

Welcome to the 13th International Herb Symposium

Schedule of Events

June 9-11, 2017

KEY OF ABBREVIATIONS

BH=Balfour Hood Center
SC=Science Center
MA=Mars Arts & Humanities

ML=Mary Lyon Hall
KH=Knapton Hall
WT=Weber Theater

WFA=Watson Fine Arts
CMC=Cole Memorial Chapel
Dimple = see map

VT=Veterinarian Track

HW = Herb Walks

CC= Cultivation & Conservation Track

THURSDAY EVENING

6:00pm – 10 p.m. Registration in BH Atrium ~ for those registering for Pre-Conference Intensives and for those wishing to arrive early. Please note; dinner will not be available on campus. Be sure to have a good meal before arriving.

8:30 p.m. Thursday Night at the Movies ~ For those arriving on Thursday evening, join us for a special showing of this beautiful classic film ~ **The Life of Dr. Ryan Drum** by Glen Nagel BH-Media Center (upstairs from Registration)

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 Botanical medicine has much to offer in the treatment of pediatric eye, ear, nose and throat illnesses. Children get a high percent of upper respiratory colds, influenza, sore throats, ear infections, and coughs many of which can be treated effectively with herbal preparations that are suitable and safe for children. Discussion on the use of botanical medicine in the pediatric population, dosing appropriately for children and specific child-friendly preparations will be overviewed in relationship to EENT illnesses. A specific look at the “Child’s Respiratory Materia Medica” will cover individual herbs, relevant research, application, and dose range as applied to influenza, URI, otitis media, croup, and accompanying fever. Discussion will also cover several clinical case histories demonstrating application of herbal protocols. **Intermediate.**

2. Medical Astrology for the Practitioner of Botanical Medicine Plants & Planets; Sajah Popham, The connection is right there in the words themselves. Throughout the Renaissance Era, Medical Astrology was common knowledge for practitioners of medicine and herbalism, but for some reason it is almost unheard of in our modern practice. Medical Astrology holds a critical place in a truly holistic model of herbalism, for it links the plants and people to the greater pattern of the cosmos and nature, achieving the ancient axiom “as above, so below.” In this intensive, you will learn how to incorporate astrological principles into your practice of herbalism through classification of plants and their medicinal properties, holistic evaluation, diagnostics and psycho-spiritual assessment of your clients, as well as the harvesting of herbs and their spagyric (alchemical) preparation. You will learn how the Planets, Signs, Elements and Modes of astrology relate to other energetically focused systems of healing, such as Ayurveda, Chinese Medicine, Unani-Tibb and Greek Medicine, and North American Herbal Traditions. This gives you a truly “whole-istic” model of plant medicine that unites the above and below, the spirit and body of both people and plants, as well as reclaims the metaphysical root of western herbalism- something that has been lost for far too long.

3. Mental Health Using Herbs: A Comprehensive Approach; Guido Masé, In the last decade, exciting research has shown how inflammatory nerve injury, heart rate variability, disruptions in gut flora, and entheogens (strongly psychoactive plants) can impact mood. New research developments have added more detail to our understanding in recent years, opening up exciting therapeutic potential for herbalists: modulating immunity and inflammation, using bitters and prebiotics to adjust the immune and gastrointestinal response, rebalancing and nourishing nerve and autonomic activity, and challenging spirit using entheogens. By examining new case studies we will explore how to leverage these insights. Review the most recent research, and learn a clear methodology for evaluating the components of mental health and a flexible protocol to nourish and re-balance.

4. The Emotional and Mental Aspects of Lyme Disease; Richard Mandelbaum In this class we will address emotional and mental patterns specific to chronic or Late Stage Disseminated Lyme, and how these interact with physical symptoms of the disease. We will discuss assessing and identifying patterns (tongue, pulse, and other diagnostics), materia medica and protocols. Case histories will be presented to illustrate the points made. Although everyone is welcome, this workshop will not cover the “basics” of herbal approaches to Lyme, but rather we

will dive in assuming participants have a foundation, and focus on emotional and mental manifestations that complement or build on more general approaches. **Intermediate to Advanced.**

5. CC: Botanical, Macroscopic and Organoleptic Assessment of Herbal Ingredients for cGMP Compliance; Steven Yeager This hands-on workshop will provide a comprehensive orientation of botanical, macroscopic, and organoleptic identification methods, quality assessment techniques and terminology, and demonstrate how these techniques are used to evaluate crude plant parts in a scientifically valid manner. Botanical identification, using classical botany as the basis, is the primary manner in which plant materials are identified. For identification and quality assessment of crude herb materials, macroscopic and organoleptic analysis offers among the most rapid, accurate, cost-effective, and environmentally sound of all the analytical technologies.

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 Cancer rates continue to rise, especially in susceptible breeds. What is Cancer and what are the causative factors that create it? Knowing the causes will assist the practitioner in understanding how to best use medicinal mushrooms to help prevent or suppress the cancer process within the body. Which mushrooms are efficacious to use for prevention and treatment of cancer? A discussion of *Trametes versicolor* ("turkey tail") *Ganoderma lucidum* (Reishi), *Grifola frondosa* (Maitake), *Cordyceps* spp, and *Lentinus edodes* (Shiitake) will be presented. Medicinal mushrooms can be used to prevent, support and cure many diseases due to its properties: Multi-Dimensional Healing.

9 a.m. – 11 p.m.

**Special Free Herb Walk for those arriving early
Ecological Herb Walk with the fantastic Betzy Bancroft
(Meet On 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) An in depth description of temperate rainforest, geographical location, state of conservation, its medicinal properties & uses among local communities today.

2. The Mysterious Journey of Starting an Herbal Body Care Business w/Kate Clearlight Although the words "herbalist" and "business" might not seem to really click, with the growing interest in herbal medicine and alternative healing the desire for high quality, micro-scale, unique herbal products is through the roof right now. It's a powerful time to launch an herbal products business, if that's what you feel called to do. In this class I will be sharing my own personal experience with my small products business, Plantfolk Apothecary. We'll explore topics such as where to begin, brand identity, being unique and authentic in a sea of very similar products, how to not "sell your soul" or burn out, the importance of effective marketing, and many of the other interesting issues and wonders I've encountered on my own personal healing journey with my business Plantfolk. *This class will not cover GMP's or anything involving selling products for internal use.

3. Mushrooms, Molds and Mycorrhizae w/Tradd Cotter Fungi occupy an incredible ecological niche, and their role in permacultural practices must be encouraged to understand how intercropping mushrooms into garden designs, vermicomposting with fungi, mycopesticides and organic gardening all fit together harmoniously. Take a journey down the rabbit hole with Tradd Cotter and learn some amazing tips and tricks that will last a lifetime.

4. Cancer--an Integrative and Cross-Cultural Approach w/Dr. Christopher Hobbs. Referenced, drawn from personal and clinical experience and a science review. Covers a lot of ground--utility and drawbacks of mainstream treatments. Political and economic issues in brief. Evidence-based diets, dietary supplements, drinks. Foods for prevention, treatments. Herbal protocols. As always, energetic blend of TCM, western herbalism, and science.

5. Radically Transform Your Health with 10 Common Herbs w/ Rosalee de la Forêt, Our common and culinary herbs rarely get the respect they deserve! While many rush off to use the latest and greatest plants harvested who-knows- where and who-knows- how, our common weeds and culinary plants often get overlooked as simple or, worse, "gentle". This class will look at powerful ways common herbs can radically transform your health and it will be filled with beautiful photos and practical ways to use these plants. Rosalee will draw on traditional uses, her own clinical experience, and human clinical trials to further inspire you about many favorite herbs such as chamomile, rosemary, thyme, roses, lavender, nettles, dandelion and more.

6. The Art of Yaodui (herb pairings) In Chinese Medicine: Lessons for Any Herbalist; w/ Thomas Avery Garran Herb pairings are the basis for nearly every formula in the Chinese formulary, and critical to understanding how herbs are prescribed in Chinese medicine. This class will examine the foundations of yaodui in Chinese medicine, how and why herbs are combined to generate therapeutic results, and use examples from both Chinese and Western herbal medicine to help students integrate this fundamental aspect of Chinese medicine into their work. **Intermediate-Advanced**

7. A Simple Animal Herbal Practice in the Tradition of Juliette de Bairacli Levy w/Swanie Simon (Germany) This class is about the work of a traditional animal herbalist in Europe. Learn about case taking, holistic diagnosis, choosing remedies, herbs, breeding & raising animals and the importance of nutrition.

