



The Natural Nurse

Ellen Kamhi PhD, RN, AHG, AHN-BC

www.naturalnurse.com 800-829-0918

Spring- Summer 2017

Books

The Natural Medicine Chest
Arthritis- The Alternative Medicine Definitive Guide
Cycles of Life-*Herbs and Energy Techniques for Women*
The Natural Guide to Great Sex
Weight Loss, The Alternative Medicine Definitive Guide
Synchronous Connections
Supplements for Pain
Keys to Virility and Vitality

See all and order: <http://www.naturalnurse.com/products/books/>

Herb Certification Course Study with The Natural Nurse® Online to earn a Certificate, CE Credit, or personal enrichment
Visit www.naturalnurse.com/Education

Radio	90.1 fm WUSB (www.wusb.fm)	Fri	6-7pm
	90.3 fm WHPC (http://goo.gl/OFghrT)	Tues	3:30 pm
	90.3 fm WHPC (http://goo.gl/OFghrT)	Sun	10:30 pm
	Gary Null Network: Archived 24/7 :		
	www.prn.fm	Tues	10-11 am
	Free Classlets : www.youtube.com	type Ellen Kamhi	

Radio Anytime Archive

<http://www.naturalnurse.com/category/radio-shows/>

PERSONAL CONSULTATIONS: one on one -Natural Remedies for Yourself and Your Family- Oyster Bay Office, or via Phone or Skype

<http://www.naturalnurse.com/services/consult-education/>

PRESENTATIONS By ELLEN KAMHI PHD,RN, AHG, AHN-BC
Call 800-829-0918 or email naturalalt@juno.com

NATURAL MEDICINE CLASS- CENTURY VILLAGE

Thurs March 2, 2017

6:30-8:00 pm

Natural Medicine Class 1

Century Village, Deerfield Beach Florida

Register: Register: kdove@cveevents.com, [954-428-6892 Ext 4](tel:954-428-6892)

Thur March 9, 2017

6:30-8:00 pm

Natural Medicine Class 2

Natural Herbs for Health

Century Village, Deerfield Beach Florida

Register: kdove@cveevents.com, [954-428-6892 Ext 4](tel:954-428-6892)

Thur March 16, 2017

6:30-8:00 pm

Natural Medicine Class 3

Natural Herbs for Health

Century Village, Deerfield Beach Florida

Register: kdove@cveevents.com, [954-428-6892 Ext 4](tel:954-428-6892)

Thur March 23, 2017

6:30-8:00 pm

Natural Medicine Class 4

Natural Herbs for Health

Century Village, Deerfield Beach Florida

Register: kdove@cveevents.com, [954-428-6892 Ext 4](tel:954-428-6892)

Sunday March 5th

2:00-3:30 pm ONLINE

Cycles of Life, Herbs for Woman

\$35.00, \$25 Early registration

<https://www.holisticlivingschool.org/events/online-cycles-of-life-herbs-for-women/>

Tues March 14

6:30- 8:00 pm ONLINE

Scientific Validation of Botanical Medicine

1.5 CEUs available to Massage Therapists, Acupuncturists, Dietitians, Midwives and Nurses. - Open to All!

\$35, (\$25 register before March 7)

<https://www.holisticlivingschool.org/events/online-scientific-validation-of-botanical-medicine-2/>

Sat April 8

9:30-11:00 am ONLINE

HERBAL PRODUCT MARKETING- LEGAL CONSIDERATIONS

2 CEU credits for Massage Therapists, Dietitians, Nurses, Midwives.

Thinking about making your own herbal products to sell?

We will outline definitions of marketing and labeling that is regulated by government organizations in the United States, and specific resources where a manufacturer can access compliance criteria. Ellen Kamhi PhD RN will share her expertise as an herbal formulator and regulatory consultant in the Nutraceutical Industry, so you will not be forced to say " I did not know" – not a defense!

