

Conference Program

November 5, 6, 7 and 8th, 2020

A not-for-profit event in Support of Canada's National & Provincial Herb Associations

35+ Canadian Herbalists





+ Teachers Notes (E-Book)

Plant Medicine as People's Medicine

herbconference.com





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Welcome to the first ever Canadian Herb Conference

This collaborative Not-For-Profit conference will feature Canadian herbalists from many different trainings and traditions. All proceeds from this event will be used to support provincial and national herbal associations that represent professional herbal practitioners across the country.

This conference is a joint effort from the Vancouver Island Herbal Gathering and the Kootenay Herb Conference organizing committees, who are privileged and honoured to offer this to the herbal community at large.

Today in Canada, and around the world, we are facing unprecedentd health challenges; not just from covid19 but from the sequelae of months of lockdown.

Herbal medicine has never been in such demand and herbalists are mostly very busy, but our supply chains are fragile and often unsustainable, and the more people use herbs the more risk there is of Big Pharma stepping in and taking over to make a profit.

In these challenging times it is more and more important that we keep reaching out, expanding the herbal family and strengthening the voice of herbalism in Canada.

With this first ever nationwide Canadian Herb Conference we hope to open a conversation that will last long after the conference portal closes. We hope you make new friends and learn a lot.

Enjoy your conference !



Territory Acknowledgement

The Canadian Herb Conference recognizes that this event is being organized and held on the traditional and unceded territories of the diverse and resilient Indigenous peoples and nations across Turtle Island. On behalf of the herbal medicine community we offer gratitude to the ancestral and current keepers of these lands. We pledge to keep gratitude and humility in our hearts as we deepen our learning of our shared history and will centre the need to take meaningful action to address the past harms and ongoing impacts of colonization in this country we call Canada and within herbal medicine. The CHC is excited to welcome presenters and attendees from across Turtle Island and around the world - as the conference unfolds we encourage all people in the herbal community to research the territory on which they are uninvited guests, and to engage in ongoing reflection and learning on what this means on an individual and collective level as we continue to walk this path together.

Visit www.native-land.ca to learn more.

Best Practices For An Excellent Conference Experience

Review the conference schedule closely and remember that all presentation times are in Pacific Standard Time (PST).

Each conference day we suggest joining the conference 15 minutes prior to the start and get organized and set up for your virtual conference experience.

You are welcome to join, leave, or return at any point during the day if you are unable to attend the full day.

The CHC2020 organizing committee requests that best practices and protocols are followed by not sharing these images, slides, or content with others unless specific personal permission to do so has been given. When referencing any of the teachings, please include full name and website info of the presenter.

PARTICIPATION: We encourage you to take part in the networking rooms, and chat forums that will be running throughout the day. These will be opportunities to learn from, and be inspired by, other individuals who are equally passionate about herbal medicine. LIVE presentations will be followed by a live question and answer with the presenter; we ask that you save your questions until the presentation is over and the Q&A begins. All participants are welcome to ask questions during the Q&A by typing them into the chat, and the presenter will answer as many questions as they can during the Q&A period.

RECORDED presentations also have an associated chat area where questions can be asked of the presenter who will be in the chat box during their class.

SELF-CARE BREAKS: There are breaks scheduled throughout the day, designed to offer you much needed downtime from your screen and a chance to practice some self-care. We encourage you to go outside during these breaks and take advantage of the screen-free time.

HERB QUIZ AND RAFFLE: During the weekend event be sure to challenge yourself and take the HERB QUIZ on the website. Every person who fills out the quiz will be entered into a draw to win some outstanding prizes from our sponsors! We also will be awarding prize

Herbal Associations



Canadian Council of Herbalist Associations

https://herbalccha.org/



Canadian Herbalists Association of BC

http://www.chaofbc.ca



Alberta Herbalists Association

https://www.albertaherbalists.com





Herbalist Association of Nova Scotia

Ontario Herbalists Association

https://ontarioherbalists.ca/

Herbalist Association of Nova Scotia

http://herbalns.org/



SCHEDULE

THURSDAY All times are Pacific standard time

3:30 – 5 pm	Opening Circle with Presenters sharing about themselves and their classes
5:30 – 6:30 pm	Keynote Presentation From DIANA BERESFORD-KROEGER . Botanist, medical biochemist, author

FRIDAY All times are Pacific standard time

8–8:20 am	Angela Bewick – Moving Meditation
8:30-9 am	Welcome address, Territory acknowledgement and Opening
	prayer.

9:15-10:30 am FRIDAY SESSION ONE

Ch. 1 - Live Track	A Discussion on Decolonizing Herbal Practices - Amber Fox in conversation with Tiffany Freeman
Ch. 2 - 75 Minute Prerecord	Nature's Pharmacy: Practical Phytochemistry – Evelyn Coggins
Ch. 3 - 20 Minute Prerecord	9:30 am Making Fresh Plant Medicine Tinctures – Abrah Arneson 10:00 am The Prickly Medicine of Prickly Ash – Tamara Segal 10:30 am Medicinal Mushrooms – Robert Rogers

10:45-12 noon FRIDAY SESSION TWO

Ch. 1 - Live Track	Children's Herbal Medicine – Colleen Emery
Ch. 2 - 75 Minute Prerecord	Herbs for Epidemics – William Morris
Ch. 3 - 20 Minute Prerecord	11:00 am Fire Cider – Chanchal Cabrera 11:30 am Herbal Foot Soak – Jennifer Gawne

12:00–12:45 pm Lunch break

12:45-2 pm FRIDAY SESSION THREE

Ch. 1 - Live Track Covid19 Infections and Botanical Medicine Panel



FRIDAY All times are Pacific standard time

2:15–3:30 pm FRIDAY SESSION FOUR	
Ch. 1 - Live Track	Herb Sovereignty For City Folk – Dionne Jennings
Ch. 2 - 75 Minute Prerecord	Virtual Herb Walk – Gudrun Penselin
Ch. 3 - 20 Minute Prerecord	2:30 pm At Risk Medicinal Plant Sanctuary – Penelope Beaudrow 3:00 pm A Boreal Apothecary – Raphaelle Gagnon 3:30 pm Ethical wild harvesting – Patrick Kooyman

3:45–5 pm FRIDAY SESSION FIVE	
Ch. 1 - Live Track	Sustainable Agriculture – Sarah Orlowski
Ch. 2 - 75 Minute Prerecord	Yarrow Willard – Earth Medicine Upgrades
Ch. 3 - 20 Minute Prerecord	4:00 pm Ethical considerations for research on Indigenous Medicine – Pierre Haddad 4:30 pm Fermentation through the Seasons – Colleen Emery
5:00 PM	Closing Remarks
5:15 pm-6 pm	Dinner break
6 pm–7:30 pm	CCHA panel

SATURDAY All times are Pacific standard time

8–8:30 am	Plant Spirit meditation – Gudrun Penselin (30 minutes)
8:40–9 am	Welcome Back to your Conference!

9:15-10:30 am SATURDAY SESSION ONE

Ch. 1 - Live Track	Magic and Medicine of Yew – Chanchal Cabrera
Ch. 2 - 75 Minute Prerecord	Sex, Drugs, & Evolution – Chad Cornell
Ch. 3 - 20 Minute Prerecord	9:30 am Mercury, Samhain and Valerian – Abrah Arneson 10:00 am Oneirogens: Herbs & Dreams – Victor Cirone 10:30 am Cannabimimetic Plants – Jeananne Laing

SATURDAY All times are Pacific standard time

10:45-12 noon SATURDAY SESSION TWO	
Ch. 1 - Live Track	Trans-Inclusive Care for Herbalists – Ember Peters
Ch. 2 - 75 Minute Prerecord	Traditional Islamic Medicine – Talal al Hamad
Ch. 3 - 20 Minute Prerecord	11:00 am Women, Québec, and Herbalism – Marie White 11:30 am Ukrainian Folk Healing – Dionne Jennings

12:00–12:45 pm Lunch break / Student Forum Chat (Ch.1 - Live Track)

12:45-2 pm SATURDAY SESSION THREE

Ch. 1 - Live Track Ask a Herbalist about Successful Clinical Practice

2:15-3:30 pm SATURDAY SESSION FOUR	
Ch. 1 - Live Track	Business Success Strategies – Malcolm Saunders
Ch. 2 - 75 Minute Prerecord	Herbs for Sexual Health and Wellbeing – Tiffany Freeman
Ch. 3 - 20 Minute Prerecord	2.30 pm Adrenal Health – Michael Friedman 3:00 pm The Evolution of a Herb Garden – Barb Hinde

3:45-5 pm SATURDAY SESSION FIVE

6 pm-7:30 pm

Ch. 1 - Live Track	Interesting Mechanisms of how Herbs Really Work – Terry Willard
Ch. 2 - 75 Minute Prerecord	Interpreting Laboratory Results – Bev Maya
Ch. 3 - 20 Minute Prerecord	4:00 pm Regenerative Agriculture – Dragonfly Earth Medicine 4:30 pm Closing the Veils – Yarrow Willard
5:00 PM	Pre-Dinner Remarks
5:15 pm–6 pm	Dinner Break

Sustainability and Ethical Sourcing Panel

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SUNDAY All times are Pacific standard time

- 8:30–9:00 am Plant Spirit Meditation Gudrun Penselin 30 minutes
- 9–9:10 am Welcome Back to your Conference!

9:15-10:30 am SUNDAY SESSION ONE

Ch. 1 - Live Track	Building An Accessible Herbal Practice – Ember Peters
Ch. 2 - 75 Minute Prerecord	Physician in the Kitchen – Marisa Marciano
Ch. 3 - 75 Minute Prerecord	Interview with a Herbal Elder – Savayda Jarone and Laurie Lacey

10:45 - 12 noon SUNDAY SESSION TWO

Ch. 1 - Live Track	Bridging Modern Science and Indigenous Traditional Medicine – Pierre Haddad
Ch. 2 - 75 Minute Prerecord	Deep Sea Secrets – Angela Willard

12:00 – 12:45 pm Lunch break / Student Forum Chat (Ch.1 - Live Track)

12:45-2 pm SUNDAY SESSION THREE

Ch. 1 - Live Track	Menstrual Cycle Charting – Krista Poulton
Ch. 2 - 75 Minute Prerecord	Plant Medicines in Addictions Therapy – Patrick Kooyman

2:15-3:30 pm SUNDAY SESSION FOUR

Ch. 1 - Live Track Cannabis as Medicine for Body, Mind and Spirit

3:45-5:00 pm SUNDAY SESSION FIVE

Ch. 1 - Live Track Mushrooms for Physical and Spiritual Healing

5:00 pm Closing Remarks And Closing Circle

www.herbconference.com





KEYNOTE SPEAKER

Diana Beresford-Kroeger

Botanist, medical biochemist, author

Botanist, medical biochemist and author DI-ANA BERESFORD-KROEGER possesses a unique combination of western scientific training and an understanding of the knowledge and methods of a wide variety of traditional and alternative sources.

She works to bring a better understanding and appreciation of the scientific complexities of nature to the general public.

Beresford-Kroegers' concept of bio-planning challenges ordinary people to develop a new relationship with the natural world, to view the environment as a biological system, and to perform the ecological task of replanting the global forest.

Her books include:

- The Sweetness of a Simple Life,
- The Global Forest,
- Arboretum Borealis: A Lifeline of the Planet,
- Arboretum America: A Philosophy of the Forest, and A Garden for Life.

Beresford-Kroeger was inducted as a Wings Worldquest fellow in 2010, she was elected as a fellow of the Royal Geographical Society in 2011, and in 2016 the Society named her one of 25 women explorers of Canada.

A feature documentary about her work, the Canadian Screen Awards-nominated Call of the Forest: The Forgotten Wisdom of Trees, appeared in 2017.

Her latest book is To Speak for the Trees: My Life's Journey From Ancient Celtic Wisdom To a Healing Vision of the Forest.

- https://en.wikipedia.org/wiki/Diana_Beresford-Kroeger
- https://www.oala.ca/ground_articles/diana-beresford-kroeger/





PRESENTERS

Talal Al-Hamad

Western Herbalism, Islamic Herbalism, Ayurveda, Alchemy

Talal Al-Hamad is a man of many talents. He is an herbalist with a diverse background in many natural healing modali-



ties. He utilizes a unique east meets west approach to imbalances and disease, with great efficacy.

