

Occupy Medical

Health Care for All

Herbal Team Training and Reference Manual



OM does not discriminate against patients, workers, or applicants for any activity on the basis of race/ethnicity, color, national origin, age, disability, sex, gender identity or presentation, religion, political beliefs, citizenship status, marital status, familial or parental status, sexual orientation, income or insurance.

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Occupy Medical Treatment Team: Who are we?

The OM treatment team is comprised of herbalists who are also experienced in nursing, nutrition, midwifery, wound care, wildcrafting, plant medicine-making, flower essences and mental health. We cover herbalism, nutritional counseling, prescriptions and over the counter products that the OM prescribers specify. We provide resource information, nutritional supplements, wound care and triage services as well as herbal consultations. Becoming a member of this all-volunteer team is a collaborative process and potentially flexible enough for members to find their niche.

All potential volunteers must first fill out an OM volunteer form, available online at <http://occupy-medical.org/volunteer/>. OM Herbalists have an additional application which will be made available to you after the general application is processed. Treatment Team lead(s) & vetted herbal team members will review the application before arranging for the new volunteer to begin shadowing in one or more of three areas: warehouse restocking; OM Herbcrafters/Medicines Herbalist; clinic work on-site. *SEE: OM Herbalist Job Descriptions* for more information on these roles. Check with team lead(s) to schedule a tour.

It is appropriate for any new volunteer to work with the Herbcrafters and warehouse restocking before assuming duties at clinic, although this has not historically been required. Likewise, there are volunteers who never work at clinic but regularly work behind the scenes. Clinic apothecarist & intern times and duties will depend, in part, on the new volunteer's experience, skills and understanding of clinical herbalism. The team prefers that any new person interested in on-site clinical work be willing to complete shifts as apothecarist as well as shadow each herbalist at clinic for at least one shift, after which the team will confer about appropriate placement.

Sometimes the clinic is shorthanded in other areas - wound care & triage, e.g. - and a treatment team member often fills in the gap. A new member of the team would not be expected to fill in a gap until properly trained for that task. Defer to the team leader(s) for details.

The team meets monthly for team business, information sharing, and troubleshooting problems. These are working meetings and all invited team members are welcome to attend. Day to day shop talk among the team happens via email in closed group conversations.

Treatment hours are Sundays, 12-4pm, split into two shifts: 11:30-2 & 2-4:30pm. At least one herbal member should be on site at 11:30am to wipe down the team's work area as well as put away incoming supplies before clients are seen and one team member stays after clinic closes to help pack up the bus. Team members are encouraged to consider shift signups a month at a time in order to best utilize volunteer availability without squandering volunteer energy. Individuals choose what their availability will be. The calendar keeper will email updates and shift requests.

The OM Treatment Team is a functional element of Occupy Medical. All OM protocols are pertinent to this team and all members of the team are expected to familiarize themselves with OM policies and procedures.

Hello Medical Provider (MDs,NDs,NPs,PAs, DCs,DOs)!

Thank you for participating in Occupy Medical! We appreciate you!

In order to help this operation run more effectively, we would like to introduce you to the herbalism component of the clinic and, hopefully, demystify who we are so that you can help us reach the folks who will most benefit from this service.

Herbal medicine can play an effective role in improving such diverse issues as digestive problems, eczema and other skin conditions, anxiety, insomnia, upper respiratory infections, insulin resistance, tooth infections, sinusitis, and many others. We can also compliment your treatment plans for chronic issues such as diabetes and hypertension through supporting the body's innate healing tendencies. For example, the medical provider may address a client's severe hypertension with a prescription while the herbalist may help address the roots of the problem by providing dietary counseling, herbal therapeutics, and holistic health approaches to alleviate stress or other factors compounding the issue. For more about herbal medicine, See: *Herbal FAQs For Medical Providers* at the end of this document.

Herbalism at Occupy Medical is staffed by trained, experienced herbalists who have been vetted by our own team. In addition, many of us are trained and experienced nutritionists, nurses, body workers, social workers, and educators. As herbalists, we do not diagnose or prescribe according to the standards of biomedicine, though we may use assessment and therapeutic modalities informed by traditional medical systems and the conventional health and biosciences.

We offer gentle and effective herbal remedies, vitamins, supplements and a safe space for clients to tell their stories. The application of herbal medicines themselves may in part be thought of as supportive phytochemical 'nudges' aimed at bolstering the terrain of the body-ecology, increasing host resistance and resilience while aiding cellular and organ system functions. Herbalists often view these processes through the lense of a biopsychosocial model, comprising an integrated 'whole' within an individual. Whatever the underlying approach, our job is to support the body's own efforts at healing through focusing on the foundations of health: stress management, healthier digestion, better sleep and needed nutrition. As demonstrated by the broadly emerging scientific disciplines of psychoneuroimmunology and complex systems, through this "Treatment Team" portal we help clients walk away with an improved sense of both physical and emotional well-being.

Generally, clients will see you, the provider, first and then have the option of seeing an herbalist. Please offer our services to the client. Please note whether they want herbals or not and then hand off the chart to us or place it in our stack when you have completed your visit, as we are the first step in each client's discharge planning. We will provide education regarding community resources, prescription procurement, send the client on to the next station or return the chart to the record-keepers for you.

We welcome collaboration with the medical provider team, as we can often create a more effective plan to address the client's health issues when we put our heads together. Please feel free to approach us at any time with questions, suggestions, or concerns. We look forward to working with you, and thanks again for contributing to this important work.

In solidarity,
The Occupy Medical Herbalists

Important things to know

Pink clipboard: or post-it note flag directs you to see that client off the bus. We use this for folks in wheelchairs, claustrophobics, "shoppers" (clients who see the wall of tinctures and suddenly have four more symptoms), and harassers (clients who have pushed the limit of appropriate behavior with staff).

"Dr. White": this is the code word we use internally to indicate we are feeling unsafe or would otherwise like support interfacing with a client. We find this is rarely needed but important for you to know that it is available. A Mental Health Team member and/or a Peacekeeper are also generally available to attend a consultation as needed.

Prescriptions: Never dispense a prescription drug received as a donation. You may notify MDs if a donation comes in and they may store it in their section of the bus if they believe it will be useful to them. If not, give it to the clinic manager for proper disposal at the sheriff's office. *Do not throw in the trash!*

Over the counter medications: We receive many donations that look like someone cleaned out the medicine cabinet of their recently deceased grandma. Things that are expired, damaged, or otherwise unsafe for our clients are disposed of at the apothecary (not on clinic site).

A note about knowledge sharing: There is no one right way to care for someone but we believe that collectively we know more than as individuals. Therefore, to better serve our clients, we do not foster an environment of competitive practices but instead encourage cross-cultivation of ideas and sharing of knowledge. Please do not hesitate to utilize available & reliable references such as books, smartphones, or other herbalists. We believe continuing education is the only way to ensure quality care and everyone benefits from refreshers and reminders! So don't hesitate to check your facts --before, during or after your appointments-- and share what you learn!

Smart phone Apps that are handy

- Medscape Mobile (drug-drug, drug-herb interactions)
- Natural Healer, About Herbs
- Family Practice Notebook (differential diagnosis and MD testing)
- MedSpanish (medical spanish terminology and phrasing)
- ProHerbalist Helper (herbal formulating and dosage application)

Listening is Healing: Herbs will not solve all the problems of the world. The secret to the real work of this clinic is in listening. Compassionate care might include an herbal formula, flower essences, dietary supplements, referral, motivational interviewing etc., or sometimes, just empathy is enough.

Clinical protocol

Reviewing a Chart

Review chart thoroughly, reading over MD and herbal notes from previous visits. Take note of the following:

Are they next in the queue? When did they check in at intake? Take charts in order unless there is a flag to "expedite" their case.

