

The American Herbalists Guild

22nd Annual National Symposium
TradeWinds Island Resort, St. Pete Beach, FL



October 21-23, 2011

- Preconference Intensives 10/20
- Herbal Medicine for the Childbearing Year Intensive 10/21

Keynote Address: Paul Stamets

Mycelium Running: How Mushrooms Can Help Save The World

Paul Stamets will discuss the evolution of mushrooms in ecosystems and how fungi can help heal environments. As environmental health and human health are inextricably interconnected, fungi offer unique opportunities that capitalize on mycelium's diverse properties. Fungi are the grand molecular disassemblers in nature, decomposing plants and animals, creating soils and the food web of life. Forest dwelling mushroom mycelium can achieve the greatest mass of any living organism — this characteristic is a testimonial to the inherent biological power of the fungus.



Join us in celebrating the vital role of herbs in health care! With over 1,500 members from around the globe, the American Herbalists Guild stands at the forefront of high-quality botanical medicine education. For more than twenty years, the information shared at these gatherings has influenced the way herbalists practice throughout the US. This year we are proud to have Paul Stamets, a leading environmentalist and mycologist as our keynote speaker. This is your invitation to be a part of this unique gathering. Join us for a weekend of inspired and practical teachings from renown herbalists and ecologists plus some beach fun.



SCHEDULE OF CONFERENCE EVENTS

THURSDAY, OCTOBER 20

- 8:00 — 9:00 a.m. Symposium Registration
- 9:00 — 12:00 p.m. Morning Preconference Session
- 2:00 — 5:00 p.m. Afternoon Preconference Session
- 7:30 — 9:00 p.m. Symposium Registration

FRIDAY, OCTOBER 21

- 8:00 — 10:30 a.m. Registration
- 8:30 — 10:30 a.m. Annual General Membership Meeting
- 9:00 — 5:00 p.m. Intensive: Herbal Medicine for the Childbearing Year
- 11:30 — 12:00 p.m. Symposium Opening
- 1:30 — 3:00 p.m. Early Afternoon Session
- 3:30 — 5:00 p.m. Late Afternoon Session
- 7:00 — 8:30 p.m. Keynote Address with Paul Stamets
- 8:30 — 10:00 p.m. AHG Community Party!

SATURDAY, OCTOBER 22

- 9:00 — 11:00 p.m. Morning General Session: Clinical Panel
- 11:30 — 12:30 p.m. Group Q & A Session: Ask the Herbalists!
- 12:30 — 2:00 p.m. Community Lunch
- 2:00 — 3:30 p.m. Early Afternoon Session
- 4:00 — 5:30 p.m. Late Afternoon Session
- 7:00 — 9:00 p.m. Banquet Dinner
- 9:00 — 11:00 p.m. Dance Party!

SUNDAY, OCTOBER 23

- 9:30 — 11:00 a.m. Early Morning Session
- 11:30 — 1:00 p.m. Mid-Morning Session
- 2:00 — 3:30 p.m. Early Afternoon Session

THURSDAY, OCTOBER 20

FULL DAY INTENSIVES

Down There (for men and women), the Wise Woman Way
Susun Weed

GI Tract Protocol for Chronic Illness
Howie Brounstein

AHG Clinical Mentorship Practicum: A Unique Herbal Experience!
Aviva Romm & Amanda McQuade Crawford
Limited to 50 participants.

AFTERNOON INTENSIVE

Clinical Practice for the TCM Herbalist
Bob Linde
Limited to 25 participants.

