

FRIDAY, May 29

10:00 AM - 3:00 PM	Ethnobotanical and Native Plant Field Study <i>David Winston</i> (\$69)
1:00 PM - 5:15 PM	Pre-conference Intensive: Mitigating the Effects of Glyphosate and other Environmental Toxins for the Prevention of Chronic Disease and Health Optimization: the Application of Hormesis and Herbal Medicine <i>Donald Yance</i> (\$89)
1:00 PM - 5:00 PM	Ecology, Propagation and Cultivation of Native and Oriental Medicinal Herbs at Mountain Gardens <i>Joe Hollis</i> Limit 20. (\$59)
5:00 PM - 8:00 PM	Registration in Blue Ridge Assembly Pavilion (5 -7 PM Joe Hallock and Friends play old time mountain music)

SATURDAY, May 30

7:30 AM - 8:30 AM	Breakfast: Dining Room in Blue Ridge Center			
7:30 AM - 8:30 AM	Registration: Blue Ridge Assembly Pavilion			
8:30 AM - 9:15 AM	Opening Meeting - Washburn			
9:30 AM - 11 AM	Women, Autoimmunity and Estrogen Metabolism <i>Mary Bove</i>	Taming the Dragon: Botanical Approaches for Irritable Bowel Disease (IBD) <i>Katie Stage</i>	Restorative and Nutritive Tonics <i>David Winston</i>	Botanical Field Walk <i>Corey Pine Shane</i>
11:00 AM - 11:30 AM	Refreshments/Exhibit Break			
11:30 AM - 1 PM	Revisiting the Many Faces of Testosterone: How Botanicals Play a Significant Regulatory Role <i>Kenneth Proefrock</i>	Chronic Skin Conditions: Case Review of Seborrheic Dermatitis <i>Chanchal Cabrera</i>	Substance Addiction and Recovery: Herbal Strategies for Emotional and Physical Pain <i>Jennifer Williams</i>	Herbal Tea Apothecary: Teas for Every Body System, Energetic Tissue State and Constitution <i>Teresa Boardwine</i>
1:00 PM - 2:00 PM	Lunch and Exhibit Break			
2:00 PM - 3:30 PM	Targeting IL-1 in Immunotherapy for Cancer and other Diseases using Botanical Medicine <i>Donald Yance</i>	Mushroom Spirit Medicine <i>Christopher Hobbs</i>	Principles of Combining Herbs and Essential Oils: Musculoskeletal Conditions <i>David Crow</i>	Herb Walk <i>Doug Elliott</i>
3:30 PM - 4:00 PM	Refreshments/Exhibit Break			
4:00 PM - 5:30 PM	Hormone Balance: A Botanical and Nutritional Medicine Approach to Hormone Deficiency and Endocrine Disruption <i>Jason Miller</i>	Anxiety: More than an Over Aroused State <i>Mary Rondeau</i>	The Ethnobotany of the African Diaspora <i>Marc Williams</i>	Sweet Medicine: Herbal-infused Honeys and Herbal Syrups (Demonstration) <i>Robin McGee</i>
5:30 PM - 7:00 PM	Dinner Blue Ridge Center			
5:30 PM - 7:00 PM	Exhibit Break			
7:00 PM - 9:00 PM	Keynote: Nature, Spirit, Medicine: Using Biophilia Practice and Shinrin Yoku for Personal and Planetary Healing <i>Chanchal Cabrera</i>			

SUNDAY, May 31

7:30 AM - 8:30 AM	Breakfast: Dining Room Blue Ridge Center			
9:00 AM - 10:30 AM	Panel Discussion: Clinical Approaches to Immune Centered Illness <i>Mary Bove, Mary Rondeau and Katie Stage</i>			
10:30 AM - 11 AM	Refreshments/Exhibit Break			
11 AM - 12:30 PM	Neuroplasticity and the NMDA receptor: Botanical and Nutritional Influences on Neurological Remodeling <i>Kenneth Proefrock</i>	Essential Oil Therapeutics: Internal Uses for Clinic and Home <i>Christopher Hobbs</i>	Keeping Kids Healthy <i>Mary Rondeau</i>	Topical Botanical Therapies to Ease Substance Withdrawal <i>Jennifer Williams</i>
12:30 PM - 2 PM	Lunch and Exhibit Break			
2:00 PM - 3:30 PM	Medicinal Mushrooms in Clinical Practice <i>David Winston</i>	Rubefaciants and Vulneraries -- Topical Herbal Applications <i>Chanchal Cabrera</i>	Cultivating Skin Microbiome Radiance with Botanicals <i>Mary Bove</i>	Botanical Herb Walk <i>Doug Elliott</i>
3:30 PM - 4:00 PM	Refreshments/Exhibit Break			
4:00 PM - 5:30 PM	In the Zone: Research Considerations for Microdosing Entheogens <i>Katie Stage</i>	Prostate Cancer: A Comprehensive and Collaborative Approach <i>Jason Miller</i>	Principles of Combining Herbs and Essential Oils: Relaxing the Nervous System <i>David Crow</i>	Wild Food Farmacy in your Backyard <i>Vickie Shufer</i>
6:00 PM - 7:00 PM	Dinner: Blue Ridge Center			
5:30 PM - 7:00 PM	Exhibit Hall Open			
7:30 PM - 9:00 PM	Outdoor Program by the Fire in the Amphitheater			

MONDAY, JUNE 1

7:30 AM - 8:30 AM	Breakfast: Dining Room Blue Ridge Center			
8:30 AM - 10:00 AM	Lymphagogues and Alteratives, Lessons in Herbal Immunology <i>Kenneth Proefrock</i>	Principles of Combining Herbs and Essential Oils: Strengthening and Energizing the Nervous System <i>David Crow</i>	Botanical Strategies for Pelvic Pain and Endometriosis <i>Katie Stage</i>	Oxymels and Vinegar Infusions <i>Teresa Boardwine</i>
10:30 AM - 12:00 PM	Demystifying "Qi": A Reverse-Engineering Approach to Understanding the Concept of Qi in Botanical Medicine <i>Jason Miller</i>	Addressing Immune Health thru the Ages: Infants to Seniors <i>Mary Bove</i>	Diabetes, Obesity and Related Diseases <i>Christopher Hobbs</i>	Herb Walk <i>Doug Elliott</i>
Noon - 1:00 PM	Lunch and Exhibit Break			
1:00 PM - 2:00 PM	Panel: New Discoveries in Botanical Medicine <i>Christopher Hobbs, Jason Miller and Teresa Boardwine</i>			
2:00 PM - 2:10 PM	Closing Meeting			