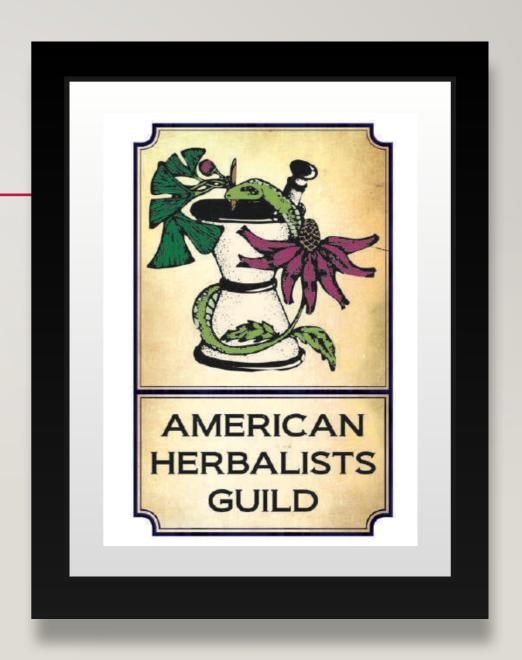


AHG MISSION

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.



Interested in More Educational Tools?

AHG Members may access the following fast growing list of resources:

- 80 + archived webinars presented by leading voices in herbal medicine
- Over 300 lecture MP3s spanning 12 years of AHG Symposia
- 30 fully digitized and archived Journal publications
- New JAHG published twice a year

Join the AHG within 30 days of this live event and save 20% with code 20for2020 www.americanherbalistsguild.com

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



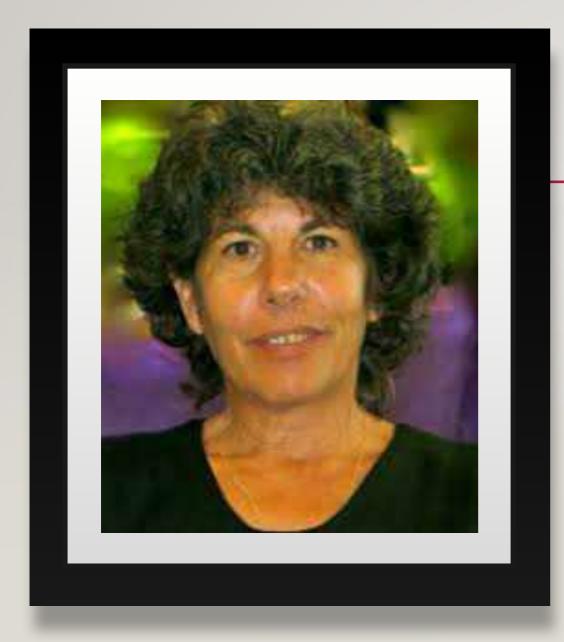
UPCOMING AHGINTENSIVES

- January: Herbs for Animals with Cynthia Lankenau
- February: Managing Methylation with Susan Fidler
- March: Erika Galentin
- May: Herbal Protocols for Lyme Disease with Brendan Kelly

MEMBERS: Remember to use code **AHGMEMBER** at checkout to save **\$50** on all upcoming intensives.

https://americanherbalistsguild.thinkific.com/





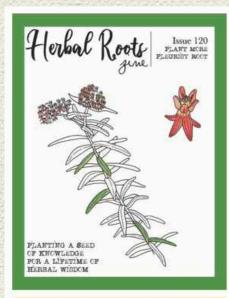
A VERY SPECIAL THANKS...

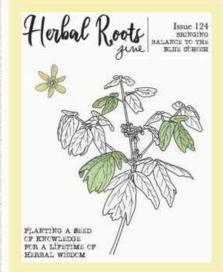
The American Herbalists Guild would like to thank Leslie Alexander for the many volunteer hours she has spent over the years helping us to find presenters for our Free Webinars. The AHG staff thanks you, our members thank you, and our herbal community appreciates your efforts so much.

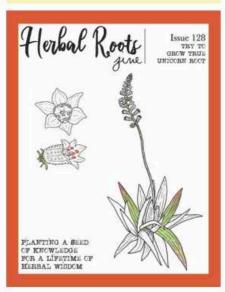


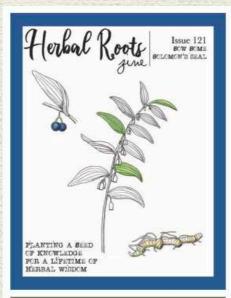
To Use Or Not To Use

Profiling "At-Risk" Medicinals by Kristine Brown, RH (AHG)

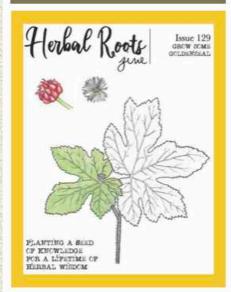


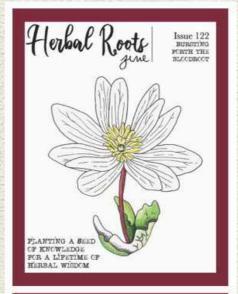


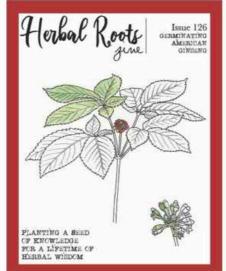




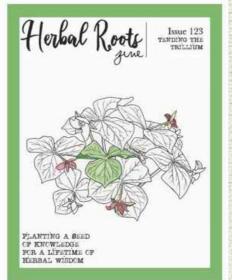




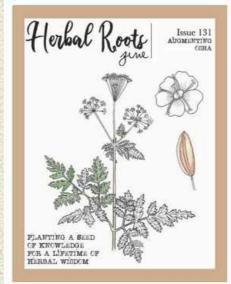


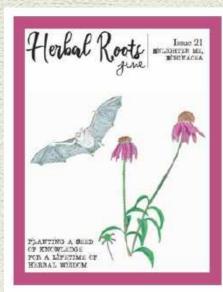


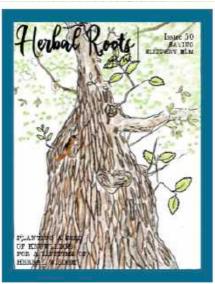












"If we choose to use plants as our medicine, we then become accountable for the wild gardens, their health and their upkeep."

Rosemary Gladstar



What is an "at-risk" plant?