FRIDAY, OCTOBER 21

FULL DAY INTENSIVE

Herbal Medicine for the Childbearing Year
Aviva Romm

EARLY AFTERNOON SESSION

Botanical, Dietary, and Nutritional Therapies for Prevention and Treatment of Kidney Stones and Urinary Calculi
David Winston

Southern and Appalachian Folk Medicine: The Geography of Health
Phyllis Light

Ayahuasca: Plant Spirit Medicine
Chris Kilham

One Approach to Childhood Obesity
Amanda McQuade Crawford

Tongue Diagnosis for the Western Herbalist
William Morris

LATE AFTERNOON SESSION

Ear Seeding for Stress and Pain: An Adjunctive Therapy for Herbalists
Bob Linde

Chinese Herbal Tonics for Strength, Endurance, and Vitality
Roy Upton

Digestion and Herbal Medicine
Althea Northage-Orr

Using Essential Oils in the Treatment of Infections: A Brief Survey with Treatment Examples
Peter Holmes

Complete course descriptions available online at www.americanherbalistsguild.com



SATURDAY, OCTOBER 22

MORNING SESSION

General Session: Clinical Panel

General Session: Ask The Herbalists

EARLY AFTERNOON SESSION

Growing Gourmet & Medicinal Mushrooms: An Exploration of Methods and Mind Sets
Paul Stamets

The Nitric Oxide Index
Janet Zand

The Pediatric Medicine Chest
Sheila Kingsbury

Facial Assessment
Margi Flint

LATE AFTERNOON SESSION

The Ten Tastes: The Energetics of Herbs
David Winston

Affecting Lifestyle Changes
Howie Brounstein

Cocoa: The Greatest Medicine
Chris Kilham

Traditional Ayurvedic, Chinese, and Western Herbal Treatments for Sinus Infections
Roy Upton



SUNDAY, OCTOBER 23

EARLY MORNING SESSION

Pulse Diagnosis — Unlocking the Secret Treasures
William Morris

Botanical Blood Sugar Control and the Health of the Over-40 Individual
Janet Zand

Herbal Neurology: Seizure Disorders
Howie Brounstein

Are All Adaptogens Created Equal? Differentiating Among Adaptogenic Herbs for Constitutional Regulation Treatment
Peter Holmes

MID-MORNING SESSION

Herbs for the Respiratory System: Moving Fluids
Phyllis Light

Starting and Growing an Herbal Practice: A Holistic Approach
Nicholas Schnell

A Community Herbalists' Pathway through FDA Good Manufacturing Practices (GMP's), and Finding a Balanced Middle Ground
Joanna Helms

***Crinum latifolium*: Herbal Promise for Fibroids?**
Amanda McQuade Crawford

EARLY AFTERNOON SESSION

Liver, Lungs or Digestion? How to Differentiate Skin Issues by Reading the Body
Margi Flint

Growing and Naturalizing Endangered Botanicals
Althea Northage-Orr

Clinical Strategies for Cardiovascular Inflammation
Mimi Hernandez

Learning Materia Medica by Botanical Families
Sheila Kingsbury

2011 AHG Symposium Schedule Overview

Thursday, October 20

8 – 9 a.m.	Symposium Registration
9 a.m. – Noon 2 – 5 p.m.	Preconference Intensive: Down There (for men and women), the Wise Woman Way, Susan Weed Preconference Intensive: GI Tract Protocol for Chronic Illness, Howie Brounstein Preconference Intensive: AHG Clinical Mentorship Practicum — A Unique Herbal Experience! Aviva Romm and Amanda McQuade Crawford
2 – 5 p.m.	Clinical Practice for the TCM Herbalist — <i>Bob Linde</i>