Register and More Information:

<https://www.holisticlivingschool.org/events/online-herbal-products-marketing-legal-considerations-2/>

Wed April 12

4:00-5:00 pm

ONLINE WEBINAR

BERBERINE CONTAINING PLANTS

Bitter/Sweet Alkaloid Story

Free and Open to Health Professionals (Herbalists Included)

Plants are composed of a complex variety of chemical constituents that give them their beauty, diversity and supportive actions. Among all of the constituents found in plants, nitrogen containing alkaloids are among the most powerful, as well as the most addictive and toxic! Nearly all plants that offer support enclose some kind of alkaloids within their structure.

We will discuss a variety of plants, including:

Goldenseal, Coptis, Barberry, Oregon Grape, and California Poppy

https://gaiaprofessional.webex.com/mw3100/mywebex/default.do?noMenu=true&siteurl=gaiaprofessional&service=6&rnd=0.6231266758484759&main_url=https%3A%2F%2Fgaiaprofessional.webex.com%2Fec3100%2Feventcenter%2Fevent%2FeventAction.do%3FtheAction%3Dlandingfrommail%26%26%26EMK%3D4832534b00000003d929c41470b000c87ff5c9a21b7e3315364fbad57586e2e880d053793104295a%26siteurl%3Dgaiaprofessional%26confViewID%3D1759002440%26encryptTicket%3DSDJTSwAAAAOUJ6Wrm3ZkMWKZ8KeZK96n4BFE6zjiPssp69rDfkUdeg2%26email%3Dherbalist.mae%2540gmail.com

Wed April 19

6:30 pm

American Herbalist Guild Long Island Chapter

Free! Open to All!

Basics of Herbal Medicine, plus Wild Medicine Plant Walk (weather permitting)

264 Sea Cliff Avenue

Sea Cliff, NY 11579

800-829-0918 or email Angus Towse – AHG LI Chapter President

angus@greenmannaturalhealth.com

Sunday April 23

9:00 am – 1:00pm

CONVERSATIONS WITH OUR ELDER HEALERS

A Live Conversation with Dr. A.U Ramakrishnan

Introduction by Robert Street

Creating a platform where we could all learn from our elders in the hopes of empowering homeopathy, herbalism and other forms of alternative medicine through surviving legacy and wisdom.

Taller Latino 215 E 99th St, New York, NY 10029

Information: DrCarinaLopez.com

DoctorCarinaLopez@gmail.com

917-701-8549

FREE! SPACE IS LIMITED

Sun April 30

(next Date Sept 24)

11 am- 4:00 pm

China Town Herb Walk Ecotour for Cure!

Chinese Herbs, Chi Kung, Chinese Museum,

Buddist Temple and more!

China Town, NYC

800-829-0918

REGISTER EARLY-SPACE IS LIMITED AND SELLS OUT!

<http://www.naturalnurse.com/chinatown-herb-walk>

Wed May 10

6:30pm-8:00pm ONLINE

Thyroid, Adrenal, Pituitary- the Sacred Triune

The ancient Chakra System describes energy centers within the body that need to be balanced to maintain health. When we look scientifically at the function of the thyroid , adrenal and pituitary glands, we can understand the mirror between the emotional, spiritual and physical aspects of health, as they are linked by this Sacred Triune. So many people suffer from lack luster energy, digestive disorders and underwhelming vitality which herbalists can assist with to restore health and balance. What is the difference between T 3, T 4, TSH , Cortisol?? We will explore the scientific basis of the dysregulation of these glands, and natural remedies and herbs that can happily restore health and balance. \$35/ \$25 early registration

Register: <https://www.holisticlivingschool.org/events/online-thyroid-adrenal-pituitary-the-sacred-triune-3/>

Thurs May 11

6:30 pm

American Herbalist Guild Long Island Chapter

Free! Open to All!

Herbal Medicine for Allergies, plus Wild Medicine Plant Walk

Oyster Bay Library, 89 East Main Street, Oyster Bay, NY 11771

800-829-0918 or email Angus Towse – AHG LI Chapter President

angus@greenmannaturalhealth.com

Sat May 13

9:30- 11:00 am ONLINE

The Basics of Herbal Medicine

Essential vocabulary extracts, tinctures, capsules, infusions, and decoctions, as well as the safety and efficacy of herbal medicines.

