



JVBM

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medicine

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Welcome

TO THE EIGHTH EDITION OF OUR JOURNAL

Welcome to our newest e-journal!!

Greetings fellow herb lovers,

The VBMA has gone through a few transitions since our last journal. Our past editor Karen Goldrick retired from the position in order to actually spend some time with her family!!! Our new editor, Carol Brzezicki, has a long herbal association. A plant lover since childhood, Carol became introduced to the green world nearly thirty years ago when she adopted a vegetarian lifestyle. Growing herbs and making medicines with the seasons keeps her grounded and connected to the Earth and its cycles.

Carol has worked as a buyer, manager and educator in the natural foods industry. She has taught classes in herbs and aromatherapy across the country, and loves to share her knowledge. Teaching beginners is her favorite. Carol has completed Jeanne Rose's Herbal Studies Course, Aromatherapy Certification Level 1 and Rosemary Gladstar's Apprentice Program and Advanced Herbal Program. She also works as Sage Mountain's office manager and is on the staff of the New England Woman's Herbal Conference and the International Herb Symposium. Carol lives in Vermont with her husband Chris, a dog and six feline companions. Welcome to the VBMA, Carol! It is great to have you with us bringing your wealth of herbal experience.

Our president Hue Karreman resigned from his VBMA position due to his overwhelming responsibilities in the world of organic farming. But Hue will keep the VBMA in his heart!!! Hue is an incredible contact between the US organic movement and the European's work. Ihor Basko, a past president, will fill the void until our next annual meeting at the AHVMA in August.

As we are receiving nominations to fill our board opening, I would like to encourage all of you to become actively involved with the promotion of herbal medicine and in the activities of the VBMA. One of the other benefits of being involved is in the spirit of service to your Community of Veterinarians and Herbalists. Being active on the board allows you to interact with many of the world's leading herbalists. There is presently a renaissance of herbal medicine in the veterinarian field. We are riding the wave of the future. If you have an inkling that you might like to get more involved, don't hesitate to contact any one of the board members and we can help guide you into a role.

The VBMA is continuing to grow; we have another eco-tour planned for 2014 in Hawaii, and a domestic eco-tour with David Winston also in 2014. During this year, we are looking forward to the International Herbal Symposium, make sure you save those dates, June 28- 30 in Norton, MA; AHVMA's Meeting in Kansas City in August 24-27 and another Jeremy Ross class in the fall.

Lots of great Herbal events,

Yours with the plants,

Cynthia Lankenau, acting president of the VBMA

Goals and resources

OF THE VBMA

Our Long Term Goals

- 1 to represent member veterinarians and herbalists as political and professional issues arise
- 2 to establish standards of training and herbal training programs and to identify established programs with the goal of developing or reviewing certification standards and Degree Programs in Herbal Medicine
- 3 to support ethical scientific clinical research in herbal veterinary medicine and maintain avenues for exploration of traditional care in veterinary botanical medicine
- 4 to explore cultural traditions such as TCM, Greek/western herbalism and Ayurveda for their proper translation to and application in modern day animal conditions and communicate these
- 5 to compile databases of existing science; ethnoveterinary medicine advances; and eventually a library on line
- 6 to liaise with manufacturers so that they have an expert body to advise them on the needs of veterinary herbalists and quality control concerns
- 7 to support sustainable environmental, agricultural and husbandry

VBMA Purpose

The Veterinary Botanical Medicine Association is an international membership of veterinarians and herbalists dedicated to developing responsible herbal practice by encouraging research and education, strengthening industry relations, keeping herbal tradition alive as a valid information source, and increasing professional acceptance of herbal medicine for animals.

from the VETERINARY BOTANICAL MEDICINE ASSOCIATION STRATEGIC PLAN September 2010

Certification as a veterinary herbalist

CERTIFICATION REQUIREMENTS

Certification of Competency

The VBMA seeks to provide animal owners, farmers, and veterinarians with some standard of competency by which to choose a veterinary herbalist. Veterinarians certified by VBMA will earn the title "Certified Veterinary Herbalist". Nonveterinary herbalists will earn the title "Certified Veterinary Herbalism Educator."

Certification by the VBMA will require

- 1 passing the exam (100-200 questions) with a grade of at least 70%
- 2 submission of 3 case reports - publication quality, as we will encourage publication - for peer review within 1 year of taking the test
- 3 donation of at least 10 test questions for future exams

Examination, administered yearly by VBMA

The exam is held every year at the AHVMA conference in the USA, where the VBMA holds their symposium.

In 2013 the exam will be held at the AHVMA conference in Kansas City, MO.

Study Guide

Veterinary herbalists are certified as possessing a high level of competence, and should be familiar with the science, traditional use, and energetics of herbs. The herbalist should stay abreast of the accumulating research on herbs, particularly studies in companion and food animals. Modern herbalism is indeed becoming a synthesis of many traditions, and since competent herbalists keep up with the emerging literature, it is expected that there will be some crossover between Western and Chinese herbs in their knowledge. An additional hint to help pass this test is to study where the same or similar plants are used in multiple traditions or systems.

Approximate study areas to emphasize are

Section I: ANIMAL PHYSIOLOGY (10%)

This section will concentrate on physiology for the species chosen by the examinee. Questions may include normal temperature, pulse, and respiration and species-specific pharmacokinetics and toxicology. There will be questions that require the nonveterinary herbalist to identify life threatening and other serious disorders that require emergency or conventional care.

Section II: PHARMACOLOGY AND TOXICOLOGY (15%)

This section is the same for both TCM and Western medicine. It will require knowledge of different classes of herb constituents (alkaloids, resins, etc). The toxicology section will require that the herbalist be aware of theoretical considerations, but especially that the herbalist knows of toxicologic case reports already reported in a variety of species. Examples from BOTH Western and TCM herbs may be used, as the ability to know and identify toxic species is of paramount importance for the herbalist.

Section III: MATERIA MEDICA (30%)

This section will cover in depth knowledge of individual herbs - indications, common uses and contraindications for EITHER TCM or Western herbs, depending on which test the applicant has chosen.

Section IV: CLINICAL STRATEGIES (35%)

This section will include a system by system test of the herbalist's ability to choose herbs for different clinical conditions in the species of interest, as well as recognize well known or commonly used formulas of EITHER TCM or Western herbs, depending on which test the applicant has chosen.

Section V: Botany, Wild crafting, Plant and Herb Identification (10%)

This brief section concentrates on endangered species, plant identification, and plant preparation. It may cover BOTH Western and TCM herbs. further information and suggestions for herbs to learn can be found in the study guide on the web site.

Exam study guide

<http://members.vbma.org/continuing%20education.html>

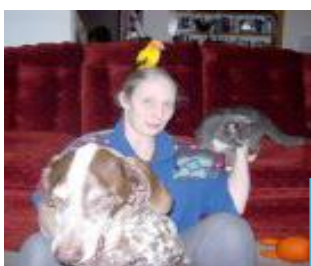
The next exam will be held at the 2013 AHVMA Conference in Kansas City, Missouri August 24-27th.



Ihor Basko, Past President



Laurie Dohmen,
President-Elect



Cynthia Lankenau, Acting President

Traditional Chinese Medicine as a Treatment for Inflammatory Bowel Disease



By Janice Huntingford DVM
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Abstract:

A seven year old Basset named Quincy suffered from Inflammatory Bowel Disease (IBD) for one year. Conventional medication and dry food prescription diet had been used for control with little success. Quincy was presented at our hospital for a second opinion, as he was getting worse. A diagnosis of Spleen Qi deficiency was made based on pulse and tongue diagnosis. Traditional Chinese Veterinary Medicine was recommended as a method of treatment. He was treated with acupuncture, Chinese herbs and food therapy. Improvement was seen immediately and has continued to this day. This case demonstrates the benefit of TCVM for chronic disease conditions.

