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Wise Acres Farm hosts the NW Herb Fest

Two days of lectures and workshops filled with the information necessary for people to take charge of their own health care, allowing them to live healthier lives and spend less money on staying healthy.

Pleasant Hill, OR (near Eugene, OR): July 24, 25, 2010 - People will gather for learning and networking at Wise Acres Farm for the NW Herb Fest.

This sixth annual event will offer two days of health lectures and herb walks taught by nationally renowned experts. Both beginning and advanced classes are offered during all time slots. There is something to fit every stage of a person's learning spectrum.

Here is a small sampling of the lectures the NW Herb Fest has to offer.

The Pharmacy in the Pantry

Fresh parsley is cheap, readily available and effective as one of the best diuretics as well as for helping to break up salivary duct stones. Those famous mint family herbs, such as sage, rosemary, thyme, oregano, savory and the mints, are fine disinfectants, digestive stimulants and much more. This class will feature the medicinal wonders hiding in the kitchen and the details to help you get the most medicinal effect from them.

Seaweeds and Health

Eating seaweeds regularly can provide an amazing array of health benefits, from reducing our bodies' levels of dioxins and heavy metals to preventing thyroid disease and breast cancer. James Jungwirth will talk about these and other health benefits and how to harvest and enjoy these wonderful sea plants as food and medicine.

First Aid in the Field

Out hiking or backpacking in the Northwest biome and someone in your party sustains an injury or becomes ill. We will discuss how to treat stings, cuts, bruises, sprains, fevers, diarrhea, and how to stabilize more critical injuries with near-by herbs.

Graceful Change Menopause, Longevity, and Sexual Health

The herbal approach to premenopause, common symptoms, and women's wellness beyond Black Cohosh will be covered. Special attention is given to reducing risk factors for, and treating osteoporosis, cardiovascular, and immune health. And then, there is that thinning vaginal lining to moisten...

Herb Walks are available throughout of the weekend.

Golden Boughs - Medicinal Trees

Trees are truly the great providers. This class is dedicated to all of the trees of Earth, giants and diminutives, but will focus on some well, and lesser known, that give us powerful medicine.

To see the details on the above classes and other classes at the NW Herb Fest, go to <http://www.herbal-transitions.com>

When Not in Class...

Herbal Market: There is an herbal vendor market taking place throughout the weekend. There will be live plants, dried herbs as well as prepared herbal products on display and for sale. Fun items such as herbal soaps, herbal skin care items, herbal chocolates and even herbal board games are often being sold by vendors.

Organic, Healthy Meals: Provided by Park Street Cafe. They offer options of meat, vegetarian and vegan!

Continuing Education: Available for some practitioners. Details on the web site.

Additional Fun Times: Yoga to relax and stretch and music playing & general frivolity scheduled at various times.

Details on additional classes & workshops can be found at: <http://www.herbaltransitions.com>

Cost for the weekend: \$155 prior to May 1st, includes all classes. May 1st - June 14th \$185, June 15th - July 14th \$195 and \$205 after that.

Press Passes: Available, contact us at class@herbaltransitions.com or 541-736-0164.