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VANCOUVER ISLAND  
**HERB**  
GATHERING

Cultivating  
Right Livelihood  
on the Plant Path

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JUNE 21-23, 2024 • INNISFREE FARM



**Programme**



[herbconference.com](http://herbconference.com)

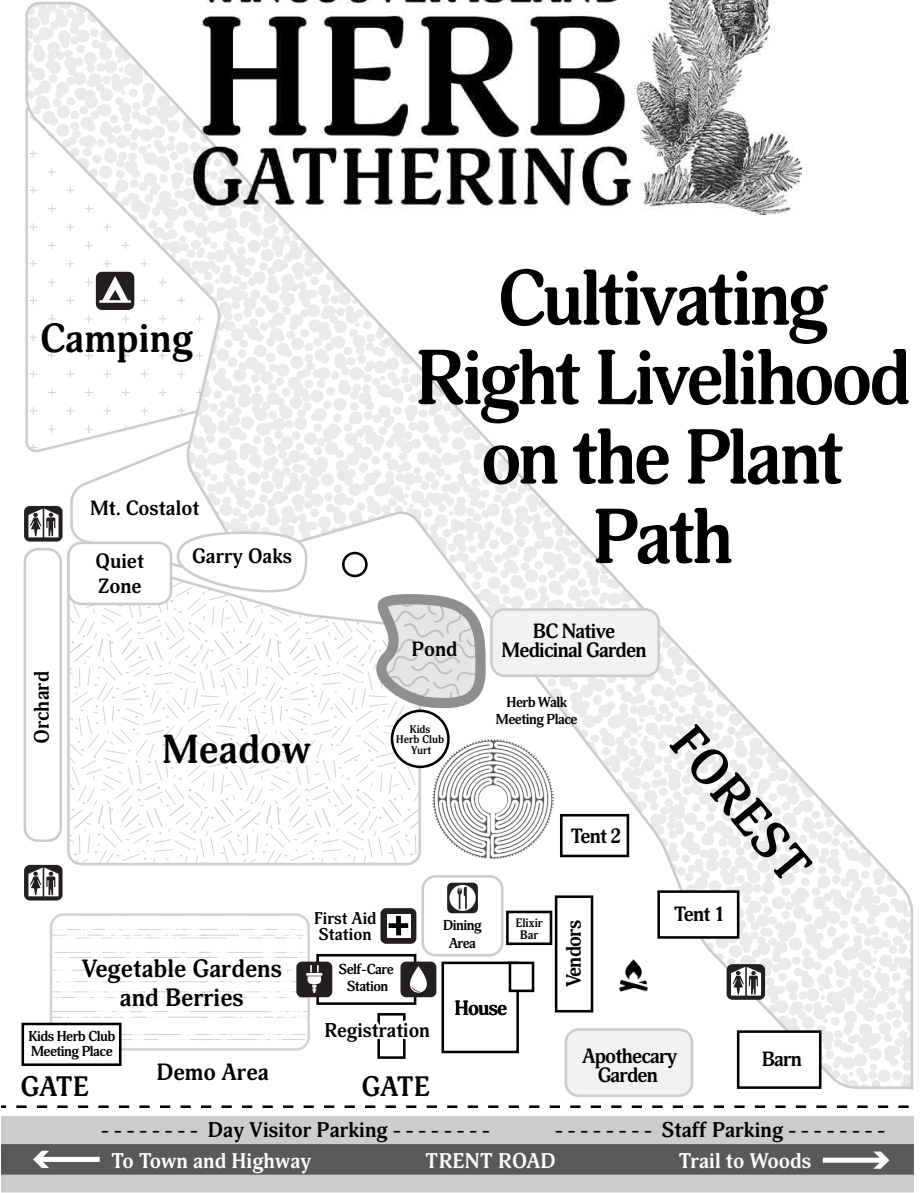
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# INNISFREE FARM MAP

## VANCOUVER ISLAND HERB GATHERING



### Cultivating Right Livelihood on the Plant Path



[www.herbconference.com](http://www.herbconference.com)

## Greetings Fellow Plant Lovers

We are honored to host you here at the 2024 Vancouver Island Herb Gathering, held in celebration of all things herbal. We hope you will learn a lot, make new friends, deepen your sacred connection with the plant world and have loads of fun!

### ORGANIZING COMMITTEE

- Yarrow Willard
- Chanchal Cabrera
- Colleen Emery

### SUPPORT TEAM

- Holly Phillips - Executive Director
- James McKerricher - Chef
- Ashley Emery - First Aid Manager
- Jamie Black - Kids Herb Club Manager
- Mika Kumagai - Elixir Bar Manager
- Allan Jossul - Sound Technician
- Precious LaPlante - Photographer

## Territory Acknowledgement

The Vancouver Island Herb Gathering respectfully acknowledges that the land we gather on is on the Unceded Traditional Territory of the K'ómoks, Pentlatch, Sahtlout, Sasitla, Leeksun, and Coast Salish Nations. We show our respect for this land and its people by committing to giving back in ways that honour and support these groups.

The Vancouver Island Herb Gathering welcomes presenters and attendees from 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. As the Gathering unfolds, we encourage all people in the herbal community to research the territory on which they are uninvited guests, as well as the lands they visit. We will 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](http://www.native-land.ca) to learn more.

## To help your Gathering experience be safe and comfortable, we have a few 'ground rules' we need to draw to your attention.

### PARKING

Parking and access to the campsite opens at 11:00 am on Friday June 21.

There will be parking attendants Friday all day to assist you.

Absolutely no parking on the west side of Trent Road.

Day visitors on Saturday can park in front of the property on Trent Road.