Information and Registration: **561-413-3499**

<http://bodywellness.com/herb-classes-certifications/>

This class is eligible for:

18 CE BROKER CREDITS(when 4 class series is complete) for Licensed:

- REGISTERED NURSES
- MIDWIFES
- MASSAGE THERAPISTS
- ACUPUNCTURISTS
- DIETITIANS
- NUTRITIONISTS

Sun May 21

9:30- 11:00 am ONLINE

Leaky Gut Syndrome- Natural Solutions!

There are multiple influences that promote the inflammatory process involved in GI disturbances ranging from irritable bowel distress to the more complex manifestations of Crohn's disease. One well documented causative factor is compromised intercellular junctions in the GI mucosa leading to intestinal permeability. In this presentation, we will

discuss the mechanism of action that initiates and complicates inflammation when intercellular junctions are compromised, discuss diagnostic tests that can help identify this process, and present several evidence based herbs and natural interventions that can be used to positively influence this condition.

Fee: \$35.00

Early Bird Registration: \$25 *until May 14th.*

Tues June 6

6-7:30 pm

Wild Medicinal Herb Walk

Restoration Farm, Old Bethpage, NY

Visit a REAL WORKING ORGANIC FARM- Right in Old Bethpage!

Discover the wild medicine growing right under your nose! Walk the gardens and fields identifying plants commonly disregarded as “weeds” and learn about their various medicinal properties.

Email: info@restorationfarm.com , 516-572-8408

<http://www.naturalnurse.com/services/herb-walks-and-medicine-making/>

Wed June 7

6:30-8:00pm

Botanical Remedies for Pain (ONLINE)

3 CEUs are offered for Massage Therapists, Dietitians, Nurses, and Midwives

Current medical literature is documenting the link between inflammation and degenerative illnesses, including Arthritis, Alzheimer's, Diabetes, Heart disease and Cancer. Societies around the globe have experimented with natural remedies that modulate inflammation for centuries. Scientific evidence supports many of these traditional therapeutics, which have a much better risk to benefit profile than conventional drugs such as Vioxx, Celebrex and NSAID's, especially for long term use. In this presentation we will discuss the basic etiology and range of substantiated natural constituents that

may help prevent or ameliorate inflammation.

REGISTER: <https://www.holisticlivingschool.org/events/online-botanical-remedies-for-pain-inflammation/>

Sat June 10

9:30- 11:00 am ONLINE

Botany & Botanical Nomenclature

The importance of Latin names when communicating with other herbalists, the Doctrine of Signatures, and Shamanic health rituals.

This class is eligible for:

18 CE BROKER CREDITS(when 4 class series is complete) for Licensed:

- **REGISTERED NURSES**
- **MIDWIFES**
- **MASSAGE THERAPISTS**
- **ACUPUNCTURISTS**
- **DIETITIANS**
- **NUTRITIONISTS**

Information and Registration: **561-413-3499**

<http://bodywellness.com/herb-classes-certifications/>

Sun June 11

11 am- 4 pm

Restoration Farm, Old Bethpage, NY

Edible & Medicinal Herb Walk, and Medicine Making Workshop

Join Natural Nurse Ellen Kamhi, along with Master Herbalist Dr. Eugene Zampieron, ND, as we walk the gardens and fields of Restoration Farm, identifying and gathering edible and medicinal herbs. Then we will process herbs into salves, cough medicine, tinctures, and smudge sticks that you can take home. Participants should bring a bag or basket for gathering herbs and a small jar for storing a tincture. Fee: \$45.00

Email: info@restorationfarm.com , 516-572-8408

<http://www.naturalnurse.com/services/herb-walks-and-medicine-making/>

Tues June 13

6:30 pm

American Herbalist Guild Long Island Chapter

Free! Open to All!

Basics of Herbal Medicine, plus Wild Medicine Plant Walk (weather permitting)

264 Sea Cliff Avenue

Sea Cliff, NY 11579

800-829-0918 or email Angus Towse – AHG LI Chapter President

angus@greenmannaturalhealth.com

June 14-19

American Society Of Dowsters

2017 National Convention

Saratoga Springs, NY

Ellen Kamhi PhD RN

Dowsing Edible & Medicinal Wild Plants-Preparing an Energetic Essence Remedy

Right on the Skidmore Campus we will find an amazing array of wild, edible and medicinal plants. Let's explore, dowse and communicate with the myriad of plant friends and entities that surround us.

