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## Feel Good Friday: Secretly Talking Trees and Medicine from the Sea

1 message

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**Grassroots Herbalism** <healing@herbalhealingpathway.com>  
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To: 

Fri, Jul 13, 2018 at 9:14 AM



### Kelp

Kelp, rich in minerals and medicinal qualities, comes in many forms and goes by many names. This amazing protein can be found around the globe in saltwater environment. Kelp makes itself readily available to us by washing up on beaches, like the genus *Ulva* (*Green Ribbon* or *Sea Lettuce*) pictured here on a Pacific Northwest beach.

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**♥ PLANT - SPIRIT - MEDICINE ♥**  
**UBC Botanical Gardens July 15, 2018 10 am - 3 pm**

***A Few Spaces Left***

*Register Today!*

♥ Learn how to deeply connect to our living medicine.

♥ Nourish your body, heart and spirit in these beautiful gardens while learning their medicinal and culinary uses.

♥ Learn how to tune into the trees, shrubs and plants for guidance and healing.

### **Don Ollsin is a Master Herbalist and Shamanic Practitioner.**

A shaman in his tradition is a healer of relationships. Relationship to the plant, the environment, people, your community and your self.

### **Don uses the plants and the environment to help facilitate deep healing.**

If you're like many of the people we work with, you see plants not only as beings that give us oxygen, shelter, clothing, fiber, beauty and delicious food but also as something more - maybe as teachers that bring us much needed healing and give us lessons about how to live. Even if you don't believe in plant deities, you kind of like the idea and believe that plants are not only alive but sentient and can communicate with us. You believe that working with plants and the natural environment is intimately connected with deeper emotional, psychological and spiritual healing.

And so you're drawn to learn more about how to work with the plants.

Don has trained extensively with Ellen White, Coast Salish Elder and Shaman, Dorothy McLean from Findhorn and many other

### **Read more about Don.**

<https://grassrootsherbalism.com/aboutus/>

**Cost: \$100.00**

Participants responsible for their own entrance fee into the gardens.

To learn more or register: [Click Here!](#)

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## ***Herb of the Week*** **Kelp**



### **92 Nutritional Elements**

In [Pathways to Healing](#), Don Ollsin includes kelp in his "Herbs that Keep You Healthy" section. Kelp boasts 92 nutritional elements and is hailed by many as a superfood. Among the nutritive benefits of kelp, you will find high amounts of vitamin C, zinc, magnesium, pantothenic acid (vitamin B5), iron and calcium. Kelp is a rich

source of potassium and contain more mineral than land plant

### Thyroid Support and More

Naturally rich in iodine, kelp is excellent medicine for those who need to improve thyroid function. This plant is wonderful for increasing energy level, bringing weight into balance and is supportive to your brain function, digestion, pancreas and pituitary gland.

### Ayurveda, Traditional Chinese Medicine and the West

Don recommends kelp for relieving nervous tension and finds it very helpful for Wind constitutions. Kelp is both salty and sweet; it is heating to the body and reduces Vata while increasing Kapha and Pitta as we learn in *The Yoga of Herbs*. In Traditional Chinese Medicine, kelp works on the kidney, liver and stomach meridian and is used to strengthen stomach Qi.

It is important to insist on the highest quality kelp. There are many types of kelp found around the world, learn a bit about edible kelp from [Northern Bushcraft](#).

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### How Trees Secretly Talk to Each Other

Known fondly as the World Wood Web, trees have a secret communication system that runs deep below the Earth. Sentient, powerful beings, trees play a critical role in our survival on many levels. Connect with trees and many other plants in Don's upcoming class, [Plant-Spirit-Medicine](#) at the UBC Botanical Gardens on **July 15th**.

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## Online Herbal Course accepting registrations now.

Register early and receive a reference list to books, videos and websites that go with the modules.

Also get access to our *Learning How to Learn* module when you register [here](#).

*"Let me be real here, it is a struggle connecting with a real herbal education. There are a ton of online herbal education courses. They run the gamut; we can choose from intensely in-depth or casually light, we have general comprehensive courses as well as a plethora of modality-specific programs.*

*With so much of our lives online there is a **deep longing for "realness" and authenticity**. We have what seems like infinite options, and it's a job in and of itself to figure out what we want. Then we need to find how to get there, and **hope that the process accesses the deep aspects of experience our souls crave** ... it's a tall order indeed.*

*Truly Don's program met so much of my searching Don and his herbal mentorship collective (and I'm truly honoured to count myself among such awesome company) **are actively, effectively, and dynamically facilitating real connection and understanding of real plant teachers** and the herbalists who work with them. I'm grateful."*

***The initial feeling when I jumped on the program was relief.** The plants themselves can fully shine when the teaching, intention and framework is dynamic, honest, and engaged. **Authenticity and genuine connectivity catalyze real learning** and by extension (hallelujah!) personal growth.*

**Lauren Palsa RMT, RYT**

- Presently a member of Don Ollsin's Herbal Mentorship Collective 2017
- Graduate of Herbal Healing Journey - Spring 2017

**Study ahead! Learn about Herbs, Ayurveda, Dreambody and Shamanism *in Don***

*Ollsin's book [Pathways to Healing](#).*

### Coming Soon!

**Grassroots Herbalism Community** hosted on a private dedicated server. We will let you know as soon as it is ready. We are working on it.

Here you will be able to participate with other herbal students, advanced and beginners.



Proud Supporters of United Plant Savers

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