



CANADIAN HERB CONFERENCE

Conference Program

Trends and Traditions

ONLINE CONFERENCE • NOVEMBER 3-6, 2022

30+
Presenters



40+
Original
Workshops



4
Panel
Discussions



+
Teachers'
Notes (E-Book)

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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 CHC2022 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

SCHEDULE

THURSDAY All times are Pacific standard time

| | |
|-------------------|---|
| 3:00 pm - 3:15 pm | Welcome & Opening Ceremony |
| 3:15 pm - 6:00 pm | Presenter Introductions |
| 6:00 pm - 7:30 pm | Keynote Presentation: Lessons The Plants Have Taught Me with David Winston & Chanchal Cabrera |

FRIDAY All times are Pacific standard time

| | | |
|---------------------|-------------|--|
| 8:10 am - 8:30 am | Channel 1 | Root Into Your Plant Path - Morning Meditation with Holly LaRochelle |
| 8:30 am - 9:00 am | Channel 1 | Morning Welcome |
| 9:15 am - 10:30 am | Channel 1 | An Introduction to Dravyguna, Pharmacology in Ayurveda with Todd Caldecott |
| 9:15 am - 10:30 am | Channel 2 | Fortify with Herbal Soups and Broths with Oren Hercz |
| 9:30 am - 10:00 am | Channel 3 | Abundant Herb Profile: Goldenrod with Ember Peters |
| 10:00 am - 10:30 am | Channel 3 | Chronic Lyme Disease with Anne Vastel |
| 10:30 am - 11:00 am | Channel 3 | How to Use a ID Plant Key with Lindsay Hounslow |
| 10:45 am - 12:00 pm | Channel 1 | Are Autoimmune Diseases a Coup Attempt Reflecting Cultural Traditions? with Terry Willard |
| 10:45 am - 12:00 pm | Channel 2 | Herbal Analogs: Hypothesis & Empirical Application with Colleen Emery |
| 11:00 am - 11:30 am | Channel 3 | Fermentation as Delivery System for Herbal Medicine with Malcolm Saunders |
| 11:30 am - 12:00 pm | Channel 3 | Nature Pop and Candied Rowan Berries with Evelyn Mueller |
| 12:00 pm - 12:45 pm | Lunch Break | |
| 12:45 pm - 2:00 pm | Channel 1 | Panel - Bringing the Medicine Home – Sustainability and the Supply Chain with Erin Smith, Doug Moore, Nikola Barsoum, Thomas Avery Garran, Colleen Emery |
| 2:15 pm - 3:30 pm | Channel 1 | The Fire Cider Story - Tradition not Trademark with Penelope Beaudrow |
| 2:15 pm - 3:30 pm | Channel 2 | The Secret Medicine: Herbs for Contraception with Abrah Arneson |

FRIDAY All times are Pacific standard time

| | | |
|-------------------|--------------|---|
| 2:30 pm - 3:00 pm | Channel 3 | Tradition and Change in Historical Research with Kerry Hackett |
| 3:00 pm - 3:30 pm | Channel 3 | Wildcrafting: Ways we can honour reconciliation by how we practice harvesting & cultivation with Tiffany Freeman |
| 3:30 pm - 4:00 pm | Channel 3 | Tasty Tisanes: Blending infusions for pleasure and delight with Susan Horning |
| 3:45 pm - 5:00 pm | Channel 1 | Food Forests with Sarah Orlowski |
| 3:45 pm - 5:00 pm | Channel 2 | Transcendomeestication with Yarrow Willard |
| 4:00 pm - 4:30 pm | Channel 3 | Who was Hildegard Von Bingen? with Katolen Yardley |
| 4:30 pm - 5:00 pm | Channel 3 | Devil's Club: Approaching with Respect with Patrick Kooyman |
| 5:00 pm - 5:15 pm | Channel 1 | Pre-Dinner Remarks with Colleen Emery, Yarrow Willard, Chanchal Cabrera |
| 5:15 pm - 6:00 pm | Dinner Break | |
| 6:00 pm - 7:30 pm | Channel 1 | Panel - Psychedelic Trends & Traditions with Victor Cirone, Dr. Rae St. Arnault, Yarrow Willard, Tony Oakworth, Patrick Kooyman |

SATURDAY All times are Pacific standard time

| | | |
|---------------------|-----------|--|
| 8:30 am - 9:00 am | Channel 1 | The River of Abundance for Your Herbal Business - Morning Meditation with Holly LaRochelle |
| 9:00 am - 9:10 am | Channel 1 | Welcome & Morning Announcements |
| 9:15 am - 10:30 am | Channel 1 | La menopause, la médecine traditionnelle chinoise et les plantes médicinales occidentales with Anne Vastel |
| 9:15 am - 10:30 am | Channel 2 | Blood Sugar Dysregulation: Interconnections and Herbal Approaches with Ember Peters |
| 9:30 am - 10:00 am | Channel 3 | Introduction to Cryptolepis, Nature's Antibiotic Root with Conrad Richter |
| 10:00 am - 10:30 am | Channel 3 | Treating Brain fog with herbal medicine, a new formula with David Knox |
| 10:30 am - 11:00 pm | Channel 3 | The Magic of Lemon Balm with Oren Hercz |

SATURDAY All times are Pacific standard time

| | | |
|---------------------|-----------------------|---|
| 10:45 am - 12:00 pm | Channel 1 | Herbs meet Water: Enhancing Your Practice by Including Hydrotherapy with Sussanna Czeranko |
| 10:45 am - 12:00 pm | Channel 2 | Taste, Phytochemistry and Pharmacology with Patrick Kooyman |
| 11:00 am - 11:30 am | Channel 3 | Importance of Native Pollinators with Terrell Roulston |
| 11:30 am - 12:00 pm | Channel 3 | Blending Ancient Indigenous Knowledge with Western Herbalism in business with June Anthony-Reeves |
| 12:00 pm - 12:45 pm | Lunch Break | |
| 12:45 pm - 2:00 pm | Channel 1 | Panel - Herb Conference as a Trend and Tradition with Colleen Emery, Yarrow Willard, Chanchal Cabrera |
| 2:15 pm - 3:30 pm | Channel 1 | Deep Earth Relationships: Soil and Plant Health with Lindsay Hounslow |
| 2:15 pm - 3:30 pm | Channel 2 | What's Wrong With My Gut? The Hidden Truth Behind GI Upset and How to Feel Better with Ramona Remesat |
| 2:30 pm - 3:00 pm | Channel 3 | Interview with a Couple o' Herb Farmers with Dane Wild Störri, Wild |
| 3:00 pm - 3:30 pm | Channel 3 | Meet the Parsley Family: A Visual Overview of Characteristics with Robyn Klein |
| 3:30 pm - 4:00 pm | Channel 3 | Interview with a Herbal Elder with Yarrow Willard |
| 3:45 pm - 5:00 pm | Channel 1 | Building a Client-Centred Practice with Maryann Abbs |
| 3:45 pm - 5:00 pm | Channel 2 | Committing to place to connect with the future. Blackfoot land-based herbal education and revitalisation with Jödis Weilandt, Api'soomahka |
| 4:00 pm - 4:30 pm | Channel 3 | Lobelia - Friend or Foe? with Chanchal Cabrera |
| 4:30 pm - 5:00 pm | Channel 3 | Wild Canadian Medicinal Mushrooms To Know: A Photographic Journey with Denis Manzer |
| 5:00 pm - 5:15 pm | Channel 1 | Pre-Dinner Remarks with Colleen Emery, Yarrow Willard, Chanchal Cabrera |
| 5:15 pm - 6:00 pm | Dinner Break | |
| 6:00 pm - 7:30 pm | Channel 1 | Panel - Trends and Traditions - Forgotten Favourites with Katolen Yardley, Todd Caldecott, Sussanna Czeranko, Terry Willard, Chanchal Cabrera |
| 7:30 pm - 8:30 pm | Evening Entertainment | |

SUNDAY All times are Pacific standard time

| | | |
|---------------------|-------------|--|
| 7:30 am - 7:50 am | Channel 1 | Walking Meditation with Angela Bewick |
| 8:00 am - 8:10 am | Channel 1 | Welcome & Morning Announcements |
| 8:10 am - 9:15 am | Channel 1 | Panel: Provincial Updates |
| 9:30 am - 11:00 am | Channel 1 | Panel - World of Herbs with David Casteleijn, Phil Rasmussen, Dr. Rosarie Kingston, Dr Craig Wright, Mimi Prunella Hernandez, Chanchal Cabrera |
| 11:15 am - 12:30 pm | Channel 1 | Practicing as a Clinical Herbalist in a Free Clinic with 7Song |
| 11:15 am - 12:30 pm | Channel 2 | Who are we treating anyway? Uncovering our patients constitution with Stephen Taylor |
| 11:15 am - 11:45 am | Channel 3 | Threatened and Near Threatened Medicinal and Aromatic Plants used in Aromatic Herbalism, Aromatherapy and Perfumery with Kelly Ablard |
| 11:45 am - 12:15 pm | Channel 3 | The Art of the Botanical Dispensary: Maintaining Autonomy with the Compounding Policy with Colleen Emery |
| 12:30 pm - 1:30 pm | Lunch Break | |
| 1:30 pm - 2:45 pm | Channel 1 | Basic Botanical Industry Concepts with Steven Dentali |
| 1:30 pm - 2:45 pm | Channel 2 | Herbal Synergy with David Winston |
| 1:30 pm - 2:00 pm | Channel 3 | Llyn y fan fach; the lady of the lake with Stephen Taylor |
| 2:00 pm - 2:30 pm | Channel 3 | Rooted in Community Project: Reintroducing people to the community of plants that share their neighbourhoods with Tiffany Freeman |
| 2:30 pm - 3:00 pm | Channel 3 | Supportive Herbs for Microdosing with Tony Oakworth |
| 3:00 pm - 3:30 pm | Channel 3 | Elecampagne, from harvest to remedy with Sarah Orlowski |
| 3:00 pm - 4:15 pm | Channel 2 | Growing Chinese Herbs: Daodi Practices with Thomas Avery Garran |
| 3:00 pm - 4:15 pm | Channel 1 | Medicinal and Aromatic Plants used in Peruvian Indigenous Communities with Kelly Ablard |
| 3:30 pm - 4:00 pm | Channel 3 | Interview with a Herbal Elder: Rick DeSylva talks with Zhyfhs Millicent |
| 4:00 pm - 4:30 pm | Channel 3 | Cannabis: Contraindications, Adverse Effects and Medication Interactions with Maryann Abbs |
| 4:30 pm - 4:45 pm | Channel 1 | Closing Remarks |



KEYNOTE SPEAKER

David Winston

RH(AHG), Clinical Herbalist

David Winston is an Herbalist and Ethnobotanist with 53 years of training in Chinese, Western/ Eclectic and Southeastern herbal traditions. He has been in clinical practice for 46 years and is an herbal consultant to physicians, herbalists and researchers throughout the USA, Europe and Canada. David is the founder/director of the Herbal Therapeutics Research Library and the dean of David Winston's Center for Herbal Studies, a two-year training program in clinical herbal medicine. He is an internationally known lecturer and frequently teaches at medical schools, professional symposia and herb conferences. He is the president of Herbalist & Alchemist, Inc. a manufacturer that produces herbal products that blend the art and science of the world's great herbal traditions. In addition, David is a founding/professional member of the American Herbalist Guild, and he is on the American Botanical Council and the American Herbal Pharmacopoeia Advisory Boards. He was a contributing author to *American Herbalism*, published in 1992 by Crossings Press, and the *American Herbal Pharmacopoeia (AHP)*, 2000-2018, the author of *Saw Palmetto for Men & Women*, Storey, 1999 and *Herbal Therapeutics, Specific Indications For Herbs & Herbal Formulas*, HTRL, 2014 (10th edition) and the co-author of *Adaptogens: Herbs for Strength, Stamina and Stress Relief*, Healing Arts Press, 2007 & 2019 2nd Ed, and *Winston and Kuhn's Herbal Therapy and Supplements; A Scientific and Traditional Approach*, Wolters Kluwer/Lippincott, 2008. David has also published hundreds of articles in medical and botanical medicine journals and conference proceedings. He is also a member of the AHPA Expert Advisory Council that created the second edition of the *Botanical Safety Handbook*, CRC Press, published in 2013 (3rd edition in press). In 2011 David was a recipient of the AHPA Herbal Insights award. In 2013 he received the Natural Products Association Clinicians award and was awarded a fellowship by the Irish Register of Herbalists. In 2018 he was the Mitchell visiting scholar at Bastyr University and in 2019 he was awarded an honorary DSc degree from the National University of Natural Medicine (NUNM) in Portland, OR.



