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Richard A. Mandelbaum, RH (AHG)
Clinical Herbalist
Brooklyn and Sullivan County, New York

Phone (646) 942-7825
Email nyherbalist@gmail.com
Website www.richardmandelbaum.com

PROFESSIONAL EXPERIENCE

Clinical Herbalist 1998-present
Maintain private practice in Brooklyn, and Forestburgh, NY.

Director and Founder, 2013-present
ArborVitae School of Traditional Herbalism
New York, NY
Teach and direct as a founding owner in a school for herbal studies, based on a three-year clinical program, in Manhattan.

Faculty, Tri-State College of Acupuncture 2013-present
New York, NY
Teach a 45 hour botany course to acupuncture students each summer.

Faculty, Center for Herbal Studies September 2006-present
David Winston's Center for Herbal Studies, Washington, NJ
Teach Botany module and other classes in nationally recognized two-year herbal education program.

Council Member, American Herbalists Guild October 2012-present
Member of the board of directors of this prominent national association of herbal practitioners. Currently serve as Secretary and chair the Policy Committee and Committee for Diversity, Equity, and Inclusion.

Mentor, Herbal Medicine March 2003 -present
Tutor students one-on-one and in small groups in various aspects of herbal medicine, clinical skills, materia medica, medicine making, and botany, including mentorships following American Herbalists Guild guidelines.

Governing Board Member, Brooklyn Food Coalition 2013-2015
Member of board of directors of this non-profit grassroots organization dedicated to the vision of a just and sustainable food system in Brooklyn.

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Instructor, Herbal Medicine **2010-2012**

The Commons, Brooklyn

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

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

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

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

Dragonfly Botanicals **1999-present**

Forestburgh, NY

Grow 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.

Guest Instructor, Boston School of Herbal Studies **May 2006**

Arlington, MA

Taught students of ten-weekend herbal medicine program on subjects of cardiovascular health and botany.

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

Emmaus, PA

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

Instructor, Academy of Natural Healing **2002**

New York, NY

Taught variety of classes related to herbal medicine, nutrition, and botany.

Advisor, Farmworker Health and Safety Institute **1997-2003**

Advised and consulted for national non-profit organization working to improve health and safety of migrant agricultural workers.

Herbal Products Manufacturing, Herbalist & Alchemist **1998-1999**
Washington, NJ
Engaged in all aspects of medicine making including high-quality herbal tinctures, ointments, and oils.

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**
Two year comprehensive training in Chinese, Western, and traditional Cherokee herbal medicine; including materia medica, diagnostic techniques, field botany, holistic protocols, and anatomy/physiology. Dean: David Winston RH(AHG).

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

PROFESSIONAL AFFILIATIONS

- Registered Herbalist / Professional Member, American Herbalists Guild (July 2003-present)
- Council (board of directors) member, American Herbalists Guild (2012-present)
- Member, Northeast Herbal Association
- Member, American Botanical Council

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PUBLICATIONS

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

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A SELECTION OF PRESENTATIONS, LECTURES, AND WORKSHOPS

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

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

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, Holistic Moms Network, Frances Slocum State Park, Wyoming, PA, Summer 2011

Herb Walk, Prospect Park, May 2011

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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

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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