Parking for weekend campers is across the road from Innisfree, where the RVs and camper vans will be going as well. This is reserved for people who

will not be driving in and out over the weekend. Your car may get blocked in so do not park here if you may need to leave early or to come and go.

For campers who need to move their car over the weekend there is parking in the subdivision behind on Cameron Road and Baden Road and you can walk back to Innisfree through the forest trail (5 - 10 minutes walk).

### SAFETY

Please be mindful that this is a working farm and watch where you camp and walk so you don't damage plants. Please do not step into beds and keep children

# WELCOME

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on the paths. There are occasional uneven surfaces so watch your footing when you walk.

Some of the plants in the apothecary garden are poisonous - please do not nibble.

Do not light fires anywhere. No camp stoves or open flames.

No food in your tents please. There is wildlife in the area that we do not want to attract to the camping zone, including bears, raccoons, and birds.

## FIRST AID

Our First Aid tent is located behind the registration desk at the front gate. At times where an attendant is not present, a phone number will be provided in case of First Aid needs.

## BATHROOMS & WATER

There will be 5 porta potties on site. The porta potties will have hand sanitizer dispensers. There will be a wash stand with hot water at the food line. We have an adapted bathroom for people who

cannot manage in porta potties.

There is a water station by the campground for washing hands and brushing teeth. There is a self care station behind the Welcome Desk that has a cup wash, and hot and cold water available.

Water is potable and good for drinking in all faucets on the property.

Please do not touch any irrigation faucets (under white buckets) as they have timers on them and you will mess with the watering schedules.

## SMOKING

We are a smoke and vape free zone.

## PETS

Please leave your furry friends at home.

## PONDS

No swimming in the pond this year. Please do not allow children to climb in or around the pond in the front garden.

# ACTIVITIES

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## Opening Circle with Keynote Speaker: Della Rice Sylvester

We're honoured that the Della (Rice) Sylvester is coming to be the keynote speaker at the Gathering and be a part of our event. Della is a member of the Cowichan Tribes First Nations. Della's work includes being involved in nature's advocacy throughout her lifetime; working for 4 years with the BC Wild's Leadership Initiative for Environment; with Nancy Turner; and with the Pacific Networking Association, which is a group of cultural and spiritual First Nations from around the Pacific Ocean.

## Elixir Bar

There will be hot and cold elixirs and tonics, coffee and packaged snacks available for purchase each day at the Elixir Bar. Bring your own reusable cup.

### ELIXIR BAR HOURS:

- Friday: 11 am - 9:30pm
- Saturday: 7:30 am - 10:30pm
- Sunday: 7:30 am - 3:30pm

## Kids Herb Club

Children aged 0-3 years "babes in arms" are welcome to attend the Gathering with their parents.

Children 4-12 years old are encouraged to join our Kids Herb Club during session times. The Kids Herb Club meets at the Kids Herb Club Tent during the Drop Off time.

The pick-up and drop off times for the Kids Herb Club are as follows:

FRIDAY, JUNE 21
2:15-2:30pm (Drop-Off)
5:45-6:00pm (Pick-Up)
SATURDAY, JUNE 22
9:15-9:30am (Drop-Off)
12:45-1:00pm (Pick-Up)
2:00-2:15pm (Drop-Off)
5:30-5:45pm (Pick-Up)
SUNDAY, JUNE 23
9:00-9:15am (Drop-Off)
12:30-12:45pm (Pick-Up)
1:45-2:00pm (Drop-Off)
3:30-3:45pm (Pick-Up)

Children need to be supervised on the Gathering site at all times.

## Vendor Marketplace

There are many great vendors to explore, The vending area will be open for most of the gathering. Some vendors will be attending classes as well, so if there is no one at a booth, please come back later.

- Blue Lotus Ethnobotanicals
- Essential Elements Wellness
- Backbone Botanicals
- Ravensong Seeds & Herbals
- Wild Rose College
- Self Heal Distributing
- Mycelyum Inc
- Mystic Grove Art
- Oia Pure Naturals
- Krista Dawn Poulton, Medical Herbalist
- Alexandra Luppold and Terry Willard
- St Francis Herb Farm
- Harmonic Arts
- Prairie Doctor
- Little Piece of Paradise Farm

## Silent Auction, in support of the BC Herbalists Association

The silent auction will go all weekend, with the BCHA auctioning off workshops, education, gift certificates, consultations, sessions, and products from their members. Silent Auction winners will be announced in Closing Circle.

## Herb Sniffathon & Plant ID Challenge

Will you be crowned the ultimate Herb Nerd? Bring your sense of smell to enter in the Sniffathon challenge and bring your organoleptic skills to enter the Plant ID challenge (fresh and dried plant specimens).

The Sniffathon and the Plant ID quiz are set up in the information tent attached to Tent 2 until end of lunch on Sunday. Winners will be announced in Closing Circle.

## Nature Shrine

Bring your special nature pieces and imbue them with the spirit of the Herb Gathering.

Everyone is invited to contribute to our nature shrine, a symbol of our celebration of the plants, the magic of us gathering together and our glorious

planet.

You can also bring something to honour someone who has passed or in the memory of a favourite herbalist.

## Storytelling

Join us for a storytelling session and the wisdom of Tiffany Harper, Dr. Jacqui Wilkins, and Della Rice-Sylvester. Let's come together, and listen.

## Talent Show

Come one, come all! Show off your master skills on our stage. We'd love to see your joke, dance, music, song, acrobatics, knife swallowing.... well, you get the idea!

Visit the Welcome Desk to sign up for a spot in the Show.

