



traditional roots **HERBAL CONFERENCE**

SIXTH ANNUAL | MAY 17–19, 2019



traditional
 **roots**
INSTITUTE
NATIONAL UNIVERSITY OF
Natural Medicine

The FAMILY FARM is ALIVE and REGENERATING

At Oregon's Wild Harvest, we are committed to fostering the relationship between people, plants and the planet. As farmers and manufacturers, we're in it for the long-haul and dedicated to doing what we do best — making pure potent organic and biodynamic herbal supplements, just as nature intended. We support biodiversity and nurture the land and each other with love and respect.



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CONFERENCE SCHEDULE

FRIDAY, MAY 17

2 – 4 p.m.

Using Organolepsis to Assess Herbal Identity and Strength: A Science-Based Approach

Min Zidell Healing Garden | *Guido Masé, RH (AHG)*

Plants of Passion

Room 107 | *Nicole Telkes, RH (AHG)*

4:15 – 6:15 p.m.

Targeted Herbs, Flower Essences and Nutrients for PTSD:

A Psychogenomic Approach

Room 107 | *Elissa Mendenhall, ND*

Weeding is the New Wildcrafting

Min Zidell Healing Garden | *Missy Rohs*

Hands On Old "Herballs"

Rare Book Room (Library) | *Michael Chilton, MS*

6:15 – 8 p.m.

Opening Reception

Bill Mitchell Hall, Room 310

SPONSORED BY FRONTIER CO-OP

SATURDAY, MAY 18

10 a.m. – Noon

Herbs for Cognition, Focus and Brain Health

Room 107 | *Guido Masé, RH (AHG)*

Creating Herbal Formulas: The Basics

Room 324 | *Jillian Stansbury, ND*

Traditional Medicines from the Greatland

Room 322 | *Gary Ferguson, ND*

Noon – 1:15 p.m.

Lunch

Bill Mitchell Hall, Room 310

SPONSORED BY HERB PHARM

TEA & COFFEE SPONSORED BY HERON BOTANICALS

1:15 – 3:15 p.m.

Game-Changing Botanical Medicines in Developmental Pediatrics

Room 107 | *Shehab El-Hashemy, ND, MBChB, MEd*

Herbs and Humans and Hormones: Navigating Transgender Health Care

Room 324 | *Yasha Annah Shapiro, ND*

Bitter Herbs and Mucosal Immunity: The Role of Taste Receptors in the Airway

Room 322 | *Guido Masé, RH (AHG)*

3:45–5:45 p.m.

Nutrition in the Herbal Paradigm

Room 107 | *Paul Bergner*

Rue, Resin and Rose: A Sacred and Medicinal Trilogy of Latin American *Materia Medica*

Room 324 | *Mimi Hernandez, RH (AHG)*

Instant Tinctures with CO2 Extraction

Min Zidell Healing Garden | *Glen Nagel, ND*

6 – 7:30 p.m.

Herbal Happy Hour and Raffle

Bill Mitchell Hall, Room 310

SPONSORED BY MOUNTAIN ROSE HERBS

SUNDAY, MAY 19

10 a.m. – Noon

***Cannabis* as the New Cayenne: Using *Cannabis* in Botanical Medicine Formulation**

Room 107 | *Glen Nagel, ND*

Hip Hop Herbal Constituents

Room 324 | *Mimi Hernandez, RH (AHG)*

Plant Provings

Room 322 | *Nicole Telkes, RH (AHG)*

Noon – 1 p.m.

Lunch

Bill Mitchell Hall, Room 310

SPONSORED BY OREGON'S WILD HARVEST

TEA & COFFEE SPONSORED BY HERON BOTANICALS

1 – 3 p.m.

