



Herbs for Health

September brings sniffles and sneezes, but healing herbs can bring relief to you and your family with their natural, soothing properties. Come to the September 13th meeting of the **San Antonio Herb Society** and meet three expert teachers who will give hands-on demonstrations of helpful herbal treatments and techniques that you can learn to make yourself.

The program will begin with a short panel session featuring the three speakers who will share their thoughts and experiences using natural herbal-based remedies to promote health and well-being.

The presenters are:

Shari Killman, Master Herbalist and owner of Omni Star Farms. Shari will discuss and demonstrate the soothing herbs that help you sleep. She will show you the dried herbs that are commonly used in time-proven sleep formulas that are gentle and effective. With her guidance, you can create your own holistic sleep tea formula to make at home.

Mackenzie Hardy, aromatherapist and essential oil expert from Florame Aromatherapie, will discuss specific essential oils for the respiratory system. Mackenzie has extensive knowledge of formulas and synergies that work as well in our San Antonio area as the do in France, where Florame is based. She will discuss inhalation and massage, and the best methods and oils to use to optimize easy breathing and respiratory health.

Jean Dukes, health practitioner and aromatherapist, will demonstrate practical ways to use anti-bacterial essential oils in your home to help fight germs and promote a healthy organic environment. She will show you how you can create a unique and inexpensive container of natural cleansing “handy wipes” which not only smell wonderful, but keep bacteria at bay.

After the demonstration portion of the program, each presenter will be on hand at an individual resource and information table with all of the materials for their projects available for purchase. They will also be happy to answer your questions and to share hand-outs and additional information about healing herbal materials and techniques.

Note from the San Antonio Herb Society: As with any program focusing on herbal health, these herbal projects and formulas are given for reference purposes only and are not designed to diagnose, prescribe, or treat illness, or injury; and that, like food, a person may have a personal reaction to any herb that is not necessarily a toxic substance.