An At-Risk Plant Is...

Any native species of plant that is declining in its natural habitat due to various reasons, generally caused by human activity

Where does the term "at-risk" come from?

United Plant Savers

Founded in 1994 by Rosemary Gladstar and friends

Their mission is "to protect native medicinal plants of the United States and Canada and their native habitat while ensuring an abundant renewable supply of medicinal plants for generations to come."



United Plant Savers' "at-risk" Plant List

- Plants the UpS feels are currently most sensitive to the impact of human activities
- Medicinal plants that are on the decline due to expanding popularity and shrinking habitat and range
- Plants that could easily become extinct if the current trend of use and deforestation continue without any action taken to cultivate them

Mant Co.

activities. Our intent is to assure the increasing

important wild medicinal plants.

o Wotch"

AMERICAN GINSENG Panax quinquefollus

"At-Risk"

BLACK COHOSH Actaea (Cimicifuga) racemosa

> BLOODROOT Sanguinaria canadensis

BLUE COHOSH
Caulophyllum thalictroides

ECHINACEA Echinacea spp.

EYEBRIGHT, Euphrasia spp.

FALSE UNICORN ROOT Chamaelirium luteum

GOLDENSEAL Hydrastis canadensis

LADY'S SLIPPER ORCHID Cypripedium spp.

LOMATIUM Lomatium dissectum

OSHA

Ligusticum porteri, L. spp. PEYOTE

Lophophora williamsii

SANDALWOOD Santalum spp. (Hawaii only)

> SUPPERY ELM Ulmus rubra

SUNDEW, Drosera spp.

TRILLIUM, BETH ROOT Trillium spp.

TRUE UNICORN Aletris farinosa

VENUS" FLY TRAP Dionaea muscipula

VIRGINIA SNAKEROOT Aristolochia serpentaria

WILD YAM Dioscorea villosa, D. spp.

"To-Watch"

Amica spp.

BUTTERFLY WEED

Asclepias tuberosa

Rhamnus purshiana

CHAPARRO Castela emoryl ELEPHANT TREE

Bursera microphylla

GENTIAN, Gentiana spp. GOLDTHREAD, Coptis spp.

KAVA KAVA

Piper methysticum (Hawaii only) LOBELIA, Lobelia spp.

MAIDENHAIR FERN Adiantum pendatum

MAYAPPLE Podophyllum peltatum

OREGON GRAPE Mahonia spp. PARTRIDGE BERRY

Mitchella repens PINK ROOT

Spigelia marilandica FIPSISSEWA

Chimaphila umbellata

RAMPS, Allium tricoccum SPIKENARD

Aralia racemosa. A. californica STONEROOT

Collinsonia canadensis STREAM ORCHID

STREAM ORCHID Epipactis gigantea TURKEY CORN

Dicentra canadensis WHITE SAGE, Salvia apiana

WILD INDIGO, Baptisia tinctoria YERBA MANSA, Anemopsis californica

"In-Review"

HIGHEST PRIORITY: RESCORE NOV

SLIPPERY ELM Ulmus rubra

GOLDENSEAL Hydrastis canadensis

FALSE UNICORN Chamaelirium luteum

BLACK COHOSH Actaea racemosa

P PRIORITY IN THE NEXT YEAR

SPIKENARD Aralia racemosa, A. californica

> CASCARA Frangula purshiana

8LOODROOT Sanguinaria canadensis

VIRGINIA SNAKEROOT

Aristolochia serpentaria

TRILLIUM, Trillium spp.

BLUE COHOSH
Caulophyllum thalictroides

WILD YAM, Dioscorea villosa

MID PRIORITY: IN THE NEXT 2 YEARS

LOMATIUM Lomatium dissectum

OSHA Ligusticum porteri

ECHINACEA Echinacea spp.

BUTTERFLY WEED

Asclepias tuberosa STONEROOT

Collinsonia canadensis

YERBA MANSA Anemopsis californica

MAYAPPLE Podophyllum peltatum

PARTRIDGE BERRY Mitchella repens

Requested To Score INDIAN PIPE
Monotropa unBora
CHAGA
Inonotus obliquus

WILD CHERRY
Prunus sero fina
SOLOMON'S SEAL
Polyganatum billorum

RRY YAUPON
otina llex vomitoria
S SEAL WILD GERANIUM
bilionum Geranium maculatum



Risks of Continued Use

Increased amount of Poachers

With the continued use of various species of at-risk plants around the world, the price and demand of them increases, causing more poaching which not only damages the at-risk species but other species that are in the way as they poach.



Loss of biodiversity

A healthy ecosystem includes a large variety of species. As the species die out, so does biodiversity which in turn create a weak ecosystem that is susceptible to disease and imbalance by invasive species.



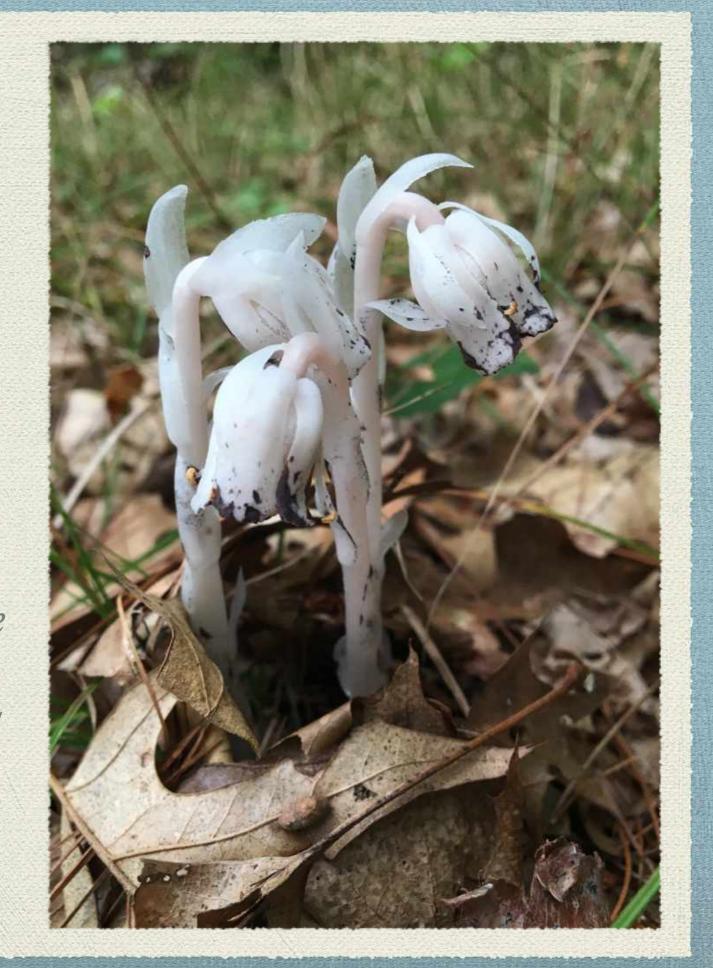
Unbalanced ecosystems

Depending on your location, you have probably seen areas completely covered in invasive species such as Honeysuckle, Kudzu, Blackberry, Sumac, Winter Creeper, and Japanese Knotweed.



