



SOUTHWEST CONFERENCE on BOTANICAL MEDICINE

April 10 & 11, 2010

Tempe, Arizona

Over thirty presentations including:

- Celiac Disease: Gluten Intolerance
- The Lost Art of Herbal Bathing
- Ten Most Important Essential Oils
- Obesity: Beyond the Conventional
- Herbal Wound Care
- Cardiovascular Blood Markers & Botanicals
- Hydrosols: Distilling Desert Aromas
- Herbs for Kidney Stones
- Botanicals for Fungal Infections
- Cancer Biomarkers and Botanical Therapies

Pre-conference Events on Friday April 9

Intensive: Women's Health Alternatives *Amanda McQuade Crawford* (\$59)

Field Studies: Spur Cross Ranch Conservation Area *Mimi Kamp* (\$59)

White Tank Mountains *Phyllis Hogan & Cascade Anderson Geller* (\$59)

Registration and information:

www.botanicalmedicine.org or call (800) 252-0688.

We look forward to seeing you there!

REGISTRATION INFORMATION

Registration Fee: \$299. Room, board & pre-conference events are extra.
Register online at www.botanicalmedicine.org or phone 800-252-0688.

Location: Southwest College of Naturopathic Medicine and Health Sciences in Tempe, Arizona.

Meals with vegetarian options are available at the College: \$39 for the three meal package.

Lodging: **Best Western Dobson Ranch Inn, Mesa.** \$84/night (+tax). 800-528-1356. **Group # 804122.**

Pre-conference Intensive: Women's Health Alternatives – *Amanda McQuade Crawford*
Friday April 9 at SCNM (location change) from 1- 4:30 PM. \$59 fee. (*See below for details.*)

Herb Walks: (see schedule) **NEW! Gilbert Riparian Area** (natural desert, admission free) or Desert Botanical Garden (145 acres containing 4,000 species, admission \$12). Sign up at registration.

Friday Field Studies: Limit 20 participants each. \$59 fee. Intensive study of desert medicinals on April 9 from 9 AM- 3:30 PM. Sign up early because they fill quickly! (*See below for details.*)

Continuing education applications: **Acupuncture:** NCCAOM 13.5 hours. **Nurses:** AZNA 13.5 hrs.
This activity has been submitted to the Arizona Nurses Association (AZNA) for approval to award contact hours. AZNA is accredited as an approver of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

NDs: AZ, OR & CA **approved** for 13.5 hours (pharmacy: 12 hours + 3 for intensive). Details on web.

Recordings of the lectures and a **Proceedings Book** of articles by the presenters are available at the event.

Questions? Call (800) 252-0688 9 AM- 5 PM Pacific time, or visit www.botanicalmedicine.org.

OTHER EVENTS IN THE AREA:

Sonora Spring Herbal Retreat March 13 – 17 in secluded Aravaipa Canyon offers a chance to relax and learn in a supportive, beautiful environment. Contact Pam Hyde-Nakai: 520-743-3980 or pamhn49@gmail.com

Mexican Herbal Traditions Trip to Sonora April 1 – 4 organized by John Slattery. Exploration of the herbs, the culture, the mountains & canyons of northern Mexico. Info: deserttortoisebotanicals@gmail.com

FRIDAY SCHEDULE ☀ April 9

Pre-conference Events (choose one)

9 AM- 3:30 PM Friday Field Studies

(About an hour from SCNM – locations are being changed- check back here for details!)

☀ **Mimi Kamp Location Change to be Announced.** (\$59)

Enjoy the rugged upper Sonoran Desert with fascinating archaeological sites and lush riparian areas along Cave Creek. The spring flowers are beautiful in April, and there is an abundance of medicinal species.

☀ **Phyllis Hogan and Cascade Anderson Geller Location Change to be Announced** (\$59)

Start the conference out with an exploration of the Sonoran desert plants. The hike does not exceed three miles. Participants need to be in good shape and are responsible for their own lunches and water. Carpooling arrangements can be made.

1- 4:30 PM Presented for the second year: Pre-conference Intensive

Women's Health Alternatives *Amanda McQuade Crawford* (\$59)*

Presents herbal and nutritional alternatives to the use of statins, the HPV vaccine, antidepressants and anti-anxiety medications in women's health care. Applications **approved** for 3 hours ND pharmacy credit for AZ, OR and CA. *Please note location change from last year. Intensive is now offered at SCNM.*

Register online at www.botanicalmedicine.org or call (800) 252-0688.

