

North Carolina Herbal Gathering
with **Matthew Wood** and **Lise Wolff**
(over sixty-five years of experience combined)

Each day will be from: **10am-4pm**

Please note, the schedule is subject to slight changes based on weather. We will have around a 1.25 hour break for lunch each day plus breaks from indoor classroom curriculum for plant attunement, tongue and pulse evaluation, and a plant walks.

Thursday

The Immune System and Immune Herbs with Matthew Wood

Overview and introduction to the immune system. Immunity of the cells (molecular chaperones and antioxidants), Innate (one-size-fits-all), Adaptive (immune memory), and Thermoregulatory (the basis of old time herbalism, treatment of fever). Excess oxidation and low oxidation and the antioxidants.

Plant Attunement with Lise Wolff

One of the most common herbs, not understood as one of the greatest of immune herbs.

Nature Wisdom, Herbs that Convey Wisdom with Matthew Wood

Nature is alive and Nature is wise. Doctrine of Signatures, law of similarities and opposites, the healing crisis, homeopathy

Friday

Immune Constitutions with Matthew Wood

Reading the Tongue with Lise Wolff

Nature Wisdom and Herbs with Matthew Wood: Nature and Spirituality, Shamanism, Gnomes and Faeries, Specific Indications

Saturday

Immune System and Immune Herbs with Matthew Wood and Lise Wolff

Focus will be on allergies (different for innate and adaptive) and herbs for successful pregnancy (depends in part on adaptive immune system)

Learning to Listen Through the Pulse - with Lise Wolff

"Heritage Gift of the Great Female Remedies." Pregnancy & the dozen female remedies learned from the Native midwives

Sunday

Generational Transmission of Herbal Knowledge with Matthew and Lise

In this class Matthew and Lise will talk about their teachers, what they learned from them and from their students - Indigenous Healing Traditions

Plant Walk and Herbal I.D. with Lise Wolff

Sharing, questions and Answers. Students lead the discussion. Ask anything you want about: herbal indications, the teachers' experiences, herbs, organs, systems, physiology, holistic evaluation, etc.