Extinction of vulnerable species

As the biodiversity decreases, invasive species increase, plants are over harvested and not replanted, extinction of species is possible and happening.



What can we do as herbalists?

Not use
at-risk plants
that aren't
being cultivated

Some plants such as True Unicorn and False Unicorn are not being cultivated. These plants should not be used at all.

Instead, substitute other plants that work similarly to them.



Pleurisy Root (Asclepias tuberosa)

Lobelia spp.

For acute respiratory issues including pneumonia, bronchitis, pleurisy and asthma, especially when accompanied by fever and coughs that are painful and constricted, as well as unproductive. Low dose (can be emetic).

Prunus serotina

Wild Cherry is also used for dry, irritable coughs in cases of bronchitis and pneumonia.

Hyssopus officinalis

Hyssop is often used for dry coughs, asthma, helps to calm coughs.

Origanum majorana

Oregano is good for acute respiratory issues that present with a tight chest, cough and/or asthma.

Althaea officinalis

Marshmallow is moistening, soothing and cooling for hot, dry conditions.



Pleurisy Root (Asclepias tuberosa)

Inula helenium

Elecampane is soothing to dry, irritated coughs and respiratory complaints.

Ceanothus americanus

Red Root is helpful in cases of lung congestion, especially in conjunction with congestive heart failure.

Sambucus nigra

Elderberry can also be helpful for lung congestion and pulmonary edema.

Polygonatum spp.

Solomon's Seal is also a plant at risk but can be easily cultivated in shade gardens. Variegated species of Polygonatum are often sold as landscape plants, are vigorous growers and can be used interchangeably (see issue 121 for more information). Solomon's Seal is a great herb for lubricating joints that are too dry, loosening joints that are too tight and tightening joints that are too loose.



Bloodroot (Sanguinaria canadensis)

Chelidonium majus

Celandine also contains poppy alkaloids and is often used interchangeably with Bloodroot for many things including tumors, warts and moles, as well as an cholagogue for stimulating bile production.

Rosmarinus officinalis

Rosemary can be used in place of Bloodroot for respiratory issues, skin conditions and antimicrobial actions.

Thuja occidentalis

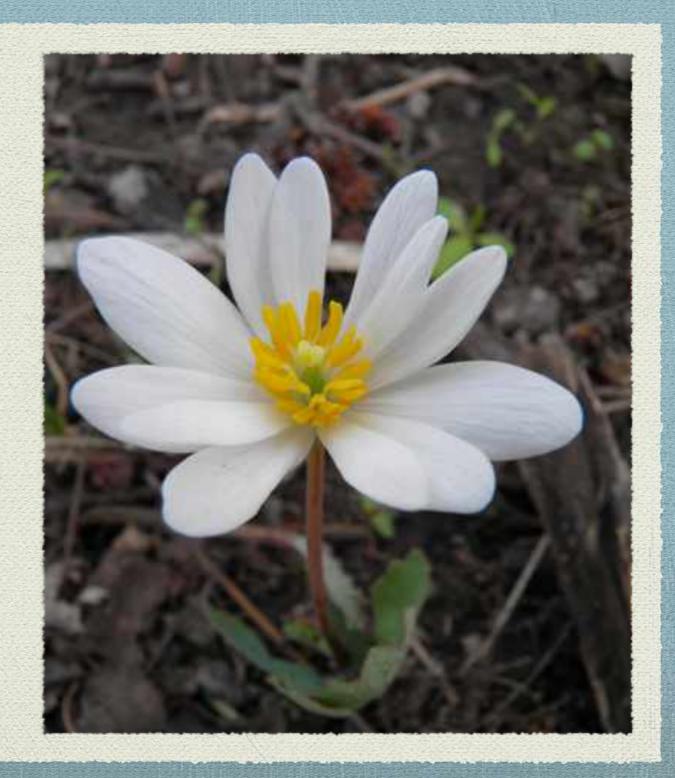
Thuja has been used for wart removal and can be applied as an oil or salve while taking homeopathically or drop doses of tincture internally.

Capsicum annuum

Cayenne pepper is stimulating to the outer extremities and can be sprinkled in shoes to help stimulate blood circulation in the feet or applied as an infused oil to the hands and feet.

Syzygium aromaticum

Clove is often used for toothaches and other dental issues.



Trillium (Trillium spp.)

Achillea millefolium

Yarrow is astringent and often used to stop excessive bleeding

Capsella bursa-pastoris

Shepherd's Purse is used to slow and stop excessive bleeding, especially for women after childbirth and during menses.

Rubus spp.

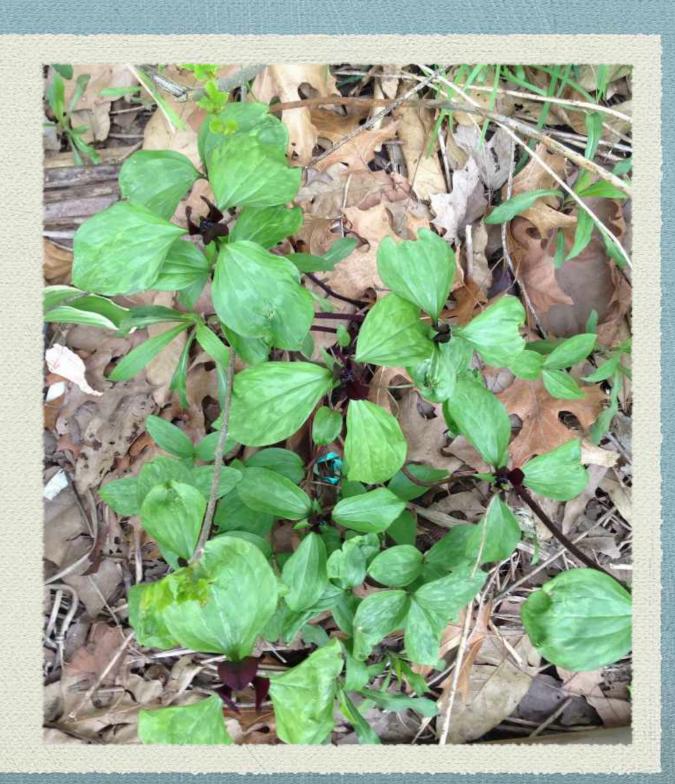
Raspberry can be used as an astringent for the female reproductive system and Blackberry is great for diarrhea.

