

Updated September 2023

Richard A. Mandelbaum, RH
Clinical Herbalist
richardmandelbaum.com

PROFESSIONAL EXPERIENCE

Current

Clinical Herbalist

1999-present

Registered Herbalist, American Herbalists Guild

July 2003-present

Private practice providing individual consultations.

Founder and Faculty, ArborVitae School of Traditional Herbalism

2012-present

Founder and core faculty in a school for herbal studies, based on a three-year clinical program. Served as director from 2012-2022.

Faculty, David Winston's Center for Herbal Studies

2006-present

Teach Botany, Phytochemistry, Materia Medica, and clinical therapeutic classes in nationally recognized two-year herbal education program and third-year graduate program.

Faculty, Won Institute of Graduate Studies

2020-present

Instructor of Botany and Biochemistry of Plants for students of acupuncture and herbal medicine.

Past experience

Lecturer, Sky House Herb School

2016-2021

Provide annual webinars / online classes on topics such as Adaptogens, Immune System Health, Energetics, and Zoopharmacognosy.

Board Member and Officer, American Herbalists Guild

October 2012-December 2018

Member of the board of directors of this prominent national association of herbal practitioners, serving as Secretary of the board, and chair of the Policy Committee, Ethics Committee, and the Committee for Diversity, Equity, and Inclusion.

Mentor, Herbal Medicine**March 2003-present**

Mentor and tutor students one-on-one in various aspects of herbal medicine, clinical skills, materia medica, medicine making, and botany, including mentorships following AHG guidelines.

African Diaspora Earthcare Coalition**2018-2019**

Member of this African American-led project's General Circle to develop community herb growing and medicine making to address the healthcare needs and disparities of the community in and around Chester, PA.

Faculty, Tri-State College of Acupuncture**2013-2018**

New York, NY

Taught an annual 45 hour botany course to acupuncture students each summer.

Food Justice

Extensive experience in the food justice movement, with a focus on Environmental Justice and food and farm workers' rights.

- Chair, Labor Committee, Park Slope Food Coop, 2016-2019
- Governing Board Member, Brooklyn Food Coalition, 2013-2015
- Organizer and Policy Specialist, CATA, Comité de Apoyo a los Trabajadores Agrícolas, 1997-2011
- Member and Chair, Board of Directors, Domestic Fair Trade Association, 2008-2011
- Member, core development team, Food Justice Certified program of the Agricultural Justice Project, 2004-2011
- Advisor, *La Farmacia Popular* Community Health Project of the Farmworker Association of Florida, 2014-2017
- Member, NGO Committee on Migration, United Nations system, 2007-2011
- Member, Board of Directors, Food Chain Workers Alliance 2008-2011
- Member, Board of Directors, National Campaign for Sustainable Agriculture, 2001-2004
- Advisor, Farmworker Health and Safety Institute, 1997-2003

Lecturer and Team Member, CNYGEC**2008-2015**

Mt. Sinai / Consortium of New York Geriatric Education Centers, New York, NY

Lectured health care professionals as part of a Continuing Medical Education elective: *"Health Promotion, Sexuality, and Quality of Life Improvement for Older Adults"*.

Herbal Medicine Study Group Instructor**2011-2014**

Flower Power herb shop, New York, NY

Led small study group for interns and staff of this long-standing herb shop in NYC.

**Instructor, Herbal Medicine
2010-2012**

The Commons, Brooklyn

Offered lectures and workshops to the general public as well as specialized courses in herbal medicine, nutrition, botany, and holistic approaches to health.

**Dragonfly Botanicals
1999-2010**

Forestburgh, NY

Grew medicinal herbs on a small-scale in organic market garden.

**Director, Clinical Herbalist Diploma Program
July 2006-March 2009**

Lehigh Valley Healing Arts Academy, Emmaus, PA

Developed curriculum and served as primary instructor on topics including clinical skills, materia medica, botany, and medicine making.

**Lecturer and Herbal Consultant, New Age Health Spa
2001-2007**

Neversink, NY

Offered evening lectures on wide range of health and herbal-related subjects. Provided personal consultative services to guests.

**Instructor, Lehigh Valley Healing Arts Academy
2002-2006**

Emmaus, PA

Offered wide range of half-day, full-day, and weekend classes in herbal medicine.