Remember, anywhere that humans lived before there were grocery stores, wild plant food and medicines are there! You just have to learn where to look.

We will investigate, identify and communicate with our plant friends, ask their permissions, and gather those who 'volunteer' to join us on our healing journey.

If possible, BRING SCISSORS and a SMALL JAR so you can take home your own ESSENCE REMEDY that we will prepare right in the field, depending on what we find on our wild weed walk!

<https://dowsers.org/2017-workshops-offered-on-sunday-and-monday/>

Sat July 8

9:30- 11:00 am ONLINE

Using Herbs for Yourself and Your Family- Herbal Protocols for Common Health Issues

This class is eligible for:

18 CE BROKER CREDITS(when 4 class series is complete) for Licensed:

- REGISTERED NURSES
- MIDWIFES
- MASSAGE THERAPISTS
- ACUPUNCTURISTS
- DIETITIANS
- NUTRITIONISTS

Information and Registration: **561-413-3499**

<http://bodywellness.com/herb-classes-certifications/>

Wed July 12

6:30 pm

American Herbalist Guild Long Island Chapter

Free! Open to All!

Herbal Medicine for Allergies, plus Wild Medicine Plant Walk

Oyster Bay Library, 89 East Main Street, Oyster Bay, NY 11771

BEACH WALK – MEDICINAL WILD HERBS if GOOD WEATHER

Meet Under the Gazebo at Teddy Roosevelt Beach

800-829-0918 or email Angus Towse – AHG LI Chapter President
angus@greenmannaturalhealth.com

Fri July 14- Sun July 16

United States Psychotronics Association National Conference

Hyatt Regency in Deerfield, Illinois (near Chicago)

Exploring Subtle Energy: The Past, Present, and Future”

Ellen Kamhi, PHD RN Speaker along with Dr. Glen Rein, Dr. Linda Lancaster, Dr. William Tiller, AND MANY OTHERS!

<http://psychotronics.org/conference.php>

Sat July 23

9:30- 11:00 am ONLINE

Sexual Health for Men and Women-Naturally!

When Viagra hit the market, it quickly became one of the best selling drugs of all time. That statistic is an indication of the current interest in sexual enhancement. With baby boomers hitting the fifties, both men and women are reevaluating their lifestyles, looking for ways to keep the sexual aspect of life juicy and vital. While Viagra and Hormone Replacement Therapy hold out promise for rejuvenation, people who use these drugs run the risk of serious side effects, sometimes even fatal ones. Natural Remedies have been used throughout human history to stave off the effects of aging. Ancient texts from China and India as well as the teachings of various traditions offer specific herbs, foods, exercises, and techniques that can be incorporated easily into our modern routine. These natural substances and rituals have held up to the rigors of scientific scrutiny, as well as being proven by thousands of years of documented traditional use, to be safe and effective. Tuition: \$35 *Early Bird Registration of \$25 available until July 16th*

<https://www.holisticlivingschool.org/events/online-sexual-health-naturally/>

Sat Aug 12

9:30- 11:00 am ONLINE

Feeling the Consciousness of Plants-Interspecies Communication

This class is eligible for:

18 CE BROKER CREDITS(when 4 class series is complete) for Licensed:

- REGISTERED NURSES
- MIDWIFES
- MASSAGE THERAPISTS
- ACUPUNCTURISTS
- DIETITIANS
- NUTRITIONISTS

Information and Registration: **561-413-3499**

<http://bodywellness.com/herb-classes-certifications/>

Sun Sept 24

11 am- 4:00 pm

China Town Herb Walk Ecotour for Cure!

Chinese Herbs, Chi Kung, Chinese Museum,

Buddist Temple and more!

China Town, NYC

800-829-0918

<http://www.naturalnurse.com/chinatown-herb-walk>