Leonurus cardiaca

Motherwort is a great uterine tonic and can be used in place of Trillium for toning the uterus.

Achemilla mollis

Lady's Mantle is also astringent and works well as an emmenagogue.



Blue Cohosh (Caulophyllum thalictroides)

Leonurus cardiaca

Motherwort is great for easing heart palpitations and is helpful for premenstrual syndrome/tension.

Capsicum annuum

Cayenne is stimulating to circulation of the outer extremities and can be used as a powder sprinkled into shoes or in a salve or oil massaged into the hands or feet.

Viburnum spp.

Black Haw and Crampbark are great for all things muscle spasm related including menstrual cramps and digestive cramps. Black Haw has also been used to help tonify and prepare the uterus for childbirth.

Mentha x piperita

Peppermint can be very helpful for those suffering from IBS and other digestive issues.



Black Cohosh (Actaea racemosa)

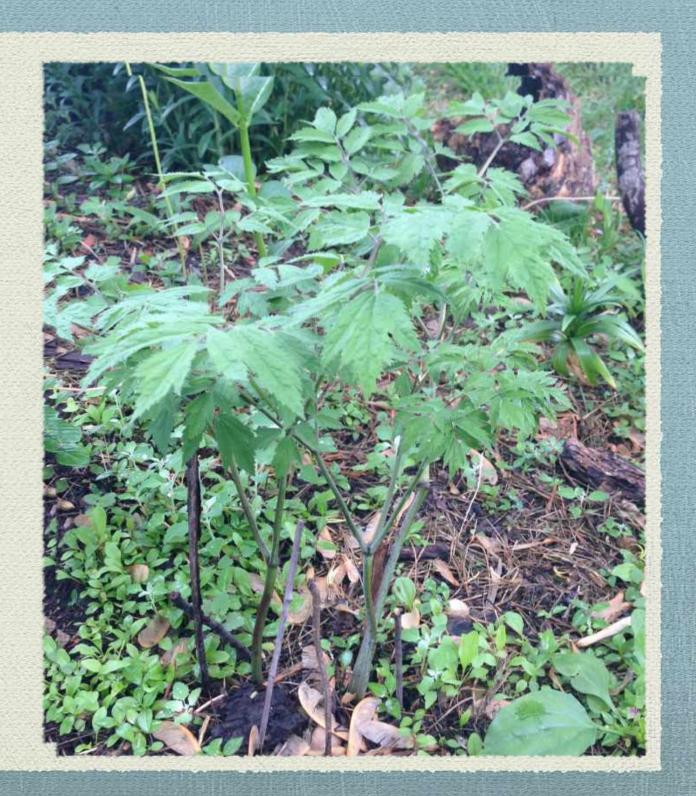
Leonurus cardiaca Motherwort is helpful for premenstrual syndrome, tachycardia, and heart palpitations.

Angelica sinensis

Dong Quai is often used for menopausal symptoms.

Asarum canadensis, Lobelia inflata, Valeriana officinalis, Viburnum spp.
Wild Ginger, Lobelia (low dose), Valerian and

Crampbark or Black Haw are all great for relieving muscle spasms.



American Ginseng (Panax quinquefolius)

Panax ginseng, Eleutherococcus senticosus Chinese Ginseng and Siberian Ginseng/Eleuthero both work very similarly to American Ginseng and can usually be used interchangeably.

Astragalus membranaceus, Withania somnifera Astragalus and Ashwagandha are two adaptogens that are used similarly to American Ginseng for their adaptogenic actions.

Gynostemma pentaphyllum
Jiaogulan is an adaptogen that can be helpful for those who find Ginseng to be too stimulating.



False Unicorn (Chamaelirium luteum)

Leonurus cardiaca

Motherwort can be used as a women's herb, especially for menstrual complaints, general lack of uterine tone, nervous debility as well as digestive disorders.

Lilium tigrinum

Tiger Lily can be used for uterine irritation and congestion, ovarian pain, and uterine prolapse.

Rubus occidentalis, R. idaeus

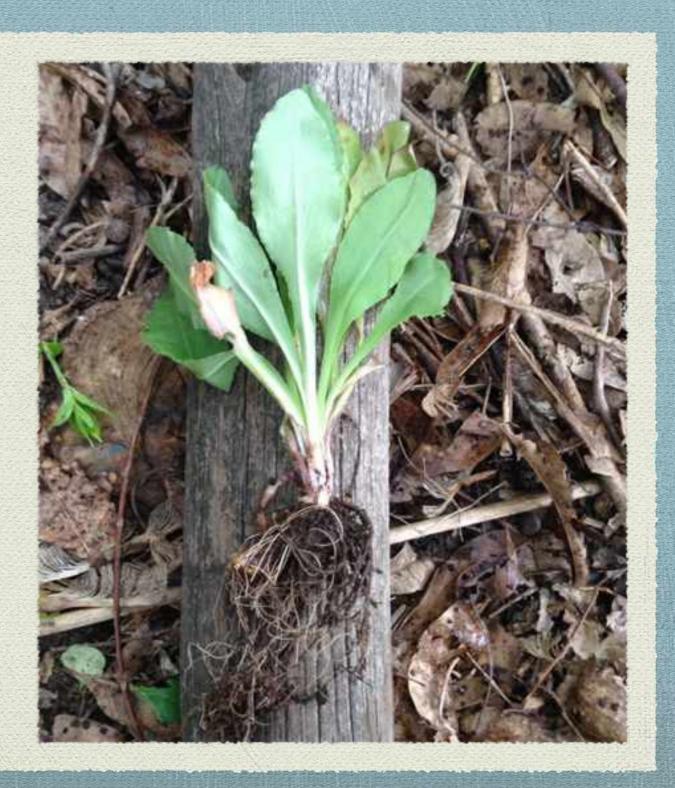
Raspberry can be used similarly to False Unicorn to strengthen the female reproductive system, prevent miscarriage and treat postpartum hemorrhage and uterine prolapse.