Types of Pain and Herbal Management Tools

Room 107 | *Jillian Stansbury, ND*

Comparative *Materia Medica* for the Bitter Herbs

Room 324 | *Paul Bergner*

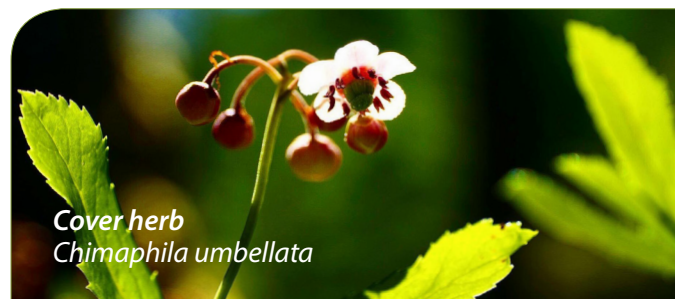
No Ingestion Required: Herbs as Scent, Steam, Soaks and More

Room 322 | *Missy Rohs*

3:15 – 5:15 p.m.

Culture is Medicine

Room 107 | *Gary Ferguson, ND*



Cover herb
Chimaphila umbellata

COURSE DESCRIPTIONS

All sessions have 2.0 general CEUs pending OBNM approval, PDAs pending NCAOM approval, unless otherwise specified below.

FRIDAY, MAY 17

2 – 4 p.m.

Using Organolepsis to Assess Herbal Identity and Strength: A Science-Based Approach | Guido Masé, RH (AHG)

Using our senses to evaluate herbal raw materials, infusions and extracts is a time-honored technique that has also gained modern repute. In the current regulatory environment, organoleptic analysis is an accepted technique—but only if conducted in an objective and well-documented way. We will discuss the background and rationale for sensory analysis and cover some of the techniques we can use to make a sensory assessment more objective and sound—from blind taste-testing to analyst “calibration” to established organoleptic testing methods. These are tools every herbalist can use.

Plants of Passion | Nicole Telkes, RH (AHG)

Do plants turn you on? For some of us, just hearing a few Latin binomials or seeing someone identify a plant properly is enough to make our heart race. For others it's not so simple. Many traditional aphrodisiacs center on being functional stimulants—which may or may not relate to why someone is or isn't “in the mood.” Join Registered Herbalist Nicole Telkes as she reframes this perspective and delves into some sexy plants that help create a more relaxed and juicy state in your body. She will cover several individual herbs and their actions, as well as touching on bigger issues regarding libido and sexual health. She also will review plants that aren't traditionally thought of as aphrodisiacs, such as those that feed our nervous and endocrine systems and thus support sexual health. We will also have some fun tastings of herbal potions that inspire a lust for life. Please come with questions; there will be an opportunity to submit these anonymously. *Suitable for people newer to herbal medicine.*

4:15 – 6:15 p.m.

Targeted Herbs, Flower Essences and Nutrients for PTSD: A Psychogenomic Approach | Elissa Mendenhall, ND

We know that people experience and heal from trauma differently. Have you ever wondered why herbal and other therapies that should be effective don't seem to work in some cases? The emerging field of psychogenetics offers important insights that can help us better individualize our herbal, flower essence and nutritional therapies, and to help people truly heal. We'll begin with an overview of basic genetic variances that raise the risk of developing PTSD, and discuss how to identify them in practice—with or without genetic testing. Using those insights we'll differentiate among different herbs, flower essences and nutrients for each PTSD subtype.

Weeding is the New Wildcrafting | Missy Rohs

We all know how charismatic and enchanting plants like devil's club and goldenseal are. But there are powerful medicines that grow through sidewalk cracks, spread through fields like wildfire, and encroach on intact ecosystems. Those are the plants that are calling out to be used as healers: they are the medicine of abundance. We'll talk about some of these weedy wonders and their uses.

Suitable for people newer to herbal medicine.

Hands On Old "Herballs" | Michael Chilton, MS

Did you know that NUNM's library includes 400-year-old herbal texts? Did you know that touching these books helps preserve them? Join international agriculturalist Mike Chilton for a special, hands-on session with texts including Gerard's *Herball* (1633), Salmon's *English Herbal* (1710), Gessner's *The Practice of the New and Old Phisicke* (1599), Culpepper's *The English Physician Enlarged* (1755), and *Thomsonian Materia Medica* (1841.) Learn the history and provenance of these books, and why they matter for herbal practitioners today. These texts are part of the 2,000-volume Chilton Collection, amassed over four decades by Chilton and his wife, Simone, who donated the collection to the university in 2010. *Note: There is no CE for this class. Suitable for people newer to herbal medicine. (Class ends at 6 p.m. and size is limited due to room capacity.)*

