



NEWS • • • • • Autumn 2019

• Herbal Education in the Vitalist Tradition •

From The Director . . .

Hi Folks, I am beyond excited to announce that we have expanded our Aromatherapy 100 course and refocused it on Vitalist Aromatherapy in the context of Western Herbalism.

This is a unique opportunity to study the arts and sciences of essential oils with Kathryn Delaney, CA, CCH, CN one of the few practitioners certified in Aromatherapy and Clinical Herbalism and Nutrition through CSCH.



Kat's skills in essential oil therapeutics, safety, dilutions and medicine-making will be complemented by my phytochemistry insight and contributions from exciting guest teachers including Mindy Green, RA, RH (AHG), well-known author, aromatherapist, and clinical herbalist; Jessica Baker, LAc, RH (AHG), who teaches both Chinese and Western herbal energetics, and CSCH's own Liz Giles, CCH, CN, another double-certified aromatherapist / clinical herbalist. I can't think of any other in-person classroom program that brings together talents like these to offer students a fun, experiential, and professional learning experience with all aspects of essential oil therapies! If you've been fascinated with aromatherapy, and want to take it to a new level, check out the details below.

AROMATHERAPY  
Corner

ROSEMARY  
| *Rosmarinus officinalis*

**AUTHOR**  
Kat Delaney, CA, CCH, CN  
| Aromatherapy Program Director



It's a new semester here at the Colorado School of Clinical Herbalism as students delve into nurturing a deeper relationship with plants and discovering their therapeutic qualities.

**Exploring Western herbalism** can open up many doorways to understanding a realm within our world that is vast and also intricately woven within the tapestry of human existence. It can be exciting to discover plants that have acted as therapeutic remedies throughout time, and often even more exciting to discover herbal remedies and allies in unexpected common kitchen herbs and garden "weeds". For instance, many of the herbal companions we have tucked away on the spice rack can be valuable in lending assistance during various situations. One of these can be of specific assistance during lengthy nights of studying.

**Many of us know Rosemary (*Rosmarinus officinalis*) for its culinary uses**, where its aromatic nature is distinctive as a flavor even in small amounts. Native to the Mediterranean region, Rosemary adorns many dishes from this part of the world, being used to season meats, cheeses and savory dishes. It also has a presence throughout the historical lore from this area as a talisman for protection and to promote clear thought.

**Rosemary is a member of the mint family**; it is a shrubby evergreen bush that can grow up to 2m in height and has silvery-green, needle-shaped leaves and pale blue flowers. The entire plant is highly aromatic. It is considered a tender perennial here in Colorado, but grows in California, as well being native to France, Spain and Tunisia.<sup>1</sup>

**Peter Holmes, in his book "The Energetics of Western Herbs, Vol. 1."** characterizes Rosemary as a stimulating and warming, somewhat drying herb with a slightly sweet flavor, and uplifting energetics. In this text, Rosemary is noted for its affinity in working with the brain, nerves, lungs, heart, intestines, and uterus. Rosemary is also said to be able to stir and

stimulate circulation, to help open the sinuses, and to topically relieve pain. Its therapeutic use as a culinary spice is noted for its warming nature on the digestive tract, and its ability to help relieve bloating. Topically, it is beneficial in promoting tissue repair for mild infections, burns and sores.<sup>2</sup>

**The energetics of Rosemary** can be experienced by simply running one's hands through its tendrils of fragrant foliage and inhaling deeply.

**The aromatic oils within Rosemary** have been acknowledged throughout time long before the practice of aromatherapy even existed. Rosemary is most often historically noted for its use in fumigations to protect against the plague, and during the Middle Ages to drive away evil spirits.

**More recently an additional layer of Rosemary's therapeutic nature** revealed itself through the use of its essential oil. Commanding a large mass of plant material to produce, essential oils are highly concentrated substances that are primarily comprised of terpenoid constituents (e.g., monoterpenes, sesquiterpenes). When properly diluted into fixed oils such as vegetable or seed oils, the essential oil of Rosemary has shown to be useful topically in a variety of situations from muscular pain, poor circulation, and has been used for skin care, respiratory care, headaches, and more.

**To use Rosemary as an aromatic or herbal ally** to assist with mental fatigue and clarifying mental focus, one can: a) simply smell an opened bottle of Rosemary oil; b) place two drops of Rosemary essential oil on a cotton swab and place near where you sit to study; c) create a roll-on with 1/3 oz. glass bottle, 6 drops of Rosemary essential oil in Jojoba oil, and apply to wrists and smell as desired; d) keep a Rosemary plant nearby to enjoy its invigorating scent and pet it often; e) create a hair oil blend by infusing rosemary into jojoba oil (Rosemary is also known to help grow the hair and help it keep pigment).

