

PROFESSIONAL EXPERIENCE

Clinical Herbal Practice (1994 - present)

Clinical herbalist in private practice since 1994. Working with patients spanning four generations, from infants to seniors, with chronic and acute health conditions. Maintaining herbal pharmacy with 300 herbal medicines made from organic, custom wildcrafted herbs; creating custom formulas for patients.

Alpine Meadow Botanicals (1994 - present)

Founder and proprietor of a successful herbal extract business. Product line has featured more than 100 compounds and single extracts made from organic, wildcrafted herbs. Products are carried by retail stores throughout the Pacific Northwest.

Hygeia Herbals (2000 – 2005)

Founding owner and manager of a retail store that carried more than 300 single extracts and compounds, more than 200 bulk medicinal herbs, tea blends, vitamins, supplements, essential oils, and Chinese patent formulas.

Moonrise Herbs (1994 – 1998)

Served as staff herbalist at retail herbal store. Consulted with hundreds of customers, helping them address a broad range of health concerns with herbs and supplements. Wrote articles for quarterly newsletters and “herb blurbs” for bulk herb jars, including the medicinal uses of more than 100 herbs.

TEACHING EXPERIENCE

Northwest School for Botanical Studies (1998 - present)

Founded the Northwest School for Botanical Studies in 1998; serve as director and primary instructor. Developed a two-part Professional and Clinical Herbalist Training Program including 400 hours of instruction. Hundreds of students have completed these professional and clinical herbalist training programs. Numerous graduates have established clinical practices, and work in clinics and herbal shops. Western constitutional therapies are incorporated into practice and teachings. Maintain an herbal demonstration garden with more than 200 species.

Programs and Courses

Professional Herbalist Training Program (PHTP)

200 hours of training and instruction in physiology and anatomy, pathophysiology, herbal materia medica, herbal therapeutics, medicine making, field identification, botany, and gardening. Offered since 1999.

Clinical Herbalist Training Program (CHTP)

200 hours of training and instruction in establishing and maintaining a clinical practice and pharmacy, business skills for the herbalist, live consultations, case study review, herbal diagnostics, physiology and anatomy, pathophysiology, herbal materia medica, herbal therapeutics, formulating and compounding, and energetic practices for personal and practitioner well-being. Graduates of the PHT and CHT programs worked in a clinical setting at Hygeia Herbals, consulted with customers and created personalized compounds. Offered since 1999.

Visiting Clinical Herbalist Training Program

60 hour series for graduates of the professional and clinical herbalist training programs, clinical practitioners, and for intermediate and advanced herbalists. Featured expert practitioners, such as Paul Bergner, Howie Brounstein, Kristi Reese, Karyn Saunders, Margi Flint, and Christa Sinadinos. Curriculum included topics such as physical assessment, herbal and nutritional strategies for treating inflammation, Native American energetics, reading the body, herbal therapeutics for asthma, and enhancing immunity with medicinal mushrooms. Offered in 2012.

Farm to Pharmacy Herbalism Course

60 hours of training and instruction in gardening, cultivation, harvesting and processing of medicinal plants, medicine making, and field identification. Offered since 2007.

Plant Sanctuary and Demonstration Gardens

Creator and caretaker of plant sanctuary and demonstration gardens used to encourage and train students to cultivate medicinal herbs. Gardens arranged according to organ systems, as well as ecosystems; includes west redwood and coastal natives, eastern woodland plants, desert natives, and Midwestern plants. More than 200 medicinal herbs grown, including many threatened and endangered plants on the United Plant Savers list.

ADDITIONAL TEACHING EXPERIENCE

Co-Instructor

Three Sisters Herbal Events (1995-1997)

Classes on herbal medicine making, herbal materia medica, herbs and the human body, and herb walks.