Look for Pink! A pink clipboard or post-it note flag indicates you should see them off bus. There are several reasons someone may be flagged. For example, they may use a wheelchair or otherwise have trouble with stairs, they may have anxiety about confined spaces, be suspected to have scabies or another contagion, have a tendency for "shopping" for whatever is in view, or something else that is not immediately apparent.

When was the last time they were here? If they have not been served by OM before, we prefer that they first be assessed by one of the prescribers. If they are coming every week, follow up with them on their previous issue(s) and care plan as well as any new complaints they may present with. Sometimes continuing the established care plan is the best choice for their wellness.

Who did they see in the past? You may want to check in with someone on shift about their case, therapy may vary between individuals and getting a brief perspective from someone who has already worked with the patient can give a lot of insight into their case. Learn to identify signatures of other practitioners.

What medications are they on or did they just receive from the prescriber? Any allergies? There's a reference book in our tiny library called *The Pill Book* that can give you clues about what diagnosis and side effects the person might be dealing with. Medication history can provide useful background information for you. Check for any allergies, intolerances, or interactions to/between food, herbs, medications or supplements which may affect your therapeutic plan.

What are their chief complaints today? Check triage and MD notes, sometimes you will see "herbalist" written in the chart, indicating they spoke to the client about seeing us for something in particular. Please ask if there is something you can't read that you think may be important. More experienced team members may be able to help you decipher a prescriber's shorthand.

Complete a vital signs review. Some folks just want to see an herbalist so it is especially important to look for red flags for these folks since their case may not have been reviewed by a prescriber. See Red Flags page on the biggies and use a highlighter pen to

mark any concerns on the chart such as high BP if you do not see it addressed in the prescriber consult.

Face-to-Face:

Smile and introduce yourself. Be warm and welcoming. State your name and practice (and always wear a nametag!).

Confirm date of birth before continuing to ensure chart matches client.

Be observant. From the very moment you greet a new client, begin to notice details about their posture, gait, facial expressions, personal items, and general appearance. This skill is not to be used to form judgments but rather to provide clues that will guide your care and better serve the client.

Posture: Many patients respond better if you are sitting with them, some feel more comfortable if you are at a greater distance, some at a closer distance. An elderly patient with a hearing problem, for example, may appreciate closeness rather than getting louder. Observe your own safety. Keep an exit at your back.

Investigate and Integrate. First, ask open-ended questions. Even in the off chance you were able to read all the MDs notes, keep in mind that a client may reveal additional information to you that they did not to an MD or triage team member. Listen closely to what the client is saying and begin to integrate this information with what you've both observed today and read from previous notes. Next, start asking more specific questions. Once you've narrowed down the focus for this visit, get details on the severity, frequency, and onset of the symptom. What makes it worse or better? What have you already tried? Take notes on what they say but also notice what they are not telling you.

Physical Assessment. Explicit consent must be given before ever touching a client. In order to respect the personal space and privacy of our clients, the OM Herbal Team does not mandate any amount of physical assessment. Our diverse training backgrounds means that each of us has a unique skill set that they bring to the clinic. Physical assessment of any kind is appropriate only with previous training and experience in clinical settings (Sufficiency to be determined by experienced team members during your training). Physical assessment tools that *may* be acceptable include checking temperature, pulse, tongue, respiration, blood pressure, reflexes, visual examination and palpation/auscultation of non-sensitive areas of the body that can be observed readily without removing clothes or use of invasive instruments. Furthermore, physical assessment should be conducted only when private space is available and the client gives informed consent for any form of examination. Otherwise, aside from shaking hands or fist bumping when greeting a client, we encourage limited physical contact with clients to both reduce transmission of contagions and respect our clients' personal space.

Contraindications and interactions Be familiar with herbal contraindications and potential adverse effects in pregnancy, breastfeeding, and other sensitive states, as well as with accompanying pharmaceutical drug administration. If you are not absolutely sure, always

check references. There is a book available on the bus and a smartphone app that some of us use (see Useful Information section above).

Treatment. Treatment varies between the experience and preferences of our team members. For returning clients, be mindful of adding anything new to what they are already doing, Some folks may just need refills on vitamins or refreshments on nutritive care. In general, do not overwhelm someone with too much at once. Defer to gentler, simpler solutions whenever possible. *FIRST, DO NO HARM!*

Tinctures: Always check if client has a history or sensitivity to alcohol and/or are opposed to using alcohol based tinctures. Distribute 1, 2, or occasionally 4 oz bottles with appropriate labels indicating contents and recommended dosage (even if it is "as needed"). Do not pour formulas in front of client (ask them to wait off the bus if needed).

Capsules: Available for folks who are more comfortable or familiar with taking pills, are sensitive to alcohol extracts, or if this form of administration is more suitable for other reasons.

Glycerites: Check expiration date of glycerite extracts (generally 3 months after it was produced). This is especially important in the summer.

Flower Essences: These are especially appropriate for folks dealing with health conditions related to their emotions. See reference chart for appropriate formula and dosing.

OTCs: Always check expiration date before handing out an over-the-counter donation. Do not bring OTCs to hospitality. Dispose of expired or unwanted OTCs off-site.

A note on dispensing: We aim to dispense a one to two week supply of popular supplements. This can be a hassle for our chronic care folks but due to limited supply, we dispensed 1 oz. tincture or 1 week supply of vitamins/herbal capsules. Sometimes exceptions are made.

Harm Reduction Always strive for harm reduction. Never put someone down or question lifestyle choices. Instead provide both compassion and depersonalized information. For example, instead of saying "you really ought to quit drinking" or "smoking is bad for you," try something like this: "I've heard that a lot of [alcohol] can be stressful to the liver and I'm wondering how you feel about trying some milk thistle capsules to support yours?"

Never take decision-making power away from a client. Always leave health care decisions to the client. You may provide information and share your experiences with the client, but rather than giving them an assignment, always ask them if they are interested in trying something new. This will increase compliance, but more importantly, leaves health care decision-making up to them. This does not necessarily mean that it is always appropriate to give a client anything they ask for. (For example, if there is evidence for misuse or abuse of our resources, offering the patient an alternative may be the most appropriate action).

Listening and Empathy. A great deal of your time should be spent listening and empathizing with the client. Most folks we see live extremely challenging lives and struggle with trauma, mental health, and getting their basic human needs met. Simply listening to their story can be incredibly therapeutic.

Information and Referrals. (I&Rs) Sometimes the most helpful thing a client needs is referral to a social service that can help them get some basic needs met. This is especially true when folks are new to town or new to living on the streets. Familiarize yourself with the reference material available at intake and on the bus such as voucher information for prescription meds (see Voucher Information in Appendix), voucher for dental treatment (ask Intake), lab tests requested by providers (usually send folks to Any Lab Test Now, clinic manager can authorize Occupy Medical to cover the cost)

Ask the patient how their feet are. Feet get a battering for unhoused and physical laborers. Some patients are neglectful or embarrassed about their feet. Refer patients to Wound Care for foot care.

Be considerate of time. The average time spent with each client is around 20 minutes. Some regulars may be much faster. With other clients, you may need to be assertive in moving through their case at a reasonable pace. Keep in mind that charts back up quickly and by the time they get handed off to us, many folks have already been waiting for a long time. Nonetheless, good patient care should never be sacrificed for expediency. This can be a difficult balance, but one each practitioner will become comfortable with over time.

Likewise, the folks who've waited patiently for their turn to receive care can expect to *not* be interfered with by interruptive folks at the back door who just want...*insert myriad possibilities here...* politely redirect these folks to intake for sign up of first come, first served care.

Follow-up. Are they able to come back for a follow-up and when? Do they need refills and how soon?

Is the chart complete? Look for any missing information such as insurance information, vitals, meds (name, frequency, dose), staff signatures.

Is there a prescription? If the patient had a prescription, you should have the white copy with the chart. Check it for signature, prescription name, frequency and dose before stapling it to the back of the page. Ask the client if they need suggestions on getting help to fill their prescription. (See Prescription Voucher information)

Sign your notes and return the chart to intake.