SATURDAY, MAY 18

10 a.m. – Noon

Herbs for Cognition, Focus and Brain Health | Guido Masé, RH (AHG)

Going well beyond *Ginkgo*, we'll explore how herbs can impact our ability to think clearly, remember well and stay focused. Emerging allies, from Chinese club moss to the bulbs of snowdrops and daffodils, can be used alongside traditional neurotonics to give protocols fast-acting, specific life-enhancing effects. We will discuss the appropriate use of entheogens, both in microdoses and at therapeutic levels, to help catalyze positive change in mind/spirit function and engagement. We will cover the clinical research around these herbs, and organize them into protocols that honor the cyclical nature of creativity and inspiration. These strategies are applicable for those caring for elders, but can play a role to support cognitive function for clients of any age.

Creating Herbal Formulas: The Basics | Jillian Stansbury, ND

After teaching herb courses for 30 years, Dr. Jillian Stansbury has observed that there can be a big leap between learning *materia medica* and applying that knowledge to create effective herbal formulation. In this class, she will discuss methods and strategies for bridging this gap to create effective herbal formulas.

Traditional Medicines from the Greatland | Gary Ferguson, ND

2.0 cultural competency CEUs pending OBNM approval

The Store Outside Your Door symposiums “Alaskan Plants as Food & Medicine” have been bringing together traditional healers/tribal doctors, botanical medicine practitioners, and life-long learners to study, share and experience the bounty of healing medicines from the Alaskan arctic landscape. Many of these medicines have a Pacific Northwest cousin or relative, expanding the understanding that we have of these amazing healing plants. We will review some of the most common plants being used in Alaska, along with storytelling and the wisdom from indigenous cultures of the North. *Suitable for people newer to herbal medicine.*

"The secrets are in the plants. To elicit them you have to love them enough."

—GEORGE WASHINGTON CARVER

Astragalus

1:15 – 3:15 p.m.

Game-Changing Botanical Medicines in Developmental Pediatrics | *Shehab El-Hashemy, ND, MBChB, MEd*

0.5 pharmacy CEUs pending OBNM approval

Dr. Shehab El-Hashemy will share his experience using botanical medicines in complex conditions in developmental pediatrics as well as pediatric psychiatry. The focus will be on game-changing, evidence-informed use of selected traditional botanicals from Eastern and Western traditions. In a pragmatic manner, we will cover indications; traditional uses; state of the evidence; dosing; concurrent use with prescription medications (safe to combine, interactions and contraindication); how to motivate compliance in a child and getting kids to make their own formulations! El-Hashemy will share practical pearls in prescribing, stocking and dispensing of common and not-so-common botanical medicines. This presentation will focus on the child exhibiting cognitive delay, the impulsive/inattentive child (ADHD), the anxious child, the depressed child and the child with substance-related or addictive disorder.

Herbs and Humans and Hormones: Navigating Transgender Health Care | *Yasha Annah Shapiro, ND*

1.5 cultural competency, 0.5 pharmacy CEUs pending OBNM approval

This interactive workshop will address using herbal and pharmaceutical medicine to support trans- and gender-diverse people, with a focus on common health issues that arise in the first year of physical transition with hormones. Participants will learn tools and resources, with a focus on herbal interventions, for treating common issues that come up with people using hormones to transition and maintaining the optimal well-being of patients. We also will talk about basic language guidelines, consent, trauma-informed care, and many more topics that address how to affirm these populations.

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Bitter Herbs and Mucosal Immunity: The Role of Taste Receptors in the Airway | *Guido Masé, RH (AHG)*

Using chronic sinus infections as a jumping-off point, we will explore how the use of herbs topically and through inhalation can impact allergies, asthma and chronic infection through a range of mechanisms. We won't cover the use of bitters in gut health; this link already is well described. We will talk about practical strategies for engaging with the bitter taste receptors in our airways, GI tract and liver for relieving chronic infection and congestion. Gentian neti, anyone?

3:45 – 5:45 p.m.

