



**NEWS • • • • • WINTER 2020**

**• Herbal Education in the Vitalist Tradition •**

**From The Director . . .**

Hi Folks, I am excited to announce that we have expanded our [Aromatherapy 100 Course](#) and refocused it on Vitalist Aromatherapy in harmony with Western Herbalism. Our course director will be Kathryn Delaney, who holds certifications in both Aromatherapy and Clinical Herbalism. Kat and guest teachers including [Mindy Green](#) will lead us through studies in the history and chemistry of essential oils, Materia Medica, applications, blending / formulation, dilutions, product creation, essential oil safety, and clinical skills for the practicing aromatherapist. The course also includes a basic introduction to the anatomy, physiology, and pathophysiology of the relevant body systems as they are affected by essential oils. The Aromatherapy course at CSCH is approved by the [National Association of Holistic Aromatherapists \(NAHA\)](#).



And just in time for a Spring cleanse, see my article below on the Vitalist approach to detoxification. The body has a number of brilliant, built-in detoxification systems; our approach engages and empowers these systems by providing the nutrients and phytochemicals they crave, and *supports the intelligence of Nature!*

Also, be sure to check out the [Rocky Mountain Field Botany Course](#) article by Joshua Paquette, "*Bashō's Violets— A Turn Towards Aesthetic Life*" in this issue.

**AROMATHERAPY**  
*Corner*



**What's the Difference Between Essential Oils and Herbal Medicine?**

**AUTHOR**  
| Lisa Ganora, CSCH Director

At the CSCH's Aromatherapy 100 Course, we work in the context of Vitalist herbalism to combine the art and science of aromatherapy and essential oils. The chemistry of essential oils, blending, and formulation that creates products requires clinical skills for the practicing aromatherapist. Knowing how the essential oils' constituents affect the body's anatomy and physiology of relevant body systems

**Essential oils (EO) are concentrated substances extracted from aromatic plants,** usually by steam distillation. They contain a specialized group of constituents, but the extraction process leaves many other constituents behind in the plant material. Most essential oils contain *terpenoids*, commonly called *terpenes*. Within this category is a range of subcategories, organized by the size of the constituent. The smallest kind of terpenes, called *monoterpenes* (the more volatile “top notes” in many EO) are the most common, and some oils also contain the larger *sesquiterpenes*. Even larger terpenes (e.g., *diterpenes* and *triterpenes*) are generally too heavy to be volatile, so they are absent from essential oils but are found in substances like oleoresins and resins, or in infused herbal oils or tinctures.

**Extracted EO are highly concentrated and biologically potent substances** that should be used cautiously as they are potentially more likely to cause adverse effects than herbal extracts of the same plants (which contain a much broader range of constituents, and a much lower concentration of the volatile EO compounds).

**Infused oils of terpene-rich herbs** (as opposed to distilled EO), made by extracting the herbs in a warm plant oil like Olive oil, can contain all the different sizes of terpenes including the ones that make up the essential oil. But infused oils are not as concentrated as the EO themselves. They also contain other oil-soluble constituents including vitamins E, K, and carotenoids (which the body can turn into vitamin A).

**Essential oils don't contain vitamins, minerals, other nutrients, or water-soluble constituents.** Those are best obtained from some tinctures, water extracts like teas, infusions, and decoctions; herbal vinegars; or by powdering and eating the whole plants. I think of EO as specialized medicines that when used properly, and only when needed, are complementary to herbal preparations. The EO represents a small fraction of what a whole plant has to offer, and infusions or tinctures are not substitutes for EO and vice versa. A principle of Vitalist practice is to use the mildest, most gentle remedy that will do the job. We often save EO for when we need a very potent, concentrated, low-dose agent for very specific applications. Then we dilute the EO appropriately and apply it topically, or inhale it by, for example, using a diffuser or placing a drop or two on fabric. Only in rare cases are tiny amounts of specific, milder EO ever used internally (e.g., Peppermint or Lavender).