## BC Herbalists Lunch & Learn

Come meet some of the passionate and dedicated members of the 2024 British Columbia Herbalists Association board in an enlightening and delicious Lunch and Learn session! This event is designed to keep you informed and engaged with the latest in natural product regulations that Health Canada is proposing. Whether you're a herbal enthusiast, practitioner, or industry professional, connect in and learn how you can advocate to support natural products continuing to be available in Canada.

## Blanket Market

All participants are invited to bring their herbal creations, skills, and offerings to the larger community in a casual style blanket sharing and vending space, held on the Saturday evening.

## Sound Bath

Integrate the experiences of the Herbal Gathering at a restorative and sensually nurturing Sound Bath Journey with Sensing Bliss practitioner, Joanna Finch. All the senses- touch, taste, smell and sound are anointed in the one hour guided meditation. Flutes, crystal bowls, strings and shells are some of the players that accompany Joanna's soothing voice, along with some mystery guests. Please bring a blanket and pillow for extra comfort. A suggested donation of \$20 is greatly appreciated. Sign up in the Sound Bath tent - available sessions Saturday, 1:15-2:15pm, 5:30-6:30pm, and Sunday, 1-2pm.

# ELIXIR BAR



## Elixirs

*Hot-with Coconut Oil OR Organic Butter  
Iced-with Coconut or Almond Mylk*

### • REISHI CHAI

Reishi Extract, Cinnamon, Fennel Seeds, GingerRoot, Cardamom, Nutmeg, Cloves, Vanilla Beans.

### • MATCHA MIND

Matcha Green Tea, Green Tea Pollen, Mucuna Pruriens Extract, Lion's Mane and Moringa Leaf Powder.

### • KICKSTART

Cacao Powder, Ramon Nut, Maca, Chaga Mushroom, Roasted Yerba Mate, Sarsaparilla, Roasted Dandelion Root and Guarana.

## Cacao & Coffee

*Hot-with Coconut Oil OR Organic Butter  
Iced-with Coconut or Almond Mylk*

### • 5 MUSHROOM MOCHA

Coffee, Cacao Powder, Coconut Sugar, and Harmonic Arts 5 Mushroom Concentrate (Reishi, Cordyceps, Turkey Tail, Chaga and Lion's Mane)

### • 5 MUSHROOM CACAO

Cacao Powder, Coconut Sugar, and Harmonic Arts 5 Mushroom Concentrate (Reishi, Cordyceps, Turkey Tail, Chaga and Lion's Mane)

### • COFFEE (1/2 A TICKET)

Organic, Fair Trade, Single Origin

## Mocktails

*Fir Tip or Berry Powder Rim (contains salt/sugar)*

### • ELDERMORE

Elderflower Cordial, Cardamon Bitters

### • ODE TO THE FOREST

Fir Tips, Pine Pollen

### • SEA BREEZE LEMONADE

Uplifted Spirits, Sea Breeze Tea, Lemonade

### • ZHINGER

Turmeric Ginger, Lemon Concentrate, White Pepper

### • STRAWBERRY FIELDS

Elderberry Shrub, Strawberry, Turmeric, Ginger, White Pepper

ELIXIR,  
SNACK, OR  
MOCKTAIL

\$6

WEEKEND  
CUP 4 DRINK  
PASS

\$20

## Elixir Bar Hours:

- Friday: 11 am - 9:30pm
- Saturday: 7:30 am - 10:30pm
- Sunday: 7:30 am - 3:30pm

TONIC BEVERAGES TO NOURISH  
THE MIND BODY AND SPIRIT

Sponsored by

 HARMONIC ARTS

# 2024 SCHEDULE

## FRIDAY

Registration begins	11am-8pm
Elixir and Tea bar opens -Entertainer Alan Jossul	12 noon
Opening Circle and Orientation -Della Rice- Sylvester	1-2:15pm

### FRIDAY Session 1

Cooling Fire w/ Eaglesong Gardener	Tent 1	2:30-4pm
TBA	Tent 2	2:30-4pm
Remembering Sweetness w/ Dr Jacqui	Demo Area	2:30-4pm
Herb Walk w/ Della Rice- Sylvester	Herb Walk	2:30-4pm

### FRIDAY Session 2

Phytochemistry Demystified w/ Patrick Kooyman	Tent 1	4:15-5:45 pm
Decolonizing Herbal Medicine w/ Tiffany Freeman	Tent 2	4:15-5:45 pm
Guided Journey to Your Future Self w/ Alexandra Luppold	Demo Area	4:15-5:45 pm
Flower Essences Herb Walk w/ Terry Willard	Herb Walk	4:15-5:45 pm

## FRIDAY

Dinner -Entertainer Aidan Thorne	6-7.30pm
Storytelling w/ Tiffany Harper, Dr. Jacqui Wilkins & Della Rice-Sylvester	7:30-9pm
Talent Show	9:30- 10:30pm

## SATURDAY

Registration	6:30-10am
Primordial Oohs and Aahs w/ Joanna Finch	7-8am
Qi-Gong w/ Michel Duhaime	7-8am
Yoga w/ Susan Horning	7-8am
Breakfast	7-8:30am
Morning Welcome & Announcements	9-9:15am

### SATURDAY Session 1

Research Skills for Herbalists w/ Chanchal Cabrera	Tent 1	9:30-11am
Medicinal Broths w/Bev Maya	Tent 2	9:30-11am
Like Bile in Your Throat: The Acrid Materia Medica w/ Sajah Popham	Demo Area	9:30-11am
Decent Demulcents w/ Glen Nagel	Herb Walk	9:30-11am