History:

Quincy, a seven year old, 24.1kg male neutered Basset hound, was presented for evaluation for Traditional Chinese Veterinary Medicine with a one year history of Inflammatory Bowel Disease (IBD). The owner had adopted Quincy at the age of two from a local shelter and did not know anything about his history prior to that time. Up until a year ago, Quincy had been healthy and had only been to his veterinarian for annual vaccinations. Quincy had received five sets of vaccinations with yearly Rabies and Bordetella, as well as a Distemper/Parvo combination. His diet previous to the Inflammatory Bowel Disease had been a dry food that primarily beef based. The owner noted that Quincy had always been very gassy and his stool had a tendency to be soft but there was no diarrhea. For the past two years Quincy had regular visits to the Animal Chiropractor as the owner was concerned that he had some back pain. He was not given any medication for this, only

chiropractic adjustments. The owner also noted that Quincy was less flatulent for a while after his adjustments.

One year previous to presentation Quincy developed watery diarrhea and was treated with a two week course of Metronidazole and a low- residue diet. This improved the problem for a few weeks but the diarrhea recurred. Over the course of the next few months Quincy was treated with a number of antibiotics (Metronidazole, Tylosin, Doxycycline, Sulfa-dimethoxine), dewormers (Fenbendazole and Pyrantel pamoate/ Praziquantil), prednisone and numerous gastro-intestinal and hypo-allergenic diets. None of these medications cured the problem. A complete blood count, fecal, serum biochemistry profile and T 4 were all normal. TLI (Trysin-like immunoreactivity) was within normal limits but B12 and Folic Acid levels were low. Quincy was referred to an Internal Medicine Specialist who suggested an intestinal biopsy to confirm IBD and discussed further conventional medication. The owner elected not to have the biopsy done but to pursue alternative medicine.

Western Examination:

On physical examination, the patient was bright, alert and responsive. His temperature and vital signs were normal. His heart rate was 125 beats per minute and there was no murmur. Eyes showed the beginning of nuclear sclerosis. Teeth showed mild dental tartar and gingivitis. Lung auscultation was normal. Abdominal palpation revealed thickened ropey intestines with audible gas sounds. Skin was dry and hair coat was dull. No back pain was noted and neurological exam was normal. Stool sample presented was very soft and watery, with no apparent mucus or blood. A presumptive Western diagnosis of IBD was made.

TCVM History and Examination:

The owner reported that the patient had an outgoing personality and was friendly to everyone. He liked to go for his walks and he used to enjoy his food but seemed picky now. He was an Earth constitution dog. Quincy was a solitary dog and there were no other pets in the house. When he had accidents in the house, he was very sorry. His weight was good now but he was inclined to be fat. With all the episodes of diarrhea, he had lost 2.5. There were numerous episodes of vomiting and diarrhea with frequent belching and flatulence. He had previous episodes of back pain that were well controlled with chiropractic. Preference to sit in the sun, but was not frequently hot or panting.

On physical examination he was bright, alert and responsive with good Shen. His coat was dry and flakey. His tongue was pale and wet and his pulse was deep and weak. The pulse was weakest on the right side in the middle position. He was cooler over his lower back and back legs.

A diagnosis of Spleen Qi deficiency with Damp was made due to the chronic clinical signs, weight loss, weak spleen pulse and pale tongue. Quincy also had some signs of Kidney Yang Deficiency due to his chronic back problems and cool extremities, however the Spleen Qi was the most pressing problem.

TCVM Treatment Principles:

The goal of the TCVM treatment was to tonify the Spleen Qi, drain the Damp and stop diarrhea. This was accomplished by acupuncture, Chinese herbs and Food Therapy.

Based on this diagnosis the acupuncture points selected were GV-1, BL-20, BL-21 ST-36, SP-6, SP-9, LI-10, Bai-Hui and BL-40. All points were needled bilaterally except GV1 using dry needle technique for 20 minutes. Aquapuncture with 0.3ml of B12 (100mcg/ml) was administered at BL-20/BL-21. Seirin needles were used 0.20 x 25mm and even needle technique

was used. GV-1 was selected as a local point for diarrhea. BL-20/BL-21 are the Spleen/Stomach association points. LI-10 and ST-36 were used strengthen the Spleen and Stomach. SP-6 and SP-9 were used to drain Damp, strengthen Spleen and stop diarrhea. Bai-hui was used to strengthen the back, relieve pain and eliminate diarrhea. BL-40 was used to dispel Damp and stop diarrhea as well as to benefit the back.

Herbal formula selected was Shen Ling Bai Zhu (Jing Tang Herbal, Reddick, Florida) dosed at 1.5 g twice daily. This formula was selected to Tonify Qi, Strengthen Spleen, drain Damp and consolidate intestines. The formula was started at 1 g twice daily for 3 days then 1.5 g daily.

Food therapy was recommended as Quincy did not do well on commercial diets. Due to his Qi deficiency, warming foods and Qi tonics were selected. Damp draining foods were added to help with the diarrhea.

Quincy was started on a diet of 50% protein (chicken and chicken gizzards) 30% sweet potato, 10 % pumpkin and remaining 10 % mushrooms, sunflower seeds and bananas.

The rationale for this therapy is the chicken and chicken gizzards are warming and good to tonify Qi. Sweet Potato is neutral, sweet and tonifies the Qi. Pumpkin is sweet, neutral and drains Damp from GI tract. Mushrooms drain Damp and are a mild Spleen Qi tonic, and sunflower seeds and banana relieve diarrhea. It was recommended to cook this in a crock pot in order to make a stew.

First Treatment

Tongue: Pale and wet,

Pulse: Deep and weak, weaker on right side

Acupuncture: Dry needle only to GV-1, BL-20, BL-21, ST-36, SP-6, SP-9, LI-10, Bai-Hui and BL-40.

Quincy was sent home on the Shen Ling Bai Zhu San and told to introduce it slowly (66%, 100%) over the course of a week.

One week after the first acupuncture treatment, Quincy returned for re-evaluation and further treatment. The owner reported that the dog had significantly improved. After 48 hours of treatment with food therapy, herbs and acupuncture the dog had formed stool. Now the owner reported that the stool was normal. Quincy loved his new food and ate well. There had been no vomiting. She also reported that Quincy slept for almost two days after his acupuncture treatment but was back to normal now. On presentation the dog had a good Shen, his tongue was still pale but pulse was much stronger on right side and not as deep. His temperature was normal. Because he had such a strong reaction to the acupuncture treatment it was determined to decrease the number of needles. Based on the dog's physical signs and pupillary dilation only 4 points were selected and these were dry needled bilaterally. BL-21, ST 36 and SP 6 were needled for 20 minutes. BL-20 was injected with 0.3ml of B12 (100mcg/ml) bilaterally. The dog was maintained on the Food Therapy and Shen Ling Bai Zhu San.

Two weeks after the initial treatment, Quincy returned for re-evaluation and treatment. The owner reported that the dog was normal and had returned to being happy and playful. However, he slept all day after the last treatment. He still enjoyed his food and had no diarrhea or flatulence. His Shen was good; pulse was even, stronger and medium position and his tongue was pink, small and a bit pale. Acupuncture treatment consisted of dry needle acupuncture to SP-6 for 15 minutes and BL-20 was injected with 0.3ml of B12 (100mcg/ml) bilaterally. Food therapy was continued as was the Shen Ling Bai Zhu San. The owner was

also given a supplement (Hillory's Blend) to balance the diet.

One month later Quincy came in for a recheck. The owner reported that he was normal, however she was concerned about varying his diet. His Shen was good, his pulse was strong, middle and even on both sides; tongue was small, pink and a bit pale. The owner asked to discontinue acupuncture and only requested B12 injection. BL-20 was injected with 0.3ml of B12 (100mcg/ml) bilaterally. Other foods that were recommended to be added to Quincy's diet were eggs (warming and Qi tonic), pork (neutral) and potatoes (neutral). It was suggested that Quincy continue the herbs for three months then use only food therapy.