General protocol for Common Complaints

Please note these are simply therapeutic ideas, and are not appropriate plans for every client. It may be best to start with just one supplement at a time to better determine what may be working or not working. Use discretion when addressing a complaint that may be a side effect of a drug or lifestyle habit, it may not always be appropriate to point this out to someone. These protocols are not intended for educational purposes but rather as references for well-trained caregivers with competent herbal and clinical skills.

Allergy, Seasonal

Lifestyle notes: reduce exposure to mold, pets, and pollen as much as possible. Wearing a face mask may help. Many allergic conditions are improved with diet, nutrient and EFA repletion.

Supplement Options: multivitamin/mineral, black strap molasses, Vitamin C (500mg daily); Fish Oil (1-10 grams omega 3 EFAs daily, generally 1-2 grams). Use caution with fish oil on patients on anticoagulant therapies (e.g. warfarin) or with blood-thinning herbs (Winston and Kuhn, 2008). Sometimes we dispense OTC antihistamines for severe or incapacitating allergies.

Herbal Support: Nettles, nettles, nettles (leaf). Best to start taking as a tonic tea in the weeks leading up to allergy season. Sometimes we make a big batch of Black Nettle Syrup during the season. Vaccinium sp. Such as blueberry, huckleberry, bilberry, or their concentrates, as well as other antioxidant-rich brightly colored fruits, licorice root, mucous membrane tonics such as Eyebright (*Euphrasia sp.*), *Hydrastis*; acute care herbal respiratory approaches might include *Ephedra sp.*, *Lobelia*, *Ligusticum*, thyme, *Salvia*, or *Inula sp.* Mushroom therapy, especially reishi (*Ganoderma sp.*) can also be helpful to alter the immune response.

Anxiety

Notes on further questioning: How often are you dealing with this? What time of day? How long does an attack last? Where in your body do you feel it? What kind of thoughts go through your head? What triggers an episode of anxiety? What have you done in the past that helps? Is there anything getting in the way of the client taking care of themselves?

Do not pry if the client seems uncomfortable or unwilling to divulge details. Clients with anxiety are often living with PTSD/trauma and do not want to talk about their anxiety in detail.

Lifestyle notes: Impoverished living comes with boatloads of trauma and uncertainty. Anxiety is a challenge for nearly all the folks who visit us. Reduce sugar and other refined carbs, if possible--and caffeine intake. As always increase healthy fats (olive oil, wild fatty

fish) and protein, and increase vegetable (and low glycemic index) fruits. Promote sleep through sleep hygiene protocol.

Supplement Options: Multivitamin/mineral, Magnesium citrate ("Calms"; start with ½ tsp/day in water or juice, increasing by ¼ - ½ tsp/day until stools become soft/loose....back off by ½ tsp/day...that's (your) therapeutic daily dose); B-Vitamins for nerve health (complex, and B12). 5-HTP

Herbal Support: gentle nervines like skullcap, milky oats, passionflower, catnip, etc.; also kava, valerian, lemon balm, Centella, Bacopa, motherwort, withania, ganoderma. Flower essences are handy for many emotional cases. Lemon balm is specific for PTSD.

Mind-body techniques: Teach techniques to manage anxiety. Breathing Exercise and Meditation handout.

Referral notes: Referral to social services or mental health providers if needed.

Bacterial Infection (Skin, Lungs, GI)

Lifestyle notes: Germs are everywhere. Healthy body systems are less vulnerable to exposure (and good immune systems are effective at staving off smaller infections) but regardless, nasty infections happen to everyone. Tend to both the acute symptoms and the immune response. For prevention, advise on maintaining healthy flora in your gut and skin when appropriate. Remember, how you apply therapy can mean all the difference. Check in with other practiced caregivers about creative and effective topical and internal treatment.

Supplement Options: Vitamin D3 esp. in winter and fall (= \geq 2000 IU qd if levels unchecked/unavailable, and higher dose if overweight/obese or darker skin pigment,i.e. people of color); Vitamin C, zinc

Herbal Support: Goldenseal, Oregon Grape, Coptis, Echinacea, Chaparral (externally), Baptisia, Thuja, Andrographis

Mind-body techniques: visualize pathogenic world peace

Referral notes: With folks that prefer a more natural approach, we still recommend getting a Rx so they have a choice to fill it later if symptoms worsen or do not improve under herbal care.

Colds and Flu (See *Bacterial Infections* above, as there is significant overlap)

Lifestyle notes: Inevitable rounds of flu usually emerge in the late fall as we transition into colder weather. Immune boosters can help moderate the severity and length of symptoms. We often put together respiratory care packages that includes tissues, cough drops, tea bags, and some of the following:

Supplement Options: Vitamin C

Herbal Support: elderberry syrup, echinacea, Usnea for upper respiratory infection, garlic mullein ear oil for ear infections

Referral notes: if mucus green or cough is severe and persistent, refer to MD.is

Cough

Lifestyle notes: Chronic cough is common in this climate. Mold and other particulates exacerbate the problem. Client should keep face covered with scarf or bedding at night to keep air going to the lungs warm.

Supplement Options: Vitamin C, cough drops, tea bags

Herbal Support: Osha for wet lungs, elecampane, mullein, thyme, horehound, cherry bark (if cough is excessive/disturbing sleep, causing pain etc.), hyssop

Referral notes: If mucus is green or cough is persistent and severe, refer to MD.

Fungal Infection

Lifestyle notes: Clean feet, dry socks! Fungi love damp, dirty places. Foot powder during the day (a recipe may include clay powder, arrowroot powder and antifungal essential oils if you are feeling fancy). Apple cider vinegar spray at night, allow to air dry (overnight if possible). Especially in the winter, it is imperative to change socks and wash feet daily! This protocol goes for other musky places that tend to get fungified.

Supplement Options: Vitamin C (500 mg daily); Zinc supplement (40 mg daily).

Herbal Support: We may dispense tea tree essential oils for addition to homemade foot powders or directly onto toenail beds for more stubborn fungal infections on less sensitive areas. While convenient, salves are often not optimal since they lock moisture in and can provide additional nutrients to the fungus.

Referral notes: Our Wound Care team may be available to wash feet.

Insomnia

Lifestyle notes: stress, age, PTSD, alcohol, coffee, sugar, stimulants, prescriptions, menopause, exposure to temperature fluctuation, and a full moon can all exacerbate insomnia as well as a number of underlying health issues (depression, chronic pain, sleep apnea, restless legs, etc.). Try getting up and moving around for half an hour before trying to go back to sleep. Regular moderate exercise, if possible, is a foundational and critical intervention. One can still get a full rest with two, four-hour sleep sessions. See *Sleep Hygiene Protocol* below. Immune function, memory, and mood are all negatively impacted by poor sleep, as well as many chronic health conditions such as hypertension, T2 Diabetes and cancer.

Supplement Options: Magnesium citrate

Herbal Support: Valerian, hops, passionflower, cannabis for acute sedative effect (we can inform but not distribute); may want to try 'loaded dosing' using one dose 1 hr before intended sleep time, and one dose at intended sleep time; tonic nervines such as skullcap, and adaptogens e.g. Withania for long-term care.

Mind-body techniques: See Breathing Exercises and Grounding Techniques to calm running thoughts that keep you awake

Pain (Chronic muscular, Joints, Acute Injury, Gut, Head)

Lifestyle notes: Old accidents, manual labor jobs, sleeping on the streets and general stress are the most common contributors to the type of pain we see.

Supplement Options: Magnesium citrate, Fish Oil, Cal/Mag/Zinc. We also keep baggies of IBUProfen to hand out.

Herbal Support: St. John's wort tincture (internal), SJW oil (external), turmeric for generalized inflammation (high doses required), white willow, hops, valerian, skullcap, lobelia, devil's claw, anodyne/analgesic formula for more severe pain (formulas vary).

Mind-body techniques: see Breathing Exercises and Grounding Techniques. Stretching exercises.

Referral notes: Acupuncture for the People offers sliding scale service.

