



NEWS SPRING 2020

• Herbal Education in the Vitalist Tradition •

From The Director . . .

Rapid Evolution! Everything is changing so fast lately... but we can stay grounded by literally standing and walking on the Earth with bare feet. Find a patch of grass, a beach, a creekside, some mud, some earth in the garden, somewhere to take off those shoes, dig in those toes, and literally ground and connect with the eternal Earth. This is the source of our life and being; this is our only home. I invite you to do your version of this meditation every day:



*As the Earth supports me, I support the Earth. As the Earth heals me, I heal the Earth.
Thanks for the Air I breathe; the Water I drink; the
Fire that warms me within and from above; the Earth that carries me in space.
Thanks to the plants that feed and heal us. I honor the Life that flows through us all.
May all my actions respect and support this Life.*

Lisa Ganora, Director, CSCH

Office: 720-406-8609 | ClinicalHerbalism.com | HerbalConstituents.com | ElderberrysFarm.com



CSCH Welcomes
*BIPOC and adult students of all ages,
ancestries, ethnicities, cultures,
backgrounds, orientations, gender
identities, spiritualities, physical abilities,
or any innate human differences.*



ELDERBERRY'S FARM WORKSHOP VITALIST MEDICINE MAKING WEEKEND

In May, we had an incredible Medicine Making weekend at Elderberry's Farm. Kat Delaney is a graduate and medicine making teacher at CSCH. Kat led two separate days of medicine



making, guiding participants in the arts of honey pharmacy and hydrosol distillation.

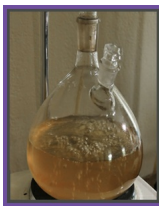
Saturday focused on Honey Pharmacy, participants learned the method of making Arabic Honey Paste and had a hands-on experience of making their anti-inflammatory honey paste with a combination of ground Turmeric, Ginger, and Black Pepper stirred into honey. This was done to form just the right consistency for spreading on



toast or mixing into hot water as a delicious beverage. The paste can serve as an alternative to taking daily Turmeric supplements.

In the afternoon, Kat demonstrated how to make honey-pills, and participants had the opportunity to use a vintage pill-rolling machine to roll out their honey-pills, made with honey and a combination of ground Fennel, Chamomile, and Slippery Elm powder.

On Sunday, participants got a closer look at the art form of making hydrosols and essential oils with glass distillation units and basic kitchen materials. Hydrosols are made during the process of steam distillation to extract essential oils. Water is boiled in a boiling flask or vessel, the steam created passes through a biomass chamber that holds the botanical being extracted. This steam breaks open the cellular structure within the plant walls and lifts the volatile aromatic molecules with it. This steam is then passed through a chamber with a cold-water condenser that condenses the steam back into a liquid form, where the essential oil and the hydrosol gather and separate due to their differing polarity and density. While different chemically from essential oils, hydrosols contain the aromatic imprint of the plant itself and are still a very concentrated material. Historically hydrosols have been used to flavor pastries, as facial toners, and as ingredients in cosmetics and skincare, as well as for air and linen fresheners.

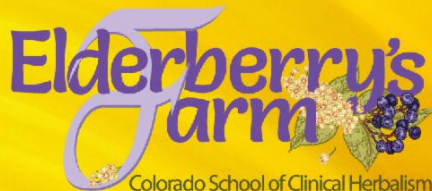


Two separate glass distillation units were loaded, one with a local Juniper species, and the second with a local Sage Brush. Participants also learned how to create their small-batch hydrosol using basic kitchen materials. This was demonstrated with a lovely yellow rose that bloomed on Elderberry's Farm that we gathered that morning.

VITALISM | Pathologies of Life... Paul Bergner & Lisa Ganora

Deficient Vital Expression | *Malnutrition, loss of sense of purpose, low activity / circulation, suppressive therapies.*

Vital Expression in Crisis | *The Life Power to defend, eliminate non-self, heal, and repair (fever, inflammation, discharge of mucus...)*



Colorado School of Clinical Herbalism

July 24 - 26, 2020

Honey Bee Medicine Weekend Workshop

with Courtney Cosgriff, Sebastian Berisford & Lisa Ganora

Spirituality of the Honey Bee | Beekeeping | Bee Management
Time with Live Hives | Honey Bee Challenges & Solutions
Making Potent Herbal Medicines with Honey Extraction

More Info & Register: elderberrysfarm.com
Questions: Email cschevents@clinicalherbalism.com
Elderberry's Farm | Paonia, Colorado





Dandelion & Constituents

Taraxacum officinale | Root & Leaf

AUTHOR | Lisa Ganora, CSCH Director

| **ENERGETICS**

cool and dry; bitter tonic, vital stimulant, with some relaxant character

| **ACTIONS**

Leaf & Flower alterative, nutritive, bitter tonic, hepatic and digestive stimulant, diuretic

Flowers nutritive, trophorestorative, systemic protective against free radical damage and chronic inflammation



The versatile Dandelion (*Taraxacum*

***officinale*) has many actions**, including being an alterative and trophorestorative. 'Alterative' is a historical term that was commonly used throughout the 1700s - 1900s. Alternatives like Dandelion root support function by influencing the entire range of metabolism, nutrition, assimilation, cleansing / detoxification, and elimination. Dandelion root especially focuses these actions on the liver, digestive system,

and kidneys. Alterative herbs are usually indicated for longer-term use and can be helpful in restoring vitality in chronic diseases. Dandelion (especially the flowers) can also be thought of as *trophorestorative* – gradually restoring normal function; it nourishes and nurses a tissue, organ, or system back to health. The leaves also share this quality, being rich in multiple important nutrients and phytochemicals.