He has been a student of various holistic modalities including:

- Traditional Western Herbalism
- Islamic Herbalism
- Ayurveda
- Homeopathy
- Alchemy
- Flower Essence Therapy & Aromatherapy
- Yoga (Pranayama, Mudras & Asana)
- Nutrition

Herbalist by day and jazz guitarist / fanatical foodie by night, Talal has an innate passion for healing and has devoted his life to developing his treatment protocols and furthering his knowledge of medicinal herbs. Having conquered his own health challenges with his knowledge, it is easy to see how his passion for healing others is truly sincere.

> Original quote: "Breath in Life , Breath out Strife"

WORKSHOPS

 Islamic Materia Medica - The history and modern day applications of 5 Islamic herbal medicines

PANELS

 Covid19 Infections and Botanical Medicine Panel

Abrah Arneson

Clinical Herbalist

Over the ten-year period of practicing as a Clinical Herbalist, Abrah has learned to listen first, and offer recommendations second.



When we are heard and understood by someone concerned for our wellbeing the possibility of wellness opens naturally.

It is only after Abrah listens deeply to her clients' concerns that she offers recommendations particular to each individuals' needs.

Abrah's personal journey began with a life threatening illness that found her on life supports for 6 weeks in an intensive care unit. This experience was her first step in her education towards holistic plant based medicine.

Abrah lived in a meditation retreat centre for eight year studying the relationship between the body, mind and the environment (which includes water, air, forests, gardens and other people). She is a graduate of Dominion Herbal College four-year Clinical Herbal Therapist Diploma Program in Burnaby, British Columbia. Abrah spend seven years working in palliative care and is trained as a doula.

Abrah has training in iridology, Bach Flower essences and is a Reiki Master.

Abrah is author of The Herbal Apprentice: Plant Medicine and the Human Being. She has taught plant medicine at Olds College in Olds Alberta and has trained 10 Master Herbalist is a three-year apprentice program.

WORKSHOPS

- Mercury, Samhain and Valerian
- Making Fresh Plant Medicine Tinctures



PANELS

• Ask a Herbalist about Successful Clinical Practice

Penelope Beaudrow

Registered Herbalist

Penelope Beaudrow is an educator and Registered Herbalist; earning her diploma from the Dominion Herbal College in British Columbia. She is Product



Development Specialist and Herbal Educator at Faunus Herbs; which manufactures, formulates and develops complex foodbased supplements for the natural products industry. Penelope is also a board member of the Association for the Advancement of Restorative Medicine, moderator at The Annual International Restorative Medicine Conference and past organizer of this conference for ten years, founder of Back To Your Roots herbal retreat and also facilitates The Ginkgo Tree Herbal Course. She is also the founder of The Ginkgo Tree, a small herbal business, including clinic, located on her family farm, Dogwood & Brambles. She has had a career with herbs for almost 25 years; from "the field to bottle" in all aspects of the natural products industry. It is here that her greatest love thrives, an at risk and at watch botanical sanctuary. Penelope has lectured for Restorative Medicine Conference, International Herb Symposium, New England Women's Conference, Back To Your Roots Herbal Retreat. Heartwood Gathering. Canada Blooms, Toronto Botanical Gardens, and other various organizations. She also has been featured in the Toronto Star's Gardening Column, by Sonja Day and in the United Plant Savers Journal.

"We acknowledge that we are gathered on traditional territory, a land now defined in law by the Williams Treaty, signed in 1923 by the crown and the Chippewas of Georgina Island, Beausoleil and Rama First Nations and the Mississauga's of Curve Lake, Alder Ville, Hiawatha and Scugog Island First Nations."

WORKSHOP

 Botanical Sanctuary. At Risk Medicinal Plant Sanctuary ~ Giving Back - Its Good for the Soul

PANELS

• Ask a Herbalist about Successful Clinical Practice

Angela Bewick

Angela has a degree in performing arts, specifically stage acting, is a Certified Holistic Nutritional Consultant, Mindfulness Practitioner and a writer. She has been studying nutrition for over a decade and formally

coaching people in the field of whole foods and holistic wellness since 2009.

Angela is a graduate of the University of Calgary (BFA.) The Canadian School of Natural Nutrition (CHNC.) and has been a member of the Center for Mindful Eating since 2012. In 2005 shel began a formal meditation practice in the Tibetan Buddhist tradition and has completed the 8-week Mindfulness-Based Stress Reduction (MBSR) course. Angela offers private nutritional consultations, teaches public and private classes and speaks publicly promoting nature and mindfulness-based health strategies. Drawing on different philosophies and schools of thought, she uses nature, yoga, dance, meditation, music, food, relationships and humour as pathways to bliss. Angela strongly believe that our mission right now is to align ourselves with our true nature so that we can learn to feel peaceful and content all the time. Once we can do that, we can easily share that consciousness with others and



through connection with others, we can truly understand ourselves. She lives in Calgary with my partner and two children.

WORKSHOPS

 Mindful Movement (or Walking Meditation)

Chanchal Cabrera

Medical Herbalist, Herbal Elder

 Member of the National Institute of Medical Herbalists (UK) since 1987. Awarded Fellowship 2009



- MSc in herbal medicine at the University of Wales in 2003
- Faculty chair in Botanical Medicine at the Boucher Institute of Naturopathic Medicine in New Westminster 2004 -2016
- Diplomas in Botanic Garden Management and in Botanic Garden Education from Royal Botanic Gardens, Kew.
- Certified Shinrin Yoku (forest bathing)
 practitioner
- Certified Master Gardener
- Certified Horticulture Therapist

Chanchal lives on Vancouver Island, British Columbia where she and her husband manage Innisfree Farm and Botanic Garden, a 7 acre internationally registered botanic garden specializing in food and medicine plants, and host apprenticeships in sustainable food production and herbal medicine. Chanchal runs a private herbal medicine clinic with a specialty in holistic oncology, and offers a monthly student training clinic that provides free health services to the community. The farm also hosts Gardens without Borders, a federally registered not-for-profit society established to run the botanic garden and provide horticulture therapy.

"I respectfully acknowledge that I live, work and play in the traditional territory of the K'ómoks First Nation in the Coast Salish region. I am grateful for the opportunity to share this land with the people who were here long before me, and I honor and value their traditional rights."

WORKSHOPS

- The Magic and Medicine of the Yew Tree
- Making Fire Cider for Immune Support

PANELS

- Covid19 Infections and Botanical Medicine Panel
- CCHA panel Friday night

Todd Caldecott

Medical Herbalist, Ayurvedic Practitioner

Todd Caldecott is a medical herbalist and practitioner of Ayurveda, in practice since 1995. He is the Executive Director of the Dogwood School



of Botanical Medicine, and author/editor of three books including Ayurveda: The Divine Science of Life, Food As Medicine, and Ayurveda In Nepal.

PANELS

- Covid19 Infections and Botanical Medicine Panel
- Sustainability and Ethical Sourcing Panel

Victor Cirone

Clinical Herbalist Victor is a clinical herbalist based in Toronto.

His orientation in holistic medicine is





informed by traditional Western herbalism, anthroposophy, ayurveda, homeopathy, and depth psychology. In his clinical work, he strives to develop and promote an understanding of health as a dynamic state of being which adapts to changing environmental circumstances and conditions.

Victor strongly believes that in working with plant medicines we can be shown and brought to a deeper understanding of the essential qualities of life.

For Victor, wellness is understood as being in a state balance with the dynamics and forces of the world that shapes us; to be in right relationship with the world (and with ourselves and each other) always requires the "feeling for what lives in human beings as the eternal part" (as Rudolf Steiner would have it).

WORKSHOPS

Oneirogens: Herbs & Dreams

PANELS

• Ask a Herbalist about Successful Clinical Practice

Evelyn Coggins

Clinical Herbalist

I respectfully acknowledge that I live, work and play in the unceded territories of the St'át'imc people with the intention to honor these lands and their inhabitants.



- Clinical Herbal Therapist (CHT)
 Dominion Herbal College 2006
- Master of Health Science (MHSc) in herbal medicine at the University of New England NSW 2012
- Registered herbalist (RH) with the Herbal Association of BC and the American Herbalists Guild RH(AHG)

- Faculty positions at Dominion Herbal College (2008-18) and Boucher Institute of Naturopathic Medicine (2013-present)
- Clinic Supervisor for Wild Rose College of Natural Healing 2019 (offsite)
- Herbal educator at Nurture in Nature New Earth School, Pemberton
- Owns and operates a herbal dispensary and consulting practice at 1353 Aster St. Pemberton BC
- Offers herbal apprenticeships for grass roots herbalists and clinical practicum for registered students

Skilled in the use of herbs as medicine, Evelyn owns and operates a private practice in Pemberton BC, serving clients primarily in the Sea to Sky corridor. Her training in health science enables her to incorporate evidencebased herbal protocols into her ongoing practice of Western Traditional Medicine.

Evelyn and her husband own and operate Copper Cayuse Outfitters within the traditional territory of the Lil'wat Nation. Offering multiday trips into the wilderness alpine of the Coast Mountains, they have spent the last decade reconnecting people to nature.

WORKSHOP

• Nature's Pharmacy: Practical Phytochemistry for Medicine Makers

Chad Cornell

Integrative Herbalist / Holistic & Jyoti Therapist

Chad is a Herbalist and Holistic Therapist, Meditation Teacher, Writer, Mentor, and Nature Guide.



He provides one on one in person and online consultations to address health concerns on all levels.

Chad uses natural methods including,



herbs, diet, and ways of reconnection with nature and our true nature of joy, ease, and vitality.

He is also available for public speaking events, articles, and via his Integrative Herbalist Apprenticeship Program.

Chad has worked closely with the University of Winnipeg Indigenous Studies Department as well as Red River College to develop quality programming/experiences for students.

WORKSHOPS

• Sex, Drugs, & Evolution - Exploring the Potential and the Pitfalls of the Psychedelic Renaissance

PANELS

 Covid19 Infections and Botanical Medicine Panel

Josh Sarvis and Kelly Dunn

Dragonīly Earth Medicine



Dragon Fly Earth Medicine (Josh Sarvis and Kelly Dunn) have been cultivating pure, closed-loop cannabis for almost 3 decades.

They are Humus Beings dedicated to intentionally and actively educating the cannabis industry on purity in cultivation inputs and practices.

They are passionate about being a clear, conscious voice for the cannabis plant, who has given so many healing benefits to all of humanity.

They created Dragonfly Earth Medicine which is an international nutrient company and also an educational platform for Conscious Cannabis Cultivation.

The DEM Pure Certification has become a highly sought after community-driven, be-

yond organic certification for cannabis cultivation and extraction. They have consulted and educated the international cannabis community and corporations to grow the highest quality cannabis and businesses.

Focusing on biodiversity, polyculture, biological intelligence, soil building, nutrient intelligence, seed breeding, herbology for soil and plants, healthy integrated pest and fungi eradication, sustainable living and the deep connection humanity has with this feminine master plant.

Josh and Kelly have been creating fullspectrum global healing by working with international healthcare for women and children.

WORKSHOPS

Regenerative Agriculture

PANELS

 Cannabis as Medicine for Body, Mind and Spirit

Colleen Emery

Clinical Herbalist.

Professionally involved in the Healing Arts for over twenty years, Colleen brings a diverse toolbox of skills that have been honed through formal

education, apprenticeship, clinical experience and connection to generational folk arts.

Formally studying with The Wild Rose College, East West School of Planetary Herbology, the Pacific Institute of Aromatic Studies and most recently with David Winston's Centre for Herbal Studies, Colleen commits to the pathway of lifelong learning. Colleen maintains professional membership as a Registered Herbal Therapist (RHT) with the



Canadian Herbalist's Association of British Columbia (CHAofBC).

Educated and experienced in both Eastern and Western focused Herbal Medicine and Clinical Aromatherapy & Aromatic Medicine, Colleen's practice specializes in Family Wellness, Pre and Post Natal Wellness and Eldercare providing affordable care for all ages.

After having an urban, home based practice for over a decade, Colleen created Emery Herbals Dispensary, Healing Suites and Teaching Centre in rural West Kootenay Mountains in 2012. Emery Herbals provides open access to consciously sourced botanicals, professional health services and empowering education experiences that encourage and cultivate sustained wellness.