PRESENTERS

7Song

Clinical Herbalist

7Song is an herbalist, teacher, and naturalist who lives in Ithaca, NY. He is the director and main instructor at the Northeast School of Botanical Medicine. He is a founding member and an herbal practitioner at the Ithaca Free Clinic. This is an integrative clinic with herbalists, doctors, nurses, acupuncturists, and other health care workers, all offering their services for free. The clinic opened its doors in 2006. Some of his foci in herbal medicine include clinical work, first aid, wildcrafting, and botany. He also spends a lot of taking photographs of things that run, crawl, fly or photosynthesize.



WORKSHOPS

- Practicing as a Clinical Herbalist in a Free Clinic

Abrah Arneson

Clinic Herbalist

Abrah Arneson has been practicing herbal medicine for 18 years. Abrah believes most people have an essential question in their life. This question is their beacon. Some would even say this question is their karma. Abrah's question is: how can life's intoxicating beauty co-exist with chaotic mess life sometimes is? This question has led Abrah to work in hospice supporting the dying, train as doula to hold women while they labour, travel to all continents on this planet and spend a year in retreat in the Yukon wilderness. Abrah's practice of herbal medicine has nourished this



question and deepened her understanding of transformation from illness to health, from despair to hope and from disconnection to connection. Abrah is the author of *The Weaving: Plants, Planets and People*, *The Herbal Apprentice: Plant Medicine and The Human Being* and the *Herbal Apprentice Workbook*. She just recently released *The Vessel: Women, Plants and Contraception*.

WORKSHOPS

- The Secret Medicine: Herbs for Contraception

Angela Bewick

*Certified Holistic
Nutritional
Consultant*

Angela is a Calgary-based Certified Holistic Nutritional Consultant, Mindfulness Practitioner and writer. She's been coaching people in the field of personal health since 2009. She is a graduate of the University of Calgary (BFA,) The Canadian School of Natural Nutrition (CHNC,) and a member of the Center for Mindful Eating since 2012. In 2005, she began a formal meditation practice in the Tibetan Buddhist tradition and in 2019 completed the Mindfulness-Based Stress Reduction (MBSR) course. In 2021 she published her children's book, *Bob, The Apple*. She offers one-on-one consultations, teaches cooking classes and speaks publicly promoting optimal health strategies. She experiences nature, yoga, dance, meditation, music, food, community and humour as pathways to bliss. She aims to teach others how to align ourselves with our own inner nature so that we can learn to connect more deeply with others and create a world rooted in loving kindness.



WORKSHOPS

- Walking Meditation

Anne Vastel

Clinical Herbalist

Anne has been teaching and practicing as a clinical herbalist for the last 19 years after graduating from Flora Medicina – school of herbalism in 2003. She specialised in oncology with Donald Yance and Chanchal Cabrera; and in TCM with Sylvie Chagnon. She is the co author of a book in French on TCM and Occidental Medicinal Plants: *Médecine Traditionnelle Chinoise et plantes médicinales occidentales* published in 2020, editions Guy Tredaniel. Her domains of expertise in her practice and teaching are around oncology – especially breast cancer; Lyme disease and understanding occidental medicinal plants with the TCM – 5 elements model.



WORKSHOPS

- Chronic Lyme Disease
- La ménopause, la médecine traditionnelle chinoise et les plantes médicinales occidentales

Api'soomahka

Activist, Artist, Educator Herbalist

Api'soomahka is a member of the Kainai Nation of the Blackfoot Confederacy. Named after his great, great, great uncle who was a Blackfoot warrior, Api'soomahka carries on his legacy through stewardship and maintaining the Blackfoot worldview. His main profession is as an artist/illustrator with over 40 years of experience. His work is deeply rooted in the Blackfoot worldview and uses painting and Blackfoot language to teach. He devotes a



lot of time as an entrepreneur, an educator and an environmental and political activist, utilizing Blackfoot Ecological Knowledge and protocol. He currently operates Naapi's Garden and Katoyiss Seed Bank and is a member Kainai Ecosystem Protection Association (KEPA) and the Oldman Watershed Council (OWC). Photo Credit to Amber Bracken - <http://www.amberbracken.com>

WORKSHOPS

- Committing to place to connect with the future. Blackfoot land-based herbal education and revitalisation

Chanchal Cabrera

MSc., FNIMH, RH, RHT

Chanchal is a medical herbalist with 35 years of clinical practice. She runs a private herbal medicine clinic with a specialty in holistic oncology, and teaches classes in clinical herbal medicine through various schools in North America and the U.K. Chanchal is also a certified Shinrin Yoku (forest bathing) practitioner, a certified Master Gardener and a 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 where they host apprenticeships in sustainable food production and herbal medicine. The farm also hosts Gardens without Borders, a federally registered not-for-profit society established to run the botanic garden and provide horticulture therapy. Most recently, Chanchal has finished writing her second book, *Holistic Cancer Care: An Herbal Approach to Preventing Cancer, Helping Patients Thrive during Treatment, and Minimizing the Risk of Recurrence*, published by Storey Publishing, which will



be released in April of 2023.

WORKSHOPS

- Lobelia - Friend or Foe?

PANELS

- Panel - Herb Conference as a Trend and Tradition
- Panel - Trends and Traditions - Forgotten Favourites
- Panel - World of Herbs

Colleen Emery

CLH, RHT (BCHA)

Founded in 2003, Colleen Emery owns and operates Emery Herbals, A Compounding Herbal Dispensary, Healing Suites and Teaching Centre. Colleen Emery & Emery Herbals acknowledge that we operate on the traditional, ancestral and unceded t̓əmxulax (homeland) of the Sinixt Peoples. We show our respect for this land and its people by committing to giving back in ways that honour and support the Sinixt. Colleen's clinical practice mandates affordable and accessible care for all ages with a focus on family health and eldercare along with complex health conditions. Colleen balances her approach by bridging traditional knowledge of plant medicines with up to date clinical research and hands on experience cultivated through two decades of client focused clinical work. 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 access to both onsite and live, online workshops and programs, Emery Herbals provides education opportunities on numerous topics including single day skill building workshops and longer more involved professional herbal and aromatic



medicine training programs.

WORKSHOPS

- Herbal Analogs: Hypothesis & Empirical Application
- The Art of the Botanical Dispensary: Maintaining Autonomy with the Compounding Policy

PANELS

- Panel - Bringing the Medicine Home – Sustainability and the Supply Chain
- Panel - Herb Conference as a Trend and Tradition

Conrad Richter

Herb Grower

Conrad has been involved with Richters since its inception in 1967 when he was still a child, helping in the greenhouses and in the fields after school and on weekends. His interest in herbs took flight when he helped his father prepare the first Richters herb catalogue in 1970. He has worked on every Richters catalogue since. He has a primary responsibility for research and development and through his efforts many herbs new to gardeners in North America have been introduced over the years. More recently, he and his wife have been studying and growing notable African herbs in Ghana, West Africa, for export.



WORKSHOPS

- Introduction to Cryptolepis, Nature's Antibiotic Root

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Dane Wild

B.Sc

Dane is a biochemist, plant biologist & medicinal herb farmer (Wild Folk Herbs & Farm). Above all and most importantly, Dane is a husband & father. Though he wears many hats, Dane believes that if you do what you love, you can accomplish absolutely anything. This philosophy has enabled him to follow his dreams through biology & sustainable design and onto the farm. Dane loves to create spaces that are beautiful, ecologically diverse, produce food, medicine & joy.



WORKSHOPS

- Interview with a Couple o' Herb Farmers

David Casteleijn

MHSc RN, M.NHAA

I have been in private practice as a Naturopath and Herbalist for around 30 years, sharing my working week as a Registered Nurse for around 20 of those years and teaching Naturopathy and Herbal Medicine at undergraduate level for about 15 years. I completed a Masters Health Science (Herbal Medicine) and in 2017 commenced a PhD research project investigating the whole of practice outcomes for the treatment of Anxiety and Depression by herbal Medicine Practitioners. Elected to the Board of the Naturopaths and Herbalists Association of Australia (NHAA) in 2017 and President in 2019 a key focus of my work on the board has been working towards regulation/registration of the profession in Australia. I joined the officers of the World



Naturopathic Federation (WNF) in 2018 and have been involved in the Education committee and the Rapid Review task force.

PANELS

- Panel - World of Herbs

David Knox

BSc., MSc., Doctor of TCM

Bachelors of Science UC Davis Renewable Natural Resources 1983; Master of Science Montana State U. Soil Science 1997; Doctor of Traditional Chinese Medicine British Columbia Ca. studied at Academy of Classical Oriental Sciences 2003; in Clinical practice in Nelson BC since 2003. I combine Chinese herbs Local herbs Acupuncture Moxibustion and body work in my family practice I share with my wife Laurie. I presented at the British Columbia Herb Gathering in Courtney in 2022.



WORKSHOPS

- Treating Brain fog with herbal medicine, a new formula

Denis Manzer

Wild Forager,

Fermentationist

Denis has been a Wild Forager for well over a decade! His main objective? Foraging for flavours for fermentation projects (especially Mead)! He is the co-founder of the Calgary Fermentation Festival (entering it's 5th year!) as well as the Medicinal Mushroom Symposium (a conference devoted to the healing properties of Fungi!) You can find Denis leading Edible & Medicinal Plant Walks (and numerous other classes) through the



Light Cellar Superfoods Shop in Bowness as well as in collaboration with many local farms and properties!

WORKSHOPS

- Wild Canadian Medicinal Mushrooms To Know: A Photographic Journey

Doug Moore

Registered Chinese Medicine Practitioner

After training at the Nanjing University of Chinese Medicine, and China Medical University in Taiwan, Douglas completed his studies in Vancouver. With fluency in Mandarin, he worked for nearly eight years as an in-house doctor for Beijing Trading Company in Vancouver's Chinatown (2012-2020), the second largest Chinese herbal pharmacy in Canada at the time, outside Toronto. He contacted Peg Schafer, one of the leading growers of Chinese medicinal herbs in the US, to offer a three-day workshop at Pacific Rim College in Victoria (2015), and Kwantlen University in Richmond (2016). Now relocated with a new clinic at the Chinese Cultural Centre in Vancouver, he is working to develop programmes on conservation and cultivation of Chinese medicinal herbs in partnership with the Sun Yat-Sen Classical Chinese Garden, and with small-scale organic farmers in the region, and an apprenticeship for students, practitioners, and volunteers, in the operation of a Chinese herbal dispensary and clinic.



PANELS

- Panel - Bringing the Medicine Home – Sustainability and the Supply Chain

Dr Craig Wright

M.Tech.Hom(TN), MSc (Herb.Med)

Craig Wright is particularly interested in integrating different medicine systems to find a unique solution to a patient's problems and in researching the medicinal properties of South African plants. He holds a Master's Degree in Homeopathy from Technikon Natal (now Durban University of Technology), a postgraduate diploma from the Dynamis School for Advanced Homeopathic Studies and a PG Dip and MSc in Herbal Medicine from the Scottish School of Herbal Medicine and University of Wales. Craig is a member of two professional associations - the Homeopathic Association of South Africa and the South African Association of Registered Phytotherapists, has served as Chairperson of the Allied Health Professions Council, and is a member of the Complementary Medicines Expert Committee of the South African Health Products Regulatory Authority.



PANELS

- Panel - World of Herbs

Dr. Rae St. Arnault

Naturopathic Physician

Dr. Rae St. Arnault is an East Vancouver Naturopath (Naturopathic Physician) based on Commercial Drive.



PANELS

- Panel - Psychedelic Trends & Traditions



Dr. Rosarie Kingston

M.IIMH, PhD, MSc.

Like other health care professionals my training involved the study of the biological sciences, clinical diagnostic techniques, and the tradition and science of plants that can be used therapeutically. I obtained an M.Sc in herbal medicine from the University of Wales, and a PhD from University College Cork. My peer reviewed publications include the following articles: Folk Medicine and Its Second Life. Estudios Irlandeses, 2017. 12(2): p. 91-106. The Evil Eye and Biomedicine. Béascna, 2017. 10: p. 65-83. A Tale of Two Bonesetters. Béascna, 2013. 8: p. 89-102 A brief examination of the therapeutic properties of some of the herbs mentioned in the National Folklore Schools Collection (NFCS), Co. Clare. Béascna, 2011. Book (Sept 2021) "Ireland's Hidden Medicine"



PANELS

- Panel - World of Herbs

Ember Peters

Clinical Herbalist

Ember Peters (they/them or she/her) is a clinical herbalist and educator based in Port Lorne, Nova Scotia, Unceded Mi'kmaq Territory. Ember has been in clinical practice since 2014, focusing on providing accessible sliding-scale herbal care to all people with complex chronic illness focusing on full spectrum transgender herbal care. They teach beginner through advanced programs, and are launching the Maritime School of Holistic Herbalism intermediate program in Nova Scotia/Mi'kma'ki



starting in spring 2023 with fellow clinical herbalist Oren Hercz. Ember recognizes community based holistic health and anti-colonial land stewardship as a tangible step towards collective liberation and resilience. Ember is a Registered Herbal Practitioner with the Herbalist Association of Nova Scotia (HANS)

PANELS

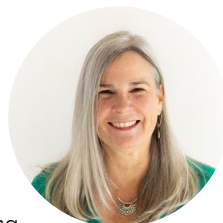
- Abundant Herb Profile: Goldenrod
- Blood Sugar Dysregulation: Interconnections and Herbal Approaches

Erin Smith

Clinical Herbalist,

Ethnobotanist

Erin Smith is a clinical herbalist and ethnobotanist and has been studying medicinal plants for over 30 years. Bringing together her passion for plants and cultures, she received her MSc in Ethnobotany from the University of Kent, UK. For ten years she worked internationally with indigenous communities on various issues surrounding traditional medicine, natural resource management, community-based conservation, and traditional knowledge and is the former Managing Director of Global Diversity Foundation – North America. She has been involved with the herbal and natural product industry since 2010 and is currently VP of Herbal Science and Research with Banyan Botanicals. She is a Board member of the American Herbal Products Association and Advisory Board member of the American Herbal Pharmacopoeia. She is passionate about botanical sourcing, social impact, and sustainability issues within the industry and herbalism as a whole and is Chair of Sustainability Committee at the American Herbal Products Association and an Advisory Board member for American Botanical Council's Sustainable Herbs Program.



