

Welcome to the 13th International Herb Symposium

Tentative Schedule of Events

June 9-11, 2017

<u>KEY OF ABBREVIATIONS</u>		
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	Dimple = see map
VT=Veterinarian Track	HW = Herb Walks	CC= Cultivation & Conservation Track

FRIDAY SCHEDULE

7:30 - 8:30 BREAKFAST ~ full Breakfast served at Chase Cafeteria (\$10 at the door). Also, light breakfast items available in Hood Café (BH-Atrium upstairs)

7:30 – 12:00 REGISTRATION ~ BH Atrium

8 - 12:00 PRE-CONFERENCE INTENSIVES (pre-registration required)

1. Kids Ear, Eye, Nose & Throat; *Mary Bove*, (ML-211)
2. Medical Astrology for the Practitioner of Botanical Medicine Plants & Planets; *Sajah Popham*, (ML-122)
3. Mental Health Using Herbs: A Comprehensive Approach; *Guido Masé*, (SC-211)
4. The Emotional and Mental Aspects of Lyme Disease; *Richard Mandelbaum* (MA-102)
5. **CC: Botanical, Macroscopic and Organoleptic Assessment of Herbal Ingredients for cGMP Compliance;** *Steven Yeager*
6. **VT: Medicinal Mushrooms: Cancer Prevention, Control & Support with Medicinal Mushrooms for Kidney and Liver disease, Cushing's disease, and Geriatric Issues w/ *Ihor Basko*** (MA-105)

9 a.m. – 11 p.m. Special Free Herb Walk for those arriving early (Meet in Dimple)

12 – 1:00 LUNCH ~ full lunch served in Chase Dining Hall (\$12 pay at the door)

1 ~ 2 OPENING CEREMONIES ~ In Chapel.

2:30 – 4:00 FRIDAY AFTERNOON WORKSHOPS

- 1 The Healing Secrets of Patagonia's Temperate Rainforest w/*Marcela Ibieta (Chile)* (MA-301)
2. The Mysterious Journey of Starting an Herbal Body Care Business w/*Kate Clearlight* (ML-122)
3. Mushrooms, Molds and Mycorrhizae w/*Tradd Cotter* (MA-307)
4. Cancer--an Integrative and Cross-Cultural Approach w/*Dr. Christopher Hobbs*. (WFA-102)
5. Radically Transform Your Health with 10 Common Herbs w/ *Rosalee de la Forêt*,(SC-B246)
6. The Art of Yaodui (herb pairings) In Chinese Medicine: Lessons for Any Herbalist; w/ *Thomas Avery Garran* (SC-B243)
7. A Simple Animal Herbal Practice in the Tradition of Juliette de Bairacli Levy w/*Swanie Simon (Germany)* (SC-211)
8. Food is Medicine: Medicinal Properties of Delicious Wild Foods w/*Linda Black Elk* (ML-212)
- 9 A Balm in Gilead: Plant Based Spiritual Self Care For Healers and Helpers w/*Mary Ayodele*. (Central & West Africa) Chapel Basement; can move outside if weather is nice)
- 10 Echinacea Update w/ *Kevin Spelman* (MA-209)
- 11 A Few Favorite Herbs w/ *Karyn Sanders/Nashoba Shilup*
- 12 . Kitchen Cabinet Pharmacy w/ *Nancy Phillips*
- 13 **CC: Introduction to Wild-Simulated Ginseng Cultivation;** w/ *Chip Carroll*

14. VT: Energetics of Western GI Herbs: w/ Dr. Cynthia Lankenau. (MA-105)
HW Plant Walk with a Botanical and Clinical Focus w/7Song (Meet in Dimple #1)

2:30 - 6:00 HERBAL INTENSIVES

1. Shamanic Practices in our Life: Limpia Second Level-Ways to Move Energies in the Body After Trauma, Rocío Alarcón (Ecuador)(KH-Lecture)
2. Herbal/Nutritional Gastroenterology, w/David Winston. (ML-211)
3. The Thyroid and Adrenal Exhaustion, w/Phyllis D. Light (BH-Media Center)
- 4 CC: Growing Medicinal Herbs: Wish Upon an Herbal Star, w/ Matt Dybala (MA-102)