SATURDAY SCHEDULE ☀ April 10

7:30- 8:30 AM Registration- Southwest College Lobby

8:30- 9:15 AM Welcome- Auditorium, Southwest College

9:30- 11:00 AM *MORNING LECTURES*

1. **Celiac Disease: Withdrawal and Recovery from Gluten Intolerance*** *Paul Bergner*
2. **Obesity--Beyond the Conventional Approach: Specific Herbs and Foods for Weight Loss** *Amanda McQuade Crawford*
3. **Hypertension: Botanicals and Pharmaceuticals*** *Kenneth Proefrock, ND*
4. ☀ **Calendula: Medicinal Herb, Homeopathic Remedy and Flower Essence**
(Demonstration in the SCNM Herb Garden) *Rhonda PallasDowney*

11:00 – 11:30 AM Refreshment and Exhibit Break

11:30 AM- 1 PM *MID-MORNING LECTURES*

1. **Medicinal Uses of *Opuntia* (Prickly Pear Cactus)** *Jill Stansbury, ND*
2. **Tumor and Host Biomarkers: Natural Therapies, Pharmaceutical Agents and Case Studies*** *Donald Yance*
3. **Aromatic Stars: The Chemistry and Therapeutic uses of the Ten Most Important Essential Oils** *David Crow, LAc*

11:30 AM- 1 PM ☀ **NEW!** Herb Walk at Gilbert Riparian Area (Admission free) *Donna Chesner*

1:00- 2:00 PM Lunch (with pre-paid ticket) and Exhibit Break

2:00- 3:30 PM *AFTERNOON LECTURES*

1. **Herb-Drug Interactions & Herb Toxicity: Myths, Facts & Theory Pt. 1*** *David Winston*
2. **Emotional Healing: Herbs for the Spiritual Heart** *Paul Bergner*
3. **Introduction to the Arvigo Technique of Maya Abdominal Massage** *Rosita Arvigo, DN*
4. ☀ **Companions in the Garden: Therapeutic Benefits of Traditional Physiomedical Herbal Pairings** *JoAnn Sanchez* (SCNM Herb Garden)

3:30- 4:00 PM Refreshment and Exhibit Break

4:00- 5:30 PM *MID-AFTERNOON LECTURES*

1. **Herb-Drug Interactions & Herb Toxicity: Myths, Facts & Theory, Pt 2*** *David Winston*
2. **Plants as Teachers: *Iris versicolor* and *Baptisia tinctoria*** *Deborah Frances, ND*
3. **Cellular Receptors and Botanical Agents** *Jill Stansbury, ND*
4. ☀ **Vulneraries—Natural Care for Wounds** *Cascade Anderson Geller*
(Demonstration in the NCNM Herb Garden)

4:00- 5:30 PM ☀ **Herb Walk** *Mimi Kamp* (Desert Botanical Garden- \$12.00 admission)

5:30- 6:30 PM Dinner (with ticket) and Exhibit Break

7:00- 8:30 PM



Keynote Address: My Years with a Maya Shaman *Rosita Arvigo, DN*
Enjoy the remarkable story of a life spent in study and practice with the shaman Don Elijio Panti as only Rosita can tell it! Includes the showing of the award-winning documentary *Sastun: My Apprenticeship With A Maya Healer*.

SUNDAY SCHEDULE ☀ April 11

8:30 –10:30 AM ☀ **NEW! Ethnobotany of Desert Plants** *Phyllis Hogan* (Gilbert Riparian Area--free)

9:00- 10:30 AM *MORNING LECTURES*

1. **Herbs and Supplements for Treating Kidney Stones** *David Winston*
2. **The Lost Art of Herbal Bathing** *Rosita Arvigo*
3. **Prescription-Only Botanicals—Uses and Cautions*** *Jill Stansbury, ND*
4. ☀ **More Thyme in the Garden (What we all Need!)** *Cascade Anderson Geller* (Garden)

10:30- 11:00 AM Refreshment and Exhibit Break

11:00 AM- 12:30 PM *MID-MORNING LECTURES*

1. **Botanicals for Fungal Infections** *Deborah Frances, ND*
2. **Cardiovascular Blood Markers and Botanical & Nutritional Therapies, Part 1**
Donald Yance
3. **Natural Menopause*** *Amanda McQuade Crawford*
4. ☀ **Cosmic Chemistry: The Effects of Circadian Rhythms and Ecological Factors on the Production of Medicinal Plant Compounds** *David Crow, LAc* (NCNM Herb Garden)

12:30- 1:30 PM Lunch (with ticket) and Exhibit Break

2:00- 3:30 PM *AFTERNOON LECTURES*

1. **Botanical Therapies for Asthma in Children and Adults: Weaning Patients from Pharmaceuticals*** *Kenneth Proefrock, ND*
2. **Cardiovascular Blood Markers and Botanical & Nutritional Therapies, Part 2**
Donald Yance
3. **Herbs of Belize** *Rosita Arvigo, DN*
4. ☀ **Hydrosols: Distilling the Essence of Desert Aromas** *Martha Burgess*
(Demonstration in the garden)

