

ACEER

F O U N D A T I O N

ACEER Botanical Medicine Workshop 2009

Itinerary

Friday Oct. 1 – 10, 2009

With trip leaders Mindy Green, Rosemary Gladstar and Steven Foster

**Sponsored by: The American Botanical Council,
The ACEER Foundation, and West Chester University of PA**

(Daily Activities/Lecture Topics are Tentative)

Cost - \$3,499 (From Lima)

Day 01

Thursday, October 1

USA TO LIMA

Meals – On flight

Evening arrival in Lima, welcome and transfer to our hotel.

Overnight – Lima – Casa Andina Miraflores Centro

Day 02

Friday, October 2

LIMA/RESERVA AMAZONICA

Activity 1: During early breakfast (7 a.m.), there will be introductions and an orientation session, led by Steven Foster.

After breakfast, we are transferred to the Lima airport at 7:30 a.m. for a two-hour flight to Puerto Maldonado via Cusco. Puerto Maldonado, with a population of approximately 60,000, is the capital of the Madre de Dios region and is located at the confluence of the Tambopata and Madre de Dios Rivers. This small frontier town has a history of resource extraction beginning with the rubber boom, logging and gold prospecting, and more recently oil exploration. Despite this activity, 98% of the region is composed of primary rainforest. There are three national parks and reserves in the area that together comprise more than 3.5 million hectares of protected forest ecosystems. They are: The Manu Biosphere Reserve, Tambopata-Candamo Reserve, and the Bahuaja Sonene National Park.

Activity 2:

We begin our experience in the region with a visit to the local market, led by Steven Foster, Antonio Montero, and our local guide, where everything from produce, harvested from the surrounding forest, to live chickens and other animals, to motorcycle parts, and plastics are sold. Of particular interest are the medicinal

herb stands, where we will have the opportunity to talk with local *curanderos* and discuss the preparation and use of traditional remedies.

Soon we get our first glimpse of the Madre de Dios River where we board our boat for the one-hour ride to Reserva Amazonica Lodge. A light lunch (the Amazonian version of a box lunch, called “juanes” - rice dough stuffed with chicken or egg and wrapped in banana leaves) will be served during the boat ride to the lodge.

After a brief orientation to the lodge and reserve by Inkaterra staff, there will be an optional walk on the Anaconda trail, passing across the 200-meter wooden bridge over the Aguajales palm swamps. The 10,000 ha Inkaterra Ecological reserve is located in mature floodplain forest and provides excellent opportunity for wildlife observation. The Inkaterra Reserve provided a research base for E.O. Wilson’s seminal work on ant ecology, and is said to contain one of the world’s largest concentration of ant species.

Activity 3

Where appropriate, we will begin explaining the diversity of plants that form the basis for medicines from the rainforest.

There will be a presentation at 6 p.m. before dinner.

Activity 4:

Evening presentation and discussion: "*Medicinal Plant Conservation*" with Steven Foster

CMEs awarded for the day’s activities: 4

Breakfast – Lima – Casa Andina Miraflores Centro

Lunch- Juanes on boat to Reserva Amazonica

Dinner – Reserva Amazonica

Overnight – Reserva Amazonica

Day 03

Saturday, October 3

RESERVA AMAZONICA

After an early breakfast (6:30 a.m.), we depart by boat to the access point for the Inkaterra Canopy Walkway. Animal and bird life are best viewed early in the morning.

Activity 1:

The high point, literally, of the morning, will be a visit to the Inkaterra Canopy Walkway – a series of seven suspended walkways 100 feet above the forest floor and providing an unparalleled opportunity to study the vertical structure of the forest and life in the canopy, led by workshop leader and our Inkaterra guide.

After our visit to the canopy walkway, we depart for the 45-minute boat ride to ACEER-Tambopata-Inkaterra (ATI). In partnership with The National Geographic Society, and Peruvian partners, The Amazon Center for Environmental Education and Research (ACEER) Foundation developed this comprehensive international education and research center. The facility is located on a 340-hectare private reserve that joins the pristine Tambopata National Reserve and Lake Sandoval, a huge oxbow lake known for its concentrations of birds and butterflies and a long-term research project on the endangered giant river otter.

The ACEER at Tambopata includes:

- A Nature Interpretation Center
- Meeting and classrooms
- Laboratory
- A medicinal plants garden
- A children's rainforest garden, and
- A 3.5 km Useful Plants Trail

Activity 2:

At the ATI we will begin at the ACEER at Inkaterra (ATI) Nature Interpretation Center, and its exhibit: *Madre de Dios—River of Change*, designed by the National Geographic Society. The exhibit describes the climate, geography, history, ecosystems, and culture of the tropical rainforest in the Madre de Dios region.