**Let me give you an example.** Rosemary is a potent antioxidant, anti-inflammatory, neuroprotective herb. We sometimes add only small amounts of Rosemary tincture to formulas (say 5-10% of the formula) because it is so strong. We also add just a little bit to dried herb mixtures used to make water infusions - too much Rosemary easily overwhelms the flavor of the infusion. Rosemary can also be infused into Olive oil as part of an oil or salve formula used topically for sore joints. CO<sub>2</sub> extract of Rosemary is a potent antioxidant / preservative substance used in tiny amounts.

When you concentrate the power of Rosemary into a small bottle of essential oil, it's so potent that you need only one or two drops to represent a large amount of the original plant material. Each of these different preparations features a different range of constituents and has an application where it really shines: Rosemary tea / infusion as a warming circulatory stimulant; Rosemary tincture as part of an antidepressant formula; Rosemary CO<sub>2</sub> extract in an antioxidant / anti-inflammatory capsule; Rosemary EO inhaled to stimulate and brighten the mind and improve memory, etc. Essential oils, tinctures, infusions, infused oils, salves, CO<sub>2</sub> extracts ... each is good medicine, each is different from the other, and all can form part of the Vitalist toolkit of healing botanicals.

**Want to learn more?** Join Kat Delaney, Aromatherapist and Certified Clinical Herbalist, and guest teachers including Mindy Green, Jessica Baker, and myself for the new Aromatherapy 100 course that begins this April at CSCH. We're now taking applications for this in-depth 124-hour course that focuses on essential oils and aromatherapy in the context of Vitalist herbalism - a real evolution in the integration of aromatherapy with herbal medicine!

# 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

## *Bashō's Violets— A Turn Towards Aesthetic Life*

### AUTHOR

| Joshua Paquette

Something as simple as the sight of violets can be enough. To bring delight, to still the din of incessant chatter, to stop wishing for something not. That very moment of wonder and delight: *is enough*.

*Coming along a mountain path  
I find something endearing  
about violets  
~ Bashō*

It may seem that finding oneself appreciating violets is a quaint remnant of a simpler time, cute perhaps, but hardly revelatory. We are so accustomed to the dopaminergic *WOW!* of modern opulence that a glimpse of violets is likely nothing, a backdrop, almost an insult to what is possible inside a glow-screened world. I maintain that it is *precisely* the simplicity to which the wandering poet Bashō points that holds merit for our times, acts as a remedy for manic distortion. We mustn't forget that wonder needn't precipitate from a device, nor ensue through the blast furnace of chemical euphoria. It can arise from something as common as violets, it can happen *every day*.

**The Roman Stoics were fond of the term *notitia*.** It indicated the ability to form true notions of things through the act of attentive noticing.<sup>[1]</sup> We could consider that portrait artists like Rembrandt once apprenticed themselves to the long study of a human face, or that Rodin encouraged Rilke by suggesting he spend hours at the Paris zoo. Rilke later described the technique as *inseeing*, a fluid state where the observed and the observer form a kind of sympathetic union. His "thing-poems" from that time—especially in the meter of his native German—resound with a resonance and depth of knowing.<sup>[2]</sup> Japanese poet Bashō writing in the 1600s saw keenly with his aesthetic eye and expressed it in haiku.

*Carefully looking when*



The late psychologist James Hillman has suggested that the manic pace of modern life has deep roots inside inattention. It may be that events accelerate in proportion to not being noticed. There are so many things to inspect that we end up inspecting nothing with the intrigue required to gratify. Notitic beauty arrests motion. We are *caught* in wonder—stilled by the shape of violets, the flow of a woman's hair, a horse's rippling flank in the deepening light. The *ah!* of inspiration, an inward breath of air, comes suddenly as if being struck by invisible arrows. This very phenomenon is the root of the word aesthetic, from the Greek *aisthesis*, "To breath in."

