

2021 Southwest Conference on Botanical Medicine

24 video presentations on botanical medicine with continuing education for ND, NMD, MD, DO, RN, FNP, etc. [Full CE information on this conference.](#)

Presentations from some of the most experienced practitioners in the US, including:

Lise Alschuler, ND: As you can see in these studies, that really, across the board, St John's Wort is decreasing the plasma level of the drug.

Paul Bergner, CN: Because all bacteria have a large amount of their genome conserved. It's the same.

Deborah Frances, ND: But it was really getting at the underlying cause of what was going on. So the plant can really help us to open to parts of ourselves as well as others.

Lori Harger, PHMNP: Heart rate variability is very important in terms of psychological resilience, adaptability and executive function.

Feather Jones, Herbalist: Think gotu kola (*Centella asiatica*), which is shown to stimulate T-cells by improving vitality through its energizing properties.

Heath McAllister, ND: *Scutellaria baicalensis*, I also love this herb. Potent anti-inflammatory, not really related that much to the other, *Scutellaria lateriflora*, in terms of its actions.

Kenneth Proefrock, ND: Galangal, speaking of heating, moves us into a slightly different category of plant medicines. These are agents that help improve blood flow and specifically help resolve inflammation more rapidly.

Mary Rondeau, ND, RH (AHG): So we see that crocin inhibits the reuptake of dopamine and norepinephrine, where safranal inhibits the reuptake of serotonin.

JoAnn Sanchez, MS: There's a wild plantain that grows here in the desert flora and it's *Plantago minor* and it has a tiny little stem. So these plantains really tell us which species they are by their leaf size.

Katie Stage, ND, RH (AHG): Topical calendula preparations are excellent for skin healing and are anti-inflammatory. Calendula is antiseptic too and can help with *Staph aureus*.

Jillian Stansbury, ND: We can classify the kinds of phytosterols that we find in plants: steroidal saponins, Isoflavones.....

Full video set includes access to the digital book with speaker notes.

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