Lecturer

American Herbalist Guild Conference (Fall 2010)
California Native Plant Society (2000 - present)
California School of Herbal Studies (2011 - present)
Dandelion Herbal Center (2012)
Eureka City Schools – Extracurricular School Program
Humboldt Midwives Association

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Humboldt State University - Nursing Department
Humboldt State University - Center for Appropriate Technology
Mad River Community Hospital
Medicine of the People Conference
Moonrise Herbs
Northern California Women's Herbal Symposium (1995 - present)
Redwood Coast Herbal Guild
Senior Resource Center
Southwest Herb Gathering
St. Joseph's Hospital
Traditions in Western Herbal Medicine Conference

EDUCATION AND PROFESSIONAL DEVELOPMENT

Southwest School for Botanical Medicine (1994)

Completed 500-hour residency program taught by herbalist Michael Moore. Instruction included herbal materia medica, physiology and anatomy, herbal therapeutics, medicine making, botany, field identification, counseling, business practices, and a clinical practicum, as well as introductory courses in Ayurveda and Traditional Chinese Medicine. Earned a diploma as a Certified Clinical Herbalist.

Pacific School of Herbal Medicine (1995)

Attended advanced constitutional herbalism and herbal materia medica classes taught by Adam Sellar.

Dandelion Herbal Center - Visiting Herbalist Series (1994 – 1998)

Attended numerous weekend workshops including:

- Herbal Materia Medica of Pacific Northwest Plants, two 12 hour workshops, Adam Sellar, instructor
- Ayurvedic Herbalism, 12 hours; Chinese Constitutional Approach and Tongue Diagnosis, 12 hours, Candice Canton-Packard, instructor
- Herbal Remedies You Can Count On, 12 hours; Herbs for the Endocrine System and Blood Sugar Balance, 12 hours, Cascade Anderson-Gellar
- Western and Chinese Tonic Herbs, 12 hours; Women's Reproductive Health, 12 hours; Simpler's Tools and Practical Herbalism, 12 hours, Rosemary Gladstar
- Herbal Support for Cardiovascular System and the Reproductive System, 12 hours, Christopher Hobbs
- Gaia Theory, Therapeutic Herbalism, Materia Medica, 12 hours, David Hoffman
- Herbal Energetics, 12 hours, Matt Wood
- Cancer Prevention and Holistic Approaches to Cancer, Natural Approaches to Lyme Disease, 12 hours, Dr. Lois Johnson
- Aromatherapy 12 hours; Herbal Support for Chronic Fatigue Syndrome, 12 hours, Kathi Keville

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- A Constitutional Approach to the Reproductive System, 12 hours, Michael Moore
- A Constitutional Approach 12 hours, James Green

North Coast Small Business Development Center (2009 – 2010)

Completed an intensive business training program, “Individual Development Account,” (IDA) through the North Coast Small Business Development Center (SBDC), in collaboration with the Arcata Economic Development Corporation (AEDC). Designed to build long-term economic self-sufficiency, included intensive business training, mentorship, and resource development. Participants attend 10 months of small business classes developed by the North Coast SBDC on preparing financial statements, personal and business budgeting, books and records, e-commerce and marketing, business start-up basics, strategic marketing, e-marketing, and financial basics. Also attended financial literacy training offered by the Consumer Credit Counseling Service.

Heartwood Institute (1995)

Massage technician training included 120 hours of musculoskeletal anatomy, massage theory and techniques, business practices, ethics, and communications skills. Instructor: Joanna Chiappa.

Cranial-Sacral Therapy (1996)

50-hour course on cranial sacral therapy, a gentle treatment used to address chronic pain, discomfort and trauma to the face, and to release physical and emotional trauma. Also studied cranial and spinal anatomy taught by Amini Peller.

PUBLICATIONS

Booklets

Alpine Meadow Botanical Compound Guide

www.herbaleducation.net/amb-compound-guide.php.

Herb Write-Ups

www.herbaleducation.net/herb-write-ups.php. Summarizes the uses of more than 130 herbs.