Arctium lappa

Burdock root is choleretic, tonic and restorative.

Daucus carota

Queen Anne's Lace also helps to promote fertility and is hypocholesterolemic.



True Unicorn (Aletris farinosa)

Daucus carota

Queen Anne's Lace works well as an appetite stimulant.

Vitex castus-agnus

Vitex is stomachic, and a female reproductive herb, helping to tonify the uterus.

Viburnum spp.

Black Haw and Crampbark are both uterine tonics and ease many menstrual complaints.

Rubus occidentalis, R. idaeus

Raspberry can be used similarly to Our Unicorn to strengthen the female reproductive system and prevent miscarriage.

Artemisia vulgaris

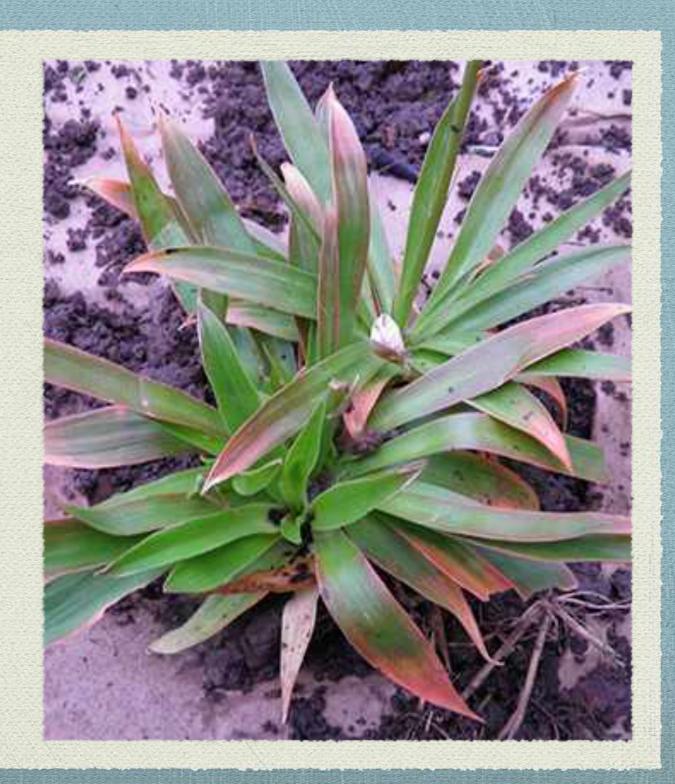
Mugwort is a uterine stimulant and can stimulate the menstrual flow.

Stachys officinalis

Wood betony is a brain tonic and can be taken to help nourish and strengthen the brain and spinal column.

Centella asiatica, Bacopa monnieri

Gotu Kola and Bacopa are two brain tonic herbs that work great for restoring brain function.



Wild Yam (Dioscorea villosa)

Humulus lupulus, Chamomila matricaria, Viburnum opulus

Hops, Chamomile, and Crampbark work similarly to help with relaxing the digestive system for digestive complaints such as irritable bowel syndrome and colic.

Artemisia vulgaris

Mugwort, also an antispasmodic herb, helps with afterbirth pains and digestive spasms.

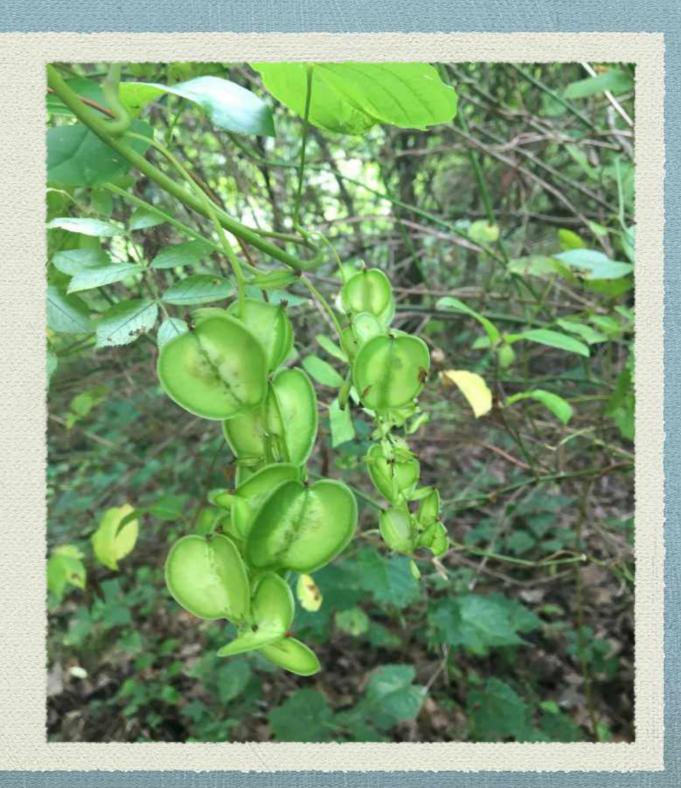
Taraxacum officinale

Dandelion root can be helpful for inflammation of the gall bladder and liver spasms.

Chamomila matricaria

Chamomile works well when decocted (extremely bitter) to ease gall bladder inflammation as well.

Viburnum prunifolium,. Rubus canadensis
Both Black Haw and Canadian Blackberry have both
been used to help reduce the risk of miscarriages.



Goldenseal (Hydrastis canadensis)

Capsella bursa-pastoris

Shepherd's purse is both a vasoconstrictor and oxytocic and works very similarly to Goldenseal in both of these actions.

Berberis aquifolium

Barberry contain berberine and can be used in place of Goldenseal when Goldenseal's berberine action is needed.