Scabies/Fleas/Lice

Lifestyle notes: bugs are spread from sharing clothing, bedding, or sleeping surface with another host. Treatment requires treating pets, washing clothes and bedding, and vacuuming surfaces in and around beds and furniture.....coats, hats, backpacks, auto upholstery, stuffed animals, hairbrushes, ponytail holders.....

Supplement Options: There are sometimes kits in the OTC cabinet for nit removal

Herbal Support: essential oil of tea tree, etc. sometimes dispensed for external use on the scalp or skin. Long term unsuccessful treatment with essential oils can lead to skin irritation.

Referral notes: usually Rxn is given by an MD.

Toothache/Gingivitis

Lifestyle notes: Brush and floss like a boss. Cut out the crap. Check out side effects of prescription and street drugs (dry mouth is often a side effect that can lead to tooth problems). Soda and other sugary drinks are often a culprit. Smoking of any substance dries the mouth. A suggestion of drinking water or even a quick swish with water can help after smoking.

Supplement Options: Vitamin C (500mg daily); Calcium + Magnesium if bone loss is suspected or noted; oral probiotic lozenges or increased intake of living foods.

Herbal Support: Increase salivation with bitters, especially if accompanied with digestive deficiency. Mouth rinse with spilanthes for temporary relief and tonic therapy. Strawberry leaf vinegar is a good base for a mouth rinse. Add spilanthes for temporary numbing and drawing effect. Add thyme or sage as a stimulating and disinfecting aromatic.

Referral notes: White Bird Dental for extractions (they get a voucher from us if houseless). Oral hygiene products available at our hospitality tent.

UTI

Lifestyle notes: Good diet reducing irritants (caffeine, simple sugars, starches, tobacco, alcohol, food additive), consume more garlic and onions, increase fluid intake. To reduce risk: urinate after sex, have protected sex with new partners, use aloe vera for personal lubricant to reduce irritation during sex.

Supplement Options: Probiotics, Vitamin C, D-Mannose (acute infection)

Herbal Support: Unsweetened cranberry juice, 16 oz. daily or 500 mg extract capsules daily. Uva Ursi tincture. Immune supporters like, berberine, echinacea, etc.

Referral notes: test percussion of the kidneys, if tender, refer to MD.

Wound Care

Lifestyle notes: Ensure client has the material needed for keeping wound clean and protected. Band-aids, a variety of gauze, and antibacterial liniment or salve are always on hand. Advise client to clean area and redress daily. Air it out at night if possible.

Supplement Options: Zinc (esp. for chronic ulcers), Vitamin C, antioxidants

Herbal Support: Goldenseal, Echinacea, Chaparral, Oregon Grape, St. John's Wort.

Referral notes: Wound Care Station where we have nurses that are trained in wound care.

Red Flags (adapted from Howie Brounstein)

The following assessment findings are red flags which require referral in the absence of other symptoms when no previous medical history explains it. Many symptoms may not be a concern unless coupled with other symptoms. For example, hearing loss and ringing in one ear is much more a red flag when coupled with headaches, dizziness, and fever.

A full physical assessment is not required but is recommended for clients who prefer to only see the herbalists and tend to shy away from MDs. Physical assessment tests will vary depending on individual training.

BP: Diastolic (second number) of 90 is a warning. (500mg magnesium and one cup diuretic tea per hour to bring it down). At 100 or above stroke is possible. Send client to ER or Urgent Care. Before raising concern, consider retaking BP at the end of the appointment, they may just be having a really stressful day.

Temperature: If higher than 100deg. they may be contagious and it would be best to see them off bus. See an MD if the fever is high (>104 deg) or has persisted for more than a couple days.

Pupils: If not PERRL (pupils equal and equally reactive to light) send to ER. (Standard test after physical trauma).

Visual Fields: if not intact send to GP for referral.

H-Z: If not EOMI (extra-ocular movement intact), send to GP. If nystagmus is not congenital (horizontal on upward movement) refer to GP after looking for drug side effects.

Ears: send to GP if tympanic membrane is broken or if there is pus or blood coming from ears.

Hearing: if impaired check for wax plug. If no obstruction is visible, refer for further testing.

Voice: If not intact send to GP

Pharynx: Erythematous with exudates may be strep throat. Uvula not midline, pillars not closing equally refer to GP. Burns in pharynx may reflect excessive vomiting.

Tongue atrophy: refer to GP

Lymph nodes: Hard, swollen, not tender to palpation refer to GP. Sudden onset 4+ unilateral TTP lymphadenopathy with no other symptoms.

Kidneys: percussion test for kidney function/infection. Refer to GP or urgent care.

Posture and Gait: For musculoskeletal problems, refer to as necessary to PT, LMT, DC, etc. For common neurological gaits (foot drops, high stepping, etc.) send to GP after checking for drug side effects

Romberg Sign: refer to GP

Finger-nose: if the person can't find the finger or the nose refer to GP.

Tremors (essential, intention): if the tremors impair function, refer to GP.

Rapid Alt movements: if unable to complete, or lack bilateral symmetry, refer to GP. If slow, or subclinical, monitor.

Olfactory: if not intact, 40 mg Zinc for a week and retest. Refer to GP if it remains.

Facial symmetry: if not intact send to ER (Bell's palsy, stroke, TIA)

Facial touch: if not intact send to GP

Shoulder shrug: if not intact send to GP

Tendon Reflexes: If they are asymmetrical, or if there is clonus or rapid changes in reflexes over time, refer to GP

Vibration sense in toes: if there is a loss of vibration sense in multiple places or with concurrent loss of other sensation, refer to GP.

Common Medical Abbreviations

Sx (Symptoms)

Dx (MD Diagnosis)

Hx (History, SHx: social, FHx: family, MHx: medical)

Tx (Treatment)

Pt. (Patient)

CC (Chief Complaints, ex: CC1, CC2 etc.)

QD (Once daily)

BID (Twice daily)

TID (Three times daily)

QID (Four times daily)

PRN (*pro re nata*; as needed)

BP (Blood pressure)

HEENT (Head, ears, eyes, nose, throat)

M/S (Musculo-Skeletal)

G/I (Gastro-intestinal)

G/U (Genito-urinary)

OTC Over the Counter drugs

AOx4 Alert and oriented to person, place, time, and situation/event

NAD No Acute Distress (ex: lungs, NAD)

Common contraindications, Adverse Effects, & Drug Interactions

While safety is critical and it is always best to err on the side of caution, the majority of negative herb-drug-nutrient interactions are speculative, and based off *in vitro* (petri dish) or *in vivo* (non-human animal) data often using outlandishly high dosages, as well as forms, and routes of administration that bear little to no resemblance to the practice of herbal medicine by Herbalists. More often than not, these data do not represent clinically relevant reactions or contraindications. Herbs generally have more side 'benefits' than side 'effects.' Nonetheless, if you're not confident it's safe, don't use it!

Here are some common potential contraindications that you may encounter. This is not an exhaustive list, so do your own research if you are uncertain.

- Blood thinners (Warfarin) and willow, fish oil/omega 3 supplements, turmeric, red clover, garlic, etc.
- Liver pushers, e.g. cholegogues and choloretics (Oregon Grape) and medications metabolized by the liver
- Chantix (prescription for stop smoking) and PTSD; if observed, discuss with MD. Dangerous psychological side effects are possible.
- St. John's Wort (as well as other herbs which influence the CYP450 enzyme system) and many prescription drugs (those metabolized by CYP450 3A4 pathway)
- Mucilaginous herbs taken internally are sometimes contraindicated within an hour of any pharmaceutical as they may inhibit bioavailability/ alter pharmacokinetics
- Valerian will act as a stimulant with ~10% of folks, use caution especially with Hx of mental health, heat signs, Type A personality, if easily overstimulated etc.
- Many nervine relaxant, sedative, anxiolytic and analgesic herbs will potentiate the effects of synthetic opioids, barbituates, tranquilizers, etc. and additionally may interact with hypotensive medications for high blood pressure
- Licorice is contraindicated in hypertension
- Alkaloids (secondary metabolite plant constituents) are less active when combined with acidic constituents such as tannins or vinegar menstruum.
- Diazepam with alcohol or suicidal history. Bring to the attention of an MD.