8. Food is Medicine: Medicinal Properties of Delicious Wild Foods w/Linda Black Elk Medicinal wild plants aren't just an amazing way to treat illnesses and stay healthy, they can also be delicious. Join us to discuss some of our favorite medicinal foods and share recipes!

9 A Balm in Gilead: Plant Based Spiritual Self Care For Healers and Helpers w/Mary Ayodele. (Central & West Africa) For those in the helping professions who come into contact with students, clients, or customers it is imperative that certain steps be taken on a regular basis to stay strong and resilient. Throughout the Africa and the African diaspora there are specific plants that are known to be especially helpful to helpers and healers of all types. This class will show how to organize a self-care plan based on cosmic and seasonal cycles, bioregional plant availability and ancestral affinity.

10 Echinacea Update w/ Kevin Spelman While probably the majority of us herbalists use a significant amount of Echinacea spp. for a variety of infections, there are other uses that are not well known that should be discussed. For example, recent research suggests that *E. purpurea* and *E. angustifolia* may be useful for metabolic syndrome and Type II diabetes. Other research finds that *E. purpurea* may be useful as a sports and a high altitude aid. While still older uses include wound healing. We will review these "other" uses and update the knowledge base on this exceptionally useful medicinal plant. *Intermediate/Advanced*

11 A Few Favorite Herbs w/ Karyn Sanders/Nashoba Shilup Herbs In this class I will be talking about everything I know about a few of my favorite herbs. I will cover as many herbs as time allows to talk in depth about each of them.

12 . Kitchen Cabinet Pharmacy w/ Nancy Phillips Culinary herbs and spices (turmeric, cinnamon, cardamom, ginger cayenne, etc.) have a rich history of being used for thousands of years to enhance the flavor and health value of our food. They bring zest to our meals, but also help build health and cure imbalances. Come spice up your life with Nancy as she shares historical tidbits, recipes, samples, and research concerning the medicinal qualities of at least 15 spices you probably have in your kitchen cabinet right now.

13 CC: Introduction to Wild-Simulated Ginseng Cultivation; w/ Chip Carroll This session will provide an introduction to production and marketing of wild-simulated ginseng, including the history of ginseng markets, site selection, planting techniques, crop maintenance, harvesting, and marketing. This session will go into the status of wild ginseng and the conservation efforts taking place to ensure its future, as well as why a domestic market can help conserve our most iconic American medicinal plant.

14. VT: Energetics of Western GI Herbs: w/ Dr. Cynthia Lankenau. All herbs has different energetic properties, they can be cooling or warming, drying or nourishing and all diseases have unique pattern for example too much heat, too much phlegm. With the growing popularity of herbal medicines, often individuals forget this important aspect of herbal prescribing and forget the basic energetics of herbs when formulating a prescription. This lecture will focus on the patterns seen in common animal GI issues to then match that with the energetics of western herbs.

HW Plant Walk with a Botanical and Clinical Focus w/7Song On this plant walk we will look at the local plants and discuss their botanical and family characteristics such as flower structures. We will also cover their medicinal attributes and ways that they are clinically useful.

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) Limpia is an old practice that people use in Ecuador and probably in other places on the planet. Limpia removes different energies that produce anxiety, depression and other emotional and physical conditions in the three bodies of the human being. The main objective of the workshop will be to learn to use aromatic plants and seeds to clean the three bodies. We will explore types of aromatic plants and seeds, the different conditions and elements that we can combine. We will also learn movements and techniques in the combination of fresh plants and seeds.

2. Herbal/Nutritional Gastroenterology, w/David Winston. The old saying "you are what you eat" certainly has validity. William LeSassier used to say "you are what you don't excrete", he too had a point. To these quotes I would add one of my own "you are what you absorb". Effective digestion, absorption and elimination are essential to our health. New research on the gut-brain axis, the intestinal microbiome and the systemic effect of GI inflammation clearly show that many seemingly unrelated health issues including depression, migraines, skin conditions and obesity are clearly connected to gut health. We also see a dramatic increase in chronic GI problems (Intestinal dysbiosis, constipation, SIBO, IBS, IBD, NAFLD, etc.) that often resist orthodox treatment but can be helped with herbal and nutritional therapies.

3. The Thyroid and Adrenal Exhaustion, w/Phyllis D. Light Who doesn't have to deal with the stresses of life? Dealing with work, children, money, time, relationships and aging can seem overwhelming at times. Stress can reduce our energy level, restrict circulation and breathing, impair the immune system, interfere with sleep, speed the aging process and subdue our psycho-spiritual development. Join Phyllis for a class on natural ways of dealing with the stresses of life. The class will cover herbs and supplements for adrenal and thyroid support, dietary approaches, lifestyle changes, ways to manage the anger and fear that often accompanies stress.

4 CC: Growing Medicinal Herbs: Wish Upon an Herbal Star, w/ Matt Dybala This session will examine the direct relationship between growers and plants to harness desirable traits for optimum yield. Seasonal cultivation techniques and breeding characteristics of individual herbs will be explored!

4:30 – 6:30 FRIDAY AFTERNOON WORKSHOPS

1. The Fire Within: The Botanical Approach to Inflammation w/ Tieraona Low Dog While acute inflammation is a vital and life-saving component of our body's immune and healing response, there is overwhelming evidence that persistent inflammation is a common pathway for the development of disorders, ranging from heart disease to depression to cancer. In this highly informative session, we will examine the relationship between inflammation and disease, and, more importantly, discuss botanical strategies for squelching the smoldering fire within.

2. Integrating Extraordinary Experiences — from Traumatic to Visionary; w/Kat Harrison How might we ask nature, spirit, friends and self to bring us back to balance after we've tumbled into the unknown—whether by choice or by accident? Shamanic species are becoming globalized, yet knowledge of how to dive into them and return from that journey whole, mended, and able to help others, is elusive. Sharing tales and techniques based on decades of fieldwork in healing traditions, Kat will explore this challenge. She offers insights,

techniques, plants that may be used as tools for grounding and protection.

3. Medicine Woman ~ Spirit Wisdom – Sound, Spirit, & Spells to Plant By; w/ Amikaeyla Gaston Working with sacred planting and harvest chants and songs to call to the natural spirits also known as Orishas, we delve into the knowledge of drum and percussion from various global traditions. From the rhythmic drum and stick patterns to complete koros and songs from indigenous tribes from Africa, through the Caribbean in to New Orleans and beyond, this workshop teaches the ancient tradition of singing with large groups in what is known as a circle song. Utilizing the traditions of various cultures, both ancient and contemporary, we focus on developing and improving playing techniques and our own rhythmic vocabulary, and together, we experience the unifying and revitalizing effects of group playing, toning, and singing.

4. Swamp Medicine: Southeastern subtropical and tropical species and their role in bioregional herbalism

w/Emily Ruff Take a trip to the Southeastern United States to learn about medicines unique to this bioregion and how local traditions work with these plants. From familiar herbs like Saw Palmetto to more obscure plants like Blackroot, we'll explore the ecology and plant life of this unique region of the world.

5 Two Words Uttered by Herbalists Can Change the “Great American Healthcare System” w/ Daniel Gagnon

In this class, we will examine the current state of the “Great American Healthcare System”, better described as the American Disease Management System. We will explore the fallacies that underlie this system: healthcare insurance, prevention, prescription drugs, affordable care, and treatment options. You'll learn the difference between acute and chronic health risk factors. You'll discover how two words can and will change your life and the life of your clients when applied to daily life. Finally, we will review a proven roadmap to staying healthy: The Ten Elements to Great Health **Beginners and Intermediate**

6. Powerful Trees from Curacao. w/ Dinah Veeris (Curacao) Nowadays the need of going back to the herbal medicinal use is actually growing. There are many scientists proving what the elderly people knew already. There are some tropical trees and herbs that the elderly from Curacao use to have in their gardens, from which nowadays are getting worldwide attention for their potent medicinal forces. We will discuss Moringa oleifera, Graviola, Tamarind, Papaya and other potent trees and herbs.