Nutrition in the Herbal Paradigm | *Paul Bergner*

Herbalists view their therapeutic agents in the paradigm of humoral and clinical actions, as well as therapeutic uses. In the long traditions of medical herbalism, dietetics and nutrition have been essential elements of a therapeutic plan. Individual macro- and micronutrients also may be viewed as possessing actions identical to those of medicinal plants, such as tonic, adaptogenic, antispasmodic, immunomodulating, anti-inflammatory and so on. In many cases, giving herbs with such actions without simultaneously replenishing the nutrient factors that support normal functions simply temporarily masks a deficiency. We will discuss macronutrients, vitamins, minerals and other special nutrients in terms of what their actions would be if they were plants—and how they can help improve outcomes of herbal interventions.

Rue, Resin and Rose: A Sacred and Medicinal Trilogy of Latin American *Materia Medica* | *Mimi Hernandez, RH (AHG)*

2.0 cultural competency CEUs pending OBNM approval

Weaving tradition and science, we will journey to the grandmother's altar and explore the Old World protections of rue, the medicinal resins of copal and sangre de drago, and the healing enchantments of rose while digging deeply into the study of clinical applications and *materia medica* of these sacred plant medicines. We will dive into a system of Latin American folk healing as a response to the collective health of a culture affected by envy, trauma and fear. Participants will gain a better understanding of how these concepts show up in a clinical setting and how to work with these plant allies. *Suitable for people newer to herbal medicine.*

Instant Tinctures with CO2 Extraction | *Glen Nagel, ND*

Need that herb in a hurry? Will a two-week tincture take too long? Join Dr. Glen Nagel in NUNM's Min Zidell Healing Garden as he talks about—and in the presence of—medicinal plants including elder flower, mint, *Echinacea* and others. We will describe and demonstrate simple methods to make instant field extracts. *Suitable for people newer to herbal medicine.*



mountain rose herbs

THE LARGEST SELECTION OF
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SUNDAY, MAY 19

10 a.m. – Noon

Cannabis as the New Cayenne: Using Cannabis in Botanical Medicine Formulation | Glen Nagel, ND

Most of the hype about *Cannabis* is as a solo herb or the optimal ratios of its constituents. But *Cannabis* may in fact be one of the best botanical synergists we know. What are the qualities and energetics of *Cannabis* that make it enhance other botanicals? Dr. Glen Nagel will talk about the use of *Cannabis* as a botanical medicine and in combination with other herbs.

Hip Hop Herbal Constituents | Mimi Hernandez, RH (AHG)

Gain information of various plant players as we uncover multifarious layers of how they engage up in the stage of the physiology while assembling anthology. Be a go getter, know why plants make you feel better by understanding constituents down to the letter. We'll look at aromatics, polysaccharides and tannin, uncovering their canon. We'll discuss the alkaloid and polyphenols, and we'll fill the void with fundamentals. We'll have some conversation revolving around application and solvency—you'll see, it'll be useful for medicine making. *Suitable for people newer to herbal medicine.*

Plant Provings | Nicole Telkes, RH (AHG)

Traditional, holistic systems of medicine understand that in order to offer remedies and true paths to healing we must be able to not only know their actions, but their qualities and the areas of the body they effect. Today, evidence-based medicine values data in the form of clinical trials. We will be gathering data in the form of organoleptic learning, finding patterns through sipping tea and doing a plant proving. Plant sits often are used to help understand the spirit of the plant, but in this workshop we will dissect the physiological workings of a plant we ingest. We will look at flavors, qualities, and how to sort through and define actions in the body. *Suitable for people newer to herbal medicine.*

1 – 3 p.m.

Types of Pain and Herbal Management Tools | Jillian Stansbury, ND

2.0 pain CEUs pending OBNM approval

This lecture will explore some of the most commonly encountered types of pain, including musculoskeletal, neuralgic and nociceptive pain. The mechanisms of action of selected anodyne herbs will be explored and sample formulas for specific conditions will be presented.