When using Rosemary as an herb, it is not necessarily important to distinguish which variety (chemotype) you are using, as they all have very similar actions. However, when exploring Rosemary as a therapeutic ally through the use of its essential oil, it can be valuable to know which variety you are working with, or which constituents are more prevalent than others. It is imperative to follow safety precautions that are specific to each essential oil, as the concentrated nature of essential oils lends the possibility of a higher exposure to the constituents within a small volume of oil.

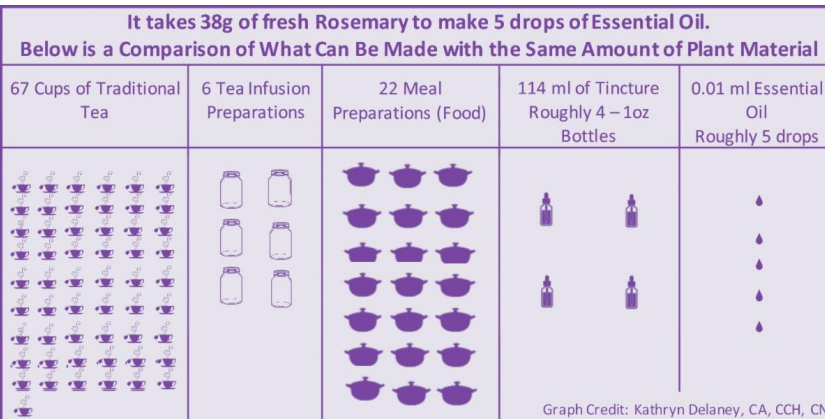
**Rosemary is known to have several main chemotypes (CT):** Rosemary 1,8-cineole; Rosemary verbenone; Rosemary pinene; and Rosemary camphor. While they each have specific contraindications and uses, all Rosemary essential oil carries the caution to avoid use during pregnancy; it should also be avoided by epileptics. Additionally, Rosemary essential oil is contraindicated in cases of high blood pressure.<sup>1</sup> Due to its potential neurotoxicity, rosemary 1,8-cineole is specifically contraindicated for use anywhere near the face of infants of children.<sup>3</sup>

**The graph below was made to demonstrate the concentrated nature of essential oils** by showing the comparison of what can be created from the same amount of freshly harvested Rosemary leaves. Here we can see that from 38 grams of freshly harvested Rosemary, one can make either 67 cups of traditional tea; 6 standard tea infusions; 22 meal preparations (for instance, seasoning chicken with 1 Tbsp. of Rosemary); 114 ml of Rosemary hydro-ethanol tincture; or 5 drops of essential oil.

**In late September, Kathryn Delaney**, the new Director of the Aromatherapy Program, and Medicine Making teacher at CSCH, showed students how polarity and solubility affect the outcomes of various botanical extracts. She detailed methods of extractions, concentration, safety and sustainability considerations of: flower essences; hydro-ethanol tinctures; vinegar, honey and oil macerations; supercritical CO2 extractions, and essential oils.

**References**

1. Lawless, Julia. The Illustrated Encyclopedia of Essential Oils: The Complete Guide to the Use of Oils in Aromatherapy and Herbalism. Element Books Limited: Boston, 1999.
2. Holmes, Peter. The Energetics of Western Herbs: A Materia Medica Integrating Western & Chinese Herbal Therapeutics, Vol. 1. Snow Lotus Press: Cotati, 2007.
3. Tisserand, Robert and Young, Rodney. Essential Oil Safety: A Guide for Health Care Professionals, 2<sup>nd</sup> Edition. Churchill Livingstone Elsevier: New York, 2014.



# VITALIST AROMATHERAPY 100

WITH KATHRYN DELANEY, CCA, CCH, CN

April 14 to Sept 22, 2020

Tuesday Evenings

6:00 pm – 9:00 pm

TUITION | \$1,300

## SIBERIAN ELM | *Ulmus pumila*

### VITALIST ACTION & ENERGETICS

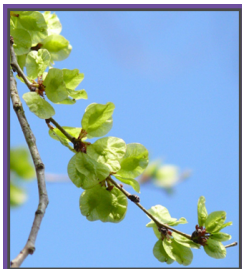
| Cool and Moist, Relaxant

### CLINICAL ACTIONS

| Demulcent, Emollient,  
Nutritive, Anti-inflammatory

### PART USED

| Bark, Leaves, Fruits



### AUTHOR

Kat McKinnon,  
RH (AHG), CN  
| Clinic Program Director

Rocky Mountain Field  
Botany Certificate  
May 15 to June 28, 2020

### Instructor

| Joshua Paquette, CH

## BOTANY Corner

I can't remember who first showed me Siberian Elm. Perhaps it was Paul Bergner, one of my main herbal mentors. Or my forest and range teacher in Forestry years before. What I can remember is the first time I fully realized how medicinal it was.

