NW Herb Fest 2010

Let Your Consciousness Expand
& Your Mind Soar to New Heights of Learning!

A special thanks to our sponsor Mountain Rose Herbs!

The Sixth Annual Herb Symposium on Botanical Medicine
Saturday, July 24 & Sunday, July 25

Wise Acres Farm
Pleasant Hill, Oregon
14 miles from Eugene, Oregon

www.herbaltransitions.com

Funded by or in part by a Lane County Tourism Special Projects Grant

NW Herb Fest Proceedings

Saturday, July 24, 2010

6:30-9:00 AM **Registration**:There is also pre-registration on Friday Night 6PM-9PM.

7:30-8:30 AM **Breakfast is Served**

8:00-9:00 AM **Introduction to the NW Herb Fest & Teachers**

9:00-10:30 AM **3 concurrent Classes • 1.5 hours each**

Golden Boughs - Medicinal Trees - (B/I) Anderson Geller
Trees are truly the great providers. This class is dedicated to all of the trees of Earth, giants and diminutives, but will focus on some well, and lesser known, that give us powerful medicine.

Wound Care (I/A) Fitzpatrick
With 16 years as a registered nurse and 10 years as a naturopathic physician, Dr Kelly has had her hands in wounds up to her elbow. What fun! We will discuss the physiology of wound care and the rationale for botanicals as well as nutritional supplements that are important in wound care.

Herb Walk (B/I) Medicinal Herb Walk: Jungwirth

10:30-11:00 AM **30 minute Break & Herbal Market Opens**

11:00-12:30 AM **3 concurrent Classes • 1.5 hours each**

Herbs & Improving Tissues Of The Body (B/I) Nic an Fhleisdeir
Understanding the type of body tissue affected in any health state can be so helpful and give yet another way to address health problems. This lecture focuses on the main types of tissues in the body and the herbs that best improve their function and structural stability. Learn ways to identify tissue weakness and how to incorporate strengthening herbs into a health plan.

GynEcology (I/A) McQuade Crawford
Women's health is bound up with environmental health, as xenoestrogens play a profound role in many reproductive disorders. Focusing on a few common problems with complex causes, we will explore natural medicine in comparison and contrast with conventional care, for Human Papilloma Virus, Cysts, Fibroids, and Polycystic ovarian syndrome.

Bittersweet Herb Walk:Focusing on Bitters: (B/I) McBride

B/I= *Beginning/Intermediate*, **I/A**= *Intermediate/Advanced*

12:30-1:30 PM **Lunch & Herbal Market**

1:30-3:00 PM **4 concurrent Classes • 1.5 hours each**

Ayurvedic Basics for the GI Tract (B/I) Anderson Geller
Digestive stimulants and much more, this class will feature the medicinal wonders hiding in the kitchen and the details to help you get the most medicinal effect from them.

The Plants of the Solanaceae Family (I/A) DiPasquale
This talk will touch on specific aspects of this plant family, some discussion about alkaloids, then work with the plants that are in this family. We will examine the low dose herbs for pain, the plants that are nourishing, both herbally and in our food, and the plants that are ceremonial.

Medicinal Herb Garden Walk (B/I) Bailey

Herb Walk: Know Your Green Neighbors (B/I) Davidson

3:00-3:30 PM **30 minute Break & Herbal Market**

3:30-5:00 PM **3 concurrent Classes • 1.5 hours each**

Tea Blending for Health and Pleasure (B/I) Bothwell
Delve into the flavor, color, aroma and exoticness of custom blended teas. Learn to make teas that taste good and have fabulous medicinal effects. From the experience of blending teas for many years I will share with you my insights into formula making for effectiveness and pleasure.

Natural Approaches to Food Poisoning (I/A) McQuade Crawford
What daily activity that we depend on for survival also leads directly to 76 million illnesses every year in the U.S. alone? Eating! Of those 76 million people with food poisoning, 325,000 need to be hospitalized. How bad can this illness get? Food borne illness causes 5,000 deaths each year. We'll discuss what patients can do at home plus what practitioners can provide.

Wild Weed Walk: (B/I) Policha

5:10-6:30 PM **Yoga Class** with Samantha Perroni
Emphasizing a focus on alignment in both stillness & motion. You will energize your body and dance with your breath.

6:00-7:00 PM **Dinner is Served**

7:00-8:30 PM **Green Temple of the Holy Clovers** (B/I) Anderson Geller
All are invited to gather to share stories of herbal epiphanies with your host Cascade Anderson Geller. Participants are

encouraged to deck themselves in honor of our plant companions.