Friday, October 21

8 – 10:30 a.m.	Symposium Registration				
8:30 – 10:30 a.m.	Annual General Membership Meeting				
9 a.m. – Noon 2 – 5 p.m.	Intensive: Herbal Medicine for the Childbearing Year, <i>Aviva Romm</i>				
11 a.m. – Noon	Symposium Opening				
1:30 – 3 p.m.	Kidney Stones and Urinary Calculi <i>David Winston</i>	Southern and Appalachian Folk Medicine <i>Phyllis Light</i>	Ayahuasca: Plant Spirit Medicine <i>Chris Kilham</i>	Childhood Obesity <i>Amanda McQuade Crawford</i>	Tongue Diagnosis for the Western Herbalist <i>William Morris</i>
3:30 – 5 p.m.	Ear Seeding for Stress and Pain <i>Bob Linde</i>	Chinese Herbal Tonics <i>Roy Upton</i>	Digestion and Herbal Medicine <i>Althea Northage-Orr</i>	Using Essential Oils in the Treatment of Infections <i>Peter Holmes</i>	Herb Walk <i>CoreyPine Shane</i>
7 – 8:30 p.m.	Keynote Address, <i>Paul Stamets</i>				
8:30 – 10:30 p.m.	Community Party & Herbal Bazaar				

Saturday, October 22

9 – 11 a.m.	General Session: Clinical Conference				
11:30 – 12:30 p.m.	Ask the Herbalists!				
12:30 – 2 p.m.	Community Lunch				
2 – 3:30 p.m.	Growing Gourmet & Medicinal Mushrooms <i>Paul Stamets</i>	The Nitric Oxide Index <i>Janet Zand</i>	The Pediatric Medicine Chest <i>Sheila Kingsbury</i>	Facial Assessment <i>Margi Flint</i>	
4 – 5:30 p.m.	The Ten Tastes: The Energetics of Herbs <i>David Winston</i>	Affecting Lifestyle Changes <i>Howie Brounstein</i>	Cocoa: The Greatest Medicine <i>Chris Kilham</i>	Ayurvedic, Chinese, and Western Herbal Treatments for Sinus Infections <i>Roy Upton</i>	
7 – 9 p.m.	Annual Banquet Dinner				
9 – 11 p.m.	Dance Party				

Sunday, October 23

9:30 – 11 a.m.	Pulse Diagnosis - Unlocking the Secret Treasures <i>William Morris</i>	Botanical Blood Sugar Control and the Health of the Over-40 Individual <i>Janet Zand</i>	Herbal Neurology: Seizure Disorders <i>Howie Brounstein</i>	Are All Adaptogens Created Equal? <i>Peter Holmes</i>	Herb Walk <i>CoreyPine Shane</i>
11:30 – 1 p.m.	Herbs for the Respiratory System: <i>Phyllis Light</i>	Starting and Growing an Herbal Practice <i>Nicholas Schnell</i>	FDA Good Manufacturing Practices <i>Joanna Helms</i>	<i>Crinum latifolium</i> for Fibroids? <i>Amanda McQuade Crawford</i>	
2 – 3:30 p.m.	Liver, Lungs or Digestion? How to Differentiate Skin Issues by Reading the Body <i>Margi Flint</i>	Growing and Naturalizing Endangered Botanicals <i>Althea Northage-Orr</i>	Clinical Strategies for Cardiovascular Inflammation <i>Mimi Hernandez</i>	Learning Materia Medica by Botanical Families <i>Sheila Kingsbury</i>	

SPEAKERS' BIOGRAPHIES

Howie Brounstein is the primary instructor of the Columbinas School of Botanical Studies in Portland, OR where he also maintains a busy clinical practice. He has taught botany, herbalism, and wildcrafting extensively for decades, including at such herbal establishments as the Michael Moore's Southwest School of Botanical Medicine.

Amanda McQuade Crawford is a Consultant Medical Herbalist for the natural product industry and the entertainment community based in Los Angeles. After years of private practice in Beverly Hills and Ojai, Amanda took a sabbatical abroad, supervising the student training clinic of a naturopathic college in New Zealand. Since returning to her native southern California she focuses on consulting and continuing education.

Margi Flint owns and operates EarthSong Herbs, a busy family practice and herb school in Marblehead, MA and soon in New Mexico. Her filters of wisdom include over thirty years of labor coaching, polarity therapy, and herbal practice. Margi regularly speaks at herbal seminars in the States and in Europe. Flint is the author of a textbook for herbalists, titled *The Practicing Herbalist*.