7. Herbs and Somatic Practices for Stress, Trauma and Resilience. w/Larken Bunce. Herbs and somatic practices pair powerfully to address the neuroendocrine, immunologic, and digestive dysregulation, as well as the emotional and spiritual challenges, associated with stressful and traumatic experiences and ongoing traumatizing conditions. Drawing on the latest insights in psychobiology and principles of trauma-informed care, we'll explore the role plants and somatic skills can play in modulating the stress response, healing trauma, and building resilience. Simple, teachable practices will be shared, with rationale and indications for immediate application in the context of herbal practice.

Intermediate

8. Taking Healing into the Dream World. w/Jacquelin (Jinpa) Guiteau (Haiti) We spend almost half of our lives sleeping. While dreaming plays an important role in our life, we are conditioned to focus on the waking consciousness by mainstream culture. Taking healing into the realm of dreams means to first merge the gap between dreaming and waking. Plants can help with that. We can also use plant wisdom and plants as invisible helpers to heal ourselves or others in dreams, or to learn about the healing powers of the plants in dreams.

9. Ancient Mexica Temazkal Practice w/ Rosa Tupina Yaotonalcuahitli (Mexico) Participants will review and discuss the ancient practice of the Temazkal (sweatlodge) and the use of plants in the temazkal. Basic principles of Mexica Spirituality and Healing will be discussed. Class will be done outdoors to honor the plants and the use of the sacred copal medicine. **Limpia will be offered!**

10. The History of Siena's Botanical Garden: from 17th Century to Modern Day w/ Claudia Perini (Italy) The Botanical Garden of Siena (Italy) started as a collection of medicinal plants that could be used at the near Hospital of Santa Maria della Scala. At that time, in the Sixteenth - seventeenth century, it was called “giardino dei semplici”. Like other Italian botanical gardens, it underwent some moving. Explore the history of this remarkable garden.

11 CC: The Ways of Healthy Plants w/ Michael Phillips Plant response to environment sets the phytochemical stage for the constituents we in turn call upon in herbal healing. Understanding plant health in deeper ways allows us to grow holistically while at the same time work with mycorrhizal fungi to build outrageously healthy soil. Growing nutrient-dense foods and phytochemically-rich herbs comes down to emulating the practical ways that Nature does health.

12. VT: Skin Cases: Itchy Dogs w/ Donna Kelleher Itchy dogs have become something of an epidemic in veterinary medicine now encompassing over sixty percent of my practice. This talk is aimed at veterinarians trying to rule out and treat secondary infections versus primary allergies. What are the most common food allergies and how to address this problem. In my practice, I use NAET but I will trouble shoot food allergies based on my experience to help you weigh through this growing dilemma. **Advanced**

HW What are We Walking On? w/Matthias & Andrea Reisen Join Andrea and Matthias Reisen of Healing Spirits Herb Farm as they take you on a journey over lawn, field and forest looking at the plants that we might take for granted as we journey on this sacred sphere that we all live on.

HW Midsummer Medicines w/jim mcdonald Join Michigan herbalist jim mcdonald for a hike through wood, field & thicket and explore the world of the unique and ubiquitous plant medicines we share this land with. We'll discuss the identification, ethical harvest, medicinal & energetic uses of our green relations through a blend of story, experience and lore, spending more time with fewer plants to more fully explore their virtues and potential.

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 ~

** 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.** Join yoga teacher and herbalist, Lydia Russell for a cleansing and clearing yoga practice with the Spirit of Birch. Begin your day with the luminous and radiant energy of the Birch tree, lighting the way to new beginnings, fresh starts, and sweet possibilities as you flow through a series of invigorating and empowering yoga poses. This will be a moderate level yoga practice and is not recommended for brand new beginners or for those with serious injuries or limitations Bring *a mat*
- 2. Gentle Yoga All Levels Welcome w/ Lindsay Helwig** *Bring a mat.*

HW 3. Herb Walk w/ Tanner Filyaw

HW 4. Plantain the Future w/jim mcdonald. It's commonly said in herbalism that "It's far better to know a dozen uses for one herb than one use for a dozen herbs", yet, many people still think of herbs in a "take this for that" sense. To remedy this, jim mcdonald will offer in depth information on the far reaching potential of the common weed plantain, exploring it's deep and vital usage for issues throughout the body. From mosquito bites to leaky gut syndrome, this is a plant that can be a foundational part of one's path to wellness.

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

9 - 10:30 SAT MORNING WORKSHOPS

1 Principal Plants in Herbal First Aid; w/ 7Song This class will cover useful and practical first aid plants in detail. These plants cover a range of disorders such as inflammation, pain, wounds and asthma. The plants include Willow, Lobelia, Pedicularis, Ragweed, Valerian, Jamaican dogwood, Propolis and others. **Intermediate**

2.The Bitter Truth w/Richard Mandelbaum. Bitters are all the rage these days, but herbalists have long recognized the healing power of bitter herbs. And yet even among herbalists "bitter" is often narrowly equated with digestive and hepatic (liver) benefits, when in fact digestive bitters are only one of the many ways we can understand their action on the body and mind. Many bitters do in fact powerfully improve digestion, assimilation, and elimination by the gastrointestinal tract (digestive bitters) and liver (hepatic bitters), but bitters can also benefit the heart (what I call cardiovascular bitters) and the lungs (what I call respiratory bitters), and some can have a significant impact on the Mind and emotional wellbeing (nervine bitters). By learning from both Science and Tradition we can begin to see that bitter as a flavor and action shares many properties across the board, but the organ systems the bitters act on varies, and when we speak of "bitter" we should then ask next: - is it a digestive, hepatic, respiratory, nervine, or cardiac bitter? This class is designed to be accessible to everyone but will be especially helpful to people already using herbal remedies as practitioners or for themselves, and want to expand their understanding of the properties of bitter herbs beyond the more common uses. **Intermediate**

3.How to Put Together a Formula; w/ Karyn Sanders/Nashoba Shilup This class will cover how to understand what is the right formula for your client. How to match the energies of the root, the presenting issue and your client's energy. We will look at how to choose the herbs for a formula and how they blend to create a full energy. What to know in putting together a formula. **Advanced**

4.Healthy Aging w/Phyllis D. Light No doubt, we are all getting older, and the key to healthy aging is a healthy lifestyle. Join Phyllis as she explores ways to age gracefully, be healthy, and stay connected. We'll discuss changing nutritional needs, foods and supplements that support healthy aging, longevity herbs, and what to do about weight gain or loss. Oh, and how about that sex drive! The goal of healthy aging is to reduce risk factors for chronic diseases while maintaining a positive attitude toward life. Remember, you're only as old as you feel!

5 Magic and Culture in the use of Medicinal Plants in the Tropics of Costa Rica w/ Rafael Ocampo (Costa Rica). The role of the Shaman, known as Awa, in native cultures in the tropical forest and the tradition of the use of native medicinal plants in

the Tropical Region. Explore these teachings and their roles in the Conservation of Plants

6. Daodi Herbs: An Introduction to the Concept, Modern Research, and Why it is Important in the West; w/

Thomas Avery Garran For more than 2000 years Chinese herbalists have suggested to herbs from a specific area/region were considered the best therapeutic quality. This idea has led to extensive modern research and even has an impact on the economic value of many herbs. Understanding daodi herbs is also likely to have a significant impact on the current movement to grow Chinese herbs outside of China. This class will examine this important concept and how understanding it could inform Western herbalists when harvesting, growing, or purchasing Chinese, or even Western herbs.

7 Art and Mycology: Valenti Serini's Work to Educate Fellow Citizens. w/ Claudia Perini (Italy)

Valenti Serini, a medical doctor, lived in Italy in the 1800s and his passion was for the wide dissemination of mycological knowledge in order to prevent poisoning caused by fungi to the populace. His work is conserved at the Accademia dei Fisocritici in Siena (Italy) and consist of a spectacular collection of life-sized terracotta models and some volumes of watercolored drawings of edible and poisonous mushrooms of the Sieneese territory in various stages of their development and in section. These species will be observed and discussed together with links to actual images/ knowledge.

8. Herbs & Natural Remedies for Children's Health w/Nancy Phillips. Children are especially sensitive to herbs and usually respond naturally and quickly to their healing powers. In this class we'll discuss specific "kid friendly herbs", safety, preparation, dosing, and fun and safe ways to get those herbs into them! Treating common ailments, building health, and instilling healthy attitudes and connections to the earth will be at the core of the class. Nancy will share excellent resources, formulas, samples and some fun songs and activities to do with kids.