PANELS

- Panel - Bringing the Medicine Home – Sustainability and the Supply Chain

Evelyn Mueller

Educator, Clinical Apprentice

Evelyn is a community Herbalist mentored by and collaborating with Herbalist Penelope Beaudrow, providing herbal education through courses, workshops and herb walks and supports Herbalist Rosemary Gladstar as a teaching assistant. In combination with her studies for clinical herbalism with Herbalist Abrah Arneson and her degree in childhood and youth education, she soon learned that her biggest desire is to share and teach young and old about nature's fabulous and abundant offerings- season after season. To make Herbalism and seasonal living accessible to any family, no matter their location, and to help busy families who feel disconnected from nature and their ancestry, Evelyn has created a Herbal Family course, called 'The Lion's Tooth'. Through 12 lesson booklets sent monthly for one year to participating families homes, with easy and accessible lessons, activities and lots of recipes, families are invited to re-connect with nature and learn to use plants like their ancestors did.



WORKSHOPS

- Nature Pop and Candied Rowan Berries

Holly LaRochelle

Flower Essence Creator

Holly is an explorer and curiosity seeker, a natural born researcher & a life-long learner. She's a relentless rebel who studies plant spirit medicine and communes deeply with nature devas in the mountains of Alberta, Canada.



She is the founder of the Trail of Adventure, where she teaches how to create business & lives with rhythm, purpose and alignment with nature.

WORKSHOPS

- Root Into Your Plant Path - Morning Meditation
- The River of Abundance for Your Herbal Business - Morning Meditation

Jördis Weilandt

Herbalism Apprentice and Educator

Jördis Weilandt is an East German visitor to the traditional homelands of the Niitsitapi (Blackfoot people), where she builds nourishing relationships, apprentices to local plants and works to foster positive change in herbalism and higher education.



WORKSHOPS

- Committing to place to connect with the future. Blackfoot land-based herbal education and revitalisation



June Anthony-Reeves

Secwepemc Woman

Weytk, June Anthony-Reeves, Secwepemc woman. Founder, CEO, Chief Herbalist of Up the Hill at Loakin Botanical Total Care Body Products business located in BC, Canada. We've mastered the Art of blending ancient Indigenous Herbalism and Modern Herbalism to create high-quality Total Body Care products just for you!



WORKSHOPS

- Blending Ancient Indigenous Knowledge with Western Herbalism in business

Katolen Yardley

Doctor of Osteopathy (EU), Medical Herbalist

Current president of the Canadian Council of Herbalists Associations and past president of the BC Herbalists Association, Katolen

Yardley is a Medical Herbalist with a degree as Doctor of Osteopathy. Katolen has been in private practice in Vancouver and Port Moody since 2000 and offers student apprenticeship programs both online and in person. Her private practice focuses on women's health, digestive and skin issues - she is fascinated with the nervous system connection to health and wellbeing. In her recreational time she values photography and travelling to explore native plants and cultures of other countries and appreciates the deep stretches found from yoga.



WORKSHOPS

- Who was Hildegard Von Bingen?

PANELS

- Panel - Trends and Traditions - Forgotten Favourites

Kelly Ablard

PhD, RA, EOT, MIFPA, Conservationist

Kelly Ablard, PhD holds a Doctorate in Biology, an MSc in Conservation, and is a certified aromatherapist. As founder and CEO of the non-profit Airmid Institute, she is dedicated to the global education, research, and sustainability of medicinal and aromatic plants (MAPs), and to promoting and protecting the use of traditional medicine in Indigenous communities. Kelly has published in peer-reviewed journals and presented for professional associations including UpS, NAHA, IFPA, AIA, CAO, ICAA, and ICAN. Kelly received the BCAOA Achievement of Excellence Award and has been awarded multiple grants for her global research. She served a decade on the CAO Board, a term with the UpS, was Co-founder of the International Committee on Sustainability of Aromatic Plants used in Aromatherapy and Natural Perfumery, and was founder of the Vancouver Community College Urban Apothecary Learning Garden. Kelly currently works to protect threatened MAPs in Peru with the Shipibo people.



WORKSHOPS

- Threatened and Near Threatened Medicinal and Aromatic Plants used in Aromatic Herbalism, Aromatherapy and Perfumery
- Medicinal and Aromatic Plants used in Peruvian Indigenous Communities

Kerry Hackett

Medical Herbalist

Kerry Hackett, MSc, MNIMH, AHG (doctoral candidate) Kerry has been a Medical Herbalist for more than two decades and holds a Master of Science degree from the University of Central Lancashire (UK). Her current doctoral dissertation is due for completion this year. Kerry has published widely on herbal medicine and Shaker medical practice and frequently lectures on these topics in both Canada and the US. In addition, she was the recipient of the Faith Andrews Fellowship for the Study of Shaker Life and Culture from the Winterthur Museum and Library in Delaware, USA in 2015



WORKSHOPS

- Tradition and Change in Historical Research

Lindsay Hounslow

Herbalist, Organic Master Gardener

Lindsay's interest in plants was cultivated in the forests of the Pacific Northwest. During 10 years of work as a naturalist guide, Lindsay gained a deep appreciation for ecology and her clinical practice integrates her respect for the profound nature of connection within our web of life. She has a deep love for plants and a passion to increase the availability of safe, effective medicines in a form that nurtures our shared spiritual and ecological health. After studies in geography, nutrition, and yoga, and mentorship in energy work, shamanism, organic gardening, and herbal wildcrafting, she dedicated herself to herbal



studies and was one of Pacific Rim College's first Diploma of Phytotherapy graduates. She is a professional member of the British Columbia Herbalists Association and is the past Vice President of the Canadian Council of Herbalist Associations. She is also the Dean of the School of Western Medicine at Pacific Rim College, and is a happy gardener, yogi, and mother.

WORKSHOPS

- How to Use a ID Plant Key
- Deep Earth Relationships: Soil and Plant Health

Malcolm Saunders

Chocolate Maker & Superfood Alchemist

Helping you to find, and learn how to craft, your own food and medicine. Malcolm Saunders is an intuitive chef who specializes in sharing the alchemy of superfoods and herbs. He has worked in the field of food and nutrition for more than 20 years and is the Owner & Creative Visionary of the Light Cellar in Calgary, AB. Malcolm will show you how to make energizing and healing foods, including herbal chocolates, elixirs, and ferments. He is the author of 2 books: Elixir Life: Where Modern Nutrition Meets Ancient Herbal Wisdom as well as Chocolate Life: the Alchemy of Cacao for Flavour, Function, and Feeling.



WORKSHOPS

- Fermentation as Delivery System for Herbal Medicine



Maryann Abbs

BSc, Clinical Herbalist

Maryann is a settler of Ukrainian and English descent living on the territories of the Lekwungen speaking people (aka Victoria, B.C.). Her education includes BSc. (Biology/UBC), Cytogenetics Technologist (BCIT), Clinical Herbal Therapy Diploma (Dominion Herbal College), and Advanced Wilderness First Aid Training. She is grateful to her teachers Rob MacDonald, Netta Zebroff, Michael Moore, Jasmyrn Clift, her grandma, herbal clients and students. She teaches and supervises clinic at Dominion Herbal College and at the Wild Seed School of Herbal Studies. She spends her time in the clinic, teaching, and as a climate justice activist. She also harvests and makes medicine on her parents certified organic farm, on unceded Secwepemc territory (aka Lone Butte, B.C.). Maryann is grateful to have spent 14 years working at the best herbal job ever – the BC Compassion Club Wellness Centre. A not-for-profit clinic that provides financially accessible herbal medicine. Each year, the Wellness Centre provides hundreds of low-cost herbal appointments and donates over \$30, 000 in herbs and supplements.



WORKSHOPS

- Building a Client-Centred Practice
- Contraindications, Adverse Effects and Medication Interactions



Mimi Prunella Hernandez

MS, RH(AHG)

Mimi has served as the Executive Director of the American Herbalists Guild for ten years. A Registered Herbalist, she has mentored hundreds of clinical and community herbalism students. Mimi holds a Master of Science in Herbal Medicine from Maryland University of Integrative Health. As an herbalist, Mimi believes strongly that keeping plant wisdom alive is essential and has dedicated her life's work to serving as an advocate for both traditional and professional herbal pathways while building cultural bridges of understanding. She lives in the mountains of North Carolina where she stewards the PonderLand Native Plant Sanctuary.



PANELS

- Panel - World of Herbs

Nikola Barsoum

Ecological Medicinal Herb Grower & Community Herbalist

Nikola Barsoum is an ecological farmer with over 10 years experience working in small-scale organic, regenerative and permaculture systems. With an undergraduate degree in political science, Nikola has long been drawn to the questions around establishing local and resilient food/ medicine systems. Tending to the land in a way that is live-affirming is a central focus of her work, and Nikola continues to explore the ways in which 'whole-systems healing' can be activated at a community level. Nikola began mentoring under folk



herbalists about 8 years ago, while living in a rural area of interior BC, and in 2016 she became certified as a Community Herbalist through Pacific Rim College. Soon after she started her own small medicinal herb farm, Half Moon Herbals, and has been growing for her local community since. Last year Nikola moved Half Moon Herbals to the traditional territory of the Neutral, Anishnaabeg, Haudenosaunee, and Mississauga peoples in southern Ontario where she continues to farm in collaboration and cooperation with other ecological farmers. Nikola provides fresh bulk herbs to medicine makers and runs an annual Herb CSA program (Community Supported Agriculture) where she grows and prepares herbs for her farm members while supporting their learning process with DIY projects, hands-on experiences and farm tours. In the fall and winters Nikola offers mentorship programs to interested gardeners and herbalists who are seeking support to start or expand their own medicine garden. Nikola is currently studying as a Clinical Herbalist, while remaining receptive to the continual learning that comes from a connection to the land and plants themselves.

PANELS

- Panel - Bringing the Medicine Home – Sustainability and the Supply Chain

Oren Hercz

RHP (HANS), Clinical Herbalist

Oren Hercz RHP (HANS) has been in practice as a Clinical Herbalist since 2010, working in holistic health clinics, a family medicine office, and in private practice online. Oren also teaches a year long beginner's herbal medicine program, empowering people to become their own home herbalists and



be proactive about their health. In 2023, he will be co-launching a more intensive intermediate program with colleague Ember Peters. Oren loves to teach and can often be found giving an herb walk, speaking at a local garden club, or even on TV where has been featured on the show Wild Nova Scotia. He is a Registered Herbal Practitioner (RHP) with the Herbalist Association of Nova Scotia, where he currently sits on the board of directors. Oren cares deeply about bringing this traditional wisdom to today's world, where we need it more than ever.

WORKSHOPS

- Fortify with Herbal Soups and Broths
- The Magic of Lemon Balm



Patrick Kooyman

*Herbalist, Ethnobotanist,
Wildcrafter*

Patrick Kooyman is an herbalist, ethnobotanist, wildcrafter, herb cultivator and educator living in Nelson, British Columbia. He is the owner of Blue Lotus Ethnobotanicals, a small herbal company providing hand-crafted herbal medicines, with a focus on using locally cultivated and ethically harvested plants and fungi. He has studied botany at the University of Calgary, and herbal medicine through Wild Rose College and Emery Herbs. Patrick is interested in the beneficial relationships developed between plants and people, the nature of plant consciousness, and how we can communicate with plants by approaching them as living sentient beings. He is an avid forager of wild plants and fungi for use as food and medicine, and loves growing plants in the garden.



