

National Herb Day 2025 Speaker Schedule

Location	Barn	Field Tent	Maple Tree	Meet at Welcome Tent
9:30-10:30	Oxidative Stress & Free Radical Damage Contributions to Disease & Aging	Kitchen Medicine	The Fundamentals of Being Healthy	Qi Gong for Health & Healing
	Glenn Gero, ND, Dsc, RH (AHG) What contributes to elevated reactive oxygen (ROS) and how can this compromise our health? We'll go over lifestyle, nutritional, and herbal interventions to prevent damage.	Freedom Flowers, Traditional Herbalist An ancient practice woven into the daily lives of healers, grandmothers for centuries. Based on the understanding that food is medicine & herbs that boost digestion, immunity, and restore balance.	David Harder, RH (AHG) Ok so if eating well, sleeping soundly and staying active are fundamental pillars to enduring health, how can you enhance digestion, improve sleep & boost stamina?	Diane Hynes, LMT, CMLDT, ATC The 8 pieces of Brocade - flowing movement & directed breath.
11:00-12:00	The Power of Nature in Cardiovascular Wellness	Adaptogens: Herbs for Strength, Stamina, & Stress Relief	Maximizing Your Memory Holistically: Unlock the Power of Neurochemistry	Garden & Greenhouse Tour
	Kerry H. Adams, RH (AHG) Explore herbal remedies & lifestyle adjustments that enhance heart health. Learn valuable insights about the vascular system and blood circulation.	David Winston, RH (AHG) David will introduce how adaptogens work to normalize the body, enhance stress resilience, & restore our health.	Charis Lindrooth, Owner Bontanicwise Dive deep into the fascinating world of neurochemistry & holistic wellness with Charis as your guide.	Patrick McDuffee of Well-Sweep Tour the Formal Herbal Garden and Greenhouse with Partrick - 3rd Generation of Well-Sweep.
1:00	Book Signing at David Winston's School Booth			
12:30-1:30	Ancient Women's Wisdom	Getting Down to Our Roots: Growing, Harvesting, & Using Herbal Root Crops	Spring Natives	Botany for Herbalist
	Jennifer O'Hagan, RH (AHG) Indigenous people had methods to understand and remedy female issues. We will cover common conditions, what their cause is, and alternative options for healing.	Linda Shanahan, MSN, RN, Herbalist, Bluestem Botanicals Join Linda as she dives deeply into tips & tricks for growing your own root crops. We'll learn how to harvest, process, and store them.	David Hyde, owner Well-Sweep Presentation on spring natives and nativars, the benefits of these beauties. How to keep them happy, select, transplant and grow.	Richard Mandelbaum, RH (AHG) Join Rich for an amazing herb walk exploring Well-Sweep Farm.
1:45	Raffle Drawing @ Raffle/Sponsor Tent			
2:00-3:00	Bring the Butterflies to You!!	Caring for Caregivers	Herbal Support for Spring Allergies	Garden & Greenhouse Tour
	Sharon Wander, Wander Ecological Consultants Learn how to best garden with native plants for our winged beauties! We'll go beyond catalog descriptions (which are often wrong) and learn real life lessons on nature.	Amanda Crooke, Herbalist & Farmer It's not always easy taking care of yourself when caring for others. Explore supportive herbs for the caregiver, and how to fit them into your busy life.	Cheryl Karcher, Herbalist - Hilltop Herbals Learn the physiology of allergic reactions and how herbs, and herbal hydrotherapy, can reduce acute symptoms and avert allergic reactions. A demo of a herbal respiratory steam will be included.	Patrick McDuffee of Well-Sweep Tour the Formal Herbal Garden and Greenhouse with Partrick - 3rd Generation of Well-Sweep.
3:15	Raffle Drawing @ Raffle/Sponsor Tent			
3:30	Gathering of David Winston's Students at Welcome Tent for Group Picture			
3:45-4:45	Insulin Resistance: an Integrative Approach	Tasting the Medicine: How Flavor Reflects Biochemistry & Therapeutic Action	Botanical Tea Meditation	Herb Walk
	Jim Furey, Herbalist, ND, MH Learn about insulin resistance and how we can use lifestyle, diet, & herbs to help combat this phenomenon.	Richard Mandelbaum, RH (AHG) Explore what an herb's taste tells us about its energetics & actions. The major flavors of herbs: sweet, bitter, pungent/acrid, sour, & salty which reflect major classes of phytochemical constituents.	Michele Crosta, MotMot Collective Dive deep and listen as the plants guide our senses to connect inward to hear them.	David Winston, RH (AHG) Join David for an informative walk through Well-Sweep's Medicinal Gardens.