Recommended references:

- *Herb Contraindications and Drug Interactions* by Francis Brinker
- *Herb, Nutrient, and Drug Interactions: Clinical Implications and Therapeutic Strategies* by Mitchell, Stargrove, and Treasure
- *The Essential Guide to Herbal Safety* by Mills and Bone
- *NAIMH Herbal Safety Seminar*.
- The late, great, Michael Moore's slightly dated classic, *Herbal-Medical Contraindications* may be the most concise and practical introduction to this subject to students and practitioners of our craft. See <http://www.swsbm.com/ManualsMM/HerbMedContra1.txt>.
- This list is incomplete! Check reference material on bus, or smart phone App.

Working with Spanish speaking clients *Notes on cultural competence and alliance based on Patricia Cortez presentation 3/26/16*

There are more than 5000 undocumented folks in the Eugene/ Springfield area (not all Latin@s). We should assume these folks are undocumented until we know otherwise. Latin@ or other people of color may not know we're 'radical'/allies/whatever, and may think we are somehow state/government affiliated and potentially unsafe. We'll need to build trust, trying to establish rapport too rapidly may backfire. Latin@ /undocumented folks may be concerned about cops/our proximity to the court, police station etc. and also may be uncomfortable with other demographics we serve.

Very often, Latin@ /undocumented folks may identify with their place of origin rather than as Chicanos, Hispanics, Latinos (e.g. Mexicano, Salvadorena etc.) We should keep in mind Spanish speaking people we encounter come from hundreds of distinct cultures, regions, and language groups (for example, there are more than 100 languages spoken in Oaxaca alone). These terms (chicano, latino, hispanic) we use for convenience are neither necessarily accurate or respectful. We should be mindful to avoid assumptions. If you're multilingual or bilingual, speak initial sentence in Spanish and English and let THEM decide which to use.

A variety of cultural differences may come into play that we should be aware of, but are nonetheless generalities. A handful of these include: sex and gender role differences; may be more conventionally patriarchal/machismo/machista from some of our perspectives, may avert eyes/not be as assertive or forward, may come in pairs or groups for safety and/or comfortability (we shouldn't assume this means they are a romantic couple, or in any other specific type of relationship). Generally more communal culture than Euroamerican, means HIPAA and other privacy related concerns may need to be approached differently.

Be mindful of body positioning, don't 'loom' over etc. If you're a Mandatory Reporter as this relates to potential abuse scenarios, remember that these populations are very vulnerable to a variety of extremely serious legal repercussions we may not be aware of. If this situation involves suspected sexual violence/abuse, Sexual Assault Support Services can be a referral and resource (they are not Mandatory Reporters) and have bilingual members of their team.

RESOURCES:

Patricia Cortez *has really put themselves out there as a resource for us. They are available for ongoing direction, communication, etc. Let's expand this conversation for OccMed more broadly!*

Guadalupe Quinn *is our go-to advocate for migra defense, and help for Latin@/Hispanic undocumented individuals in general. In other words, if we sense or know someone within this population is in trouble, we call them and tell them what's up. They can activate an organized response.*

Skills Checklist for Herbal Team Members

Want to be an Occupy Medical Herbalist? Here's what we want to know that you know:

On The Bus

- ___What is the OM intake process?
- ___What is the overall clinical flow of the charts? Who signs where?
- ___Have you done one shift with each active herbalist on the team?
- ___Where are emergency medicines- naloxone, epi pens, etc.?
- ___Where do dirty bottles go and who sanitizes them? (hint: we all + you do!)
- ___What do we do with donations of prescriptions and over the counter medications?
- ___Give us a mock walking tour of the bus to demonstrate you know what is where.

Wound Care

- ___Have you shadowed someone on at least one wound care shift?
- ___Who makes the tea and what is in it?
- ___Who are the current team members?

Who to Ask About What & Who to Ask for Help

- ___When would it be appropriate to call for Dr. White?
- ___What should you do if someone is having an emotional crisis and charts are backed up?
- ___What is available at hospitality? (Don't forget about the nutritional tea!)
- ___What would you do if you are unfamiliar with a prescription given a client?
- ___Where do you find out if a drug and herb have any contraindications?

Vouchers & Referrals

- ___Where are pharmacy coupons and information on the voucher program?
- ___What is the voucher program?
- ___Where do we keep brochures about other services?
- ___Have you perused the reference material available? What did you learn?

Privacy

- ___Have you done your HIPPA training?
- ___How will you call a client's name and handle their chart?

Let's go over some charts:

- __ When do you see a client off the bus?
- __ Go over a blank chart and indicate areas that you would pay attention.
- __ When is it appropriate to ask the doctors to clarify something?
- __ Where to take notes?
- __ What kind of notes are herbalists expected to take?
- __ How would you sign off a chart?
- __ What are some important abbreviations doctors use?
- __ What should you do if someone has scabies or MRSA?
- __ What information on the chart is important to notice before seeing a client?

Seeing a client (OM Herbalist observes new trainee):

- __ Asks clients to confirm D.O.B.
- __ Asks about primary care MD and insurance if not filled out.
- __ If there's a high BP and no second reading, investigate as to why.
- __ If you dispense pregnancy test, ask them to check in with Sue.
- __ Did you research unknown prescription medications?
- __ Did you document chief complaints?
- __ Did you assess symptoms (SAMPLE and/or OPQRST)?
- __ Did you collect Family Hx, Social Hx, Medical Hx
- __ What has client tried already?
- __ Inquires about diet when relevant
- __ Listening and Empathy skills

Apothecary/Warehouse Flow

- __ Have you worked at least one shift at the apothecary?
- __ How do formulas work, how to find what is in them?
- __ Create the bus needs list for the day and pass it on
- __ Give a mock tour of the apothecary/warehouse
- __ Who makes all these tinctures and glycerites and salves and capsules?
- __ Describe the general flow of herbal inventory from start to finish.

Social Services in Eugene (from www.whitebirdclinic.org/resources; 1/18/16)

Clothing

Helping Hand Room • 541-344-1425 • 1st Christian Church • 1166 Oak St., Eugene • T, Th 12-2

Eugene Mission • 541-344-3251 • 1542 W 1st Avenue, Eugene • Men: M-Sa 8:15-9, 9:45-11, 1-2:30, 3-4:30 • Women: M-Sa 8:30 – 10:30, 2:30 – 3:30

White Bird Clinic • 541-342-8255 • 341 E 12th Avenue, Eugene • Free Box – 7 days/week

Adventist Community Center • 541-746-7071 • 1546 N 12th, Springfield • T 10-12

St Vincent de Paul • 541-689-6747 • 456 Hwy 99, Eugene • M, T, Th, F 10-2, 1:30-4

Salvation Army • 541-343-3328 • 640 W 7th, Eugene • M-Th 8:30-12, 1-3:30, F 8:30-12:30

Eastside Clothes Closet (Eastside Faith Center) • 95 Centennial Loop, Eugene • 1st and 3rd Tu 1-3, every last Th 7-8:30 pm

Clothing Room-Springfield • 541-746-5624 • Compassionate Ministry • 1761 E Street, Springfield • T, Th, F 10-3, W 11-3

Medical and Dental Help

White Bird Dental Clinic • 541-344-8302 • 1400 Mill Street, Eugene

White Bird Medical Clinic • 541-484-4800 • 1400 Mill Street, Eugene

Volunteers in Medicine • 541-685-1800 • 2260 Marcola Road, Springfield

Riverstone Clinic • 541-682-3550 • 1460 G Street, Springfield

Charnelton Community Clinic • 541-682-3550 • 151 W 7th Avenue, Eugene

Veterinary Services

Community Veterinary Center • 541-636-3324 • 470 Hwy 99, Eugene • M 3-7: Appt only, sliding scale clinic, basic care, vaccines, ear, eye, uti, minor wounds 2nd and 4th; Su 8:30 am: Free lottery for homeless

Food Boxes *Eugene Residents*

Catholic Community Services • 541-345-3642 • 1464 W 6th Avenue, Eugene • M, W, F 11-3 • Serves residents within our service area or homeless. • Non-English speakers are served regardless of residence location

St. Vincent dePaul • 541-689-6747 • 456 Hwy 99, Eugene • Tu, Th, F 10-2 • Serves areas of Eugene outside of those covered by Catholic Community Services including Coburg Road, River Road and Bethel.