WORKSHOPS

- Devil's Club: Approaching with Respect
- Taste, Phytochemistry and Pharmacology

PANELS

- Panel - Psychedelic Trends & Traditions

Penelope Beaudrow

Registered Herbalist

Penelope Beaudrow is a Registered Herbalist and recognized herbal elder who has devoted over the past 25 years to helping others foster deep and resilient connections with the



living intelligence of the natural world and the regenerative, healing forces of plants and the medicine they carry. She has vast experience in regenerative ecology, at risk and endangered plants, herbal teaching and education as well as advocacy work.

WORKSHOPS

- The Fire Cider Story - Tradition not Trademark

Phil Rasmussen

*M.Pharm., MPS., MNIMH(UK), MNHAA;
FNZAMH*

Phil has practiced as a herbalist in Aotearoa/New Zealand for nearly 30 years, after studying in the U.K. Phil grew up in a rural Māori community and has long advocated for the use of native plants as medicines. Before pursuing herbal medicine, he did research on antidepressant drugs and serotonin, and worked for more than 10 years as a pharmacist. Phil has established a herbal detoxification service for the Auckland Regional Alcohol and Drug Services, and is the Founder and Technical Manager of Phytomed Medicinal Herbs Ltd, a manufacturer of both practitioner-only herbal extracts, and the Kiwiherb range of herbal products. Phil was President of the New Zealand Association of Medical Herbalists from 2018 to 2021, and is a founding board member of Natural Health Products New Zealand, the national industry body. He has chaired government advisory committees, lectured and written extensively on a diverse range of herbal subjects, for many years.



PANELS

- Panel - World of Herbs

Ramona Remesat

Community Herbalist

After suffering from uncomfortable gut symptoms for several years, Ramona finally received a diagnosis of SIBO (Small Intestine Bacterial Overgrowth) and immediately dove into learning all she could about this condition. Her thirst for knowledge and her fierce determination to uncover the underlying cause for her condition led her to become a SIBO educator and advocate and to return to school to study Herbal Medicine at Wild Rose College. Today, while working through her Master Herbalist studies, she helps those suffering from unresolved GI issues, IBS and SIBO by sharing resources, research, and ways to advocate for themselves with their healthcare practitioners.



WORKSHOPS

- What's Wrong With My Gut? The Hidden Truth Behind GI Upset and How to Feel Better

Rick DeSylva

Clinical Herbalist

Richard DeSylva (RH, DNM) has been in professional practice as a clinical herbalist for over 40 years and started The Herb Works in 1977 which provided premium quality herbs and herbal formulae to clientele, natural food stores, and distributors around the world. He is also a founding member of both the Ontario Herbalists Association (OHA) and the Canadian Council of Herbal Associations (CCHA). With many years of experience organizing national & international lobby efforts



and navigating legal challenges to counter the spread of CODEX-type regulations, in addition to having been the provincial correspondent for the Health Legislation Review in the late 1980's, Richard has a wealth of first-hand knowledge about the past 45 years of government regulations of herbal medicine in Canada and how the practice of herbal medicine has changed over the years.

WORKSHOPS

- Interview with a Herbal Elder: Rick DeSylva talks with Zhyfhs Millicent

Robyn Klein

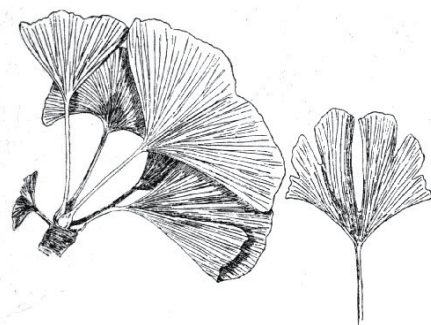
Medical Botanist, MSc.

Robyn's herbal education includes Dominion Herbal College (1982) and Southwest School of Botanical Medicine (1995). After completing a MSc. degree in plant sciences (2004), and as an adjunct instructor at Montana State University, she teaches plant identification and ethnobotany to K-12 teachers. Her gardens are a mix of native, Chinese, and European medicinal species, and the odd carrot.



WORKSHOPS

- Meet the Parsley Family: A Visual Overview of Characteristics



Sarah Orlowski

*Master Herbalist,
Permaculturist*

Master Herbalist, Sarah Orlowski graduated from the Wild Rose College of Natural Healing and went on to do her clinical trainings in herbalism and Qi Gong. She is an advanced level Qi Gong Practitioner, having trained with Grand Master Peng in the Shao Lin style. Sarah has been fortunate to have trained in certain First Nations herbal traditions and has her Permaculture Design Certificate. She believes that growing in accordance with Nature will be the sustainable way of the future. Sarah has taught for UBC Farm, Simon Fraser University, Boucher Institute of Naturopathic Medicine, Canadian College of Traditional Chinese Medicine, Capilano College, BC School Districts and Provincial Parks, Van Dusen Gardens, Squamish Nation Witnesses and ten years at Douglas College. She runs an organic orchard / medicinal herb farm in Grand Forks, BC, making her own products & training student apprentices. In private practice, she gives health consultations and treatments.



WORKSHOPS

- Food Forests
- Elecampane, from harvest to remedy

Störii Wild

Clinical Herbalist

Störii is a biodynamic herb farmer (Wild Folk Herbs & Farm), holistic clinical herbalist & mother. She has been working with plants as medicine for well over a decade, studying formally through Pacific Rim College, graduating studies at Dominion Herbal College, and spending many years



apprenticing under several beloved and influential herbal practitioners. Störii's greatest teachers of all, have always been the plants and the green world that surrounds her. The land she stewards alongside her family, is nestled on the diverse ecotone of forest and field. Störii's passion is to connect plants & people through cultivating potent medicinal herbs, that have been grown with love from farm to bottle.

WORKSHOPS

- Interview with a Couple o' Herb Farmers

Stephen Taylor

Herbalist

Steve Taylor is a U.K. based herbalist who has been practicing for 30 years. He has been involved in research into the use of European native plants in folk and domestic medicine, and has presented papers on the use of fresh herbal poultices in the treatment of leg ulcers. His long term interest in traditional forms of medicine and the practice of herbalism as exemplified in the writings of Nicholas Culpeper, has led him to explore and re invigorate the European Galenic humoral model in his own herbal practice. He has also studied five element medicine and African communal healing practices with him undertaking a series of traditional initiations within the Xhosa Sangoma tradition of South Africa. His exploration of Culpeper's medicine and research into the Ancient Greek Asclepian healing temple tradition led him to publish 'The Humoral herbal' in 2021. He is a tutor with heartwood education and continues to practice herbal medicine and lead healing retreats in the U.K.



WORKSHOPS

- Who are we treating anyway?
Uncovering our patients constitution
- Llyn y fan fach; the lady of the lake

Steven Dentali

*Ph.D., Botanical Science
Consultant*

Dr. Steven Dentali is a Botanical Science professional with over 30 years' experience in the herbal/botanical industry. Recognized as a key opinion leader and subject matter expert, Steven has helped guide the establishment of botanical standards in governmental and educational standard-setting organizations including the American Botanical Council, the American Herbal Pharmacopoeia, AOAC, the US National Institutes of Health, the US Pharmacopeial Convention, and the Canadian government. Steven helped initiate and apply the product integrity policy at the NIH and was a driving force behind the development of nomenclature guidelines for titling botanical ingredients at USP. As CSO for the American Herbal Products Association, Steven addressed scientific, quality, and regulatory industrial issues by providing botanical ingredient expertise. He earned a B.Sc. with independent work in Pharmacognosy from The Evergreen State College in Olympia, WA, and a doctorate in Pharmaceutical Sciences with a minor in Pharmacology from the University of Arizona, Tucson.

WORKSHOPS

- Basic Botanical Industry Concepts

Susan Horning

Clinical Herbalist

Sue believes in the power of nature to bring harmony to the planet and to the wellbeing of humans. Holistic wellness is her passion, and she has made



a career of teaching healthy living in Vancouver, BC, where she ran a yoga studio and tea room (Unity Yoga) for the past 15 years; recently closed in 2020. She is currently a practicing clinical herbal therapist, but has also extensively studied and practiced Thai massage, Chinese astrology, and traditional yoga, adopting many different aspects of holistic health along her journey. She is a perpetual student and pursues her interests with an unquenchable curiosity! Sue enjoys spending her free time maintaining her medicinal herbal garden at her home on Galiano island, facilitating group retreats, and teaching about the power of living in harmony with nature.

WORKSHOPS

- Tasty Tisanes: Blending infusions for pleasure and delight

Sussanna Czeranko

Naturopathic Doctor

Sussanna Czeranko, graduate of CCNM, is a licensed ND in Saskatchewan. She has developed an extensive armamentarium of traditional

nature-cure tools for her patients. Especially interested in balneotherapy, botanical medicine, breathing and nutrition, she is a frequent international presenter. Committed to building bridges, she is the co-founder of the International Congress of Naturopathic Medicine [ICNM]. During her tenure as Curator of the Rare Books Collection at NUNM, she authored the Hevert Collection, a 12 book series based upon the seminal literature that formed the origins of naturopathic medicine in North America. Sussanna founded The Breathing Academy, a training institute for health professionals to incorporate the scientific model of breathing therapy called Buteyko into their practice.



She practices at her naturopathic medical spa Manitou Waters in Manitou Beach, Saskatchewan.

WORKSHOPS

- Herbs meet Water: Enhancing Your Practice by Including Hydrotherapy

PANELS

- Panel - Trends and Traditions - Forgotten Favourites

Terrell Roulston

Community Ecologist

Terrell Roulston was born and raised on his family's farm in the Annapolis Valley, Nova Scotia. A strong fascination with biology in his childhood lead to his completion of a BSc from Saint Mary's University, where he first became involved with pollinator and plant ecology research. Terrell is increasingly concerned with the stewardship of native pollinators to safeguard pollinators and plant communities, which have become increasingly threatened by land use change and pesticide use among other factors. Today, Terrell continues his studies as a Masters student at the University of British Columbia in the Plant-Pollinator and Global Change Lab.



WORKSHOPS

- Importance of Native Pollinators



Terry Willard

CLH, PhD, Clinic Herbalist, Retired

Terry Willard, CLH., Ph.D. is recognized as one of North America's leading Clinical Herbalists. He was the past President of the Canadian Association of Herbal Practitioners and past President of the Canadian Council of Herbalist Associations and is a professional member of the American Herbalist Guild. For over forty-five years he has been an active practitioner and teacher, director of the Wild Rose College of Natural Healing, is in the Canadian Health Food Association's Hall of Fame and is the author of twelve books. Dr. Willard has formulated many products for corporations throughout the Health Food, Multi-Level Marketing and natural pharmaceutical industries around the world for over four decades. Terry is semi-retired living on an organic acreage on Vancouver Island, BC, Canada.



WORKSHOPS

- Are Autoimmune Diseases a Coup Attempt Reflecting Cultural Traditions?

PANELS

- Panel - Trends and Traditions - Forgotten Favourites

Thomas Avery Garran

Herbalist

Thomas Avery Garran has been studying plant medicine for over 30 years. He has lived in China since 2008 and received his PhD in Materia Medica studies and Plant Pharmacy at the China Academy of



Chinese Medical Sciences in Beijing: National Center for Materia Medica Resources and Daodi Herbs (the first non-Chinese recipient of this degree). He has a masters degree in Traditional Oriental Medicine and certificate in herbal medicine from the American School of Herbalism. Thomas is the author of 2 books on the use of Western herbs in Chinese medicine (2008, 2014). He is the translator (with annotation) of the first book on growing and processing daodi Chinese herbs (2019) and the first men's health book published in Chinese medicine (mid-17th century) ~ forthcoming. He is also the co-translator of a free ebook on the initial response to the covid outbreak by the Chinese medicine community in China.

WORKSHOPS

- Growing Chinese Herbs: Daodi Practices

PANELS

- Panel - Bringing the Medicine Home – Sustainability and the Supply Chain

Tiffany Freeman

Clinical Herbalist, Doctor of TCM, Birthworker

Tiffany Freeman (harper), she/her, traditional name is askiy maskih-kiwiskwew, earth medicine woman, is a mixed nêhiyaw iskwew of Treaty 1 (St. Peters Band/ Little Peguis/ Peguis First Nation) living as a visitor on Treaty 7 territory in Mohkinstsis (Blackfoot for Calgary, Alberta). Professionally Tiffany is a Registered Clinical Herbalist (American Herbalist Guild), a Registered Acupuncturist (CAA), a Traditional Chinese Medicine Doctor (AAATCMD), and a Community Birthworker. Tiffany graduated from the Wild Rose College of Natural Healing in 2004 with a diploma in Clinical Herbology. In 2009 she



obtained her Doctors of Traditional Chinese Medicine & Acupuncture diploma from the Calgary College of TCM & Acupuncture and her Alberta Acupuncture Licensure. After graduation Tiffany has gone on to study in the field of Ortho-bionomy, Master Tung classical acupuncture, Birth work, and various continued herbal & traditional medicine studies. A permanent student of earth she walks the traditions & ceremonies of her nêhiyaw culture. In clinical practice Tiffany focuses on client centred gender inclusive medicine, and has a speciality in sexual, reproductive, generative health and birthwork. She offers care for birthing parents through all phases of pregnancy including pre-conception, fertility, pregnancy/ pre-natal and postpartum care; bringing her Indigenous traditions, ceremony & traditional food knowledge to her birthing parents & families as well as care through herbal protocols & acupuncture. Along with her clinical practice she is also an instructor, author and educator teaching a variety of courses in herbalism, assessment techniques, and reproductive, generative & sexual health courses. She is an instructor/author at Wild Rose College of Natural Healing and offers seminars and workshops around North America through various schools, community organizations and herbal gatherings. A mother of three, Tiffany incorporates her ways of being and learning as a nêhiyaw (Cree First Nations) with her studies and practice of traditional medicines; bringing this intersection not to only to her professional realm but also to her creative practices and art projects.

