

## **Education & Clinical Experience**

Graduated KSC 1993 - Environmental Policy BS with Economic Minor and Specialization - Strong Chemistry and Biology background.

2008 Spirited Herbal Apprenticeship, Misty Meadows Herbal Center

Junior Herbalist, Misty Meadows Herbal Center 2008-2009

2009-2012 - Director and Senior Herbalist, Misty Meadows

2008 - to present Owner/Operator, Sara's Herbs

2009 - Advanced Herbal Course, Misty Meadows Herbal Center - included 4 weekend intensives with nationally known herbalists

2010 - Advanced Herbal Course, Misty Meadows Herbal Center - included 4 weekend intensives with nationally known herbalists

Ongoing educational participation in Symposiums and Conferences including the Women's Herbal Conference and the International Herbal Conferences.

## **Teaching Engagements:**

2010-2011 - Herbal Apprenticeship teacher, Misty Meadows Herbal Center

2012-2013 - Herbal Apprenticeship Teacher/Organizer/facilitator- Moore Farm Herb Shop

2014- present - Herbal Apprenticeship Teacher, Sara's Herbs

Canterbury Shaker Village, Canterbury, NH- participant in Artisan Fair, other teaching engagements Foraging Walks for medicinal plants and mushrooms.

Beans & Greens, Gilford, NH

Sage Wellness Center & Spa, Pittsfield, NH - Clinical Herbalist & Teacher

## **On-going Class:**

Advanced Herbal Course - Sara's Herbs

Teaching Circle - Sara's Herbs

Intermediate Herbal Course - Sara's Herbs

The Kitchen Witch Herbal Series - Sara's Herbs

Earth Medicine Series - Modern Disease, Endocrine Issues, Type II Diabetes

Mindful Food ~ Cooking with Intension.

Herbs for Menopause

Endocrine Imbalances and Treatment Options

**On-going courses involving herbs and di-sease including:**

The Modern Dis-ease Trifecta - Type II Diabetes, Hypertension & High Cholesterol

Managing Acid Reflux Naturally (GERD)

Lyme Dis-ease - Understanding the Disease/ Prevention and (W)holistic Treatments

Cancer: Prevention & (W)holistic Treatment Options

Eat Your Weigh to a Healthy Weight

Foraging & Mushrooms Walks

Fermented Foods - Kraut, Kimchi & kombucha

**Affiliations & Memberships**

New Hampshire Herbal Network Herb & Garden Day Teacher/Presenter/Vendor

Canterbury Shaker Village - member

New Hampshire Herbal Network - President

American Herbalists Guild - General member

American Botanical Council - member

United Plant Savers - Partner in Education & Member

Northeast Herbal Association - Member