Salvation Army • 541-343-3328 • 640 W 7th Avenue, Eugene • M, Tu, W, Th 4-6:30

Springfield Residents

Springfield Community Center • 541-747-0221 • 1025 G Street, Springfield • M, W, F 11:30-3 • Serves area east of Pioneer Parkway

Salvation Army • 541-747-6229 • 1275 Mill Street, Springfield • M, W, F 11-3 • Serves area west of Pioneer Parkway, Glenwood and Gateway

Eugene and Springfield Residents

FISH • 541-689-9750 • M-F 9:30-3:30 Daily Bread • 541-344-3380 • 89870 N Gamefarm Road, Springfield • Th 11-1 • Serves those who live north of Harlow Road, east of Coburg Road all the way to the McKenzie River and the city of Coburg.

For more information

Food for Lane County • 541-343-2822 • 770 Bailey Hill Road, Eugene • M-F 8-5

Food on Site

Food for Lane County, Dining Room • 541-343-2822 • 270 W 8th Avenue, Eugene • M, Tu, W, Th 4-6:30

Eugene Mission • 541-344-3251 • 1542 W 1st Street, Eugene • Men: M-Sa: 6 am, 12:30, 7 pm; Su: 9 am, 5 pm • Women: M-Sa: 6:15 am, 11:15, 4:45 pm; Su: 9:15 am

Eugene Service Station • 541-461-8688 • 450 Hwy 99, Eugene • M-F • Sack lunches

St Mary's • 541-343-9253 • 13th and Pearl, Eugene • Breakfast: 2nd and 4th Sa 9:30

Food Not Bombs • www.foodnotbombs.net/oregon.html • Washington Street Park, Eugene • F 2-3 pm, Su 3-5 pm

Crossfire/Field of Dreams • www.4crossfire.com • Washington Street Park, Eugene • Sa 10:30-2 pm (or until food is gone)

Prescription Assistance

Non-antibiotics (no pain or ongoing medications);

St Vincent dePaul • 541-689-6747 • 450 Hwy 99, Eugene

Antibiotics (no pain or anti-depressant medications)

Salvation Army • 541-343-3328 • 640 W 7th, Eugene (available once/year)

FISH • 541-689-9750 (Call from Bimart)

Emergency Shelter

Shelter for Families

First Place Family Shelter • 541-342-7728 • Interfaith Emergency Shelter • 1995 Amazon, Eugene • Local churches put up homeless families overnight. Shelter is open September to mid-June. Usually a waiting list for shelter.

Family Shelter System • 541-689-7156 • Usual wait is 2-4 weeks

Shelter for Individuals, Families and Youth

Eugene Mission • 541-344-3251 • 1542 W 1st Street, Eugene • Individuals, couples or families can stay but men, women and women with children will be housed separately. No men with female children and no women with male children over age 8.

Looking Glass, Station 7 • 541-689-3111 • 931 W 7th Ave, Eugene • Shelter, 24/7 crisis line, family counseling, case management, crisis intervention for youth aged 11-17

Internet Access

UofO Knight Library • 1501 Kincaid, Eugene • M-Th 8:-12, 1-3:30, F 8am-7pm, Sa 11am-7pm, Su 11-12am (during normal semester)

Campbell Center • 541-682-5318 • 155 High Street, Eugene • M, Tu, Th, F 10am-1pm

Eugene Service Station • 541-461-8688 • 450 Hwy 99, Eugene • M-Su 8am-1pm, 2pm-6pm

Mail Services

White Bird Clinic • 541-342-4357

Eugene Mission • 541-344-3251

Eugene Service Station • 541-461-8688

First Place Family Center • 541-342-7728

Catholic Community Services • 541-345-3642

Veterans

Lane County Veterans Service Office • 541-682-4191 • 165 E 7th Avenue, Suite 200, Eugene

Veteran Readjustment Counseling

Youth – 22 years and under

Hosea Youth Services • 541-344-5583 • 834 Monroe & Eugene • M-Sa 10-5pm • Showers, laundry facilities, food and clothing.

Looking Glass, New Roads Drop in Center • 541-689-3111 • 941 W 7th Ave, Eugene • M-F 8:30am-5pm • Showers, laundry facilities, food and clothing, case management for youth aged 16-23

Early Assessment & Support Alliance • PeaceHealth Medical Group - 1200 Hilyard Street, Suites 540 and 570, Eugene, OR 97401 *Main Office Phone:* (458) 205-7070 • Young folks (13-29) experiencing mental health break.

Homeless Day Access Centers

First Place Family Shelter • 541-342-7728 • 1995 Amazon, Eugene • For families with children and pregnant women (Shower Facilities, Mail/Message Service, Laundry Facilities, Telephone use, Information, Parenting Classes, Food and Clothes, Employment and Training, Child care, Intake for Night Shelter

Eugene Service Station • 541-461-8688 • 450 Hwy 99, Eugene • For homeless and low-income without children (Shower Facilities, Mail/Message Service, Internet Access, Lockers, Emergency Clothing, Laundry Facilities, Information and referrals, Bus tokens)

Grounding techniques

from [BenzoBuddies Community Forum](#) (Accessed Feb 10, 2016)

What is a 'grounding technique'?:

Grounding is a technique that helps keep someone in the present. They help reorient a person to the here-and-now and in reality. Grounding skills can be helpful in managing overwhelming feelings or intense anxiety. They help someone to regain their mental focus from an often intensely emotional state.

Grounding Exercise #1:

Begin by tracing your hand on a piece of paper and label each finger as one of the five senses. Then take each finger and identify something special and safe representing each of those five senses. For example: Thumb represents sight and a label for sight might be butterflies or my middle finger represents the smell sense and it could be represented by lilacs.

After writing and drawing all this on paper, post it on your refrigerator or other safe places in the home where it could be easily seen and memorize it. Whenever you get triggered, breathe deeply and slowly, and put your hand in front of your face where you can really see it – stare at your hand and then look at each finger and try to do the five senses exercise from memory.

(Source: www.stardrift.net/survivor/senses.html)

Here's the 54321 "game":

- Name 5 things you can see in the room with you.
- Name 4 things you can feel ("chair on my back" or "feet on floor")
- Name 3 things you can hear right now ("fingers tapping on keyboard" or "tv")
- Name 2 things you can smell right now (or, 2 things you like the smell of)
- Name 1 good thing about yourself

(Source: www.ibiblio.org/rcip//copingskills.html)

Oak Tree Meditation

- Sit in a comfortable position, your arms resting at your sides.
- Close your eyes and breathe deeply. Let your breathing be slow and relaxed.
- See your body as a strong oak tree. Your body is solid like the wide, brown trunk of the tree. Imagine sturdy roots growing from your legs and going down deeply into the earth, anchoring your body. You feel solid and strong, able to handle any stress.
- When upsetting thoughts or situations occur, visualize your body remaining grounded like the oak tree. Feel the strength and stability in your arms and legs.
- You feel confident and relaxed, able to handle any situation.

