

Pre-Program Tour

Tuesday afternoon 1:00 p.m. - 4:00 p.m.

Phyllis D. Light

Registration Fee: \$60



Folk Medicine Techniques

Traditional knowledge, such as folk herbal medicine techniques, encompass a tremendous knowledge of local environments based on generations of living close to nature. These techniques rely on observation and experience based on traditional practices and know-how which may extend hundreds or thousands of years into the past. Traditional folk herbalism is based not only on an extensive knowledge of the local environment but also seasonal movements, knowledge of the country, an understanding of the properties of plants, habits of animals, and how they all function in relationship within the ecosystem. It contains a code of ethics governing appropriate use of the environment, the plant, the relationship between people and the land, people and animals and people and plants. Traditional knowledge links present practices with past ones and is a factor in cultural identity. Above all, traditional folk medicine is practical in nature and exemplifies the use of common sense for problem solving. Join Phyllis for an exploration of folk herbal traditions and medicine-making techniques common to the Southern Appalachians and the Deep South. *This is a hands-on workshop which will include plant identification and traditional uses, herbal tea tasting, and common medicine-making techniques such as tinctures.*

Southern Appalachian Folk Medicine

Traditional Southern and Appalachian Folk Medicine is the most widely acknowledged regional folk medicine in the United States and the only system to develop in this country, other than Native American medicine. Its early development can be traced to influences from Greek or Galenic (humoral) medicine which prevailed in Europe at the time of settlement of this country, Native American plant use and knowledge, and the folk traditions of Africa and the British Isles. From these diverse cultures, a unique constitutional system emerged that is unique to the Southern United States. *Discussion will include brief history of the development of Southern and Appalachian Folk Medicine and the basic tenets of this constitutional system.*

Phyllis D. Light Bio

Phyllis D. Light, MA, RH, is a fourth generation herbalist and healer. Her studies in Southern and Appalachian Folk Medicine began at the age of 10 in the deep woods of North Alabama with lessons from her Creek/Cherokee grandmother and continued with well-known folk herbalist Tommie Bass. She continued her education with a Master of Health Studies from the University of Alabama.

As a practicing herbalist, Phyllis has seen clients for over 25 years. She also worked in a medical clinic in Birmingham, AL and was supervising herbalist at Common Ground Medical Clinic in New Orleans after Hurricane Katrina. One of her goals is to be a bridge between traditional and scientific knowledge.

Phyllis is a registered herbalist and currently vice-president of the American Herbalist Guild as well as a member of the Admissions Committee. Locally, Phyllis is the director of the Appalachian Center for Natural Health in Arab, AL which offers both online and residential classes. www.phyllisdlight.com

Register at <https://www.acmap.org/conference-registration-2017>