Three months later, Quincy's owner called to say he was doing well and she had stopped the Shen Ling Bai Zhu San two weeks previously. Quincy continued on his food therapy and continued to do well.

Discussion:

TCVM was used in this case to control clinical signs of IBD and also treat the root of the problem which was Spleen Qi deficiency. The combination of food therapy with Qi nourishing foods and warming foods, along with acupuncture and herbal medicine were able to resolve the chronic diarrhea and return the pet to health. This case demonstrates that TCVM treatment using food therapy, acupuncture and herbs produced good results.

References:

1. Chinese Food Therapy Notes, Chi Institute of Chinese Medicine
2. Gastrointestinal Disorders/ Spleen System, Chi Institute of Chinese Medicine
3. Chinese Veterinary Herbal Handbook 2nd Edition by Dr. Huisheng Xie, Jing Tang Herbal
4. Xie Acupuncture, Chi Institute of Chinese Medicine

PIN YIN NAME	ENGLISH NAME	ACTIONS
BaiZhu	Atractylodes	Tonify Qi and strengthen Spleen
BianDou	Dolichoris	Warm Spleen and eliminate Damp
Dang Shen	Codonopsis	Tonify Qi
Fu Ling	Poria	Drain Damp and strengthen Spleen
Gan Cao	Glycyrrhiza	Tonify Qi and Harmonize
Jie Geng	Platycodon	Ascend
Lian Zi	Nelumbo	Strengthen Spleen, astringently consolidate intestines
Sha Ren(Guang)	Amomum	Eliminate Damp
Shan Yao	Dioscorea	Tonify Qi
Yi Yi Ren	Coix	Eliminate Damp

Table 1: Ingredients of the Chinese herbal formula Shen Ling Bai Zhu San (Jing Tang Herbals)



Insulin Resistance in the Equine- Herbs of Interest-a talk by Joyce Harman, DVM, MRCVS

Review Courtesy of
Dr Cynthia Lankenau, DVM

The VBMA has been sponsoring a series of informative teleconferences over the past few years. In 2012, Dr. Joyce Harman spoke on Insulin Resistance in the Equine with Herbs of Interest. Joyce's lectures are always a treat to listen to with clearly given information. The initial part of the talk dealt with the multi-factorial nature of this disease and the reasons why metabolic resistance is becoming almost endemic. The clinical symptoms were covered in detail including pulse and tongue diagnosis. Joyce delved into detail about the various patterns of disharmony which create Metabolic Disease; Spleen Qi damage from overeating sweet feed, creating pathologic Phlegm and Damp with additional stagnation and more Heat. This Heat can injure the Liver, creating Liver stagnation and damage the Kidney Qi. Additionally the Liver is also weakened by over-feeding and exposure to toxins. Energetically the Liver controls the pancreas and cannot control the insulin, and on and on with the patterns become more and more entangled.

The last half of Joyce's lecture focused on various herbs used to treat this condition. It was a fascinating discussion including Cinnamon, with reasons why it is not a panacea; Turmeric and its pathways to reduce Insulin resistance; Chasteberry, and its limitations; the incredible effects of Milk Thistle, Bitter Melon, Fenugreek, Gymnema; Crataegus with its activation of peroxisome proliferator-activated receptors ; Ivy gourd, with inhibition of glucose-6-phosphatase; Goat's Rue, which its enhancement of sensitivity of insulin receptors; Burdock which stabilizes blood sugar; Bilberry,

Artichoke leaf, Maitake and Kudzu, to increase glucose utilization. Several other herbs, including some of our Chinese herbs were discussed including Astragalus, Huang Qi, Coptis, Huang Lian, Da Huang, Rhubarb, Ginseng, Ren She and Green Tea. Dr. Harman finished her talk discussing the applications and indications of several of the commercial formulas, both Western and Chinese, that are available such as: Vitex Plus, Metabolyte Gold, Jian Pi Ni Dan Tang, Chai Hu Shu Gan San, and Rehmannia 14. This 1 ½ hour discussion was very informative and well presented, with both traditional information and recent research documentation and wonderful tips that would be easy to implement in any practice.





**Herbal
Therapies for
Chronic
Constipation
in Cats by
Rona
Sherebrin,
DVM, CVA**

For more complex cases which are already using multiple pharmaceuticals, the safe integration of TCM herbal therapy into the existing treatment plan is essential.

Anthraquinoid-containing plants such as Fan Xie Ye Senna [*Cassia senna*] and soluble fibres (including psyllium) can potentially decrease the absorption of pharmaceuticals when used concurrently. Senna can also potentiate potassium loss in the bowel (1), so extra care must be taken to monitor cats with renal disease for hypokalemia. Potassium deficiency may be exacerbated by simultaneous administration of thiazide diuretics, corticosteroids, or licorice root (2).

Single herb: Fan Xie Ye Sennae Folium

Senna is classified as a downward draining herb, sweet, bitter and cold, and enters into the Large Intestine channel. It guides out stagnation and reduces heat accumulation in the Intestines.

Overdosage can cause toxicity, characterized by nausea, vomiting, urine retention, and damage to the large intestine and liver due to the anthroquinone component of the herb (3). A recent study in vivo and in vitro in rats shows no hepatotoxicity at commonly used human dosages (4). As noted above, hypokalemia is also of concern with chronic use.

Its mild flavour makes it easy to use the raw powdered herb in cats mixed with food or a treat.

Formula: Ma Zi Ren Wan

Huo Ma Ren (Semen Cannabis Sativae) 35.00 % Chief
Xing Ren (Semen Pruni Armeniacae) 11.00 % Deputy

Bai Shao Yao (Radix Paeoniae Lactiflorae) 11.00 % Deputy
Zhi Shi (Fructus Immaturus Citri Aurantii) 11.00 % Assistant
Hou Po (Cortex Magnoliae Officinalis) 11.00 % Assistant
Da Huang (Radix et Rhizoma Rhei) 21.00 % Assistant

The formula's action is to moisten the intestines and unblock the bowels, drain heat, and promote Qi movement. This formula is mainly used in disorders of heat induced constipation with dryness in the stomach and intestines.

I generally use teapills in this formula (Mayway Plum Flower brand) as clients find them very easy to administer to their cats. I usually dose at 1-2 pills per cat every 12 hours. As with any oral tablet used in cats, a follow-up 'shot' of water is recommended to avoid esophageal trauma. If you wish to use other brands be comfortable that the manufacturing process and quality assurance are up to your standards.

[Reprinted with Permission from The International Veterinary Acupuncture Society](#)

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2. Senna leaf Sennae folium *Sennesbltter*. In THE COMPLETE GERMAN COMMISSION E MONOGRAPHS THERAPEUTIC GUIDE TO HERBAL MEDICINES. July 21, 1993
3. Bensky D, Clavey S, Stoger E. Chapter 3- Downward Draining Herbs In Chinese Herbal Medicine Materia Medica 3rd Ed. Seattle, 2004, Eastland Press Inc., pp.241-243
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Western and TCM Approaches to Appalachian Medicinal Herbs: A lecture by Patricia Kyritsi Howell

Review by Laurie Dohmen, V.M.D.

Patricia Kyritsi Howell spoke for the VBMA at the 2012 AHVMA Conference. Patricia is a Registered Herbalist (AHG) and founder of BotanoLogos School of Herbal Studies. She lives in North Georgia and shared her knowledge of native Appalachian Medicinal Herbs. Appalachian herbs are very important because 65 of the top 100 medicinal plants are native to the Appalachians and 35% of Appalachian plants are medicinal. Patricia explained “Botanical Junction Phenomenon,” which are remnants of ancient forest not destroyed by glaciers. The Appalachians, Ozarks, and North China all have the same plants. She also explained that the Appalachians contain deciduous cove forests and sunny open fields with transition zones in between.