Colleen is passionate about empowering individuals and families to take charge of their wellness through fostering traditional skills and connection to the natural world. Offering a dynamic array of programs and workshops for both adults and children, Colleen is sought out to speak on numerous topics.

Colleen sits as Vice-Chair on the West Kootenay Permaculture Cooperative Association's Board of Directors working to encourage local food security through education and community outreach. Colleen also sits as a general board of director with the CHAofBC. Colleen co-organizes the Kootenay Herb Conference, & the Canadian Herb Conference and is on the faculty of the Wild Rose College.

WORKSHOPS

- Children's Herbal Medicine
- FERMENTATION Through the SEASONS: A Focus on Cold Weather Fermenting

PANELS

 Sustainability and Ethical Sourcing Panel

Amber Fox Medical Herbalist

Medical Herbalist

Amber is a Medical Herbalist, educator, mindfulness meditation, and yin yoga teacher.

Graduated valedictorian of the Diploma of Phytotherapy

program at Pacific Rim College, Amber focuses on empowerment, trauma-informed, and somatic approaches to healing mental health and hormonal concerns in private herbal practice.

With deep gratitude and care, Amber's clinical herbal practice centers a social justice approach to whole systems healing and is located in the unceded and sacred territories of the Lekwungen-speaking peoples.

Amber also teaches regular classes in mindfulness practices, via yin yoga and meditation, as a way of encouraging deep listening, self-reflection, and embodiment.

Amber is vice-president of the Canadian Herbalists Association of BC (CHA of BC) and holds professional membership as a Registered Herbal Therapist (RHT).

Amber speaks at events and conferences and is a faculty member at Pacific Rim College, teaching herbal medicine energetics, small business development, and food systems from a critical world-systems theory perspective.

Amber also holds an honors degree in Environmental Studies from York University and enjoys continuing her study of the environment, healing, and plant medicine in her large medicinal herb garden and in the forests along the wild coasts of the lands known as British Columbia.

WORKSHOPS

Decolonizing Herbal Medicine



Tiffany Freeman

Acupuncturist, Doctor of TCM, Clinical Herbalist

Dr. Tiffany Freeman is a Registered Acupuncturist, a Traditional Chinese Medicine Doctor, and a Registered Clinical



Herbalist (American Herbalist Guild). Along with her clinical practice she is also an instructor, author and educator. She is the Co-founder/Co-Director of the Lodgepole School of Wholistic Studies in Calgary Alberta, teaching a variety of courses in Traditional Chinese Medicine (TCM), Western Herbology, assessment techniques, and Wild Rose College of Natural Healing curriculum.

Tiffany graduated from the Wild Rose College of Natural Healing in 2004 with a diploma in Clinical Herbology, upon graduation was grateful to have been an instructor at the college from 2004 to 2011. In 2009 She obtained her Doctors of Traditional Chinese Medicine diploma from the Calgary College of TCM & Acupuncture and her Alberta Acupuncture Licensure. She is a professional member of the American Herbalists Guild, the Alberta Association of TCM Doctors, and the College and Association of Acupuncturists of Alberta.

In clinical practice her passion lies in traditional medicine and therapies that connect us to a deeper healing. She is always learning and studying adjunctive therapies to better provide for her patients needs, currently she is studying the art of Ortho-Bionomy. In the clinic her primary focus is on Eastern & Western herbal preparations and Master Tung Ching Chang's acupuncture & therapies. Tiffany incorporates her cultural and traditional values as a person of Cree First Nations descent with her studies and practice of Traditional Chinese and Western herbal medicine to create a wholistic healing experience for her patients. She is an educator, practitioner, mother of two, and an avid admirer of nature.

WORKSHOPS

- Herbs for Sexual Health & Wellbeing
- Decolonizing Herbal Medicine

Michaël Friedman

Naturopathic Doctor

Michael Friedman, ND is a naturopathic physician and medical herbalist. He graduated from the Canadian College of Naturopathic Medicine



in 1998 and was adjunct instructor of endocrinology at the University of Bridgeport in Connecticut. He is also the founder and director of the Annual Restorative Medicine Conference. Dr. Friedman is the author of the medical textbook Fundamentals of Naturopathic Endocrinology, the coauthor of Healing Diabetes, and his latest book which was just released, There's No Pill for This: A Naturopathic Physician's Personal Prescription for Managing Multiple Sclerosis.

His research on the use of SR T3 has been published by the University Puerto Rico Medical School. Dr. Friedman has lectured at three naturopathic and allopathic medical schools including NCNM, UB, CCNM and at the Dehradun Medical School of Physicians and Surgeons in India. He is currently the Executive Director of the nonprofit Association for the Advancement of Restorative Medicine (AARM).

WORKSHOPS

• A Natural Approach to Adrenal Dysfunction



Raphaelle Gagnon

Folk Herbalist

lam the co-creator, folk herbalist, wildcrafter & product formulator behind Boreal Folk Apothecary.



I create natural skincare products from

sustainably harvested botanicals and locally sourced ingredients.

I fell in love with the Boreal forest during nine years of silvicultural work planting over 2.3 million trees in northern Canada. This is where my love for wild plants and remote isolated wilderness regions was ignited.

I focus on creating land-based botanical distillations from plant matter discarded by the logging industry.

My husband and I live in a 1967 bus and create our product line in a converted mobile studio that follows us throughout the forest.

I am a third generation tree plantress, tending a reciprocal relationship with the land. My grandmother planted trees in the 40's, my mother planted trees in the 70's and I planted trees in the 2000's.

My cultural background consists of people living on the land such as farmers, hunters, wilderness guides & lumberjacks.

Having a family that has always been close to the land and the old ways has inspired my connection to the Canadian wilderness, way of life, work as a wild crafter & product formulator.

WORKSHOP

 Out on the land, with Boreal Folk Apothecary - wildcrafting practices and business.

Jennifer Gawne

Registered TCM Herbalist

Jennifer is a Chinese Medicine Herbalist, gardener and cook who has called the Kootenays home for the last twenty years. Although trained in the art



of acupuncture, she prefers to work with her hands; whether it is massaging away the aches in a body, pounding herbs into medicine or mashing fruit for jam. All of this makes for strong hands and an open heart and she looks forward to sharing both with guests at the Kootenay Herb conference this spring.

She nourishes her clients at www.wildpeachpreserves.com

Acknowledgment: I am grateful to live on the land of the Sinixt and Okanagan nations.

WORKSHOPS

• Sit Here – Relaxing into Foot Soaks

Pierre S. Haddad

PhD, Pharmacology Researcher

Pierre currently works at the Department of Pharmacology and Physiology, Université de Montréal, where he



does research in Natural Health Products, Indigenous Traditional Medicine and metabolic diseases such as metabolic syndrome, obesity and diabetes. His current project is 'CIHR Team in Aboriginal Antidiabetic Medicines.'

WORKSHOPS

 Ethical considerations and challenges for academic research on Indigenous



Traditional Medicine

 Bridging modern science and Indigenous traditional medicine: Aboriginal Antidiabetic Medicines

Barb Hinde

Herb Grower

I became a herbalist in 1992, studying at Dominion Herbal College, with further studies at Langara College and various workshops.



I grew certified organic herbs from 2000 until 2012, attending farmers' markets during that time selling healing salves, dried herbs, teas, and herbal vinegars.

I have a history of working with naturopaths and midwives, supplying dried herbs, and helping with formulations.

I also have done many workshops introducing the general public to the wonders of herbal medicine.

Between 2012 and 2019, I took a break from working in the dirt and taught general growing and herbal classes.

However, in 2019, I decided it was time to return to getting my hands dirty and subsequently moved to Pemberton, B.C. to build a herbal medicine garden for the purpose of teaching and introducing all that would listen to the healing power of plants.

I initially leased a piece of land that I thought would be perfect but my lease was not renewed and I had the challenge of moving my garden mid season.

I found my perfection at Nurture in Nature Community Farm, where my plants now thrive.

I strongly believe medicines come from the ground and that every plant has a healing power. In order to access this, we need to know how to identify plants, how to grow them, and recognize their edible and/or medicinal qualities.

By understanding this, the wonder of plant medicine is available to all.

WORKSHOPS

• The Evolution of a Herb Garden

Savayda Jarone

Clinical Herbalist

Savayda Jarone has been on the plant path for nearly 30 years; since her lifealtering discovery of herbal medicine in a quaint courtyard in Covent Garden, London.



She is Nova Scotian, residing on the rugged Eastern Shore where she is currently in "gardening school", learning to build soil on a rocky landscape, with the goal of creating herbal teaching gardens. She operates a herbal clinic and apothecary in Halifax, also home to her school, the Bloom Institute of Holistic Living & amp; Learning, a hub for herbal and health education in the Maritimes.

She is now in her 22 nd year of clinical practice, specializing in women's health, baby/child care, digestion, immune health, stress, and endocrine balance. She is a Fertility Awareness educator, helping women and couples to plan or prevent pregnancy naturally.

Before discovering herbal medicine, Savayda wanted to become a language interpreter; little did she know that her focus would become the language of plants. Savayda shines as a bridge between the plant/people worlds; she offers various courses for children and adults, herb walks, and workshops throughout the Maritimes, connecting people with local and native plant medicines.



Her love and awe of plants is contagious. Savayda has always been an enthusiastic promoter of the profession of herbal medicine, working as a founding member of the Canadian Council of Herbalist Associations since its birth in 2005, as well as an active member of the Herbalist Association of Nova Scotia since 2002.

She is honoured to walk the path of ancient and modern herbalists, and is dedicated to building momentum in the revival of the practice of herbal medicine, which in her experience holds many of the answers for genuine health and healing. She is delighted to play a role in the emergence of new herbal practitioners in Canada by offering clinical training practicums in person and online at the Bloom Institute.

She would like to acknowledge her beginnings as a herb student in Vancouver, where she attended Dominion Herbal College to complete the four-year Phytotherapy Program from the School of Phytotherapy in England, as well as her practical training in medicine making, Ayurveda and Haida medicine with Don Ollsin. She owes many thanks to her mentor, Chanchal Cabrera, who provided the opportunity to learn on the job while working at Gaia Garden Herbals in Vancouver for 5 years, in the company of other eminent herbalists.

She looks forward to connecting with friends and herbal colleagues from British Columbia and everywhere in between during the 2020 Canadian Herb Conference.

WORKSHOP

Interview with a Herbal Elder



Dionne Jennings

Community Herbalist

Dionne Jennings has a mission as a Community Herbalist: connecting plants & people.

Dionne feels much of her role as a Community Herbalist is to



help others reconnect with lost traditional plant knowledge & practices–whether living on acres of stewarded land or within the challenges of the urban environment.

Putting plant knowledge back into the hands of the people drives her work.

Dionne has a particular passion for teaching & researching.

Her Ukrainian Canadian heritage drives her interest in studying Ukrainian/Slavic Folk & Herbal Medicine.

She enjoys utilizing her writing and communication skills on behalf of inspiring and "growing" future herbalists as the Marketing and Outreach Coordinator with Wild Rose College.

Having always loved and worked with plants and flowers, Dionne began studying herbal medicine in the folk tradition 20 years ago on Vancouver Island. She completed a 3 year supervised clinical apprenticeship with Abrah Arneson in Alberta in 2015.

She created and cultivated an urban medicine garden in Edmonton for 5⁺ years where she grew and made medicine for her YEG Herbalist apothecary. As creator and facilitator for the Edmonton Herb Club, she taught regular plant medicine workshops as well as coordinating herbal events for those keen for plant knowledge in the Edmonton area. She also regularly instructed herbal & DIY self-care workshops at Kolya Naturals Apothecary.

In 2017 she formed a partnership with



Sustainable Food Edmonton to install Community Medicine teaching gardens in the city, while offering concurrent subsidized programming to make herbalism accessible to all Edmontonians.

Her home base is currently in Winnipeg, MB.