It's okay to be selfish at first, to make it about *your* desire. But to the French philosopher Gaston Bachelard this misses the point. The world seeks to be admired by you, and in that admiration, the objects of the world are lifted up, they become precious, special, something worth protecting. Few of us have been moved to action by robotic droning. Statistics didn't seed outrage at the Vietnam war. Images did, specific images of the goings-on. This is what's at stake. Hyperbole aside, a turn towards aesthetic life can mean that we begin by noticing violets and end up protesting a war. "*It's not right! It's just not right!*" is an aesthetic valuation, something we experience as more meaningful than preference. It's what Steven Harrod Buhner calls a "feeling for the right." A true aesthetic event holds inside it a latent morality that *includes* rational judgments, doesn't elbow them out. I am suggesting

*nazuna is blooming  
beneath the hedge!*  
~ Bashō

The ability to be surprised by the goings-on around us can only occur if it occurs to us—we cannot force surprise. *Nazuna* is the Japanese name for shepherd's purse, an inconspicuous weedy plant that grows all over the world. It's tiny, white, cross-shaped flowers appeared to Bashō as dotting the shadowed under-neath of a nearby hedge, and as he focused in,—*Ah!*— there sat *nazuna* as if coy and hiding. The experience of this suddenness was apparently memorable enough for Bashō to write a poem about it, and to this day it remains widely appreciated in Japan.<sup>[1]</sup> Something as discreet as weeds beneath a hedge!

It is difficult to admire things in vast groupings; large categories lack the granularity to delight. We don't fall in love with "people," we fall for *this* specific person, *this* painting, *this* dress. We can't love it all, it's beyond our human capacity and an affront to personal taste. If we claim we love it all then we do so as a kind of gloss; that glabrous pursuit is too cosmetic for my eye. Consider our basic view: tall, woody things with bark are *trees*; *plants* are green things that grow in forests or flower beds; *weeds* are pests. Without the necessity for nuanced distinction, these classifications function and we get by. To notice Bashō's violets we need to go further.



that the reclamation of aesthetic life begins inside *aisthesis*, the sudden inspiration accompanying shock, beauty, awe.

What we are seeking is a kind of remedial collyrium, a clarifying wash that brightens the eyes. We must begin by looking honestly around us, turning our face towards the faces of the world. We need eyes that can see things just as they present themselves: in suchness, beauty, uniqueness, and wonder. Then and only then will violets cease to be violets. Then and only then will *nazuna* be found.

*The temple bell stops—  
but the sound keeps coming  
out of the flowers.*  
~ Bashō

**| Joshua Paquette** is a botanist and teacher who enjoys sharing his love of plants, ecology, and the natural world. Of particular interest to him is how our personal stories transform when we intersect with the wider ecosystems that surround us. Joshua finds that engagement with natural landscapes coupled with in-depth observation and wonder often brings a sense of engagement and joy to people's lives; he aspires to share that sense of place with his community. He is a core faculty member at the Colorado School of Clinical Herbalism where he teaches botany, nutrition, herbalism, and natural therapeutics. He directs the summer-long [Rocky Mountain Field Botany Certificate Program](#).

<sup>[1]</sup> *Seneca Philosophus*, edited by Julia Wildberger, Marcia L. Colish, published by Walter de Gruyter GmbH & Co KG. First edition June 26, 2017 p.50

<sup>[2]</sup> Corbett, Rachel, *You Must Change Your Life: The Story of Rainer Maria Rilke and Auguste Rodin*, 2016, W.W. Norton & Company, Inc.