### SATURDAY Session 2

How to Make an Impact in Herbal Medicine w/ Yarrow Willard	Tent 1	11:15am- 12:45pm
Chronic Viral Infections and the Gut w/ Dr. Christina Weir	Tent 2	11:15am- 12:45pm
Dermatology- Cream, Toner & Oil Cleanser w/ Krista Dawn Poulton	Demo Area	11:15am- 12:45pm
Herbal Medicine in Your Backyard w/ Robert Rogers	Herb Walk	11:15am- 12:45pm

## SATURDAY

Lunch - BCHA Lunch - Tent 1	12:45-2:15pm
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Share your photos and posts on social media with the Herb Gathering Community by using the hashtag #VIHG2024

# 2024 SCHEDULE

SATURDAY Session 3		
The Struggle is Real w/ Sajah Popham	Tent 1	2:15-3:45pm
Film: Q'eros, Our Life, Our Heritage w/ Debra St Claire	Tent 2	2:15-3:45pm
Hawthorne Hands-On w/ Eaglesong Gardener	Demo Area	2:15-3:45pm
Principles and Practices of Wild Harvesting w/ Patrick Kooyman	Herb Walk	2:15-3:45pm

SATURDAY Session 4		
TBA	Tent 1	4-5:30pm
Old Man and the Seaweed w/ Glen Nagel	Tent 2	4-5:30pm
Culinary Alchemy w/ Celle Rikwerda	Demo Area	4-5:30pm
Unity Partner Yoga w/ Susan Horning	Herb Walk	4-5:30pm

SATURDAY		
Blanket Market: Sell, Swap or Give Away		12:45-2:15pm
Dinner - Entertainer Elise LeBlanc		6-7:30pm
Entertainer - Shane Philip and Ashley		7:30-8:30pm
Entertainer -Luc, Anela & band		9-10:45pm

SUNDAY		
Primordial Oohs and Aahs w/ Joanna Finch		7-8am
Qi-Gong w/ Michel Duhaime		7-8am
Breakfast		7-8:30am
Morning Welcome & Announcements		9-9:15 am

Join our community on Facebook:  
[www.facebook.com/groups/herbgathering](http://www.facebook.com/groups/herbgathering)

SUNDAY Session 1		
Sustainability within the Herbal Medicine Industry w/ Krista Poulton	Tent 1	9:15-10:45am
Creating a Barrier Free, Reciprocal Space with Student Clinic Experiences w/ Colleen Emery	Tent 2	9:15-10:45am
Community Therapeutic Herbalism w/ Glen Nagel	Demo Area	9:15-10:45am
When the World Wearies and Ceases w/ Eaglesong Gardener	Herb Walk	9:15-10:45am

SUNDAY Session 2		
Flower Essences w/ Terry Willard	Tent 1	11am-12:30pm
Art of Herbal Synergy w/ Patrick Kooyman	Tent 2	11am-12:30pm
Finding a Heartfelt Herbal Vocation w/ Dr Marisa Marciano	Demo Area	11am-12:30pm
Enchanted Flora w/ Celle Rikwerda	Herb Walk	11am-12:30pm

Lunch 12:30-2pm

SUNDAY Session 3		
Relevant medicine w/ Tiffany Freeman	Tent 1	2-3.30 pm
Workflow Management w/ Susan Horning	Tent 2	2-3.30 pm
The Poison Plants w/ Chanchal Cabrera	Demo Area	2-3.30 pm
Herbs to Know for First Aid w/ Dr. Christina Weir	Herb Walk	2-3.30 pm

**SUNDAY**  
 Closing Circle 3:45-4:15pm



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# CLASS DESCRIPTIONS

## Cooling Fire: Meeting Inflammation Head-On with 3 Remarkable Trees

*EagleSong Gardener*

Willow, Linden and Cottonwood are wise to fire. Learning how and where they grow will help you become wise in meeting inflammation head-on in your body and life. Trees are remarkable habitat bio-engineers. Your body is a complex habitat that you can cultivate for well-being. Using compounds these trees make for creating health and wholeness wherever they grow, connects you with earth. Bio-flavonoid rich, anti-inflammatory, pain relieving, immune enhancing, easily accessible and easily transformed into simple effective remedies, these 3 trees are plant allies to cultivate, know and use. You will learn to make & use 3 simple, effective herbal preparations from these trees.

## Remembering Sweetness: Summer Solstice Heart Medicine & Herbal Alchemy with Honey

*Dr Jacqui Wilkins*

The Summer solstice is often a time of celebration, berries ripening, time on the Land, long days and soaking up the Sun ~ in Traditional Chinese Medicine the Summer is correlated with the Heart, and the element of Fire. In this Summer Solstice workshop we will be connecting with all things Heart Medicines. As many of us are needing these Heart Plant kin, and extra care now more than ever. Both from a cardiovascular perspective, and an emotional + spiritual one. When we come back to our Hearts this ripples out to all of Creation, to all of our relationships, to our communities, families & also to ourselves. We will delve into the TCM Heart organ system, manifestations of imbalance, and ways to harmonize this meridian with herbs, food, emotional well being, and lifestyle shifts.

In honouring these Summer solstice energies, and our Hearts, we will be working with Honey as our medium ~ remembering the sweetness of being here too. Honey is a beautiful Medicine in & of itself, and one that is a favourite to work with for a variety of herbal medicine preparations. We will learn to craft, and taste, honey based remedies including (if time allows) electuaries, oxymels, and herbal syrups with seasonal herbs & berries. Honey Medicines are a wonderful option for folks who may be sensitive to alcohol, as well as for little ones, or anyone who wants their

medicine to taste delicious while still effective. We will cover herbal formulations, as well as indications for when honey based medicines may be most indicated & supportive. We will also discuss, and enjoy, ways to work with the medicines beyond the bottle, including in mock tails, herbal lattes, and foods.