WORKSHOPS

- Ukrainian Folk Healing: Connecting with Ancestral Slavic Medicine Traditions
- Herb Sovereignty For City Folk: Urban Medicine Gardens

PANELS

• Ask a Herbalist about Successful Clinical Practice

Connie Kehler

Agricultural Collections Specialist

Connie is the lead in the Canadian Herb, Specialty Agriculture and Natural Health Products (CHSNC) coalition. This voluntary



group was instrumental in developing and implementing a nationally and internationally recognized Good Agriculture Collection Practices (GACP) program that can be used by those in the specialty agriculture sector as well as those harvesting, processing and selling Specialty Agriculture products. The program was developed working with the World Health Organization, Health Canada and CFIA plus all the key industry players throughout North America and Europe. The result is a comprehensive practice that will help industry (buyers, regulators, processors, and producers) ensure safety from collection to finished product.

The GACPs are recognized internationally. They have been acknowledged as being technically sound from the Canadian Food and Inspection Agency (CFIA), been benchmarked against the EU GACP standards, and have been used at the World Health Organization meeting in Japan to validate the importance of wildcrafting.

Prior to the development of the good agriculture and collection practises Connie was one of the six industry liaison members of the Natural Health Products Directorate where she led the development of the good manufacturing practices for natural health products. Connie has trained people all across Canada and presented in Peru, Guatemala, France and China.

Connie was also one of the founding directors for the Natural Health Product Research Society and has been executive director of Herb, Spice and Specialty Agriculture association for over 20 years.

PANELS

• Sustainability and Ethical Sourcing Panel

Patrick Kooyman

Ethnobotanist, Herbalist

Patrick is a herbal medicine maker, and custom formulator who wild harvests local plants and fungi, as well as cultivating medicinal herbs. He has

a background in ethnobotany ans is passionate about developing relationships with the plants themselves, and learning about herbs through both scientific and traditional use knowledge systems.

Patrick's training has emphasized a Western and scientific approach to herbal medicine and he has studied extensively in the phytochemistry and pharmacology of herbs, and how these specific actions in the body relate to the effects of the whole herb. Patrick also been strongly influenced by shamanic practices and traditional plant



medicine systems of South and Central America. In shamanic practice, the plants themselves are considered to be living conscious beings, and these plants teach us through the direct experience of working with them. An emphasis on direct experience has also led him to be interested in organoleptics, using our senses (especially taste and smell) to learn the medicine of plants.

- Instagram @bluelotusethnobotanicals
- www.bluelotusethnobotanicals.com

WORKSHOPS

- Plant Medicines in Addictions Therapy
- Ethical Wild Harvesting

PANELS

- Sustainability and Ethical Sourcing Panel
- Mushrooms for Physical and Spiritual Healing

Laurie Lacey

Herbal Elder, Traditional Medicine Maker

Laurie Lacey is a traditional medicine maker, naturalist, writer and painter, of mixed ancestry, including Mi'kmaq and Irish. He has been



involved with aboriginal medicine, herbalism, and ethnobotany, since 1974. He is the author of several publications, including, Mikmaq Medicines: Remedies and Recollections, Medicine Walk: Reconnecting to Mother Earth, 1999. The book, Mi'kmaq Medicines, has become an Atlantic Canadian bestseller.

During his many years of involvement with the medicine plants and trees, Laurie has given countless formal presentations, informal talks, workshops and medicines walks, throughout Nova Scotia and elsewhere, including at the Herbal Association of Nova Scotia (HANS) Herb Fairs, Mi'kmag First Nation events, National Parks, Schools, to Scouts and Guides, and at other Health, Wellness, and cultural events.

Laurie Lacey is a storyteller, as well as a medicine maker. He can relate many stories and anecdotes about his life with the plants and trees, the animals and birds, and other wonderful "Beings" of the forests and fields, lakes, streams, and ocean.

Laurie graduated from Dalhousie University (King's College) in 1975 with an Honours B.A. in Anthropology (specializing in Ethnobotany). In 1978 he went on to study Folk Medicine at Memorial University of Newfoundland, specializing in Mi'kmaq medicine research – plant, tree, and animal medicines, frequenting the aboriginal communities, of Eskasoni, Shubinacadie, Mill Brook, Wildcat (Molega), and Gold River, Nova Scotia. He also spent time at Conne River, them largest Mi'kmaq community in Newfoundland. He was taught aboriginal plant and tree medicines (including many of the green stemmed classic herbs) by a number of Medicine Makers and Elders.

From 1980-2020 his primary focus has been as an educator, teaching the traditional plant medicines to Native and non-Native children and adults. In this manner, and especially through interpretive medicine walks, he connects individuals to the natural world, to the living plants and trees of the forests and fields. Living plants are powerful medicine companions.

He also offers consultations on health and wellness issues. Those consultations have increased in recent years. His clients are both aboriginal and non-aboriginal residents. When working with people on a one on one basis, he follows aboriginal medicine maker traditions, focusing on local plants and trees, as remedies. Although there are exceptions, he rarely recommends foreign or exotic herbs. He values the living plants as the best medicine, and wishes to help people develop a relationship with the plant(s) and/ or tree(s) that heal them.



In keeping with Mi'kmaq medicine traditions, he treats many of his clients with medicinal teas and drinks, and external bathing solutions, the latter often composed of combinations of tree barks.

Laurie can be credited for first introducing Mi'kmaq medicines to the non-native communities of eastern Canada, and has since helped spread great interest in these traditions, well beyond the Maritimes.

WORKSHOP

• Interview with a Herbal Elder

Jeananne Laing

Registered Herbalist (AHA)

Currently an Instructor of the Cannabis and Health Specialist Diploma program at Elevated Learning Academy, Jeananne spent several



years as a medical cannabis educator at Harvest Medicine Clinic in Calgary.

In addition to being a cannabis educator, Jeananne has been a Calgary clinical herbalist since 2005.

She has Master and Clinical Herbalist Diplomas from Wild Rose College of Natural Healing.

Seeing the emergence of medical cannabis in 2016, Jeananne sought to learn more about the humble herb, but found there to be a lack of courses on how to use cannabis for medical purposes.

Understanding that her fellow herbalists would need to know about this plant, Jeananne created the Cannabis Medicine for Herbalists Certificate, which to date has been taught to over 400 students.

Jeananne has also co-written cannabis courses with Dr. Richa Love of CannU.ca, and Dr. Terry Willard of Wild Rose College of Natural Healing. She is a founding member and past President of the Alberta Herbalists Association, and served for many years as a board member with the Canadian Council of Herbal Associations.

Jeananne lives in Calgary, AB and is available for private online consultations.

"I would like to take this opportunity to acknowledge that land where I live, work, and play, is the traditional territories of the peoples of the Treaty 7 region in Southern Alberta, which includes the Blackfoot First Nation tribes of Siksika, the Piikuni, the Kainai, the Stoney Nakoda First Nations tribes of Chiniki, Bearspaw, and Wesley and the Tsuut'ina First Nation. The city of Calgary is also homeland to the historic Northwest Métis and to Métis Nation of Alberta, Region 3."

WORKSHOPS

• Cannabimimetic plants

PANELS

 Cannabis as Medicine for Body, Mind and Spirit

Marisa Marciano

Naturopathic Doctor & Registered Herbalist

Marisa is a Naturopathic Doctor & Registered Herbalist (AHG) with expertise in the education and clinical applications of herbal



medicine. She received her medical training from the Boucher Institute of Naturopathic Medicine, where she is currently Chair of the Botanical Medicine Department while maintaining a private clinical practice in Vancouver, BC. She is widely recognized for creating the free online herbal resource The-NaturopathicHerbalist.com, and is co-author of "The Botanical Medicine Manual" which both intend to serve as reliable sources of botanical information while encouraging the



holistic perspectives inherent to herbalism. Considered a passionate educator, Marisa believes in the body's innate capacity to heal when provided with the ancient knowledge & foundational therapeutic potential of plant medicine in all its forms.

I respectfully acknowledge that I live, work and play in the unceded territories of the Coast Salish people with the intention to honor these lands and their inhabitants.

WORKSHOPS

• Physician in the Kitchen

PANELS

• Cannabis as Medicine for Body, Mind and Spirit

Bev Maya

Medical Herbalist

Back in university, Bev earned a reputation as a tenacious inquisitive driven to make sense of nature through scientific endeavours . This reputa-

tion has withstood the test of time. Today, as a practicing Medical Herbalist and international speaker at medical conferences and colleges, Bev focuses on demystifying menopause for patients that don't respond to traditional medicine.

Bev's unique background informs her deep investigative approach. Her science studies led her to work in fundamental research, pharmaceuticals, anaesthesia, oncology, urology, transplantation and neurology for twelve years before training as a Medical Herbalist and opening her own clinic. This unique blend of education and experience provided her with a rare ability to study the intricacies of our nervous, endocrine and digestive systems for physiological, emotional and spiritual root causes to medical concerns associated with the menopausal process. some of them deep seated and lifelong.

Bev's inquiring personality (encouraged by both parents being teachers) has lent itself to her style, as a generous and passionate speaker particularly adept at empowering her audience to deconstruct complex ideas into their simplest form and apply this learning in the context of their own medical practices.

In addition to her work at Maya Natural Health, Bev also works in collaboration with several Medical Doctors specializing in wholistic solutions during midlife at Haven Healing & Health in West Vancouver, B.C. and Westcoast Women's Centre for Hormone Health, Vancouver, B.C.

WORKSHOPS

• Interpreting Basic Blood Laboratory Results for your Female Patients

William Morris

PhD, Registered Herbalist

I am an educator, clinician, and author. As an herbalist, my practice is transdisciplinary with a strong focus on the reconstruction of premodern uses



of signs. I am trained in family lineages of pulse diagnosis, herbal medicine, and astrology, transgressing into the canonical lore of these disciplines. The deeper part of this is the intersection of cultures and historical periods for Greece, Persia, Babylon, India, Tibet, and China. My current project is the address of Soul from antiquity through the Renaissance and touching into the early modern period using philosophy, astronomy, and medicine. This will become a conference presentation and publishable paper, which may lead to a book.

I am influenced by the premodern cultures of Greece, Persia, India, and China. Yet, I am a



white man born in Europe and living in North America, mostly in large urban centers. This led me to Egyptian, Indian, and shamanistic traditions of many cultures. All people have roots in shamanistic practices through which the blood of their ancestors has coursed. I chose a path of licensure and earned doctorates in Chinese medicine while maintaining a focus on western herbal medicine. I have been baked in the 'Ding Family Lineage' for seven years, and five years of dermatology under Gu Nei-giang.

I have worked in academic medicine for 22 years, having earned a master's degree in medical education from the University of Southern California. Prior to that, I designed and taught two-year herbal programs for professional associations in Massachusetts and Florida. I have taught at many AHG conferences, TCM conferences, schools of western herbal medicine, and schools of Chinese medicine. I also run my own online programs. Topics include cancer support, three treasures, tongue diagnosis, pulse diagnosis, all levels of two-year herb programs, medical astrology, latent pathogens, dermatology, and infectious disease models.

WORKSHOP

Herbs for Epidemics

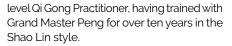
PANELS

 Covid19 Infections and Botanical Medicine Panel

Sarah Orlowski

Master Herbalist, Qi Gong Practitioner

Sarah Orlowski graduated as a Master Herbalist from the Wild Rose College of Natural Healing in the early 1990s and went on to do her clinical training in both herbalism and Qi Gong. She is an advanced



Sarah is grateful to have extensive training in First Nations herbal traditions, most particularly that of the Lil'wat Nation.

She has her Permaculture Design Certificate and believes that growing in accordance with Nature is the sustainable way of now and the future.

Sarah has taught for many institutions, including the UBC Global Studies Program, UBC Farm, Simon Fraser University, the Boucher Institute of Naturopathic Medicine, the Canadian College of Traditional Chinese Medicine, Capilano College, Van Dusen Gardens, Squamish First Nations Witness Weekend, along with ten years in the Alternative Health Program at Douglas College.

For over a decade, Sarah and her spouse have been running Canada's oldest, organic, permaculture orchard and medicinal herb farm in the Southern Interior of BC. Here she educates and makes her own line of herbal products. Their farm is certified with Kootenay Mountain Grown, of which Sarah is a board member.

She is actively involved in Indigenous Education and loves giving herb walks and workshops to both adults and children. The orchard is located within Sinixt First Nations territory.

Sarah has a private clinical practice, where she gives health consultations and Qi Gong treatments. With the onset of COVID, she moved her clinical practice outdoors into the orchard and has had such a positive response from her clients that she plans to keep running the outdoor treatments, appreciating the healing contribution of the trees and natural environment.