Activity 3:

First Aid for Travelers by Rosemary Gladstar, presented in the laboratory space at ATI.

TRAVELER'S JOY ~ STAYING HEALTHY ON THE ROAD

Part of the joy of traveling is staying healthy and being prepared. Rosemary will review her traveler's herbal first aid kit and discuss staying healthy 'on the road'. Common health problems that one might encounter while traveling in South America and what to do for them will be shared. Bring your first aide kits along as well for a 'show and tell'.

Lunch will be served at ATI. After lunch, we will explore the site further.

Activity 4:

Field exercises and demonstrations at the Jardín de Plantas Medicinales, the Children's Rainforest Garden and the Useful Plants Trail. Sessions will be led by workshop leaders and our *Shaman* Antonio Montero Pisco. Topics will include: *Medicinal Plants of the Amazon*; and *Plants of Economic and Health Value*. Plant diversity, ecological processes, and adaptations will be discussed.

Activity 5:

Our studies at Fundo Concepción will include *Amazonian Shamanic Traditions*, with Antonio Montero Pisco, and will conclude with a special “Bath of Tranquility”.

CMEs awarded for the day’s activities: 5

Breakfast at Reserva Amazonica

Lunch at ATI

Dinner: Reserva Amazonica

Overnight: Reserva Amazonica

Day 04

Sunday, October 4

SANDOVAL LAKE

After an early breakfast we depart for the 15 minute boat ride to the entrance to Lake Sandoval. There will be a one hour walk to reach the lake, where we will board canoes for an exploration of the lake.

Activity 1:

The trail to the lake passes through a mix of successional forest types. Along the way there will be excellent opportunities to see small animals such as anteaters, agouties, capybaras, and monkeys, as well as numerous bird species. Here we will continue our discussions on the diversity of plants that form the basis for medicines from the rainforest.

Sandoval Lake is an exceptional "oxbow lake" formed generations ago by the shifting waters of the Madre de Dios River. It is located adjacent to Fundo Concepción and is within hiking distance of the center. Sandoval with its clear, calm waters has evolved into a mature lake environment attracting a wide variety of wildlife and flora. Sandoval is home to the endangered giant river otter and is an exceptional place to observe small parrots, herons, kingfishers, hoatzins, caimans, and turtles. Brown capuchin, Bolivian squirrel, red howler, saddle-backed tamarin, and night monkeys live in the forests surrounding the lake.

We will return to Reserva Amazonica for lunch. There will be time for relaxation before activity 2 and the tour of the demonstration farm.

Activity 2: *Aromatic Resins of South America*

by Mindy Green at 3 pm in the information center of the lodge.

Activity 3 (Optional): A late afternoon Visit to Inkaterra’s demonstration farm with discussion about the typical farm and Amazonian diet, and properties of plants grown by local farmers that are used for medicinal purposes. Led by our guide and Antonio Montero Pisco.

CMEs awarded for the day's activities: 3

Breakfast/Lunch/Dinner – Reserva Amazonica
Overnight – Reserva Amazonica

Day 05

Monday, October 5

RESERVA AMAZONICA/AGUAS CALIENTES TRAVEL DAY

After an early breakfast, departure by boat for Puerto Maldonado, where we transfer to the airport for our flight back across the snow-capped Andes Mountains to the heart of the Inca Empire. Nestled in a high valley at nearly 11,000 feet, Cusco is surrounded by some of the highest peaks in the Andes. As we descend into Cusco, the oldest continuously inhabited city in the western hemisphere, we glimpse the red tiled roofs of this colonial capital that was built on the massive foundations created by the Inca Empire. We make our way by bus out of the city and into the historic Urubamba Valley – *The Valley of the Incas* and there we transfer to the train for Machu Picchu, recently selected as one of the *New 7 Wonders of the World*. After the hour and a half ride we arrive at Aguas Calientes (Machu Picchu Village). Dinner at a local restaurant and overnight at a hotel in Aguas Calientes.

