



## **Talks & Workshops**

### *Herbs: Medicinal, Magical, Marvelous!* (45 minutes)

HMMM, based on her book, is an introduction to the use of herbs in both medicinal and magical contexts. Speaking in plain language, yet touching on the scientific, DJ gives theories as well as practical applications to help the beginner along his or her path of herbal exploration.

### *Your Spice Rack: Nature's Pharmacy* (45 minutes)

Anyone who cooks has a cupboard or rack of culinary herbs. *All* of these can be used medicinally, as well! DJ provides the medicinal uses of 15 herbs found in most kitchens, as well as typical, easy preparations to help a variety of minor ailments experienced in most households.

### *Herbs 101* (4 hours)

Herbs 101 is an introduction to the use of herbs. Learn how to use natural solutions for specific problems. 30 easily-obtainable herbs are discussed as well as cultivation, harvesting and methods of preparation. (Magical applications may or may not be included at your request.) Handout.

Deborah J. "DJ" Martin is a medicinal and magical herbalist, earning her Master Herbalist diploma from the Australasian College of Healthcare Sciences. She is the author of the book, *Herbs: Medicinal, Magical, Marvelous!* (O-Books 2010, ISBN 978-1-84694-372-0). DJ can be reached through her website [www.herbylady.com](http://www.herbylady.com)