

## 27TH ANNUAL AMERICAN HERBALISTS GUILD SYMPOSIUM: CONNECTING TO OUR ROOTS

KEYNOTE SPEAKER: PHYLLIS HOGAN

FEATURING: INFECTIOUS DISEASE AND HERBAL THERAPIES CERTIFICATE TRACK  
SEPTEMBER 29 - OCTOBER 3, 2016 AT SEVEN SPRINGS MOUNTAIN RESORT, PA



AMERICAN  
HERBALISTS  
GUILD

The American Herbalists Guild promotes clinical herbalism as a viable profession rooted in ethics, competency, diversity, and freedom of practice. The American Herbalists Guild supports access to herbal medicine for all and advocates excellence in herbal education.

Hosted by Mimi Hernandez

AMERICANHERBALISTSGUILD.COM

EMAIL: OFFICE@AMERICANHERBALISTSGUILD.COM PHONE: 617-520-4372

## 27TH ANNUAL AMERICAN HERBALISTS GUILD SYMPOSIUM: CONNECTING TO OUR ROOTS

KEYNOTE SPEAKER: PHYLLIS HOGAN

FEATURING: INFECTIOUS DISEASE AND HERBAL THERAPIES CERTIFICATE TRACK  
SEPTEMBER 29 - OCTOBER 3, 2016 AT SEVEN SPRINGS MOUNTAIN RESORT, PA



AMERICAN  
HERBALISTS  
GUILD

The American Herbalists Guild promotes clinical herbalism as a viable profession rooted in ethics, competency, diversity, and freedom of practice. The American Herbalists Guild supports access to herbal medicine for all and advocates excellence in herbal education.

AMERICANHERBALISTSGUILD.COM

EMAIL: OFFICE@AMERICANHERBALISTSGUILD.COM PHONE: 617-520-4372

## 27TH ANNUAL AMERICAN HERBALISTS GUILD SYMPOSIUM: CONNECTING TO OUR ROOTS

KEYNOTE SPEAKER: PHYLLIS HOGAN

FEATURING: INFECTIOUS DISEASE AND HERBAL THERAPIES CERTIFICATE TRACK  
SEPTEMBER 29 - OCTOBER 3, 2016 AT SEVEN SPRINGS MOUNTAIN RESORT, PA



AMERICAN  
HERBALISTS  
GUILD

Interested in More Educational Tools?  
AHG Members may access the following fast growing list of resources:

- 35+ live and archived webinars
- Over 800 lecture mp3s from 12 years of AHG Symposia
- 8 fully digitized and archived journal publications
- Hundreds of ethics, competency, and diversity resources
- New AHG published digitally twice a year

The American Herbalists Guild promotes clinical herbalism as a viable profession rooted in ethics, competency, diversity, and freedom of practice. The American Herbalists Guild supports access to herbal medicine for all and advocates excellence in herbal education.

Special Promo Code: WEBINAR10

Our members include students, educators, researchers, growers, wildcrafters, practitioners, product makers, and herbal enthusiasts!

AMERICANHERBALISTSGUILD.COM

EMAIL: OFFICE@AMERICANHERBALISTSGUILD.COM PHONE: 617-520-4372



AHG members receive access to biannual publications of the Journal of the American Herbalists Guild

Herbal Monographs, Technical Articles, Botanical Therapeutics, Book Reviews, Case Histories

Advertising and writing opportunities available: Contact office@americanherbalistsguild.com



## 27TH ANNUAL AMERICAN HERBALISTS GUILD SYMPOSIUM: CONNECTING TO OUR ROOTS

**KEYNOTE SPEAKER: PHYLLIS HOGAN**  
FEATURING: INFECTIOUS DISEASE AND HERBAL THERAPIES CERTIFICATE TRACK  
SEPTEMBER 29 - OCTOBER 3, 2016 AT SEVEN SPRINGS MOUNTAIN RESORT, PA



**AMERICANHERBALISTSGUILD.COM**

EMAIL: OFFICE@AMERICANHERBALISTSGUILD.COM PHONE: 617-520-4372

### THE HERBAL ACTIVITY HUB FOR CHILDREN: CREATING 'AH-HAH' MOMENTS

Seven Springs Mountain Resort is the perfect venue for a getaway with the whole family! Join us for lots of exciting, fun, and educational opportunities through our American Herbalists (Guild) - Herbal Activity Hub, aka AH-HAH.

The Hub builds on our commitment to offer young people learning opportunities that are herbally oriented and designed to give all the children in your family an 'AH-HAH' moment.



Visit [www.americanherbalistsguild.com/symposium](http://www.americanherbalistsguild.com/symposium) for more information!