Joanna Helms, a 6th generation Floridian, has been in clinical herbal practice for 15 years, and is the founder of Mama Jo's Sunshine Herbs in Indian Harbour Beach. Mama Jo's is a unique, family-run community retail herb store and professional dispensary offering a wide variety of bulk herbs, over 200 hand-made herbal products, essential oils, supplies, and custom formulations.

Mimi Hernandez is a clinical herbalist, ethnobotanist and educator whose courses balance traditional reverence with scientific understanding and intuitive awareness. She is the Coordinator of the Appalachian Center for Ethnobotanical Studies and teaches ethnobotany at Frostburg State University.

Peter Holmes is a medical herbalist and Chinese medicine practitioner. Peter researches, writes and lectures extensively on the clinical uses of herbal medicines and essential oils, bringing to his programs over 25 years of research, clinical practice and teaching experience. He is the author of several acclaimed herbal medicine textbooks, as well as coauthor of the forthcoming *Essential Oil Therapy*.

Chris Kilham is a medicine hunter who researches natural remedies all over the world, from the Amazon to Siberia. He is the FOX News Medicine Hunter, and produces segments on herbal medicines seen in over 100 countries. Chris teaches ethnobotany at the University of Massachusetts Amherst, where he is Explorer In Residence. He advises herbal, cosmetic and pharmaceutical companies and is a regular guest on radio and TV programs worldwide.

Sheila Kingsbury is a Naturopathic Physician, Lactation Consultant and Registered Herbalist. Currently chair of the Botanical Medicine department and faculty in the School of Naturopathic Medicine at Bastyr University, she has extensive training in pediatrics, maternity and post-partum care. She also runs a thriving practice in Kirkland, Washington where she sees women and children and supervises a naturopathic training clinic rotation as well as herbal mentorships.

Phyllis Light is an herbalist and healer with almost 30 years of clinical experience. She is traditionally trained in Appalachian Folk Medicine and began her studies with her Cherokee/Creek grandmother, and later with Tommie Bass, in the deep woods of North Alabama. Phyllis maintains a private practice in Arab, AL where she supports an integrative approach to well-being and a preventive health model based on healthy lifestyle choices. She teaches at symposium, clinics and herb schools around the country.

Bob Linde is the president and founder of Acupuncture & Herbal Therapies in St. Petersburg, FL. A strong desire to raise the standards of herbal training led to the creation of his Professional Herbalists Training Program in 2004, where he teaches and supervises students participating in an herbal intern clinic.

William Morris is a renowned expert on Chinese pulse diagnosis, having spent seven years studying Chinese pulse diagnosis in the Ding family lineage. Classics and family lineages provide the foundation for his 30-year focus on the subject of pulse diagnosis. He teaches in the Ding family lineage, weaving that work with a literate discipline that is rooted in the classics. He is the author of numerous books and articles on topics related to Chinese medicine and numerous journal papers. Will is also author of *Chinese Medicine and Transformation*. He serves as the president and CEO of the Academy of Oriental Medicine at Austin.

Althea Northage-Orr has over 20 years of practice and 15 years of teaching the various methods and branches of Medicinal Herbalism, Traditional Chinese Medicine, and Structural Therapy. She was the Founder and Chief Executive Officer of the Chicago College of Healing Arts, and has a combined practice of Western and Chinese herbs, acupuncture, and Bodywork Therapies, both Oriental and Western.

Aviva Romm is—uniquely—a midwife, herbalist, and medical doctor. Her many herb books for women and children are now classics, and her recent textbook, *Herbal Medicine for Women's Health* received the James Duke American Botanical Council Award for best herb book of 2010. She is the past President of the AHG and runs the thriving distance learning program Herbal Medicine for Women, along with her numerous other professional activities. Aviva is married to Tracy Romm, AHG's Executive Director. Together they have four grown kids and are now building a comprehensive integrative health education and activism institute and practice.