<sup>[3]</sup> Aitken, Robert, *The Morning Star* p.100

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*What is Nature Cure? Nature Cure is a system of building the entire being in harmony with the constructive principle in Nature on the physical, mental, moral, and spiritual planes of being.*

*~ Henry Lindlahr, M.D.*

## Detoxification, Nature Cure Style

### AUTHOR

| Lisa Ganora, CSCH Director

*Appalachian old-timers taught me that eating “Creasy Greens” in the Spring would “clean the Blood.” Creasy Greens (*Barbarea* spp.) are early-growing members of the Mustard family, the Brassicaceae. Field guides call the plant Winter Cress. Turns out these wild dark leafy greens are rich in sulfur, flavonoids and other nutrients that vigorously support the body’s built-in detoxification systems!*



**There are many ways to do a Spring cleanse.** The Vitalist way is to support the inherent wisdom of the body and the intelligence of Nature by supplying the tools (nutrients and phytochemicals) needed to get the job done. As the old saying goes, Nourish before Cleansing. Pushing a cleanse is counterproductive if the body doesn’t have the vitality and nutrition to support its own detoxification systems.

The metabolism (breakdown) of toxins and body wastes is accomplished by the activities of various enzymes and their ‘plug-ins’ (vitamins and minerals). Enzymes are biological catalysts that regulate almost all the chemical reactions in the human body, including those of detoxification. These detoxification enzymes, which work in organized teams, are concentrated in the liver but are also very active in the kidneys and the lining of the digestive system. By supporting these enzymes with deep nutrition and plenty of antioxidants from foods and herbs, we empower the brilliant detoxification strategies that our bodies naturally have in place!

### Phase I and Phase II Enzyme Systems

Detoxification enzymes work in two major teams, called Phase I and Phase II. The phase I enzymes (otherwise known as CYP450 enzymes) prime toxins and wastes for further transformation in the phase II system (the conjugation enzymes) where they are made ready for excretion from the body. Both phases require plenty of antioxidants for optimal function. However, since the phase II enzymes “mop up” the products of phase I reactions, it’s even more important to support and stimulate phase II.

### Herbs and phytochemicals are known to especially support phase II enzymes include:

- **Curcuminoids**, the orange pigments from **Turmeric** (*Curcuma longa*)
- **Garlic, Onions**, and relatives like **Chives** (contain sulfur compounds)
- **Ginger** (rich antioxidant supply)
- **Brassica vegetables** (glucosinolates/sulfur) and **wild Mustards**
- **Ellagic acid** (Grape skins, Strawberries, Raspberries & leaf – *organic, please*)
- **Catechins** (from Green Tea and Dark Cacao)
- **Rosemary** (multiple phytochemicals) leaf & CO<sub>2</sub> extract
- **Beet** (*Beta vulgaris*) a root, like food or high-quality supplement
- **Flavonoid-rich** (colorful) berries, fruits, vegetables, leafy greens
- **Limonene**, a compound found in the essential oil of Citrus fruits, is concentrated in the peel, along with flavonoids in the white inner rind
- **Milk Thistle** contains silymarin, known to increase levels of glutathione in the liver. Glutathione is part of the body’s cellular antioxidant system.

*What Is Health? Health is normal and harmonious vibration of the elements and forces composing the human entity on the physical, mental, moral and spiritual planes of being, in conformity with the constructive principle of Nature applied to individual life.*

## Nutrients to Support the Detoxification Systems

Co-factors (minerals) and coenzymes (vitamins) support the detoxification enzymes. Absorption is best from foods and herbs rich in these substances, but good supplements are also available.

### Phase I

- Copper
- Magnesium
- Zinc
- Vitamin C
- Vitamins B 2,3,6, 12, folic acid

(a B-50 complex is good)

### Phase II

- Amino acids (from dietary protein)
- Selenium
- Zinc
- Molybdenum (a trace mineral)
- Vitamin C
- B vitamins
- SAM-e, NAC, alpha-lipoic acid
- Omega-3 fatty acids
- Calcium-D-glucarate, glucaric acid (from various fruits and vegetables including oranges, apples, grapefruit; Brassica vegetables)