Beginner/intermediate

9. Azilya: Medicinal Smoke on the Great Plains; w/ Linda Black Elk *Azilya, or "to smudge" in the Lakota language, is an important part of treating and preventing illness. In this class, we will discuss various plants used for smudging and how they can be used to promote mental, physical, emotional, and spiritual health and wellness.*

10. Cosmo Vision and Shamanism in Southern Chile; w Marcela Ibieta (Chile) Structure of the Cosmos to Mapuche culture. Mapuche women's empowerment as Shaman/healers. Adaptation and variation of the healing role of Shaman "Machi" (medicine women) in Mapuche society today, her religious and social approach and power to heal.

11. Leaky Gut and Dysbiosis w/ Aviva Romm. Why It's So Important to Diagnose and Treat Gut Imbalances? Gut imbalances are now known to cause chronic low level inflammation, anxiety and depression, cognitive problems, hormonal problems including endometriosis and PCOS, sugar and carb cravings, allergies, eczema, asthma, and autoimmune disease. In this class I'll teach you how to recognize core gut imbalances, why they are important, and how you can start with this root cause of so many medical conditions and get results. Our focus will be on what tests you can rely on and whether you need any, and the herbs and supplements you'll want to know about for healing the gut.

12.CC: Garlic Medicine w/ Michael Phillips If you understand the uses of garlic, you understand 50% of all herbal medicine. Come learn how to successfully grow great garlic, the constituent alchemy of organo-sulfur compounds, and then how to use this healing plant for effective medicine and delectable eating. Michael hasn't met an herbalist yet who doesn't derive profound satisfaction from homegrown bulbs.

13. VT:Cultural and Modern Uses for the Polynesian herb Noni Morinda citrifolia and the use of Java Plum

w/ Ihor Basko For centuries the fruit has been used for the treatment of many ailments including: kidney disease, diabetes, fish poisoning tonsillitis, abdominal swelling, burns, broken bones, and inflammation of the toes and fingers. How can this be? Local Hawaiian healers (La au lapa au) use the fruit juice to treat hypertension, diabetes, kidney and liver ailments and cancer. The leaf was also used for abscesses, infections, broken, and painful wounds. The fresh leaf provides instant pain relief. A review of the plant's active constituents and uses will be reviewed. The invasive species Java Plum (*Syzygium cumini*) was likely introduced to Hawaii for its fruit, which is very astringent, sour, sweet and spicy. It is spread by birds that eat the fruits and disburse the seeds throughout the jungles and forest lands. Java Plum is native to India, Bangladesh, Nepal and Indonesia. It can also be found growing in the warmer regions of the USA such as Florida, and other parts of the world such as Eastern Africa, South America and Madagascar. All parts of the plant are medicinal and can aid in the treatment of diabetes, high blood pressure, heart disease, protect against radiation and contains high amounts of antioxidants and anti-inflammatory properties

HW Herb Walk w/ Rosemary Gladstar

9:00 – 12:30 HERBAL INTENSIVES

1. Treating Infections with Natural Medicine--an Integrative and Cross-Cultural Approach. w/ Christopher Hobbs, This class is evidence-based and referenced, but also based on traditional medicine and standard of western herbal practice, including the integration of tongue diagnosis and energetics to personalize treatments. The focus is on upper respiratory tract infections, but includes also UTIs, vaginal infections and dysbiosis, liver infections (hepatitis), & Lyme disease. Handouts available on Dr. Hobbs' website. Many practical and inspirational ideas, research, and experienced-based protocols.

2. Curanderismo, Magic, Science or Energy? w/ Rosa Tupina Yaotonalcuahutli (Mexico) This intensive will cover an Introduction to the Ancient "Folk Healing" called Curanderismo and will help you understand its basic principles that have been passed down from Generation to Generation and the discussion will help you understand the uses of these principles in today's world as practitioners who walk with the "spiritual staff on one hand and the laptop on the other one".

3. CC A Grower's Invitation for the Cultivation, Harvesting and Drying of Medicinal Herbs w/ Matthias & Andrea Reisen of Healing Spirits Herb Farm In this intensive, Andrea and Matthias Reisen of Healing Spirits Herb Farm will share their experiences over the last 25 years of all aspects of medicinal herb farming. Propagating, growing, drying, field preparation, processing and how they are now working with aquaponics and mushrooms. There are many avenues to making a living, working that small piece of land and tickling the belly of the earth.

11:00 – 12:30 SAT MID MORNING WORKSHOPS

1 Analgesia, Effective Pain Management with Botanicals w/David Winston. The search for effective, safe and non-addictive pain medication is an age-old quest. Studies show many people especially the elderly, the poor, people of color and women are under-treated for chronic pain. While herbs are not as powerful as opiates and other pharmaceutical medications, they can offer safer and often highly effective pain management. In this talk we will discuss how specific herbs can relieve specific types of pain, how to combine herbs to create a synergistic effect and reduce inflammation, pain perception and spasm and how botanicals can enhance the effects of pharmaceutical pain medications.

2 Competent Care for Transgender, GenderQueer and Off-the- Binary Folks; w/ Larken Bunce co-taught with Vilde Chaya Fenster-Ehrlich Transgender and non-binary people encounter frequent difficulties when working with health care providers who lack sufficient cultural awareness or training. What can we do to offer welcoming and competent care for these clients? This won't be about "herbs for transition," but will focus on increasing gender literacy: how to practice, teach, write, and live as an ally to people of all gender identities, and how to proceed when we inevitably mis-step. Topics will include inclusive thinking and language, with consideration for cross-cultural work; informed consent in largely uncharted clinical waters; figuring out herb-hormone interactions; using herbs for surgery support and beyond (and, yes, a few herbs for gender affirmation). *This class will be co-taught with Vilde Chaya Fenster-Ehrlich, clinical herbalist and teacher at Stonefruit Community Herbalists and co-director of the Lake Effect Free Alternative Health Clinic, which runs a monthly free clinic for Cleveland's LGBTQI2-S community.*

3 Earth's blanket: the World of Mosses; w/ Robin Wall Kimmerer We will explore the natural history and cultural uses of these overlooked plants.

4. First Aid and Wound Care Case Studies: Field Experience from Tanzania w/Guido Masé Herbs are amazing for wound care, even in the most intense situations. Learn about go-to techniques for deep cuts, burns, and trauma using plants with key characteristics (no matter where you live) through case studies from rural Tanzania. Leave with practical strategies to take care of yourself, friends, and family using honey, botanical infusions, plant gels and powders – but also with a perspective on how botanical medicine can fit into an effective and sustainable modern medical setting.

5. Spagyric Pharmacy: Ancient Alchemical Preparations for the Modern Practitioner w/Sajah Popham Spagyrics is a branch of the western alchemical tradition that focuses on the preparation of spiritualized herbal extracts which have profound physical, psychological and spiritual cleansing and rejuvenative power. In this class you will learn the core philosophy of alchemy and how it applies to your practice of herbalism, specifically in regards to herbal pharmacy and how to craft transformational medicines. You will learn the 3 principles of alchemy, how they manifest within plants, and how you can extract, purify and recombine them to create a radically different forms of herbal medicines. Different types of spagyrics will be sampled throughout the class so you can note the distinct difference between them and standard herbal preparations.

6. Botanical Strategies for ADHD Children w/Mary Bove ADHD is the most common psychiatric disorder among children today. This lecture will look at botanical approach to the treatment and management of ADHD. Botanical therapeutics including traditional strategies, review of current botanical data, and functional application in a therapeutic plan will be discussed.

7. Master Plants from Ecuador: Uses, Meaning and Different Ways of Using Them w/ Rocío Alarcón (Ecuador) Ecuador is the center of master plants. More than 15 master plants are used for different groups and cultures. The main objective will be to learn some of them, understand the reason and meaning of using them. The second objective will be to learn their practices, combinations, and historical uses in the benefit of the physical, emotional and spiritual.

8. Spiritual Healing with Plants w/Jacquelin (Jinpa) Guiteau (Haiti). This class is about invoking the healing force or power of plants. We will go over the different kinds of powers the plant has. We will also learn to invoke the spiritual power of some specific flowers and plants according to the Haitian folk tradition, as well as how to use it for spiritual purposes

9. Some Aphrodisiacs of West Africa.w/Aku Dunyo Richter (Ghana/Canada) Most men in Africa take aphrodisiac herbs, especially men aged 50 or more. In West Africa there are many homemade and commercially-made preparations used by men. But women also take aphrodisiac herbs, to increase sensitivity and sexual enjoyment, and when necessary they give herbs to their men to improve performance. In this class we will discuss some of the important aphrodisiac herbs and how they help to reinvigorate the sexual lives of men and women. In this way these herbs promote healing between men and women.