Nicholas Schnell began studying herbal medicine at the age of twelve in rural Nebraska. His original work with plants was through wilderness first aid, wildcrafting and a deep spiritual connection to plants. A graduate of the East West School of Herbology, he is the founder of the Four Winds Center for Natural Healing and Herbal Studies in Omaha, Nebraska.

CoreyPine Shane is Director of the Blue Ridge School of Herbal Medicine and has spent the past 17 years helping clients by artfully blending Chinese and Western herbal traditions with a focus on local plants. As a seasoned wildcrafter he has extensive knowledge of plant identification as well as medicine making. He has written on herbal medicine, teaches across the country, and is a professional member of the American Herbalists Guild. CoreyPine believes that laughter is an essential part of any medicine chest, which is why he is a part of the "Wise Guy" school of healing.

Paul Stamets is one of this country's leading environmentalists and mycologists. The author of six mushroom-related books, Stamets has been the recipient of several environmental awards, including the National Geographic Adventure's Magazine's Green-O-vator and the Argosy Foundation's E-chievement Awards. In 2008 Utne Reader recognized Paul as one of the 50 Visionaries of the Year and in 2010 Paul received the President's Award from the Society of Ecological Restoration. Paul's talk at TED.com on how mushrooms can help save the world has been viewed by hundreds of thousands.

Roy Upton is the founder, executive director, and editor of the American Herbal Pharmacopoeia (AHP). Roy has been working and practicing professionally as an herbalist since 1981. He is trained in Ayurvedic, Traditional Chinese, and Western herbal medicine and has also studied and worked extensively with Native American and Caribbean ethnobotanical traditions. As an integral part of his work as an herbalist, Roy spends a great deal of time defending the rights of people to access herbal medicines and to see herbal medicine integrated into the fabric of both our homes and health care systems.

Susun Weed is the voice of the Wise Woman Tradition, a founding grandmother of the herbal renaissance and the originator of the concept of complementary medicine. Susun maintains an active, worldwide teaching schedule including correspondence courses and on-line education through the Wise Woman University. Her many books are all still in print — in six languages — and are considered health-care "bibles."

David Winston is an herbalist and ethnobotanist with over 40 years of training in Cherokee, Chinese and Western herbal traditions, and the author of numerous books and articles. He has been in clinical practice for over 34 years and is an herbal consultant to physicians, herbalists and researchers throughout the USA and Canada. In addition, David is the founder/director of the Herbal Therapeutics Research Library and the dean of David Winston's Center for Herbal Studies, as well as the president of Herbalist & Alchemist.

Janet Zand was the co-founder and Chairman of the Board of Zand Herbal Formulas, the first American company to combine Western and Traditional Chinese Herbs for the consumer. Janet also has over twenty-five years of private practice experience in acupuncture, herbal medicine, homeopathy, and nutrition. She currently serves on the Biomedical Board for the National Certification Commission for Acupuncture and Oriental Medicine.

SYMPOSIUM INFORMATION

Room Reservations & Rates: The guaranteed rate for rooms at the TradeWinds Island Resort is \$139 per night as long as the reservation is made by September 28, 2011. Should you be interested in extending your stay so as to explore and enjoy the St. Pete area, this rate will be honored as long as you set this up at the same time you make your reservation. To reserve a room, call the TradeWinds group reservation department at (800) 808-9833.

Eco-friendly Lodging: TradeWinds is Green Lodging Certified and is located on an official Clean Beaches Council Blue Wave Beach. The award is based on beach and inter-tidal conditions, safety initiatives, services, habitat conservation, public information/education and erosion management. It was the first resort in Florida to retrofit all beachfront fixtures with eco-friendly lighting that doesn't draw newly hatched sea turtles off their course toward the sea. They were rewarded when, for the first time in over 28 years, 85 baby turtles hatched and made their way to the Gulf. TradeWinds has also been recognized for erosion management and habitat conservation, which includes restoring the native plant habitat of coastal dunes with the planting of sea oats and other native plant species.