Coptis trifolia and C.chinensis

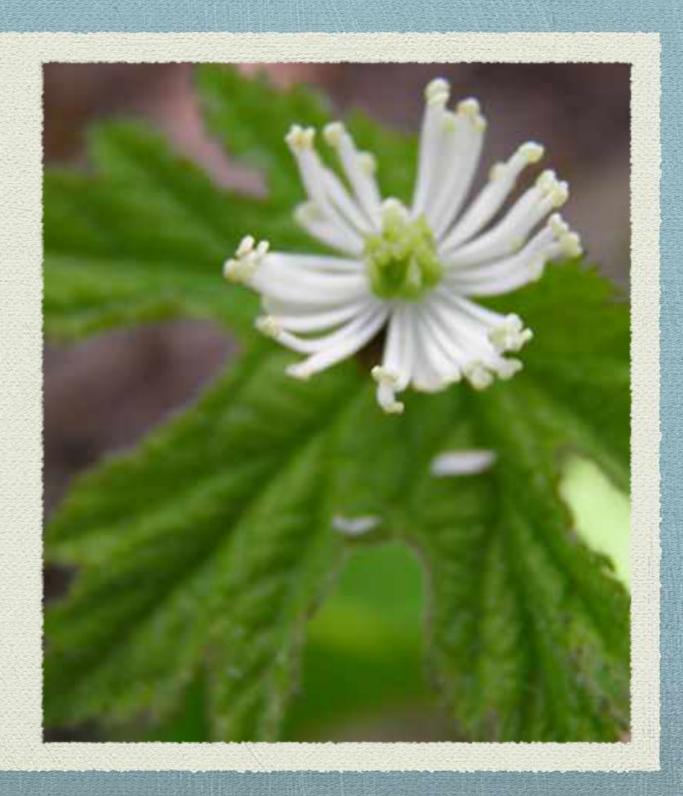
Goldthread and Chinese Goldthread are both used for fighting infections, and are toning for the spleen.

Xanthorhiza simplicissima

Yellow Root is often used as a stomach tonic similar to Goldenseal.

Anemopsis californica

Yerba Mansa works great for dripping, leaking sinus infections. This plant is also on the cusp of becoming endangered so source only cultivated plants.



Choose to use and support companies that sell only plants that are sustainably cultivated

Companies such as Mountain Rose
Herbs list their sources and whether
or not the plant is wildcrafted or
sustainably cultivated.

Forest farmers are also popping up in commerce, offering another source for sustainable plants.



Explore using other forms of the plant that don't require killing the plant

Traditionally, many of these native at-risk plants are dug up and their roots are used while all other parts are discarded. Herbalists are now exploring using the leaf of plants such as Goldenseal and American Ginseng.



Host an event that gets the word out about at-risk plants to teach the importance of cultivation

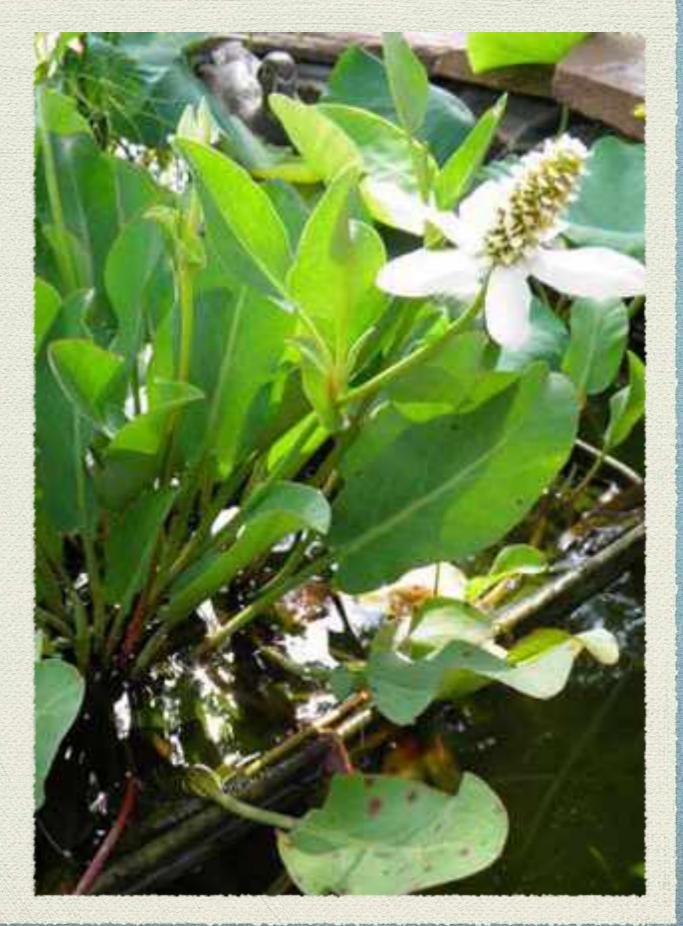
UpS sponsors "Planting the Future" one day events. Contact them about hosting an event in your area or create a similar event on your own.



Photo by Eric Stevens

Give a presentation about conservation for your local garden club, Master Gardeners club, Master Naturalists club or your community

Many community gardening clubs have no idea that many of these plants are at-risk. Run a campaign with them to raise awareness and promote growing these plants in their gardening projects.



Get your local schools involved through their gardening program

Many schools are now getting kids involved with gardening programs.

Many are growing vegetables but some are creating pollinator gardens and other gardens.



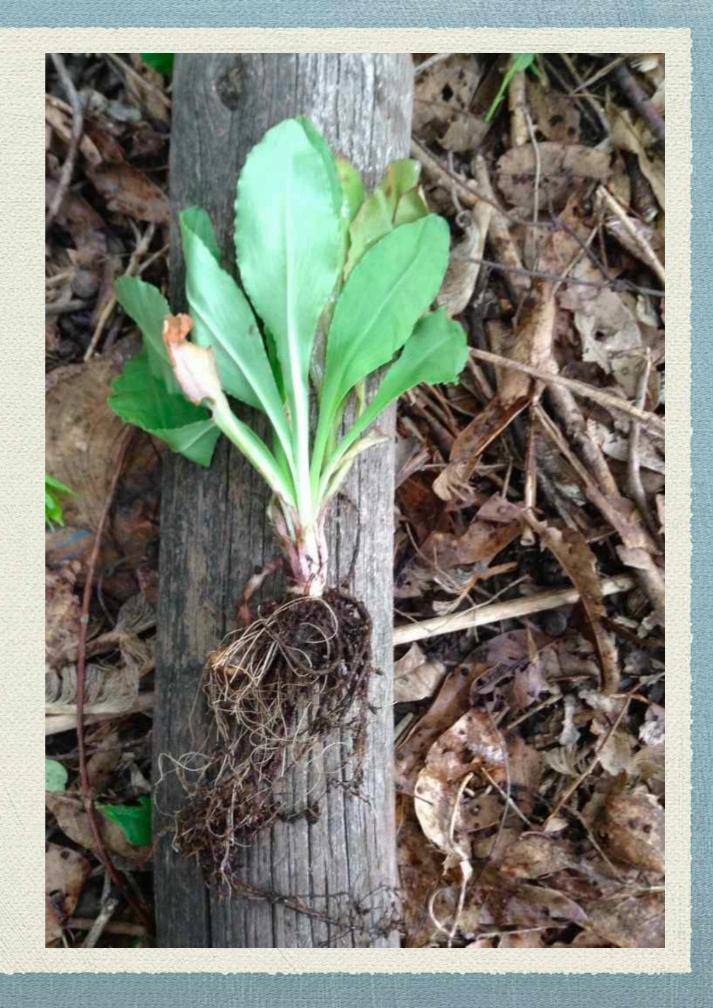
Do you run an herb school? Become a United Plant Savers Partner in Education

