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# MWSHS Newsletter

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Summer-Autumn 2011

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## Summer's Wild-Plant Walk: Fun, Fun, Fun!

On September 11th, MWSHS director Matthew Alfs led a number of enthusiastic students on a wild-plant walk in Fridley, MN. These students were treated to views, smells, and tastes of many wild-plant wonders, including herbal stalwarts such as blue cohosh, false Solomon's seal, great lobelia, purslane, cocklebur, wild grape, wild cherry, yellow dock, goldenrod, wild currant, and many others.

The weather was hot and a bit humid, but tolerable, and a good time was had by all. (Probably most students will remember sampling the berries of false Solomon's seal and trying to recall what it tasted like. [Answer: Molasses!])



MWSHS Director Matthew Alfs Enjoys the Delectable Taste of the Tender, White, Bottom Portion of the Stem of Cattail, an Edible and Medicinal Plant (The Pollen Being the Medicinal Part), As Workshop Attendees Observe (with at Least One of Them Sampling It as Well!)

Have you, dear student reading this Newsletter, had opportunity yet to participate in a wild-plant walk—either here in Minnesota or in your own area? If not, we urge you to explore opportunities to do so, as we believe that you would enjoy such an activity very much and find it to be very helpful in developing your herbal skills (which is why our M.H. Diploma Program even requires students to log in 20 hours of wild-plant identification under the direction of a skilled teacher.) In the Minnesota area where MWSHS is located, the next wild-plant walk will be in early June of 2012. (Watch the “Events” page of our website or the “Workshop Opportunities” of the *Newsletter* for more details; the latter also lists wild-plant walks in other areas of the country of which we become aware.)

## First-Quarter, 2011 Graduate

We offer our hearty congratulations to the following first-quarter 2011 graduate of the Western-Herbalism Certificate Program:

*Alethea Kenney, C.H.*

We look forward to hearing more from this graduate as she continues to pursue her interest in herbal therapy!

## Summary of Assessment-skills Workshop

On March 27th, 2011, a number of MWSHS students (beginning, intermediate, and senior) met in New Brighton, MN to develop several different holistic-assessment skills by means of demonstrations and practice sessions. The day-long workshop was most positively received by attendees, with evaluation forms describing the event as “awesome and very informative,” “very informative, positive, well organized, and on schedule—focused” and “leaving a person wanting to learn more.”

Have you, dear student, found opportunity to attend an MWSHS workshop as yet? If not, why not take the opportunity to register for the next upcoming workshop? (Workshops are announced on the “Events” section of the MWSHS website, [www.midwestherbalstudies.com](http://www.midwestherbalstudies.com)).

## Your Questions Answered

This is a new column dedicated to answering common questions asked by either students or prospective students.

1.) *Question:* Can I Get the Herbal Program Electronically (On CD or as a .PDF Download, etc.?) Instead of As a Hard Copy (on Paper)?

*Answer:* The School does not make the written curriculum available in any kind of electronic or other format than what is provided by way of the workbooks.

2.) *Question:* Is a Clinical Practicum Available?

*Answer:* Graduates of the School's Master-herbalist Diploma Program who are interested in doing clinical observation at the MWSHS Clinic in northeast Minneapolis may request a free copy of the School's *Handbook for Clinical Observation at the MWSHS Clinic (Midwest Herbs & Healing Center)*, which outlines policies, costs, etc. and provides a written agreement for such service. (Note that this option—including the *Handbook*—is open *only* to graduates of the School's *M.H. Diploma Program*.)

## WORKSHOP CREDIT OPTIONS

Except where noted, all of the below-listed events qualify as Workshop (Course-Eight) credits toward the 2-year 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

**October 21st-23rd, 2011.** “*The American Herbalists Guild 22nd Annual National Symposium,*” St. Pete Beach, FL. See the website at [www.americanherbalist.com](http://www.americanherbalist.com) for more information or to register. Some sessions qualify for Assessment Skills credits.

**December 1st-16th, 2011.** “*Clinical Herbalism Intensive,*” at Asheville, NC . A 90-hour intensive for those wishing to pursue a career in clinical herbalism. For more information, see [www.chestnutherbs.com](http://www.chestnutherbs.com)

### Are You Taking Advantage of the Student-to-student Message Board on Our Website?

Want to find a “study buddy”? Swap a recipe for an herbal salve or soap? Share an herbal healing experience? Ask about another student's experience with a particular herb or herbal formula? Then, simply log on to our website at [www.midwestherbalstudies.com](http://www.midwestherbalstudies.com) and click on “Message Board” on the menu, where you will be directed to the Student-to-Student Message Board that has been made available by MWSHS in answer to many requests by students for such a feature!

### The MWSHS Natural-Therapies Clinic and Store (Midwest Herbs & Healing Center)

As many of our students are aware, a thriving natural-therapies clinic is attached to the administrative offices of the Midwest School of Herbal Studies, which center is open from Monday through Saturday, except for major holidays. (This natural-therapies clinic is referred to, from time to time, in both of our herbal-studies programs as the “MWSHS clinic.”)

Through the skilled services of six different natural-health providers, this healing center provides natural therapies to the public such as herbal therapy, acupuncture, naturopathy, massage therapy, aromatherapy, and holistic psychology.

Many MWSHS students have referred friends and relatives to this healing center, while yet others reading this information may wish to do so. In fact, in response to frequent requests from students for information on how to do so, we are happy to once again provide the healing center's contact information, as follows: The phone number is 612-781-3006, the email is [MWHRbs@aol.com](mailto:MWHRbs@aol.com), and the fax is 612-781-3054. Further details on the center—including clinician biographies and specialties—can be accessed via the center's website at [www.midwestherbsandhealing.com](http://www.midwestherbsandhealing.com).

Also attached to both the natural-therapies clinic and the administrative offices of our School is a retail area supplying over 300 different, individual herbs (in the form of either tinctures, teas, capsules, solid extracts, or tablets), plus several hundred herbal formulas, vitamins, minerals, essential oils, books, and personal-care products. This retail area is open to the public as well as to clients of our natural-therapies clinic. Please note that *registered MWSHS students who wish to avail themselves of either a mail order or an in-store purchase from this store receive a 20% discount off of the listed retail price for any product stocked (except for consignment items = essential oils).*

The contact information for the retail area is the same as that for the healing center, as given above. The friendly and knowledgeable staff of the clinic and retail area stand ready to serve both MWSHS students and their referrals.

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