Sarah is a graduate of Ontario College of Art and Design. By letting our inner muse take flight, she believes that a very intimate form of healing can manifest through artistic



expression. Combining this personal, creative release with the healing gifts of Nature frees us to pursue our true potential and helps us to avoid illness deriving from unfulfilled ambition.

WORKSHOP

• Strategic Plant Choices for Sustainable Agriculture

Gudrun Penselin

Clinical Herbalist, Author

An award-winning author, speaker, teacher, and expert in herbal medicine, Gudrun has over 30 years of experience as a complementary health practitioner.



In her practice and teachings, she uses a holistic approach to wellness combining healing modalities such as herbal medicine, Bach Flowers, connecting to plant spirit, reflexology, iridology/sclerology, light/colour therapy and lifestyle improvement.

In November 2018 she shared her passion in a TEDx talk, Flowers that Heal Us, in Wilmington, Delaware, US.

Gudrun graduated in Germany with a M.Ed. and M.Phys.Ed.

After her immigration to Canada in 1981 she focused her education on complementary medicine and as part of her journey of life long learning she graduated as Clinical Herbal Therapist from Dominion Herbal College in 1996.

Her commitment to the Earth and humankind prompted her to create several publications.

She is the author of award-winning books Healing Spirituality - A Practical Guide to Understanding and Working with Bach Flowers (Winner), Healing with Bach Flower Mandalas (Finalist) as well as the executive producer and co-creator of the instructional DVD Herbal Pharmacy for Everyone, A Stepby-Step Guide to Creating Your Own Herbal Preparations.

She also created the card deck Bach Flowers Unfolding.

Her deep interest in learning about other cultures and their healing traditions led her to travel to many places across the globe, including India, where she was fortunate to spend some time with Mother Teresa.

More recently, her travels have taken her to Central and South America, where she focused her attention on some of their traditional forms of healing.

As a natural educator, Gudrun brings joy whenever she shares her knowledge and experience about plants and their healing spirit. Her clients see her as a compassionate professional, mentor, and friend.

Leading by example, Gudrun inspires others to live their lives to their full potential.

I would like to express my gratitude to be able to live on and speak from the Indigenous territories of the Metis, Kelly Lake Metis Settlement and Beaver people.

WORKSHOPS

- Earth Wisdom Communicating with Plant Spirit
- Virtual Herb Walk The Difference between an Herb and a Weed is a Judgement

Ember Peters

Clinical Herbalist

Ember Peters is a Western clinical herbalist and educator based in K'jipuktuk, Mi'kma'ki (Halifax, Nova Scotia).



Ember has been in clini-

cal practice since 2014, focusing on provid-



ing accessible herbal care to people with complex chronic illnesses.

Guided by nature, their practice integrates scientific knowledge with energetic systems including Western herbalism traditions, the latest scientific research, phytochemistry, physiology, flower essence therapy, and holistic nutrition.

Ember is a Registered Herbal Practitioner with the Herbalist Association of Nova Scotia (HANS).

She has taught widely about herbalism at conferences and schools including the Vermont Center for Integrative Herbalism, the American Herbalists Guild Symposium, the Dandelion Seed Conference, The Wild Seed School of Herbal Studies, and the Elderberry Academy.

They recognize community-based holistic health as a tangible step towards collective and individual liberation and resilience.

Ember is a gender non-conforming settler of Ashkenazi Jewish and Greek ancestry and uses she or they pronouns.

WORKSHOPS

- Building An Accessible Herbal Practice
- Trans-Inclusive Care for Herbalists

Krista Poulton

Medical Herbalist

Krista is a Medical Herbalist in private practice in Victoria, BC.



Krista balances her private practice as a faculty member at Pacific Rim College,

teaching courses in herbal medicine and medicine making, along with supervising clinical training.

Krista is passionate about medicine making and has a full dispensary created

95% from herbs she has grown or from tinctures she has made herself from either percolations or macerations.

Ethical wild-harvesting, cultivation, and developing those intimate relationships with plants fuels her spirit and her practice.

Education, medicine-making, and herb growing along with women's health are strong passions for Krista.

Krista has focused her continuing education within women's health with herbal mentors such as Aviva Romm, as well as Fertility Symposiums and Women's Health conferences.

Krista has spoken at the American Herbalist Guild Symposium in 2019, Kootenay Herb Conference in 2016 & 2018, with Colleen Emery's Mentorship Program in Winlaw, the Herb Gathering on Vancouver Island in 2017 and offered a combined practitioner intensive workshop with her inspiring mentor Bev Maya in the Winter of 2018 & amp; 2020 at Pacific Rim College.

Krista also has an online course offered through Pacific Rim College on Menstrual Cycle Tracking and Herbal Medicine for the general public and for practitioners highlighting the differential diagnostics that can be analyzed within the cycle chart with advanced therapeutics.

Krista maintains a professional membership with the Canadian Herbalists Association of BC (CHA of BC) and is actively involved with this organization as a member of the Board of Directors.

She is also actively involved in the People's Apothecary, a community Herbal Medicine garden located in Quadra Village.

WORKSHOPS

 Menstrual Cycle Charting & Herbal Medicine for Practitioners

PANELS

Sustainability and Ethical Sourcing Panel



Robert Rogers

Herbal Elder, Author, and Fun-gi

Robert has been a student of plant medicine most of his adult life. He is a professional member of the American Herbalist Guild and au-



thor of over 50 books on medicinal plants of Western Canada. Robert has a Bachelor's Degree in Botany. He has taught plant medicine for over 40 years and is an avid fan of our indigenous plants and mushrooms. Robert has had a long career in the alternative health field. Robert is recognized as an Herbal Elder with 50 years of work as an herbalist. Robert taught for over thirty years, including 10 years at Grant McEwan University, and 15 at Northern Star College in Edmonton. He did 18 years of clinical practice. He works as a consultant to various boards and industries advising growers and creating herbal formulas.

Robert and his wife Laurie are owners of Self Heal Distributing and Scents of Wonder essential oils. Robert is the co-director of the Earth Spirit Medicine Program, at Northern Star College.

WORKSHOPS

• Medicinal Mushrooms: The Human Clinical Trials

PANELS

• Mushrooms for Physical and Spiritual Healing

Malcolm Saunders

Creative Visionary, Intuitive Chef, Nutritionist

Malcolm Saunders' mission is to deeply connect people to their food. He has worked in the



field of food and nutrition for close to 20 years and is the owner & creative visionary of The Light Cellar.

Malcolm is a public speaker and intuitive chef who specializes in sharing the alchemy of superfoods and superherbs. Through his videos, workshops and seminars he has helped thousands of individuals recreate their relationship to food.

He has an expertise and passion for creating and teaching others how to make energizing and healing foods, including chocolate, elixirs and ferments.

Malcolm's desire is to inspire others to live and eat from a space that honours the sacredness of all Life, illuminating the power of influence our food choices have on ourselves, other beings, and the planet we live on.

WORKSHOPS

• Business Success Strategies for Herbalists and Plant Loving Folk

Tamara Segal

Clinical Herbalist

Tamara runs a clinical practice and teaches classes in herbal medicine at her farm, based in Prince Edward County Ontario.



There, she cultivates

herbs while she also lets the land"re-wild" under her stewardship, so that it flourishes with the medicines she uses regularly in her practice.

Tamara has a special interest in working with local wild plants as both food and medicine, focusing particularly on the very abundant plants (the ones that are sometimes called "invasives").

She leads plant identification walks, herb garden consults and land use consults regu-



larly in her area, all fuelled by the intention of helping to bring us into closer relationship with the land and the plants that make up our greater community of life.

While her studies in herbal medicine began back on Vancouver Island, Tamara is grateful to have spent the past 10 years living and working with the medicines that grow closer to where she was born and raised, in the uniquely rich and beautiful Great Lakes region where you can find her today.

WORKSHOPS

• The Prickly Medicine of Prickly Ash

PANELS

• Ask a Herbalist about Successful Clinical Practice

Marie White

Community Herbalist

Marie White is a Community Herbalist, teacher, writer, and General Manager at Wild Rose College. She studied herbalism at L'Herbothègue in Qué-



bec as well as with herbal practitioners on Vancouver Island, BC. She has a strong passion for women's health and herbalism as a community practice for health and advocacy.

WORKSHOPS

• Women, Québec and Herbalism - A Feminist History of Herbal Medicine (English)

Angela Willard

Clinical Herbalist

Angela Willard is a Clinical Herbalist with a passion for working with Seaweeds. She loves wildcrafting, garden-



ing, herbal consulting, and sharing her love and knowledge of plants and seaweeds.

Angela is the Co-founder of Harmonic Arts, where she works to grow and maintain its grassroots herbal values. She finds a balance between being a Herbalist, supporting her companies vision, and raising a young family.

https://harmonicarts.ca/

WORKSHOPS

• Deep Sea Secrets: A Mermaid's Guide to Vital Health

Terry Willard

Clinical Herbalist, Author, Ph.D. Herbal Elder

For over forty years, Terry Willard, CLH.,Ph.D., has studied the medicinal properties of plants. He is recognized as one of North America's



leading Clinical Herbalists. He appears regularly in the print and electronic media as an exponent of responsible herbal use. He is the past-president of the Canadian Association of Herbal Practitioners, past president of the Canadian Council of Herbalist Associations, a professional member of the American Herbalist Guild and in the Canadian Health Food Association's Hall of Fame.

Dr. Willard is the author of twelve books on the subject of Herbs including the pivotal Wild Rose Herbal Series – a series of three textbooks written to educate herbalists. Two of his books, Mind-Body Harmony and Dr. Willard Flower Essence: Emotional Alchemy and Spiritual Evolution, have been particularly popular with the general public.

Terry retired from clinical practice in 2015. He is a director of the Wild Rose College of Natural Healing, which serves both on-line and correspondence students around the world.

He lectures on the main lecture circuit to



trade shows and MLM rallies, training sessions for the Health Food Industry, Pharmacy Industry, Mass Market Industry.

He does many radio interviews and TV spots every year.

Terry has semi-retired to an organic herb farm on Vancouver Island.

WORKSHOPS

How does Botanical Medicine Work

PANELS

- Cannabis as Medicine for Body, Mind and Spirit
- Mushrooms for Physical and Spiritual Healing

Yarrow Willard

Herbal Jedi

Yarrow Willard is a Clinical/ Master Herbalist, coowner/formulator at Harmonic Arts, and director of Wild Rose College of Natural Healing.



Yarrow is a second-generation Herbalist that has been steeped in the world of plant medicine since birth.

He has spent much of his life growing knowledge and experience around reclaiming wellness, vibrant living, and deepening connections with the natural world.

Yarrow is an active content contributor via blogs, articles, social media and over 100 Youtube videos.

He has developed and brought to market a number of successful herbal products, and is an influential innovator in the Canadian health food market.

As a speaker, teacher, entrepreneur and plant medicine advocate, Yarrow is highly engaging, dynamic and entertaining- continually delivering rich and original content. His insights into the modern world stem from a holistic infusion of scientific validation, old world knowledge and a sprinkle of magic.

Many of Yarrow's offerings are based on health empowering practices with plant medicine, advanced nutrition, sensory perception, natural alignment, and more.

WORKSHOPS

- Earth Medicine Upgrades 2020 and Beyond
- Closing the Veils Giving Thanks to the Natural World

PANELS

- Sustainability and Ethical Sourcing Panel
- Mushrooms for Physical and Spiritual Healing





PANELS

Covid19 Infections and Botanical Medicine Panel

75 minutes

Herbalists have many strategies for managing viral infections, developed over thousands of years of viral exposures in the community at large. New or novel viruses may bring their own special challenges, but some principles remain the same. In this panel, drawing from eastern and western medical models, and from traditional and modern medicine, we will explore the ways that plant medicines can be used to build resistance and resilience, fight off acute infections, and manage the long term consequences of infection. With practical guidelines for keeping you and your family safe and well, and for supporting recovery after illness, as well as a consideration of the social and emotional stress from the pandemic and how to use herbs to manage fear, anxiety and loneliness.

