



## ALASKA CENTER FOR ACUPUNCTURE

*Presents:*

### **Nourishment from the Ground, Up A Presentation by Stella Lyn of Village Herbals**

**Date:** Thursday, August 26<sup>th</sup>  
**Time:** 7pm-8pm  
**Cost:** FREE  
**Location:** Alaska Center for Acupuncture, Palmer AK (in the Koslosky Center, above Vagabond Blues)

Herbal medicine is the oldest form of healthcare on the planet. People have co-existed with plants since antiquity, and there is an ancient wisdom deep down in our very cells which helps us to know how to take care of ourselves with plant medicine. Re-learn simple ways to reconnect with that wisdom, and learn how to enhance your health and well-being from a preventative stance.

**In this discussion we will:**

- Explore a truly preventative philosophy in the use of herbal medicine
- Discuss holistic approaches using herbs for common ailments/ health concerns
- Discover four powerful herbs and their uses.
- Learn an easy to brew herbal infusion that can give your body the deep nourishment it craves on a daily basis

Please pre-register for this presentation by calling **Alaska Center for Acupuncture at 745-8688** Space is limited, so call early!

**About the presenter:** Stella has been studying and working with herbal medicine since 1994. She has learned about plant medicine from a variety of practitioners over the years, such as renowned herbalists Susun Weed, Rosemary Gladstar, and Janice Schofield. Her own self-study: extensive research, time spent with the plants themselves, and using herbal medicine to care for the health of her own family, has been the most valuable aspect of her training. A wide variety of certified organic bulk herbs, herbal extracts and specialty blends are available through her business in Palmer, AK. For more information, or to schedule a consultation, visit [www.stellalyn.com](http://www.stellalyn.com) or call 541-261-3537

For more information, about this and other upcoming events, visit  
[www.AlaskaAcupuncture.com](http://www.AlaskaAcupuncture.com)