



Disaster Herbalism: Mutual Aid and Herbs with CoreyPine Shane

WE ARE ALL IN THIS TOGETHER

Holistic Cultural Healing

- ▶ Disasters break our “normal” way of being
- ▶ Create an opportunity for seeing things differently and working differently
- ▶ This is NOT a doomsday talk, but a vision for how we begin to create a better world...
- ▶ Even and ESPECIALLY in the midst of catastrophe

Gratitude

- ▶ I want to begin with gratitude for so many herbalists that I can't even name them all. The Appalachian Herb Collective I am a part of had 12 locations the month after the storm. And dozens of herbalists supported us by visiting and helping out in clinic, donated herbal goods and supplies, donated money, met with us and talked about how to organize free clinics, etc.
- ▶ There is no way we could have done this ourselves, and for your help I am, and we are, incredibly grateful.



My personal journey...

Rainbow Gatherings





Street Medic



Common Ground Health Clinic Hurricane Katrina, 2005



CGHC, Herbal station





M & N CLEANERS
940-2222

WINNER'S SUPER MARKET

ATM
INSIDE

MAYTAG EQUIPPED
Coin Laundry
MAJESTY LAUNDROMAT

SALE

UNDER
25 HOURS
SERVICING

NO
SMOKING
PLEASE
ONLY







Hurricane Helene



Hurricane Helene in Numbers



- ▶ 30 inches of rain in some areas, between two major storms
- ▶ 176 direct deaths, 74 indirect deaths
 - ▶ More than half in WNC -108 verified deaths
- ▶ Flooding, landslides, and high winds brought down trees
- ▶ \$78.7 billion in damage
 - ▶ (NC highest, then Florida, Georgia and others)
- ▶ Flooding – French Broad had a record flood level of 24.8 feet, higher than the previous record of 23.1 in a 1916 flood. Normal is 10 feet
 - ▶ Swannanoa River – 27.33 feet, exceeding previous record of 20.7 feet in 1916
- ▶ 39 tornadoes produced by the hurricane



