

Speakers' Biographies

TSong, RH (AHG), director of the Northeast School of Botanical Medicine, has been studying, teaching, and pursuing his interest and passion for plants for over 20 years. He has a clinical practice in Ithaca, NY, focusing on home, street and wilderness first aid, emergency and trauma medicine, men's health and constitutional health care. He is also a practitioner and Director of Holistic Medicine at the Ithaca Free Clinic. A devotee of field botany, he wildcrafts and prepares a wide variety of botanical preparations. TSong has a deep respect and love for the plants and is thankful to be in a world abounding in them. He believes in bringing herbal medicine with a focus on the plants themselves back into mainstream and daily health care. He looks forward to the day when herbalists are again an integral part of their community.

Paul Bergner, RH (AHG) is Director of the North American Institute of Medical Herbalism in Boulder. He has trained clinical herbalists in a clinical setting continuously since 1996. He has seven books published on the topics of medical herbalism, clinical nutrition, and naturopathy, and has published the quarterly *Medical Herbalism* journal since 1989. He has practiced medical herbalism and clinical nutrition since 1973.

Mark Blumenthal is the Founder and Executive Director of the American Botanical Council and Publisher of *HerbalGram*. He is an Adjunct Associate Professor of Medicinal Chemistry at the University of Texas at Austin, College of Pharmacy. Mark has over 25 years of experience with medicinal plants and natural products and has appeared on over 400 radio or television shows and written over 500 articles for such publications as *Whole Foods*, *Health Food Business*, *Let's Live*, *Vegetarian Times*, and *Natural Health* (formerly *East West Journal*). Mark was an advisor for the World Health Organization in its adaptation of the "Guidelines for the Assessment of Herbal Medicines," and was the senior editor of the English translation of *The Complete German Commission E Monographs — Therapeutic Guide to Herbal Medicines*. Mark has been a leader in the concerns for more rational regulations of herbal and natural product manufacturing, and education on alternative medicines.

Francis Brinker, ND has taught botanical medicine at both National College of Naturopathic Medicine and Southwest College of Naturopathic Medicine and currently serves as an Assistant Clinical Professor in the College of Medicine at the University of Arizona. Dr. Brinker has written numerous articles and books on medicinal herbs, including *Complex Herbs – Complete Medicines*, *The Eclectic Dispensatory of Botanical Therapeutics*, *Herb Contraindications and Drug Interactions*, and *The Toxicology of Botanical Medicine*.

Amanda McQuade Crawford, Dip. Phyto, MNIMH, MNZAMH, RH (AHG) is known around the world as a premier spokeswoman for herbs. In private practice for over 20 years, Amanda was one of the original professional members of the American Herbalists Guild. She served on the review committee for Pharmacists' Letter Natural Medicine Database, and contributes to texts on natural medicine, most recently *Antidiabetic Plants* (CRC Press). Currently Amanda contributes to monographs for The American Herbal Pharmacopoeia. Aware of spirit in healing, she is a legendary educator.

Christopher Hobbs, LAc, RH (AHG) is a California herbalist, fourth generation herbalist and botanist, and acupuncturist known for his prolific writing on medicinal plants, mushrooms and liver herbs. Hobbs has been working in natural medicine for nearly 40 years and is a founding professional member of the AHG and has served on the admissions review committee from its inception. Chris has formulated supplement lines, lectured widely and has written or co-written 24 books on health and herbal medicine, including *Herbal Remedies for Dummies* and *The Peterson Field Guide to Medicinal Plants of the Western US*. After completing an undergraduate degree in biological sciences in 2006, Chris began a PhD program at University of California, Berkeley, studying the chemistry, pharmacology, botany, phylogenetics, and ethnobotany of the medicinal genus *Artemisia*.