Patricia then talked about Herb Categories in both Western and TCM theories. There are Activators, which are Yang, and stimulating. These are for short-term use of acute symptoms, and are “drug-like.” Another category is Tonics, which are Yin and nourishing. These herbs are “food-like,” and for long-term use to fix constitutional problems. She then did a brief overview of TCM.

After this thorough introduction, Patricia began her Materia Medica. She covered 23 herbs, from American Ginseng to Yellow Root; the following are highlights of her lecture. Patricia explained some of the differences between American Ginseng (*Panax quinquefolium*) and Chinese Ginseng (*Panax ginseng*). American Ginseng is a general tonic that is slightly warming and truly restorative. Chinese Ginseng is

slightly warming and can give false energy. The age of the Ginseng root can be assessed by measuring the leaf scars at the top of the root –



one leaf scar per year. Black Cohosh (*Actaea racemosa*) is a relaxant that is useful for relaxing the muscle spasms associated with arthritis. Blue Cohosh (*Caulophyllum thalictroides*) is not botanically related to Black Cohosh, but the Cherokee often combined the two plants, so they were named together. Black Haw (*Viburnum prunifolium*) and Cramp Bark (*Viburnum opulus*) can be used interchangeably as antispasmodics. Boneset (*Eupatorium perfoliatum*) can be used instead of Echinacea for URI. It is also considered “herbal ibuprofen” for fever. Boneset plus Elder (*Sambucus Canadensis*) is a great antiviral combination. There are at least eight species of Gentian (*Gentian spp.*) in the Appalachians, *Gentian lutea* is the most common species used commercially. There are around thirty-eight species of Goldenrod (*Slidago spp.*) that are interchangeable. Goldenseal (*Hydrastis canadensis*) has been so over harvested that it no longer grows in the wild. It is good at knocking out mucus, but is cold and can cause phlegm if not used carefully. Indian Pipe (*Monotropa uniflora*) can only be used fresh as it disintegrates when dried; used as a morphine-like analgesic. Jewelweed (*Impatiens capensis, I. pallida*) is also used fresh, but medicinal activity can be preserved by freezing an infusion as ice cubes for later use. It is a topical

astringent, for external use only. Passionflower (*Passiflora incarnata*) is great for insomnia, especially with muscular restlessness. Skullcap (*Scutellaria laterifolia*) is helpful for insomnia and settles the brain. Red Root (*Ceanothus americanus*) is an alterative specifically for the lymphatic system, and can be used for any serious infection. It combines well with Cleavers and Dandelion Root. Wild Cherry (*Prunus serotina*) makes a good nighttime cough syrup. Wild Yam Root (*Dioscorea villosa*) is similar to ibuprofen, in that it relieves pain from spasms and inflammation. Finally, Yellow Root (*Xanthorhiza simplicissima*) is an effective antifungal, and treats *H. pylori* in stomach ulcers.

These were just the highlights of Patricia's talks! She was informative, engaging and dynamic. I think that everyone who attended her sessions bought her book. All in all, she was a terrific speaker who has a lot to offer Veterinary Herbalists. If you did not attend her lectures, I strongly recommend finding an opportunity to learn from this brilliant herbalist.



Black Cohosh *Cimicifuga racemosa*, syn *Actaea racemosa*
Family: Ranunculaceae



Blue Cohosh *Caulophyllum thalictroides*
Family: Berberidaceae



Wild Yam *Dioscorea villosa*
Family: Dioscoreaceae

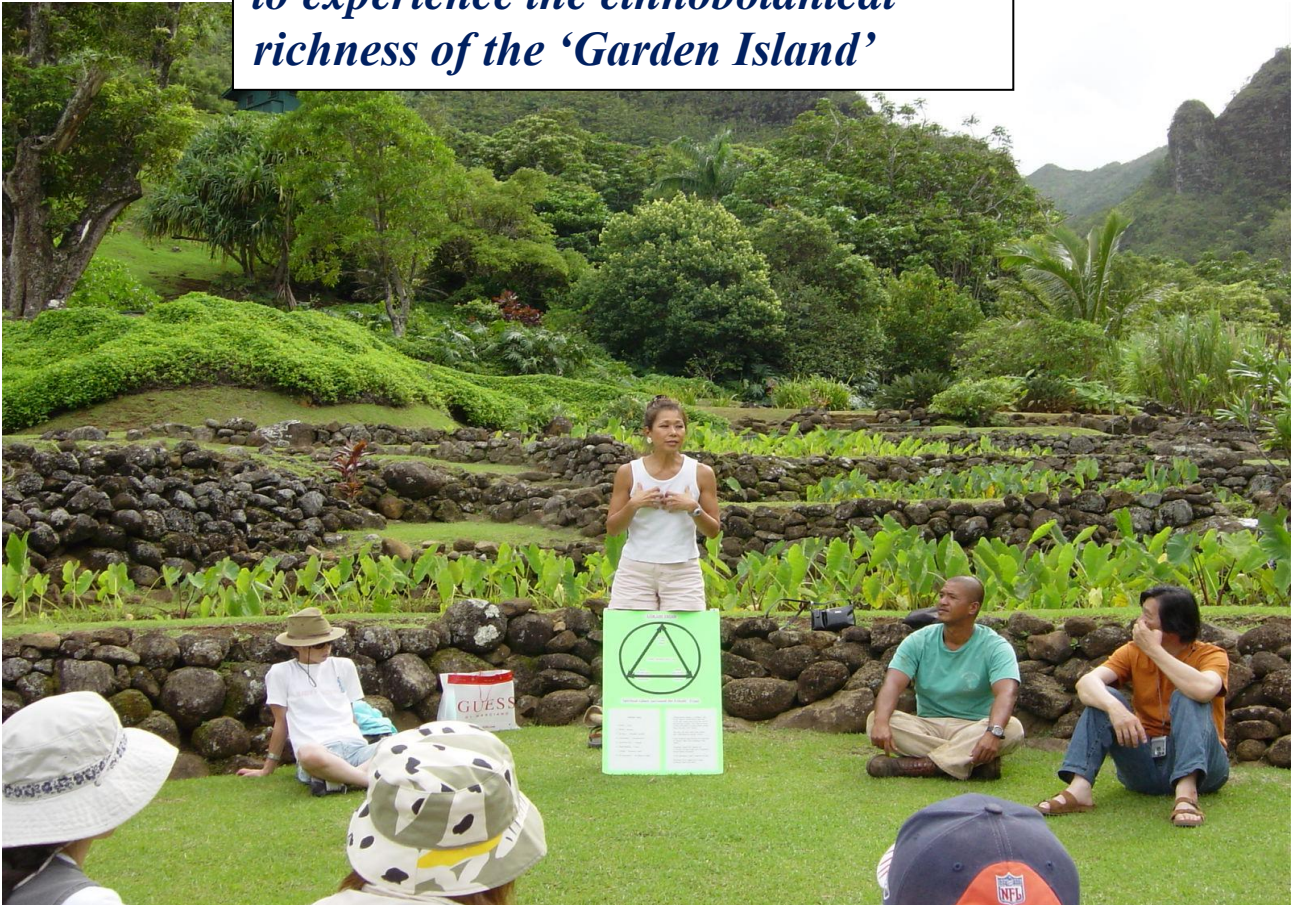
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Announcing the 2014 Ecotour in Hawaii

Tentative dates: March 10-17th 2014

Don't miss this unique opportunity to experience the ethnobotanical richness of the 'Garden Island'



Limahuli Garden and Preserve in Kauai

This will be our first tour with a Ginger Saiki giving a mini workshop on Hawaiian Medicine at Limahuli Gardens on the North Shore.....after the tour, we will have a Kava Ceremony and intro to the plant...





You are invited to share the beauty and traditions of Kauai- this is a journey you won't want to miss!



Relax and enjoy this scenic island - the beach awaits you! Travelers will be within walking distance of restaurants and shops.