10. Finding Answers with Herbs w/Dinah Veeris(Curacao) Never in my years of practicing herbal medicine, I have been confronted with so many cases of cancer. So many people, young ones, children are seeking for help. I am also confronted with so many cases of diabetes, high blood pressure, cholesterol; just name it. It's not a problem from our Islands in the Caribbean alone, but worldwide. What to do? How to live a life with herbs? How can we prevent with herbs? Find answers.

11. CC: Vertical Integration of Plant Medicine w/ Matt Dybala From roots to shoots, green practitioners and businesses are relying on local farms as a primary source of herbal ingredients. An understanding of industry resources, ingredient specifications, and economics will determine future success of our domestic supply chain.

12. VT: Energetics of Western Respiratory Herbs w/ Cynthia Lankenau

HW Plant Walk with Emphasis on Botany and Basic Herbalism w/ Steven Yeager We will use the botanical terminology presented in Class 1 on this plant walk focusing on botanical terminology, family characteristics, and introduce the use of dichotomous keys. It was also include basic medicinal uses, edible plants, and poisonous plants depending on what we find along the path. Please bring a hand lens (loupe) if you have one. We will dissect a variety of plant parts if possible. This class does stand alone and Class 1 is not required although attending Class 1 and having the repetition of the terminology will only heighten your retention. Please bring a hand lens (loupe) if you have one.

HW Herb Walk w Helen Lowe

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 There is little question that life in the 21st century is stress filled. Roughly three-fourths of all visits to medical doctors are for stress-related conditions, which include obesity, diabetes, heart disease, high blood pressure, depression, anxiety, asthma, irritable bowel disease, infertility, headaches, muscle tension, and premature aging. The herbal pharmacopeia is rich in remedies that can benefit all of these conditions, as well as strengthening the body's ability to adapt to stress. Using case vignettes, this intensive will explore the differential use of key adaptogens and nervines.

2. CC: Medicinal Mushroom Gardening & Apothecary w/Tradd Cotter Participants will enjoy the full circle experience of mushroom cultivation, harvesting, preparation, extractions, product development for personal care products and medicinal fungal foods. Tradd uses a combination of visual slides, destructed demos and hands on activities that makes the entire process a memorable and efficient learning experience. Learn basic mushroom cultivation principles, how the chemical properties of fungi are affected by their environment, and how you can create potent extracts and innovative medicinal and culinary products for home, family or your business' product development.

3. VET Cannabis sativa L.--Its Impact on Animals, Rob Silver This ancient herb has found its resurgence in the past 20 years for medicinal applications. Come learn how this herb affects our pets, and how it can be used safely to address a number of common conditions that afflict our four-legged companions.

2 – 3:30 SAT AFTERNOON WORKSHOPS

1. Herbs-n-Dogs w/Swanie Simon (Germany) Explore my favorite doggy herbs, how/when to collect, how to prepare, how to use them in a small animal herbal practice, specifically for dogs. Burdock, Solomon's Seal, Yellow Dock and others.

2. Healer Heal Thyself with Sacred Sound w/ Amikaeyla Gaston From time immemorial, intentional music and sound making have been used to heal and integrate body, mind, and spirit. In this class, you will be guided on a systematic musical journey where you will engage in a series of clinically-proven music and sound based techniques that will help you to energize and heal the physical body, safely explore and transform difficult emotions, enhance intuition and creativity, and deepen your spirituality. Special focus will be given to the systematic use of music and sound to balance the five elements, chanting, and toning, therapeutic sound making for health and healing and the use of music to cure and transform pain and stress.

3 Meet Your Lymphatic System: The Cinderella Story w/Daniel Gagnon In this enlightening presentation, you'll discover how your lymphatic system has more in common with Cinderella than you think. You'll get an overview of how the lymphatic and circulatory systems intrinsically work together, find out about the 3 major roles of the lymphatic system and learn what happens when an infection occurs in your body. You'll marvel at how macrophages get rid of waste products and learn how these 8 herbs promote the health of the lymphatic system: Burdock (*Arctium lappa*) root, Cleavers (*Galium aparine*) herb, Dandelion (*Taraxacum officinale*) root, Echinacea (*Echinacea angustifolia*, et al.) root, Ocotillo (*Fouquieria splendens*) stem bark, Poke (*Phytolacca decandra*) root, Red Root (*Ceanothus americanus*) root, and Wild Indigo (*Baptisia tinctoria*) root.

4. The Serpentine Path of an Indigenous Healer's Family in Mexico w/Kat Harrison For 22 years, Kat has worked with an indigenous Mazatec curandero and his extended family, in rural Southern Mexico. His tradition and shamanic skills invoke psilocybin mushroom species, *Salvia divinorum*, home-grown tobacco saints, and other powerful elemental spirits. Kat has participated in these ceremonies while chronicling the evolution and scattering of this mostly female clan into a changing world. With her characteristic stories, Kat will share insights she has gathered into healing with plants, mushrooms and prayer, adapting to that which seems beyond our control, and respecting traditions as they evolve into the future.

5. Creating a Healing Garden and Pollinator Sanctuary w/Deb Soule Each medicinal plant embodies its own form, flavor, fragrance, texture, chemistry, healing properties and personality. This is also true of the garden as a whole being- awake and alive with color, aroma, purpose and personality. Through a colorful slide show we will explore a variety of elements to include in the design of a healing garden such as water, light, hedgerows, pollinator habitats, meditation spaces, arbors, rock walls, native plants (United Plant Savers list) and medicinal herbs.

6 Aftercare: Plant Support After Recovery And Detox; w/Mary Ayodele (Central & West Africa) Addiction, recovery and detox has expanded beyond the confines of drug and alcohol into the domain of video games and food. Supporting recovery in families and communities rests firmly on the shoulders of Urban and Community Folk Healers who have more personal access to people doing their best to stay clean. We will look at several plants and how they can be used to help support people who have completed mainstream or self-managed detox and recovery programs. There will be special emphasis on the use of plants with children due to possible prenatal dependency issues.

7. CBD: The Anxiolytic, Anti-inflammatory, Anti-cancer, Anti-Seizure Non-Euphoric Cannabinoid; w/Kevin Spelman Besides THC there are at least 80 other cannabinoids in the Cannabis plant. Currently there is a significant amount of attention being put on cannabidiol (CBD). This cannabinoid does not induce a "high" but does show some intriguing activity in a number of physiological systems and molecular pathways including attenuating the euphoria of THC. In addition, it puts other receptors into play besides the CBs. *Intermediate/Advanced*

8 Observing an Herbal Intake Description w/Margi Flint. A volunteer will sit with Margi as she runs through her abbreviated consultation. Because this will be a teaching experience I will teach a bit when a question has a further question to nudge and fit the puzzle pieces together. Face, nail and tongue will be read.

9. Get Some Sleep w/ Aviva Romm 49% of American women say they lay awake in bed at night, unable to sleep, which is much more than just an annoyance. Dysregulated sleep leads to cortisol imbalances, weight gain, sugar cravings, cognitive dysfunction, and chronic inflammation. From tired and wired to Night Eating Syndrome, we'll look at the root causes of sleep disruption, and the downstream effects of poor sleep. You'll learn the latest on techniques, herbs, and supplements to help yourself, and your clients, restore their circadian rhythms, get rested, and restore balance in their days, and nights.

10. Caring for the Soul of your Community: Herbalism in Action w/Emily Ruff *In these challenging times, healing plants are calling for herbalists to find creative and meaningful ways to connect them with people who are in need. Exploring community-centered models developed in response to Hurricane Katrina, Sandy Hook, Orlando Pulse, Standing Rock, and other national traumas, we will discuss how herbalists can give care to the soul of their community through simple and profound actions that bring the medicine of the people to the people in times of need.*

11. CC Planting the Future~Stewards of Healing Herbs w/ Rosemary Gladstar Perhaps the greatest task facing American Herbalists today is learning to be not only stewards of our herbal traditions but also stewards and caretakers of the healing plants themselves. What does being a steward of healing herbs mean? How do we preserve our precious plant resources while promoting wild crafting, herbal medicine making, and herbal healing practices. In this insightful and inspiring discussion, Rosemary will share important stewardship practices including determining which plants are 'at risk' of over use and creating land as sanctuary.