Each student gets a membership to UpS for only \$20. Help to spread awareness about plant conservation while supporting a great organization.



How can we help to change the status of "at-risk" plants Become a caretaker of wild spaces near you

Routinely visit local wild spaces and help plants to grow by replanting seeds, dividing root crowns and clearing the area of invasive species.



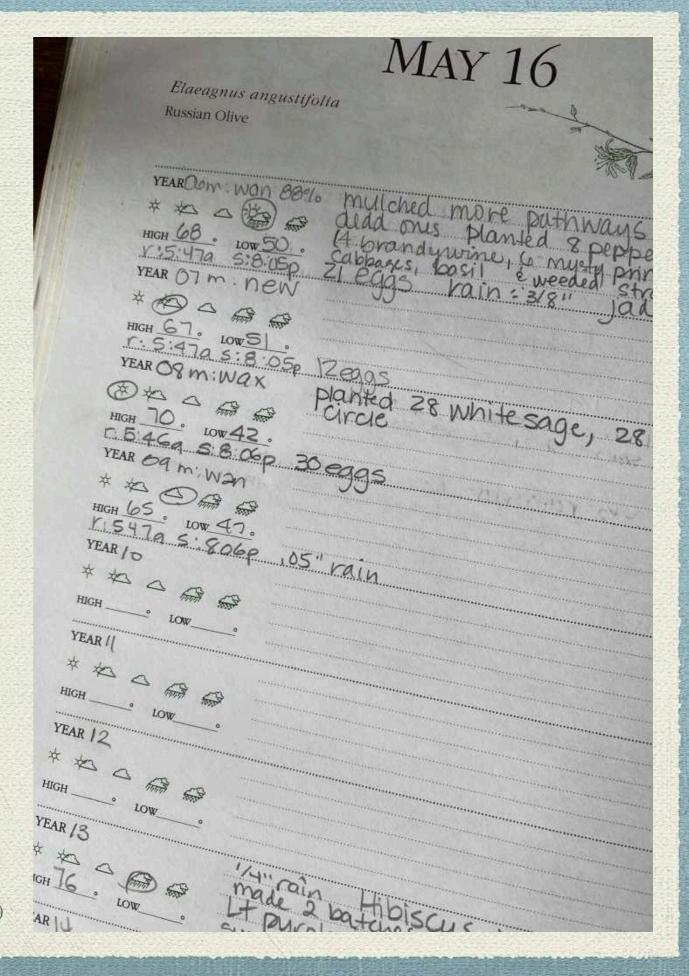
Find out which at-risk plants can and/or do grow in your bio-region

Make a list of all the plants that grow in your area and those that have the potential to be there. Start looking for ways to increase their population in those areas.

3	30 minutes 5/6	0
	Research - Native Plants	
100	"Wild Sarsaparilla	
	, pumbon	7 T
	blue wood aster	=======================================
	black cohosh	la si
	witch hozel	٤
	" wild a examina	1)10
	American Pennyroyal	五
	· Goldenseal	Jon
	'Mayapole	linois wildflowers. in 6
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Monitor and track plant populations in your bio-region

Keep a record year to year of the plants that grow in your bio-region and their numbers. UpS has some great resources on how to do this.



Grow at-risk plants on your own property

Whether you have a few acres or just a few feet of shady space, you can help increase plant populations by growing them. Cultivate plants for your own personal use or to pass on to your community.



Create a
Botanical Sanctuary
in your backyard or
community

Join hundreds of others who have created a botanical sanctuary on their property to help cultivate and protect native species.



Grow and sell plants to your community

Put your sanctuary to work! Plants that are happy tend to thrive and reproduce. Share your wealth with your community by selling extras to others so they too can help cultivate the at-risk plants.



Plant a medicine trail

Create a trail with native medicinals, marking them with their names and uses. Create a self guided trail or offer walks to your community on a regular basis.



Join UpS

If you're not already a member, consider joining UpS to help support their efforts. Learn how you can become more involved with them.

Be sure to visit their beautiful sanctuary in Ohio!



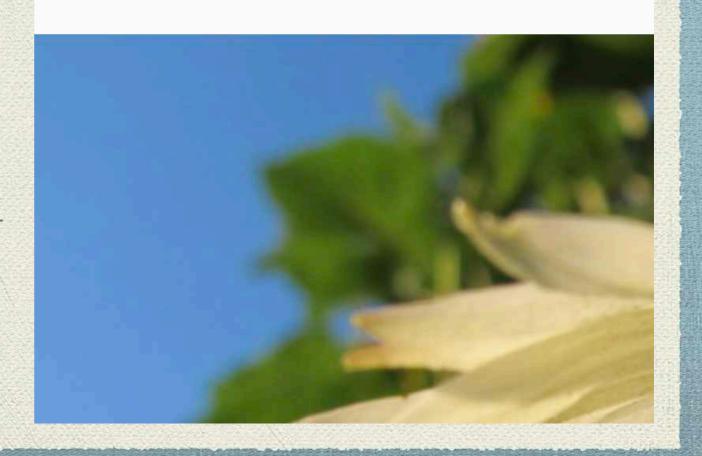
Support the Sustainable Herbs Project

Sustainable Herbs Program AMERICAN BOTANICAL COUNCIL

lome • Building Healthy Worlds: What Can I Do? • What to Do: I

What to Do: Herbal

Created by Ann Armbrecht, The Sustainable Herbs Project exists help bring awareness about the lack of sustainability of many harvesting practices and what we can do about it to see change happen.



