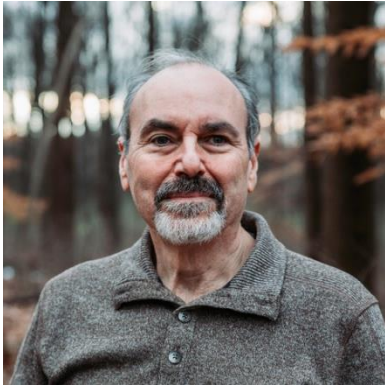


WILD MEDICINE CONFERENCE 2024 Presenter Biographies



David Winston RH (AHG)

David Winston is an internationally known lecturer, author and ethnobotanist. For over 45 years, David has been studying, practicing, teaching and researching Chinese, Western/Eclectic and Southeastern American herbal traditions. David's world-renowned two-year herbal studies program, the David Winston Center for Herbal Studies, has been educating Herbalists, Physicians, Nurses, Naturopathic Physicians, Veterinarians, and Nutritionists in the art and science of clinical herbal medicine since 1980. David has one of the largest private herbal research libraries in the U.S. The Herbal Therapeutics Research Library has over 8000 volumes, from 1550 to present, and over 15,000 articles on file. This library is a working library used for research for the herbal and nutritional industry as well as for his writing and for Herbalist & Alchemist. David services as the clinical herbal consultant to hundreds of prominent physicians (MDs, NDs, DOs, DCs) throughout the US, Canada and Europe. www.davidwinston.org.



Jesse Akozbek, The Feral Forager

Jesse is the creator of Feral Foraging. Feral Foraging is the culmination of three loves: foraging, photography, and teaching. Jesse knows that one of the biggest problems that the foraging community faces is the loss of natural habitat and his work is a response to this loss. His goal is to inspire and educate as many people as possible to develop relationships with the wild. His hope is that strength in numbers will allow us to begin to reverse our ever-shrinking natural wild spaces. Jesse loves to teach and often leads plant walks and foraging workshops in the Southeast region, particularly North Alabama. www.feralforaging.com.



Joanna Mann Herbalist, Farmer, Walden FARMacy

Joanna is co-owner of Walden Farmacy in Bessemer, AL where, alongside her husband, she has the joy of working with plants daily on their regenerative herb farm and homestead. Trevor & Joanna craft small batch herbal remedies with the belief that every person has the capacity to bring themselves into health and wholeness, and that when they do that health ripples out to everything they touch. They call themselves "holistically regenerative" because they grow their herbs in a way that heals the land they farm, believing the health of their community is tied to the health of the land they inhabit. www.waldenfarmacy.com.



Lisa Bedner, RN, RH (AHG), Pipsissewa Herbs

Lisa is certified as a Professional Medical Herbalist by the American Herbalist Guild. She is traditionally trained, by her family, as a Native American herbal practitioner, following the teachings of Tihanama, Cherokee, Lenape, and other Nations. As a Medicine Woman and healer of the Tihanama, she practices many of the traditional ceremonies, including sweat lodges and the Healing Drum. Lisa has also studied Western Herbalism and has more than 30 years of experience as a Registered Nurse, understanding both the allopathic and alternative modes of healing. Pipsissewa Herbs grows more than 100 species of medicinal herbs, manufactures traditional herbal medicines, and the farm is certified as an endangered Medicinal Herb Sanctuary by United Plant Savers. www.pipsissewaherbs.com.



Matthew Wood, MS

Matthew Wood began studying herbalism at age 13 in 1967, when a National Guardsman on the run to Canada handed him a copy of *The Teachings of Don Juan*. He later studied botany at the University of Minnesota and got his Master's Degree from the Scottish School of Herbal Medicine (accredited by the University of Wales). He began practicing in 1981 at Present Moment Herbs in south Minneapolis. He is the author of ten books on herbal medicine, including *The Book of Herbal Medicine*, *The Earthwise Herbal Repertory*, and *Holistic Medicine and the Extracellular Matrix*. He teaches online through the Matthew Wood Institute of Herbalism. www.matthewwoodinstituteofherbalism.com.



Michelle Rigling, PhD, Holistic Health Practitioner

Michelle is the founder of The Wild Medicine Conference and The Midsouth Women's Herbal Conference. She is a doctorate-level Transpersonal Counselor, a Sacred Plant Medicine Guide, a Certified Eco-Therapist and a Board-Certified Holistic Health Practitioner. Her Private Practice, *Cavewoman Counseling & Retreats*, is based in Chattanooga, TN. The first decade of Michelle's career was spent in traditional social work and counseling settings. Over the past 8 years, she has shifted to more holistic approaches to mental health and spiritual wellness that blend ancient wisdom, nature immersion, and modern science. A significant part of her work includes guiding ceremonies and providing integration counseling to people working with entheogenic plants and mushrooms. While Michelle has completed a variety of trainings and apprenticeships, she attributes a childhood of playing in the woods, looking for fairies, hearing and telling magical stories, and finding belonging among the trees as her most important "training". www.thecavewomanway.com.



Phyllis D. Light, MS, RH (AHG), Appalachian Center for Natural Health

Phyllis D. Light is a fourth-generation herbalist who has studied and worked with herbs, foods and other healing techniques for 30+ years. Her studies in Traditional Southern Appalachian Folk Medicine began in the deep woods of North Alabama with lessons from her grandmother, whose herbal and healing knowledge had its roots in her Creek/Cherokee heritage. Phyllis' studies continued as an apprentice with the late Tommie Bass, as well as other herbal Elders throughout the Appalachians and the Deep South. In addition to Traditional Folk studies, Phyllis has studied Traditional Western Herbalism, Nutrition, Exercise Science, Body Work and Energy Medicine. She has a Master's Degree from the University of Alabama in Health Studies, is a professional member of the American Herbalist Guild and is on the board of directors of the American Naturopathic Certification Board. www.phyllisdlight.com.



Rao Mentreddy, PhD

Dr. Srinivasa Rao Mentreddy, an Indian-born American citizen, is a Professor of crop science at Alabama A&M University. His research focuses on developing cover crop-based sustainable crop mgmt. practices for vegetable and medicinal herbs in the open field and agroforestry systems. His current research includes screening basil varieties for antidiabetic activity, evaluating Virginia mountain mint for production in Alabama, and introducing high curcumin turmeric varieties for commercial production in Alabama. Dr. Mentreddy earned BS and MS in Agriculture from the Andhra Pradesh Agricultural University, India, and a Ph.D. in Agronomy from the University of Tasmania, Australia.



Trevor Mann, Permaculturist, Farmer, Walden Farmacy

Trevor grew up in Hoover, AL, just across the railroad track and mere miles from the land that would become Walden Farmacy. Always a little different in his thinking, Trevor knew the conventional path was not for him, so he began saving for a cross-country road trip after high school. His travels shifted him and opened his eyes to his greater possibilities in life. Upon returning from his trip, Trevor pursued a spiritual path with a general idea that he was here to bring healing to the earth. When a friend introduced Trevor to permaculture a fire within him was lit that would soon take over and become not only his career, but also his passion. After meeting Joanna and pursuing market gardening for a year, an auspicious mushroom find yet again shifted Trevor's focus into growing herbs. Trevor received permaculture design training from Spiral Ridge Permaculture and graduated from the family herbalist program at the Appalachian School for Natural Health. www.waldenfarmacy.com