Join us for an evening filled with love medicine, heart tenderness, Summer abundance, sweetness and crafting some delicious medicines as we gather together and honour the longest days of the year.

## Herb Walk

*Della Rice-Sylvester*

Join Della Rice-Sylvester, member of the Cowichan Tribes First Nations, for a local herb walk.

## Phytochemistry Demystified

*Patrick Kooyman*

Phytochemicals are the chemical constituents found in plants, which are often associated with specific medicinal actions in the human body. Understanding phytochemistry is fundamental to a modern, scientific framework of how herbal medicines work. Plants are by their nature chemically complex, each plant containing a diverse array of phytochemicals, which work together to deliver the unique medicinal qualities of a particular herb. This complexity of phytochemicals working together is one of the most challenging aspects of herbal medicine to grasp and is also one of the most useful. Understanding phytochemistry helps us explain how and why plants have specific medicinal actions. Understanding phytochemistry also has very practical application for herbalists, by informing us on the best medicine making and extraction techniques to use with a particular herb. This class will discuss common types of plant phytochemicals, such as alkaloids, essential oils, resins, flavonoids, tannins, saccharides and mucilage, the general characteristics of these phytochemicals including their typical actions, flavours, safety considerations, and best methods of extraction to use in medicine making. The goal of this class is to empower those who have found phytochemistry a bit daunting, to gain a working understanding of plant chemistry and enhance your ability to deliver effective herbal medicine in practice.

## Decolonizing Herbal Medicine

*Tiffany Harper*

There are many efforts to bring about more awareness of our plant allies, sustainability, and guidelines for

# CLASS DESCRIPTIONS

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cultivation & wild harvesting, but what do we know about our relationship to the first peoples of the land that we inhabit and their relationship to those plants? Indigenous peoples from Turtle Island have a deep cultural connection to the plants for ceremony, food, medicines, clothing & other life necessities, but many of our traditional plants are being harvested before Indigenous communities can get to them. The knowledge that we have passed down to one another of locations, the rhythms of these plants, and the sacred stories that go along with it are being affected by the plants' disappearance in those traditional areas. It's undeniable that wildcrafted vs. cultivated brings with it a specialness in terms of connection to place and plant connection when we are the ones harvesting, but how is this related to a feeling of entitlement to our environment and that of colonialism affecting Indigenous communities and the future generations of medicine people. How can we help with preservation of traditions through responsible plant and herbal cultivation? Join in a traditional sharing and open-hearted discussion on entitlement, privilege, and colonialism in plant medicine & harvesting.

## Guided Journey to Your Future Self

*Alexandra Luppold*

Come along on a guided journey to our future selves! I'll be your guide and hold space for you, as we journey together and gathering the blessings we need to shine in our present lives for the good of the world.

This ceremonial circle will support you to grow your self-awareness, expanding your vision of yourself and your surroundings – family, friends, business, and everything in between., So, grab your notebook and get ready to record all the amazing insights you'll gain on this sacred journey!

## Flower Essences Herb Walk

*Dr. Terry Willard*

Welcome to the serene environment of Innisfree Farm, the perfect setting for our enlightening Herb Walk focusing on Flower Essences. This journey will take us into the heart of nature's bounty, exploring the 'dreams' of plants and their transformation into potent flower essences. It's a unique opportunity to peer into the world of plants' energies, which could lead to remarkable emotional healing. Prepare to delve into the simple process of crafting flower essences and discover how these natural wonders can potentially address clients' emotional concerns.

Let's embark on this journey of learning and healing together.

## Primordial Ooohs & Aahs

*Joanna Finch*

Wake up and shake off your sleepiness with a gentle welcoming to your day.

Join Primordial Ooohs authentic vocal-movement with Sensing Bliss Embodied Sound practitioner, Joanna Finch. Starting slowly and unfurling like a leaf, like a flower, we acknowledge the whole body. Some singing, some chanting and a lot of authentic voice and movement! This is a fun and enlivening way to begin your day.

## Qi-Gong

*Michael Duhaime*

Participants will be introduced to basic principles of medical Qigong which are part of all personal practice and treatment sessions. This includes a brief review of the importance of correct standing posture as well as the three therapeutic components of medical Qigong: purging, tonifying, and regulating. The exercises shared do not require any prior experience. They remain however an effective way to activate the circulation of Qi and blood in preparation for a day of learning.

## Yoga

*Susan Horning*

Hatha yoga has thousands of postures, and as many individual variations as there are people to practice them! Come to enjoy a creative and unique sequence of postures that is accessible to all levels, full of laughter, body positive language, and group connection. Practice at a slow pace and add intensity as you're able. You will gain strength and stamina and at the same time find a deep state of peace and relaxation.

Founder of Unity Yoga (UnityYoga.ca) and originally from Vancouver, BC, Susan is a devoted yoga practitioner who works as a clinical herbalist, bodyworker, and astrologer. She has a passion for building community, and teaches yoga as a foundation for healthy and holistic living. Her background includes training in Ashtanga and Anusara (Iyengar) traditions, as well as AcroYoga and Thai Massage, combined with over a decade of hands-on teaching experience. Sharing the gifts of silent meditation and reflection is always an integral part of her offerings. She believes in the natural wisdom that arrives when

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# CLASS DESCRIPTIONS

the mind is quiet and the body is still, and sees this as the root of wellbeing.

