



# Herbs . . .

for the Immune and Autoimmune Systems

**Allergies acting up? Feeling tired and out-of-sorts? Want to find a natural herbal solution to give you relief?** Join us on March 19 when Shari Kilman, owner of Omni Star Farm in Boerne Texas, brings her expertise about healthy herbs to the San Antonio Herb society members and guests.



**As a Clinical Herbalist,** Shari enjoys sharing the history of herbal medicine, applying ages old and respected plant remedies to a wide array of health challenges. A large focus has always centered on mothers, children, and the childbearing years. Her book, “Green Remedies For Midwives and Mothers” is a personal compilation of remedies that have worked for common problems in pregnancy and childbirth.

**At the farm,** Shari maintains an ever growing medicine garden, fully stocked herbal pharmacy, as well as a small herd of llamas and dairy goats. Plant walks and Herbal preparation classes are available throughout the spring, summer and fall. Specialty classes are ongoing throughout the year, and presented by request throughout the United States. Private consultations are available by appointment.

Hospitality begins at 6:30 pm (names beginning N-S bring a savory snack and its recipe), the meeting begins at 7 pm, concluding at 9 pm. We're at the San Antonio Garden Center, located on the corner of Funston and N. New Braunfels. **The meeting is free and open to the Public.**

For more information, check out our web site at [www.sanantonioperbs.org](http://www.sanantonioperbs.org)