How can these plants be cultivated?

Cultivation by Seed

- American Ginseng
- Arnica
- Bloodroot
- Cascara Sagrada
- Echinacea
- Goldenseal
- Black Cohosh
- Blue Cohosh
- False Unicorn
- Gentian
- Lady's Slipper Orchid

- Lobelia
- Lomatium
- Oregon Grape
- Osha (requires high elevation)
- Partridgeberry
- Peyote
- Pleurisy Root
- Ramps
- Slippery Elm
- Solomon's Seal

- Spikenard
- Stoneroot
- Sundew
- Trillium
- True Unicorn
- Venus Fly Trap
- Virginia Snakeroot
- White Sage
- Wild Indigo
- Wild Yam
- Yerba Mansa

Cultivation by Rhizome Cuttings

- Black Cohosh
- Blue Cohosh
- Goldenseal
- Mayapple
- Oregon Grape
- Solomon's Seal
- Stoneroot
- Trillium
- Wild Yam

Cultivation by Misc. Cuttings

- American Ginseng (Crown cuttings)
- * Bloodroot (Crown Cuttings)
- * Kava Kava (Stem cuttings)
- Oregon Grape (Stem cuttings)
- Partridgeberry (Stem cuttings)
- Sundew (Leaf and crown cuttings)
- Venus Fly Trap (Stem cuttings)
- White Sage (Semi-woody stem cuttings)
- Yerba Mansa (Stem cuttings)

Cultivation by Division

- Arnica
- Echinacea
- Lady's Slipper Orchid
- Pinkroot
- Pleurisy Root
- Stoneroot
- Trillium
- Venus Fly Trap
- Wild Indigo
- Yerba Mansa

Difficult to Cultivate

- Eyebright
- Goldthread
- Pipsissewa

"Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it is the only thing that ever has."

Margaret Mead



Resources

- * United Plant Savers: https://www.unitedplantsavers.org/
- * Botanical Sanctuary information: https://unitedplantsavers.org/ 43-botanical-sanctuary-network-application/
- * UpS Partners in Education information: https://unitedplantsavers.org/pie/
- https://unitedplantsavers.org/wp-content/uploads/2011/05/ ups_education_guide_text.pdf
- Sustainable Herbs Project: http://sustainableherbsproject.com/

Resources

- Zack Woods Herb Farm: http://www.zackwoodsherbs.com/
- Companion Plants: http://companionplants.com/
- Mountain Gardens: https://www.mountaingardensherbs.com/bare-roots/
- Strictly Medicinal Herbs: https://strictlymedicinalseeds.com/
- Mountain Rose Herbs: https://www.mountainroseherbs.com/

Resources

- Planting the Future edited by Rosemary Gladstar and Pamela Hirsch
- The Future of Ginseng & Forest Botanicals edited by Alison Ormsby and Susan Leopold
- Growing At-Risk Medicinal Herbs by Richo Cech
- Growing and Marketing Ginseng, Goldenseal and other Woodland Medicinals by Jeanine Davis and W. Scott Persons
- * Herbal Roots zine's curriculum for kids: https://
 www.herbalrootszine.com/classroom/native-plants-journey/

Herbal Roots





















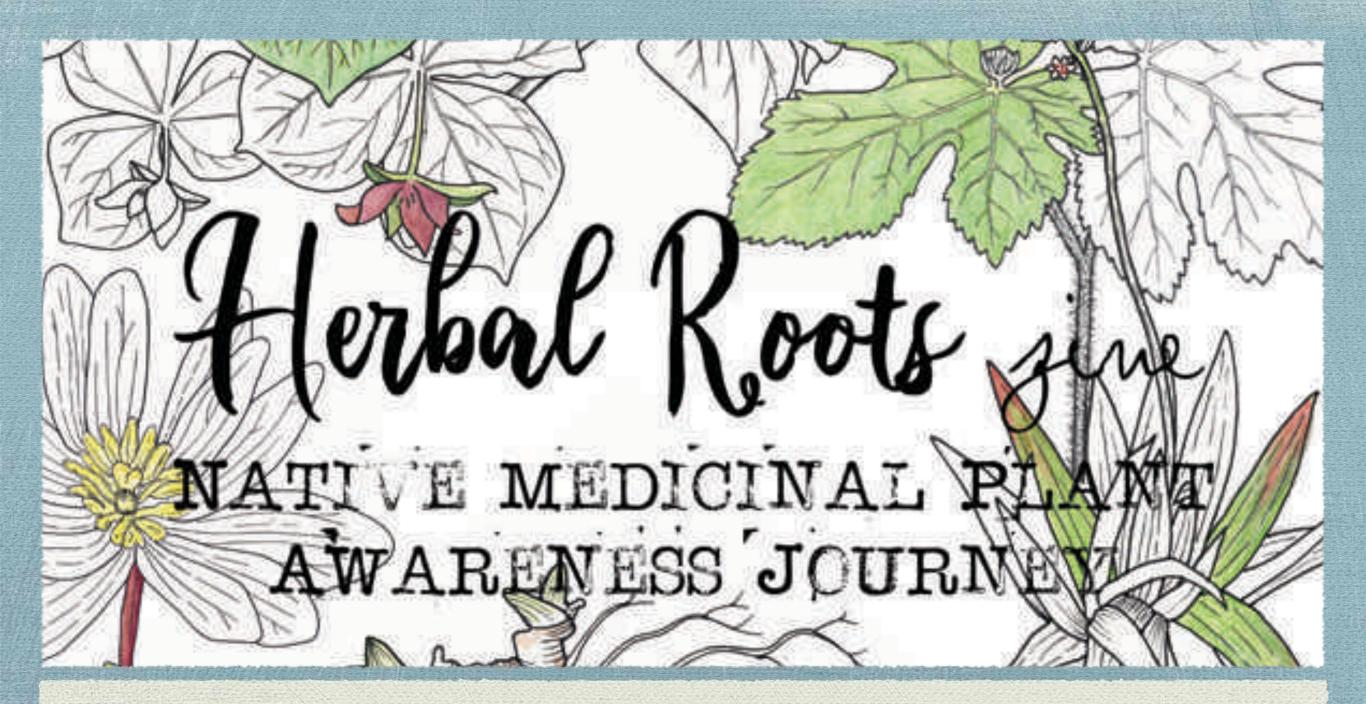












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info@herbalrootszine.com