12. VET: Fresh Food and Ancient Wisdom: Back to the Beginning w/ Ihor Basko. Description Review of Bio-Anthropology and Bio-Anthropology will be presented. What did dogs eat before commercially available dog food? How did wolves transform into dogs? Wolves and the domesticated dog diets living with hunter-gather culture vs. agriculturally based communities will be reviewed. TCM theory can explain how ancient diets relate in a modern world. Facts show that the "raw food diet" fad for all pets is faulty. Using TCM theory one can ascertain the actions of food and herbs. The health practitioner can use taste and color to assist in targeting specific benefits to the patient from food: vegetables, fruits, and herbs..

HW: Wander for Weeds on the Wild Side w/Dan de Lion Join Dan De Lion of Return to Nature for an insightful walk around the land to demystify the "wall of green" surrounding us. He will teach you to identify many plants revered in the herbal traditions for healing ailments, as well as how to forage for nutritious wild food directly from the land. We will sample the wild plant wonders Nature guides us to, and focus on methods to work with and prepare them. Gain the skills and confidence necessary to utilize and work with the countless organic, fresh, local and free plant resources Nature continually provides. Please bring a camera and notebook for recording the plants we find. All Donations to continue these works are welcome!

4:00-7:00 ~ SPECIAL PLAYSHOP INTENSIVE ~

WILD BEAUTY: The Joy and Magic of Body Care Formulation, w/ Kate Clearlight, *The plants and flowers want us to feel beautiful, wild, and free! Crafting intentional botanical body care products is a truly magical way to merge our skin and spirits with the plants. In this class we will explore making and experiencing a variety of magic---infused herbal body care formulations, such as flower and clay facials, holy basil body butter, elderberry lip tint, kava infused body oil, illuminating facial elixirs, ritual bathing blends, and more! Using traditional body care wisdom passed down by our herbal elders, we will explore allowing the plants to help guide us in our formulations in order to truly tap into our creative spirits. Come prepared to play with the plants!*

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

CLASS: Wearing Your Medicine: The Fashion Industry & Our Health w/ Mary Wutz *How Clothing Made with Plant and Color Frequencies promotes Healing.* Herbalist Mary Wutz speaks about her work with plant spirits in the creation of Seam Siren, a medicinal clothing company she channeled through the plants. She will cover the history, concept and science of frequency clothing and the importance of this ancient wisdom in our modern times.

FORUM: Politically Compassionate Herbalism and Health Justice w/ Mary Blue This discussion will explore Health Justice principles and PC (politically compassionate) language within the context of clinical herbalism and herbal education. This class will expand the herbalists understanding of the importance of cultural competency within individual practices, and within the greater herbal community. These principles augment the herbalists clinical skills and build a tool kit to support diverse clients and students in an inclusive, compassionate way. Even if you have been teaching or practicing for years, (and especially if you have never taken any cultural competency classes), this class is a great way to broaden your awareness and language skills and expand compassion in order to support clients and students more effectively.

FORUM: Commercial Cultivation of At-Risk Medicinal Herbs w/Rosemary Gladstar, Matt Dybala, Steven Yeager, Jeff Carpenter, Susan Leopold, Chip Carroll, Guido Mase, An drea & Matthias Reisen, Jovial King The main questions that this panel will address are "How can we increase the cultivation of At-Risk medicinal plants in a profitable and sustainable way?" and "What role do consumers, manufacturers, herbal practitioners and herbal educators play in demanding conservation ethics for At-Risk plants in herbal formulations and products?"

FORUM: The Herbal Nurses Forum: Building Professional Practice w/Bonnie Kavanagh

CLASS: The Rites of the Womb Julie Hannon & Karen Slick Receiving the Rite of the Womb connects you to this Lineage of Wombkeepers who will guide you to free yourself from fear, pain, sorrow and grow your medicine as creators, giving birth to all life. Many women manifest physical symptoms through unhealed pain and suffering that is carried in the womb. Through a beautiful ceremony you will receive the Rite and be able to pass it on to others, your sisters, daughters, mothers, women you love, women in your community. All genders are welcome to join us for this ceremony

HENNA: Henna Highlights w/Janet Blevins

LABYRINTH: Deepening your Labyrinth Experience w/Jude Christian

HOOP: Play, Prop & Flow: Using Movement as Stress Release Laura Torracco

YOGA: Plant Spirit Yoga with Rose -gentle/open to all levels Lydia Russell Join yoga teacher and herbalist, Lydia Russell for a sweet and rejuvenating yoga flow with the spirit of Rose. Together we will move and breathe through a gentle, yet empowering sequence of yoga postures, learning to safely and courageously open our hearts while staying aligned and rooted in our deepest truth. This will be a gentle yoga practice, open to all levels. Please bring a yoga mat and a blanket if you have them, as well as any other yoga props you may have.

Special On-on-One Treats ~ ❖ MASSAGE. \$65 for a one hour massage. Sign up at the IHS Information Booth. (Everett Heights)

❖ **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**

4:00pm -5:00pm Special Showing the Film: The Life of Dr. Ryan Drum by Glen Nagel BH-Media Center

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

7:30-9:30

Another Magical Evening

Join us in the Chapel

Stories From The Front Lines: Health Justice, Indigenous Rights, & Plant Conservation with Linda Black Elk, Jacquelin Guiteau, Julia Graves, & Susan Leopold

A Celebration of Song- Mz Imani accompanied by the plants... This is going to be magical! Thanks to Marguerite Uhlmann-Bower for bringing her singing plants.

HOOP Dancing with Laura Torraco- "alchemy of salt"

&

IHS Products Contest Awards w/John Cumming

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. Join yoga teacher and herbalist, Lydia Russell as we deepen our connection with the healing tree of peace: the White Pine. Together we will flow and breathe through a series of calming and strengthening yoga poses, connecting to an energy of deep calm as we embody the healing wisdom of this powerful teacher tree. This will be a moderate level yoga practice and is not recommended for brand new beginners or for those with serious injuries or limitations. Bring a yoga mat and a blanket. **(Meet in BH-SGA; upstairs by Media Center)**

2. Back Care Yoga: All Levels Welcome w/ Lindsay Helwig This class will meet you where you are and offer a chance to stretch, strengthen and relax. Please bring a yoga mat and 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 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.

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

Facilitated by Rocio Alarcon & Matthias Reisen

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. The concept and meaning of the word "medicine" changes from culture to culture. In this class we will compare orthodox western medicine, complementary and alternative medicine, Native American medicine and Chinese medicine. We will look at how each of these traditions views health and disease and specifically compare their understanding of arthritis and of depression. By expanding our concepts of health and healing we can enhance our chances of truly helping our patients to become well.

2. Lakota Plants to Survive the Zombie Apocalypse w/ Linda Black Elk How would a Lakota use herbs to prepare for an invasion from the walking dead? Come find out!

3. An Examination of Fungal Conservation, in Europe and Worldwide w/ Claudia Perini (Italy) Habitats, plants and animals have garnered widespread attention regarding their conservation, with the aim to reduce or halt the current loss of biodiversity. But what about fungi? This class will discuss the history of fungi conservation: from the establishment in 1985 of the first network of mycologist interested in fungal conservation (the European Council for the Conservation of Fungi, ECCF) to the Global Fungal Red List Initiative 2013 by the five fungal specialist groups of IUCN

4 Dispelling Negativity and Evil – Smudging and Cleansing in the Haitian Folk Tradition w/Jacquelin Guiteau (Haiti). Traditionally in Haiti, cleansing oneself, others, ones pets, as well as cleansing and protecting the house was part of everyday

life. We will talk about cleansing the house with smudge and herbal baths, keeping the pets healthy with herbal and sea water baths, as well as where and when to smudge bathe the house and humans.

6. Herbal Medicine in Modern America w/ *Tieraona Low Dog* Surveys continue to show that many people utilize both western medicine and complementary strategies for maintaining their health. There is little question that our medical landscape is made up of a variety of diverse medical systems with conflicting epistemologies, and differing medical theories and methods. This session will explore strategies for navigating the use of herbal medicines within this pluralistic terrain.