### AHG PROFESSIONAL HERBALIST TRAINING WEBINAR SPONSORS



To become a webinar sponsor contact [www.americanherbalistsguild.com](http://www.americanherbalistsguild.com)



## Training and resources for today's industries and tomorrow's innovations

- Industry Training - Online and On-site
  - Botanical Identification
  - Good Manufacturing Practices
  - Herbal Quality Control
- Laboratory Resources

For the Food, Beverage, and Natural Products Industries

[fbnp@ncbionetwork.org](mailto:fbnp@ncbionetwork.org)

[ncbionetwork.org](http://ncbionetwork.org)





## HERBS & KIDS: COMPLIANCE THROUGH EDUCATION

Kristine Brown

[www.LunaHerbCo.com](http://www.LunaHerbCo.com)  
[www.HerbalRootszine.com](http://www.HerbalRootszine.com)



*"We must take our children into the wild, introduce them to the plants, and teach them of their connection to the earth. In instilling in our children a respect for plant medicine, we not only care for their tender bodies but help pass along the seeds of a tradition that is as old as human life itself."*

– Rosemary Gladstar,  
*Rosemary Gladstar's Family Herbal*

## HOW DO YOU CONVINC KIDS TO TAKE HERBAL MEDICINE???



*"Can we teach children to look at a flower and see all the things it represents: beauty, the health of an ecosystem, and the potential for healing?"*

– Richard Louv,  
*Last Child in the Woods:  
Saving Our Children from  
Nature-Deficit Disorder*



## KIDS ARE BORN HEALERS

- Children have a natural draw to nature, including plants
- They love to explore their surroundings
- They want to help those in pain



## WHAT CAN WE DO TO GIVE KIDS A GOOD HERBAL FOUNDATION?



*“There is no one way to become a healer: no particular age and no special way for medicine spirits to come. When the time is right, they come.”*

– Evelyn Wolfson,  
*From the Earth to Beyond the Sky:  
Native American Medicine*

## BUILDING A GOOD HERBAL FOUNDATION

- Instill good herbal habits
- Empower them to take control of their own health
- Teach them to trust their intuition
- Encourage them to explore the uses and usability of herbs





## HOW DO WE GET KIDS EXCITED ABOUT HERBS SO THEY WILL BE OPEN TO USING THEM AS MEDICINE?



*“Once upon a time, children would have learned about the many uses of plants---as food, as decoration, and most importantly, as medicine---from their elders. A wise woman or man who had learned the ways of the plants would have guided children as they discovered the natural world around them. Our world is very different now, but plants still have much to teach us.”*

– Ellen Evert Hopman,  
*Walking the World of Wonder*

## GETTING KIDS EXCITED ABOUT HERBS

- Start a list of backyard plants
- Replace the items in your medicine cabinet with herbal equivalents
- Keep a journal
- When possible, explore the herbs
- Grow your own
- Choose an herbal ally
- Books, books, books



## THE KEY IS INVOLVEMENT!

## PLANT ID ONLINE RESOURCES

- US Wildflowers website: <https://uswildflowers.com/> Searchable by state and plant common or scientific name
- My Wildflowers: <http://mywildflowers.com/identify.asp>
- U of I Extension: <http://extension.illinois.edu/wildflowers/intro.cfm>
- Go Botany website: <https://gobotany.newenglandwild.org/>
- USDA plant database: <http://plants.usda.gov/java/>
- Tom Elpel: <http://www.wildflowers-and-weeds.com/>

## PLANT ID BOOK RESOURCES

- Newcomb's Wildflower Guide by Lawrence Newcomb
- Botany in a Day & Shanley's Quest book and card game by Thomas Elpel
- Peterson Field Guides: Medicinal Plants and Herbs of Eastern and Central North America & A Field Guide to Western Medicinal Plants and Herbs by Steven Foster
- What Tree is That?
- Forest Trees of Illinois (check with your state for your state's version)

## HERB BOOKS FOR KIDS

- A Kid's Herb Book For Children of All Ages by Lesley Tierra
- The Herbalist of Yarrow by Shatoiya de la Tour
- Medicinal Herbs: A Beginner's Guide by Rosemary Gladstar
- Herb Fairies by [LearningHerbs.com](http://LearningHerbs.com) (released annually)
- Herbal Roots zine: <http://www.herbalrootszine.com/back-issues-2/>
- Herbal Roots zine's comprehensive list of books, games and more: <http://www.herbalrootszine.com/book-list/>

## WEBSITE RESOURCES

- Flora Delaterre, plant detective : <http://www.floradelaterre.com/>
- Herb Fairies waiting list: <http://www.herbfairies.com/>
- Be Nice to Nettles website: <http://www.nettles.org.uk/>
- The Herbal Academy course for kids: [https://theherbalacademy.com/introduction-to-herbs-for-kids-meet-my-friend-herb/?ap\\_id=herbalrootszine](https://theherbalacademy.com/introduction-to-herbs-for-kids-meet-my-friend-herb/?ap_id=herbalrootszine)
- Herbal Roots zine free printables and games: <http://www.herbalrootszine.com/freebies/>



## FINDING HRZ ONLINE

- Herbal Roots zine: <http://www.herbalrootszine.com/>
- Facebook: <https://www.facebook.com/herbalrootszine/>
- Pinterest: <https://www.pinterest.com/herbalrootszine/>
- Instagram: <https://www.instagram.com/herbalrootszine/>
- Twitter: <https://twitter.com/herbalrootszine>



[www.HerbalRootszine.com](http://www.HerbalRootszine.com)