Among other requirements, the American Herbalists Guild (AHG) requires the following clinical experience: a minimum of two years of clinical training (through a combination of clinical practice, formal mentorship, or clinical supervision) and clinical experience totaling at least 400 hours, with at least 100 different clients in a two year period, and with a caseload of four clients per week. When I was still taking classes at the Australasian College of Health Sciences, I asked a woman, Vivian, if I could learn from her as my mentor. She has owned and operated for some 40 years the busiest and best holistic health practice in our community. She uses a variety of nutritional and indigenous herbal remedies. She allowed me to follow her around, work with some of her clients, and she mentored me during and after my time in school. For me, this was the first key to getting the clinical training and experience necessary to meet the minimum clinical requirements of the AHG.

We became close friends. Vivian has a wealth of knowledge and she calls herself the Dinosaur of Nutrition since she has been at it so long. All through college I learned from her and she allowed me to participate in her consulting practice sessions with her clients. She is always there for me if I have questions. We refer clients to each other regularly. So my first suggestion is to get the best mentor you can find and embrace the knowledge passed on to you. If there is no one locally you can get clinical training from someone like Donald Yance who offers one-week sessions at his clinic in Ashland, Oregon.

My Urban Herbal Woman business is growing by referrals from Vivian, word of mouth from my clients, and lately from a local oncologist who is sending me some of his cancer patients. I also believe that herbalists need to be a bridge between allopathic and holistic medicine. By filling our role in the continuum of care, we can expand our practices and still not go beyond our training and practice.

My second suggestion for getting the necessary clinical hours is to work with as many professionals in healthcare as you can. I have had success working with chiropractors, naturopaths, nutritionists, physicians, and other holistic health practitioners and have always offered my services to them and to their clients as appropriate. When I first opened my business I taught a lot of classes. I volunteered to speak at many different venues and developed my public speaking skills as well. By doing this I was able to introduce people to herbal medicine and to my consulting practice. My skincare business also brought me a great deal of exposure since it had already been established, and I had a client base to draw from for my consulting practice.

My third suggestion for getting the necessary clinical hours is to get out there, make yourself known, and be sure your reputation and knowledge learned from ACHS gives you a great place in your community. People need natural healthcare!

Enroll in an ACHS Diploma program* and pay in full to receive NAT 306 as a bonus program for FREE ($929.00 savings). Applies to Aroma 401, Herb 402, or Nat 401.* Contact Admissions today! 800-487-8839
I wanted to share a funny story with you (actually, not so funny right now, but I'm hoping I will laugh about it in a few years).

Recently we had a swarm of bees move into our garage, for the second time in a month! By swarm I mean thousands; the first time the exterminator took away a hive with over a pound of honey (two days work for bees, they are quick), and we were charged $400.00 for the service and no we did not get a jar of honey.

Yesterday the bees showed up again; in the morning I saw a couple in the front yard; I didn’t think too much about it, but two hours later our front yard and inside the garage were covered with a black cloud of bees. So I sent the kids to a friend’s house and called the exterminator again!

He showed up in his bee keeper/hazmat suit and took care of them in about half an hour (this time for free - thank goodness!, but still no HONEY!!). So, of course, what I wanted to know was “why me?” The exterminator said that it’s because we’ve been leaving the garage door open (the kids are around for the summer and they leave it open so they can get their bikes, scooters, etc.) and the bees come in through the open door.

But as to what is drawing them in the first place - he hands me a box with my 5 pound block of bees wax that I use for making creams and lotions! I keep my supplies in a cabinet in the garage, and the bees smelled the bees wax and thought this was a great place to build a hive! Lesson learned: don’t store bees wax someplace where bees can get to it. Who knew?! They should definitely tell you this info in the books or label the box - warning may attract bees!

I emailed Dorene Petersen who thought we should share this will all that might need this information rather than Hazmat.

### Wonderful Potato and Beet Organic Summer Salad

#### For salad
2 medium beets (1 lb with greens; 14 oz without greens), stems trimmed to 2 inches
1 lb small new potatoes (about 1 inch in diameter) or fingerlings (1 to 1 1/2 inches long), scrubbed well
1 teaspoon olive oil
1/8 teaspoon salt
5 oz microgreens* such as baby Bibb, red-leaf, and oak-leaf lettuces and baby arugula, or mesclun (about 10 cups)
4 cups baby spinach (3 oz)
1/3 cup lovage* leaves, coarsely chopped
1/3 cup fresh chervil and/or dill leaves
1/3 cup fresh tarragon leaves
20 unsprayed organic nasturtium blossoms*

#### For vinaigrette
1 1/2 tablespoons tarragon white-wine vinegar
1/4 teaspoon Dijon mustard
1/2 teaspoon salt
1/8 teaspoon black pepper
1/4 cup olive oil

Make vinaigrette:

Whisk together vinegar, mustard, salt, and pepper. Add oil in a slow stream, whisking until emulsified.