Breakfast– Reserva Amazonica
Lunch – Box Lunch on bus
Dinner – Toto's House in Aguas Calientes
Overnight – Rupi Wasi Inn or similar

Day 06

Tuesday, October 6

MACHU PICCHU

After breakfast at the hotel, we board our bus for the journey to Machu Picchu for the day. The topography, geology and hydrology of Machu Picchu create nine life zones and contain a wide diversity of flora and fauna species. There are more than 1000 species of orchids within the Sanctuary, as well as a wide variety of ferns, begonias, palms, and bromeliads. The Sanctuary has many species of fauna as well including the solitary eagle, the Andean condor, the ocelot, spectacled bear, and a great variety of birds including the Golden-headed Quetzal and the Cock-of-the-Rock, Peru's national bird.

Activity 1: Led by our Andean guide, Marcos Farfan, the group will ascend to a point above the ruins and will be led in a short meditation by Marcos.

Activity 2: Exploration of Machu Picchu's architectural remains of plazas, palaces, temples, homes, cemeteries and more than 100 irrigated terraces that formed the structure for the Incan agricultural system. The visit includes an introduction to the

medicinal plants used by the Incas, and viewing of the small medicinal plant garden in the ruins. The day will provide an ongoing opportunity for discussions of Incan cultural traditions including their agricultural and medicinal practices. Led by our local guide.

The guided portion of our day will last approximately two hours and the remainder of the day you will have to explore the ruins on your own. Activities include an optional climb up “Huaynu Picchu”, the peak overlooking the city, or a hike to the “Sun Gate” where the Inca Trail enters Machu Picchu.

CMEs awarded for the day’s activities: 2

Breakfast – Rupi Wasi Inn
Lunch – Sanctuary Lodge
Dinner – Pueblo Viejo
Overnight – Rupi Wasi Inn or similar

Day 07

Wednesday, October 7

AGUAS CALIENTES/OLLANTAYTAMBO

After early breakfast, we board the train for Ollantaytambo, where the group will be joined by Rosa Urrunaga, a faculty member from the university in Cusco, and an expert on traditional healing practices in the Andes. Our morning will include a visit to a local village to see medicinal plant gardens, and the local market where medicinal plant stands can be seen. Rosa Urrunaga and our guide, Marcos Farfan, will take us to local gardens where medicinal plants of the mountain regions can be seen.

Activity 1: A visit to the local markets and local medicinal plant gardens, where Rosa Urrunaga and Marcos Farfan will discuss traditional healing practices in the Andes.

Activity 2: The day will include a visit with a Shaman in the Sacred Valley to learn about shamanic traditions in the Andean region. Led by the Shaman and our local guide.

We arrive at our hotel in the late afternoon with time to relax.

CMEs awarded for the day’s activities: 2

Breakfast – Rupi Wasi Inn
Lunch – Sol y Luna Restaurant
Dinner – Restaurant at Hotel Pakareqtampu
Overnight – Hotel Pakareqtampu

Day 08**Thursday, October 8****OLLANTAYTAMBO/CUSCO**

After breakfast, board bus for Cusco. Along the way will include stops at a Weaving Arts Gallery and the Incan ceremonial ruins at Sacsayhuaman. We will arrive in Cusco by noon, and after a light lunch, we will travel to nearby Huasao the town of the curanderos, where Rosa Urranaga will give a guided tour. We will return to Cusco in the late afternoon in time to check into the hotel before attending the local folkloric show.

Activity 1: A guided tour by local faculty of the town of the Huasao, where there is a large community of curanderos (Local healers.) The faculty will introduce us to local healers and will lead a discussion on traditional healing practices from the Cusco region.

CMEs awarded for the day's activities: 1

The evening activities will include a one hour folkloric show at 7 p.m. and then dinner on your own and time to walk the squares of Cusco.

Breakfast – Hotel Pakareqtampu

Lunch – local restaurant

Local folklore show at 7 pm

Dinner – On your own

Overnight – Cusco Hotel – Casa Andina

Day 09**Friday, October 09****CUSCO/LIMA/OVERNIGHT FLIGHT TO USA**

After breakfast at 8 a.m. there will be final presentations, and then the group will have some more time to explore Cusco, including a short visit to the big local market, four blocks away from the main square. Transfer to airport for flight to Lima will be at 1 pm for the 2:30 pm flight. Upon arrival in Lima we have a short tour of the city and a walk in Love Park. Our farewell dinner will be at Rosa Nautica, a restaurant on a pier in the Pacific. We will later transfer to airport for overnight flight to US, as per your own arrangements.