Comparative Materia Medica for the Bitter Herbs | Paul Bergner

Bitter-flavored herbs are a mainstay of therapeutics on all major systems of herbalism. Bitter substances can bind to bitter receptors in the mouth and gut to produce, through signaling, physiological changes in multiple systems. The humoral effects of bitter substances are viewed as cooling, drying and draining. Considering both the physiological and humoral aspects, we can arrive at the appropriate use for therapeutic effects while avoiding adverse humoral effects. Excessive or prolonged use of bitters can cause injury to the digestive process and injure the overall constitution. Understanding the general effect of the bitter flavor, we will describe nuances of therapeutic applications for digestive bitters, bitter laxatives, bitter mints, bitter anodynes and bitter demulcents.

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No Ingestion Required: Herbs as Scent, Steam, Soaks and More

Missy Rohs

Teas, tinctures and capsules are great, but what about other ways to use herbs medicinally? We'll talk about ways to achieve profound physical healing with herbs that don't require taking them orally. Engaging with plants in these other ways can be fun, creative, sensual or deeply pragmatic. Plus, it expands the range of people who can work with herbs safely, making herbalism more accessible to all. *Suitable for people newer to herbal medicine.*

3:15 – 5:15 p.m.

Culture is Medicine | Gary Ferguson, ND

2.0 cultural competency CEUs pending OBNM approval

Many of our natural healing approaches have a deep connection to indigenous cultures around the world. As we examine the cultural roots of these modalities, as we deepen our understanding of the contexts from which our medicines come, we deepen both our understanding and practice of these healing agents and techniques. In this workshop, we will dialogue around the healing plants along with the stories and ceremonies that go with them from the indigenous cultures of the North. *Suitable for people newer to herbal medicine.*

"Mother Earth's medicine chest is full of healing herbs of incomparable worth."

—ROBIN ROSE BENNETT



SAVE THE DATE MAY 15-17, 2020

Traditional Roots

HERBAL CONFERENCE

FOR MORE INFORMATION, CONTACT

Orna Izakson, ND, RH (AHG), lead physician
503.552.1511 | oizakson@unm.edu
traditionalroots.org

Pulsatilla vulgaris

SPEAKER BIOGRAPHIES

Paul Bergner, is director of the North American Institute of Medical Herbalism in Portland, where he offers seminar training in clinical skills, medical herbalism, nutrition and nature cure. He supervised a teaching clinic in medical herbalism and clinical nutrition in Boulder, Colorado, from 1996 until 2013, and has published and edited the *Medical Herbalism* journal since 1989. Bergner has studied and practiced natural medicine, medical herbalism and nutrition since 1973. He has authored seven books on medical herbalism, clinical nutrition, ethnobotany and naturopathic medicine.

Michael W. Chilton, MS, is an international agriculturalist who has lived, worked or conducted business in 19 countries, and traveled in more than 80. He spent 15 years living in Thailand and Vietnam developing field, plantation and horticultural crops. Chilton returned to Oregon in 1976 to work in the seed industry, developing vegetable, flower, oil and pharmaceutically useful seeds and plants for international markets. Chilton earned an MS in Economic Botany and Seed Technology from Iowa State University.

Shehab El-Hashemy ND, MBChB, MEd, graduated from Cairo University Medical School (MBChB), Canadian College of Naturopathic Medicine (ND), Lakehead University (HBSc), and the University of Toronto (MEd). He is currently a practicing naturopathic primary care physician in Beaverton, and dean of NUNM's College of Naturopathic Medicine. Prior to moving to the U.S., he worked for more than 13 years in Ontario in the field of pediatrics, and specifically in developmental pediatrics and pediatric psychology. Passionate about the artful use of medical herbalism and phytotherapy, El-Hashemy owned and operated a profitable botanical dispensary (tinctures, teas, powders and salves) in his clinic, where most of his young patients were enthusiastically involved in the making of their own formulations.

Gary Ferguson, ND, lives in Anchorage and is a 2001 graduate of NUNM. As a facilitator, motivational speaker, health coach and technical consultant, he has worked across Alaska to address the social, economic, cultural and environmental factors that contribute to the health and well-being of Alaskans. He is Aleut/Unangan, originally from the Shumagin Islands

community of Sand Point, Alaska. Ferguson's past positions include providing clinical services to his home region at Eastern Aleutian Tribes, serving at the Alaska Native Tribal Health Consortium as senior director of community health services, and CEO at the Rural Alaska Community Action Program. Ferguson has had the honor of working alongside tribal doctors in Alaska and has a passion for culturally connected approaches to health that include indigenous ways of healing. He is the co-producer of the award-winning Store Outside Your Door initiative: Alaskan Plants as Food & Medicine.