7. Herbal Medicine and Mental Health w/ *Song* This class will focus on the common mental health issues seen by herbalists. These include anxiety, depression, cognitive dysfunction and other symptoms associated with emotional and psychological health. Clinical assessment and treatment strategies along with specific plants and formulas will be discussed. **Intermediate to Advanced**

8. The 5 Keys for Using Herbs Holistically w/ *Sajah Popham* In our modern world of supplement company trained "herbalists," the necessity to cultivate true holistic practitioners of herbalism is essential for the survival and evolution of our healing art. The greatest myth permeating the modern herbal world of "I use herbs, therefore I am holistic" is creating allopathic approaches to practice that cuts the root of our tradition. In this class, you will learn the 5 key things you have to know about a medicinal plant in order to effectively use it holistically. Overlooking any of these 5 aspects of a plant will lead to a "use this herb for that symptom" approach, and thus lead down the rabbit hole of losing sight of the wholeness of the plant, as well as the person. To be truly holistic, we must see the whole plant, and thus anchor ourselves in a particular mode of perception that sees the *essential patterns* in the plants, not just their superficial properties or what they are "good for."

9. Sacred Fire, Sacred Touch w/ *Aku Dunyo Richter (Ghana/Canada)* Traditional African healing can take many different forms. Healers work through spiritual, herbal and physical channels to help patients overcome illnesses of the body and mind. In this class we will discuss how healers of the Ewe tribe in West Africa use fire, smoke, touch and herbs to help patients suffering from conditions as varied as mental illness, chronic pain, and lack of mobility.

10. Reading the Body w/ *Margi Flint* The face, nails and tongue present visual indications of the imbalances within the body. How deep? What pattern? What color within? We will cover Visual Indications for common deficiencies whose symptoms range from scar tissue formation, to gastritis and Autoimmune Issues.

11. CC: Forest Farming Appalachian Botanicals w/ *Susan Leopold* This session will cover conservation concerns for those Appalachian forest botanicals on the At-risk List that are currently in high demand in the herbal trade. We will discuss methods for forest farming, resources and networks such as the www.appalachianforestfarmers.org and UpS upcoming symposium July 2017 "The Future of Ginseng and Forest Botanicals" to be held in Morgantown West Va.

12. VT: Practical Considerations Formulating Herbal remedies for Pets w/ *Rob Silver* Animals are not just "little people" when it comes to creating unique herbal remedies. Palatability, flavor, texture, format, type of menstruum for liquids, preferred solid formats, and potential toxicities and interactions all need to be taken into account. Come learn from a product formulator for animal herbals and nutraceuticals how it is done.

HW 13. Plant Sense Meditations w/ *Dan de lion* Join Dan de Lion of Return to Nature for a guided practice in developing intuition and constitutional understanding with wild plants. We will explore herbal constitutional understanding through the ayurvedic principles of Rasa and apply these techniques to exploring plants and understanding how the taste we get from them leads us to their medicinal, edible, or magical application.

HW 14. Exploring Weeds & Trees w/ *Traci Picard*

9:00 – 12:30 HERBAL INTENSIVE

1. Herbal Preparations 101 w/ *Nancy Phillips*. *Great class for beginners!* Making our own home remedies is immensely rewarding. We save money and resources, connect with the earth, and are empowered to take charge of our own health. In this hands-on "crash" intensive, Nancy will take you through a step by step process of making the gamut of herbal preparations including: capsules, herbal "pills", medicinal strength teas, poultices, compresses, syrups, herbal oils, salves, tinctures and liniments. She'll go over various techniques to try, share the best resources, and send you home with samples.

2. Releasing Trauma, w/ *Karyn Sanders/Nashoba Shilup*. In this intensive we will look at how trauma is carried energetically in us both in the present and ancestrally. We will explore where it is in our bodies, how to recognize trauma patterns and how to release trauma. Plant meditations and energetic exercises will be part of the class. (all levels)

3. Functional Herbalism and Women's Hormonal Challenge; *Aviva Romm* Taking a functional medicine approach to herbal practice, we will look at the root causes of PCOS, endometriosis, uterine fibroids, and fertility challenges, and the herbal and nutritional solutions that can transform women's health and lives.

11 – 12:30 SUN MORNING WORKSHOPS

1. Traditional Medicine of Southern Chile w/ *Marcela Ibieta (Chile)* Intercultural health, the improvement of population's life quality, integrating the knowledge and traditional resources of the Mapuche society with western scientific knowledge and therapies.

2. Spiritual Herbs; w/ *Dinah Veeris (Curacao)*. Spiritual healings, spiritual herbal treatments and herbal baths were very used on our island of Curacao. It is interesting to know how these simple plants can make such a difference in our lives when we need them. It is interesting to know their qualities to protect us, to purify, to cleanse. It is also very interesting to know the rituals that go with these healing methods. Let me share with you my experiences, my knowledge that I received from the elderly and from working so many years with the plants.

3. Using Seeds to Make Health Diagnosis and Healing Process; w/ *Rocio Alarcon (Ecuador)* Seeds are powerful elements that contain energies to support and heal different conditions in people. It is a source of special energy result of thousand years of plant evolution, this allow us to see the condition and situation of people, communities and planet. The objective will be to learn how to manage different seeds to make diagnosis of health condition of people. The second goal will be to learn 3 techniques to heal or to remove energies of people.

4. Herbs for Women's Health w/ *Phyllis Light* From puberty through menopause and into our elder years, there are health issues that affect only women or which affect a greater proportion of women than men. For example, women are more likely to have urinary tract infections than men (no kidding!). And women are more likely to have osteoporosis than men. Join Phyllis for a look at the complex and unique health issues which affect only women. We'll discuss ovarian cysts, endometriosis, fibroid tumors, breast health, fertility, pregnancy, PMS, osteoporosis, depression, anxiety, sleeplessness, and weight gain and loss issues. And any other topic that you might have. We'll also talk about herbs, nutrients and dietary approaches which help restore reproductive balance. Some herbs that will be discussed include black cohosh, blue cohosh, partridge berry, raspberry leaf, trillium, St. John's wort, dong quai, angelica, peach leaf, black walnut, Queen Anne's lace, and many more.

5. Herb Classification in Chinese Medicine: Evolution of the Chinese Materia Medica w/*Thomas Avery Garran*, Chinese medicine has written materia medica records dating back approximately 2000 years using terms to classify herbs such as hot, cold, bitter, sweet, etc. However, since that time authors have taken the most simple classifications and added significant complexity, even adding new classifications such as "channels entered." Participants of this class will get an over-view of this history through the use of examples, tracing them over the last 2000 years, as well as a look into how herbs were grouped in materia medica and why modern materia medica don't always give us a clear picture of any particular herb.

6. Tongue Assessment for Western Herbalists w/*Larken Bunce* Traditional assessment methods, such as reading the tongue, face or pulse, are invaluable doorways to the inner terrain, giving us clues about qualities such as moisture and heat, as well as a sense of tension and overall vitality. We can also gain entry into the psychoemotional world of the client, allowing insight into a person's world view and perceptions, as held in and expressed through the body. Assessing the tongue is especially useful for understanding the state of digestion, but also serves as a microcosmic mirror of all of the organs, as well as a person's integrated function. We'll learn some theory and then practice together, selecting potential herbs based on what we see.

7. Preserving our Herbal Traditions w/ *Rosemary Gladstar* In this lively and informative discussion, Rosemary will share her insights and thoughts on how we can help preserve our herbal traditions and care take them into the future. How can we help cultivate this unique eclectic body of herbal knowledge and wisdom that has evolved through past centuries and ensure that it's passed on? How do we preserve our native plant resources that our traditions are based on? What's our role in this?

8. Holistic Approaches to Insulin Resistance w/*Rosalee de la Forêt* Chances are you know someone with insulin resistance, or "pre-diabetes," because the CDC says that over 35% percent of the adults in the US above the age of 20 have insulin resistance! Many of these people will develop type 2 diabetes and the many diseases and symptoms that go along with it. In this presentation, Rosalee will share the many herbs and lifestyle changes a person can adopt to significantly improve their health and reverse insulin resistance.

9. What's Bugging you? The Human Microbiome; w/ *Christopher Hobbs* This class examines the latest research relating to use and efficacy, of pre-, and probiotics. What we've learned about the composition, functions of our microbiome. Range of symptoms and ailments for which it can provide benefits, choosing best herbal products and dietary supplements, practical considerations of dose, duration of application, and more. Natural herbal sources of prebiotics to create a more healthful gut microflora like medicinal mushrooms. Focus on some of the world's renowned traditional fermented foods, recipes, organisms, the importance of biofilms, and more.