**Herbal Products Manufacturing, Herbalist & Alchemist
1998-1999**

Washington, NJ

Engaged in all aspects of medicine making including high-quality herbal tinctures, ointments, and oils.

**Production Manager, Pippin Hill Farm
1996**

Blairstown, NJ

Supervised vegetable production at this small organic farm in northwestern New Jersey.

EDUCATION

Private study, William LeSassier, New York City 2002-2003

Small group setting focusing on clinical uses of herbs and traditional client assessment techniques with this nationally recognized herbalist.

Advanced Herbal Training Program, Sage Mountain, VT 2000

Advanced level education for the practicing herbalist, with nationally recognized instructors. Curriculum focused on clinical work, with additional study in anatomy/physiology and materia medica.

Herbal Therapeutics School of Botanical Medicine, Washington, NJ 1996-1998

David Winston's two year comprehensive training in Chinese, Western, and traditional Cherokee herbal medicine; including materia medica, diagnostic techniques, field botany, holistic protocols, and anatomy/physiology.

Bachelor of Arts, Wesleyan University, Middletown, CT 1989-1993

PUBLICATIONS

Holism and Reductionism, Musings on Barberry and Descartes, Permaculture Design Magazine, Permaculture and Biodiversity, Aug/Sep 2020

Plant Intelligence, April 2017, written for submission to the 2017 annual conference of the American Holistic Veterinary Medical Association, later published in the Journal of the AHVMA

Zoopharmacognosy: Not Every Herbalist is Human, April 2017, written for submission to the 2017 annual conference of the American Holistic Veterinary Medical Association, later published in the Journal of the AHVMA

Wolf Farts and Raven Shit: A Few Underused Mushrooms, Journal of the Northeast Herbal Association, July 2015

A Tree without Roots: Lessons for the Future of Herbalism from the 19th Century, Journal of the American Herbalists Guild, Vol 12 No. 1, Summer 2014

Book Review: The Chinese Medicinal Herb Farm, A Cultivator's Guide to Small-Scale Organic Herb Production, The Natural Farmer (the newspaper of the Northeast Organic Farming Association), Spring 2013, Vol. 2, No. 96

Expanding our Native Materia Medica; Exploring TCM analogues among our Native Plants, Journal of the Northeast Herbal Association, Winter, 2012

Growing Medicinal Plants on the Micro Scale, The Natural Farmer (the newspaper of the Northeast Organic Farming Association), Summer 2012

The Use of Herbal Medicine to Promote and Protect the Mental Health of Geriatric Patients during Disasters, Chapter on Complementary and Alternative Approaches, Toner, J., ed., Geriatric Mental Health Disaster and Emergency Preparedness: Evidence-based Care Practices, Springer Publishing Company, 2010

The FDA Email Alert Controversy, Journal of the Northeast Herbal Association, June 2007

Contributor: Evans, J. and Aronson, R., The Whole Pregnancy Handbook: An Obstetrician's Guide to Integrating Conventional and Alternative Medicine Before, During, and After Pregnancy, Gotham Publishing, 2005

Hemlock and Reishi, Journal of the Northeast Herbal Association, Fall, 2005

Organic Cultivation of Medicinal Herbs, Heirloom Farm and Garden Magazine, Garden State Heirloom Seed Society, June 2002

Holism and Reductionism, Musings on Barberry and Descartes, Permaculture Activist, No. 45, March 2001

Permaculture, Justice, and Economics, Permaculture Activist, No. 38: Economic Transformation, February 1998

Herbal Medicine and Farmworker Health – A Preliminary Look, written as part of program of study, Center for Herbal Studies, May 1998

USDA Organic Farming Plan is Tainted, Op-Ed article, Vineland Daily Journal, May 5, 1998

Farmworkers within the Framework of a Sustainable Agriculture, Northeast Sustainable Agriculture Working Group (NESAWG) Resource Harvest White Papers, December 1998

Building a Just and Humane Food System Through Collaborative Efforts, Agriculture Safety and Health Network White Papers, March 2001

Towards Social Justice and Economic Equity in the Food System, Ecology and Farming, Journal of the International Federation of Organic Agriculture Movements, No. 30, May-August 2002

A SELECTION OF MEDIA: DOCUMENTARIES, INTERVIEWS, PODCASTS, ETC.