3:30 – 4:00 PM Refreshment and Exhibit Break

4:00- 5:30 PM *MID-AFTERNOON LECTURES*

1. **Specific Indications for Pelvic Decongestant Herbs** *Deborah Frances, ND*
2. **Botanicals for Surgery: Preparation, Recovery and a Comparison of Cases Using Pharmaceuticals and Natural Methods*** *Paul Bergner*
3. **Taking Medicine to the People: An Update on the Grassroots Healthcare Revolution**
David Crow, LAc

4:00- 5:30 PM Closing Meeting

☀ Outdoor lectures * Application submitted for OR, AZ & CA ND pharmacy credits.

Exhibit Hall

The exhibit hall provides an opportunity to meet conference teachers, educational organizations, herbal companies and book vendors. If you are interested in exhibiting, please email us at www.botanicalmedicine.org or call the conference office at (800) 252-0688.

SPEAKER BIOGRAPHIES

ROSITA ARVIGO

Rosita Arvigo is a naprapathic physician, herbalist, international lecturer and author. She has studied with traditional healers in Central America for thirty years and now directs the Ix Chel Tropical Research Foundation in Belize. She has written several books on Maya healing.

PAUL BERGNER

Paul Bergner, an expert in the Vitalist tradition, is the editor of *Medical Herbalism* journal and director of the North American Institute of Medical Herbalism and the Evergreen Clinic in Boulder, CO. He is the author of seven books on herbalism, nutrition and ethnobotany.

MARTHA BURGESS

Martha Burgess has been introducing people to the Sonoran desert and its gifts for many years, inspired by her Tohono O'Odham mentors from whom she learned the ancient ways of plant harvest, preparation and medicinal uses.

DONNA CHESNER

Donna Chesner directs the Southwest School of Botanical Medicine, which offers the distance learning programs that represent Michael Moore's herbal wisdom and the unique knowledge he accumulated during three decades of teaching and a lifetime of studying medicinal plants.

AMANDA McQUADE CRAWFORD

Amanda McQuade Crawford is a graduate of Britain's College of Phytotherapy. She is currently an herbal consultant in the Los Angeles area and the author of *The Herbal Menopause Book* and *Herbal Remedies for Women*.

DAVID CROW, LAc

David Crow has been an acupuncturist and herbalist for over 20 years. He is the author of *In Search of the Medicine Buddha*, and founder of Floracopeia Aromatic Treasures, which supports ecologically sustainable agriculture.

DEBORAH FRANCES, ND

Deborah Frances, Beautiful Little Dancing Crow, is a naturopathic physician practicing in Oregon, where she also teaches botanical medicine at NCNM. Her approach to healing is shaped by her experience as a homeopath, naturopath and by the teachings of her Lakota ancestry.

CASCADE ANDERSON GELLER

An herbal practitioner and educator for over 25 years, Cascade has been on the faculty of three naturopathic colleges. She teaches herbal medicine and leads herb walks near her home in Portland, OR.

PHYLLIS HOGAN

The owner of Winter Sun Trading Company in Flagstaff, Phyllis Hogan founded the Arizona Ethnobotanical Research Association in 1983. She teaches ethnobotany in programs for the Navajo and other native tribes.

MIMI KAMP

Mimi Kamp has been working with native herbs and flower essences in the Southwest for over 30 years. A teacher, practitioner, botanist, lecturer, illustrator, wildcrafter and medicine-maker, her classes range from basic plant identification to communication with plant beings for healing.

RHONDA PALLASDOWNEY

Founder of Living Flower Essences, Rhonda PallasDowney is the author of *The Complete Book of Flower Essences* and *Voices of Flowers*. She teaches her flower essences and chakra healing course for practitioners at the Arizona School of Integrative Studies in Cottonwood, AZ.

KENNETH PROEFROCK, ND

A graduate of the SCNM, Kenneth Proefrock practices in Sun City, AZ, where he specializes in difficult to treat cases of autoimmunity, mental illness, cancer and other conditions. He has taught nutritional biochemistry at SCNM and speaks at herbal conferences around the country.

JOANN SANCHEZ

JoAnn Sanchez is the director of the herbalist training program at Southwest Institute of Healing Arts in Scottsdale (600 hour diploma program) and teaches botanical medicine at SCNM, where she also tends the medicine garden.

JILL STANSBURY, ND

Jill Stansbury practices as a naturopathic physician in Washington State, and is the chairman of the Botanical Medicine Department at National College of Naturopathic Medicine. She is author of *Herbs for Health and Healing*.