WORKSHOPS

- Wildcrafting: Ways we can honour reconciliation by how we practice harvesting & cultivation
- Rooted in Community Project: Reintroducing people to the community of plants that share their neighbourhoods

Todd Caldecott

*Clinical/Medical
Herbalist, Ayurveda
Practitioner*

Todd Caldecott is a medical herbalist and practitioner of Ayurveda, with 26 years of clinical and teaching experience. He

is a registered professional member of both the American Herbalists Guild and the National Ayurvedic Medical Association. Todd is the director of the Dogwood School of Botanical Medicine, and author/editor of several books including *Food As Medicine* and *Ayurveda in Nepal*.



WORKSHOPS

- An Introduction to Dravyguna, Pharmacology in Ayurveda

PANELS

- Panel - Trends and Traditions - Forgotten Favourites

Tony Oakworth

Phytotherapist, Wizard

Tony Oakworth is an active registered herbal therapist, educator, entrepreneur, myco-wzrd and esoteric philosopher living in Brentwood Bay on Vancouver Island. Trained as a medical herbalist, he opened his clinic Woodward Phytotherapy in 2015 while also beginning his teaching career at Pacific Rim College, in the fields of plant / fungal medicine and nutrition. Since the end of 2019, Tony has been involved in several mushroom start-up companies, developing everything from microdose / herbal products for mental health support to retreat centres for healing



with psychedelics. He is actively speaking on the topics of psilocybin and supportive herbs for psychedelic therapies, mental health / addictions / and healing trauma through a holistic lens of addressing body, mind, and spirit.

WORKSHOPS

- Supportive Herbs for Microdosing

PANELS

- Panel - Psychedelic Trends & Traditions

Victor Cirone

Registered Herbalist

I am a practicing herbalist based in Toronto, Ontario and registered as a professional member with the Ontario Herbalists Association. My clinical practice

is rooted in traditional Western herbal medicine, though I also draw inspiration from anthroposophy, Ayurvedic medicine, homeopathy, and depth psychology. In addition to herbal medicine, I also practice Marma Nadi Chikitsa, an ancient system of rehabilitative healing originating in India. I work with my patients in order to develop an understanding of health as a dynamic state of being which adapts to changing environmental circumstances and conditions. When we understand how the body and mind relate to the cycles and elements of nature, various disturbances and imbalances can be recognized before they reach the point of crisis. Herbal medicine is a vehicle through which we can move in the direction of wholeness and equilibrium, from wherever we are. Plant medicines work in concert with the body's own mechanisms and defenses. As an herbalist I am not interested in forcing the body to change; instead I work to support and facilitate the body's own innate healing capacities and potentials. Holistic herbal



healing does not entail the suppression of symptoms. Rather, it involves developing a clear picture of the underlying patterns of disequilibrium and susceptibility to disease that affect an individual. We work together from this understanding in order to arrive at a place of health, wholeness, and vitality. In addition to my training in herbal medicine, I also hold a BA in Philosophy (University of Toronto) and an MA in Communication and Culture (Ryerson/York). I am a published author and have lectured nationally and internationally on a variety of subjects.

PANELS

- Panel - Psychedelic Trends & Traditions

Yarrow Willard

Master Herbalist, Herbal Jedi

Yarrow Willard (Herbal Jedi) is a second generation Clinical/Master Herbalist, residing in the unceded territory of the Comox First Nations on Vancouver Island. He is the co-founder of Harmonic Arts, and Director of the Wild Rose College of Herbal Medicine. As an educator, YouTuber and herbal ambassador, Yarrow delivers rich and original content, focused on reclaiming health and deepening connection with the natural world. His approach to plant medicine is one of combining old world knowledge systems with modern day health needs in an innovative and digestible way.



WORKSHOPS

- Transcendomestication

PANELS

- Panel - Psychedelic Trends & Traditions
- Panel - Herb Conference as a Trend and Tradition

Zhyfhs Millicent

Clinical Herbalist

Zhyfhs Millicent is a clinical herbalist in Guelph, Ontario who is passionate about sharing information about herbal medicine as well as empowering people with knowledge to improve their well-being. Having graduated from Dominion Herbal College's 4-year Clinical Herbal Therapy program, she is grateful to have completed her clinical training with Christine Dennis, Maryann Abbs, and Katolen Yardley. Zhyfhs also completed a 4-month herbal medicine live-in apprenticeship with Chanchal Cabrera in the summer of 2022.



With ongoing enthusiasm for connecting with other herbalists and supporting the herbal community, Zhyfhs has been on the Board of Directors of the Ontario Herbalists Association since October 2021 and has worked with the Canadian Herb Conference since September 2021 in addition to past volunteering at herbal gatherings in Ontario and BC. Currently she is working on developing a book club for the spring of 2023 for discussion of Chanchal's new book (to be released in April 2023) about Holistic Cancer Care, and Zhyfhs is also further developing her own clinical practice and classes offered through "Planting Radiance."

WORKSHOPS

- Interview with a Herbal Elder: Rick DeSilva talks with Zhyfhs Millicent



KEYNOTE

Lessons the Plants Have Taught Me

*Thursday - 6:00 pm - David Winston,
Chanchal Cabrera*

Keynote conversation with David Winston discussing herbs, life, the benefits of making mistakes and learning from them, as well as keeping an open mind.

This workshop explores the themes of community, creativity, compassion, perseverance, and difference.

3 learning objectives:

- keep learning and keep growing
- the dangers of being an expert
- avoiding "hardening of the mind" and finding joy in service

PANELS

Bringing the Medicine Home: Sustainability and the Supply Chain

*Friday - 12:45 pm - Erin Smith, Thomas Avery
Garran, Nikola Barsoum, Colleen Emery, Doug
Moore*

With the increasing popularity of herbs comes increased threat to wild sources, increased risk of poor-quality herbs entering the market, and increased need to be growing them closer to home.

This panel will consider some of the challenges and opportunities facing herb growers, herb buyers and herb users today in the search for highest quality and best price. It will discuss how localizing the supply chain may help ensure quality, sustainability, and transparency in herbal medicine, and how herbalists can better support the farm to farm supply chain.

Psychedelic Trends & Traditions

*Friday - 6:00 pm - Tony Oakworth, Dr. Rae
St. Arnault, Patrick Kooyman, Victor Cirone,
Yarrow Willard*

This panel brings together practitioners and researchers to discuss the latest research and evidence about this ancient medicine. Panelists will consider how herbal practitioners can safely and appropriately support this deep exploration by patients, when and why not to do it, herb/drug interactions, herbs that complement psychedelic use, settings, and more.

Herb Conference as a Trend and Tradition

*Saturday - 12:45 pm - Colleen Emery, Yarrow
Willard, Chanchal Cabrera*

Curious about how the Canadian Herb Conference came to be? Hear the evolution of this not-for-profit Herb Conference and the community we support. Join Yarrow, Chanchal, and Colleen, the Organizing Committee as we share our values and plans for the future to plant more seeds for the diverse herbal community in Canada.

Trends and Traditions: Forgotten Favourites

*Saturday - 6:00 pm - Chanchal Cabrera,
Sussanna Czeranko, Todd Caldecott, Katolen
Yardley, Terry Willard*

No matter how modern your botanical medicine practice is today, it is still built on the principles and fundamentals that were elucidated at least hundreds, if not thousands, of years ago. You cannot work as a herbalist without knowing your history, and when you look into the old literature there are some marvellous recipes and remedies. In this panel, senior practitioners will share treatment tricks, healing hacks and favorite formulas.



World of Herbs

Sunday - 9:30 am - Chanchal Cabrera, Dr. Rosario Kingston, Mimi Prunella Hernandez, Dr Craig Wright, Katolen Yardley, David Casteleijn, Phil Rasmussen

Following up on last year's unprecedented panel discussion, we will revisit the reality of the landscape of the Herbal medicine profession, and how it is practiced around the world. Our panelists will explore the pros and cons, the challenges and opportunities facing the profession of herbal medicine in the 21st century.

WORKSHOPS

Root Into Your Plant Path – Morning Meditation

20 MINUTE PRE-RECORD

Friday - 8:10 am - Holly LaRochelle

Root deeply into your plant path before a day of learning. Together in this 20-minute meditation, we'll ground deep into the world, explore your unique path and meet a plant spirit ally to journey and support you through the next moon cycle.

3 learning objectives:

- Ground and relax before a day of learning
- Connect with your unique plant journey
- Meet a plant ally to journey through the moon cycle with you

An Introduction to Dravyguna, Pharmacology in Ayurveda

75 MINUTE LIVE

Friday - 9:15 am - Todd Caldecott

Ayurveda is largely considered the oldest continuously practised system of medicine, and over the millennia has had a profound influence on the development of medicine in other cultures, including Graeco-Roman

(Unani) and Chinese medicine. The ubiquity of its influence is attributable to the universality of its core principles, which are resonant in both classical and folkloric healing traditions all over the world. Among Ayurveda's profound contributions to the practice of traditional medicine is the topic of dravyaguna, or pharmacology. Also understood as herbal energetics, dravyaguna is a comprehensive and lucid model to understand the cause and effect for the therapeutic activity of medicinal herbs. In this lecture, Todd will introduce the Ayurveda model of dravyguna, including its component parts of rasa (taste), vipaka (post-digestive taste), guna (quality), virya (energy), and prabhava (special action), with a brief review of pharmaceutical principles (bhaiṣajya kalpanā), formulation (sayoga auśadha), and dosing strategies (bhaiṣajya kāla).

Learning objectives:

- under the core concepts of dravyguna, as per Ayurveda

Fortify with Herbal Soups and Broths

75 MINUTE PRE-RECORD

Friday - 9:15 am - Oren Hercz

What is more nourishing than a hot bowl of soup in the cold months?! By skillfully adding medicinal herbs, you can ensure your meal is not only loaded with vitamins and minerals, but also medicinal compounds that support our immune, respiratory, and other body systems. Medicinal soups and broths create deep nourishment to carry us through the winter.

This talk will combine a hands-on soup making demonstration with classroom learning about which kinds of herbs to include in your soups and why.

We'll cover:

- The history and tradition of using soup as medicine.

- Different kinds of herbs you can include and their health benefits.
- Preparation techniques, including how much, and when to add herbs.
- Flavour considerations – making your soup taste good!
- How to individualize your soup for your own constitution.

3 learning objectives:

- Understand why herbal soups and broths have such a rich history and are a great idea!
- Make a medicinal soup or broth after seeing a demonstration
- Know which herbs to include based on individual health objectives

Abundant Herb Profile: Goldenrod

20 MINUTE PRE-RECORD

Friday - 9:30 am - Ember Peters

Goldenrod (*Solidago canadensis*) is an excellent medicinal herb that grows in abundance across much of temperate Turtle Island. Through the lens of phytochemistry, Ember will explain various appropriate applications for Goldenrod including in the respiratory, urinary and digestive systems.

Chronic Lyme Disease

20 MINUTE PRE-RECORD

Friday - 10:00 am - Anne Vastel

In the past 15 years I accompanied in my herbal practice many patients with chronic Lyme disease. Most of them had different co-infections, heavy metal and/or mycotoxin intoxication. Helping them on a slow but steady recovery has helped me understand how much the human body needs support, in chronic disease, to heal itself; and why the “antibacterial war obsession” is not necessarily the right and only path.

In this short conference, I wish to share this experience and my view of 3 of my favourite medicinal plants to best help those living

with chronic Lyme : ashwagandha, nettle and Japanese knotweed.

3 key objectives:

- Understand why and know how to minimize herx,
- support adrenals and immunity, lower chronic inflammation associated with the disease,
- address bacterial infection and when.