What is the Time? Podcast interview, 2023, 2022

Interview with *MysticMag*, 2023, on my approach to herbalism

10,000 Heroes Podcast with Nate Ramos

BBC video, 2021: [*Is ashwagandha the new super herb?*](#)

Finding Whole Health video interview on Fortifying the Immune System Naturally, with Mark Finguerra, 2020

Finding Peace online docu-series, featured in Episode 5, Herbalism, 2020

Podcast interview with *What's the Juice* with Organic Olivia; *A Revolutionary Approach to Lyme Disease*, 2020

Remedy: Ancient Medicine for Modern Illness, 2018

Featured prominently in this nine-part documentary video series on herbal medicine

Podcast interview with Katie Hess, *The Flower Lounge*, June 2018

Podcast interview with Lana Camiel, *Wellness Insider Network*, January 2018

Article on *Dr. Phoebe Champlin Low* by John in the Sullivan County Democrat, March 15, 2019; <https://www.scdemocratonline.com/stories/dr-phoebe-champlin-low.37729?>

A SELECTION OF PRESENTATIONS, LECTURES, AND WORKSHOPS (NOT INCLUDING ONGOING TEACHING VENUES LISTED ABOVE)

Making Sense of Labs: Interpreting Blood Work for Herbalists, Acupuncturists, and Other Practitioners, ArborVitae, July 2023

18th Century Herbalism in America: a lecture at historic Fort Delaware, Narrowsburg NY, 2023, 2022

Nature's Medicine: an immersive weekend of herbalism co-taught with Nathaniel Whitmore and Fumiha Tanaka. July 2023

The Energetics of Emotion: Emotion and the Five Elements, Symposium of the American Herbalists Guild, 2022

Urban Herb Walk, Symposium of the American Herbalists Guild, 2022

Intertwined: The Exquisite Relationship Between Animals, Plants, and the Earth, a three-day retreat co-taught with Dr. Laurie Dohmen, VMD, MS, LoWood Educational Center, NY, February 2020

Underused Medicinal Plants of Eastern North America, workshop, Symposium of the American Herbalists Guild, Helen, Georgia, 2018

Healthy Hormones: Natural Approaches to Endocrine Health, eight-part webinar series co-taught with K.P. Khalsa, International Integrative Educational Institute, June-July 2017

Mental and Emotional Aspects of Lyme Disease, half-day intensive, International Herb Symposium, Massachusetts, June 2017

Expanding Your Bioregional Materia Medica: Plants You May Be Familiar with but Probably Under-Use as Medicine, International Herb Symposium, Massachusetts, June 2017

The Bitter Truth, International Herb Symposium, Massachusetts, June 2017

Herbs for Immune System Health, webinar for the Sky House Herb School, May 2017

Not Every Herbalist is Human: How Animals use Herbal Medicine, ArborVitae School of Traditional Herbalism, November 2016

Medicinal Mushrooms workshop, Radicle Herb Shop, Brooklyn NY, June 2016

The Bitter Truth, ArborVitae School of Traditional Herbalism Community Class, June 2016

Reishi and Chocolate, East Meets West Medicine Fest, New York, NY, May 2016

Herbal Medicine, Green Medicine, NYC Green Festival, New York, NY, April 2016

The Macrobiome: It is Not Just the Microbiome that Matters! Symposium of the American Herbalists Guild, Colorado, October 2015

Mental and Emotional Aspects of Lyme Disease, Symposium of the American Herbalists Guild, Colorado, October 2015

Expanding Your Bioregional Materia Medica: Plants You May Be Familiar with

but Probably Under-Use as Medicine, webinar for the American Herbalists Guild, August 19, 2015

Plant Intelligence and the Future of Herbalism, International Herb Symposium, Massachusetts, June 2015

Herbs According to the Five Phases (Elements), ongoing on-line module for the New Healers Master Coaching Program, recorded April 2015

Weeds, Herbs, and Medicinals Pre-Conference Intensive, Farming for the Future Conference of the Pennsylvania Association for Sustainable Agriculture, State College, PA, February, 2015. Presentations included: *Accessing the Natural Medicine Chest*, *Flower Garden & Weed Medicine*, *The Five Flavors & What They Mean*

Understanding Adaptogens, Integrative Healthcare Symposium, New York, NY, March 2013

Clinical Herbalism, an eighty-hour herbal training, The Commons, Brooklyn, March-November 2012