- Talal Al-Hamad
- Todd Caldecott
- Chad Cornell
- William Morris
- Moderated by Chanchal Cabrera

Cannabis as Medicine for Body, Mind and Spirit

75 minutes

Since the advent of medical marijuana in Canada almost 20 years ago, and since the more recent legalization of recreational use, the understanding of clinical applications, benefits and risks has increased exponentially. In this panel clinicians, researchers and growers will collaborate to discuss best practices in production, processing and in prescribing cannabis in a clinical setting. Several formulations will be explored and different delivery mechanisms discussed, including smoking, oil infusions, ointment, lotions, salves and others. Case histories will be presented and clinical thinking developed with a focus on safety and efficacy.

- Terry Willard
- Jeananne Laing
- Josh & Kelly
- Marisa Marciano

Sustainability and Ethical Sourcing Panel

75 minutes

With the field of Herbal Medicine growing and expanding, concerns regarding ethics of sourcing our plants are growing too. Rising popularity and demand for a wild harvested herb outstrips the amount that the plant population can support. Unsustainable harvesting practices have led to the decline and even near extinction of many treasured wild plants. Commercial wild harvesting has impacted traditional peoples who shared knowledge of these plants, and they may no longer have access to their ancestral medicines. Discussions will consist of at-risk plants from the United Plant Savers list and social movements towards sustainable transparent sourcing. Additionally, discussions will be held around the Global Strategy on Plant Conservation (GSPC) and around the movement of sustainable transparent sourcing and Good Wild Crafting Practices.

- Connie Kehler
- Patrick Kooyman
- Yarrow Willard
- Todd Caldecott
- Krista Poulton
- Moderated by Colleen Emery

Ask a Herbalist about Successful Clinical Practice

75 minutes

Join our live panel of Registered Clinical Herbalists! Here is your chance to connect with and glean wisdom and practical advice from practicing Herbalists.

The panel discussion will begin with one



key question – "How do you define a successful herbalist?"

Some other topics & questions we may address:

- Kitchen medicine vs. Clinical Herbalism
- What is your biggest challenge in your practice?
- What do you find most fulfilling in practice?
- What piece of advice do you wish you were told when you first started out as a herbalist?

This panel will answer a variety of questions from our moderator and attendees, with each panelist answering from their own unique perspective and experience. We look forward to your questions during this dynamic discussion. Join us!

- Abrah Arneson
- Penelope Beaudrow
- Victor Cirone
- Tamara Segal
- Moderated by: Dionne Jennings

Canadian Council of Herbalists Associations Panel

75 minutes

Join the elected repesentatives of herbal associations across the country to discuss the past, present and future of herbal medicine in Canada. Meet the people who represent your interests in discussions with Federal government and support the provincial associations in promoting herbal medicine for the people. There will be a Q and A session following this panel.

Mushrooms for Physical and Spiritual Healing

75 minutes

In the last few decades, mushrooms have become a major part of the modern herbal practice. Along with their rise in popularity has come some controversy on their effectiveness, how they assimilate, best ways to extract them, and the differences between mycelium and fruiting bodies.

This Panel will focus on these and other big questions around working with medicinal mushrooms. We are privileged to have some of Canada's top mushroom advocates, clinicians and researchers joining us for this lively fungi discussion around unraveling the science and folklore of their use.

- Terry Willard
- Patrick Kooyman
- Robert Rogers
- Chad Cornell
- Moderated by Yarrow Willard





WORKSHOPS 75 MINUTE INTENSIVES

Islamic Materia Medica -The history and modern day applications of 5 Islamic herbal medicines

75 minutes

TALAL AL-HAMAD

Discussion of the history of Islamic herbal medicine , the differences between it and Unani medicine, herbs and materia medica

LEARNING OBJECTIVES

 to understand the history and contributions of the islamic world to herbal medicine and to understand modern day applications

The Magic and Medicine of the Yew Tree

75 minutes

CHANCHAL CABRERA

The yew tree has been feared and revered over thousands of years. It is a deadly poison and it is a life saving medicine. Join Chanchal as she describes the history, mythology, botany and biochemistry of this mighty tree, and how it can be used in managing cancer.

Nature's Pharmacy: Practical Phytochemistry for Medicine Makers

75 minutes

EVELYN COGGINS

This interactive lecture is designed specifically for those who do not have an extensive academic background in the sciences and who have forgotten high school chemistry. It will seek to explain the basic classifications of known important plant chemicals and how to ensure they will be:

Extracted into botanical remedies

• Function in the human body.

LEARNING OBJECTIVES

The primary learning outcomes are for participants to be able to distinguish between important plant constituents based on the seven major phytochemical categories: carbohydrates, lipids, amino acids, phenolic compounds, terpenes, steroids, and alkaloids. This knowledge will enable medicine makers to choose appropriate solvents, extraction processes, and delivery methods that will obtain the therapeutic results they seek.

Sex, Drugs, & Evolution: Exploring the Potential and the Pitfalls of the Psychedelic Renaissance

75 minutes

CHAD CORNELL

As we travel further into a planetary healing crisis we are seeing an increased use of entheogenic plants for self-healing and personal transformation. As a culture we need to have the conversation of who should best avoid such journeys, and how to increase the positive outcomes of such an ancient technology during this pivotal time in history. As an Herbalist, I have seen many people benefit from visionary plants and fungi but I have also seen the opposite. Here we explore how we can evolve the preparation for and integration of such journeys. I will also share plants and practices that can help restore balance in those who are struggling to ground and restabilize their sense of self and harmonize the body and mind.

Children's Herbal Medicine

75 minutes

COLLEEN EMERY

All children can be given the opportunity to strengthen their relationship to the natural world by utilizing herbal medicine from an early age. This comprehensive workshop is designed to offer a template on how to view



a growing child in relation to using herbal medicine for their wellness. Useful information for the herbal medicine practitioner as well as the herbal medicine enthusiast.

Understanding how to administer herbal medicine to children, to teach and guide children to make connections with herbs and develop allies and relationships with the plants is key to encouraging respect for the natural world and holistic health and herbalism in general.

DURING THIS WORKSHOP WE WILL EXPLORE:

- Safety and Bioavailability of Herbs in Children; Risks and Precautions
- How to Determine a Child's Dosage
- Routes of Administration & Child Friendly Herbal Preparations
- Child Friendly Materia Medica
- Recipes and Formulations

This class is for those who wish to be more autonomous with their herbal medicine making in relation to children as well as practitioners who see children in practice.

Herbs for Sexual Health & Wellbeing

75 minutes

TIFFANY FREEMAN

Go beyond aphrodisiac herbs in this intro to the origins of our desire from a traditional medicine perspective and the plant medicines that can be used to engender our good health and cultivation of our sexual energies.

It is said that we are made of the earth & the stars and that these energies coming together are an integral part of our creative & nourishing forces in our lives. These energies play an important role in our bodies development of our sexuality, our desire and in reproduction. In this talk we will be discussing the philosophies of the creation of desire and the cultivation of sexual energy along with corresponding herbal protocols. We will be discussing the plant medicines and other techniques to support the body, things to engender our good health and therefore the cultivation of sexual energies.

LEARNING OBJECTIVES

- Discussion on the traditional philosophy of desire
- The creation of desire in the body via organ systems
- Herbal, nutritive & emotional support to cultivate sexual energy

A Discussion on Decolonizing Herbal Practices

75 minutes

AMBER FOX & TIFFANY FREEMAN

There are many examples of recent efforts to bring about more awareness to the way we are walking through this world; we are being asked to stop and look with more awareness of diversity, inclusivity and to examine our own personal privileges.

As herbalists and plant medicine people on this land collectively known as Turtle Island, it is vitally important to reflect on how these calls to action affect the way we work with plants, the land and our communities.

Join Herbalists Tiffany Freeman, a Neyihaw living in Calgary, and Amber Fox, a person of settler ancestry living on Vancouver Island, for a discussion on the importance of these reflections and ways to decolonize our herbal practices in a sharing and open-hearted discussion on entitlement, privilege, and colonialism in plant medicine & harvesting.

Live chat room hosted by Herbalist Dionne Jennings





Bridging modern science and Indigenous traditional medicine: Aboriginal Antidiabetic Medicines

75 minutes

PIERRE HADDAD

The CIHR Team in Aboriginal Antidiabetic Medicines is a multipartite project researching the antidiabetic effects of plants used by aboriginals and is funded by the Canadian Institutes for Health Research.

The project involves phytochemistry, cellbased bioassays, animal models of diabetes, toxicological tests, nutritional strategies and clinical research. It also includes a health systems research component aiming to integrate Cree healing ways, such as medicinal plants, into diabetes health care offered to Cree diabetics.

All aspects of our research program are community-based such that Elders and other community representatives are directly consulted and involved at every level. A major focus is thus placed on reciprocal knowledge translation.

LEARNING OBJECTIVES

- How does one approach the multidisciplinary study of Indigenous medicinal plants in the realm of metabolic diseases, particularly diabetes?
- What are the challenges of trying to bridge this gap between biomedical science and traditional medicine.
- Which Boreal forest plants have promising anti-diabetic potential and what are their modes of action and active principles



Interview with a Herbal Elder - Tradition of herbal medicine in Nova Scotia

75 minutes

SAVAYDA JARONE & LAURIE LACEY

Discover the tradition of herbal medicine in Nova Scotia; join herbalists Savayda Jarone and Laurie Lacey, for a lively chat about herbalism in their homeland. Laurie Lacey is a beloved herbal elder, well known for his story-telling style of teaching and his wealth of knowledge about native medicinal species of the Maritime region. Drawing from Laurie's ethnobotanical research on Mi k'maq medicine and 45 years of experience as a herbalist and medicine maker, Savayda will extract de-tales to portray the essence of traditional herbalism in the "far east" of Canada.

Herb Sovereignty For City Folk: Urban Medicine Gardens

75 minutes

DIONNE JENNINGS

Lets explore how to begin building an experiential base of knowledge with herbs through the medicine garden, and all the ways a medicine garden can look

WE ARE GOING TO DISCUSS:

- The importance of real world connection with plants for budding herbalists
- Connecting with herbs: bridging academic knowledge to the classroom garden
- How to develop a relationship with a new to you herb
- Learn 6 or more herbs that you can grow in any climate in Canada to start a home apothecary
- The importance of local quality sources and "banks" of herbal medicine during pandemics— and any time



LEARNING OBJECTIVES

- building an experiential base of knowledge with herbs through hands on experience & the importance of real world connection with plants for budding herbalists
- Connecting with herbs: bridging book knowledge with the teachings of the garden and nature
- Learn 6 or more herbs that anyone can grow in any climate in Canada to start a home apothecary

Plant Medicines in Addictions Therapy

75 minutes

PATRICK KOOYMAN

Addiction to drugs and alcohol is a prominent issue in modern society. Available treatments often have low success rates, and many people have turned to plant medicines as a new and promising approach to breaking addictive behaviour. There is rising interest and research in using herbal medicine, particularly psychedelic plant medicines, in addictions therapy. This workshop will discuss which plants are being used in addictions therapy, their phytochemistry and pharmacology, scientific study, safety and ethics, and clinical applications that are already happening in Canada. Herbs discussed will include gentle trophorestoratives and adaptogens (Lion's Mane mushroom, Milky Oats, and Rhodiola), as well as powerful psychoactives (Ayahuasca, Iboga, Psilocybin mushrooms and Kratom). We will also discuss the impacts on plants and people that have occurred, as some of these herbs are removed from their original cultural context and used in new and different ways.

LEARNING OBJECTIVES

- Discuss the plants being used in addictions therapy from an herbalist's perspective
- Explore the phytochemistry, pharmacology and traditional use

knowledge of these plants

 Discuss the ethics of how these plants are being used clinically in Canada, as well as the impact this use is having on the people who traditionally use these plants, and on the plants themselves.

Physician in the Kitchen

75 minutes

DR MARISA MARCIANAO

We're all spending more time at home and in our kitchens and this talk with briefly describe how to best employ the medicinal properties of plants & herbs into our diets and the therapeutic applications of culinary herbal medicine. Topics covered will be:

- What is Nutritional Herbology & how do we define medicinal foods?
- Principles & practices of the Culinary Herbalist such as sensory classification of herb & foods (aroma & flavours)
- Kitchen Pharmacy: methods of
 preserving & extracting medicinal foods
- Common kitchen solvents for food & drink medicine making
- How to use fresh & dried foods in cooking, baking and a variety of other culinary applications
- Provide a few of my favourite resources and recipe examples

LEARNING OBJECTIVES

- Learn how to apply herbs more directly into your everyday life & especially within the kitchen & how to increase the medicinal properties of your foods & beverages.
- Understand how an herbs pharmacology will lend to its ideal culinary application.
- Leave this session feeling a greater confidence in your ability to apply herbal medicine in a culinary selling for the maintenance of your good health.



