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# MWSHS Student Newsletter

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Summer 2014

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## MWSHS Alumni—Ambassadors of Herbal Healing & Education!

The Midwest School of Herbal Studies is very proud to have produced world-class herbalists for over a decade now! Therefore, in this special issue of the *MWSHS Student Newsletter*, we provide an update on some of the many fine graduates of our Master-Herbalist Diploma Program, whereby the student reader can see the strides that they each have made in implementing their acquired herbal knowledge to teach, to write, and to heal. We hope that current students find these updates both educational and inspirational, as have all of us here at MWSHS!



Our very first update is for **Alise Leguizamon, M.H.**, a 2013 graduate of our Master-Herbalist Diploma Program, who has been very busy teaching and writing about herbs!

“I taught herb-related community education classes in Osceola, Wis. in April and May, 2014,” she informs us, “but I have also taught them in Luck, and Amery, WI.” She adds: “I am also continuing to teach two herb-related classes through local community education. It took several hours initially to put together the outlines for those classes, but I still spend maybe an hour modifying/improving what I have previously taught before I do the class again. I have also written herb-related articles on HubPages, which can be found at [alise-evon.hubpages.com](http://alise-evon.hubpages.com). 'Spring Wildflowers You Can Easily Identify in the North Central United States' is one article I have written since graduating, but there are two earlier articles plus one poem, also.”

Alise is further enjoying selling herbs at local farmer's markets and educating the customers there about their uses: “I love to see Farmers' Market customers come back and say, 'I bought such and such from you and it works great!' especially if they have had very little exposure to the use of herbal products before.”

As to how Alise's experience at MWSHS contributed to her herbal acumen, she notes: “My schooling at MWSHS has made me more confident. Now I truly have the skills I need to effectively help others, which I did not have when I considered myself an amateur herbalist prior to enrolling in the Master-Herbalist Diploma Program.” (*MWSHS Alumni" continued on p. 3.*)

## Late-2013 & Early-2014 MWSHS Graduates

We offer our congratulations to the following recent graduates of the Master-Herbalist Diploma Program:

Tracey Kamm, M.H.

Janet Munson, M.H.

We also offer our congratulations to the following recent graduates of the Western-Herbalism Certificate Program:

Amanda Boyle, C.H.

Pam McNally, C.H.

## MWSHS Workshops: Forums for Hands-on Experience!

Attendees of MWSHS' late-2013 and early-2014 workshops were abuzz with appreciation for the events! Here are some of their many comments:

“I really enjoyed this workshop and learned a lot!”

“Wonderful! It was nice to connect with other students—informative and encouraging.”

“Great! This is my first workshop and I am eager to attend more.”

“It was so interesting—great for someone like me who loves learning!”

“Very informative and gears me to push myself to get through the program faster and to make changes to my lifestyle.”

“Excellent, as always: It was extremely informative and practical!”

“Great information, even for a beginner like me! Thank you, MWSHS!”

“Awesome workshop: I learn something new every time!”

“This workshop was very useful and practical.”

Have you, dear student, found opportunity to attend an MWSHS workshop yourself as yet? If not, why not take the opportunity to register for the next available workshop?

## WORKSHOP CREDIT OPTIONS

Except where noted, all of the below-listed events qualify as Workshop (Module 5) credits toward the Master-Herbalist program. Each hour of *verified* attendance (per instructor-completed workshop-credit slips as supplied by MWSHS) counts toward an equivalent hour of Workshop Category #3 credits (up to the student limit of 20 hours), unless another category is specified or unless one attends a particular workshop at one of these events that is *strictly* in one of these other categories. *MWSHS-sponsored workshops are boxed.*

### Workshops, Conferences, Lectures, & Events in Herbal Studies Across North America

**Sept. 19th-21st, 2014.** "*Nature Wonder Wild Weekend*," North Bend State Park, **Harrisville, WV**. A wide variety of events, including wild-plant walks which qualify for Workshop Category #2 "Wild Plant Walks." For more info or to register, visit the website <http://www.northbendsp.com/nature%20wonder.pdf>. or call 304-558-2754 or via email at [Emily.J.Fleming@wv.gov](mailto:Emily.J.Fleming@wv.gov) and [Wendy.L.Greene@wv.gov](mailto:Wendy.L.Greene@wv.gov).

**Oct. 3rd-5th, 2014.** "*Third Annual Dandelion Seed Conference*," Evergreen State College, **Olympia WA**. \$150. Speakers include Paul Bergner, Corinne Boyer, Howie Brounstein, Elise Krohn, Meg Cur, Erin Vicha, Tania Neubauer, Marja Eloheimo, Yarrow and Angela Willard, Traci Picard, Erico Schleicher, Sean Croke, Renee Davis, Maryann Abbs, Tracy Heron Moore, and others. For more info or to register, visit the website [www.dandelionseedconference.weebly.com](http://www.dandelionseedconference.weebly.com).

**Nov. 6th-10th, 2014.** "*American Herbalists Guild 25-year Anniversary Symposium*," Callaway Gardens, **Pine Mountain, GA**. Members: \$325 (or \$290 before Nov. 4th), Student members: \$325 (or \$275 before Nov. 4th), Non-members: \$400 (or \$360 before Nov. 4th). There are usually opportunities to fulfill hours for Workshop Categories 1, 2, and 3 at AHG symposiums! For more info or to register, visit the website [www.americanherbalistsguild.com](http://www.americanherbalistsguild.com).