4:30 – 6:30 FRIDAY AFTERNOON WORKSHOPS

1. The Fire Within: The Botanical Approach to Inflammation w/ Tieraona Low Dog (SC-B243)
 2. Integrating Extraordinary Experiences — from Traumatic to Visionary; w/Kat Harrison (ML-212)
 3. Medicine Woman ~ Spirit Wisdom – Sound, Spirit, & Spells to Plant By; w/ Amikaeyla Gaston (Chapel; can move outside if the weather is nice)
 4. Swamp Medicine: Southeastern subtropical and tropical species and their role in bioregional herbalism w/Emily Ruff (SC-B246)
 - 5 Two Words Uttered by Herbalists Can Change the “Great American Healthcare System” w/ Daniel Gagnon (SC-211)
 6. Powerful Trees from Curacao. w/ Dinah Veeris (Curacao) (MA-307)
 7. Herbs and Somatic Practices for Stress, Trauma and Resilience. w/Larken Bunce.
 8. Taking Healing into the Dream World. w/Jacquelin (Jinpa) Guiteau (Haiti) (MA-301)
 9. Ancient Mexican Temazkal Practice w/ Rosa Tupina Yaotonalcuauhtli (Mexico)
 10. The History of Siena’s Botanical Garden: from 17th Century to Modern Day w/ Claudia Perini (Italy)
 - 11 CC: The Ways of Healthy Plants w/ Michael Phillips
 12. VT: Skin Cases: Itchy Dogs w/ Donna Kelleher (MA-105)
- HW What are We Walking On? w/Matthias & Andrea Reisen (Dimple#1)
HW Midsummer Medicines w/jim mcdonald (Dimple #2)

6:00 - 7:30 DINNER ~ Chase Dining Hall

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

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Welcoming Ceremonies
~ A wonderful evening of music and song ~

Key Note Address: “Returning the Gift” with Robin Wall Kimmerer

Followed by an Evening of Festivities in BH Center ~
** Fire Dancing with Laura Torracco (TBC)*

** Tea & Cookies served in the Atrium*

** Authors’ Book Signing*

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

** Meet the Herbal Artists*

SATURDAY SCHEDULE

7:00 - 8:00 EARLY MORNING ACTIVITIES

1. Plant Spirit Yoga Journey with Birch w/*Lydia Russell*. Bring a mat. (BH-SGA; upstairs by Media Center)
2. Yoga for Every Body w/*TBD*. Bring a mat. (Chapel Basement)
- HW 3. Herb Walk w/ *Tanner Filyaw* (Dimple #1)
- HW 4. Plantain the Future w/*jim mcdonald*. (Dimple #2)

7:00 – 8:30 BREAKFAST ~ Chase Dining Hall

9 – 10:30 SAT MORNING WORKSHOPS

- 1 Principal Plants in Herbal First Aid; w/ *7Song* (ML-212)
- 2.The Bitter Truth w/*Richard Mandelbaum*. (SC-211)
- 3.How to Put Together a Formula; w/ *Karyn Sanders/Nashoba Shilup*, (WFA-102)
- 4.Healthy Aging w/*Phyllis D. Light* (MA-307)
- 5 Magic and Culture in the use of Medicinal Plants in the Tropics of Costa Rica w/ *Rafael Ocampo (Costa Rica)*. (KH-Lecture)
6. Daodi Herbs: An Introduction to the Concept, Modern Research, and Why it is Important in the West; w/ *Thomas Avery Garran* (ML-211)
- 7 Art and Mycology: Valenti Serini's Work to Educate Fellow Citizens. w/ *Claudia Perini (Italy)* (SC-B243)
8. Herbs & Natural Remedies for Children's Health w/*Nancy Phillips*. (SC-B246)
9. Azilya: Medicinal Smoke on the Great Plains; w/ *Linda Black Elk* (BH-Media Center)
10. Cosmo Vision and Shamanism in Southern Chile; w *Marcela Ibieta (Chile)* (Chapel Basement)
11. Leaky Gut and Dysbiosis w/ *Aviva Romm*. (SC-B243)
- 12.CC: Garlic Medicine w/ *Michael Phillips* (MA-209)
13. VT:Cultural and Modern Uses for the Polynesian herb Noni *Morinda citrifolia* and the use of Java Plum w/ *Ihor Basko* (MA-105)
- HW Herb Walk w/ *Rosemary Gladstar* (Dimple #1)
- HW Herb Walk TBD

