

OCTOBER 16-18, 2014
THE SENTINEL HOTEL, PORTLAND, OR

SESSION DETAILS

Session #: 214
Title: Herbal Prescribing Basics
Speaker: Lori von der Heydt, ND
Date: Friday, October 17
Time: 3:45-5:00 p.m.

CE Contact Hours: 1.25
Pharmacology Hours: 0

SESSION DESCRIPTION

We will explore the many actions of a number of often-used herbs and how you might correctly utilize them to aid your patients' health and well-being. This presentation includes common actions of herbs; rationale for applying those actions; using the whole plant versus the standardized part; the different forms of plant medicines such as teas, capsules, tinctures and ointments; dosing; & drug-plant interactions. Herbal medicines offer a wide array of healing properties that deserve recognition and respect. This presentation will introduce you to both the simplicity and complexity of herbal prescribing and hopefully inspire you to learn more about the powerful healing ability of plant meds.

LEARNING OBJECTIVES

Upon completion of this session, the learner will be able to:

1. Describe the common actions of herbs.
2. Describe actions of herbs in order to select appropriate herbs for common conditions.
3. Discuss the different forms of herbs and propose therapeutic dosages for each.
4. Identify the most common herb-drug interactions and assess under what situations herbal medicine avoidance is prudent.

DISCLOSURES

Conflict of Interest for Planners & Presenter:

- The planners of this CNE activity declare no conflicts of interest in the development and implementation of this educational activity.
- This presenter declares no conflict of interest. As faculty/presenter for this activity, presenter attests that they will provide the best available evidence for this content and present information fairly and without bias.