Box Breathing (another fav):

Box breathing combines deep breathing with simple counting. First, inhale your breath slowly for a count of four. Then, hold the breath for an equal count of four. Release the breath all the way out through pursed lips, on a count of four. Finally, wait four seconds before saying or doing anything. Repeat the cycle a few more times or as long as you need to help you relax. Always breathe from the lower belly instead of from the upper chest. It may help you to place one or both of your hands on your abdomen or sides to feel the lower part of your abdomen rise as you breathe in.

When you're first learning box breathing, practice in a quiet setting in loose clothing so you can concentrate on the technique. Make sure you're in a comfortable position, whether it's sitting or lying down. Scan your body for any signs of tension and keep your head, neck and shoulders relaxed as you breathe in and out. It may help to add positive, affirming thoughts, to focus your attention on an object or an image in your mind, or to repeat a mantra like the traditional "ohm" of Eastern traditions. The more you practice, the easier it will be to use the technique in stressful settings.

Source: <http://healthyliving.azcentral.com/box-breathing-technique-11421.html>

Recognize the reptilian brain.

There "are two parts of our brain: the primitive part containing the amygdala — which is responsible for generating and processing our fear and other primal emotions — and our frontal lobes: the neo-cortex or the newest part of our brain, which is sophisticated, educated, and is able to apply a bit of logic to the message of raw fear that our reptilian brain generates."

"Why is this helpful? When I feel that knot in my stomach that comes with a message that I am unloved by the world, I try to envision a Harvard professor, or some intellectual creature whacking a reptile on the head with the a book, saying something like "Would you just evolve, you overly dramatic creature?""

Source:

<http://psychcentral.com/blog/archives/2011/01/23/11-tips-to-help-manage-anxiety/>

Some other 'Anxiety Busters':

From AnxietyBC.co (Canadian based mental health website):

Progressive Muscle Relaxation:

<http://www.anxietybc.com/sites/default/files/MuscleRelaxation.pdf>

Calm Breathing (one of my favourites):

<http://www.anxietybc.com/sites/default/files/CalmBreathing.pdf>

Breathing for Anxiety, Pain and Insomnia adapted from Andrew Weil, MD

Since breathing is something we can control and regulate, it is a useful tool for achieving a relaxed and clear state of mind. Practicing regular, mindful breathing can be calming and energizing and can even help with stress-related health problems ranging from panic attacks to digestive disorders.

Exercise 1: The Stimulating Breath to raise vital energy and increase alertness.

- Inhale and exhale rapidly through your nose, keeping your mouth closed but relaxed. Your breaths in and out should be equal in duration, but as short as possible. This is a noisy breathing exercise.
- Try for three in-and-out breath cycles per second. This produces a quick movement of the diaphragm, suggesting a bellows. Breathe normally after each cycle.
- Do not do for more than 15 seconds on your first try. Each time you practice the Stimulating Breath, you can increase your time by five seconds or so, until you reach a full minute.

If done properly, you may feel invigorated, comparable to the heightened awareness you feel after a good workout. You should feel the effort at the back of the neck, the diaphragm, the chest and the abdomen. Try this diaphragmatic breathing exercise the next time you need an energy boost and feel yourself reaching for a cup of coffee.

Exercise 2: The 4-7-8 (or Relaxing Breath) Exercise

Place the tip of your tongue against the ridge of tissue just behind your upper front teeth, and keep it there through the entire exercise. You will be exhaling through your mouth around your tongue; try pursing your lips slightly if this seems awkward.

- Exhale completely through your mouth, making a whoosh sound
- Close your mouth and inhale quietly through your nose to a mental count of four.
- Hold your breath for a count of seven.
- Exhale completely through your mouth, making a whoosh sound to a count of 8.
- This is one breath. Now inhale again and repeat the cycle three more times for a total of four breaths.

Note that you always inhale quietly through your nose and exhale audibly through your mouth. The tip of your tongue stays in position the whole time. Exhalation takes twice as long as inhalation. With practice you can slow it all down and get used to inhaling and exhaling more and more deeply.

Once you develop this technique by practicing it every day, it will be a very useful tool that you will always have with you. Use it whenever anything upsetting happens - before you react. Use it whenever you are aware of internal tension. Use it to help you fall asleep.

Exercise 3: Breath Counting

If you want to get a feel for this challenging work, try your hand at breath counting, a deceptively simple technique much used in Zen practice.

Sit in a comfortable position with the spine straight and head inclined slightly forward. Gently close your eyes and take a few deep breaths. Then let the breath come naturally without trying to influence it. Ideally it will be quiet and slow, but depth and rhythm may vary.

- To begin the exercise, count "one" to yourself as you exhale.
- The next time you exhale, count "two," and so on up to "five."
- Then begin a new cycle, counting "one" on the next exhalation.

Never count higher than "five," and count only when you exhale. You will know your attention has wandered when you find yourself up to "eight," "12," even "19."

Try to do 10 minutes of this form of meditation.

Before Herbs!

Basic info for common nutritional insufficiencies, deficiencies and prevention of the diseases of civilization (cardiovascular diseases/blood pressure support, type 2 diabetes/insulin resistance, many cancers) etc.

Note: Not necessarily relevant for many folks we serve due to economic, cultural and other restraints

1. Increase potassium-rich foods

- Fish: halibut, rockfish, wild salmon, clams
- Starchy vegetables: potatoes, sweet potatoes, pumpkin, squash, parsnips (*In Moderation, particularly with overweight, obese or diabetic*)
- Other vegetables: mushrooms, tomatoes, seaweed
- Fruit: bananas, avocado, dried apricots, raisins, prunes, dried peaches (*Sweet fruits In Moderation, particularly with overweight, obese or diabetic*)
- Nuts: peanuts, peanut butter

2. Reduce refined carbohydrates (*Important for Everyone*)

- Sweets: desserts, baked goods, cookies, cakes, ice cream, candy
- Beverages: soda, juice, sweetened coffee, chocolate milk, energy drinks
- White flour: batter-fried foods, bread, pasta, tortillas, white rice etc.
- Snack foods, "junk food", fast food

3. Increase omega 3 fatty acid foods

Best Sources (100% bio-available)

- Fatty fish ("wild" not "farm-raised": salmon, sardines, tuna, trout, mackerel, herring, anchovy)
- Seafood: oysters, clams, scallops, crab, etc.
- Eggs: Omega 3 eggs, ideally from "pasture-raised" chickens, ducks, etc.
- Meat: Grass-fed beef, wild game (elk, venison, buffalo, etc.)
- Grass-fed dairy products: cheese, milk, butter (IF no dairy intolerance)

Other Sources (1 - 10% bio-available)

- Seeds: ground flaxseeds, ground chia seeds, hemp seeds
- Dark green leafy vegetables: Chinese broccoli, capers, spinach, etc.
- Nuts: Walnuts
- Other: Seaweed

4. Increase vitamin K-2 foods

Grass-fed dairy products: ghee, butter, cheese, milk (*ONLY if NO dairy allergy/intolerance*)

5. **Increase raw vegetables**, especially dark leafy greens as well cooked veggies from the Cruciferae/Brassicaceae family (broccoli, cauliflower, cabbage); When cooking vegetables-which are especially important if weak, cold/insufficient digestion- allow them to maintain a “crunch” (insoluble fiber) but cook enough to inactivate goiterogens
6. **Increase bright colored vegetables** -and fruits like berries- in general (vitamins, minerals, beneficial phytochemicals, antioxidants, soluble & insoluble fiber)
7. **Increase iodine containing and trace mineral-rich foods** like sea vegetables, seafoods, and dark leafy greens (again)- **CAUTION in thyroid diseases**
8. **Increase good fats:** Omega 3 fats; avocado & extra virgin coconut oil or high quality animal fats for high-heat cooking; extra virgin olive oil uncooked, or for low-heat cooking
9. **Reduce alcohol**
10. **Increase exercise** (minimum of two, 15 min OR three 10 minute walks on most days)
11. **Navigate Strategies to increase Sleep to =/> 8 hours/night (for most folks)!**

Donation Request Template 1

NOTE: For another example of a ready-made donation request form, *SEE Donation Request Template 2016*, in 1. Google Drive 2. OM Herbies 3. Fundraising

Hi there,

I'm a clinical herbalist in Eugene, OR and I commonly recommend your product to my clients. Every Sunday, I volunteer at Occupy Medical, a 501C3 mobile free clinic that provides free health-care for all. As a member of our talented and passionate team of herbal and nutritional counselors, I dispense supplements and give care to folks in our community who need it most. As you can imagine, I see a lot of homeless folks dealing with high loads of trauma and uncertainty who would benefit greatly from your product, Magnesium Calms. By my calculations, four of your 16 oz. jars would be enough to support 50 people for 1 month. Would you consider building a relationship with us by making an ongoing product donation to our organization?