8:30-10:00 PM **Music Playing and General Frivolity:** Bring your instruments & voices for drumming, strumming & singing.

10:30 PM **Quiet Time: please keep your voices down - especially near tents.** Classes start early tomorrow morning.

Sunday, July 25, 2010

6:30-7:30 AM **Yoga Class** with Samantha Perroni
Emphasizing a focus on alignment in both stillness and motion. You will energize the body and dance with your breath.

7:30-8:30 AM **Breakfast is Served**

9:00-10:30 AM **3 concurrent Classes • 1.5 hours each**

Flower Essences (B/I) Bothwell
Learn how to make your own flower essences and incorporate them into your life for healing and vital energy. The philosophy of the flower essence system of healing will be discussed, with a focus on Bach flowers and native flower essences.

Biphasic Formulas: How to Build Them, How to Use Them (I/A) DiPasquale
This class will cover the principles of building biphasic formulas, discussing the various categories of herbs to use in developing a biphasic formula - steroidal saponins, phytoestrogenic herbs, liver herbs, circulatory stimulants, adaptogenic herbs, nervines. We'll look at a review and comparative materia medica within these categories as they are applied to an array of women's health conditions.

Medicinal Herb Identification (B/I) Policha

10:30-11:00 AM **30 minute Break & Herbal Market**

11:00-12:30 AM **3 concurrent Classes • 1.5 hours each**

Seaweeds and Health (B/I) Jungwirth
Eating seaweeds regularly can provide an amazing array of health benefits, from reducing our bodies' levels of dioxins and heavy metals to preventing thyroid disease and breast cancer. James will talk about these and other health benefits and how to harvest and enjoy these wonderful sea plants as food and medicine.

B/I= *Beginning/Intermediate*, **I/A**= *Intermediate/Advanced*

The Pharmacy in the Pantry (I/A) Anderson Geller
Fresh parsley is cheap, readily available and effective as one of the best diuretics as well as for helping to break up salivary duct stones. Those famous mint family herbs, such as sage, rosemary, thyme, oregano, savory and the mints, are fine disinfectants, digestive stimulants and much more. This class will feature the medicinal wonders hiding in the kitchen and the details to help you get the most medicinal effect from them.

Herb Walk: Energetics in the Garden (B/I) DiPasquale

12:30-1:30 AM **Lunch & Herbal Market -** Have lunch in the Herb Garden with others who want to discuss classes.

1:30-3:00 PM **3 concurrent Classes • 1.5 hours each**

Sensing The Chemistry In Herbs (B/I) - Nic an Fhleisdeir
The same colors, tastes, aromas and textures that stimulate our senses give us clues about the chemistry of an herb. Knowing this helps us to better understand what these herbs and their chemistry can do for us and how to best extract them. We'll cover the primary herbal chemical constituents, what they are known to do, how to best extract them and give examples of which herbs contain them.

What would you do if diagnosed with Cancer? (I/A)Fitzpatrick
Dr Kelly will discuss her experience and choices regarding her 2005 diagnosis of endometrial cancer stage 3 grade 3c. This session will include discussions regarding staging & classifications of cancer; decisions based on protocol of the conventional and nonconventional institutions, preparation for surgery, chemotherapy, and radiation. Also, approaches to life after cancer treatment, diet, botanicals, homeopathy and lifestyle will be offered up for discussion. Dr Kelly will be sharing her story with colleagues for the first time in a graphic, up close and personal, professional, and educational manner. All are welcome to attend. Cancer is in everyone's life these days. Any education is good for you as clinicians and also as individuals making decisions for yourself and family or friends.

Back Yard Medicines Walk (B/I) Bothwell

3:00-3:30 PM **30 minute Break & Herbal Market**

3:30-5:00 PM **3 concurrent Classes • 1.5 hours each**

First Aid in the Field (B/I) Davidson
Out hiking or backpacking in the Northwest biome and someone in

your party sustains an injury or becomes ill. We will discuss how to treat stings, cuts, bruises, sprains, fevers, diarrhea, and how to stabalize more critical injuries with nearby herbs.

Graceful Change: Menopause, Longevity, and Sexual Health
(I/A) McQuade Crawford
The herbal approach to perimenopause, common symptoms, and women's wellness beyond Black cohosh will be covered. Special attention is given to reducing risk factors for, and treating ostepoporosis, cardiovascular, and immune health. And then, there is that thinning vaginal lining to moisten...