## Research Skills for Herbalists

*Chanchal Cabrera*

Medical research is a minefield of dubious quality, spurious claims and plain bad science. With almost 30,000 peer-reviewed medical journals world wide, collectively publishing more than 1.8 million articles every year, how does a herbalist go about finding and evaluating reliable and actionable research?

In this lecture we will explore the differences between qualitative and quantitative research and their suitability for herbal studies, the relative robustness of different types of evidence, understanding cognitive biases, sources and access points for herbalists, CONSORT standards for research design, WHO recommendations and more.

Learn to find, assess and interpret medical research to strengthen your clinical practice and deepen your understanding of how herbs work as healing agents.

## Medicinal Broths

*Bev Maya*

Dive into the world of medicinal broths and learn how these nutrient-rich elixirs can nourish your body and soul.

## Like Bile in Your Throat: The Acrid Materia Medica

*Sajah Popham*

The acrid taste is not commonly considered a “primary” taste amongst herbal traditions, but is so distinct that it likely should. Somewhere between bitter, sour, and the taste of bile in the back of the throat, the acrid plants hold highly unique medicinal properties that are important to understand, particularly in how they fit into an overall energetic scheme of plant classification based on tastes. This is because they are not necessarily specifically operating on tissue temperature or moisture, but rather tissue tone.

This class will be an experiential exploration of the properties of the acrid materia medica, including their associated chemistry, primary organ, system and tissue affinities, medicinal actions, and energetics. We will also cover important contraindications, common uses, and some key materia medica differentials, sub-dividing this category in a way that’s clinically applicable and specific. We’ll taste a wide variety of

acid plants to get a sense for this unique taste and experience their profound and noticeable effects on the body and mind.

## Decent Demulcents: Natures magnificent mucilaginous herbs

*Dr. Glen Nagel*

In this herb walk Dr Nagel will focus on plants that are high in herbal mucilages. Discussing the importance of nature’s miracle slime and why they are so clinically important today. We will be tasting and creating a decent demulcent mixture to share for plants grown on the farm.

## How to Make an Impact in Herbal Medicine

*Yarrow Willard*

There is a major disconnect in modern world from nature and wholistic practices. Many of us feel this and so are drawn to deepen our learning and connects with regenerative systems and frameworks that help nourish this connection. Herbalism is one of those frameworks, one that can enrich our life with both passion and purpose. But the challenge is, how do we make an impact while creating right livelihood in doing this work.

In this class I will share the many years of insights, challenges, and opportunities I have seen in following the herbal path. We will explore a variety of ways to create the architecture for a successful herbal business/practice. How to play to your strengths and gather the right team and community to support your work. And, how to vertically integrate and connect everything from sourcing plants to the healing results we hope to achieve in the work we do.

After this class you will have an opportunity to present your specific business case or challenge with me and the other participants during a round table lunch and learn.

## Chronic Viral Infections and the Gut: Coxsackie, Echo, Epstein-Barr and Long Covid - Herbal considerations

*Dr. Christina Weir*

Upon testing many patients are found to have chronic low grade viral infections contributing to immune suppression, digestive dysfunction and

# CLASS DESCRIPTIONS

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neuroinflammation. Dr. Weir has been working with this population utilizing naturopathic treatments and seeing good success in resolution of symptoms. Anti-viral action and immune support offered by the herbs have been a crucial component of patient improvement. This workshop focuses on identifying how a patient with a chronic viral infection presents, when and how to go about testing and consideration in treatment approaches. Treatment approaches will focus on herbs with particular action against enteroviruses such as coxsackie virus and echo virus and viruses contributing to immune suppression and neuroinflammation such as Epstein-Barr and Long covid.

## **Dermatology- Cream, Toner & Oil Cleanser**

*Krista Dawn Poulton*

This hands-on workshop will cover all things skin and natural ingredients to support skin health covering the deeper issues with skin as we age such as collagen production, hydration, and how to lock in hydration. We will discuss various oils to support emollient/moisturizing action and humectants to support hydration. Discussion regarding various skin types and different needs to support healthy skin. In this workshop, Krista Dawn Poulton will demonstrate how to make creams from scratch, toners and oil cleansers! Never buy expensive skin care products again when you can make much higher quality products for less!

We will be making a Rose Cream, Neroli toner & Pink Clay Oil Cleanser:

**Pink Clay Oil Cleanser** ~ this beautiful oil cleanser can be used as a cleanser, mask & exfoliator.

**Neroli Toner** ~ to prepare the skin to maximize nutrient absorption.

**Rose Cream** ~ packed full of nutrients to address your unique skin such as Rose hydrosol for the aging skin, jojoba oil to moisturize, castor oil to hydrate, carrot seed oil & rosehip seed oil to support tissue strength minimizing age spots, wrinkles. Preserved with Phytocide Aspen (natural preservative) that will allow this beautiful cream to be shelf-stable for 2 years.

## **Herbal Medicine in Your Backyard**

*Robert Rogers*

During this walk, Robert will identify the common

name and binomial various plants, the parts used for medicine, both traditionally and modern clinical, their preparation, dosage, benefits, and contraindications with food, plants and drugs.

## **The Struggle is Real: Lessons Learned on the Path of Herbal Entrepreneurship**

*Sajah Popham*

We all get into herbal medicine because we love nature, the plants, and genuinely want to help others. But when we strive to take our passion for herbal medicine and turn it into our livelihood, we may find ourselves doing a whole lot of stuff that isn't remotely related to herbalism.

Join Sajah Popham as he shares his journey through herbal entrepreneurship from consulting with clients and starting a product line, to an online educational platform. We'll discuss how to prevent your life's work from turning into a "job," the importance of building a team, balancing nature and technology, preventing burnout, and many other lessons learned in his 15+ years of trying to figure out how to support his family as an herbalist.