Thank you for your compassion!

Be well,

Dandy

Alese Colehour, "Dandy

Occupy Medical Treatment Team

[insert mailing address]

[insert tax deductible ID]

For printing and distribution:

Prescription Assistance

Non-antibiotics (no pain or ongoing medications, \$50/year);

St Vincent dePaul • 541-689-6747 • 450 Hwy 99, Eugene

Antibiotics (no pain or anti-depressant medications)

Salvation Army • 541-343-3328 • 640 W 7th, Eugene (available once/year)

FISH • 541-689-9750 (Call from Bimart, once a year)

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OM Herbalist Job Descriptions

There are two general volunteer roles: the clinical role and the Medicine-Making/Herb-Crafters role. The two are not mutually exclusive and in fact overlap is encouraged if appropriate.

Clinical Herbalist:

- Conduct herbal consultations with clients at Occupy Medical clinics
- Freely consult with herbal and medical colleagues to provide the most thorough care
- Work closely and in tandem with medical staff to ensure client safety
- Keep detailed and accurate records of herbs, supplements, and referrals given
- Listen to client's story respectfully, giving them full attention
- Protect client privacy by seeking appropriate consultation space on or off the bus
- Take the time the client needs
- Recognize that our presence and listening skills are just as important as the herbs we give and additional therapeutic recommendations we make
- Connect clients with additional Occupy services as needed, including medical, wound care, social work/mental health, hospitality etc...
- Engage in Continuing Education and professional development activities

Medicines Herbalist:

- Wildcraft and/or cultivate and/or process raw herbs
- Make tinctures, salves, other medicines
- Re-stock herb supplies on bus
- Bottle and label tinctures and other medicines
- Organize apothecary in the warehouse
- Organize and update inventory in Google Drive and communicate with Clinical Herbalist(s) regarding current inventory stock and future needs
- Develop Standard Operating Procedures (SOPs) for processing medicines
- Familiarize oneself with Good Manufacturing Processes (GMPs) for herbal medicines
- Request Certificates of Analysis for donated herbs and supplements, and familiarize oneself with common adulteration, misidentification and other herbal medicine quality issues and concerns
- Engage in Continuing Education and professional development activities

Herbal FAQs For Medical Providers

WHAT IS WESTERN HERBALISM?

Western Herbalism (WH), also known as Western Herbal Medicine, medical herbalism, or phytotherapy, is a whole system of healthcare which embodies the practice of herbalism in North America, Europe, and Australasia.

WHM draws from numerous sources including Greek-Arabic and Native American traditions, as well as modern conventional sciences. Additional traditional medical systems include Ayurveda and Chinese Medicine among others. The services of an herbalist should not be confused with those of a licensed physician.

WHAT IS HOLISTIC HEALTH?

A person-centered approach to health which views the individual as a whole entity within the context of biological, social, psychological, environmental—and for some—spiritual forces.

HOW DO THEY WORK?

Herbs and proper nutrition, in conjunction with other key lifestyle factors, can alter the body's 'biological terrain'. This can influence cellular processes and organ systems to shift toward more optimal functioning. There is now a large and growing amount of clinical and basic research validating both traditional and new uses of herbal medicines, as well as these healthcare system practices as a whole.

WHAT ARE THEY USED FOR?

Herbs and nutrition have been used for centuries in every culture in the world. Health practitioners and educators may suggest herbs and diet changes to increase health in the presence of: pain, inflammation, depressed mood & energy levels, sleep problems, addiction, musculo-skeletal, skin, immune, cardiovascular & reproductive issues, nervous & hormonal imbalances, sub-clinical ailments, and may also be used for weight management and improving digestion.

ARE HERBS SAFE?

Yes, generally herbs are quite safe. Nonetheless, not every herb is appropriate for every person at all times. Herb, drug, & nutrient interactions are possible, herb quality issues such as misidentification and adulteration are real, & there are other considerations to take into account when determining the safety or value of an herb to a specific person.

Additional Resources

American Herbalists Guild: <http://www.americanherbalistsguild.com>

American Botanical Council: <http://www.herbalgram.org>

Consumer Labs: <http://www.consumerlabs.com>

David Winston's Resources: <http://www.davidwinston.org/dw-herbs.html>

Directory of Open Access Journals: <https://doaj.org/>

Google Scholar: <https://scholar.google.com/>

Henriette's Herbal Homepage: <http://www.henriettes-herb.com/>

Herb Research Foundation: <http://www.herbs.org>

Institute for Traditional Medicine: <http://www.itmonline.org/>

Michael Moore Homepage & SWSBM:
<http://www.swsbm.com/HOMEPAGE/HomePage.html>

North American Institute of Medical Herbalism: <http://www.naimh.com/>

Native American Ethnobotany Database: <http://herb.umd.umich.edu/>

National Center for Complementary and Integrative Health: <https://nccih.nih.gov/>

National Institute of Medical Herbalists: <http://www.nimh.org.uk/>

National Herbalists Association of Australia: <http://www.nhaa.org.au/>

New Zealand Association of Medical Herbalists: <http://nzamh.org.nz/>

PubMed Research Database: <http://www.ncbi.nlm.nih.gov/pubmed>

Tillotson Institute of Natural Health: <http://oneearthherbs.squarespace.com/>

United Plant Savers: <http://www.unitedplantsavers.org/>

Nutrition Resources

Please follow the link to watch this short and excellent video *Minding your Mitochondria* By: Dr. Terry Wahls <http://www.youtube.com/watch?v=KLjgBLwH3Wc>

Julianne's Paleo & Zone Nutrition

This is another truly awesome resource providing forums, meal plans and recipes, accurate educational information on the benefits of a hunter-gatherer style 'paleolithic' diet, and much more. It is highly suggested. <http://paleozonenutrition.com/page/3/>

Eat Wild

This is an education-based resource which shows the benefits grass-fed meat, eggs, and dairy products from pastured animals. They also provide a search engine on their website to help you find local sources of grass-fed animal products. Grass-fed animal products offer you more "good" fats, and fewer "bad" fats. They are richer in antioxidants; including vitamins E, beta-carotene, and vitamin C. Furthermore, they do not contain traces of hormones or antibiotics." <http://www.eatwild.com/healthbenefits.htm>

Weston Price Foundation

A wedding of tradition and science, the Weston Price approach merges well with the paleolithic/hunter gatherer diet. From the ABC's of Nutrition, to Women's Health and chronic disease support, this website provides a great overview and many practical tips on designing a personalized healthy eating plan. One caveat though, this approach may be too heavy on the grains and/or dairy for those impacted by food intolerance/allergy issues, or those with other health challenges. <http://www.westonaprice.org/>

Active Low-Carber Forum

Support for Atkins diet, Protein Power, Neanderthin (Paleo Diet), CAD/CALP, Dr. Bernstein Diabetes Solution and any other healthy low-carb diet or plan, all are welcome in our lowcarb community. Forget starvation and fad diets -- join the healthy eating crowd! <http://forum.lowcarber.org/register.php>

Wild Fermentation

A great educational resource for preparing all things fermentable. Indispensable for those interested in the preparation of cultured foods that can increase the resilience of their gut, reduce troubling gastrointestinal symptoms, and potentially increase whole-body immunity, psychological health and so much more.