Kava Piper methysticum
We will take part in a Kava Ceremony following the tour

A Selection of Herbal Monographs

Edited from Cynthia Lankenau's generous contributions

Dr Lankenau DVM, Holistic Center for Veterinary Care
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Pennyroyal (*Mentha pulegium*); American Pennyroyal (*Hedeoma pulegioides*)

Part used: herb

Taste: sour, cool, dry, astringent and bitter

Actions (from **Peter Holmes**):

1. Uterine Qi stagnation; strongest herb to promote menstruation and used in the expulsion of the placenta and promoting tissue repair. Pennyroyal causes uterine relaxation and relieves pain and can help labor when interrupted by tension, apprehension or just sheer exhaustion.
2. Has a relaxant effect in Qi constraint; used to treat Lung Qi constraint with wheezing
3. Downward moving and heat clearing effect on Liver Fire rising; can treat heatstroke, heat cramps and cerebral congestion.

Preparation: tincture or infusion

Specific Indications: Toothache, earache, cold with catarrh, bronchitis, cervical ulceration, delayed menstruation, uterine fibroids, influenza.

Tissue State: constriction (**Matt Wood**)

Michael Moore considered the tea from the dried herb as a "safe and sure menstrual stimulant, particularly when the period has been delayed several days or when there is a short and inadequate progesterone phase. The tea or tincture helps the uterine lining 'liquefy and flow'."

Jeremy Ross uses quite a bit of pennyroyal and feels it is safe **only** as an infusion or tincture and that the internal and external use of the oil of *M pulegium* is contraindicated. He also considers the herb to be warm, not cool, and treats the kidneys, heart, liver and uterus.

Chinese actions:

1. Calms Kidney fears: tranquilizer for fearfulness and desperation; calms Heart Spirit for anxiety and palpitations; Calms Liver yang for nervous headaches.
2. Regulates Intestinal Qi: has a carminative,

spasmolytic and tranquilizing effect to treat gas and colic with fearful nervous tension

3. Regulates Uterine Qi as an emmenagogue, spasmolytic and tranquilizer to treat delayed menstruation due to chill or scanty menstruation due to fear or shock.



According to **Culpeper**, "The herb is under Venus. **Discorides** saith that Pennyroyal makes thin tough phlegm, warms the coldness of any part whereto it is applied, and digests raw or corrupt matter; Being boiled and drained, it provokes women's courses, and expels the dead child and after-birth, and stays the disposition to vomit being taken in

water and vinegar mingled together. And being mingled with honey and salt, it voids phlegm out of the lungs, and purges melancholy by the stool. Drank with wine, it helps such as are bitten and stung with venomous beasts, an applied to the nostrils with vinegar, revives those that are fainting and swooning. Being dried and burnt, it strengthens the gums. It is helpful to those that are troubled with the gout, being applied of itself in a plaster, it takes away spots or marks in the face; applied with salt, it profits those that are splenetic, or livergrown. The decoction doth help the itch, if washed therewith. The green herb bruised and put into vinegar, cleanses foul ulcers, and takes way the marks of bruises and blows about the eyes, and all discolourings of the face. by fire, yea, and the leprosy, being drank and outwardly applied. It helps the tooth-ache. It helps the cold griefs by the joints taking away the pains, and warms the cold part...**Pliny** adds, the Pennyroyal and mint together, help faintings, being put into vinegar..It eases head aches, pains of the breast and belly, and gnawings of the stomach; applied with honey, salt and vinegar, it helps cramps or convulsions of the sinews. It is effectual for the cough, and for ulcers and sores in the mouth; drank in wine it provokes women's courses, and expels the dead child and after-birth."

Felter (*The Eclectic Materia Medica, Pharmacology and Therapeutics*, 1922) talks about American Pennyroyal, *Hedeoma pulegioides*; common names Squawmint, Tickweed

Specific indications; amenorrhea of long standing, with pallor, anemia and dark circles around the eyes; the patient complains of languor, lassitude, takes cold easily, has pain in back and limbs, and exhibits full prominent veins; suppressed lochia. The infusion is a poplar and pleasant remedy for acute colds. It acts chiefly as a diaphoretic.

Essential oil of Pennyroyal

Peter Holmes states these actions of pennyroyal oil topically; clears infection, resolves contusion, promotes tissue repair, antidotes poison and repels insects; used for wounds with extreme care, never more than a 1 % dilution, for external use only. The volatile oil from both the American and European pennyroyal, *pulegioides*, is thought to become bioactivated to a hepatotoxic metabolite called menthofuran. Caution should be used here, and most literature would recommend avoiding this altogether for cats.

The following information details historic uses of essential oil of Pennyroyal; note there is sufficient evidence that it may be unsafe for internal and external use.

Action: Oil of pennyroyal produces toxic effects when given in overdose; signs include severe headache, difficult swallowing, intense nausea, severe retching, intolerable bearing down, nervous weakness.

Therapy, External: Oil of pennyroyal is rubefacient and relieves itching of insect bites. A cloth saturated with oil of pennyroyal may be hung in sleeping apartments to repel such insects. Therapy, Internal: Oil of pennyroyal was used for nausea, stomach cramps, flatulent colic, and anemorrhoea in debilitated subjects. The dilution in alcohol is credited with calmateive properties in spasmodic cough, whooping cough and in hysteria from menstrual debility. A drachma of the specific medicine given in hot water is the most certain agent we possess to restore suppressed lochia.

Essential oil of pennyroyal was formerly used as an abortifacient, and proved dangerous enough to have established a record of mortality among women. Pennyroyal should NEVER be used as an abortifacient nor should it be taken during pregnancy because of high risk of damage to a fetus; use is also contraindicated in breast-feeding. (Mills and Bone)



Peppermint

Mentha piperita The English name is peppermint, which is a hybrid of watermint (*Mentha aquatica*) and spearmint. (*Mentha spicata*) Peppermint is an aromatic perennial herb that is a very widespread herb in Europe and North America. It likes fairly warm, damp climates with moist, well-drained soils. **Cook** says this plant is common along water courses and wet places in all parts of our country. Its fragrance and pleasant taste depend upon a limited quantity of volatile oil, which is most abundant in the leaves.

Temperature: warm-cool (more unusual in that it has a cool taste but warming and stimulating effects); that is first warming then cooling

Tastes: aromatic, acrid

Organs affected: Lu, Kidney, Bladder, Ht, Sp, Intestines, and Uterus.

Part used: Western herbology, leaves; TCM, aerial parts of *Mentha haplocalyx* (Bo He)

Acts on: constricted, depressed tissue.

Actions: from **Jeremy Ross**

1. Clears Wind-Heat; acts as a diaphoretic to treat common cold with sore throat. In *Popular Remedies*, 1838, Oslander states that he found mint tea to be exceedingly valuable in the treatment of influenza."

2. Regulates spleen and St Qi-carminative effect to treat loss of appetite, and indigestion; Calm St Qi- anti emetic- to treat nausea and vomiting. "Has been popular from the days of our grandmothers for the relief of colic in the bowels, or for the stomach-ache of flatulent indigestion", **W. Fernie**.

3. Regulates Intestinal Qi-carminative and spasmolytic- treats flatulence and colic and IBS. (The menthol is antispasmodic and analgesic. But should not be given in painful bowel complaints with inflammation-pain on pressure, tongue dry, with reddened tip and edges: according to **Ellingwood**. It should be given where the food tends to ferment in the stomach and bowels, as an anti-septic to prevent fermentation and promote digestion." But **Eva Graf** warns that peppermint can relax the peristaltic action of the intestines so not to take right after a meal.

4. Regulates Liver Qi-choleretic-reduces bile secretions, depression and digestive disorders. Promotes bile flow, reduces liver congestion and removes accumulations.