## Detoxifying Foods

- Nettles (*Urtica dioica*) leaf (when cooked, the stingers go away)
- Dandelion (*Taraxacum officinale*) leaves & flowers
- Plantain (*Plantago* spp.) leaves
- Lamb's quarters (*Chenopodium album*) – small amount raw, or more cooked in one change of water to remove oxalates
- Wild mustards (Brassicaceae species) and Mustard greens
- Radishes, Horseradish, Wasabi, Nasturtium, Arugula, etc. - have glucosinolates (sulfur)
- Kale, Collards, Broccoli, Cabbage, etc. cooked or as sprouts
- Purslane (*Portulaca oleracea*) leaves & stems, raw
- Eat greens raw in salads or stir fry them with a little Olive oil, Garlic, and Lemon
- Beets are an excellent alterative food
- Wild Berries: Elderberries, Aronia berries, Hawthorn berries, etc. are rich in flavonoids, vitamins, and minerals

## Healthy Digestion = Better Detoxification

GI health and integrity of the intestinal mucosa (inner lining) are also important in detoxification. Excess permeability (as with leaky gut syndrome) leads to increased absorption of toxins which puts a higher demand on the intestinal and liver detoxification systems. Therapies to improve the integrity of the digestive system mucosa and heal leaky gut syndrome will help here. Basically, we remove the obstacles to cure (e.g., gluten, NSAIDs, sources of inflammation) and heal the gut with herbal allies. One helpful formula includes Calendula, Plantain (*Plantago*), Self-Heal (*Prunella*), Marshmallow (*Althaea*) and Rosehips. We'll cover this topic more extensively in a future article.



**Fiber** (both soluble and insoluble) is particularly important. Soluble fiber binds toxins, while insoluble fiber promotes healthy bowel movement (less opportunity for toxin reabsorption). Fiber also helps positively balance the gut microbiota, which minimizes endotoxin production from infectious organisms. Short-chain fatty acids (SCFA) are produced when gut microbes metabolize soluble fiber (e.g., inulins, FOS, mucilages). SCFAs help activate detoxifying and antioxidant enzymes. Burdock (*Arctium*) root, Chicory root, Jerusalem Artichokes, and Onions and Garlic are good sources of inulin to feed the healthy microbes in the digestive system.

## Detox 'Juice' Recipe

Here's an easy way to make a potent, botanical/food-based detoxification "juice" at home, using a powerful blender like a Vitamix®.

### Strategy

Provide the body with rich sources of the nutrients & phytochemicals needed for optimal function of detox enzyme systems; antioxidants; sulfur; phase II supporting botanicals. Supply fiber, both soluble and insoluble, to empower the microbiota.

### Ingredients

A variety of brightly colored organic vegetables, greens, and inulin source, and sulfur-containing plants in a low-sugar liquid matrix with preservative properties.

- Beets (betalain alkaloids) - any color
- Carrots (carotenoids) - purple ones if you can get them
- Parsley (polyphenols including flavonoids, carotenoids, chlorophyll)
- Purple cabbage (flavonoids including anthocyanins, glucosinolates)
- Brassicaceae veggies or greens (e.g., Radishes, Arugula, Watercress, Kale) – glucosinolates, flavonoids, carotenoids. Watch the heat!
- Fresh Ginger and Turmeric, one pinky-sized rhizome each – curcuminoids, gingerols. If too hot, cut back on the Ginger.
- Jerusalem Artichokes or Burdock root – a rich source of inulin
- Cranberry juice (flavonoids including anthocyanins, OPCs) – antioxidant / preservative fruit acids, rich in polyphenols. Use the lowest-sugar variety you can find.
- All of these ingredients contain abundant vitamin and mineral cofactors.

### Procedure

1. Fill the Vitamix® about 1/3 full with a mixture of ½ low-sugar Cranberry juice and ½ water. Straight Cranberry juice will make it unpleasantly tart.
2. Chop veggies & tear greens into chunks that will fit into the Vitamix® – no need to mince.
3. Add about a cup of veggies/greens and whizz.
4. Keep adding ingredients and alternating with more water + Cranberry juice until the Vitamix® is full.
5. If you add too many veggies/greens/herbs relative to the amount of liquid, you'll have a detox slurry! Easy to add more Cranberry/water to return to a more liquid product.
6. Pour the detox juice in a ½ gallon Mason jar and store it in the fridge. It will stay fresh for at least a week because of the acidic / preservative Cranberry juice. If it starts turning brown, it's too old.