9:00 – 12:30 HERBAL INTENSIVES

1. Treating Infections with Natural Medicine--an Integrative and Cross-Cultural Approach. w/ *Christopher Hobbs*, (MA-102)
2. Curanderismo, Magic, Science or Energy? w/ *Rosa Tupina Yaotonalcuauhtli* (Mexico)
3. CC A Grower's Invitation for the Cultivation, Harvesting and Drying of Medicinal Herbs w/ *Matthias & Andrea Reisen* of Healing Spirits Herb Farm (MA-301)

11:00 – 12:30 SAT MID MORNING WORKSHOPS

- 1 Analgesia, Effective Pain Management with Botanicals w/*David Winston*. (SC-211)
- 2 Working with Transgender, GenderQueer and Off-the- Binary Folks; w/ *Larken Bunce* (ML-212)
- 3 Earth's blanket: the World of Mosses; w/ *Robin Wall Kimmerer*. (KH-Lecture)
4. First Aid and Wound Care Case Studies: Field Experience from Tanzania w/*Guido Masé* (MA-209)
5. Spagyric Pharmacy: Ancient Alchemical Preparations for the Modern Practitioner w/*Sajah Popham* (WFA-102)
6. Botanical Strategies for ADHD Children w/*Mary Bove* (ML-211)
7. Master Plants from Ecuador: Uses, Meaning and Different Ways of Using Them w/ *Rocío Alarcón (Ecuador)*(BH-Media Center)
8. Spiritual Healing with Plants w/*Jacquelin (Jinpa) Guiteau (Haiti)*. (SC-B246)
9. Some Aphrodisiacs of West Africa.w/*Aku Donyo Richter (Ghana/Canada)* (SC-B243)
10. Finding Answers with Herbs w/*Dinah Veeris*(Curacao) ((MA-307)
11. CC: Vertical Integration of Plant Medicine w/ *Matt Dybala* (BH-Lyons Lounge)

12. VT: Energetics of Western Respiratory Herbs w/ *Cynthia Lankenau* (MA-105)
HW Plant Walk with Emphasis on Botany and Basic Herbalism w/ *Steven Yeager* (Dimple #1)
HW Herb Walk TBD

12:30 - 2:00 LUNCH ~ Chase Dining Hall

Relaxation Oasis is open from 12:30-1:45
(In the Lounge Area (BHC) across from the Exhibit Hall)

2:00 – 5:30 HERBAL INTENSIVES

1. Adaptogens & Nervines for the 21st Century w/ *Tieraona Low Dog* (WFA-102)
2. CC: Medicinal Mushroom Gardening & Apothecary w/ *Tradd Cotter* (MA-207)
3. Cannabis sativa L.--Its Impact on Animals, *Rob Silver*.(KH-114)

2 – 3:30 SAT AFTERNOON WORKSHOPS

1. Herbs-n-Dogs w/ *Swanie Simon (Germany)* (Chapel Basement)
2. Healer Heal Thyself with Sacred Sound w/ *Amikaeyla Gaston* (ML-211)
- 3 Meet Your Lymphatic System: The Cinderella Story w/ *Daniel Gagnon* (BH-Media Center)
4. The Serpentine Path of an Indigenous Healer's Family in Mexico w/ *Kat Harrison* (KH-Lecture)
5. Creating a Healing Garden and Pollinator Sanctuary w/ *Deb Soule* (MA-102)
- 6 Aftercare: Plant Support After Recovery And Detox; w/ *Mary Ayodele (Central & West Africa)* (ML-212)
7. CBD: The Anxiolytic, Anti-inflammatory, Anti-cancer, Anti-Seizure Non-Euphoric Cannabinoid; w/ *Kevin Spelman* (SC-B246)
- 8 Observing an Herbal Intake Description w/ *Margi Flint*. (MA-301)
9. Get Some Sleep w/ *Aviva Romm* (SC-B243)
10. Caring for the Soul of your Community: Herbalism in Action w/ *Emily Ruff* (MA-307)
11. CC Planting the Future~Stewards of Healing Herbs w/ *Rosemary Gladstar* (SC-211)
12. VT Pacific NW Plants: A photo journey of the healing plants of Washington State; w/ *Donna Kelleher* (MA-105)
HW: Wander for Weeds on the Wild Side w/ *Dan de Lion* (Dimple #1)
HW: Herb Walk TBD