Patricia Kyritsi Howell, RH (AHG) is a clinical herbalist, author and teacher. In her classes, lectures and practice, she combines sixteen years experience as an herbal practitioner, a solid background in the therapeutic use of herbs, and an in-depth knowledge of medicinal plants native to the Southern Appalachians. She serves as a member of the Governing Council of the American Herbalists Guild, advises the Atlanta Botanical Garden on medicinal herb programming, and is the co-founder of the Georgia Herbalists Guild. She is the co-owner of Wild Crete, a company that offers travel seminars on herbs and traditional cuisine on the Greek island of Crete each spring. Patricia is the author of *Medicinal Plants of the Southern Appalachians*.

Tori Hudson, ND graduated from the National College of Naturopathic Medicine in 1984 and has served the college in several capacities since, including: Medical Director, Associate Academic Dean, and Academic Dean. She is currently a professor there, as well as a clinical professor at Southwest College of Naturopathic Medicine and Bastyr University. Tori has been in practice for 23 years and is the medical director of "A Woman's Time," her clinic in Portland, Oregon, as well as director of product research and education for VITANICA. Dr. Hudson was awarded the 1990 President's award from the American Association of Naturopathic Physicians for her research in women's health, the 1999 prestigious Naturopathic Physician of the Year award and the 2003 NCNM Alumni Pioneer Award. Author of *Women's Encyclopedia of Natural Medicine*, speaker, educator, researcher, and clinician, Tori serves on several editorial boards, advisory panels, and as a consultant to the natural products industry.

William Morris, PhD, DAOM has a master's degree in medical education, a doctorate in acupuncture and Oriental medicine and a PhD in transformative studies. He has developed two doctoral programs in acupuncture and Oriental medicine and two institutional review boards. As president of the American Academy of Oriental Medicine, he was part of the unification movement that led to a single national professional association in the US. With an academic focus on the subject of pulse diagnosis since 1980, he is the founder of www.pulsediagnostics.com. Will also serves as president of the Academy of Oriental Medicine at Austin, where he offers special programs and clinics devoted to the study of Chinese pulse diagnosis in early and contemporary forms.

Aviva Romm, MD, CPM, RH(AHG) is a mom, homebirth midwife, herbalist, and a practicing medical doctor with 25 years of clinical experience and a passion for herbal medicine for women and children. She is the Director of *Herbal Medicine for Women*, a thriving distance-learning program, the author of numerous botanical medicine and natural health books including *Botanical Medicine for Women's Health*, and the President of the American Herbalists Guild.

Ethan Russo, MD, is a board-certified neurologist, and psychopharmacology researcher, and Senior Medical Advisor to GW Pharmaceuticals. He has held faculty appointments in Pharmaceutical Sciences, University of Montana, in Medicine, University of Washington, and visiting professor, Chinese Academy of Sciences. He is Secretary of the International Cannabinoid Research Society and chairman of the International Association for Cannabis as Medicine. He is author of *Handbook of Psychotropic Herbs*, co-editor of *Cannabis and Cannabinoids: Pharmacology, Toxicology and Therapeutic Potential*, and author of *The Last Sorcerer: Echoes of the Rainforest*. He was founding editor of *Journal of Cannabis Therapeutics*, selections of which were published as books: *Cannabis Therapeutics in HIV/AIDS*, *Women and Cannabis: Medicine, Science and Sociology*, *Cannabis: From Pariah to Prescription*, and *Handbook of Cannabis Therapeutics: From Bench to Bedside*. He has published numerous book chapters, and over thirty articles in neurology, pain management, cannabis, and ethnobotany.

William Siff, LAc, RH (AHG) is a licensed acupuncturist and herbalist with over ten years of clinical experience. He co-founded Goldthread Herbal Apothecary and Herb Farm in western Massachusetts, and directs the Farm to Pharmacy internship program. He is also a project director for Land is Life, a non-profit based in Cambridge, MA that works with indigenous people throughout the world to help protect land and human rights.



Christa Sinadinos has been studying and working with medicinal herbs since 1989, and has practiced clinical herbalism and aromatherapy since 1994. Hundreds of students have completed her clinical and professional herbalist training programs at the Northwest School for Botanical Studies. She incorporates Western, Ayurvedic, and Chinese constitutional therapies into her practice and her teachings, and works with clients ranging from infants to seniors. Christa is also the proprietor of the herbal extract business Alpine Meadow Botanicals. She maintains an extensive herbal pharmacy with many organic, locally cultivated herbs, as well as herbs she has carefully wildcrafted or grown. She is dedicated to the conservation and cultivation of medicinal herbs, and maintains an herbal demonstration garden containing more than 200 species.

