments to not prove effective. One can have a variety of diseases ranging from the common cold, arthritic conditions, digestive, emotional, respiratory, and gynecological conditions with an underlying constitutional imbalance of yin deficiency. It is these conditions that do not respond as they should with standard herbal treatments. Understanding this concept is the key that opens up one's understanding of Traditional Chinese Medicine. In this informative workshop Michael will present these key complexes of TMC with herbs, formulas, and approaches to treatment. (MA-301)

8. Herbal Parenting w/Cascade Anderson Geller. This class will focus on herbs and remedies that have been effective for a wide range of children's needs, from sweet infant to surly, teen. Also top be addressed is how to make tough decisions about orthodox versus alternative remedies. *Intermed/Adv.* (SC-243)

9. Spiritual Agriculture & Herbalism w/Matthias and Andrea Reisen. How can we use the medicinal herbs to help us to move into a spiritual healing for the growing of our food and medicine? Join Matthais & Andrea of Healing Spirits Herb Farm as they share their experiences in growing plants with 'spiritual intention' to grow higher quality vegetables and more potentized herbal medicine. *Beginner/Intermed* (Chapel- Downstairs)

10. VET TRACK- Feline Urinary Issues and Their Natural Cure w/ Dr. Steve Tobin Urinary tract disease is one of the most common health issues of our feline friends. This is a complex, multifaceted disease. This talk will delve into the complexities of this syndrome and useful treatments will be presented. (SC-246)

HW 11. Plant Medicines of Massachusetts and New England w/Chris Marano. Chris will lead an herb walk, with emphasis on getting to know a few plants more deeply, their history, ecology, scientific and folkloric uses as medicine, first-aid, and food, as well as information provided through plants' physical language, how they "speak" to us through their color, aroma, taste, habitat. (Dimple)

"We should tread lightly on the earth, but we should tread on her often to receive her powerful messages, memories and magic through the soles of our feet" ~ Stephanie Rose Bird

12:00 -1:30 LUNCH

Please note; the Relaxation Oasis is open from 12:00 - 1:15

Kate Rakosky of SageWood Herbals invites you to join her for a little R & R.

Free Facials and other pampering. Stop by for a little TLC.

In the Lounge Area (BHC) across from the Exhibit Hall

“May the earth continue to live, May the heavens above continue to live,

May the rains continue to dampen the land, May the wet forests continue to grow.

Then the flowers shall bloom and we people shall live again” ~ old Hawaiian Prayer

1:30 - 3 AFTERNOON WORKSHOPS

NP 1. A History of Medicine in the United States w//Guido Mase’. Herbalism is only recently been 'alternative'. It is upsetting to hear technological medicine described as 'traditional'. Learn the wanderings of health care in the United States through the 19th and 20th centuries, exploring the ascendance of homeopathy, eclectic medicine, and the criminal vagaries of 'regular' doctors and the AMA. An important 'back story' for herbalists – never taught at modern medical schools.

(KH-Lecture downstairs)

2. From Birth to Death w/Christopher Hedley (England). How the Galenic humoral model looks at life; from the Sanquine squalling of infants to the phlegmatic musings of elders and all the stages in between and how it can help us to better understand our clients and them to understand us. *Intermed/Adv. (ML-212)*

3. Plants and Shamanism: Practical Activities in our daily life w/Rocio Alarcon (Ecuador). Rocio will share how shamanistic practices can support us against the stress and negativities that impact our daily life. She will share specific practices that use healing plants from our gardens and that are practiced in the Andes and tropical rain forest of Ecuador. **(ML-211)**

4. Ecological Approach to Clinical Interview & Practice w/Dr. Juan Almendares (Honduras). Dr. Almendares will present an ecological model of therapy and treatment which incorporates integrative health, vision and practice. Theory and practice of the clinical interview. Orthodox and alternative views. Will include instructions on how to do a clinical interview in a community setting. *Inter/Adv. (ML-122)*

5. Psychoactive Plants w/David Hoffmann. What are they, where are they, how do they work, why do they work, and why are they vilified? **(WFA-102)**

6. Sage and the Nervous System w//Aaron Jenks. The ethnobotanical and pharmacological evidence for the use of Sage (*Salvia* spp.) in the treatment of pain, anxiety, and insomnia. Sage species are especially indicated in nervous system complaints. My research explores the traditional use of these plants as well as contemporary pharmacological and biochemical research. We will show photos of the plants, hands-on samples and describe their therapeutic applications. *Intermed/Adv. (SC-246)*

7. Singing Out the Soul; Healing through Song w/sisters Chloe & Leah Smith of Rising Appalachia. Song has been used as a means of healing and gathering in traditions across the globe since the beginning of time. In this workshop we will explore the idea of singing circles as ritual, magic, and soul. Pulling from songs from around the world, we will explore the individual creative voice as well as the dynamic power of group harmony. Come prepared to shed worries and stress through the vibration of sound. **(Chapel)**

8. The Shaman's Pharmacy w/Chris Kilham. This lively experience takes the audience on a journey, through the world of shamans, and the plants, rituals and ceremonies that compose the shaman's landscape. The shaman moves back and forth between the phenomenal and spirit worlds, acting as a guide, healer, doctor, therapist. Chris Kilham has lived and studied with shamans, and brings a vast array of stories, wisdom and powerful ideas, along with spectacular images of shamanic culture. **(SC-211)**