Mimi Hernandez MS, RH (AHG), draws upon her rich ethnic background and the Granny healers in her life. She believes strongly that keeping plant wisdom alive is essential, and has dedicated her life's work to serving as an advocate for both traditional and professional herbal pathways while building cultural bridges of understanding. Hernandez is executive director of the American Herbalists Guild and a registered herbalist with a Master of Science in Herbal Medicine. She has mentored students of clinical herbalism through various educational programs in herbal medicine. Hernandez lives

SPEAKER BIOGRAPHIES, CONTINUED ON PAGE 9



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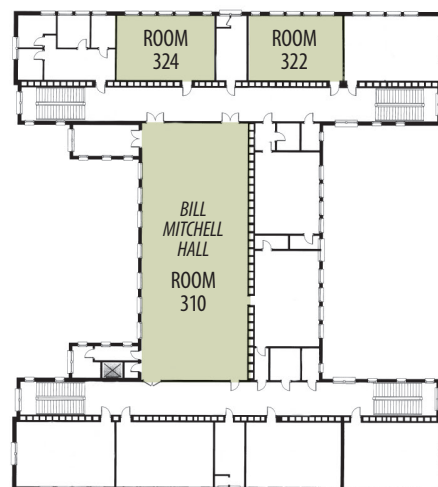
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CONFERENCE NOTES

traditionalroots.org/2019-tradrootscon-notes

“The forest breathes. Listen.”

—DAVID WAGONER

Oplopanax horridus

SPEAKER BIOGRAPHIES CONTINUED

in downtown Asheville, North Carolina, and loves expressing herself through hip hop and supporting local music scenes. She performs under the stage name of PHLO*EM.

Guido Masé, RH (AHG), is a clinician and educator in the Western herbal tradition. He spent his childhood in Italy and has been living in Vermont since 1996. Masé's practice interweaves clinical experience, mythology and science. He is chief herbalist at Urban Moonshine, clinician at the Burlington Herb Clinic, faculty member and clinical supervisor at the Vermont Center for Integrative Herbalism, teacher in herbal medicine at the University of Vermont, and author of *The Wild Medicine Solution and DIY Bitters*. Masé is developing the integrative phytotherapy department at Wasso Hospital in Loliondo, Tanzania.

Elissa Mendenhall, ND, became interested in holistic medicine when learning about herbs at age 11, after reading a book in the *Clan of the Cave Bear* series. Eventually, this passion led to naturopathic medical school. She opened Amenda Clinic in 2012, the first dedicated integrative mental health clinic in Portland.

Mendenhall is an associate professor at NUNM, and teaches Integrative Psychopharmacology to students in NUNM's Master of Science in Integrative Mental Health program. She also hosts naturopathic residencies at Amenda. When not teaching or practicing medicine, Mendenhall can be found in the wilds of her garden, scowling at slugs, cuddling chickens or lost in the woods with her family, hunting for mushrooms.

Glen Nagel, ND, has been a practicing herbalist for the last 30 years and a botanically focused herbal physician for 23 years. He has worked in the herbal industry as an educator, product researcher and formulator. Nagel has

practiced clinical botanical medicine for 20 years, including private practice and supervising herbal students. He also has taught botanical medicine at Bastyr University and NUNM.

Missy Rohs, is a co-founder and instructor at the Arctos School of Herbal and Botanical Studies in Portland. She approaches herbalism with an eye to personal empowerment, community-building, and practical engagement with healing herbs. Her relationship to plants is guided by a strong conservation ethic and a deep love of Cascadia's ecosystems. Rohs grows and wildcrafts her own medicine with a focus on sustainable herbal remedies: those that grow easily in populated habitats, and those that can be harvested in the wild with minimal impact.