How to Use an ID Plant Key

20 MINUTE PRE-RECORD

Friday - 10:30 am - Lindsay Hounslow

Learning to use a plant ID key is empowering and builds our plant ID skills for practical use. We will go through a plant ID key together in a step by step approach. Participants will be able to see the steps on screen and view images of the plant in question to follow along. While participants may want to take the Vital Plant Identification Skills class first, it is not necessary and all are welcome.

3 learning objectives:

- Learn what a plant ID key is and how it works
- Be able to use a plant ID key
- Become familiar with some plant anatomy in relation to the ID key example

Are Autoimmune Diseases a Coup Attempt Reflecting Cultural Traditions?

75 MINUTE LIVE

Friday - 10:45 am - Terry Willard

In these confusing times, many people are having a hard time balancing tradition belief with current affairs. If our body reflects our environment, is this confusion responsible for the increase in autoimmune diseases? We will look at this hypnosis and discuss clinical protocols to help both practitioners and patients to overcome these obstacles. There will be a deeper dive into medicinal

mushrooms, specific cannabinoids, flower essences and lifestyle applications.

3 learning objectives:

- Understanding relationship between, emotions, social interactions, traditional beliefs and health.
- Interface of the immune system and social responses; focusing on how various traditions dealt with this.
- Protocols to help balance out immune system with medicinal mushroom, cannabinoids, flower essence and lifestyle choices.

Herbal Analogs: Hypothesis & Empirical Application

75-MINUTE PRE-RECORD

Friday - 10:45 am - Colleen Emery

Herbalists in this time are faced with the growing reality that certain treasured and well-loved herbs have become increasingly more difficult to source. Climate change, loss of habitat and over harvesting have made direct impacts on access for certain plant medicines that once were more available and abundant.

Ethical practice with herbal medicine demands that more emphasis is placed on finding appropriate and meaningful analogs to replace the herbs that are more problematic to source.

At times this means swapping a herb with another, but more often it involves finding a combination of readily available and easy to source herbs that can come together to replace a herb that is threatened and difficult to source.

Join Colleen Emery as she shares several analogs that she has begun to work with in her clinical practice to substitute herbs that are difficult to source, threatened by habitat loss and affected by climate change.

Fermentation as Delivery System for Herbal Medicine

20 MINUTE PRE-RECORD

Friday - 11:00 am - Malcolm Saunders

In this session, you are going to learn how to make a very specific, yet broadly applicable, form of natural fermentation that you can use as a delivery system for herbal medicine. Whether preserving your harvest or ensuring you're taking your herbs, here is yet another way for you and your clients to work with medicinal plants that have the added, synergistic effect and benefit of probiotics. Get ready for the fun, ease, potency, and delicious taste of herbal ferments!

Nature Pop and Candied Rowan Berries

20 MINUTE PRE-RECORD

Friday - 11:30 am - Evelyn Mueller

In this workshop you we will share with you in detail how to prepare 'Candied Rowan Berries' and 'Nature Pop'. Two recipes that will delight your friends and families. Going beyond of what you can find at the grocery stores, is easy on the wallet, in alignment with the seasons and locally prepared not only makes a lovely treat for your family, but also a yummy gift for your friends.

Rowan berries, also called, 'the Lemons of the North', are much loved by birds, but vastly overseen by humans. They are loaded with a wide variety of nutrients, full of Vitamin C, Carotenoids, Tannins, Calcium, Magnesium, Phosphor and Malic acid. Due to Rowan Berries bitter and tart taste, they are generally prepared as part of a sweet dessert. Featured in this workshop, we will share a Rowan Berry recipe that will sure sweeten up cold winter days, to be enjoyed as a snack by candle light and a warm blanket.

'Nature Pop' - a much loved treat enjoyed very much by not only children, but also

grown ups, is usually prepared in the summer to be enjoyed all year long. Use the petals of Bee Balm, Violet or Elder flowers and learn how to prepare your own Nature Pop to delight your family and friends all year long.

3 learning objectives:

- The importance of seasonal living
- Full recipe of Candied Rowan Berries
- Full recipe and varieties of Nature Pop

The Fire Cider Story: Tradition not Trademark

75 MINUTE LIVE

Friday - 2:15 pm - Penelope Beaudrow

Herbs and herbal recipes belong to the people, hear how we have helped save the name Fire Cider in Canada and how you can help protect our herbal traditions too! We will also teach you how to make one of our favourite Fire Cider Recipe, yummy!

3 learning objectives:

- learn the history of fire cider
- learn how to keep our traditional products from becoming trade marked
- how to make fire cider

The Secret Medicine: Herbs for Contraception

75 MINUTE PRE-RECORD

Friday - 2:15 pm - Abrah Arnason

This workshop explores contraceptive herbs. Contraception is an essential element of a woman's reproductive health. Women are told that herbs are ineffective contraception and even dangerous. But are they? Together we will journey back in time, listening for the voices of women who once used herbs for contraception to try to unearth their forgotten wisdom. We will explore issues of safety when it comes to using plants for contraception, the phytoconstituents that offer contraceptive medicine and how these plants interact with a human's who have a

uterus. During the workshop we will also uncover some of the myths surrounding the pharmaceutical contraception.

3 learning objectives:

- Unearth a historical female based teaching of herbal medicine
- Discover the intimate relationship between plants and the female body
- Develop confidence in your ability to choose when to conceive and when not to conceive

Tradition and Change in Historical Research

20 MINUTE PRE-RECORD

Friday - 2:30 pm - Kerry Hackett

Over time, the phrase 'herbal traditions' has meant many things. This is largely due to the organic nature of traditional practice and its propensity for change. Notably, change can assume many forms – from the inherent evolution of oral history, personal observation and cumulative knowledge to the rise of literacy and the revolution of print – all of which (and more) are deeply woven into the rich and multi-layered practice of herbal medicine.

Yet to properly assess this wealth of information, our traditions and trends must be investigated from a wide perspective. Secondary (subsequent) materials must be cross-referenced with primary (original) and contextual sources in order to gain insight into historical practice and reduce the potential for bias. Here my own doctoral research into a nineteenth century Shaker community provides a case in point.

Historians have portrayed the medicines and medical practices of this religious sect as relics of the past, entrenched in a simple, homespun, pioneer narrative that stresses isolation and promotes mild herbs as the sole stratagem against infirmity. However, my work has found that Shaker physicians relied on a wide range of complex remedies



and therapeutic knowledge, influenced by oral tradition, eighteenth century texts and the unregulated medical marketplace of antebellum America. It could be said that this sophisticated blend of the old and new is a microcosm of medical history. Indeed, it may well be that tradition does not lie in the past but is the result of accumulated change.

3 learning objectives:

- See historical research through the lens of critical thinking
- Have a wider perspective of nineteenth century medicine
- Consider the fluid nature of tradition in herbal medicine

Wildcrafting: Ways We Can Honour Reconciliation by How We Practice Harvesting & Cultivation

20 MINUTE PRE-RECORD

Friday - 3:00 pm - Tiffany Freeman

Wildcrafting is a practice that has been a popular way to harvest and gather plants in the wild and a selling feature for commercial products. As herbalists we learn about sustainable ways to harvest, what plants we can cultivate, and which to leave alone due to their population/ endangered status. But what has been missing from this conversation is the honouring of the traditional practices and lands of the peoples whose land and territories that the gathering or harvesting is being done upon. In the was of honouring reconciliation, the land and the Indigenous peoples in which traditional lands we are upon we will discuss ways in which we can honour reconciliation by how we practice harvesting & cultivation.

3 learning objectives:

- Importance of recognizing traditional lands and treaty rights
- Building reconciliatory relationships
- Ways that one can be a good ally

Tasty Tisanes: Blending Infusions for Pleasure and Delight

20 MINUTE PRE-RECORD

Friday - 3:30 pm - Susan Horning

Have you ever blended a tea only to find out that although it's all the right herbs you want to use, it tastes gross or people don't want to drink it? Let's review of the foundations of blending delicious herbal teas and tisanes so that our formulas not only taste delicious, but have the right therapeutic effect too. Learn simple ways to create delicious blends that will help people enjoy a perfect cup of herbal tea and make plant-based drinks their drink of choice. Tea drinkers unite!

3 learning objectives:

- Foundational herbs for tasty tea
- Formulation of teas to enhance palatability, colour, and effect – the Do's and the Don'ts
- Simple ways to encourage people to make it, steep it, and drink it!

Food Forests

75 MINUTE LIVE

Friday - 3:45 pm - Sarah Orlowski

Many people are interested in growing their own food, especially since the onset of the COVID 19 pandemic. Food security no longer seems as certain as it has in the past. Planting a "food forest" can ensure harvest of tree fruits, nuts, herbal medicines and berries year after year, often with increasing yields as trees mature. When planted using permaculture techniques, a food forest goes far beyond a conventional orchard, helping to sustain itself with biodiversity and other protective measures. This is an ideal place in which to grow a variety of perennial food crops and even a surprisingly small space can accommodate an abundantly producing woodland.

Transcendomestication

75 MINUTE PRE-RECORD

Friday - 3:45 pm - Yarrow Willard

Who Was Hildegard Von Bingen?

20 MINUTE PRE-RECORD

Friday - 4:00 pm - Katolen Yardley

Join us for an introduction to this remarkable, unstoppable renaissance woman and learn of her life contributions to art, music, language, medicine, botany and healing. This short talk would not be complete without highlighting points of intrigue and stories of her adventures which make historical contributions all the more in fascinating.

3 learning objectives:

- learn of the life contributions of Hildegard
- understand some of her health philosophies
- appreciate some herbal medicine Hildegard used during her life

Devil's Club: Approaching with Respect

20 MINUTE PRE-RECORD

Friday - 4:30 pm - Patrick Kooyman

Plant profile on Devil's Club (*Oplodanax horridus*). Devil's Club in many ways represents the tradition of herbal medicine. It is a potent and slow growing plant, which has been honoured and revered by all traditional cultures who live in its range. Devil's Club is harvested from the wild, and like many wild plants it is threatened by habitat loss, as well as the potential risk of overharvesting for use as an herbal medicine. Herbs easily become trendy in the modern world, and a sudden spike in popularity can threaten a wild plant population, as well as the traditions of use involving these plants.

This class will explore devil's club through various aspects: Observations of its preferred

habitat and ecological functioning; ethical harvesting practices and methods to ensure the Devil's Club stands continue to grow and thrive; and the medicinal uses and applications of Devil's Club in herbal practice. Suggestions will also be included of herbs to consider using as a substitute for Devil's Club, in situations where the use of this special plant may not be necessary.

3 learning objectives:

- Learn about the habitat and ecological functions of Devil's Club
- Learn ethical harvest practices and methods to use with Devil's Club
- Learn medicinal application of Devil's Club, and herbs that could be used as substitutes

The River of Abundance for Your Herbal Business – Morning Meditation

20 MINUTE PRE-RECORD

Saturday - 8:30 am - Holly LaRochelle

Connect to the river of abundance for your herbal business. Together in this 20-minute meditation, we'll explore your unique sacred waters, energetically connect to the flow of abundance, and meet your businesses' deva.

3 learning objectives:

- Ground and relax before a day of learning
- Connect with their unique river of abundance
- Meet your businesses' deva

La Menopause: La Médecine Traditionnelle Chinoise et les Plantes Médicinales Occidentales

75 MINUTE LIVE

Saturday - 9:15 am - Anne Vastel

Mieux comprendre la vision de la péri-ménopause en médecine traditionnelle

chinoise et les tableaux pathologiques communément présents, dans la théorie des 5 éléments. Choisir de façon plus précise les plantes médicinales occidentales appropriées et savoir composer un mélange unique et personnalisé pour chaque femme afin d'obtenir de meilleurs résultats dans la diminution des symptômes.

3 objectifs d'apprentissage

- Introduction à la théorie des cinq éléments en médecine traditionnelle chinoise
- Les tableaux pathologiques les plus communs autour de la péri ménopause, leurs causes et leurs symptômes: Stagnation de Qi et Feu du Foie, Vide de Yang de la Rate, Vide de Qi, Yin ou Vide de Yang des Reins
- Plantes médicinales occidentales qui peuvent se rapporter aux tableaux pathologiques : éleuthérocoque, ashwagandha, shatavari, damiane, ginseng, ortie, avoine fleurie, pissenlit, verveine, scutellaire, actée noire et vitex.

Blood Sugar Dysregulation: Interconnections and Herbal Approaches

75 MINUTE PRE-RECORD

Saturday - 9:15 am - Ember Peters

Insulin resistance, the precursor to type 2 diabetes, is a very common endocrine imbalance that is impacted by liver function, stress, trauma, systemic oppression and inflammation. The dominant medical paradigm focuses on symptoms like weight gain rather than underlying root causes and whole person support. Through a client-centred, body-positive and harm reduction approach, Ember will touch on how to frame realistic and empowering goals with our clients, and principles for building empowering, accessible and effective herbal protocols.