NP 9. Wholistic Approach to an Influenza Pandemic w/Michael Phillips. Michael will discuss how our immune system deals with virulent influenza and what can be done to support the right kind of immune response. We'll look at readily-available herbs known for their anti-viral activity. Lessons learned from past pandemics point the way to homegrown remedies that are far more equalitarian than government solutions! **(MA-301)**

10. VET TRACK-Animal Cancer Patient: Addressing Their Special Needs with Herbs and Food w/Dr. Liz Hassinger, abstract: Our animal companions have reached an epidemic level of cancer. We will explore how diet and herbal treatments can greatly improve the life of animal cancer patients, and, in many cases, greatly extend life. **(SC-243)**

HW 11. Walking Back; a Musculoskeletal Herb Walk w/jim mcdonald. Join Michigan herbalist jim mcdonald for a hike through wood, field & thicket for a look at some of the invaluable remedies for treating back, joint and musculoskeletal injuries. We'll discuss the identification, ethical harvest, medicinal & energetic uses of our green relations through a blend of story, experience and lore *intermed/adv (Meet at Dimple)*

“Most people think too much. Get them to laugh and half their troubles and sickness will go away and the blessed herbs will do the rest” ~ Miss Hortense Robinson (Belizean elder midwife and herbalist)

**

3:30 ~ 4:30 *Closing Ceremonies ~ Join us in this joyful Circle of Sharing*

More than just a time to say goodbye ~ we'll honor the Green Nations with song, drumming and joyful ceremony. This is a special Blessing Way before we part on our journey's home.

"Love the moment, and the energy of the moment will spread beyond all boundaries"

~ Corita Kent (1918 ~ 1986)

*"This is the dream song we are singing for you.
This is the power song that will take us to the edge.
This is rock medicine, the talking tree, the singing water.
Listen... She is dancing underneath you.
It is a river. It is a chant. It is the medicine bundle...
It is what happened long ago. It is what has been forgotten.
It is the smell of sweetgrass and white sage... and prayers lifted to Sky Father.
It is a way, a tradition... the way it was always done by the people.
It is a feeling of warmth, love, and connectedness.
The sound of voices honoring the Earth Mother.
Listen...She is dancing underneath you..."*
From music for "The Native Americans"

Special Thanks to our Sponsors for Making this Event Possible

*Herb Pharm * Frontier Herbs*

*Mountain Rose Herbs * Traditional Medicinal Tea Co.*

*Herbalist & Alchemists * Meaning of Tea*

Thanks to Traditional Medicinals & Good Earth for the Delicious Tea

Special Thanks to: Kristen Turcotte, Director of Events and Conference Services, Megan Monzel & Gina Boyd, our outstanding 'hostess's at Wheaton who makes everything flow so smoothly for us and the wonderful staff of **Wheaton College** for their help in making this the outstanding event it is; to John Bragel, Director of Wheaton Dining Services, for his fine (and brave) attempt to satisfy all of our eating habits; to each of the Amazing Teachers who came to share the teachings of their heart with us; to Jay Johnson & crew of Tree Farm Communication for providing high quality audio recording; and to the **IHS Staff** who are the heartbeat of the Symposium and work throughout the year to create a truly harmonious healing event ~ Jeff Carpenter, Carol Brzezicki, Deb Pouech, Robert Chartier, Rosemary Gladstar, Katie Pickens, Melanie & Lily Carpenter, Jennifer Temenski, Jason & Andrew Colvard for mastery with the website; Sandy Lory & Marie Frolich for Teacher Hosting; Amy Goodman, Sylvia & Joe Gabrioualt, Cheryl Hartt, Uncle Eddie & the rest of the awesome Ball Committee; Reid Giacomarra for the Herbal Product Contest; Katherine Yvinskas for the Art Room; Kate and Dan Rakosky for the Relaxation Oasis and organizing the Teachers Tour; Gracie Phillips for organizing the Children's activities; Krista Brown for T-Shirt designs; Mary Louise Shenk for her generosity; Suzanne Harding for help with transportation; Irene at Mountain Rose, Melissa at Dr. Hauschka for participant & teacher gifts and Tracy at New Chapter for teachers gifts; Cynthia Lankenau for organizing the VBMA Vet Track; Debi Chalko & Bonnie Kavanagh for creating the Nurses Path ~ **Blessed Be. This is the heartbeat.**

Huge Thanks for Mountain Rose Herbs

For providing Free Organic Cotton tote bags to every IHS Participant

And Most Especially a Big Thyme Thanks for Each of You for Coming!!

"Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light

*not our darkness that most frightens us. We ask ourselves, who am I to be brilliant, gorgeous, talented and fabulous?
Actually, who are you not to be?" ~ Marianne Williamson*

THINGS TO REMEMBER BEFORE YOU LEAVE;

- **Return your room key to the Symposium Booth; your deposit will be fully refunded. Please do not forget this.**
- **Return your plastic name tag holder for recycling; we use them again**
- **Hand in your Symposium Evaluation form before you leave; we do read these! Your suggestions are very helpful to us in creating these events. There is a box at the Symposium Booth for them. Thank you.**

**Have a Great Journey Home, Filled with Love,
And Renewed Heart Connections to Plants & People**

Perhaps the future does not lie in more and more complex methods of information transmission, but in the simple understanding that this planet is our home and that we live here thanks to a miraculous and complex web of life" ~ from Digging Deeper by Joseph Kiefer & Martin Kemper