This will make enough to last one or two people for several days. You can easily vary the spiciness by using less Ginger, Radish, Arugula, etc. I tried it with an Onion once; it was gross. Drink as desired (paying attention to your body's feedback) or add at the last minute to broths, soups, or stews for an interesting culinary adventure! How often to do this will depend on your health circumstances and environment. Once a month is average, but you might want to double that for a potent Spring cleanse experience.

*Happy Spring Cleaning, thanks to the Intelligence of Nature and the Vitalist way!*

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**CSCH Offers To The Public**

## A Supervised Student Clinic

The Colorado School of Clinical Herbalism offers a supervised student clinic, open to the public. This year, 16 of our amazing clinical students are seeing clients. People in the Lafayette area are getting to know us after our move into the neighborhood, and we've been spreading the word about the sliding scale services we provide.

With that in mind, we're republishing a wonderful piece written by Sheila Luna, our previous clinic manager, on what we do here in the Evergreen Center. If you know of anyone in your community who could benefit from a visit, please pass this on!

### AUTHOR

| By Sheila Luna, CCH

**The Evergreen Center at CSCH offers a safe, non-judgmental space.** For your first visit, up to two hours are set aside to discuss your history, diet, lifestyle, health issues, and goals. We don't diagnose or treat diseases. We look for health patterns in each individual person and offer education, support, and guidance for making positive changes. We recognize that everybody is unique and has different goals and needs. People visit us for a myriad of reasons, including nutritional guidance, support for addressing food intolerances, respiratory health, immune support, reproductive health, and metabolic balancing. For diagnosed conditions, our clinicians are trained to work with other healthcare professionals as part of a team.

**We sit with you.** We listen to you and gather information on your health history and habits: diet, sleep, exercise, etc. After the first session, your clinician researches and writes up your case (removing all your personal information so that it's anonymous) and presents it to their clinical colleagues and supervising faculty. At Round Table, other students and faculty ask questions, give suggestions and provide additional viewpoints. Based on information from the session, research, and feedback, your

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clinician creates individualized support and educational materials for you. This may include information on nutrition and dietary adjustments, supplements, sleep hygiene, stress-reduction exercises, herbal support, flower essences and more. It may also include a referral to another healthcare provider if we believe this would benefit the client or if any 'red flags' indicate that medical attention is advisable.

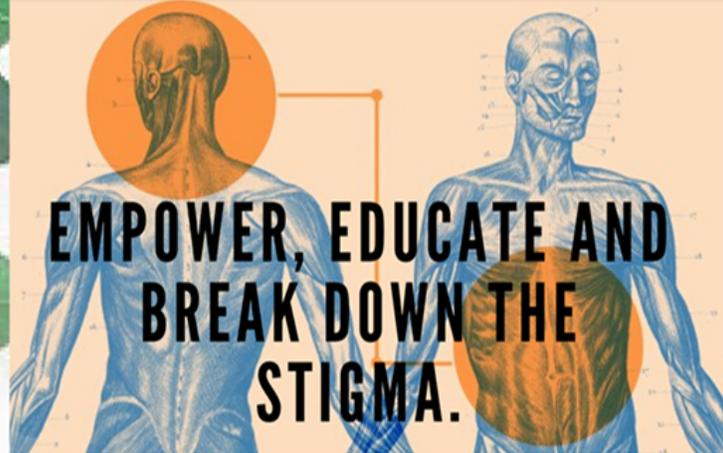
**Some people only visit us for two sessions;** they have the information they need to make progress with their health. Others continue to see a clinician for regular follow-up appointments, usually every 2-4 weeks or so. This provides accountability and allows us to fine-tune our guidance as our clients move toward greater health and vitality, step-by-step.