Interpreting Basic Blood Laboratory Results for your Female Patients

75 minutes

BEV MAYA

This course highlights accuracy and precision of the most common blood tests that are routinely used at a GP's office. Gain proficiency and confidence to review and analyze laboratory tests, allowing you to design effective treatments for your patients.

Have you ever wondered how accurate the blood tests are the your Medical Doctor utilizes to determine your health status? Do you have an interest in learning what those values mean in regards to our own health and the health of others? In this workshop, Bev will expose the accuracy and precision of the most common blood tests that are routinely completed at your GP's office. She will review a basic hematological panel, provide "optimum" values for each blood parameter and teach you how to understand these values in order to track your own health status. She will also show you how to interpret results for conditions relating to all endocrine organs (adrenals, pancreas, thyroid & ovaries), markers for mineral status and inflammatory markers.

Herbs for Epidemics

75 minutes

WILLIAM MORRIS

This course works through a stage-based approach to care. It begins with wellness, prevention, and maintenance, including early attention to comorbidities. The next stage in this model is surface-level conditions. The next stage is the organ-level involvement, then the nervous system, and circulatory system. Lastly, is recovery, wellness, and the address of latent, or chronic recurrent results. This thought is based on a 2,000 historical review of epidemic disease approaches using herbal medicine.

LEARNERS WHO ATTEND WILL BE ABLE TO:

- Identify stages of epidemic disease progressions
- Locate herbal medicines for each stage
- Use signs and symptoms to determine the stage of progression

Strategic Plant Choices for Sustainable Agriculture

75 minutes

SARAH ORLOWSKI

From xeriscaping to food supply, from butterfly attractants to deer repellents, various plants provide various functions and we can pick and choose amongst them to find the ones that best suit our needs, location and climate.

This workshop will focus on how to choose from a seemingly endless selection of possible plants and trees to make your own garden the most satisfying it can be for you.

We are all unique and thus, our garden will reflect that. Bring your questions and an open mind.

LEARNING OBJECTIVES

- Learn what different plants and trees have to offer us and our environment
- Learn the important issues to consider when choosing plants
- Learn how to start and proceed with growing a garden (or maintaining a farm) in manageable steps, without taking on too much.

Virtual Herb Walk – The Difference between an Herb and a Weed is a Judgement

75 minutes

GUDRUN PENSELIN

This virtual herb walk (power point presentation) will introduce students to so called garden weeds (Dandelion, Plantain, Chickweed etc.), common herbs found in many



parts of the world, and some herbs easily grown. The focus will be on their medicinal and nutritional properties as well as how to prepare and use them.

LEARNING OBJECTIVES

- How to use "weeds" as medicine
- Deepen the connection to common plant medicines
- Share easy, yet effective methods for using herbs (poultices, steam inhalation etc.)

Building An Accessible Herbal Practice

75 minutes

EMBER PETERS

What are barriers to accessing herbal medicine? How can we increase accessibility in our schools and clinics while still receiving adequate compensation for our work? This class will provide practical and concrete accessibility models we can put into practice now. The framework of this class will be taught through a client-centred, antiracist, harm-reduction lens, with the view that herbalism can play an important role in cultivating resilient communities.

LEARNING OBJECTIVES

- understand the roots of barriers to access to herbal medicine
- learn different models of accessible schools and clinics
- receive practical ideas for putting these models into practice

Trans-Inclusive Care for Herbalists

75 minutes

EMBER PETERS

This class is an introduction to trans health and will cover some of the most specific herbal support strategies for transgender clients and community members. Geared towards herbal practitioners striving to be trans-inclusive, this class will help you to better understand how to choose herbs that are safe and effective for your trans clients.

LEARNING OBJECTIVES

- understand the basics of transgender identities
- learn about the specific needs of transgender clients
- learn herbal strategies for herbal support for transgender clients

Menstrual Cycle Charting & Herbal Medicine for Practitioners

75 minutes

KRISTA POULTON

A practitioner-based workshop introducing menstrual cycle charting, a tool for practitioners to assess reproductive pathologies with their patients and manage these conditions. This class will introduce menstrual and ovulation cycle charting with tracking basal body temperature, cervical changes and cervical mucous, offering women empowerment with their bodies and their reproductive health. We will focus on assessment of cycle charts along with herbal, and supplement treatment protocols with common reproductive pathologies such as painful menstruation (dysmenorrhea), acne and emotional changes throughout the cycle, PCOS, fibroids, endometriosis and infertility. Within the menstrual cycle chart, we will be able to identify follicular and luteal phase pathologies including progesterone deficiency leading to recurrent miscarriages, anovulatory cycles leading to infertility and estrogen dominance leading to fibroids, and endometriosis

PARTICIPANTS WILL LEARN ABOUT:

- The causes of hormonal disruption leading to high/low estrogen, low progesterone and high/low androgens
- Identifying the follicular and luteal phase pathologies using the menstrual cycle chart, such as Progesterone



deficiency leading to recurrent miscarriages, Anovulatory cycles leading to infertility, PCOS and estrogen dominance leading to fibroids and endometriosis

 Herbal and supplement treatment protocols to treat reproductive pathologies

Business Success Strategies for Herbalists and Plant Loving Folk

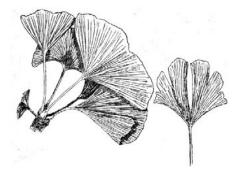
75 minutes

MALCOLM SAUNDERS

In this heartfelt, yet power-packed session you will gain the insight, inspiration, and confidence to take your herbal business to the next level – whether that is getting it off the ground or adding to what you have already created and grown.

LEARNING OBJECTIVES

- Why Now Is the Greatest Time to Be in Business for Yourself and How to Build on the Opportunities Present
- 3 Key Areas That Are Holding You Back And Simple Shifts to Your Mindset That Are Essential For Your Success
- 2 Foundational Ingredients You Need for Your Business
- The #1 Skill You Need to Develop to Standout, Be Heard & Thrive in Today's Marketplace



Deep Sea Secrets: A Mermaid's Guide to Vital Health

75 minutes

ANGELA WILLARD

Learn the 3 different classifications of seaweeds, the way each class benefits health, where to harvest, ethical harvesting, drying and preparation techniques, nutrient composition and overall medicinal benefits. Walk away with the confidence to include seaweed in one's daily diet and lifestyle regimes, and how you can recommend others to work with them in regards to their vital health. External use and thalassotherapy techniques (seaweed spa) will also be touched on, along with other interesting seaweed uses. Everyone will walk away with useful information and great insight about including seaweeds into your repertoire!

Interesting Mechanisms of How Herbs Really Work

75 minutes

DR TERRY WILLARD

Description and discussion of new mechanisms of understanding for how Botanical Medicine functions in the body differently than Allopathic drugs and the nature of healing.

LEARNING OBJECTIVES

- Looking at several new considerations.
- Look at their mechanisms.
- discuss to patient outcomes.

Earth Medicine Upgrades 2020 and Beyond

75 minutes

YARROW WILLARD

Upgrade your moment, upgrade your day, upgrade your life.

Remember, you are an ecosystem made of star stuff, capable of more powerful things than you give yourself credit for.



Let go of your story and deepening your presence as a healer, leader, and earth citizen.

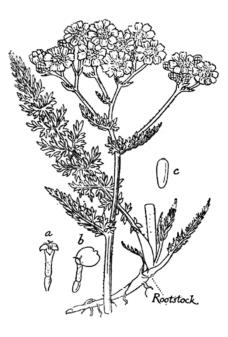
This intensive will be focused on mastering the 3 levels of self and deepening the flow of energy/communication between them all.

Join me in looking at a variety of best practices for:

- Levelling up Heart, Mind, and Gut intelligence.
- Mapping out Energy flow and blockage both inside and outside of the body.
- Aligning cyclic health and hysteria trends with intuitive proactive steps to move through them.

Earth Medicine Upgrades is my essential tools for navigating these turbulent times of 2020 and beyond.

Don't take my word for it though, check out the workshop and decide what's useful fir yer (s)elf.



WORKSHOPS 20 MINUTE SHORTS

Making Fresh Plant Medicine Tinctures

20 minutes

ABRAH ARNESON

This short webinar will explore a new way of making fresh plant tinctures beyond the 1:2 95% method. During this lecture we will explore how the moon and the environment the plant grows in influence the amount of water a plant carries and thereby determines that amount of alcohol one needs to preserves a plant's medicine in a tincture. During this lecture you will learn a new way to make your fresh plant tinctures.

LEARNING OBJECTIVES

- To understand that plants make their medicine and gather water according to environmental influences.
- Participants will be able to use their senses to determine when to gather plant medicine.
- Participants will be able to make fresh plant tinctures according to the needs of the plant and not as a rote formula.

Mercury, Samhain and Valerian

20 minutes ABRAH ARNESON

This a spell binding story about the medicine Mercury brings to Valerian. It is a journey to a dark and cold night when veil between the worlds is parted, wisdom gathered and souls are put to rest. This story of European Ancestor Medicine weaves the ancient magic of the earth and stars with contemporary scientific understanding of plant medicine. It is a little eerie, be ready to travel beyond belief.

LEARNING OBJECTIVES

• For those with European ancestors to



drink deeply of the knowledge from their ancestors.

- Broaden one's understanding of Valerian's medicine and how to use it well.
- Decolonize the European mind.

At Risk Medicinal Plant Sanctuary: Giving Back - It's Good for the Soul

20 minutes

PENELOPE BEAUDROW

The Ginkgo Tree is proud to be a Botanical Sanctuary Member with United Plant Savers. UPS' mission is to protect native medicinal plants of North America and their native habitat while ensuring an abundant renewable supply of medicinal plants for generations to come. With herbs moving into mainstream. and the demand on wild medicinal plants increases we are using up the supply of these herbs. This increased usage along with habitat destruction is causing an ever-increasing shortage of wild plant resources, including some of our most treasured medicinal species. Join us to learn about United Plant Savers, At Risk and At Watch medicinal plants and their medicinal uses. Learn how you too, can make a difference!

Students will become aware of our at risk and at watch medicinal plants in North America, learn what plants not to wild craft and will learn what they can do to help by giving back. They will also learn how they too could become a sanctuary.

Mindful Movement (or Walking Meditation)

20 minutes

ANGELA BEWICK

In this walk, we will be engaging the principles of mindfulness to connect our internal and external experience. Mindful movement is often a gateway into the practical application of mindfulness for those who may find a sitting practice challenging or want to practice expanding their current practice. When we consider how to strengthen our commitment to protecting our precious planet, dedicating our efforts to the act of walking in peace and presence is a simple way to practice conservation in action. There are no prerequisites to this workshop and all are welcome.

LEARNING OBJECTIVES

The great Buddhist teacher, Thich Nhat Hanh, describes walking meditation as "first and foremost a practice to bring body and mind together peacefully." When we invite unity within ourselves, we can understand the outside world more clearly. This deeper level of sight allows us to acknowledge the earth we walk on with reverence and presence. Engaging in mindful movement allows us another opportunity to practice the nine attitudes of mindfulness as detailed by Jon Kabat-Zinn; beginner's mind, nonjudgement, acceptance, letting go, trust, non-striving, patience, generosity and gratitude. Learning objectives would naturally consider that while attachment to outcomes is antithetical to mindfulness as a whole: this workshop intends to serve as an invitation to deepen our personal practice and strengthen our connection to living beings, including ourselves and our planet.

Making Fire Cider For Winter Wellness

20 minutes

CHANCHAL CABRERA

Fire Cider is a traditional recipe for a spicy vinegar extract that can be used for food or medicine. Join medical herbalist and horticulture therapist Chanchal Cabrera as she shares recipes and methods for making this store cupboard staple. Using horseradish, garlic, onions and spices, Chanchal will demonstrate and discuss the uses and benefits of this time honoured formula.



