

Elements of a Community Herbal Apothecary (CHA)

The word 'Apothecary' is derived from apotheca, meaning a place where wine, spices and herbs were stored. During the thirteenth century it came into use in this country to describe a person who kept a shop stocked with these commodities.

In 80% of the world's population, plant-based medicine IS primary health care. Referred to as *Medicine of the People* by Herbalist Susun Weed. Village wise women, healers, and midwives for years have utilized common, local plants for wellness. The Wise Woman Tradition is shared person-to-person, based on nourishment with food and plants, self-love, compassion and heart centeredness. It encompasses activities such as serving a winter wellness tea at a Peoples Clinic, cooking up a comforting soup, applying a compress at a first aid station, blending a salve, even conducting a Plant Identification walk for a community that does not have access to much medicine.

Herbalists Without Borders *Community Herbal Apothecary Project* promotes community grassroots, cost-effective, plant-based health and wellness that is accessible to all people. This need is becoming more urgent due to high costs of mainstream medical care, lack of insurance coverage, along with the resurgence of folk herbalism integrating medicinal and nutritive plants grown regionally. There is a strong need for sustainable, readily accessible herbs and herbal products at any given time, from prevention to times of community emergencies.

Herbalists Without Borders Community Apothecary Project Mission: to optimally encourage an Herbal Apothecary in every community, extending affordable, sustainable Herbal Medicine for all.

Our view:

- Be visionary! Begin a new herb economic model
- Create true accessibility, affordability, sustainability
- Start small and take on what you can manage.
- Work with integrity and your project will draw support. Most CHA's and clinics are heart-centered and compassionate not begun with the vision of being money makers.
- Begin with thoughtful comprehensive assessment of resources in community. Identify the populations you wish to serve and what organizations are already working in those communities (community centers, shelters, other non-profits, etc.) Consider volunteering with those organizations to get a better understanding of the community to be served, their needs, and how your project could be a valuable addition

- Employ a folk herbalism, community grassroots plant-based healthcare and wise woman tradition approach based on Peoples Medicine is Medicine of the People. Plant-based medicine is primary medicine for 80% of the world's population. Make learning and using herbal remedies accessible to everyone
- Know your plant communities, bioregion
- Focusing on local plant allies, common plants and sustainability in plant medicines. Encourage common, ordinary healing weeds (including plantain, chickweed, violet leaf, red clover, dandelions etc) and medicine plants over exotics; Educational sharing to incorporate identification of edible & medicinal weeds in communities...
- CHA can include bulk, organic, wildcrafted and fair-trade herbals
- Know your community growers
- Ensure growing, cultivating & harvesting ethics; includes community cultivating, networking with local growers, and ethical wildcrafting; chemical and pesticide free. Collected at the optimal time and either prepared or dried with care.
- Feeling out the need for rural herbalists, healers and elders in Rural America and working to develop how to network community for them to keep providing care to people. We want to work with and not against the doctors. Local growers and farmers can be provided jobs while supplying apothecaries with organically grown and wild-harvested herbs of the highest quality which have a positive effect on people's health.
- Local-regional cooperation -- Build trust, build coalitions, create cooperatives. Identify your local resources that can contribute (medicine makers, herb growers, small independent health food stores or co-ops, pharmacies, networkers, students, herb groups or organizations, etc
- Research all legal issues, health dept regulations--address all in planning stages. GMP's (General Manufacturing Practices). For example, The state of Georgia regulates the word "apothecary" and only allows those who deal with the pharmaceutical industry to utilize this term.
- Central and visible CHA location to community, neighborhood or rural region
- Possibly located in cooperative space; possible shared community commercial kitchen for CHA, members, small herb businesses, etc
- Space that appeals to the senses
- Educational component to the CHA (mini library, resource materials, handouts)
- Consider mobile herb clinics and portable herb apothecary
- Visionary seed money people to assist in funding, starting the CHA
- Create an inventory system, sliding scale or fair pricing system
- Organize herbal inventory/apothecary considering multiple factors: community needs, cultural diversity, demographics, full spectrum addressing body systems, herb actions, common ailments

- Get the word out--new marketing, new ways
- How to sustain the Community Herbal Apothecary--plants, people, planet, resources

*****Looking for names/links of Herbal Apothecaries and Materials on Starting Up and Maintaining a Community Apothecary. Please send recommendations to Joanne Bauman, Community Apothecary Project Coordinator prairiemagic@gmail.com**

Thinking of how to gather or assemble items for a community apothecary or emergency supply? Whether you purchase supplies, have donations, or gather together to make herbal items for your apothecary, these are suggestions for proper labeling:

All **tincture** labels should include the following: Botanical name / Date (m/d/yr) / Part Used / Fresh or Dry / Lot # / Your Contact info /Menstruum description-% and type of alcohol/glycerin/apple cider vinegar used (i.e. 100%proof vodka/60% organic cane alcohol)

All **Dry herbs**: Please label with the following information: Botanical Name/ Plant Part /

Date harvested/Source (unsprayed, organic / ethically wildcrafted, place of origin (what you can detail about location plant was grown or wildcrafted from)/your contact info

Plant Infused Oils and Salves label with the following information: Botanical Name/ Plant Part /Date/Fresh or Dried/Source /Menstruum/Other Ingredients/Your contact info

The following links provide info on safety procedures, sanitation, intake/consults, labeling, dosing, dispensing, materia medica, what to stock, and much more. Thank you 7Song and Lorna Mauney-Brodek for your assistance and willingly sharing your information to assist others.

Links To CHA's, Mobile Clinics, Free Clinics

Providing Earth-Based Care to Underserved Communities

Lorna Mauney-Brodek, Herbalista

www.HERBALISTA.org

The Herb Bus Mobile Clinic <http://herbus.org/>

We created this mini-manual to help others start free mobile clinics in their neck of the woods. In this manual you will find an overview of how the Herbalista Free Clinic works--from intake forms to dispensary concerns. This book is lovingly a work in progress and we make updates to the manual as we learn from our voyage on the Bus.

http://www.herbalista.org/Herbalista/Resources_files/The%20Herb%20Bus%20Service%20Manual.pdf

http://www.herbalista.org/Herbalista/Resources_files/Herb%20Cart%20Manual.pdf

While the Herb Bus focuses on serving the homeless and other vulnerable populations,, we also recognize that under the current structure of healthcare in the U.S., we are all underserved. So long as our medical and governmental structure prioritizes pharmaceutical medicine and surgical intervention, the people are being denied their right to health. Herb and food based tonic therapy have been a necessary part of our evolution and survival as a species and no "randomized double-blind placebo control study" can negate that fact. Access to healthcare is a human right and the Herbalista Free Clinic's mission is to defend this basic right by nurturing the health of the people.

Thank you 7Song for graciously sharing your informative links. 7Song is a herbal practitioner and Director of Holistic Medicine at the Ithaca Free Clinic. *It is deeply satisfying to be a part of this clinic. Working here has allowed me to be a part of something I wholeheartedly believe in, free medicine. And in the long-run to slowly work towards a true integrative model of health care, here and elsewhere.* 7Song also operates mobile first aid stations at major public events

[Guidelines for Intake](#)

[Holistic Medicine in the Free Clinic](#) - This was written for a talk I on gave at the National Association of Free Clinics.

[Herbal First Aid-Protocols, Pain remedies, Wound care, and Street Medicine](#)

<http://7song.com/files/Herbal%20First%20Aid-Protocols,%20Pain%20remedies,%20Wound%20care%20and%20Street%20medicine.pdf>

- [An Herbalist's View-Digestive Problems in First Aid](#)

- [An Herbalist's View of the Digestive System-Treatment](#)
- [An Herbalist's View-Herbal First Aid-Eye Problems](#)
- [An Herbalist's View-Herbal First Aid-Setting Up a First Aid Station](#)
- [An Herbalist's View-Herbal First Aid-Soft Tissue Injury](#)
- [Herbs for First Aid: Trauma and Wound Care](#)
- [First Aid Checklist 2012](#)

□ [Wilderness First Aid: Pain and Trauma, Food and Water-Borne Illness, Animal Bites and Scratches](#)

Some Ideas For Stocking a Community Herbal Apothecary

Herb Bus Ideas:

Dry Herbs, Pills and Potions, Teas, Wound care, Aromatics-Essential Oils and Herbal Oils,

http://www.herbalista.org/Herbalista/Resources_files/The%20Herb%20Bus%20Service%20Manual.pdf

http://www.herbalista.org/Herbalista/Resources_files/Herb%20Cart%20Manual.pdf

7Song Ideas:

<http://7song.com/files/Herbal%20First%20Aid%20for%20Large%20Groups-pdf.pdf>

Legal Issues and Regulations, General Manufacturing Practices, etc

<http://www.methowvalleyherbs.com/2009/08/fda-on-gmps-notes-on-lecture-by-roy.html>

<http://www.americanherbalistsguild.com/legal-and-regulatory-faqs>

<http://7song.com/blog/2012/10/quick-comments-on-the-gmps-good-manufacturing-practices/>

Small entity compliance

<http://www.fda.gov/food/guidanceregulation/guidancedocumentsregulatoryinformation/ucm238182.htm>