

Botanical Medicine Institute

with
Tieraona Low Dog, MD & Tori Hudson, ND

Herbal Intensive Course: “Women’s Health”

August 17-20, 2010
Santa Fe, New Mexico

Designed for health care professionals this course will expand and deepen your understanding of how botanicals and dietary supplements can be used to address a variety of topics in Women’s Health.

After learning a core set of herbal medicines, you will have the opportunity to review clinical cases and create formulations specifically tailored for each patient.

In addition, we will discuss hormone testing and the nuances of bioidentical hormone prescribing.

During your training we will visit a compounding pharmacy, as well as a local herbal manufacturing facility so that you can have an opportunity to talk with pharmacists and other herbal experts regarding topics in women's health.

After enjoying a picnic lunch, we will reinforce all that we have learned during a “Hands-on-Pharmacy” session back in the classroom.

Detailed patient handouts and clinical reference guides will be provided to supplement classroom learning and assist you in adding your newly acquired knowledge into your clinical practice.



Herbal Intensive Course: “Women’s Health”

CONFERENCE SCHEDULE:

Tuesday August 17:

- I. Opening circle and welcome
- II. Materia Medica for Women: Part I
- III. Materia Medica for Women: Part II
- IV. Lunch
- V. Fundamentals of Compounding Herbal Formulations for Women – Part I
Cases: Premenstrual Syndrome, Dysmenorrhea, Vaginal Infections

Wednesday August 18:

- I. Materia Medica for Women: Part III
- II. Fundamentals of Compounding Herbal Formulations for Women – Part II
Cases: Pregnancy, Breastfeeding
- III. Lunch
- IV. Non-Botanical Dietary Supplements: Key Review
- V. Clinician’s Corner: Putting It Altogether

Thursday August 19:

- I. Field Trip: Herb Walk & Local Herb Pharmacy
- II. Picnic Lunch
- III. Hands-On Pharmacy

Friday August 20:

- I. Bio-identical Hormones and Conventional HRT: Are All Estrogens and Progestogens Created Equal?
- II. Selecting the Right Prescription and Strategies to Optimize the Safety of Hormone Therapy
- III. Closing Circle

(Tea & Coffee breaks will be provided)

CONFERENCE LOCATION:

Botanical Medicine Institute
3600 Cerrillos Road, Suite 712
Santa Fe, NM 87507

For more information – Visit:
www.DrLowDog.com/Herb_Classes.html

Materia Medica for the Workshop

This course will allow the clinician to gain a much deeper appreciation for the differential use of botanical therapies and relevant non-botanical supplements commonly used in women's health. Formulations of commercially available products will be explored, as well as clinician creation of specifically tailored formulations for patient cases presented during the workshop.

We will also spend 1/2 day discussing the pros and cons of hormone therapy. This discussion will include a detailed discussion of bioidentical hormones, readily available prescription bioidentical hormones, compounded formulations and how to adjust formulations based upon symptoms. Handouts, monographs and research abstracts will be provided at the beginning of the course.

Botanical Materia Medica:

Black cohosh (*Actaea racemosa*)
Black haw (*Viburnum prunifolium*)
Blue cohosh (*Caulophyllum thalictroides*)
Cramp bark (*Viburnum opulus*)
Chastetree (*Vitex agnus castus*)
Damiana (*Turnera diffusa*)
Dandelion (*Taraxacum officinale*)
Dong quai (*Angelica sinensis*)
Ginger (*Zingiber officinale*)
Ginseng (*Panax ginseng*)
Hops (*Humulus lupulus*)
Kava (*Piper methysticum*)
Lemon balm (*Melissa officinalis*)
Motherwort (*Leonurus cardiaca*)
Nettle (*Urtica dioica*)
Oats (*Avena sativa*)
Raspberry (*Rubus* spp)
Sage (*Salvia officinalis*)
Saint John's wort (*Hypericum perforatum*)
Schisandra (*Schisandra chinensis*)
Skullcap (*Scutellaria lateriflora*)
Shatavari (*Asparagus officinalis*)
Tea (*Camellia sinensis*)

Non-botanical Supplements:

DIM	Calcium D-glucarate
Indole-3-carbinol	Melatonin
Various Vitamin/Minerals	

Botanical Medicine Institute

- in charming Santa Fe, New Mexico

Santa Fe is one of the most beautiful cities in the United States, consistently rated as one of the top five travel destinations in North America. Make sure you stay an extra day or two to explore the many art galleries, museums, shops and restaurants that Santa Fe has to offer. During the week of our intensive you will have the opportunity to go to an open-air opera if you choose, or stay through the weekend and attend the International Folk Art Festival. Don't forget walking & shopping in the Santa Fe Plaza. You may want to come by yourself to study, rest and relax. Or you may want to bring a special someone or your family to enjoy this amazing jewel of the Southwest. There truly is something for everyone in Santa Fe.



Class Limited to 20. Register Now!

Call: (505)424-3300 or Visit: www.DrLowDog.com/Herbal_Classes.html

email: DrLowDog@DrLowDog.com

Things to do during your stay:



It's Opera Season:

The striking, state-of-the-art, open-air theater has won numerous design awards and commands a panorama of breathtaking scenery of the Jemez Mountains to the west and the Sangre de Cristo Mountains to the east. Four operas will be presented the week of our classes: www.SantaFeOpera.org

Aug 17th - "The Tales of Hoffmann" Aug 18th - "Albert Herring"

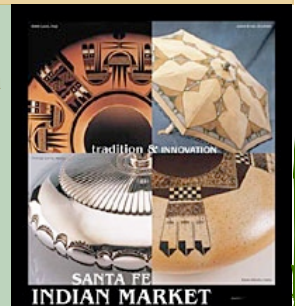
Aug 19th - "Life is a Dream" Aug 20th - "Madame Butterfly"

Shows at 8:30 PM; Preview Buffet at 6:00 PM

SANTA FE INDIAN MARKET

The Santa Fe Indian Market is in the historic downtown plaza in beautiful Santa Fe, New Mexico. The streets of downtown are transformed into the largest Native arts market and exhibition. There is nowhere else in the world you can go and see this many Native artists exhibiting in one place. AUGUST 21-22, 2010

www.swaia.org



BOTANICAL MEDICINE INSTITUTE
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SANTA FE, NM 87507
PH: (505)424-3300 / FAX: (505)424-3108

HERBAL INTENSIVE COURSE: (CHECK DESIRED COURSE BELOW)

“STRESS, IMMUNE AND MENTAL HEALTH - JULY 6-9, 2010

“WOMEN’S HEALTH” - AUGUST 17-20, 2010

- REGISTRATION FORM -

NAME: _____

STREET: _____

CITY: _____ ST: _____ ZIP: _____

PHONE: _____ EMAIL: _____

COURSE FEE: \$500.00*(PER COURSE)
(Includes: all classes, field trip, and lunches)

PAY BY:

CHECK (ENCLOSED)

CREDIT CARD:

VISA

MASTERCARD

CARD NUMBER: _____ EX DATE: _____

SIGNATURE

DATE

TOTAL PAID

REGISTRATIONS PAID BY CREDIT CARD CAN BE FAXED TO (505)424-3108

-OR-

EMAILED TO: DRLOWDOG@DRLOWDOG.COM

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*A \$50.00 CHARGE APPLIES FOR ANY CANCELLATIONS AFTER APRIL 1, 2010.