**Nov. 14th-16th, 2014.** "*Sixth Annual Portland Plant Medicine Gathering*," **Portland, WA**. \$150 (or \$125 if you register by Oct. 1st). Speakers include Paul Bergner, Howie Brounstein, Glen Nagel, Mitch Stargrove, Sarah Holmes, Robin Rose Bennett, and many local herbalists. For more info or to register, visit the website [www.pdxplantmedicine.org](http://www.pdxplantmedicine.org).

**Feb. 27th-Mar. 1st, 2015.** "*Fourth Annual Florida Herbal Conference*," Camp Winona, **DeLeon Springs, FL**. Featuring Steven Foster, Deb Soule, and others. Over 35 workshops, including wild-plant walks, which qualify for Workshop Category #2 "Wild Plant Walks." \$195 (or \$165 if registered before 31st). For more info or to register, visit the website: [www.floridaherbalconference.org](http://www.floridaherbalconference.org).

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"MWSHS Alumni," continued from p. 1

Our next update is for **Marlene McKenzie, M.H.**, a 2008 graduate of the Master-Herbalist Diploma Program. Marlene updates us as follows: "I have an herbal business on the web at: [earthstreauresct.com](http://earthstreauresct.com). This features a description of me, a short herbal history lesson, my products that I sell in my business, an environmental page, Earth Day page, and information on earth-friendly practices, companies, and products.



"I did set up a clinic at a health-food store in New Haven CT and did consultations there for awhile: It offered low cost, walk-in consultations on the upper level of the store. This was done for two years, after which I joined a multi-disciplinary center that was closer to me. A chiropractor, acupuncturist (part time), and massage therapist (part time) practiced at the center. I did some referrals and consultations there for about one year. What I'm doing now is selling my products through my business, talking with people at the farmer's market, and providing valuable information about the herbal world to friends, family, and people that seek the information."

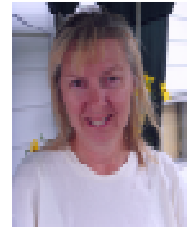
"As a member of the Connecticut Herb Association I was an events planner for a couple of years. I gave several lectures at our Herbfest on various health issues and the botanicals and nutrition helpful for these issues. I also did a tea talk at our town library about five years ago, including samples."

"I have had several exceptional experiences using herbs with people. The first, and most heartwarming for me, took place back in 2011. A co-worker's mother had bad arthritis in her hands to the point of taking narcotic meds for the pain so she could sleep through the night. Even then, she did not sleep well. I suggested my muscle/joint salve to cover the hands and then to place gloves on the hands overnight. Within about one month, her mother was able to get off of the narcotic pain killers, sleep through the night, and her hands were usable during the day. Gotta love the power and synergy of the botanicals! The second was that a neighbor of mine had borderline high blood pressure, but extreme anxiety so as to not be able to sleep through the night. I made a wonderful formula for her with a combination of hawthorn, linden, passion-flower—which I grow myself—and milky oat seed. This reduces her anxiety so she is able to sleep through the night and her blood pressure is kept low. She has been taking this for three years now and swears by it. I have also helped several gentlemen

suffering from seasonal allergies with my allergy-ease formula. They've come back to obtain that formula, using less and less each year. Finally they stated that their allergies were gone! And I have helped a man with psoriasis on his palms to the point of non-existent plaque formation."

"If it wasn't for the Midwest School of Herbal Studies, I would never have been able to give all of the wonderful healthful herbal care to all of those listed above... and so many more to come! MWSHS has given me the knowledge and courage to go out into the world and to help or teach others about the healing power of plants. I have recommended the School to several people already, and will continue to do so."

Our third update is for **Anne Alex, M.H.**, a 2009 graduate of the Master-Herbalist Diploma Program.



"Since I graduated from the Master-Herbalist Diploma Program," Anne informs us, "I have been more aware of the importance of preserving wild herbs. I made a Wild Medicinal Herb Garden in my back yard, which I use to prepare my own herbs. I also use my Wild Medicinal Herb Garden as an educational tool, showing and identifying different herbs. Since 2008, I have been preparing some ointments, creams, and infused oils. This past June (2014), I held a short seminar on weeds, which had a short introduction on the history of herbal medicine and in which we identified fifteen common weeds and their uses. The feedback was excellent—in fact, I was asked to hold another seminar this fall when we would spend more time in making herbal products."

Anne shared with us a number of experiences in herbal healing, among which was the following: "A friend had some mouth irritation-allergy, which required a special compound from the pharmacy. This compound had to be order by a doctor's prescription and was supposed to be antiinflammatory and antifungal. I suggested the use of a strong yarrow decoction as a mouth wash, to be used five times a day. After two gargles, the irritation started to vanish and it went away in two days."

In summary, she writes: "MWSHS provided me with the necessary tools. I particularly liked the phytochemistry, which made me understand the action of the plant components."

We hope that have enjoyed, and been encouraged by, these graduate updates. We have more on file to share with you in future newsletters....

## In Coming Issues

\* *Student & Alumni Profiles*

\* *Book Reviews*

\* *News & Views*

\* *Informational Articles*

**Midwest School of Herbal Studies  
P O Box 120096  
New Brighton MN 55112**

**To:**

**First Class Mail**