It was a colder than usual March day, and I was teaching a plant walk at the edge of a farm. We had just had 10 inches of snow, and whilst digging through a drift to get at some burdock, several students suddenly stepped back with squelch and a chorus of "ewwwwwws!!!". They had found the storm broken branches of Siberian elm. The cracked bark, when meeting the melting snow, had begun to ooze mucilage onto their boots, leaving goo strings 8 inches long as they lifted their feet.

### Now that's a mucilaginous herb.

Native to Eurasia, Siberian Elm is our premier weedy tree species in much of the Southwest. I've used this for almost a decade as an abundant and non-endangered replacement for slippery elm. Dried and processed into a powder, it can be used added to applesauce for those convalescing from acute illness (digestive or otherwise). If you are like me and simply too slothful to crush the dried bark into a powdered state, you can dry it in small strips and just use it that way (not as fun to mix with applesauce, but just fine for decoction or overnight infusion). I've used both the ground leaves and the bark layered onto mild burns, and ooh, its delightful gooeyness is soothing.

### Along with being a premier demulcent and emollient, Siberian elm is also a choice wild edible.

The fruits, in this case called samaras, show up around early-mid April in the Colorado Front Range foothills (around 5,500 ft). They are some of the first truly tasty and abundant wild edibles to mature, making their presence known through their intense chartreuse color. This is the time you want to harvest them, as once they begin to darken and dry out, they are far less palatable (yes, yes, you can winnow the seeds from the papery wing...you first professor. I have yet to develop a fast way to do this, and do not have the patience to spend hours on minimal calories). Fresh, they can be eaten straight up as a wild snack, or incorporated into something more civilized, like a salad or stir fry. The flavor is somewhere between fresh green beans and water chestnuts (including the satisfying crunch).

### You'll see Siberian Elms in a few different forms.

When left to its own devices, it grows to a 30-60 foot tree with a short main trunk (3-12 ft), which branches into 2-4 smaller trunks. It can also show up as a small-large shrub or even hedge when trimmed. The leaves are deciduous, ovate with a serrated margin, and have a distinctive herringbone venation pattern (also known as pinnate). The above mentioned samaras develop from tiny, perfect flowers, that bloom in early-late February. The flowers are perfect both botanically speaking (they have both pollen bearing and seed-bearing parts), as well as aesthetically, with parts ranging from dark, dark purple, to pink, to bright green.

**One last note on Siberian Elms – They are tough as @#%\$.**

No, really. You have no idea. They grow in the *Gobi Desert*. They eat sidewalks for breakfast, busting up through soil so compacted and dry no one else will grow there. They are highly resistant to Dutch Elm disease, the sac fungi that pushed our own American Elms to extinction and is having a hugely detrimental effect on our native Slippery Elms. Say what you will about invasive species. This is a tree that is not going anywhere. Its abundant. Its effect is gentle and strong. Sounds like good medicine to me.

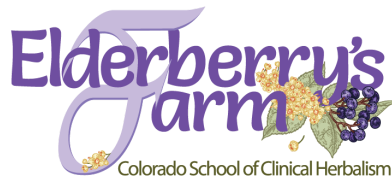


*When a plan't leaves are turning brown  
you don't paint the leaves green.  
You look at the cause of the problem.  
If only we treated our bodies the same way.  
~ Dr. Frank Lipman*

#### CSCH Graduation | Clinical Herbalism



#### Wise Women Week at Elderberry's Farm, Paonia





## CSCH FACULTY & STAFF



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## Yellow Dock Rosemary Soup

### INGREDIENTS

- 1 Quart Vegetable Stock
- 1 Medium Onion
- 4 Tablespoons Butter
- 3 Cups Chopped Yellow Dock Leaves
- 1-1/2 Cups Mashed Potatoes
- 1 Cup Light Cream
- Parsley to garnish



### DIRECTIONS

1. Sauté Onions in Butter until golden.
2. Add Stock and bring to a boil.
3. Add Rosemary and Yellow Dock simmer 15 minutes.
4. Stir in Mashed Potatoes.
5. Stir in Cream.
6. Garnish with Parsley.

## WHO AM I?

**#1** | I am traditionally used in lotions, ointments, tinctures and infusions. I assist in the healing of skin and mucosal tissues, reduce swelling and inflammation, and help minimize scarring while supporting the liver. I am rich in antioxidants like carotenoids, and am a colorful addition to the garden and kitchen. *Who am I?*



[ANSWER | Click Here & Scroll Down >>](#)



**#2** | I am a Great Mother among herbs and a member of the Mint family. While I am traditionally known as a "women's herb" and uterine tonic, I also help to calm and strengthen the heart for everyone, can support circulation, and improve digestion with my bitter principles. *Who am I?*

[ANSWER | Click Here & Scroll Down >>](#)

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