5. **Peter Holmes** notes peppermint reduces inflammation, relieves pain and repels insects

The Specific Indications according to **Matt Wood**: When drowsy after a meal, stomach pain, nausea, vomiting, heartburn, colic, spasmodic pain in the bowels

Dietrich Gumbel says of peppermint, "can move the waters of the body through the slow-moving lymphatic ducts and interstitial spaces between tissues. Thus, it increases the capacity of absorption of the lymphatic organs in the mesentery surrounding the intestines. By improving the uptake of digestate, alimentary stasis is relieved....it stimulates the spleen, improving the breakdown of old red blood cells, combing the blood of impurities and increasing white cell production. thus it has a restorative, regenerative influence on the immune system....also moves fluids into the hard-to-reach connective tissue to relieve hot, dry conditions of the joints and skin. It not only strengthens connective tissue, improving its 'swellability' but improves the immune function, which is vested in this tissue. It acts on the corium, the middle layer of the skin, the connective tissue anchor of the dermis, making it more flush with water, increasing the function in the immune cells in this area... a remedy for dried-up, atrophic skin, especially that injured by the effect of light, and for dry irritated joints."

HISTORICALLY...

Wrote **Cook**, "This herb is a diffusive stimulant and relaxant, acting as an anti-spasmodic and carminative. It is mostly used for flatulence and wind colic, but may be employed for other sudden pains and cramping through the abdomen, and in cardialgia, etc. Most stomachs receive it gratefully and it often allays vomiting. The largest medical use now made of it, is as an adjuvant in preparations designed for diarrhea, cholera, morbus, and cholera, in compounds with rhubarb. The infusion may be drank freely.

The oil represents the stimulation qualities of the herb more fully than the relaxing, and on that account is not always so acceptable to the stomach. It is employed for the same general purpose.yet the lack of diffusive relaxation makes the use of the herb preferred."

Aristotle stated that Peppermint cools; **Galen** noted that it is warming to the third degree. Therefore, Peppermint warms a cold phlegmatic liver when there are indications for damp cold of the internal organs, yet the herbs will cause sweating to cool the exterior and lower the overall temperature. It can treat Wind-Cold and Wind-Heat like Schizonepeta and Jing Jie.

Red Clover

Trifolium praetense



This herb is a member of the legume family. It is native to central Asia, but has been naturalized throughout the world. Red Clover is considered a nutritive tonic, soothing to dry irritated tissue. It's affinity for the glands of the body make it a useful remedy for swollen parotids, salivary gland congestion, and glandular inflammation. Helpful to thin the blood and is widely used as an alterative.

Part used: flowering tops
Energetics: sweet and moist; cool
Meridians: Kidney, Bladder, Lung, Liver

Indications and Actions: (**Peter Holmes**)
1) Promotes detoxification, Clears, damp heat, reduces tumors; treats Skin Damp Heat
2) Clears Damp Heat and Toxins and reduces inflammation and swelling- clears Fire toxins and clears Bladder damp heat
3) Circulates Lung Qi; opens the chest and relieves wheezing and coughing; treat Lung Qi constraint and bladder qi constraint- asthma, coughing and neurogenic bladder

4) enriches the yin, moistens dryness and generates fluids; treats yin deficiency, and intestinal dryness
5) topical for tissue repair and reduces inflammation and pain.

Matt Wood says Red Clover treats atrophied tissues states; it is associated with conditions where the body walls off the offending matter, making a hard glandular cyst of node. Red Clover will even help encyst cancerous tissue, but it will seldom cure cancer.

Specific Indications: Salivary glands, calcification in the glands, hard swollen encysted glands, mastitis, encysted glands of the breast from mastitis, dry skin, insufficient secretion, cold sores and sore lips (root infusion)

Historically...

It was **Samuel Thomson** who introduced its use into Western Herbalism as an external paste for skin cancers.

Felter said " Specific Indications- irritability of the respiratory passages, with dry, explosive cough; carcinomatous cachexia; Action- Trifolium is alterative and antispasmodic. It relieves irritability of the respiratory tract, alleviating dry, irritable and spasmodic cough.

Whooping cough is especially moderated by it, and it is frequently effective in lessening the distressing cough of measles. It also modifies cough in bronchitis and laryngitis. Its alterative powers are underrated, and it should be given where a general deobstruent effect is desired in chronic skin diseases and unquestionable has a retarding effect upon malignant neoplasms. Though by no means curative in carcinoma, patients who have been operated upon for cancer are slower in redeveloping the growths when given tincture of trifolium daily.

Cook adds, "This herb is somewhat antispasmodic and enjoys a good family reputation for whooping cough. An

extract is really stimulating article; and is valuable as an application to indolent ulcers and cancers. It is not at all escharotic, it secures a good discharge, arouses a firm capillary circulation and procures a granulating surface to indolent and phagedenic sores.”

Ellingwood also mentions the alterative properties that are useful in cancer. The agent is also prescribed in irritable conditions of the larynx and air passages especially evidenced by a spasmodic cough. A dry, irritable cough will respond most readily to its influence.



Plantain *Plantago major*

A very common plant that loves to grow in heavily compacted soil, Plantain is native to Europe but widely naturalized.

Taste: bitter, earthen; cool, moist and dry; the root is somewhat sweet and salty

quality of fibrous, mucilaginous and astringent

Properties: alterative, diuretic and antiseptic and vulnerary. The tops and roots are used in syphilitic, mercurial, and scrofulous diseases. It is beneficial in menorrhagia and leucorrhea. Meridians: Lung, Liver, Bladder, Kidney, skin

Classified as a mild remedy with minimal chronic toxicity; no contraindications, no adverse effects reported for pregnancy or lactation, no side effects reported, no overdoses reported, and no drug interactions reported.

A note from **King**: the dried plant loses its medicinal activity; make all preparations from freshly gathered roots and tops.

Actions and uses:

1. Clear Bladder Heat; anti-inflammatory, antimicrobial, and spasmolytic-treatment of urinary disorders with burning sensation, dysuria
2. Clear Lung Phlegm and Heat- acute or chronic bronchitis with dry cough; antitussive and expectorant effect
3. Clear Intestinal Heat, reduce diarrhea and bleeding astringent, anti-hemorrhagic
4. Clear Stomach Heat-gastric ulcer
5. Clear topical heat, Damp Heat, Heat Toxin- treats red, irritating skin rashes, blood poisoning, ulcers and wounds.; eye, mouth, throat and gum inflammation
6. Tonifies the Kidney; Bladder Qi; harmonizes urination, and relieves incontinence

Specific Indications: Abscessed teeth, infected root canal; diseases of the gastrointestinal mucous surfaces when there are pinching or colicky pains; inflammatory affections of the skin when there is pricking, itching or burning pain, dirty wounds, open sores, boils, abscesses, burns, skin irritations; Externally used for insect and snake bites.

Matt Wood says Plantain was classified as drying in Greek medicine because it is able to draw out and close up pus and infection and stop outflows of water and blood. It is

also soothing to irritated membranes and it is one of the best drawing agents we possess. Plantain is excellent for a dirty wound, to draw out the dirt and infection and leaves it in a clean state; useful for boils and abscesses. Helpful in bronchial infections and pneumonia, it cools and moistens the mucosa, but also astringes and draws up mucus and water from the lungs. It also strengthens the kidneys as a "nourishing diuretic" meaning that it increases renal output by building up the kidneys. Tissue State: irritation, atrophy, relaxation, depression (especially putrefaction)

Historically...

...Plantain was one of the most important coolants used in European Renaissance herbalism. It was specifically indicated when heat was associated with scurvy; Plantain contains Vitamin C.

Salmon notes "It cures the Scurvy in a hot habit of body, heals the excoriations of the stomach and other bowels, stops catarrhs, and all sorts of fluxes in man and woman. It stops also all sorts of hemorrhages whether internal or external, the overflowing of the courses in women, spitting and pissing of blood, and therefore is of excellent use in the curing of a phthisis (TB) or ulceration of the lungs."