Oneirogens: Herbs & Dreams

20 minutes

VICTOR CIRONE

Oneirogens (óneiros meaning "dream" and gen "to create") are a class of ethnomedicines which are dream inducing. Oneirogens are rarely examined in great detail for, as Jonathan Ott observes, "phytochemical investigation of such oneirogenic plants is hampered by the fact that dreams occur naturally, spontaneously, and unpredictably." In addition to discussing different kinds of oneirogenic botanical dimensions and experiences and the energetic and physiological mechanisms of action underlying them, this presentation will also consider depth-psychological methods and frameworks for understanding the purpose, function, and meaning of dreams in our lives. Dreams are not directly intelligible, the way in which ordinary language usually is. Dreams speak to us in a peculiar language, comprised of images and symbols. Is there a symbiotic intersection of the language of dreams and the language of plants? How and in what ways can oneirogenic plants affect the process of symbol formation that characterizes the activity of dreaming?

LEARNING OBJECTIVES

Explore the purpose and meaning of dreams in our lives from several perspectives (depth psychology, anthroposophy). Discuss the meaning of sleep disorders and how herbs can help. Examine the role of dreaming for individual and collective wellbeing.

FERMENTATION through the SEASONS: cold weather fermenting

20 minutes

COLLEEN EMERY

The benefits of including Fermented Foods in the diet has widely been documented and reported. What not too long ago was an almost lost culinary art in the modern kitchen has now become a mainstay for most. Eating seasonally has also gained popularity, taking time to consider what grows around us, what the weather is doing and the unique characteristics of the current season helps us connect to the organic rhythm of nature that deeply nourishes us. It's not so different when we consider our fermenting projects. It makes great sense to consume cooler fermented beverages and foods in the hot months of summer to help regulate our body temp and guench our thirst. When the season changes and the dampness and colder weather returns it's important to adapt to this change and adjust the way in which we include ferments. Join Colleen as she demonstrates how to create a Bug, an excellent cold weather ferment that can be created from a variety of fresh roots, including ginger, turmeric, elecampane and more. Watch as she shows a new twist on Fire Cider and Golden Milk. Preparing a Bug is a simple, inexpensive way to include a spicy, warming addition to our beverages in the fall.

A Natural Approach to Adrenal Dysfunction

20 minutes

MICHAËL FRIEDMAN

COURSE OBJECTIVES:

- Review the anatomy and physiology of the HPA Axis.
- Review the diagnosis and treatment of adrenal dysfunction.
- Present case studies of patients with adrenal insufficiency.

Out on the land, with Boreal Folk - wildcrafting practices and business.

20 minutes

RAPHAELLE GAGNON

I'll begin talking about who we are, our business, give a tour of our home in the woods.

Then I'll head out to some clear cuts to



salvage cedar boughs from recently logged forests.

I'll share parts of the distillation process while we make western red cedar hydrosol & essential oil.

THIS CLASS WILL COVER:

- · Creating an herbal business
- Our herbal practices, how we harvest, glean, dehydrate wild plants
- Ethical wildcrafting
- Basics of distillation

Sit Here - Relaxing into Foot Soaks

20 minutes

JENNIFER GAWNE. R. TCM.H

Foot soaks are a relaxing way of administering herbal formulas to clients.

Enjoyable so compliance is easy. Easy to administer, people can do it at home or in your clinic

Chinese medicine has a rich tradition of herbal foot soaks with formulas to treat many ailments including fatigue and qi deficiency, weight loss, circulation issues including problems with the heart and blood pressure, back and leg pain, uterine cold, and infertility.

The video would include and introduction to traditional foot soaks, tips on a good foot soak set up, favorite herbs to use and traditional formulas.

LEARNING OBJECTIVES

- widening perceptions around how to administer medicine
- importance/health benefits of foot soak, foot care in general – meridians, skin absorbtion, benefit to kidneys
- traditional formulas to use in a foot soak
- Examples /visual aids of herbs to use

Ethical considerations and challenges for academic research on Indigenous Traditional Medicine

20 minutes

PIERRE HADDAD

Research projects involving traditional knowledge are finding new ways of dealing with intellectual property rights and commercialization. Influenced by calls for fair and equitable protocols involving access and benefit sharing regimes, researchers are developing new standards of practice. Here we explore the process by which the CIHR Team in Aboriginal Antidiabetic Medicine (TAAM) came to address these issues within the scope of participatory action research. Methodology: A case study method is applied in order to highlight key events and topics. The legally binding research agreement developed for this project is used to illustrate examples of how the needs of First Nations stakeholders and of researchers are met. Findings: Strong research partnerships are characterized by accountability, adaptability, transparency, good and frequent communication and ultimately, trust. Researchers should be prepared to take a more "human" approach in their studies as the establishment of personal relationships are as important as the research itself. Proposals should include both monetary and intangible outcomes where possible, which reflect aboriginal culture and decision. Practical Implications: This paper can help others to understand the needs of First Nations with regards to research. It also provides links to protocols and the legal research agreement used by TAAM that can serve as an adaptable template for future work. Value: Publicising the research agreement and experiences herein is meant to contribute to a body of knowledge that will one day lead to new research norms when dealing with aboriginal peoples and traditional knowledge.



LEARNING OBJECTIVES

• How to protect Indigenous Traditional knowledge in an academic setting?

The Evolution of a Herb Garden

20 minutes

BARB HINDE

I am currently in the midst of moving an established herb garden to a new location. This presentation would follow the evolution of the garden from pasture land to an established growing space. I am currently documenting this process and will compile photos to demonstrate how to create a herb garden along with growing tips.

LEARNING OBJECTIVES

- To show how an ordinary space can become extraordinary.
- To give growing tips for the various plants. 3. To explain why the plants are planted in the space that they are in.

Ukrainian Folk Healing: Connecting with Ancestral Slavic Medicine Traditions

20 minutes

DIONNE JENNINGS

Moonshine, lead, beeswax and holy water—what does this have to do with herbal medicine?

Herbalism—and—healing as we know it today looked a little differently as practised in the "Old Country". Let's explore an introduction to Ukrainian folk healing practices-from divination, clearing curses, protection from the evil eye, to healing plants, and more.

Learn some of the healing customs and traditions from your cultural background (with a focus on Western Ukrainian practices), but whether Ukrainian, Romanian, Moldovan, Austro-Hungarian, Polish—Wax pouring, Bone setting, Whispering, Divination and more Get an introduction to healing practices brought over from Western Ukraine to Canada during the first wave of immigration (1891-1914), and how they were continued and practised here in an era without socialized medicine, public health or doctors

We touch on some pre-christian/pagan traditions and influences in Ukrainian folk medicine, rituals & religion"

Ethical Wild Harvesting

20 minutes

PATRICK KOOYMAN

Harvesting of wild plants and fungi for use in herbal medicine can be a controversial issue, as in some cases harvesting practices or the amount harvested have put the wild populations at risk. Many herbs that were once little known, or used only by those who lived in the area where they grow, are now in high demand on the international market. This sudden increase in demand for an herb can lead to unsustainable harvesting practices, declining populations of this plant in the wild, and loss of use to the people who traditionally used the plant and shared their knowledge of it with the rest of the world.

At the same time, wild harvesting of herbs is a way that herbalists can engage directly with their local environment, and work closely with the plants and fungi that grow in their bioregion. There are advantages to using ethically wild harvested herbs, such as lower environmental impact in comparison to commercial grade herbs that are often grown far away from where we live, and higher quality when we gather and process the herbs used in our herbal practice. The goal of ethical wild harvesting is to minimize the impact of our harvesting on the wild plant populations, and to learn how to work with the plants for their benefit as well as ours. This workshop provides some guiding principles and practical tips for ethical wild harvesting, by developing relationships with the plants we harvest, knowing how to harvest and



when, and learning how to recognize what is an appropriate and sustainable amount of that herb to harvest.

Cannabimimetic plants

20 minutes

JEANANNE LAING

In this discussion we will review the 2018 study on Cannabimimetic plants.

Cannabimimetic plants are any plant with similar pharmacological effects to those of cannabis, or plants that somehow influence the endocannabinoid system.

LEARNING OBJECTIVES

- Examine study on Cannabimimetic plants.
- Review 9 plants included in the study.
- Gain a better understanding of how some plants interact with the endocannabinoid system.

Earth Wisdom -Communicating with Plant Spirit

20 minutes – morning meditation

GUDRUN PENSELIN

Saturday: Earth Wisdom 1 – Communicating with Plant Spirit (includes meditation in the forest)

Sunday: Earth Wisdom 2 – Communicating with Plant Spirit (includes meditation to music of a Rosemary plant)

Each one of us has the innate ability to communicate with plant spirit. Tuning into the spirit unique to each plant requires an attitude of gratitude and respect, acknowledging that we are only a strand in the web of life. You can learn to "hear their voices" and receive their messages. Plants act as bridges in the universe. They are like conductors with their roots anchored and grounded in the soil while at the same time reaching to the sky.

This presentation provides suggestions on how to connect to plant spirit, receive guidance and teachings from the magical world of Mother Earth.

LEARNING OBJECTIVES

- Awakening our innate ability to connect to plant spirit
- Deepening our connection to the healing potential of Mother Earth
- Bringing awareness to a simple, yet powerful way of using plants for healing

Medicinal Mushrooms: The Human Clinical Trials

20 minutes

ROBERT ROGERS

A look at the double-blind, placebo-controlled clinical trials on several species and many studies, demonstrating safety and efficacy. Oncologists discourage supplementation during chemotherapy or radiation. This information will dispel this myth surrounding medicinal mushrooms that not only help improve QOL but extend survival.

Regenerative Agriculture and Herbalism for your Gardens

20 minutes

JOSH SARVIS AND KELLY DUNN

Join Kelly and Josh from Dragonfly Earth Medicine on the path of Regenerative Garden Cultivation.

This intuitive Regenerative Agriculture exploration will hopefully enhance your perspective on how we can cultivate higher, healthier yields through using Mother Nature's basic teachings.

They will be talking about easy soil building techniques and using Herbology for Plants to bring an ultimate immune response to your gardens.

Enhance your own health and the health of your gardens by cultivating your own closed-loop, biologically intelligent, herbal biomass gardens.



- What perennials and annuals you can plant in your own gardens along with some easy regenerative practices to grow higher nutrient-dense foods and medicines.
- Plan out your biomass and herbal plant guild in your garden.
- Get some great ideas on herbal recipes for pest and pathogen issues.

The Prickly Medicine of Prickly Ash

20 minutes

TAMARA SEGAL

A look at the botanical features, ecology and edible & medicinal properties of this powerful tree. Join me for a tour of a prickly ash grove, and see how it protects the land where it lives, helping the life there to thrive and the land to restore itself, shielded from disturbance. Learn how prickly ash supports and protects the body, encouraging warmth and healthy circulation, clearing out wastes and bringing renewed energy. See how it supports the health of the whole body, yet it can also focus its medicine in particular areas of need. Let's focus in for a while on this northern member of the Citrus family who has a lot to offer us.

LEARNING OBJECTIVES

- Prickly Ash ID
- Prickly Ash ecology
- Prickly Ash medicinal and edible properties



Women, Québec, and Herbalism

20 minutes

MARIE WHITE

The little-known history & heritage of women québécois herbalists, from then to now.

Did you know Québec was home to the first hospital in North America north of Mexico and was founded by three women herbalists?

As early as the 1630s, pioneer women herbalists paved the way for a thriving herbal culture in Québec that continues today with a strong herb culture led by women.

Join herbalist Marie White on a quick tour of Québec history as it relates to herbal medicine, and be introduced to contemporary medicine women and elders that helped shape herbalism in Québec and Canada.

- The Québec history you haven't learned about in school
- Québec and herbalism: Centuries of tradition
- Meet the women herbalists in Québec today

Closing the Veils - Giving Thanks to the Natural World

20 minutes

YARROW WILLARD

Join Herbalist Yarrow Willard as he explores a few ways in which we can deepen our Kin-ection and offer our thanks for all the abundance we have received in the year. At winters door we have an opportunity to honour the death/hibernation process within ourselves and the world around us. In doing so, we create space for new life to flow through us once more. In this video Yarrow shares a variety of ways to offer our thanks to the natural world, and why it is important. Plus you may learn a few herbal gems and bits of knowledge along the way.



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