James Snow, RH (AHG) is the director of the Master of Science in Herbal Medicine program at Tai Sophia Institute. He has been working in the field of herbal medicine since 1986, completing the herbal residency program at the Southwest School of Botanical Medicine in 1991. James has been in private clinical practice since 1994, blending traditional herbal wisdom with modern research perspectives. He has recently served as a reviewer for the American Herbal Pharmacopoeia.

Kevin Spelman, PhD, MCPP, RH (AHG) is a postdoctoral fellow at the National Institutes of Health, a core faculty at the Tai Sophia Institute and a past Marie Curie Research Fellow in Paris. He has practiced western phytotherapy, informed by the Ayurvedic system and the medical sciences since 1989, and was a founding faculty of the first Bachelors of Science degree in botanical medicine (U.S.) and most recently of the first Masters of Science degree in clinical herbal medicine in the U.S. Past research has included proteomics, molecular biology and clinical investigations on the bioactivity of medicinal plants, as well as international research including the analysis of nutrient levels in women of early childbearing age in West Africa, working with children with neurological disorders in Central America and malaria research in Paris. He is also a member of the College of Practitioners of Phytotherapy in the United Kingdom.

Nicole Telkes, RH (AHG), LMT has a background in botanical studies, plant conservation work, community activism, and herbal first aid clinics. She has spent the last 15 years traveling around North America wilderness and waste places studying and using the native and naturalized species of Central Texas and other bioregional medicinal plants. She has a great passion for the green path and is the lead teacher and founder of the Wildflower School of Botanical Medicine, a 200+ hour herbal apprenticeship program working towards training an herbalist for every corner of every neighborhood.

Lesley Tierra, Lac, RH (AHG) has a practice in Santa Cruz, California where she combines acupuncture, herbs and food therapies along with lifestyle and inner growth counseling. Lesley has authored several books, including *Healing With the Herbs of Life* and *A Kid's Herb Book*. She has taught TCM theory and techniques, herbology and women's groups at various schools and symposia throughout the United States and England since 1983.

Michael Tierra, OMD, RH (AHG) is the author of numerous books on health and herbal healing including *The Way of Herbs*, *The Natural Remedy Bible* and *The Way of Chinese Herbs*, *Planetary Herbology*, *Chinese Traditional Herbal Medicine, Vol. 1 & 2*, *Biomagnetic and Herbal Therapy*, and *The East West Course of Herbology*. He practices at the East West Clinic in Santa Cruz at the northern end of Monterey Bay in Central California.

Roy Upton, RH (AHG) is trained in both Western and Traditional Chinese herbalism and has been working professionally as an herbalist for 20 years. He is the Executive Director and Editor of the American Herbal Pharmacopoeia, and a member of the Standards Committee of the American Herbal Products Association. Roy is a founding member and the Vice President of the American Herbalists Guild

David Winston, RH (AHG) is an herbalist and ethnobotanist with over 35 years of experience in Cherokee, Chinese and Western herbal traditions. David is also the president of Herbalist & Alchemist, Inc. an herbal company manufacturing over 300 products, and founder/director of David Winston's Center for Herbal Studies. He is an internationally known lecturer and teaches frequently at medical schools, symposia and herb conferences. David has written or co-authored numerous books, including *Saw Palmetto For Men and Women* and *Herbal Therapies and Supplements — A Scientific and Traditional Approach*. He is the Director of Admissions for the American Herbalists Guild.

Matthew Wood, MSc (Herbal Medicine), RH (AHG) has been a practicing herbalist for over twenty years. He is the author of three books on herbal medicine: *Seven Herbs, Plants as Teachers* (1987), *Vitalism* (formerly *The Magical Staff*) (1993) and *The Book of Herbal Wisdom* (1998). His latest book is *The Practice of Traditional Western Herbalism* (2004).

