

## **Class Questions**

Herbalist and gym member Karina Brown will talk about natural, paleo-friendly ways to prevent and treat colds and the flu.

### **1. What do you hope people take away from the class?**

### **2. How will the class help people?**

(I've combined these)

- Learn easy and delicious ways to add tonic herbs and foods that strengthen your body's resistance to stress and sickness to your daily diet
- Stop fighting a losing battle against germs and learn to make a yummy healing food to get your gut right with bacteria.
- Use herbs and medicinal foods to quicken your recovery from colds and flu
- Use herbs to soothe and treat the symptoms of sickness, while enhancing your body's repressing natural healing ability
- Deal with fever by working with your body's natural processes, rather than by just shutting it down

### **3. What structure will the class follow? What is the flow of the workshop?**

First, we will discuss prevention, covering the importance of the paleo diet, vit. D, and herbs and foods that enhance immunity like adrenal adaptogens, medicinal mushrooms and bone broths.

Throughout class, I will pass around tasters of delicious medicines that I have made myself, mostly from plants I harvested in Oregon forests.

Next, we will talk about treatment.

I will cover fever in detail: what is fever's function in the body, the importance of not suppressing this vital healing mechanism, and how to use herbs to support and quicken the fever process.

I will cover a few other herbs to treat the flu, like elderberry, yerba santa and balsam root. Then, we will move to a very important aspect of immunity: populating the gut with healthy bacteria.

I will do a demonstration on how to make a simple, delicious, healing food that helps heal the gut by adding lots of naturally occurring probiotics to the diet.

There will be time for questions at the end.

I will also be selling homemade versions of many of the medicines we discuss.

### **4. Why do you think it's important for people to know more about what you'll be sharing?**

Did you know that immigrants brought dandelion over from Europe because when they first arrived and found a land devoid of the plant that we now scour from our lawns, they couldn't imagine a life without what to them represented food (edible spring greens),

medicine (root for liver and digestion) and wine (flowers)? Not only did the average person know how to use dandelion, and highly value those uses, most people knew how to use many different plants that grew (and still grow) right outside our doors.

Most of the herbs I use are called “food grade herbs,” which means they are as safe to consume as food. In most cases, there is some space between the health issues the average, healthy person faces and serious sickness, where medical doctors, pharmaceuticals and surgery might be needed. This space is the prime territory for herbs. Plant medicine excels at strengthening the body’s innate ability to heal itself, and to support the body through all the little road bumps in health. This approach can fortify the body and help prepare it for a time of serious sickness.

Finally, herbalism fits in perfectly with the paleo diet. Our Paleolithic ancestors certainly had intimate relationships with each of the many plants they came into contact with on a daily basis. Without hospitals and antibiotics, it is undoubtable that they relied heavily on plants for their medicine. For their own survival, they had to! Yes, we know they ate meat, veggies, some fruit, nuts and seeds, but what effect did medicinal herbs have on their health? We know that they got a substantial portion of their daily calories from greens, and these wild greens were probably much more bitter than today’s relentlessly hybridized greens and veggies. Bitterness signifies the presence of chemical constituents that improve digestion and liver function, among other things. I think adding herbs to the modern diet is a necessary part of the paleo diet.

### **Bio Questions**

#### **1. (Obviously!) Full name**

Karina Brown

#### **2. Your background related to your subject matter -- education, internships, professional experience**

I grew up in the forests and wetlands of the Pacific Northwest. In addition to a lifelong interest in plants and about 15 years of self study, I have spent the last three years studying with Portland-area plant teachers. Most recently, I completed a one-year apprenticeship with Scott Kloos at The School of Forest Medicine. That included spending 3-8 days per month camping in various remote corners of Oregon, learning about and carefully harvesting native plants. Before that, I studied organ systems and specific medicine with Matthew Wood at The School of Traditional Western Herbal Medicine, learned physical assessment skills with Howie Brounstein at The Columbian School of Botanical Studies and spent a year learning botany and basic herbalism with The Arctos School of Botanical Medicine. I’m hooked on herb classes! This year, I will take the second year of courses at The School of Traditional Western Herbalism.

#### **3. Any additional information or contact info for you or your services?**

I have been seeing clients for about a year now. I offer herbal consultations for all kinds of health challenges, including frequent colds and flus, fatigue, PMS, menopause, digestive issues, skin problems, back and joint pain, depression, anxiety, sleeplessness, recovery from surgery and many other issues.

These kinds of symptoms are often signs of imbalance in the body. Rather than being something to ignore as a “normal” part of life, something negative, to fear as a sign of danger or aging, or something to suppress through pharmaceutical drugs, these can be sign posts that we use to guide ourselves toward better health. Although herbs can help in serious disease as well, this “subclinical” realm is the prime territory for plant medicines.

In a consultation, we will discuss your symptom picture and choose herbs tailored for your situation and constitution. Contact me at [karinabrown27@gmail.com](mailto:karinabrown27@gmail.com) if you're interested.

I also sell tinctures, elixirs, tea blends, home made bone broths and other medicines that I have made myself, from plants I have sustainably gathered in the wild.