We have 16 clinicians this year, with less than 3 months left in their program. Our student clinicians graduate in May, and the next group doesn't start until October, so if you are **interested in scheduling an appointment, give us a call at 720-406-8609.** We also have a few graduate clinicians available during the summer months.

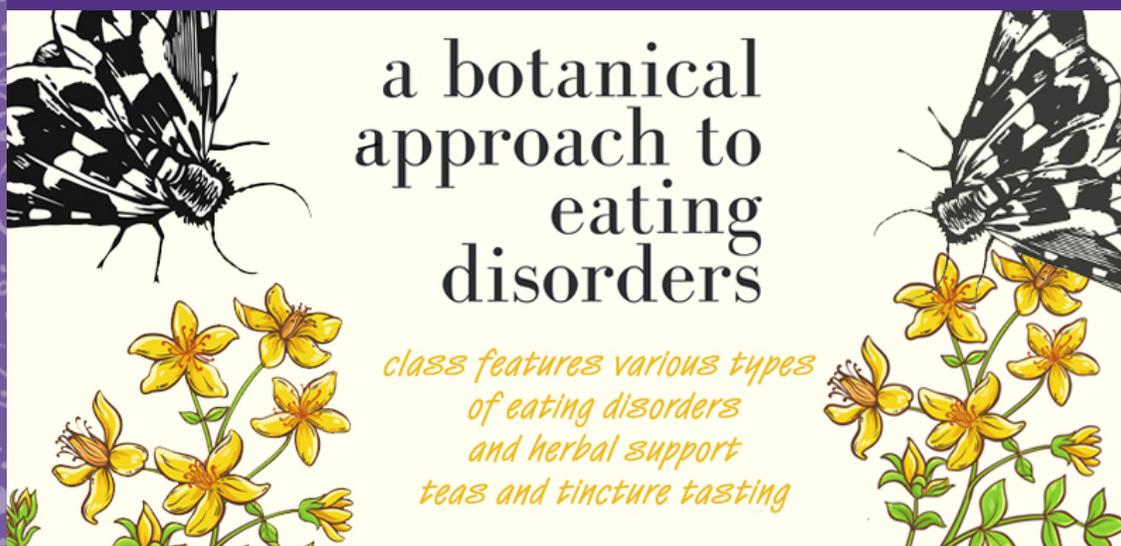
**We frequently see people at our clinic here in Lafayette,** but many clinicians are also willing to do phone or Skype sessions. We welcome clients of all ages (except kids under 2), orientations, backgrounds, and socioeconomic status.

Our regular fee is \$75 per hour, but we have a sliding-scale available upon request.

# APPROACHES TO ADDICTION



MARCH 3<sup>RD</sup> - 5:30 PM - 7:30 PM



MARCH 10<sup>TH</sup> • 5:30 PM - 7:30 PM

## CSCH PUBLIC EVENTS

- Feb 29 | [Intro to Aromatherapy](#)
- Mar 3 | [Approaches to Addiction](#)
- Mar 10 | [Botanical Approach to Eating Disorders](#)
- Mar 17 | Nourishing the Addicted Person
- Mar 26 | Clinician Poster Presentation & Open House
- April 4 | [Herbal Smokes and Smudges](#)
- April 25 | Herbal First Aid
- April 26 | Spring Plant Walk

[Clinicians' Blog Posts](#)

[Meet The 2019-2020 Clinicians](#)

## WORKSHOPS at Elderberry's Farm Paonia, Colorado

[MEDICINE MAKING WEEKEND](#)  
| May 29-31, 2020

[SUMMER SOLSTICE HONEY BEE  
MEDICINE](#)  
| June 19-21, 2020

[SACRED TREE MEDICINE WEEKEND](#)  
| August 21-23, 2020

[WISE WOMEN WEEK](#)  
| September 3-7, 2020

[ELDERBERRY'S FARM WORKSHOPS](#)

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