

# 2011-2012 Festival of Herbs Syllabus

## **October 1-2: Cascade Anderson Geller**

Therapeutic Uses of Highly Pigmented Plants. The seen, and unseen, pigments of plants signify constituents and properties. Highly pigmented plants often have a wide range of strong therapeutic properties including protection and healing from even serious illness. This class combines interesting information with practical ways to prepare many colorful plants for healing.

Healing Abilities of Fresh Herbs, Fruits and Vegetables Available in the Produce Aisle. Walk through any produce section, of any super market, anywhere in the world and there is a vast amount of potential healing in the colorful displays of fresh vegetables, fruits and herbs. Using demonstrations and samples, this class will focus on how to choose and prepare produce for all kinds of healing.

Herb Walk Identify and learn about the many wonderful wild, and cultivated, plants of the Dandelion Herbal Center. Those participants interested in leading herb walks may benefit from an emphasis on how to make an herb walk more effective, even when there's a crowd.

## **November 5-6: Karyn Sanders**

Native American Herbal Energetics. In this class we will explore how energy runs through the body, how to start to see energy and understand how to use it for health. We will talk about different animal medicines and the energetics of herbs. We will talk about what is health and balance from a native outlook and how to live your life in a balanced way and what it means to be in your power. This will all be from the perspectives of: South Eastern Native, Mexico and Northern Mid-West Native cultures.

## **December 3-4; Kathi Keville**

Aromatherapy: the Healing Art. This class offers a holistic healing approach from an aromatherapy and herbal practitioner with over 40 years experience. You will discover how different scents act on brain chemistry, and learn about (and sniff!) numerous oils to understand their effect on mind, body, and spirit. You will learn the art of fragrance formulating and blending techniques, and develop your nose to determine quality to create your own custom blends. We will also distill an essential oil from bulk herb. Other important subjects that will be covered are smell physiology, essential oil chemistry, and multi-application treatments for physical conditions such as digestion, pain & infections, and emotional problems, such as depression, fatigue, fear & grief... In addition, the weekend will cover complexion & skincare, muscle relaxants, aphrodisiacs and historic spiritual oils, combining herbs with aromatherapy, contraindications, extraction methods, choosing carrier oils, obtaining accurate research, and worldwide history, lore & stories.

## **January 7-8: Howie Brounstein**

Understanding Adrenalin Stress. This "fight or flight" response reaches the digestive, reproductive, muscular-skeletal, and central nervous systems, in addition to the liver, spleen, and kidneys and even causes predictable changes in blood chemistry. Learn to recognize the larger picture, the predictable patterns that stress can cause.

Herbal Strategies for Adrenalin Stress: Calming Herbs and Adaptogens. We will discuss an overview of herbal strategies to reduce adrenalin stress and help us cope with today's hectic world. These are arguably some of the most popular types of herbs used today.

Demonstration of a Client Consultation. Have an issue related to adrenalin stress? Want to volunteer? Contact Jane 442-8157.

## **February 4-5: Christa Sinadinis**

Herbal Therapeutic Treatments for the Thyroid

Students will gain an understanding of thyroid physiology and will learn to recognize the symptoms of hypothyroidism and hyperthyroidism. Herbal materia medica and therapeutic treatment strategies for managing thyroid conditions will also be covered, accompanied by a virtual herb walk.

## **March 3-4: Autumn Summers and Kevin Spelman**

Ecological Pharmacology and Constitutional Medicine - the Subtleties of People and Plants

Ecological Pharmacology - Plants and humans have coevolved for some 10 million years. We will inquire into this key relationship with plants through lecture and out in the field with local foods and medicines and explore the implications and applications of the role of plants in human well being.

Constitutional Medicine - The understanding of morphological and physiological constitutional types has great potential to refine the selection of medicinal plants in clinical practice. This adds a wonderful tool, well beyond phytochemistry, that allows for the therapeutic use of plant energetics.

The Endocannabinoid system: CB Activating plant molecules from Cannabis spp. and other medicinal plants

The endogenous cannabinoids are ubiquitous in mammalian physiology and affect many tissues and pathways including immune function, metabolism and neurological tone. There are dozens of plant cannabinoids in Cannabis spp. but there are also plant cannabinoids found in plant species such as Echinacea and Prickly Ash. We will review the role of the endocannabinoid system and discuss various medicinal plant species, the synergy of cannabinoids and their impact on human health.

## **March 31 – April 1: Rosemary Gladstar**

Adaptogenic and Tonic Herbs; Herbs for Longevity and Wellness. We'll discuss herbs used around the world that have earned a reputation for improving and maintaining energy, vitality and health. The adaptogenic/tonic herbs are also the foundation of many health protocols for both acute and chronic disorders. Special considerations concerning those in their 'sageing years' will be addressed including herbs for improving eyesight, digestion, bone health, and sexual well being. Favorite herbs and recipes for longevity and well being will be shared.

Community Herbalism; planting and nurturing our herbal dreams. Starting and growing an herbal practice or business is much like growing a garden. You start with a seed, full of potential and life force, and nurture it with patience, love, compassion and all of the right nutrients ~ and then pray that it grows. In this informal discussion Rosemary will share her insights and experiences growing and nurturing an 'herbal practice' whether that be in the form of an herbal business, healing work, gardening, farming or family herbalism. We will witness each other's dreams visions, do art and ceremony to 'seed' them, and share stories and insights that will help each of us further our work on the green path.

**\*Weather and time permitting many of the teachers will incorporate herb walks into their lectures.\***

**Tuition: \$1225.00, Deposit: \$250.00 due at registration, remainder due September 1st.**

**Location: Dandelion Herbal Center,  
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707-442-8157, [www.dandelionherb.com](http://www.dandelionherb.com)**