Activity 1: Final presentations by Steven, Rosemary and Mindy with time for discussion and questions, since this is the final group activity

CME's awarded for day's activities: 1

Breakfast – Cusco Hotel - Casa Andina

Lunch – On Own

Dinner – Rosa Nautica

Overnight flight to US

Day 10
Saturday, October 10

ARRIVE IN USA

For more information:

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\$500 Deposit and registration forms are due by June 29, 2009. Final payment due July 27, 2009. Mail checks to:

The ACEER Foundation
P. O. Box 2549 - WCU
West Chester, PA 19383

CMEs and Continuing Education credits are available through West Chester University.

Continuing Medical Education Statement

The College of Health Sciences at West Chester University of Pennsylvania is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

CME Designation Statement

The College of Health Sciences at West Chester University of Pennsylvania designates this educational activity for a maximum of 25 category AMA PRA Category 1 credits. Each physician should only claim credit commensurate with the extent of their participation in the activity.

Instructors' Biographical Information

Your instructors—Steven Foster, Rosemary Gladstar, and Mindy Green—have known each other for over 30 years.

Steven Foster, Author, photographer, international consultant and lecturer, Steven Foster, has 35 years of comprehensive experience in the herbal field. His career began in Maine at the Sabbathday Lake Shaker's Herb Department; America's oldest herb business dating to 1799. He is the co-author of three Peterson Field Guides, the bibles for identifying North American herbs including *A Field Guide to Medicinal Plants—Eastern and Central North America* (with Jim Duke). Other books include *Tyler's Honest Herbal* and the award-winning *101 Medicinal Herbs*. He is co-author of National Geographic Book's *A Desk Reference to Nature's Medicine* (with Rebecca Johnson), a 2007 New York Public Library Best of Reference. Foster's medicinal and aromatic plant photographs appear in numerous books and magazines, and are regularly featured in *HerbalGram*, the Journal of the American Botanical Council. He serves as President of ABC's Board of Trustees. Eureka Springs Arkansas, in the heart of the medicinal plant-rich Ozarks, is where Steven makes his home.

Rosemary Gladstar is a pioneer in the herbal movement and has been called the 'godmother of American Herbalism'. She began 35 years ago developing herbal formulas in her herb shop, Rosemary's Garden in Sonoma County, California. She is the founder of the California School of Herbal Studies, the oldest running herb school in the United States, author of The Science and Art of Herbalism home study course, and is the organizer of the International Herb Symposium and The New England Women's Herbal Conference held annually in NE. She is the author of numerous herb books including the best seller *Herbal Healing for Women*, The Storey Book Herbal Healing Series and The Gladstar Family Herbal.

Her greatest passion has been the work of United Plant Savers, a non profit organization that Rosemary co-founded in 1994 and is currently founding president of. UpS is dedicated to the conservation and cultivation of at risk North American medicinal plants and to preserving botanical sanctuaries across the U.S. to help preserve the land that these precious native species thrive on. Rosemary lives and works from her home, Sage Mountain Herbal Retreat Center, a 500 acre botanical preserve in central Vermont.

Mindy Green is a founding member of the American Herbalists Guild and has 35 years experience in the natural products and health care industries. She has served as Program Specialist for the Integrative Resource Center at the University of Colorado Hospital, Anschutz Cancer Center, where she developed and implemented specialized educational programs and resources on complementary therapies for patients and staff. From 1995 to 2001 she served as Director of Education, and later, Director of Research at the Herb Research Foundation's non-profit medical library. From 1995 to 2003 Ms. Green was on the faculty of the Colorado-based Rocky Mt. Center for Botanical Studies and the Boulder College of Massage Therapy; she was co-owner and a faculty member of the California School of Herbal Studies from 1985 to 1995.

She is a nationally certified Registered Aromatherapist, and is on the board of directors for the non-profit, United Plant Savers. A prolific writer and lecturer, Ms. Green has authored over 40 articles on botanicals. She is co-author of *Aromatherapy, A Complete Guide to the Healing Art*; and author of *Calendula* and *Natural Perfumes*, and has contributed to numerous other books on herbs. She has conducted many seminars and training programs for professionals and the lay public, and provided consulting services in various aspects of complementary health care, including providing more than 400 interviews with leading magazines and newspapers on the subject of herbs and health. She has extensive training in the advanced uses of essential oils from Purdue University and comprehensive training in botanicals and spa therapies from other institutes of higher education.

Originally from northern California, Ms. Green currently works in the botanical research division of R&D as Clinical Aromatherapist for the Aveda Corporation. A long-time environmental activist, she enjoys contributing to global health.