Felter said Plantain's external actions very promptly relieve the distressing symptoms caused by punctures from the horny appendages of larvae of lepidoptera and the irritation produced by certain caterpillars, as well as the stings of insects and bites of spiders. This leads us to believe it may be of value in erysipelas and should be tried when that disease occurs. The alcoholic

preparations have been advised as topical applications in toothache, when due to a sensitive pulp, and in earache. **Felter** continues that internally, Plantain is reputed useful in bed wetting in children, due to the relaxation of the vesical sphincter with copious discharge of pale urine.

King used Plantain leaves and roots in syphilitic, mercurial, and scrofulous diseases. He found it beneficial in menorrhagia, leucorrhea, hematuria, diarrhea, dysentery, and hemorrhoids. The juice taken internally every hour and applied topically is in high repute as an antidote to the bites of venomous serpents, spiders, and insects. Externally, the bruised leaves are useful in wounds, ulcers, ophthalmia, salt-rheum, erysipelas and other cutaneous affections.

Ellingwood found Plantain of value in the internal treatment of all diseases of the blood and used it in ulcerations of the mucous membrane due to depraved conditions. Indicated for diarrhea, dysentery, the diarrhea of consumptions, cholera infantum and conditions where there are long standing hemorrhoids; also in female disorders attended with fluent discharges and in hematuria. Used in cases of dysuria and some forms of passive hemorrhage. "...it would thus seem to possess marked astringent properties as well as those of an alterative character....active influence in the cure of bites of venomous serpents, spiders, and poisonous insects. A simple but important influence in tooth-ache. It seems to exercise a sedative influence upon pain in the nerves of the face (Native Americans used it as a specific for Bell's palsy) and relieves many cases of earache and tic-douloureux. In the nocturnal incontinence of urine in young children, with a large amount of colorless urine, this agent has produced curative results...relieves inflammatory

infections of the skin."

Fyfe adds to the list of uses "Plantain exerts a soothing influence upon the brain, and aids in inducing refreshing sleep" and mentioned the use in inflammation of especially the mammary gland. Indicated in disease of the gastro-intestinal mucous surfaces when there are pinching or colicky pains; inflammatory affections of the skin, when there is pricking, itching or burning pain; toothache and earache.

Cook wrote "The roots and leaves are diffusively relaxant and stimulant, leaving behind a gentle tonic impression. The kidneys and mucous membranes receive their principal and other glandular organs are moderately acted on. [Plantain] may be also used to advantage in subacute and chronic difficulties of the kidneys and bladder, such as aching back, cystic catarrh, and scanty and scalding urine...wide reputation for the bites of snakes, spiders and other poisoned wounds."

Culpeper noted Plantain's extensive uses: "...neither is there hardly a martial disease but it cures. The juice prevaieth wonderfully against all torments or excoriations of the bowels, stayeth the distillations of rheum from the head and stayeth all fluxes and profuse menstruation. It is good to stay the spitting of blood and other bleedings of the mouth...especial remedy for consumption of the lungs, or ulcers of the lungs, or coughs that come of heat. Dioscorides saith it helpeth the tertian ague and for the quatan ague. The herb, but especially the seed, is good against dropsy, the falling-sickness, the yellow jaundice and obstructions of the liver and reins. The clarified juice dropped into the eyes, cooleth

inflammations in them, and taketh away the pin and web; and dropped in to the ears easeth the pains in them and removeth the heat. The juice is of much use and good effect for old hollow ulcers that are hard to be cured and for canker and sores in the mouth and privy parts of the man or woman; and helpeth also the pains of the piles in the fundament...it helpeth lunatic and frantic persons; as also the biting of serpents or a mad dog...also is profitable applied to gut in the feet and hand...and applied where any bone is out of joint, to hinder inflammations, swellings and pains. The plantain is a very good wound herb to heal fresh or old wounds or sores, with inward or outward.

Hildegard von Bingen considered plantain hot and dry. "...[taken] as a drink to a person tormented by gicht and the gicht will cease. One who has swollen glands should dry the root of the plantain by fire and place it warm over the swollen glands. One who is bothered by a stitch should cool plantain leaves in water, place them warm over the place where it hurts, and the stitch will cease. If a spider or other bug touches or stings a person, the spot should soon be smeared with plantain juice, and it will be better. If a person, eats or drink a love enchantment, than plantain juice should be given...he will be purged inside and be relieved. If a bone is broken, he should eat the root in honey and place cooked green leaves over the injury and the fractured bone will be healed."

Galen said "among all the remedies that arrest bleeding, clear heat and heal ulcers, Plantain is foremost, or hardly surpassed at all."

Asiatic Plantain

Plantago asiatica, Che Qian Zi.

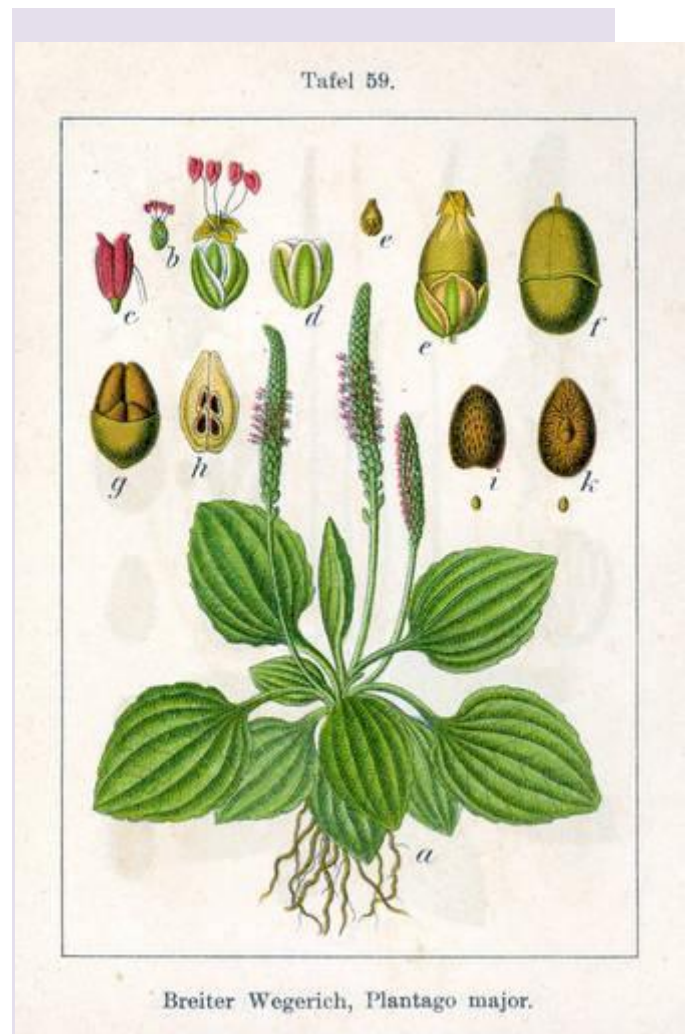
Part used: seeds

Properties: cold and sweet

Channels entered: Kidney, Bladder, Liver and Lung

Chinese Therapeutic Actions (Chen and Chen):

1. Clears Damp Heat and resolves Dampness- used in Lin Zheng (dysuria syndrome) and edema.
2. Resolves Dampness and stops diarrhea: It consolidates and hardens the stool by promoting urination.
3. Clears Liver Heat and benefits the Eyes; treats eye problems caused by Liver Fire provoked by Liver Yang rising. Treats dizziness and blurred vision due to Liver and Kidney deficiencies.
4. Clears the Lung and dissolves Phlegm-cough due to Lung Heat.



Calendar of Events 2013

ONGOING

VBMA Graduate Program (Joint offering with CIVT)

[Click for more info.](#)

APRIL 4-7 2013

**2013 Jeffrey Yuen Classes
Asheville, NC**

Understanding the Phenomena of Change (Wind)

April 4 - 5 2013

This is an exploration into the concept of wind and its association to change, including an ethical discussion on the necessity of change as an invitation to more profound healing; the different treatment strategies involving wind, such as course, pacify, and soothe; the clinical manifestations of wind and its pathological dwellings; and modern clinical applications of wind to neurological conditions.