Air Travel: Fly into Tampa International or St. Pete/Clearwater Regional Airport. For transport directly to TradeWinds you can use SuperShuttle (800) 282-6817 or (727) 572-1111.

Camping & Alternate Lodging: If you are interested in camping, there is camping close to the conference (15 minute drive) at Ft. Desoto Park (http://www.pinellascounty.org/park/05_ft_desoto.htm). Reservations are recommended for camping at the park. There are also other, less expensive lodging options within walking distance of the Symposium venue.

Meals: The Community Lunch and Annual Banquet Dinner are included in the price of registration. All other meals are "on your own," and there is a wide variety of dining options to fit every diet and budget within walking distance or by a short trolley ride into downtown St. Petersburg.

Continuing Education: We will be applying to provide CE credits for acupuncturists (both Florida state-licensed and NCCAOM), naturopathic physicians, and nurses. A certificate of attendance will be available to any attendee on request.

Student Rate: To qualify for the student rate you must either be an AHG student member or you must include the membership fee with your registration.

Elder Rate: AHG wishes to honor our elders by offering a discounted rate to registrants over 65 years of age.

Group Rates: Any group of 5 or more AHG members who register as a group are entitled to an additional \$25 discount per registrant. Contact the AHG Office for details.

Cancellation Policy: Before September 26, Symposium and pre-conference intensive fees will be refunded minus a \$75 processing fee per registrant. No refunds can be given after 9/26. Please make all refund requests in writing. Lodging cancellations are handled directly by the TradeWinds. For further information and registration, please call the AHG office at (857) 350-3128 or email to ahgoffice@earthlink.net

REGISTRATION FORM

To register, please fill out the registration form and mail, with the appropriate payment, to:

AHG, P.O. Box 230741, Boston, MA 02123

To register by phone (857) 350-3128 or

Register online at www.americanherbalistsguild.com

The registration fee includes attendance at all sessions and workshops, herb walks, Friday night keynote, Saturday lunch and Annual Banquet, and entertainment. There is an additional charge for the pre-conference intensives.

For lodging, please contact TradeWinds Island Resort at (800) 808-9833

Name _____

Address _____

City _____

State _____

Zip _____

Phone _____

Email _____

SYMPOSIUM FEES

	Early Bird	After 9/1
AHG Member	\$325	\$355
Non Member	\$385	\$415
Student/Elder	\$300	\$330

THURSDAY PRE-CONFERENCE INTENSIVES — half-day intensive \$50, full-day intensive \$100

FULL DAY

- ___ Down There, The Wise Woman Way (Susun Weed)
___ GI Tract Protocol for Chronic Illness (Howie Brounstein)
___ AHG Clinical Mentorship Practicum (Aviva Romm & Amanda McQuade Crawford)

HALF DAY

- ___ Clinical Practice for the TCM Herbalist (Bob Linde)

FRIDAY FULL DAY INTENSIVE — registrants \$50, non-registrants \$100. (Add \$40 if including text.)

- ___ Herbal Medicine for the Childbearing Year (Aviva Romm)
Required Text: *Botanical Medicine for Women's Health* (order if you don't already have one)

I would like to purchase _____ additional tickets to the **AHG Annual Banquet** at \$50 each.

I would like to purchase _____ additional tickets to the **AHG Keynote Address** with Paul Stamets at \$25 each.

I would like to make a donation (tax deductible) to the **AHG Herbalists Health Trust** of \$_____.

PAYMENT SUMMARY

Symposium registration _____

Intensives _____

Add'l Banquet Tickets _____

Add'l Keynote Tickets _____

Health Trust Donation _____

TOTAL _____

METHOD OF PAYMENT

- Check/money order (US\$) to AHG
 Credit card: MC, VISA, AmEx, Discover

Card # _____ Exp _____