Her path to herbalism began with labor solidarity, community organizing, and police accountability advocacy. Rohs sees her herbal practice and teaching as another facet of working for social and environmental justice.

Yasha Annah Shapiro, ND (pronouns: they/them): As a healthcare provider, Dr. Annah prioritizes actively addressing racial, economic, and gender-affirming health equity work. They recently completed three years working at Sacred Vessel Natural Medicine/The Equi Institute, focusing on primary care for LGBTQI2S individuals and transition-related transgender health care.

Annah is passionate about making plants, home remedies and the outdoors feel accessible and fun. They believe that being in a relationship with nature is ultimately nourishing for overall well-being and welcome the discussion around the many ways that we can explore the natural world—even without leaving home.

Annah believes in showing up and working for a world that interrupts and ideally prevents bigotry and oppression, and affirms people's identities and heritage. They are passionate

about educating others, especially healthcare providers, on how to create and sustain trans-affirming health care for their patients.

Jillian Stansbury, ND, has been in clinical practice for more than 30 years and is the medical director of Battle Ground Healing Arts. She chaired the Botanical Medicine Department at NUNM for several decades and remains on the faculty teaching natural-products chemistry and leading ethnobotany field studies in the Peruvian Amazon. Stansbury is the author of seven books and countless journal articles, and serves on the scientific advisory board for a number of professional organizations. She founded the Clark County Community Health Network to address local issues from environmental projects to wholistic approaches to the county's opiate epidemic.

Nicole Telkes, RH (AHG), is a practicing herbalist, writer, speaker and naturalist from Austin, Texas. She has a background in botanical studies, plant conservation, community activism, and herbal first aid clinics. Telkes has spent the last 20 years traveling around wild and weedy corners of North America, studying and using bioregional native and naturalized medicinal plants. She is the lead teacher and founder of the Wildflower School of Botanical Medicine in Austin, which offers onsite and online education in holistic herbalism. Her passion and excitement is not just for studying and using plants, it's also about having fun and sharing plant medicine with her community through the school's community supported herbalism shares and her book, *The Medicinal Plants of Texas*. Telkes is also a founder of the Traditions Not Trademark: Free Fire Cider campaign, working to protect our traditional remedies for future generations.

“Using plants is merely facilitating a biochemical conversation which is often far beyond our comprehension and our understanding.”

—BEVIN CLARE

CONFERENCE SCHOLARSHIPS

Thanks to our sponsors' generosity, the following NUNM students received scholarships to attend this year's Traditional Roots Herbal Conference.



Amelia Cohn | *Class of 2022*
Naturopathic Medicine and
Integrative Mental Health programs

Katie Coleman | *Class of 2020*
Doctor of Naturopathic Medicine

Lauren Hara | *Class of 2020*
Doctor of Naturopathic Medicine

Cierra Sullivan | *Class of 2024*
Naturopathic Medicine and
Oriental Medicine programs

Ruth Carden | *Class of 2020*
Doctor of Naturopathic Medicine



Cristina Bronder | *Class of 2021*
Naturopathic Medicine and Nutrition programs

Johanna Glaser | *Class of 2019*
Master of Science in Nutrition



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Sara Danko | *Class of 2024*
Naturopathic Medicine and
Oriental Medicine programs



Hannah Buffie | *Class of 2020*
Doctor of Naturopathic Medicine

Natchanun Phunthanateerakul
Class of 2022
Naturopathic Medicine and
Integrative Mental Health programs



Taynua Page | *Class of 2020*
Bachelor of Science in Nutrition

**"The plants have enough spirit to
transform our limited vision."**

—Rosemary Gladstar



Rosmarinus officinalis

CONFERENCE NOTES

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Since 1979, we've been making herbal products that are kind to the body and the Earth. We're committed to doing right from the soil up. That means that our herbs are extracted in balance with nature, without pesticides and other impurities.

We extract our herbs gently, never manipulating or distorting their natural chemical makeup.

If something interacts with our farm or our products, we do our part to make it better.

It's just that simple.

Visit the new **herb-pharm.com** to learn more.



Ruby walks amid towering Mullein stalks during the harvest on our Certified Organic farms in southern Oregon.