Dynamics of the Shen

April 6 - 7 2013

This is an exploration into the various aspects associated with mental processes within the context of the Tang Dynasty and the teachings of Sun Si-miao. Topics discussed with include the concepts associated with hun, po, shen, yi, and zhi; blood and its role in mental faculties; notion of gui-ghost and its impact on Chinese medical practices; and the ethical cultivation of various "realizations" to assist in the purification and clarification of the mind.

<http://www.daoisttraditions.com/Events.html>

JUNE 28 - 30 2013

**11th International Herb Symposium Celebrating the Healing Power of
Plants
Wheaton College, Norton, MA**

The International Herb Symposium is known for representing a wide range of ideas, beliefs, and the various methods we have of working with healing plants from shamanic and folkloric to ethnobotanical, clinical and scientific. The teachers and classes we've chosen for this year's IHS represent some of the great diversity found amongst herbalists and herbalism in the world today. We come together in the spirit of health, healing and cooperation to share and learn from one another. We invite teachers to present what they are most passionate about and to offer their views and thoughts as openly and freely as they wish. In thoughtful respect to the wild-hearted nature of plant people, we honor the many paths we each follow and the great diversity of the Green Nations.

Veterinarians and animal lovers can register for the Veterinary Botanical Track at the IHS for a small additional fee of \$35. This fee includes a Certificate of Attendance from VBMA and is used to support the work of VBMA to help acquire Alternative CE's for members. Veterinary Track Participants can attend any of the regular workshops as well as the specified Vet Track workshops and general participants of the IHS are also welcome to attend the Vet Track Workshops.

<http://www.internationalherbsymposium.com/>

AUGUST 24 - 27 2013

AHVMA Annual Conference, Kansas City MO

Keynote speaker Barbara Fougere will lead a pre-conference herb walk--be sure to arrive early to acquaint yourself with Missouri's botanicals!

<http://meetings.ahvma.org/>

SEPTEMBER 28 - 30 2013

Combining Western Herbs and Chinese Medicine: Dermatology

Saturday, 9:00 am - 5:30 pm, Sunday, 9:00 am - 5:30 pm, Monday, 3:00 pm - 9:00 pm

Jeremy Ross BSc, DAc (Br), LAc.

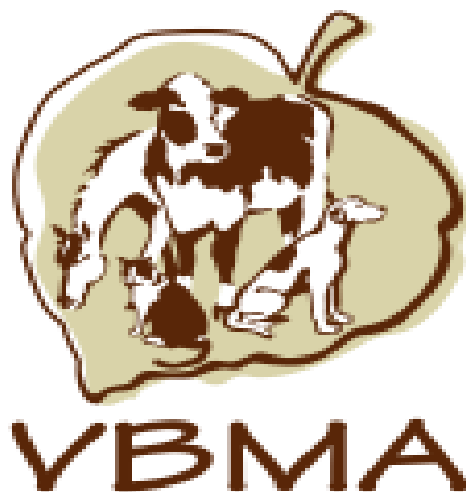
With an engaging and unique approach to teaching herbal medicine, Jeremy Ross offers a system that successfully integrates the paradigms of Chinese medicine, Western herbal tradition, and phytopharmacological research. His seminars help students to develop concise diagnosis and treatment, and facilitate both a deep understanding of individual herbs and the sophisticated use of herb combinations that are effective and safe.

In this 3-day course, Jeremy uses his system of Combining Western Herbs and Chinese Medicine to teach 24 valuable herb combinations for treating skin disorders commonly seen in clinical practice. He will mainly discuss oral herbal prescriptions, with some topical preparations such as washes, compresses, and creams, and herbal detoxification treatments. He will also address the treatment of skin disorders linked to drug side effects, food allergies, environmental factors, and emotional disturbances of each of the Five Elements.

Seminar Location:

University House,
4400 Stone Way North
Seattle, Washington

<http://www.jadeinstitute.com/jade/seminar-details.php?id=15>



2014 Programs

****MARCH 10-17, 2014** tentative dates**

VBMA ECOTOUR IN KAUAI

Tour Limahuli Gardens; experience a traditional Kava Ceremony

****MAY 2014** tentative date**

DAVID WINSTON ECOTOUR

A very special Ethnobotanical Weekend in North Carolina

This is a private event for VBMA members only. David will be sharing teachings that are held close by the Cherokee Nation.

Don't forget, Jeffrey Yuen will be speaking at the 2014 AHVMA Conference

Contributions to the JVBM

INSTRUCTIONS TO AUTHORS

The VBMA invites contributions to the Journal of Veterinary Botanical Medicine. The JVBM publishes material on all aspects of veterinary medical herbalism with emphasis on the clinical application of medicinal plants in veterinary medicine, the philosophy of veterinary herbal medicine, and the phytochemistry, pharmacology, herb drug interactions and research that applies to veterinary botanical medicine.

Editorial Policy

Subject material must relate to veterinary botanical medicine. Feature contributions (case studies and monographs) are subject to peer review and editing.

Contribution Requirements

Contributions should be word processed and forwarded by email to the editor, with the file(s) saved in plain text or Microsoft Word formats. All statements must be referenced and a full reference list must be included (if references are lengthy, they may be published in full on the VBMA website rather than in print). If the statement is the author's observation or opinion, this should be made clear. All statements should be of a professional nature and exclude any inappropriate style of writing. An abstract of the article should be included. A brief profile of the author should be included.

Peer Review

All feature articles will be reviewed by two independent peer reviewers. Reviewed articles will be returned to the author for modification if required.

Referencing

Textual citation method should be employed. Requires the name of author and year of publication in brackets at the end of statements or paragraphs. The reference list should be arranged in alphabetical order using the following format:

JOURNALS Author's surname Author's initials. Year. Title of article. Journal name volume; issue: page numbers. for example: Bauer V, Bauer F. 1999. Reactive oxygen species as mediators of tissue protection and injury. *Gen Physiol Biophys* Oct; 18 :7-14

BOOKS Author's surname Author's initials. Year. Book title. Edition. City of publication: Publisher. for example: Bensky D and Gamble A. 1993. *Chinese Herbal Medicine: Materia Medica*. Seattle, WA. Eastland Press, Inc.

Submission of Articles:

Please submit to Carol Brzezicki, editor, at carolbrzezicki@aol.com

Application Form

HOW TO BECOME A MEMBER OF THE VETERINARY BOTANICAL
MEDICINE ASSOCIATION



Who can apply

Regular membership is open to any veterinarian with an interest in herbal medicine. Nonveterinarian herbalists may join as associate members, provided they are professional members of the AHG or NIMH, or have equivalent experience. Affiliate membership is for members of the industry to remain current in the needs and concerns of veterinary herbalists, and does not imply clinical expertise or certification of any sort.

Regular, Associate and Affiliate membership is \$80 per year. Veterinary student membership is \$15 per year. Multiple memberships are available to family or hospital groups (so that each e-mail address can have access to the listserv, get a web password, etc); the cost is \$80/year for the first member, and \$45 for each additional member. To qualify, the snail mail address of each group member must be the same.

Special allowance for DEVELOPING COUNTRIES: VBMA accepts membership applications and grants membership to qualified applicants in developing countries for \$30/year.

Veterinary membership

Please fill out the form below, for the first part of your membership application. If you are still a student, fill in your expected year of graduation and the state you expect to practice in. You may also apply online at www.vbma.org

Your Name

Year of Graduation

Veterinary Hospital/Clinic name

Work Address 1

Work Address 2

City

State/Province

Zip Code

State or country (if not U.S.) of primary license

Veterinary School Attended

Veterinary License Number

Email address

I wish to have my information visible on the website for pet owner referral YesNo

Send completed form to:
Jasmine Lyon, Executive Director
6410 Hwy 92, Acworth, GA 30102
office@vbma.org
www.vbma.org