Herb Walk (B/I) McBride

5:00 PM **Dinner Boxes Ready to Pick up**

5:15 PM **Non-hosted Closing Circle/Dinner in Herb Garden**

6:00 PM **Herbal Market Closed**

Sunday Night Intensive

6:00 -9:00 PM **Sunday Night Intensive:** From Menarche to Menopause
Amanda McQuade Crawford will offer a 3 hour intensive class separate from the rest of the symposium. This intensive will take place on Sunday night. You may attend this class without attending the symposium or you may add it on as an additional class. Send in the registration form in this brochure with the correct payment to ensure availability of space.

Description of Menarche to Menopause: This intensive details the specifics of integrated medicine for girls at menarche, women in their reproductive years, menopausal concerns, and women elders. In the first half we'll discuss childhood obesity and effects on sex, HPV, PMS, dysmenorrhea, safe herbs for common problems in pregnancy, breastfeeding, and well baby care. After a break we'll explore menopause with attention on prevention of osteoporosis, heart disease, and breast cancer. Throughout the sessions, the role of nutrition and supplements is emphasized along with herbal medicines. Case histories from my practice and clinical questions from the class will help illustrate the integrated framework for adapting the information to your own practice.

Questions? 541-736-0164
email class@herbaltransitions.com

Speakers

Amanda McQuade Crawford, DipPhyto, MNIMH, MNZAMH, RH (AHG), is an Herbalist & Author of The Natural Menopause Handbook, The Herbal Menopause Book, and Herbal Remedies for Women. Amanda is a contributor to The H.E.R.B.A.L. Guide--Dietary Supplement Resources for the Clinician by Robert Bonakdar MD, Botanical Medicine For Women's Health by Aviva Romm MD, The New Menopause Book by Mary Taliaferri MD et al, and Traditional Medicines for Modern Times: Anti-diabetic Plants edited by Amala Soumyanath, CRC Press. Amanda hosts "What A Relief," on the Veria television network. ***Classes:*** *GynEcology , Graceful Change, Natural Approaches to Food Poisoning,* ***Intensive Sunday Night:*** *From Menarche to Menopause*

Cascade Anderson Geller is an herbalist with more than three decades of experience in a wide arena including private practice, schools of healing arts and medicine, conferences, her own herb shop and herb walks in remote and urban areas around the world. Her training has included study with Ella Birzneck of Dominion Herbal College, Norma Myers of Alert Bay, as well as many others from around the globe, including her Appalachian family heritage. ***Classes:*** *Pharmacy in the Pantry, Golden Boughs - Medicinal Trees, Ayurvedic Basics for the GI Tract, Green Temple of Holy Clover*

Tobias Policha BSc, is a gardener, botanist, herbalist, and writer. He has been studying medicinal plants for over 10 years, including assisting the botany program at Lane Community College and the University of Oregon, and graduating from the Columbines School of Botanical Studies. He holds a BSc in Biology and Biochemistry from the U of O, and is currently a Phd student in the Center for Ecology and Evolutionary Biology. Tobias has an urban homestead in Eugene and lives in a house that he built out of trash. ***Classes:*** *Wild Weed Walk, Medicinal Herb Identification for the beginner*

Julie Bailey has been the owner of Mountain Rose Herbs for the last 20 years. She is also an herbalist, plant lover and longtime gardener, who would rather be out of doors than sitting behind her desk. *(Wise Acres would like to thank Julie and Mountain Rose Herbs for their generous support of the NW Herb Fest each year.)* www.mountainroseherbs.com ***Classes:*** *Medicinal Herb Garden Walk for Herbalists*.

Do you need lodging, camping off the farm, or dog sitting. Perhaps you want to know about the local farmers market. All these things and more can be found at our website. Go to http://www.herbaltransitions.com/Lodging.html

Speakers

Robin DiPasquale N.D., RH (AHG) is a naturopathic physician, homeopath, and herbalist. The former chair of botanical medicine at Bastyr University, Robin's love of teaching continues through her classes at Bastyr University, Univerisity of Washington School of Nursing, her gemmotherapy webinar, and with her classes in Italy, the newest one The Study of Alchemy and Spagyric Medicine. Dr. DiPasquale lives in Madison, Wisconsin and practices at Red Lotus Healing Arts and the University of Wisconsin. Integrative Medicine Clinic. The plants and patients continue to be her teachers. ***Classes:*** *Biphasic Formulas, The Plants of the Solanaceae Family, Herb Walk*

