

### Let's Talk about Emmenagogues

There always seems to be confusion around plants assigned the action of emmenagogue. Women wonder are emmenagogues safe during pregnancy? Herbalist wonder if one should offer emmenagogues when the period is heavy? During this workshop we will explore the origins of the word emmenagogue, the difference between emmenagogues and abortifacients, and take a deep dive into the medicine some plants labeled as emmenagogues carry.

Tuesday, January 23, 2024

7:00 – 8:30 pm

On-line

Cost: \$20.00

To register email Abrah at [abrah.arneson@gmail.com](mailto:abrah.arneson@gmail.com)

Please note, if you are not able to take part in the class on the 23<sup>rd</sup>, a recording of the class will be sent out the following morning.

### Let's talk about the Cervix

During this workshop we will take a close look at the cervix, its anatomy and physiology, health challenges and how to protect it with herbal medicine.

Tuesday, February 13, 2024

7:00 – 8:30 pm

On-line

Cost: \$20.00

To register email Abrah at [abrah.arneson@gmail.com](mailto:abrah.arneson@gmail.com)

Please note, if you are not able to take part in the class on the 23<sup>rd</sup>, a recording of the class will be sent out the following morning.

### Let's Talk About Inflammation, Anti-inflammatories and Herbal Medicine

Is inflammation a healing response or a disease process? How are plants that reduce inflammation different from pharmaceutical drugs when it comes to easing inflammation? During this workshop we will look at what inflammation is and its causes as well as how plant medicine helps bring it to resolution.

Tuesday, March 19, 2024

7:00 – 8:30 pm

On-line

Cost: \$20.00

To register email Abrah at [abrah.arneson@gmail.com](mailto:abrah.arneson@gmail.com)

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