Healing with Herbs (nine week course), The Commons, Brooklyn, October-December 2012; September-November 2011; February-May 2011

Our Original Medicine: Using Herbal Remedies Safely and Effectively in the Modern World, various locations including Mt. Sinai Continuing Medical Education program at the Stroud Center, 2012, 2011, 2010, 2009, 2008

Our Original Medicine: Using Traditional Herbal Remedies in the 21st Century, Lehigh Valley Chapter of the Weston A. Price Foundation, Bethlehem, PA, July 26, 2012

Medicinal Mushrooms, Flower Power, New York, NY, June 11, 2012

Medicinal Tincture Making, The Commons, Brooklyn, NY, May 20, 2012 and Jan 8, 2012

Natural Approaches to Menopause and Osteoporosis, The Commons, Brooklyn, NY, Feb 12, 2012

Herbal Treatments for Colds and Flu, The Commons, Brooklyn, NY, Jan 22, 2012

Myth and Reality: Safe and Effective Use of Herbal Medicines in an Integrative Setting, New Jersey Medical School Cross-Cultural and Integrative Medicine (CCIM) elective, New Jersey Medical School-UMDNJ, October 2011

Herbs to Reduce Anxiety and Stress, and to Improve Sleep, various natural food stores, Philadelphia, PA, October 2011

Herb Walk, Frances Slocum State Park, Wyoming, PA, Summer 2011

Herb Walk, Prospect Park, May 2011

Natural Approaches to Menopause, The Commons, Brooklyn, May 2011

Herbal Medicine Making, The Commons, Brooklyn, NY, January 2012, May 2011, November 2010

Herbs for Cardiovascular Health, various locations, New York City, 2011

Herbs for the Immune System, various locations, New York City, 2011, 2010

Holistic Approaches to Hay Fever and Seasonal Allergies, various locations in New York City and Washington, DC, March 2011, Spring 2010

Effective Herbal Formulations: The Art of Combining Herbs, Willner Chemists, New York City, July 2009

Specific Medicine: Eclectic uses of herbs in the 19th and early 20th centuries, History of Medicinal Plants, Fort Delaware, Narrowsburg NY, August 2008

Safe and Effective Use of Herbal Medicine, Columbia University Stroud Center in the Faculty of Medicine and New York State Psychiatric Institute, April 2008

Using Herbal Medicines to Promote Health and Well-Being, interview, Healthy Life Net Radio, June 2007

Medicinal Plant Walk, Northeast Herbal Association Annual Retreat, November 2006
Safety and Efficacy of Herbal Remedies, Medical Student CAM study group, Columbia University College of Physicians and Surgeons, February 2006

Holistic and Herbal Approaches to Menopause, Alok Health Center, New York City, October 2003

Holistic and Herbal Approaches to Perimenopause, Menopause, and Beyond, Therapeutic Touch, Bayhead NJ, July 2003

Herbal Safety: Truths and Myths, American Holistic Medical Association, New York Chapter, Riverside Church Wellness Center, May 2003

Medicinal Plant Walk, Students for Integrative Medicine, Albert Einstein College of Medicine, The Bronx, NY, April 2003

Herbal Medicine, Truths and Myths: Finding Accurate and Reliable Clinical Information about Herbal Remedies, Students for Integrative Medicine, Albert Einstein College of Medicine, December 2002

Medicinal Plant Walk, Northeast Herbal Association Annual Retreat, November 2002

Field Botany & Herb Walk, Body Mind Spirit Center, Mohonk Valley NY, May 2002

Organic Cultivation and Use of Medicinal Herbs, Cornell University, Ithaca, NY, April 2002

Medicinal Plants of Central Park, Okido Institute, New York City, April 2002

Tonifying Immune Function with Herbs and Other Natural Remedies, New York City HEAL, April 2002

Safe and Effective Use of Herbal Medicine, keynote, A Day of Holistic Healing, Jewish Home and Hospital, April 2002

Achieving Mental and Emotional Balance with Herbal Remedies, Park Slope Food Coop, Brooklyn NY, December 2001

Four Part Lecture Series in Herbal Medicine, Riverside Church Wellness Center, New York, NY, October-November 2001

Botany / Tree Identification Class, Sage Mountain Herb School, East Barre, VT, July 2001

Beginning an Herbal Practice and Conducting a Client Intake, Sage Mountain Herb School, East Barre, VT, July 2001