## **Film: Q'eros, Our Life, Our Heritage**

*Debra St. Claire*

A sensitive portrayal of the life, traditions and medicinal plant knowledge of the Q'ero people in the Peruvian Andes, an ethnobotany film by Debra St Claire for The Ethnomedicine Preservation Society.

## **Hawthorne Hands-On: Remedies & Recipes**

*EagleSong Gardener*

Join hawthorn whisperer, EagleSong Gardener, as she demonstrates how to make several different preparations using hawthorn buds, flowers, leaves, fruit, wood and even the thorns! Using simple, accessible resources, learn how you can turn the amazing Crataegus genus into a personal lifelong ally.

EagleSong will demonstrate how to make hawthorn teas, decoctions, tinctures, vinegars, oxymel, fruit leather, a delicious heart tonic fudge, and show what happens when we let nourishing herbs out of the box!

Even with all of hawthorn's benefits and no harmful effects, science suggests there just isn't enough

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# CLASS DESCRIPTIONS

“active ingredient” to account for its observable actions. But, we, herbalists understand that the magic of hawthorn is in the sum of the parts, not just active constituents.

You'll learn what hawthorn is good for and how to put it on your table 3-5 times a week...for the rest of your life! This is a fast paced workshop guaranteed to peek your interest in seeing the heart anew; as more than a pump, as a major communication center of the body. The home of courage, strength, spirit and possibility. Just the medicine for times like these!

## Principles and Practices of Wild Harvesting

*Patrick Kooyman*

Explore the forested environment adjacent to Innisfree farm, discovering wild plants and discussing their medicinal uses. This herb walk will have a strong focus on how to approach wild plant communities with respect, and how to build healthy relationships with your local plants and ecosystem. We will discuss some guiding principles to keep in mind when working with wild plants, as well as getting into specifics of harvesting practice and timing. This includes considerations such as the relative abundance and sustainability of the plant, the portion of the plant used, seasonal cycles and harvest times, and methods of collecting to minimize impact and support the health, vitality and reproduction of wild plants. The goal of this herb walk is to see beyond wild plants as a resource for humans to extract, by promoting deeper understanding and connection with wild plants, honouring them as living sentient beings that are an integral part of the larger ecosystem.

## Old Man and the Seaweed: Four decades of Seaweed and Stories apprenticing with Dr Ryan Drum

*Dr Glen Nagel*

I first met Dr Ryan Drum in 1983 and have studied and apprenticed with him for the last 40 years. In this talk, I will weave seaweed basics and tell stories from working and teaching with one of our most renowned herbal elders. I will cover the basic use of the most common types of red, brown, and green seaweed and clinical uses. Giving key wisdom from Dr Drums many years of being the seaweed expert.

## Culinary Alchemy

*Celle Rikwerda*

Exploration of culinary herbs & their flavour profiles. Explanation of the medicinal properties of common culinary herbs. Cooking demonstration featuring a recipe that showcases some local herbs.

## Unity Partner Yoga and Massage

*Susan Horning*

Bring a friend to connect in a consensual exchange of partner stretches, counterbalances, and simple give and receive massage techniques. Especially great for hard working herbalists and gardeners, this class will focus on relief of muscle tension, easy stretches to alleviate neck pain, stretching out our hard working hamstrings, and nourishing our well used hands and wrists to support feeling great all weekend! Bring a blanket or ground cover to work on, and a willing friend to work with!

## Sustainability within the Herbal Medicine Industry

*Krista Dawn Poulton*

As the field of Herbal Medicine is growing and expanding, concerns regarding ethics of sourcing our plants is imperative for continued survival of our medicinal plants. Discussions will consist of at-risk plants from the United Plant Savers list and social movements towards sustainable transparent sourcing. Specific plants will be discussed such as *Ulmus rubra* (Slippery elm), *Hydrastis canadensis* (Goldenseal), *Echinacea* spp (Purple Coneflower), *Cimicifuga racemosa* (Black Cohosh), *Ligusticum porteri* (Osha), and *Dioscorea villosa* (Wild Yam).

## Creating a Barrier Free, Reciprocal Space with Student Clinic Experiences

*Colleen Emery*

Gaining experience in a clinical setting with mentorship is paramount to a Herbal Medicine Clinical Student in training.

Hours and hours are spent by Herbalists in training learning about therapeutics, materia medica, pharmacy, phytochemistry, vitalism and so much more. This theory being so essential to the volumes of knowledge needed to sit with clients and be of service as complementary, holistic health care providers in a client centred practice.

# CLASS DESCRIPTIONS

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Theoretical learning is the basis for what becomes experiential activity. The next step naturally leading to working with people and herbal medicine together, within a professional setting.

Being guided and encouraged by qualified and experienced clinicians brings a solid backbone of a practicum. A mentorship that creates a holistic and well-rounded Herbal Medicine Clinician.

Join Colleen Emery as shares how to honour Student Clinic by ensuring all who attend have mutual benefit to the process. Creating a barrier free, environment where client centred care is navigated through inclusion and respect by validating the client's experience in tandem to the student and the mentor in reciprocity to each other.

## **Community Therapeutic Herbalism: The Art of Herbal Elixirs for Community Connections**

*Dr Glen Nagel*

In the hectic, busy world, the idea of individual treatment with herbal medicine is increasingly a challenge. Another option is creating herbal teas and drinks to treat a whole community or group. In this class, we will talk about making medicinal but tasty herbal elixirs for a gathering, or conference. Join herbalist and naturopathic fizzician, Glen Nagel in creating an herbal drink for the whole herbal gathering. We will walk the farm and collect herbs to create an herbal tea which will be turned into an herbal elixir with properties to help support the overall goals of health and wellness of the gathering.