Nome McBride lives in Pleasant Hill with his wife and son where he enjoys gardening his food and the mountain views. He is the Co-Founder of Pharmacopia Herbals, Under the Yew Botanicals, The Northwest Sustainable Wildcrafter's Guild, and The Institute of Contemporary Ethnobotany. Nome is a graduate of the Columbine's School of Botanical Studies and The Academy of Scottish Herbalism. Nome's passion is cultivating an herbal way of life in our society by weaving traditional knowledge with the ethnobotany of today. ***Classes:*** *Bittersweet Herb Walk: Focusing on bitters, Herb Walk*

Wren Davidson has practiced in the "Simpler's" tradition for over 25 years, focusing almost exclusively on the edible/medicinal plants of the Pacific Northwest. She was a co-founder of the Women's Herbalist Conference that met in Oregon in the 80's and 90's and currently ministers, teaches and consults from her Eugene home. ***Classes:*** *First Aid in the Field, Walk: Know Your Green Neighbors*

Heather Nic an Fhleisdeir has been in clinical practice in Herbalism, Nutrition and lifestyle changes for 21 years. Her practice is rooted in the community that she serves in Eugene as the proprietor of Mrs. Thompson's herbal apothecary, as the Head of Faculty at theAcademy Of Scottish Herbalism and as an author of the newspaper column 'Village Herbalist'. She has been an instructor since 1989 at colleges in Oregon, California and in Scotland. ***Classes:*** *Sensing The Chemistry In Herbs, Herbs & Improving Tissues of the Body*

Continuing Education: 16.5 hours are available through the Oregon Naturopathic Board; 13.5 hours for the conference and 3 hours for the intesnive. A certificate of attendance will be available in all registration packets for proof of class attendance. **It must be stamped <u>after</u> each class.**

Questions? Call 541-736-0164 or email class@herbaltransitions.com

Speakers

Jane Bothwell directs The Dandelion Herbal Center, a rural herbal education center in the coastal hills of Northern California. She is a mother, educator, herbalist, hypnotherapist and flower essence practitioner. Her passion for plants runs strong and clear and she is dedicated to empowering people with the knowledge and wisdom necessary to use plants wisely as food, medicine, and spiritual support. She has been actively involved with United Plant Savers and is an avid supporter of conservation on all levels. ***Classes****: Flower Essences, Tea Blending for Health & Pleasure, Backyard Medicines Walk*

James Jungwirth is a harvester of wild seaweeds and medicinal herbs, a producer of herbal medicines, an herbal/nutritional health care practitioner, and co-owner of Naturespirit Herbs, his family mail order business. A passionate student of nature since he was a child, James has been teaching classes about harvesting and using edible and medicinal wild plants and seaweeds for 30 years. James and his wife Kari have two children and live in Williams, Oregon. ***Classes:*** *Seaweeds & Health, Medicinal Herb Walk.*

Kelly Marie Fitzpatrick BSN, MPS, ND is a naturopathic physician with over 25 years as a health care professional. Dr. Kelly has been traversing the Northwest since 1995 enjoying the wonderful botanical world of the San Juan Islands, Mt Rainier Valley, and Willamette Valley. Dr. Kelly is an avid hiker, gardener, student and mentor of botanicals, an international traveler and step-grannie to a 5 and 6 year old. ***Classes:*** What would you do if diagnosed with Cancer?... *a personal journey down an integrated treatment plan for cancer care, Wound Care*

Meals: Please see Park Street Cafe's luscious organic menu on our website. They have options of chicken/fish, vegetarian and vegan. Meals must be ordered by July 10th at the latest.

Saturday Night Festivities: Make sure you partake of Cascade Anderson's special Saturday night class as well as the music that follows. Bring your instruments and join others for singing in the herb garden on Saturday night!

Symposium Fees & Registration: The following rates are based on the postmark on your envelope. $155.00 early bird fee prior to May 1st. $185.00 from May 1st - June 14th and $195.00 from June 15th-July 15th. It is $205.00 after July 15th. See the one day fee cost on the registration form. The full weekend fee includes all presentations *(with the exception of the Sunday night intensive)*, herb walks and evening activities. The symposium proceedings notebook is separate. See notebook details below!

Confirmation Form: It contains important information. It will be mailed or emailed to you. Please read it carefully and bring it to the symposium. Detailed, easy to follow directions will be included to the farm.