Roast beets and potatoes: put oven racks in upper and lower thirds of oven and preheat oven to 425°F. Carefully unwrap beets and cool slightly, then slip off and discard skins. Wrap beets individually in foil and roast on a baking sheet in upper third of oven until tender; 1 to 1 1/4 hours. Once beets have roasted for 30 minutes, toss potatoes with oil and salt in a small baking pan and roast 25 to 30 minutes.

Assemble salad: cut beets into 1/3-inch cubes and put in large salad bowl. Cut potatoes into 1/3-inch thick slices and add to beets along with all greens and herbs. Add vinaigrette and toss gently to coat. Sprinkle blossoms on top and serve immediately.

Makes 6 to 8 servings.
My Holistic Experience in Greece

By Rose Barrientos-Gruehn, 2006 Summer Session student

My time in Greece was a beautiful analogy of self-discovery. I came to this Summer Session to learn about natural health, but found I also learned about myself. After overcoming the trepidations of travel to Syros, I was immediately spellbound by the rewards: breathtaking views of rugged terrain, the sapphire-blue Aegean Sea, the stirring fragrance of the abundant wild herbs and flowers, the delectable fresh vegetables and cheeses in every meal. How refreshing it was to be in the absence of electronic congestion, seeing and hearing only the sights and sounds of people and nature.

Our class consisted of about 20 people, ages 20 to 80, all of whom I found to be unique, beautiful, and respectful of the natural world. Under Dorene’s graceful instruction and Heather’s swift coordination, we deepened our knowledge and appreciation for natural health subjects such as aromatherapy, herbalism, and flower essences. I’ve been on some of the most incredible hikes in my life, harvesting wild thyme and sage on mountains by the sea. The Iridology lecture fascinated me, and I intend to take the class next month. Participating in Robert’s workshop on the distillation of essential oils helped me appreciate the art and all the hard work that goes into those precious little bottles. As a bonus, we were all fortunate to fully experience Greek culture, history and cuisine through a form of adornment and as a means to protect the body and soul from the unknown.

Dorene’s valuable (and quite delightful) connections in Syros. Dorene truly was our North Star, and I sense her guidance is everlasting.

Our sailing trip to Delos, into the heart of the Cycladic Islands, was a perfect ending for a journey come full circle. Walking amongst the archaeological ruins, statues have gone and buildings deteriorated, but the grandeur remains. The sun set beautifully over Ermoupoli as we sailed back, and I realized that something divine out there, god and/or goddess, truly guides us and stirs us to journey. Despite our queasy stomachs and sunburned faces, our irrepressible spirits forged on, with nothing but two masts in the wind and roller coaster waves. Such is life...I learned to enjoy it and want more.
If you’ve always wanted to learn more about holistic health or want to enhance your training with hands-on workshop study, the ACHS Summer Session in Greece study-abroad program is a must for you! This ten-day study abroad program is planned as a total wellness and cultural program. Held on the beautiful island of Syros, Greece, summer Session is scheduled to coincide with the flowering and harvest time of a variety of medicinal Mediterranean plants. The **ACHS Summer Session is a rare opportunity to:**

* Spend ten days living with two natural health and essential oil distillation experts, ACHS President Dorene Petersen and Master Distiller Robert Seidel.

* Enjoy the relaxing, healthy lifestyle of a Greek island amidst a wide variety of Mediterranean plants and herbs.

* Study a variety of medicinal botanicals while learning about herbal preparations, aromatherapy and essential oil distillation, and holistic nutrition.

* Study complementary therapies including iridology, reflexology, and flower essences.

* Immerse yourself in this ancient land! Greece is the birthplace of the “father of medicine” Hippocrates.

**Travel tours** include identification walks through wild herb meadows learning about sustainable wildcrafting; a walking tour to Ano Syros, a settlement dating back to Byzantine time, with narrow streets, labyrinthian alleyways and countless steps; a shopping in the local town Ermoupolis and a Saturday evening trip where we can stay late to enjoy the nightlife; and a magical graduation full-day sailing trip to the island of Delos.

**Summer Session Tuition:**

$3900 USD. Fee includes land package of: all workshop supplies and instruction, nine nights’ accommodation, Greek cuisine prepared with fresh local produce, transfers to and from meeting point, all tours and applicable entry fees during tour days. *Not included: airfare, travel insurance (required), snacks, and incidental expenses. Ask your Admissions Advisor about available payment options during your admissions interview.

**Call 800.487.8839 or email admissions@achs.edu today!**

Space is limited to 20 students and fills quickly.

---

**Animal Nutrition**

**Community Wellness Class**

* September 13, 6-8 pm
* ACHS Campus - Portland, OR
* Fee: $35

Register online at www.achs.edu!

**Australasian College and Apothecary Shoppe - Open House**

**Join us Wednesday, July 26th from 12:00pm - 4:00pm**

4th Annual ACHS Lavender Distillation Demonstration & Open House

Come enjoy fun activities while meeting ACHS staff and faculty! U-Pick fresh lavender also available - just $5 per bunch!

We look forward to seeing you then!