



Italian American Heritage Club Of Hunterdon County

KEEPING OUR *Pride*, CELEBRATING OUR *Culture*, REMEMBERING OUR *Past*

Program Notes for February, 2012:

Donna Longo Reynolds – Herbalist



Donna Reynolds is an experienced herbalist, an herbal educator - which includes being a voice for her native green plant allies - as well as a quiet tree-whisperer. She speaks about her magical, medicinal plants and trees often, frequenting parks, arboretums and local backyards, often for impromptu 'herb' walks.

A long-term, nagging health issue led her to seek alternative healing modalities in 2001. Working with a trained Herbalist, her health issue was resolved in only four months following an herbal protocol that used local botanicals found in most people's yards and commonly called 'weeds'. She was so intrigued by the amazing results, that she decided to formally study Herbalism and medicinal botanicals.

In 2002, she began a three-year apprenticeship with New York City's esteemed Wise Woman Healer, Herbal Educator, Author and Teacher of Earth Spirit Medicine: Robin Rose Bennett. Her apprenticeship studies included one year of Herbalist-in-Residence clinical studies at the Robert Morrow Family Medical Center in the Bronx, NY.

Beginning in 2006, Donna then studied for four years with internationally distinguished Herbalist and Ethnobotanist, David Winston, RH (AHG), and is a graduate of his world renowned two-year Clinical Herbalist Training Program, his one-year Graduate Program for Herbal Practitioners, and his one-year Therapeutics Program for Herbal Practitioners at his school, David Winston's Center for Herbal Studies, in Washington, NJ.

Additionally, she is also a student of highly respected Author, Herbalist, Healer, Herbal Educator and a Founding Mother of the modern Herbal movement, Rosemary Gladstar, in her celebrated correspondence course: "The Science and Art of Herbalism", and is a graduate of her Teacher Training Program for Herbalists in 2009. Donna has taught classes locally in New Jersey and at Sage Mountain Retreat Center in East Barre, VT.

Her hybrid expertise - culled from 29+ years in the Information Technology world - enables Donna to pinpoint stressors contributing to client ailments, and effectively create comprehensive, individualized healing protocols which not only resolve symptoms but create constitutional changes needed for physical, emotional and spiritual well being.

Locally, Donna is a member of the Leadership Team for the Chester Chapter of the Holistic Mentorship Network, in the capacity of Treasurer. She also is active in the NJ Chapter of the American Herbalists Guild as well as the American Botanical Council, the Northeast Herbal Association and United Plant Savers. She teaches classes throughout northern and central New Jersey, often speaking for garden clubs, arboretums, scout troops, health spas, senior centers and local environmental centers.

Currently, when she is not coordinating classes or giving herb walks, Donna is working on her book-in-progress, *Tree Spirit Medicine: Re-establishing Our Sacred Connection*.

To contact Donna or for more information about her class offerings and schedule, visit <http://www.willowmoonherbals.com> or email her at donna@willowmoonherbals.com.

Donna has been a member of the Italian American Heritage Club since 1997, and is happy to speak about medicinal botanicals.