Lodging: Camping on the farm is $15.00/person/night at the creek (Must camp two or more nights if at the creek.) or field (please specifiy). Many motels/hotels 20 minutes away. Go to our website for other listings. ***http://www.herbaltransitions.com/Lodging.html***

Symposium Facilities
Wise Acres is an educational facility specializing in herbal education. It is located in Pleasant Hill, Oregon on a 25 acre farm. The farm is a beautiful setting where you can relax & revitalize among over 200 different species of medicinal herbs. The farm is non-smoking. You can go for a walk if you wish to smoke. **We do not allow visiting animals on the farm. See our lodging page for information on local dog boarding options.**

Continuing Education: 16.5 hours are available through the Oregon Naturopathic Board; 13.5 hours for the conference and 3 hours for the intesnive. A certificate of attendance will be available in all registration packets for proof of class attendance. **It must be stamped after each class.**

Symposium Notebook Proceedings: Notes from the presenters are professionally compiled into a book format. A symposium proceedings notebook is available for $10 if ordered 3 weeks prior to the event. ***To ensure availability of a book with registration, you must preregister 3 weeks prior to the event.*** There are extras ordered but we may run out. Additional books can be purchased for $20.00 per book 3 or more weeks prior to the event or if available at registration.

Herbal Market: Visit our Herbal Market Place where you can view & purchase a wide variety of herbal wares or get a massage. For those of you who want to see two classes at once, you can purchase CD's/tapes from Tree Farm Communications. Contact us if you are interested in space in the Herbal Market!

Meals: Meals will be catered by **Park Street Cafe.** You may purchase meals and get refunds for meals until July 10th. See meal details at www.herbaltransitions.com. We will be taking meal registrations for Park Street Cafe. No other food available. The caterers will supply as much organic/local food as able. They have meat, vegetarian and vegan options. We charge a $5 processing fee . It is $5 for one meal or a weekend of meals. The fee is for each meal order, per person, not each meal. **If you bring your own food, bring a cooler! Ice can be purchased in Pleasant Hill at "Rays."**

SPACE IS LIMITED!
Register for Symposium & Camping Early!! We reserve the right to refuse registration if the farm reaches its capacity or for any other reason. The creek camping always reaches capacity!

Questions? Call 541-736-0164 or email class@herbaltransitions.com

Registration Form - Please cut this out or copy it and mail it to Wise Acres.

Name_____

Address _____

City _____ State ____ Zip _____

Phone (_____)_____-_____

Email:_____

Please tell us how you heared about the NW Herb Fest?

Tell us if you **do not** want to be on our email list for class notices

Symposium	**Both Days**	**Sat ☐ or Sun ☐ one day only**
By May 1st	$155.00	$95.00
May 1st - June 14th	$185.00	$125.00
June 15th - July 15th	$195.00	$130.00
After July 15th	$205.00	$135.00

Amanda McQuade Crawford's Intensive on Sunday 6-9 PM $50.00

Camping: $15 per person **per night** - **specify** field, near bathrooms or creek
Must camp a minimum 2 nights if camping at the creek.

Symposium notebook: $10 **if registered three weeks prior** to event. $20 for a second copy or if purchased at the event. (We may run out of books.)

Food: See web site for meal details. Can purchase and get refunds on food until July 10th. - For single meals, send choices with this registration, write the "payment for food" total below. For a discounted meal package, circle both 1) meal package & 2) type of meal choice you want below!
Full weekend discount package $79.75 (85.75 w/meat)
Sat all meals $ 47.50 ($51.50 w/meat) • Sun all meals $43.00 ($47 w/meat)
If ordering meals, circle a meal choice: Vegan, Vegetarian, Fish/chicken

Payment for NW Herb Fest	$_____
Payment for the intensive	$_____
Payment for Camping	$_____
Payment for Food	$_____(include a $5 processing fee)
Payment for notebook proceedings	$_____
Total Payment	**$**_____

Method of payment:
Please send a Check or Money Order *(in U.S. funds)* made out to Wise Acres LLC. Mail the check or money order along with the registration form to **Wise Acres LLC, 84537 Proden Lane, Pleasant Hill, Oregon, 97455**.

More Questions? Call 541-736-0164
or email class@herbaltransitions.com
www.herbaltransitions.com

SYMPOSIUM CANCELLATION POLICY:
Prepaid fees are refundable minus a $55 processing fee
up to three weeks prior to the conference.