

Continuing Education Application

Activity Host: Gaia Herbs Professional Solutions

Activity/Meeting Title: Olive & Oregano: Delicious, Nutritious Immune Support

Activity Date(s): November 17, 2021 at 4 pm EST Location: Live Webinar

Total Number of credits requested: 1

Contact Information:

<u>Contact Name</u>	Valery L. Greene
<u>Position</u>	HP Business Development Manager
<u>Phone</u>	732.291.3848
<u>Email</u>	vgreene@gaiaherbs.com

Session Description or Abstract

In this webinar, we'll take a deep dive into two herbal allies that have helped humans throughout the ages: the majestic Olive tree and the small, soft Oregano plant. These Mediterranean natives are powerhouses of flavor and nutrition. But in addition to their respective roles in spicy folklore and as delicious and nourishing food seasonings, both Oregano and Olive have a long history of use and are backed by numerous scientific studies for supporting the immune system.* Join us as we explore healthy recipes featuring the herbs as well as investigate their beneficial properties and active constituents, including carvacrol.

Speaker Biography

Ellen Kamhi, PhD, RN, AHG, AHN-BC, The Natural Nurse®, attended Rutgers and Cornell Universities, sat on the Panel of Traditional Medicine at Columbia Presbyterian Medical School, is a Medical School Instructor with the Department of Family Medicine, Stony Brook University, and teaches Botanical Pharmacology. She is a professional member of the American Herbalist Guild (AHG), and is nationally board certified as a Holistic Nurse (AHN-BC). She offers online and onground Herbal Certification Programs, teaches Career Paths in Natural Medicine, and leads EcotoursForCures.com to study with indigenous healers. As a leader in the nutraceutical industry, Ellen has advanced credentials and experience as a formulator, product developer and regulatory consultant. Author of many books including The Natural Medicine Chest, and Arthritis, The Alternative Medicine Definitive Guide, Dr. Kamhi educates professionals and consumers about evidence based natural therapeutics.

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Session Title: Olive & Oregano: Delicious, Nutritious Immune Support

Speaker(s): Dr. Ellen Kamhi, PhD, RN, AHG, AHN-BC

Date/Time: 11/17/21 – 4 PM EST CE Requested: 1.0 CE ND

Session Learning Objectives

1. Practitioners will learn what Oregano and Olive Leaf are and how they might be used medicinally via supplement and diet.
2. Through clinical studies and research, practitioners will be able to develop a treatment plan for their patients incorporating oregano and olive to support specific immune, cardiovascular, viral and bacterial challenges.
3. Practitioners will gain a thorough understand of dosing, cautions, and contraindications when prescribing these botanicals to their patients.

Session Outline

1. Olive – tree, history, folklore
 - a. Uses and energetics
 - b. Olive oil
 - i. Types and health benefits
 - ii. Mediterranean diet benefits
 - iii. Omega 3 health benefits
 - c. Recipes using olive oil and olive leaf
 - d. Fat structure
 - e. Olive leaf clinical studies, dosing, warning
2. Oregano
 - a. History, folklore
 - b. Species confusion
 - c. Energetics
 - d. Constituents and uses
 - e. Recipes using oregano and oil of oregano
 - f. Oregano research/studies
 - g. Blending essential oils – cautions
 - h. Using oregano with other immune support herbs
 - i. Oregano oil use with candida, periodontal disease, cardio health
 - j. Dosing/cautions/adverse reactions