DETOXIFICATION

The body's detoxification mechanisms include the Phase I (CYP 450) and Phase II (conjugation) enzyme systems. These enzymes are concentrated in the liver (which is why we think of it as the major organ of detoxification) but are also very active in the kidneys and the mucosa of the digestive system. Supplying this system with the nutrients it needs for optimal function is a major part of the Vitalist approach for cleansing, nourishing, and restoring vibrant health. Dandelion fits this bill perfectly with its rich supply of vitamins, minerals, and trace minerals which function as necessary enzyme cofactors and supportive substances for detoxification.

NUTRIENTS & PHYTOCHEMICALS in Dandelion that support detoxification and general health

Magnesium • Potassium • Zinc
Copper • Selenium • Vitamin C
B Vitamins • Polyphenolic antioxidants
Carotenoids (oil-soluble antioxidants)
Chlorophyll (nourishes & detoxifies)

NOW ENROLLING
FUNDAMENTALS DAY PROGRAM
IS SCHEDULED TO START
• **CLASSROOM ATTENDANCE** •

AUGUST 3, 2020 — DECEMBER 7, 2020
MONDAY, TUESDAY, & WEDNESDAYS
10:00 AM — 5:00 PM
370 CLASSROOM HOURS

DANDELION FLOWER CONSTITUENTS

Although many people focus on the root or leaf of this herb, the flowers are also a potent medicinal food. Polyphenols in the flowers include ferulic, caffeic, sinapic, chlorogenic, and

chicoric acids (phenylpropanoids); and flavonoids including luteolin, isorhamnetin, apigenin, and quercetin; along with flavonoid glycosides: luteolin 7-glucoside, luteolin 7-O-rutinoside, isorhamnetin 3-O-glucoside, quercetin 7-O-glucoside, and apigenin 7-O-glucoside. These constituents are anti-inflammatory, antimutagenic, and can activate the body's endogenous antioxidant systems.

Dandelion flowers are also rich in carotenoids and xanthophylls (oil-soluble antioxidants) including lutein and zeaxanthin, which have a well-established role in protecting the *macula lutea* (yellow spot – it's yellow because it accumulates these compounds) of the retina against UV damage and the potential development of macular degeneration. The flowers also contain the synergistic xanthophylls called violaxanthin and neoxanthin, along with carotenes. This combination of carotenoids helps to protect cells (including skin cells) against free radical damage. Several studies have also found that Dandelion carotenoids are protective to the respiratory system and may help prevent inflammation in the lungs.

The flowers also contain a low level of sesquiterpene lactones, terpenoid constituents which also have anti-inflammatory and antimutagenic activity; but if you are allergic to other Asteraceae plants like Ragweed (*Ambrosia*) or Chamomile (*Matricaria*), you may want to avoid eating Dandelion flowers as it's possible to have a cross-reaction to these constituents.

How To Use Dandelion Flower Medicine

These lovely golden flowers don't dry well, so they are best used as a medicinal food. During Dandelion season, I do it the easy way: I pick 5-10 big, fat, delicious flowers and eat them almost every day! So eat as many as you like, but remember to leave some for the bees as well – *Dandelions are one of their most important sources of early spring nectar and pollen.*



For More Information

1. Evaluation of antioxidant activity of phenolic fractions from the leaves and petals of dandelion in human plasma treated with H₂O₂ and H₂O₂/Fe. [PMID: 27923645](#)
2. Antioxidant, Prooxidant, and Cytotoxic Activities of Solvent-Fractionated Dandelion (*Taraxacum officinale*) Flower Extracts *in vitro*. [PMID 12502425](#).
3. Dandelion (*Taraxacum officinale*) flower extract suppresses both reactive oxygen species and nitric oxide and prevents lipid oxidation *in vitro*. [PMID: 16121519](#)
4. Dandelion Extracts Protect Human Skin Fibroblasts from UVB Damage and Cellular Senescence. [PMCID: PMC4630464](#).
5. Taraxacum – a review of its phytochemical and pharmacological profile. [PMID: 16950583](#).

Dandelion Facts:

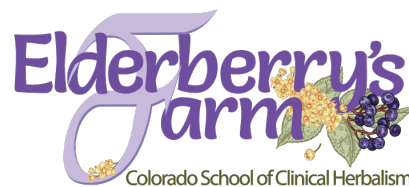
Dandelions are NOT weeds, but are from the same family as sunflowers.

1 cup of dandelion greens = 535% of your daily recommended vitamin K and 112% of vitamin A.

A Dandelion Seed can travel up to 5 miles before it lands.

Every part of the dandelion is edible.

Up until the 1800's, dandelions were seen as extremely beneficial. People would remove grass to plant dandelions.



WORKSHOPS | Elderberry's Farm

July 24-26, 2020

| [SUMMER HONEY BEE MEDICINE](#)

with Sebastian Berisford,

Courtney Cosgriff, & Lisa Ganora

A Weekend Immersion Connecting with Nature of the Honey Bee at Elderberry's Farm in Paonia, Colorado

August 21-23, 2020

| [SACRED TREE MEDICINE WEEKEND](#)

offered by Tonja Reichley

— WORKSHOP IS FULL —



September 3-7, 2020

| WISE WOMEN WEEK

*with Lisa Ganora, Tanya Blacklight,
& Alicia Michelsen*

5-days of deep connection with the Green Teachers, learning how to craft traditional healing foods and herbs, journeying with Plant Spirits in a sacred grove, celebrating and renewing our Wild Hearts and Spirits!



WORKSHOP | Immersion with the Honey Bee

- Learn about beekeeping, honeybee physiology, management styles, and challenges facing honeybees
- Hands-on time with honeybee hives
- Make potent herbal medicines with honey extraction including Elderberry elixir and Oxymel

For More Information & Register | [Summer Solstice Honeybee Medicine Workshop](#)

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