4:00-7:00 ~ SPECIAL PLAYSHOP INTENSIVE ~
WILD BEAUTY: The Joy and Magic of Body Care Formulation, w/ Kate Clearlight, (SC-B246)

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.....

Forums & Discussion groups: share ideas, network, change the world!

Hands on Demonstrations & Activities

Movement, Dance & Exercise

❖ Visit the Relaxation Oasis with Wendy McKenzie

Open from 4 ~ 6

Treatments are free of charge!

This is a great place to sit back, relax, and enjoy the Symposium from a relaxed perspective!

BH Center (Lounge area next to the Exhibit Hall)

❖ International Herbal Product Contest

All Participants are welcome to enter the Herbal Products Contest

See Registration Information for Guidelines

Winners will be announced at the Evening Ceremonies

❖ Special Showing of Wonderful Films

Highlighting Herbs & Herbalists

5:30 - 7:30 DINNER ~ Chase Dining Hall

7:30-9:30

Another Magical Evening
Join us in the Chapel

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Stories, Songs, and Lore Celebrating the Healing Plants

Stewards of Healing Plants

Exciting updates of United Plant Savers & Sacred Seeds

w/UpSEx. Director Susan Leopold

IHS Products Contest Awards

w/John Cummings & Chris Ruggerio

9:30-12:30

*Dance the Night Away at The International
Summer Fantasy Ball*

SUNDAY SCHEDULE

7 – 8 MORNING ACTIVITIES

1. Morning Yoga: Plant Spirit Yoga Journey with White Pine w/Lydia Russell. *Intermed/Adv. Bring a yoga mat and a blanket. (Meet in BH-SGA; upstairs by Media Center)*

2. Yoga for Every Body w/TBD Bring a yoga mat or blanket. (Chapel Basement)

3. Bringing Ritual to your Labyrinth Experience w/Jude Christian. *Join Jude at the Labyrinth.*

HW 4. *The Wonders of Wayside Weeds* w/jim mcdonald (Dimple #1)

HW 5. *Birding by Ear, a morning bird walk* w/Cyclone Greg McCrone. (Dimple #2)

7:30 ~ 8:30 a.m.

Join us for a Special Sunrise Ceremony & Honoring Celebration

Welcome in the Summer Sun with drumming, prayer and ceremony

Meet in Chapel Field (in Chapel if raining) ~ Bring drums, rattles, and songs to share

7:00 - 8:30 Breakfast ~ Chase Dining Hall

9 – 10:30 SUN MORNING WORKSHOPS

1. Cross-Cultural Ethnomedicine- A Deeper Understanding of Health & Healing; w/*David Winston*. Intermed (WFA-102)
2. Lakota Plants to Survive the Zombie Apocalypse w/ *Linda Black Elk* (MA-102)
3. An Examination of Fungal Conservation, in Europe and Worldwide w/ *Claudia Perini (Italy)* (KH-Lecture)
4. Dispelling Negativity and Evil – Smudging and Cleansing in the Haitian Folk Tradition w/*Jacquelin Guiteau (Haiti)*. (Chapel Basement; can move outdoors if weather is nice)
- 5.
6. Herbal Medicine in Modern America w/*Tieraona Low Dog* (SC-211)
7. Herbal Medicine and Mental Health w/*7Song* (MA-301)
8. The 5 Keys for Using Herbs Holistically w/ *Sajah Popham* (MA-209)
9. Sacred Fire, Sacred Touch w/*Aku Dunyo Richter (Ghana/Canada)*. (ML-211)
10. Reading the Body w/*Margi Flint*(ML-212)
11. CC: Forest Farming Appalachian Botanicals w/ *Susan Leopold* (BH-Media)
12. VT: Practical Considerations Formulating Herbal remedies for Pets w/ *Rob Silver* (MA-105)
- HW 13. Plant Sense Meditations w/ *Dan de lion* (Dimple #1)
- HW 14. Herb Walk TBD

