

Herbal Talks by FRANK NORMAN

Thursday Evenings at Southwind in the Fall of 2015 in Lawrence



September 24, October 1, 8, 15, and 22, 2015

At Southwind Health Collective, LLC

1045 Kentucky Avenue, Lawrence, Kansas 66604

\$15 per talk or \$65 for all 5 sessions when paid in advance

RSVP to Lana at Southwind at swhc@sunflower.com or (785)-843-7500

A non-refundable deposit of \$15 will reserve your place.

Ancient Lore and Modern Uses of Five Medicinal Plants

September 24 (7 to 8:15 pm): Elderberry—this very common shrub or small tree has been used for medicine throughout the world and in European folklore for a very long time. All of the plant is medicinal and has been successfully used to treat many ailments.

October 1 (7 to 8:15 pm): Wormwood—this small plant was one of the most important herbs during medieval Europe and is still a commonly used herb today. It is in the genus, *Artemisia*, known worldwide medicinally by indigenous tribes. Also known as absinthe, wormwood has inspired the Impressionists.

October 8 (7 to 8:15 pm): Bee Balm—this colorful and powerful herb was one of the most widely used plants by American Indians to treat numerous conditions. It is still used today by many herbalists given its antibiotic and antifungal properties.

October 15 (7 to 8:15 pm): Solomon Seal—this root of woodlands has a very long history as a medicinal plant in the US, Europe, and Asia. It is sweet-tasting, nutritive, and soothing to tendons and joints. It has also been used as a protective charm.

October 22 (7 to 8:15 pm): Oak—this great tree has been used medicinally worldwide since antiquity. As a word class astringent, the inner bark has been used for chronic diarrhea, mucous discharge, varicose veins, and a wash for wounds. Both the tree and its acorn have a long history as mythical symbols and the sacred stories of the oak runs deep.

Frank Norman is a botanist and plant ecologist. He has been studying herbalism since the mid 1970's, and has been a certified master herbalist since 2002. Frank started his own herbal company—Kansas Herbalist, LLC—in 2007. He has a Masters in botany and herbalism, and has received postgraduate training in sacred plant medicine, deep ecology, and earth medicine. Frank relies on plants for healing and often collects medicinal plants locally and formulates medicine such as tinctures, salves, and poultices. He does herbal consultations, presentations, and nature walks.

HERBAL CLASSES with FRANK NORMAN
Thursday Evenings at Southwind in November 2015 in Lawrence



November 5, 12, and 19, 2015

At Southwind Health Collective, LLC

1045 Kentucky Avenue, Lawrence, Kansas 66604

\$25 per class or \$60 for all 3 classes when paid in advance

RSVP to Lana at Southwind at swhc@sunflower.com or (785)-843-7500

A non-refundable deposit of \$15 will reserve your place.

Classes are in lecture format with hands-on, experiential opportunities.

Topics Covered Include:

November 5 (7 to 9 pm): Herbal First Aid—learn the herbs that can be used to stop bleeding, treat burns, anxiety, headaches, stomach aches, bee stings, and spider bites.

November 12 (7 to 9 pm): Herbal Antibiotics—learn the herbs that can stop bacterial infections and diseases.

November 19 (7 to 9 pm): Herbal Antivirals—learn the herbs that can stop viral infections and diseases.

Curious about herbs and their medicinal properties? Worried about drug-resistant bacteria and your health? Want to feel empowered? Then come to these classes; they will change your life.

Learn up-to-date information on herbal 1st aid and treating drug-resistant bacteria and resistant viral infections with powerful herbs.

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