10. Holistic Approach to an Influenza Pandemic w/ *Michael Phillips* We can best be prepared to meet the challenges to our immune systems by how we live, and all the more so in these days of a potential pandemic from Avian Flu. Understanding how our immune system deals with virulent influenza and what can be done to support the right kind of immune response matters here. We'll look at readily-available herbs known for their anti-viral activity and distinguish the timing of their use. Lessons learned from past pandemics point the way to homegrown remedies that are far more equalitarian than government solutions.

11. Botanical Terminology; w *Steven Yeager* Join Steven Yeager to explore the poetic beauty of botanical language. Learn the botanical terminology you will need to identify medicinal, edible, and poisonous plants growing in your garden or local forest! Designed to give participants the skills to understand botanical descriptions in herbal texts and gardening books, and become familiar with important vocabulary for the identification and appreciation of plants. We'll investigate plant anatomy, plant family characteristics, and use a botanical key. Class will include a slide show with handouts. Please bring a hand lens (loupe) if you have one.

12 CC: Soil-based Farming with Herbs; w/ *Matt Dybala* A deeper understanding of particle density, nutrient availability and water retention are essential to successful herb farming. Learn about the tools and techniques that affect our herbal underground world.

13. VT The Use of Wu Mei San: An Epidemic of Jue Yin Diseases w/ *Cynthia Lankenau* The Six Stages of disease was first developed by the great master of Chinese Herbology, Zhang Zhong Jing (142-220 ACE) when he wrote the Shang Han Lun on Cold Damage. When examining these diseases in the context of the Six Stages of Disease; diseases found at the level of the Jue Yin are serious and are occurring at the deepest stage in the body. A Jue Yin disease reflects the separate of Yin and Yang and the collapse of Zheng Qi. This talk will focus on a number of current diseases from Equine Metabolic Syndrome to feline cystitis to canine epilepsy that are examples of Jue Yin Diseases

HW: Herb Walk- *Betsy Bancroft* (Dimple #1)

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. Using Bitters in Small Animal Herbal Practices; w/ *Swanie Simon (Germany)*. The use of bitters in treating different conditions with dogs and cats. Learn which plants to use for which condition and how to use them.

2. Can There be Craft Herbalists in the 21st Century? Implications of the Current Regulatory Environment w/*Guido Masé* Throughout history, those who practice herbal medicine have had to navigate difficult relationships with governing authorities. Where are we today? Some say that, given the present regulations in the United States, small-scale craft production is impossible, or that it should hide “under the radar” to avoid detection. I refuse to accept either option. Learn about support that is available, potential solutions, and a realistic budget (time and money) for the investments required.

3. Sacred Seed Garden of Medicinal Plants, a Tropical Model for Conservation and Enhancement of Medicinal Plants w/ *Rafael Ocampo (Costa Rica)* The Garden Agroecologico of medicinal plants incorporates three biological systems for growing medicinal plants. There are 320 species of medicinal plants typical of tropical regions. This garden integrates Culture and Conservation Biology, as a holistic model, realized with herbs, trees, vines and palms of traditional use.

4. Flower Medicine: Weaving the Magic of Flowers into Everyday Life w/ *Kate Clearlight* Join us in a class celebrating the healing magic of our beautiful and beloved friends, the flowers. A flower is the highest expression of the plant, believed throughout time to be a divine message sent from the gods, used ceremonially as a beautiful offering to engage with Spirit. This class will focus on weaving the sweetness and magic of the flowers into our every day lives, in order to commune with the plant spirits and awaken our innate joy of being. We will explore the healing magic of flowers for ceremony and daily self-care practices, focusing on edible and medicinal flowers, floral ritual bathing and hair rinses, vibrational essences, and magical floral infusions and libations. Please bring a teacup if you have one!

5. Touching the Primal Self of the Masculine w/ *Mattias & Andrea Reisen* This class is for both men and women. Matthias Reisen of Healing Spirits Herb Farm will share the many different methods that he has used over the years to navigate the mysteries of the male psyche and incorporating with the feminine energy. Matthias will look at herbs and other healing modalities.

6. Mexica Herbology Past, Present and Future w/ *Rosa Tupina Yaotonalcuauhtli (Mexico)* Participants will review and identify the most common Mexica plants, their use, their properties and the most common remedies that have been passed down from generation to generation. A brief history of the identification of such plants in ancient codex books that have been preserved will be provided. The ancient philosophy of the medicine world of the Mexica ancestors will be discussed as the framework for the practices of Mexica Herbology.

7. The Who, What, Where, When, and Why of 11 Essential Herbs in Allergies w/ *Daniel Gagnon* In this presentation, you will learn how three white blood cells – mast cells, basophils, and eosinophils – contribute to the early and late phase of allergic reactions. We will review 11 essential herbs: Chinese Skullcap (*Scutellaria baicalensis*) [huang qin] root, Cilantro (*Coriandrum sativum*) fresh leaf, Elecampane (*Inula helenium*) root, Eyebright (*Euphrasia rostkoviana* et al.) herb, Grindelia (*Grindelia camporum* et al.) fresh flower, Licorice (*Glycyrrhiza glabra*) root, Osha (*Ligusticum porteri*) root, Pit Shirisha (*Albizia lebbek*) bark, Stinging Nettle (*Urtica dioica*) herb, Tylophora (*Tylophora asthmatica*) herb, Yerba Santa (*Eriodictyon californicum*, et al.) leaf that address this common health challenge. Additionally, the physiological actions of quercetin, pantothenic acid, and vitamin C will be reviewed for the critical supportive they provide in this condition.

8. Medicinal Mushroom Magick w/ *Tradd Cotter* How mushrooms make medicine and orchestrate foundational healing pathways. Overview of extractions and cutting edge new research for humans and animals. Tradd Cotter will discuss mushrooms listed by category to include function, condition and dosage suggestions for preventative and adjunct therapies.

9. Expanding Your Bioregional Materia Medica w/ *Richard Mandelbaum* In this class we will present and discuss plants native, naturalized, and commonly cultivated in North America, with a focus on the Northeast, yet seldom used by the majority of herbalists. Specifically we will discuss clinical uses for plants such as *Prunella vulgaris* (self heal), *Lonicera japonica* (honeysuckle), *Morus alba* (mulberry), *Paeonia alba* (white peony), and *Platycodon grandiflorus* (balloon-flower). We will also discuss a few herbs increasingly used by North American herbalists but in a fashion often limited as compared to their traditional uses such as *Polygonum cuspidatum* (Japanese knotweed) and *Pueraria lobata* (kudzu), as well as mushrooms familiar to many but under-used clinically including *Trametes versicolor* (turkey tail) and *Lentinula edodes* (shiitake). This class will be most useful for people already trained as herbalists. Some familiarity with principles of Chinese medicine will be helpful, but everyone is welcome. *Intermediate*

10. Restoring the Adrenal 24 hour Cycle and Enhancing Neuroendocrine Health with Herbs; w/ *Mary Bove*

11. CC: Ramps: Cultivation for Conservation w/*Tanner Filyaw* This session will provide an introduction to ramp cultivation, including site selection, planting techniques, harvesting, marketing, seed collection, and a discussion of wild stewardship and conservation. This session will further cover the history and medicinal value of ramps. Learn about conservation efforts to promote just using the leaves!

12. CC: Introduction to Biodynamic Herb Gardening; w/*Deb Soule* Track Biodynamic agriculture is a way of living, working, and relating with nature’s rhythms and the vocations of agriculture based on good common-sense practices, a consciousness of the uniqueness of each landscape, and the inner development of each and every practitioner. The philosophy and foundational practices of biodynamics will be introduced (including soil and compost preparations), working with cosmic rhythms through the biodynamic planting calendar, and a participatory stirring and spraying demonstration of one of the biodynamic preps.

13.VET: Pacific NW Plants: A photo journey of the healing plants of Washington State; w/*Donna Kelleher* A photo journey of the healing plants of my backyard here in WA stat; a brief intro of each herb including Angelica, Devil’s club, Corydalis, Nettle, Cleavers, Cascara, Yew

HW Walk on the Wild Side w/ *Monica Giacomini*

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.