9:00 – 12:30 HERBAL INTENSIVE

1. Herbal Preparations 101 w/*Nancy Phillips*. Great class for beginners! (SC-B246)
2. Releasing Trauma, w/ *Karyn Sanders/Nashoba Shilup*. (MA-307)
3. Functional Herbalism and Women's Hormonal Challenge; *Aviva Romm* (KH-Lecture)

11 – 12:30 SUN MORNING WORKSHOPS

1. Using Biters in Small Animal Herbal Practices; w/ *Swanie Simon (Germany)*. (ML-211)
2. Spiritual Herbs; w/ *Dinah Veeris (Curacao)*. (ML-212)
3. Using Seeds to Make Health Diagnosis and Healing Process; w/ *Rocio Alarcon (Ecuador)* (MA-209)
4. Herbs for Women's Health w/ *Phyllis Light* (WFA-102)
5. Herb Classification in Chinese Medicine: Evolution of the Chinese Materia Medica w/*Thomas Avery Garran*, (SC-B243)
6. Tongue Assessment for Western Herbalists w/*Larken Bunce* (MA-102)
7. Preserving our Herbal Traditions w/ *Rosemary Gladstar* (SC-211)
8. Holistic Approaches to Insulin Resistance w/ *Rosalee de la Forêt* (BH-Media)
9. What's Bugging you? The Human Microbiome; w/ *Christopher Hobbs*
10. Holistic Approach to an Influenza Pandemic w/ *Michael Phillips* (MA-301)
11. Botanical Terminology; w *Steven Yeager* (KH-Lobby)
- 12 CC: Soil-based Farming with Herbs; w/ *Matt Dybala* (KH-Lecture)
13. VT The Use of Wu Mei San: An Epidemic of Jue Yin Diseases w/ *Cynthia Lankenau* (MA-105)
- HW: Herb Walk- *Betsy Bancroft* (Dimple #1)
- HW . Herb Walk TBD (Dimple #2)

12:00 -1:30 LUNCH ~ Chase Dining Hall

The Relaxation Oasis is open from 12:00 - 1:15
(Lounge Area (BHC) across from the Exhibit Hall)

1:30 - 3 SUN AFTERNOON WORKSHOPS

1. Traditional Medicine of Southern Chile w/*Marcela Ibieta (Chile)* (ML-211)
 2. Can There be Craft Herbalists in the 21st Century? Implications of the Current Regulatory Environment w/*Guido Masé* (BH-Media Center)
 3. Sacred Seed Garden of Medicinal Plants, a Tropical Model for Conservation and Enhancement of Medicinal Plants w/*Rafael Ocampo (Costa Rica)* (MA-307)
 4. Flower Medicine: Weaving the Magic of Flowers into Everyday Life w/ *Kate Clearlight* (MA-301)
 5. Touching the Primal Self of the Masculine w/ *Mattias & Andrea Reisen* (Chapel Basement)
 6. Mexican Herbology Past, Present and Future w/ *Rosa Tupina Yaotonalcuauhtli (Mexico)* (ML-212)
 7. The Who, What, Where, When, and Why of 11 Essential Herbs in Allergies w/ *Daniel Gagnon* (SC-B243)
 8. Medicinal Mushroom Magick w/ *Tradd Cotter* (SC-B246)
 9. Expanding Your Bioregional Materia Medica w/ *Richard Mandelbaum* (MA-102)
 10. Restoring the Adrenal 24 hour Cycle and Enhancing Neuroendocrine Health with Herbs; w/ *Mary Bove* (WFA-102)
 11. **CC: Ramps: Cultivation for Conservation w/*Tanner Filyaw*** (KH-Lecture)
 12. **CC: Introduction to Biodynamic Herb Gardening; w/*Deb Soule*** (ML-122)
 13. **VT: Fresh Food and Ancient Wisdom: Back to the Beginning w/ *Ihor Basko.*** (MA-105)
- HW Herb Walk TBD**

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.