**The Herban Medic – Sam Coffman**

**Herbal medicine in an urban environment:**

* Creating a working infrastructure
* Evaluating the neighborhood and citywide cultures
* Learning to be adaptable
* Focus on education and self-sustainable health care
* Protecting yourself
* Herbs for the clinic and clinic garden

**Creating a working infrastructure**

* Define goals
* Where do you expect to be in one month? Six month? One year? Five years?
  + Consistency and patterning (once a month consistently is far better than 5 days every 5 months)
  + Preparation person-hours + work hours + clean-up hours + recovery hours
  + Sources of help – students, internships, volunteers, fellow herbalists, interest groups, city funding, private grants
  + Schedule, delegate, manage

**Evaluating the neighborhood and citywide culture(s)**

* Cycle of understanding what an area needs
  + Advance party if possible or necessary
  + Clinic and/or class setup
  + Communication
  + Evaluate results and make changes regularly

**Learning to be adaptable**

* Consistently seek out new environments
* For every clinic there is a class
* Get used to working with limited sets of medicinal herbs

**Focus on education and self-sustainable health care**

* Urban medicinal gardens – every clinic must have one
  + Forest, guerilla, vertical and other unconventional gardening styles
  + Soil rebuilding
  + Water collection and diversion
  + Modular approaches that can be retaught easily
  + Weedcrafting

**Protecting yourself**

* Legal
  + Disclaimer
  + Language (prima facie)
  + Private club
  + General liability
* Mobile and security
  + Buddy system
  + Schedules and notifications
  + Communication
    - Cell phone
    - 2-way radio
  + Local (family is best) ties
  + Local sweat equity in every project (especially gardening)
  + Consider certifications and other links to local law enforcement, EMS and fire (e.g. CERT certification)

**40 herbs that I use (and many of which I grow) most often in the USA and abroad to create adaptable protocols and formulas**

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| **Herb** |
| *Achillea millifolium* (Yarrow) |
| *Actaea racemosa* (Black Cohosh) |
| *Althea officinalis* (Marshmallow) |
| *Anemopsis californica* (Yerba Mansa) |
| *Angelica sinensis* (Dong Quai) |
| *Arctium lappa* (Burdock) |
| *Argemone* (Prickly/California Poppy) |
| *Astragalus membranaceous* (Astragalus) |
| *Aziradachta indica* (Neem) |
| *Berberis spp.* (Algerita, Oregon Grape, Barberry) |
| *Centella asiatica* (Gotu Kola) |
| *Echinacea purpurea, augustifolia, pallida* (Echinacea) |
| *Eleuthero senticsosus* (Siberian Ginseng) |
| *Equisetum arvense* (Horsetail) |
| *Eupatorium perfoliatum* (Boneset) |
| *Filipendula ulmaria* (Meadowsweet) |
| *Glycyrrhyza glabra* (Licorice) |
| *Hypericum perfoliatum* (St. John’s Wort) |
| *Larrea spp.* (Chaparral) |
| *Lobelia inflata* (Lobelia) |
| *Leonurus cardiaca* (Motherwort) |
| *Marrubium vulgare* (White Horehound) |
| *Matricaria recutita* (Chamomile) |
| *Monarda spp.* (Beebalm) |
| *Opuntia spp.* (Prickly Pear) |
| *Passiflora incarnata* (Passionflower) |
| *Petasites hybridus* (Butterbur) |
| *Petroselenium crispum* (Parsley root) |
| *Phytolacca americanum* (Poke) |
| *Plantago* (Plantain) |
| *Polygonatum spp.* (Solomon’s Seal) |
| *Sambucus nigra* (Elder flower) |
| *Scutellaria lateriflora* (Skullcap) |
| *Silybum marianum* (Milk Thistle) |
| *Taraxacum officinalis* (Dandelion root) |
| *Trifolium pratense* (Red Clover) |
| *Urtica dioca* (Nettles leaf, root and seed) |
| *Usnea spp.* (Usnea) |
| *Verbascum thapsus (Mullein root, leaf, flower)* |
| *Zanthoxylum spp.*(Prickly Ash) |