3 learning objectives:

- understand potential underlying physiological causes of blood sugar dysregulation
- understand the connection between type 2 diabetes and systemic oppression
- principles for a holistic herbal protocol for insulin resistance

Introduction to Cryptolepis Sanguinolenta, Nature's Antibiotic Root

20 MINUTE PRE-RECORD

Saturday - 9:30 am - Conrad Richter

We focus on the herb, *Cryptolepis sanguinolenta*, a West African herb used traditionally for the treatment of malaria, fevers and diarrhea. We show how the plant grows and we the challenges of farming it. We review some of the research on the root's significant antibiotic properties and why there is growing interest in using the root for a wider range of diseases such as Lyme disease and babesiosis.

3 learning objectives:

- To become familiar with the herb and how and where it grows.
- To learn about its traditional uses and the research that supports those uses.
- To learn how the herb is being used to treat diseases in North America.

Treating Brain fog with Herbal Medicine, a New Formula

20 MINUTE PRE-RECORD

Saturday - 10:00 am - David Knox

Brain fog is a common complication of many diseases. Often the cause is inflammation in the brain, a condition that previously was not thought to exist in a sub acute state. I will relate the latest findings about lymphatic drainage in the brain and describe the herbal

formula I use to successfully treat brain fog including my processes of developing the formula.

3 learning objectives:

- understand the blood brain barrier and lymph pathways in the brain
- teach my process of ethically trying new herb formulas with my patients
- describe the clear the brain fog formula and how it is made

The Magic of Lemon Balm

20 MINUTE PRE-RECORD

Saturday - 10:30 am - Oren Hercz

Lemon Balm deserves a place in everyone's garden, windowsill planter box, and pantry! Safe, easy to grow, delicious, and useful in such a wide variety of ways, it's no wonder this herb has held such high esteem for thousands of years. In this talk, we'll explore Lemon Balm's botany, some fascinating history, and its many therapeutic uses, including how I use it currently in my clinical practice. From lifting our spirits, to calming anxiety, soothing digestion, healing viral infections, improving cognition, and more, come learn why you want this wonderful plant ally in your life.

3 learning objectives:

- Identify and grow Lemon Balm
- Know the basics of using it therapeutically, including dosing, preparations, and culinary recipes
- Be genuinely excited about bringing Lemon Balm into their lives!

Herbs meet Water: Enhancing Your Practice by Including Hydrotherapy

75 MINUTE LIVE

Saturday - 10:45 am - Sussanna Czeranko

Herbalists and naturopathic doctors have long expanded their armamentarium to embrace the powerful constituents that

plants offer. Recognizing the inherent natural partnership between plants and water, these botanical medicine experts use specific herbs alongside numerous therapeutic options, including hydrotherapy, for patients suffering from diseases that were not ameliorated by the drug cures of their day. We will be exploring specific herbal remedies that have been used historically.

Learning Objectives

- Learn how to introduce herbal bathing into your practice with the least amount of expense.
- Understand the basic requirements of hydrotherapy practice for successful inclusion in a herbal clinic.
- Design an herbal bath formula for your patient (how to determine the bath temperature and herbs used for a number of diseases, such as stress, insomnia, skin eruptions, fever, abdominal and female complaints).
- Herbal vapor baths: how to create these in your clinic and for what kinds of patients.
- Herbal compresses and fomentations (discover the secrets of a therapeutic herbal compress).
- Gain the tools to transform your herbal practice to a new level.

Taste, Phytochemistry and Pharmacology

75 MINUTE PRE-RECORD

Saturday - 10:45 am - Patrick Kooyman

A traditional way to evaluate the medicinal action and potency of herbs is by using the information provided by our senses, particularly taste and smell. This method is known as organoleptics, and when we practice and hone the use of our built in sensory tool kit, it provides very specific information on the medicinal uses and applications of herbs. Traditional systems of herbal medicine including Chinese medicine and Ayurveda all use the taste of herbs as

an important feature for classifying herbs and distinguishing their actions in the body.

The modern trend is to evaluate herbs through the lens of science, and reduce them down to active phytochemical constituents and their specific pharmacological actions in the body. These two approaches to understanding herbs can be bridged, by learning about the flavours of specific types of phytochemicals, and how flavour relates directly to pharmacology.

In this class, we will discuss which types of phytochemicals (such as alkaloids, tannins, flavonoids and polysaccharides) can be tasted through a model of seven distinguishable flavours and mouth feels (sweet, bitter, salty, sour, umami, pungent and astringent), and which pharmacological actions are most likely to be found in herbs of a certain flavour.

3 learning objectives:

- Understand seven basic flavours and mouth feels: Sweet, salty, bitter, sour, umami, pungent and astringent
- Understand basic groups of phytochemicals, their general pharmacological actions and their associated flavours
- Understand how flavour can be used as a method of determining the likely pharmacological actions and phytochemical constituents found in a plant

Importance of Native Pollinators

20 MINUTE PRE-RECORD

Saturday - 11:00 am - Terrell Roulston

An introduction to pollinators and the crucial role they play in the health of the planet, including criticism of honey bees (*Apis mellifera*). Starting with a basic biology lesson on what pollination, is and how this is accomplished by the (many) different types of pollinators. The talk will then move into the

importance of pollinators for healthy plant communities, including agricultural and urban ecosystems. Then a brief overview of many threats that pollinators face, with in-depth criticism of the use of honey bees (and other managed bees). Finally, ending on a positive note, different ways to safeguard pollinators, including ways YOU can help pollinators at home will be discussed.

3 learning objectives:

- The importance of pollinators for plant and human health
- Identify different types of pollinators
- Recognize threats to pollinators and plant communities

Blending Ancient Indigenous Knowledge with Western Herbalism in Business

20 MINUTE PRE-RECORD

Saturday - 11:30 am - June Anthony-Reeves

Many Indigenous people who own businesses say they “live and work in two worlds”. We must learn to intertwine and honor the cultural protocols that are entrenched in Indigenous living and working along with western business culture. This can be difficult. As an Indigenous woman I bring purpose, shared prosperity, sustainability, and legacy to the workplace. My work and my personal life intertwine two cultures as I do my work. I have a willingness to share Indigenous herbal knowledge and culture with the world, but this comes with a deeper purpose as well to help combat the stereotyping of Indigenous people in business.

3 learning objectives:

- Learn about Indigenous culture
- How do we intertwine Indigenous culture and western beliefs in business
- What is the purpose of the Indigenous way I do my work

Deep Earth Relationships: Soil and Plant Health

75 MINUTE LIVE

Saturday - 2:15 pm - Lindsay Hounslow

To understand plants deeply, we must explore the ecological network that plants exist within. In this session we will explore soil and gain understanding of how the soil-food-web interacts with plants. Learn about the living and non-living components that make up this complex ecological community upon which we are all dependent. We will discuss the components and structure of healthy soil and how to assess local conditions to ensure plants thrive in their place. We will also consider how plants, including herbs and "weeds" impact soil health and how we can apply practices and principles, such as creating permaculture guilds, to restore and build our soil. This session dives deep into the earth and challenges us to make connections from the philosophy of systems theory to the practical nitty gritty of composting.

3 learning objectives:

- Learn how to assess soil health
- Learn how plants and soil influence each other
- Learn how to amend soil and steward a garden from an ecological perspective

What's Wrong With My Gut? The Hidden Truth Behind GI Upset and How to Feel Better

75 MINUTE PRE-RECORD

Saturday - 2:15 pm - Ramona Remesat

GI complaints are one of the top reasons for visits to healthcare practitioners in Canada and in fact, Canada holds the highest rate for IBS in the world (18% in Canada vs. 11% worldwide). Today, research shows that 70% of Irritable Bowel Syndrome IS ACTUALLY SIBO (Small Intestine Bacterial Overgrowth).

Sadly though, this condition is virtually unknown among patients and practitioners alike. As a result, there are millions of people suffering from GI symptoms like bloating, abdominal pain, diarrhea and constipation who are not getting the help they need or treating the actual root cause of their symptoms.

I was diagnosed with SIBO in 2018, and since then I have attended multiple masterclasses, summits, listened to SIBO doctor podcasts, completed a SIBO course for patients, and I closely follow the leading researcher and his team and their updates.

My diagnosis is also what prompted me to return to school to study herbal medicine at Wild Rose College. This past Winter, I presented a class titled "What's Wrong With My Gut? The Hidden Truth Behind GI Upset and How to Feel Better at The Light Cellar in Calgary to help people suffering from unresolved GI issues. This is the class that I would love to present at the Herb Conference.

In it, I share what SIBO is, how to work through determining its underlying cause, how to test for it, how to interpret test results, herbal options for treatment, dietary changes to manage symptoms, and how to feel better in the meantime.

I also talked about how to put together a holistic treatment team and shared my favourite resources.

While some practitioners have heard of SIBO, much of the information is now outdated, as the research is rapidly evolving.

I feel that this class would be a great benefit for herbalists as the GI system plays a primary role in the functioning of the body overall.

Interview with a Couple o' Herb Farmers

20 MINUTE PRE-RECORD

Saturday - 2:30 pm - Dane Wild, Störii Wild

Join organic Herb Farmers Dane and Störii for a Q & A Session, as they answer questions submitted by their community/social media followers/email subscribers!

They will be exploring inquiries about all thing's agriculture/herbal medicine growing such as:

- Realities vs Expectations of Medicinal Herb Growing
- The Herbal Farm Market
- Small-Scale Agriculture/Biodynamic Growing
- How to get started in herbal medicine growing
- Biggest obstacles, challenges & more!

Störii and Dane have a shared passion for Agriculture. Through Science & Magic they practice biodynamic growing principles on their 9-acre farm, Wild Folk Herbs & Farm on Salt Spring Island. They love to inspire those around them to get to know their medicines, from seed to soil to harvest to bottle

3 learning objectives:

- Will know some of the challenges herb farmers face
- Tips on how to get started on your own herb growing venture
- How to identify Market niche's & agricultural realities vs romanticism

Meet the Parsley Family: A Visual Overview of Characteristics

20 MINUTE PRE-RECORD

Saturday - 3:00 pm - Robyn Klein

The parsley family contains many edible, medicinal, and poisonous species. How does one tell them apart? In this quick, visual lecture, you will learn the distinguishing

characteristics that are needed to key out these species. Compound umbel, umbellets, rays, bracts, stylopodium, commissure, and carpophore are some of the terms that are needed. Recognizing the poisonous parsleys and being able to differentiate them from the edible and medicinal parsley species.

3 learning objectives:

- Identify a compound umbel and learn the major terms of plant parts needed to key out species in the parsley family.
- Recognize how easy it is to misidentify a plant in the parsley family.
- Learn the characteristics of water and poison hemlock, the two most poisonous species in North America.

Interview with a Herbal Elder

20 MINUTE PRE-RECORD

Saturday - 3:30 pm - Yarrow Willard

Building a Client-Centred Practice

75 MINUTE LIVE

Saturday - 3:45 pm - Maryann Abbs

In this interactive workshop, we will discuss:

- identifying and centering client values and priorities
- building on our clients' personal and culture knowledge of herbs
- tailoring herbal recommendations so that they are doable
- creating an accessible clinic and practice

Committing to place to connect with the future. Blackfoot land-based herbal education and revitalisation

75 MINUTE PRE-RECORD

Saturday - 3:45 pm - Api'soomahka, Jördis Weilandt

The video interview will take you on a tour to the ancestral Siksikaikahko, the

homelands of the Blackfoot people, where Api'soomaahka works to protect the land, honours Blackfoot spirits and tradition, and encourages people to think (differently) about their relationships with other beings and their environment. Caretaking of the land in the sense Api'soomaahka understands, includes the caretaking of his people, whom he hopes to heal from colonial trauma and disassociation through the teaching about traditional Blackfoot plants as food and medicine.

Today, Api'soomaahka will share some of his extensive knowledge regarding select Blackfoot plants with you. He will take you to Naapi's Garden, introduce his Katoyiss seed bank and talk about greater community efforts to revitalize traditional land and health management practices.

Some of the stories and Blackfoot language items will be made available via handout you can download or print out.

3 learning objectives:

- Understand the meaning and importance of re-connecting and caring for the land in the Blackfoot sense
- Get to know a select number of traditional Blackfoot plants and learn some of their uses
- Consider how in your work and personal life you can give back to your local communities by protecting the environment, co-liberating and shifting paradigms, and amplifying/ supporting Indigenous voices/ efforts in the lands you now call home.

Lobelia: Friend or Foe?

20 MINUTE PRE-RECORD

Saturday - 4:00 pm - Chanchal Cabrera

Lobelia inflata is a powerful medicine and a powerful emetic. Exalted in Thomsonian medicine of the early 1800s, it has stood the test of time, and is one of the most useful specific medications herbalists use today.

As a parasympathomimetic and a muscle relaxant, as a broncho-dilator and as a hypotensive, *Lobelia* plays a unique role in the hands of the experienced practitioner. In this class we will explore the benefits and uses of *Lobelia* as well as the risks and dangers. Safe dosing, topical applications, recipes and examples drawn from clinical practice.