French Broad flooding



Marshall, NC





Barnardsville Clinic

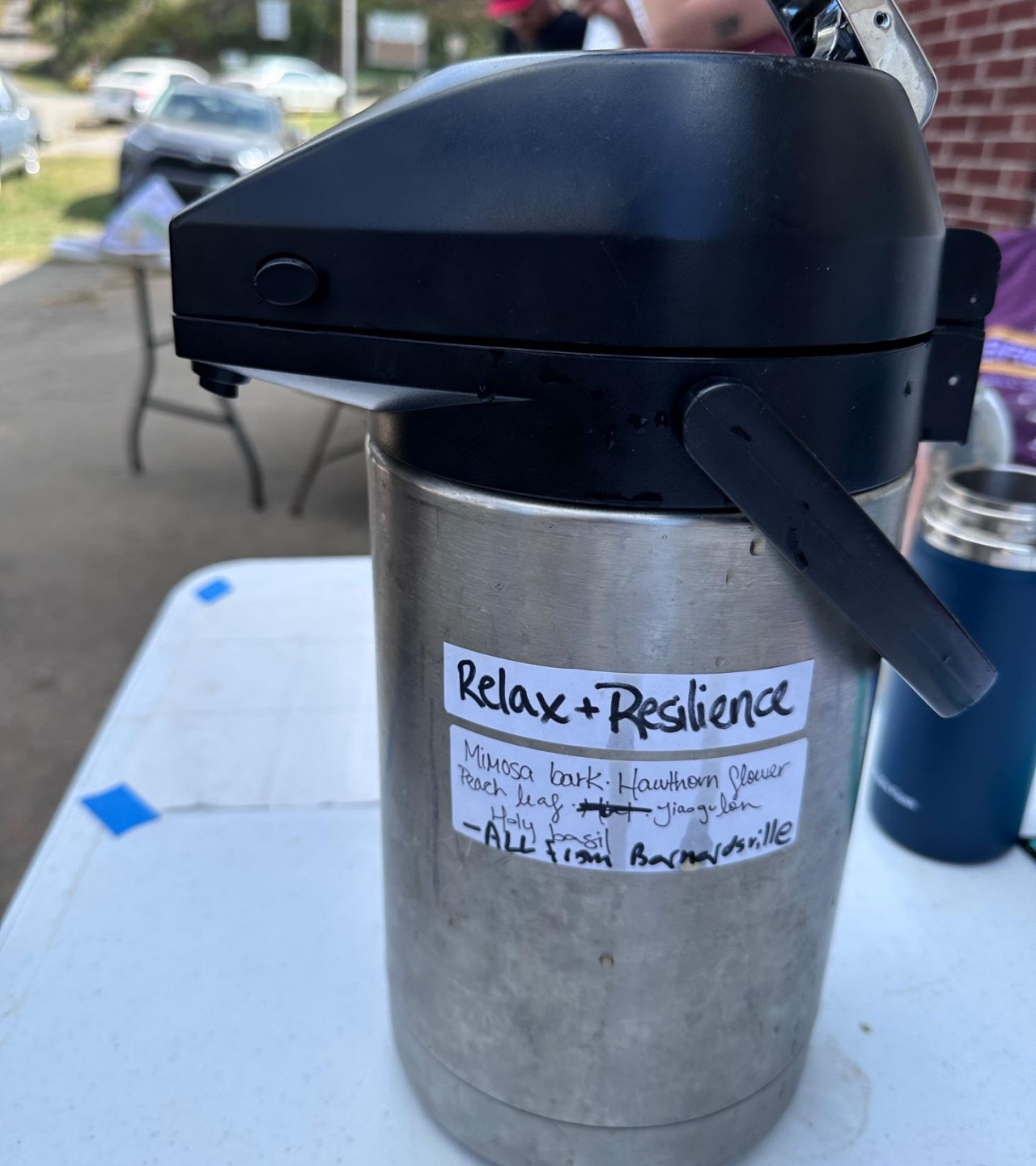




Barnardsville Clinic



Hot Springs Clinic



Relax and Resilience

- ▶ Mimosa bark
- ▶ Hawthorn flower
- ▶ Peach leaf
- ▶ Jiao Gu Lan
- ▶ Holy Basil



► Basic Herbal Kit we used in Barnardsville



What are the core principles
of Mutual Aid?

Mutual Aid - Core Principles

- ▶ “Solidarity not Charity”
- ▶ Taking direction from the community (not imposing your vision on the community)
- ▶ Taking care of needs that government and aid groups can't or won't help
- ▶ No access barriers
 - ▶ Sobriety, attending a service, work requirement, etc.

Organizing Mutual Aid

- ▶ Get to know your neighbors
- ▶ Figure out everyone's skill sets
- ▶ Community resources (community centers, drinkable springs, etc.)
- ▶ What mutual aid groups already in place?
- ▶ Community threats (rivers that could flood, places in danger of fire...)
- ▶ Learn about trauma. Better yet, become trauma informed

Organizing Mutual Aid

- ▶ What's your skillset? What's your scope
 - ▶ MANY roles needed
- ▶ Choose 40-50 herbs for your kit
- ▶ Care for the organizers and helpers
- ▶ Take care of yourself too!!
- ▶ Who is NOT receiving help?
 - ▶ Look around and ask "Who's not here?"
- ▶ Give each other grace – everyone's in a reactive space





Name:			Age:		Pronouns:	
Circle any that apply:			Pregnant	Breastfeeding	Allergies	Meds Followup
Explain:						
Primary Concern:						
Practitioner:			Date/Time			
Treatment:						
Recommendations:						
Notes:						

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Helping from Afar

- ▶ Sharing on social media
- ▶ Sharing with friends and community groups
- ▶ Fundraise, donate directly
- ▶ Host fundraisers and medicine making party
- ▶ Look at resource lists to see what people need

Guidelines for donating supplies

- ▶ Donate easy to use herbs with few cautions
- ▶ What form do they need it?
 - ▶ Bulk herbs/tinctures for clinics
 - ▶ Individual bottles for tables and herb pantry
 - ▶ Glycerin extracts for certain populations
- ▶ Follow guidelines for donations
 - ▶ LABEL everything well
 - ▶ Don't send expired or outdated herbs

Labeling Herbs

- ▶ Botanical name
- ▶ Common name
- ▶ Date the herb was harvested/bought
 - ▶ Or -- When the medicine was made
- ▶ What part of the plant (leaf, root, etc)
- ▶ Any details about how it was made:
 - ▶ weight:volume ratio (eg 1:2 or 1:5) if applicable
 - ▶ percentage of menstruum (eg, 80% alcohol, or 50% glycerin).
- ▶ Include the person or company who made it and their contact information in case there are questions.

Common Issues We Encountered

- ▶ Stress
- ▶ Grief, heartache, and feeling ungrounded
- ▶ Insomnia
- ▶ Hormonal issues
 - ▶ Menstrual
 - ▶ Menopausal
- ▶ Arthritis
- ▶ Immune issues

Most used remedies

- ▶ Adaptogens
 - ▶ Ashwagandha, Tulsi, Reishi, Jiao Gu Lan
- ▶ Mushrooms
 - ▶ Reishi, Turkey tail, Lion's mane
- ▶ Nervines
 - ▶ Passionflower, milky Oats, Kava, Peach leaf, Mimosa bark, Lemon Balm
- ▶ Immunity
 - ▶ Elderberry syrup, Fire Cider, Echinacea
- ▶ Hormonal Herbs
 - ▶ Black Cohosh, Dong Quai, Vitex, Motherwort
- ▶ Pain, arthritis
 - ▶ Turmeric, Willow, Yucca, Devil's Claw, Jamaican Dogwood

More Remedies / Formulas

- ▶ Relax And Resilience Tea
 - ▶ Mimosa bark, Hawthorn flower, Peach leaf, Jiao Gu Lan, Holy Basil
- ▶ Grief Relief (Herbalist and Alchemist)
 - ▶ Hawthorn berry, flowers, and leaves, Mimosa bark, Rose petals
- ▶ Candied ginger
- ▶ Five Flower Formula / Rescue Remedy
- ▶ Gotu Kola and Bacopa for memory issues
- ▶ General digestion remedies: Peppermint, Ginger, Bitters formula
- ▶ Pain remedies: Corydalis, Willow, St. John's Wort, Valerian, Pedicularis, Jamaican Dogwood