DAVID WINSTON

David Winston is an herbalist and ethnobotanist with over 35 years of training and experience in Cherokee, Chinese and Western/Eclectic herbal traditions. He teaches botanical medicine throughout the US, Canada and Europe and is the director of David Winston's Center for Herbal Studies in Washington, NJ.

DONALD YANCE

Donald Yance specializes in nutritional and herbal approaches to cancer, AIDS, heart disease, and other chronic conditions in his clinic, The Centre for Natural Healing, in Ashland, Oregon. He is the author of *Herbal Medicine, Healing and Cancer*, and founder of the Mederi Foundation, which conducts clinical training classes for professionals.

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Schedule at a Glance

Register online at www.botanicalmedicine.org

Friday April 9 Pre-conference Events

9 AM- 3:30 PM	Field Study: Spur Cross Ranch Conservation Area <i>Mimi Kamp</i> (\$59)
9 AM- 3:30 PM	Field Study: White Tank Mountains <i>Phyllis Hogan and Cascade Anderson Geller</i> (\$59)
1:00 - 4:30 PM	SECOND YEAR! Intensive: Women's Health Alternatives* <i>Amanda McQuade Crawford</i> (at SCNM—change of location from last year) (\$59)

Saturday April 10

(*Indicates pharmacy credit application for NDs)

7:30- 8:30 AM	Registration- Southwest College Lobby				
8:30- 9:15 AM	Welcome- Auditorium, Southwest College				
9:30- 11 AM	Hypertension* <i>Kenneth Proefrock, ND</i>	Celiac Disease & Gluten Intolerance* <i>Paul Bergner</i>	Obesity: Beyond the Conventional Approach <i>Amanda M. Crawford</i>	☀️Calendula <i>Rhonda PallasDowney</i>	
11- 11:30 AM	Refreshment and Exhibit Break				
11:30 AM- 1 PM	<i>Opuntia</i> (Prickly Pear) <i>Jill Stansbury, ND</i>	Cancer: Pharmaceuticals & Herbs* <i>Donald Yance</i>	Aromatic Stars: Ten Essential Oils <i>David Crow</i>	☀️Herb Walk Gilbert Riparian Area <i>Donna Chesner</i>	
1- 2 PM	Lunch and Exhibit Break				
2- 3:30 PM	Maya Abdominal Massage <i>Rosita Arvigo, DN</i>	Herb Toxicity and Interactions, Part 1* <i>David Winston</i>	Herbs for the Spiritual Heart <i>Paul Bergner</i>	☀️Herbal Pairing for Therapeutic Benefit <i>JoAnn Sanchez</i>	
3:30- 4 PM	Refreshment and Exhibit Break				
4- 5:30 PM	Plants as Teachers <i>Iris and Baptisia</i> <i>Deborah Frances</i>	Herb Toxicity and Interactions, Part 2* <i>David Winston</i>	Receptors & Herbs <i>J. Stansbury</i>	☀️ Wound Healing <i>C.A. Geller</i>	☀️ Herb Walk Desert Bot. Garden <i>Mimi Kamp</i>
5:30- 6:30 PM	Dinner and Exhibit Break				
7- 8:30 PM	Keynote Address: My Years with a Maya Shaman <i>Rosita Arvigo, DN</i>				

Sunday April 11

9:00- 10:30 AM	Prescription-Only Botanicals* <i>Jill Stansbury, ND</i>	Lost Art of Herbal Bathing <i>Rosita Arvigo, DN</i>	Kidney Stones <i>D. Winston</i>	Thyme ☀️ <i>C A Geller</i>	8:30- 10:30 AM ☀️ Field Ethnobotany Gilbert R A <i>Phyllis Hogan</i>
10:30- 11 AM	Refreshment and Exhibit Break				
11:00 AM- 12:30 PM	Botanicals for Fungal Infections <i>Deborah Frances</i>	Cardiovascular Blood Markers, 1 <i>Donald Yance</i>	Natural Menopause* <i>Amanda McQuade Crawford</i>	☀️ Cosmic Chemistry <i>David Crow</i>	
12:30- 1:30 PM	Lunch and Exhibit Break				
2- 3:30 PM	Asthma: Herbs and Pharmaceuticals* <i>Kenneth Proefrock</i>	Cardiovascular Blood Markers, 2 <i>Donald Yance</i>	Herbs of Belize <i>Rosita Arvigo</i>	☀️ Hydrosols <i>Martha Burgess</i>	
3:30- 4 PM	Refreshment and Exhibit Break				
4- 5:30 PM	Pelvic Decongestants <i>Deborah Frances</i>	Surgery: Prep & Recovery* <i>Paul Bergner</i>	Grassroots Medicine for the People <i>David Crow, LAc</i>	(*Indicates pharmacy credit for NDs)	
5:35 – 5:45 PM	Closing Meeting				