3 learning objectives:

- the preferred ways to extract and prepare *lobelia*
- uses and applications
- safety and dosing

Wild Canadian Medicinal Mushrooms To Know: A Photographic Journey

20 MINUTE PRE-RECORD

Saturday - 4:30 pm - Denis Manzer

A photographic journey into the majestic local wild Canadian forests where mushrooms, edible & medicinal, grow in profusion! Denis Manzer who has been foraging mushrooms here for many years will show you some of the key species that are good to know and easy to identify!

3 learning objectives:

- Identify a variety of wild Medicinal Mushrooms
- Explore the healing properties and chemistry of these fungi
- Preparation techniques – Decoctions , Tinctures etc

Walking Meditation

20 MINUTE PRE-RECORD

Sunday - 7:30 am - 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 expand 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 in nature is a simple way to practice respect in action. Our ability to re-connect with nature gives our nervous systems an opportunity to regulate with the wisdom of earth. There are no prerequisites and all are welcome.

3 learning objectives:

- To gain insight into a mindfulness practice which is the basis for personal resiliency.
- To allow an embodied movement practice in an otherwise busy and thought-filled weekend.
- To provide an opportunity to spend some intentional time listening to and being in nature.

Practicing as a Clinical Herbalist in a Free Clinic

75 MINUTE LIVE

Sunday - 11:15 am - 7Song

This talk will discuss what it is like to practice as an herbalist in a free clinic. It will include clinical and counselling skills, patient compliance, logistics, donations, working with other practitioners, and all of the other tidbits gleaned working at an integrative free clinic over the past 15 years. The goal is to help inspire other herbalists to do similar work while also discussing some of the details and difficulties.

3 learning objectives:

- Have a better understanding of practicing as a clinical herbalist in a free clinic
- Work with various other type of conventional and holistic practitioners
- Work with patients and prepare medicines in a free clinic setting.

Who Are We Treating Anyway? Uncovering Our Patient's Constitution

75 MINUTE PRE-RECORD

Sunday - 11:15 am - Stephen Taylor

Traditional systems of medicine have always been as interested in the type of person that we are treating as much as the type of illness that we are encountering. This approach states that the nature of the person is likely to be a pivotal factor in the type of illness that they experience. This makes such systems essentially person centred, rather than pathologically or illness focused. In the Traditional European Galenic system of balancing the humours, each individual is therefore assigned a dominant humoral 'temperament' or 'constitution'. It is suggested that the basis of ill health in an individual is always most likely to come from the temperament which is already in abundance becoming excessive. Hot people are already hot and will therefore be more likely to suffer from diseases from a hot cause rather than a cold cause, and vice versa. This approach is both intuitive and clear, and is easily communicated to both patients and practitioners alike.

The central challenge for a practitioner wishing to engage in this approach is to be able to accurately identify the underlying dominant humour of each patient. Using case histories and explanatory diagrams, we will become familiar with the main aspects of each of the potential twelve simple and combined temperaments, and also indicate the way that we might respond with herbs and lifestyle in each case.

3 learning objectives:

- Understand the concept of a dominant humoral Temperament
- Accurately identify the dominant temperament of a patient.
- Identify which strategies- herbal and

lifestyle, will help to bring the patient back to constitutional balance.

Threatened and Near-Threatened Medicinal and Aromatic Plants used in Aromatic Herbalism, Aromatherapy and Perfumery

20 MINUTE PRE-RECORD

Sunday - 11:15 am - Kelly Ablard

This short workshop will introduce you to at least 18% of globally traded medicinal and aromatic plants used in aromatic herbalism, aromatherapy and perfumery – which are facing extinction. It is our responsibility to be aware of who these plants are so that we can work with them respectfully and responsibly. Having an understanding of these fragile species and where they are threatened in this world, is a step to making wiser decisions about how or if we use these species in our practices. This not only can help to protect these plants now, but also their sustainable use by future generations.

3 learning objectives:

- which commonly traded medicinal and aromatic plants are currently facing extinction
- where these fragile species are recognized as threatened or near threatened globally
- use this information to support ethically sourcing plant material

The Art of the Botanical Dispensary: Maintaining Autonomy with the Compounding Policy

20 MINUTE PRE-RECORD

Sunday - 11:45 am - Colleen Emery

Creating customized Herbal Medicine for Client Centered Care is paramount to

providing access to health care that makes meaningful changes to a person's wellness. Working 1:1 with clients and preparing medicine specifically for their needs allows the Herbalist to ensure that the person is receiving the most appropriate herbs necessary to their wellness goals.

In Canada, the Natural Health Product Compounding Policy offers the Herbalist the distinction to create customized herbal medicine within the client practitioner relationship. Herbalists are permitted to create medicines for their clients and dispense directly to them within this relationship. Canada is the only country in the world to have this policy in place, making it an incredible opportunity for the Herbalist in practice to maintain autonomy while staying true to the tradition of Herbal Medicine Compounding.

Join Colleen Emery as she shares her experience in creating a business that is built on utilizing the NHP Compounding Policy to maintain autonomy, provide access to client centred care and compounding services for Herbalists in practice throughout Canada.

Basic Botanical Industry Concepts

75 MINUTE LIVE

Sunday - 1:30 pm - Steven Dentali

Today's botanical industry landscape will be described from the point of view of historical botanical drugs to current stakeholders. Basic botanical concepts critical to industry will be covered, including botanical ingredient nomenclature, standardization, and extract categorizations. Raw material to extract ratios will be explained as this is often how the strength of commercial extracts is determined. This talk will provide insight to a closely allied field of herbal industrial standards with a largely academic approach.

3 learning objectives:

- To understand the US changing

pharmacognosy perspective and current USP nomenclature standards.

- To understand industrial definitions of standardization, and the relationship to bioactivity in the European Union.
- To understand industrial use of dry extract ratios.

Herbal Synergy

75 MINUTE PRE-RECORD

Sunday - 1:30 pm - David Winston

In all the worlds great herbal traditions, the use of single herbs (simples) is virtually unknown. Complex formulas are most often used and are if properly formulated significantly more effective than individual remedies. With classic traditional formulas there are clear strategies to create a mixture that is more than the sum of it's parts ($1 + 1 = 3, 4$ or 5). There are multiple ways to create synergy and avoid antagonism ($1 + 1 = 1$). In this class we will look at the concepts and techniques used in TCM, Ayurveda, Unani-tibb, Physiomedicalism, Eclectic Medicine, Siddha and Western herbal practice that allow the clinician to achieve superior results and repeated clinical success.

3 learning objectives:

- what is synergy and how can we use it to create better, more effective formulas
- how do we know if herbs will create synergy or anti-synergy?
- What are bio-enhancers and how do they enhance absorption and activity

Llyn y fan fach: the Lady of the Lake

20 MINUTE PRE-RECORD

Sunday - 1:30 pm - Stephen Taylor

With the rise of our modern dependence on analytical intellectualism and an attachment to literal presentations of information, we have lost our connection to the ancient systems of wisdom keeping through

Storytelling and Myth. Through unlocking the symbolic keys of ancient myth we can once again experience the wisdom collected and passed on by our ancient ancestors. The 'fairy' tales of old Europe that evolved before the division of the Eurasian languages give us access to ancient view points and teaching.

You will hear the story of the magical lake fairy of Llyn y fan fach, and how she brought the wisdom of plant healing to the people of Myddfai in Wales, U.K. This story speaks about the ancient genesis of healing, and how best to maintain our balance with the natural world that exists both within us and around us.

3 learning objectives:

- Understand the symbolic keys contained in ancient wisdom tales.
- Appreciate the role of story telling and myth in learning and healing.
- Fully absorb the insights and wisdom of an ancient medicine tale about the beginning of medicine.

Rooted in Community Project: Reintroducing People to the Community of Plants That Share Their Neighbourhoods

20 MINUTE PRE-RECORD

Sunday - 2:00 pm - Tiffany Freeman

Our history with plants has paralleled since the first peoples, they have offered us food, shelter, medicine, wisdom, and continue to provide us all a chance to share in common experience through the appreciation of their beauty and resilience. We cultivate them and share relationships with them in our gardens, parks, public spaces and even in our homes. Plants remind us of our connection to the earth and that we are all related. Tiffany Freeman (harper) and her partner, artist, daniel j kirk, have been leading a series of

reimagined plant walks reintroducing people to the community of plants that live in their neighbourhoods through story telling, artist reflections and public art works.

3 learning objectives:

- Traditional perspective of plants as community members
- Observing nature in an urban environment
- Reframing our perspective of ourselves as a part of nature

Supportive Herbs for Microdosing

20 MINUTE PRE-RECORD

Sunday - 2:30 pm - Tony Oakworth

In this talk, I will review several medicinal plants and my reason for choosing them to support the process of microdosing, how they can be of help, and how to go about choosing your own.

3 learning objectives:

- Understand why microdosing psilocybin alongside a herbal regimen can improve results
- Discover new ways of selecting herbs yourself to work with in your microdose practice
- Learn about some plants that have benefit while microdosing

Elecampane: From Harvest to Remedy

20 MINUTE PRE-RECORD

Sunday - 3:00 pm - Sarah Orlowski

Elecampane (*Inula helenium*) has been used for generations to strengthen lungs and digestion, tone the mucus membranes and act as an anti-viral. In this session, become a virtual participant in a live autumn harvest of this beautiful plant. From here, we will proceed to putting up a tincture and preparing the root for drying. We'll take a comprehensive look at the medicinal and

other uses of this herb while we process the plant into a useable final product.

3 learning objectives:

- How to correctly identify elecampane
- Proper harvesting and processing techniques
- Medicinal and other uses of *Inula helenium*

Growing Chinese Herbs: Daodi Practices

75 MINUTE PRE-RECORD

Sunday - 3:00 pm - Thomas Avery Garra

This class is for anyone interested in growing Chinese herbs. The introduction will allow gardeners and farmers alike to understand the basic concepts of growing Chinese herbs while gaining practical information for cultivating 4 major species used in Chinese medicine.

Introduction to the concept to "daodi" ()

1. Place
2. Genetics
3. Human interaction

Aspects of "place" and what is needed

1. Soil type
2. Moisture
3. Temperature
4. Elevation

Unpacking genetics and human interaction

1. How specific genetics formed
2. Human impact on genetics
3. Human impact on finished herb

Case Studies

- *Angelica sinensis*
- *Astragalus mongolicus*
- *Bupleurum chinensis*
- *Atractylodes macrocephala*

3 learning objectives:



- Understand the meaning of “daodi”
- Assess their own land based on “daodi” principles
- Understand the basics of how to grow 4 main herbs used in Chinese medicine

Medicinal and Aromatic Plants used in Peruvian Indigenous Communities

75 MINUTE LIVE

Sunday - 3:00 pm - Kelly Ablard

This workshop will explore the medicinal uses and therapeutic benefits of Peruvian medicinal and aromatic plants and their extracts which support the healing of the body, mind, and spirit. The important relationship between aromatics and different cleansing practices will also be discussed. The workshop will close with an individually set intention and an aromatically-enhanced cleansing experience.

3 learning objectives:

- about uses of plants in traditional medicine by Indigenous communities in northern, central and southern Peru
- key medicinal and aromatic plants that play important roles within Peruvian Indigenous communities
- which plant parts and aromatics are used for cleansing

Interview with a Herbal Elder: Rick DeSylva talks with Zhyfhs Millicent

20 MINUTE PRE-RECORD

Sunday - 3:30 pm - Rick DeSylva, Zhyfhs Millicent

Rick DeSylva is a clinical herbalist with quite a breadth and depth of experience with herbal medicine in Canada—he has been in private practice since 1977, he's been a co-founder of multiple herbal organizations

including the Canadian Council of Herbalist Associations (2003), the Ontario Herbalists Association (1982), and the Central Canadian Herbal Practitioners Association (1993), and he has been in the herbal product manufacturing business since 1977.

In this 20-minute interview we dive into some aspects of the last 45 years of the history of herbal medicine in Canada, including changes in federal and provincial government regulations regarding clinical practice and herbal products, lobbying efforts, and more.

3 learning objectives:

- Learn about the history of herbal medicine in Canada
- Learn about government involvement in herbal medicine in the past 40 years
- Understand some of the changes in clinical practice between now and the 1970's

Cannabis: Contraindications, Adverse Effects and Medication Interactions

20 MINUTE PRE-RECORD

Sunday - 4:00 pm - Maryann Abbs

Cannabis is a great medicine, but as herbalists we know that Cannabis is not the only herb! Many of our clients take cannabis so it's important to understand the unwanted effects of the plant. Maryann has worked as a Clinical Herbalist at the BC Compassion Club Wellness Centre for 14 years (Canada's oldest medicinal cannabis dispensary).

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