## **When the World Wearies and Ceases to Satisfy...There is Always the Garden!**

*EagleSong Gardener*

Innisfree Farm is a template for an approach to health care and community well being that brings people, plants and the earth together. Join EagleSong, a lifelong gardener, on an inspiring walk through this internationally registered Botanical Garden.

You'll meet plants from around the world with a multitude of uses. You'll find magic and mystery, folklore and medicine and many, many stories. Let's get out and meet plants for food, remedy, fragrance and beauty using your senses. Even weeds find purpose in a garden such as this!

Here, you'll also find the concept of horticultural therapy in action. People need gardens as much as gardens need people. In a garden, a beautiful and intimate reciprocity develops between people, plants and place. Dancing with the elements grounds and nourishes at a deep level.

With EagleSong's wit and kitchen table wisdom an adventurous walk in the garden becomes a delightful way to learn. See you there.

## **Flower Essences: A Central Part of My Clinic**

*Dr. Terry Willard*

Flower essences (FE) are an essential tool for any herbal clinic, as they can greatly enhance the emotional healing process for patients. When I stop my focus on clinical practice, I used FEs with 70 – 80% of my patients, improving outcomes greatly. In this talk, you will learn about the benefits of incorporating flower essences into your practice and how to create personalized formulas for maximum effectiveness. Not only will this improve patient outcomes, but it can also be a lucrative addition to your clinic's offerings with its high profit margins. Don't miss this opportunity to elevate your herbal practice and help your clients on a deeper emotional level. Come join us and unlock the power of Flower Essences in your practice! So, it is an informative session that you should not miss.

## **Art of Herbal Synergy**

*Patrick Kooyman*

One of the most fun and fascinating aspects of herbal medicine is the way that herbs can be combined together, to create synergistic formulas with enhanced effectiveness compared to using the same herbs individually. This class will discuss different ways that herbs can be used synergistically, using specific examples of herbal synergies to illustrate these ways. Methods of herbal synergy discussed will include the use of herbs with digestive and bitter properties to enhance absorption by stimulating digestive secretions and bile flow, circulatory stimulants to enhance distribution of herbs throughout the body, herbs that influence how other herbs are metabolized and eliminated, and also how herbs with complementary functions can be stacked together for enhanced activity. This class will also present some guidelines on how to use herbal synergists in formula safely and effectively, keeping in mind the need to match the correct herbal synergists for the person and condition(s) presenting

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in clinical practice.

## **Finding a Heartfelt Herbal Vocation: Lessons from my Plant Path**

*Dr. Marisa Marciano*

Join Dr. Marisa Marciano as she walks you through the various roles held along her plant path over the past decade, and lessons learned along the way. From student, to Doctor, to teacher, to medicine maker and into motherhood – Marisa will discuss the various successes and failures she's met along the way while navigating clinical practice, authoring a herbal textbook, social media, consulting for big and small herbal corporations, community outreach, and her current venture into tincture compounding. Come with your questions and for an honest and open discussion about herbal stewardship, imposter syndrome, finding your place in the herbal arena, and how plants have unlimited potential to support us physically, mentally, personally and professionally.

## **Enchanted Flora: Exploring the Supernatural Plants and Folklore of Vancouver Island.**

*Celle Rikwerda*

Participants will embark on a guided herb walk through the enchanting landscapes of Vancouver Island's woodland forest. Participants will learn how to identify supernatural plants in their habitat & discover their unique features & characteristics. Along the way Celle will share stories, legend, & folklore associated with each plant. Weaving together a tapestry of supernatural tales.

## **Relevant medicine: The importance of clinical assessment in a herbal practice**

*Tiffany Harper*

One of the most important aspects of your visit with a client is to establish a trusting relationship, that the person feels heard, safe to ask and answer questions. Equally as important is that we send them along with relevant and appropriate recommendations to why they came to see us in the first place.

In this workshop we will talk about how the intake is the heart of the therapeutic encounter and why it is important to spend the time to get to know the needs

of our clients, as well as how to tailor individually relevant and specific recommendations to them.

## **Workflow Management - Streamline your business processes using online tools**

*Susan Horning*

In this workshop I will demonstrate the process I use with my clients from booking to billing. From appointment management to tracking herbal product orders, billing, payments, and follow up appointments - there are so many factors that can ease the way we work every day. I'll show my online system that I use to manage my client list and the process I use for clinical note keeping. I'll also review some of the key performance indicators of a small business and explain how to maximize your time working with people and plants - and how to minimize time spent on business administration and book-keeping.

By developing a streamlined work flow process, you can see more clients in a day which leads to better care and a thriving professional practice.

## **The Poison Plants - Materia Medica & Magic**

*Chançal Cabrera*

As much as herbs can heal, some can do harm. In this garden walk we will explore some of the more unusual plants that offer help and harm in equal measure. From aconite to arnica, pennyroyal to pokeroot, belladonna, foxglove and yew – these are the herbs we rightly respect but can cautiously use for specific cases and in specific doses. Not herbs for beginners but effective in the right hands and fascinating in their historic and ritualistic uses, as well as in their phytochemistry and pharmacological effects.

## **Herbs to Know for First Aid**

*Dr. Christina Weir*

Recognize what plants are around you that can be used for various ailments when you are out and about. Consider applications for bee stings, burns, scratches, bruises, bleeding etc. Focus will be on what we are able to find around us and how it can be applied and used in the field.

full instructor bios and contact info available  
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