Herbal Materia Medica

25-page booklet outlines preparations of more than 300 medicinal plants.

Herbal Medicine Making

Instruction on numerous medicine making techniques, such as how to make herbal tinctures, acetum and glycerin extracts, herbal honeys and syrups, medicinal oils and salves, herbal teas, body care products, and suppositories.

Journal Articles

“Aralia Californica Monograph.” *Plant Healer Magazine* (Volume 2, Issue 1, Winter, 2011).

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“Clinical Uses of Mullein Root.” *Medical Herbalism Journal* (Volume 16, Number 2, Fall, 2009).

“Herbal Treatments for Hypothyroidism.” *Plant Healer Magazine* (Volume 2, Issue 2, Spring, 2011).

“Herbal Aphrodisiacs.” *Plant Healer Magazine* (Volume 3, Issue 2, Spring, 2013).

“Horsetail – Equisetum Monograph.” *Plant Healer Magazine* (Volume 1, Issue 3, Spring, 2011).

“Medicinal Oils and Salves.” *Plant Healer Magazine* (Volume 2, Issue 3, 2013).

Conference Papers

American Herbalist Guild Annual Conference

“Herbs for the Treatment of Hypothyroidism.” Austin, Texas, October, 2010.

“Constitutional Treatment of the Digestive System.” Austin, Texas, October, 2010.

Traditions in Western Herbal Medicine Conference

“Herbal Treatments for the Digestive System.” Abiquiu, New Mexico, 2011.

Medicine of the People Herbal Conference

“Herbal Support for Hypothyroidism.” Mormon Lake, Arizona, 2012.

“Herbal Aphrodisiacs.” Mormon Lake, Arizona, 2012.

Northern California Women’s Herbal Symposium

Contributor to *Proceedings Booklets, 1996-2004*

Newsletter Articles

Starwest Botanicals Quarterly Newsletter

“Enhancing Immunity with Herbs.” Winter, 2010.

“Enhancing Sexual Vitality with Herbs.” Spring, 2011.

“Herbal First Aid.” Summer, 2008.

“Herbs for Cold and Flu Season.” Spring, 2009.

“Herbs for the Respiratory System.” Winter, 2008.

“Improving Digestive Health with Carminative Herbs.” Fall, 2008.

“Mediterranean Medicinal Culinary Herbs.” Summer, 2009.

“Nutrient Dense Herbs.” Summer, 2010.

“Spring Cleaning – Supporting the Liver with Herbs.” Spring, 2010.

“Stress Relief with Nervine Herbs.” Winter, 2009.

“Women’s Reproductive Health – A Perspective on Four Key Herbs.” Fall, 2010.

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Moonrise Herbs Quarterly Newsletter

“Alternatives to Goldenseal.” Fall, 1998.
“Cough, Sneeze, Wheeze, Fix Me Up with Herbs Please!” Winter, 2000.
“Eleuthero – Herb of Endurance and Vitality.” Winter, 1998.
“Herbal Aphrodisiacs.” Winter, 2007.
“Herbs and Oil Go Hand in Hand.” Summer, 1996.
“Lemon Balm – Melissa officinalis.” Summer, 1998.
“Marshmallow – Althea officinalis.” Winter, 1996.
“Motherwort – Leonurus cardiaca.” Fall, 1995.
“Passion Flower – Herb of Serenity.” Winter, 1997.
“Red Root.” Spring, 1998.
“St. John’s Wort and Depression.” Summer, 1997.
“Turmeric for Liver and Digestive Health.” Spring, 1999.

Redwood Coast Herbal Guild Newsletter

“Shen - The Spirit of the Heart.” Winter, 2003.

PROFESSIONAL AFFILIATIONS

Arcata Women's Business Group, founding member
Herbal Practitioner's Guild, co-founder
American Botanical Council
American Herb Association
American Herbalist Guild
United Plant Savers