

Education

Continuing Education -B.S. Horticulture – Temple University, Ambler, PA **2009-2010**
Specialized in soil science, design communications, and greenhouse management.

B.Sc. (hons) Herbal Medicine – Scottish School of Herbal Medicine, **2002-2006**
Glasgow, UK / University of Wales, Cardiff, UK
4-year degree program in Herbal Medicine inclusive of over 500 clinical training hours and necessary coursework for application and acceptance to the National Institute of Medical Herbalists, UK.
Dissertation: Rosmarinus officinalis and Facilitation of the Grieving Process: A Study into the Effects of Grief on Physical Health and Implications for Herbal Medicine Therapeutics. Associated diplomas in Massage Therapy and Clinical Aromatherapy, ITEC.

B.A. Anthropology – University of Oregon, Eugene, OR **1997-2001**
Major in Anthropology and minor in Spanish.
Focus on medical and linguistic anthropology.

Clinical Experience

Owner and Clinical Herbalist (MNIMH, RH (AHG)) **2017-present**
Sovereignty Herbs, LLC, Athens & Columbus, OH.
Centralization of clinical practice in Athens, Hocking, and Franklin County, OH. Clinical consultations, dispensary, and workshop space. In addition to private practice, providing free or donation-based consultations for low income individuals alongside clinical training hours for students of herbal medicine looking to become clinical practitioners.

Clinical Herbalist MNIMH, RH (AHG) – DBA Erika G. Galentin, MNIMH, Buchtel, OH **2010-present**
Ongoing part-time clinical practice including in person and distance consultations. Maintenance of production gardens and dispensary, including cultivation and preparation of medicinal plant extracts and dried herbs for clinical use. Specializing in trans* health, female and reproductive health.

Clinical Aromatherapist (ITEC) – Lenzie Osteopathic Clinic, Glasgow, UK; **2006-present**
Buchtel, OH, Sovereignty Herbs, LLC
Therapeutic use of essential oils in herbal and massage practice until 2009. No longer practicing massage therapy, but continue to educate clients about the use of essential oils in achieving and maintaining wellness goals, creating specialized external preparations, and occasional internal use.

Medical Herbalist (MNIMH) – Napiers the Herbalists, Glasgow, UK and **2007-2009**
Lenzie Osteopathic Clinic, Glasgow, UK.
Full-time clinical practice including private practice and running of a low income free clinic in Glasgow, Scotland. Primary focus on female reproductive health, cardiovascular health, and working with refugees and asylum-seekers. Over 4000 clinical hours acquired.

Massage Therapist (ITEC) – Lenzie Osteopathic Clinic, Glasgow, UK. **2003-2009**
Began practicing as a massage therapist while earning my BSc in herbal medicine. Continued to practice as a massage therapist alongside clinical aromatherapy and herbal medicine until my return to the US. Not a licensed massage practitioner in US, or state of Ohio. Over 2000 body work clinical hours acquired.

Relevant Degrees, Diplomas

BSc (hons) Herbal Medicine, Scottish School of Herbal Medicine, Glasgow, UK / University of Wales, Cardiff, UK.

Diploma in Clinical Aromatherapy, Scottish School of Herbal Medicine, Glasgow, UK / International Therapy Examination Council, Glasgow, UK.

BA Anthropology (Ethnography focus), Spanish, University of Oregon, Eugene, OR.

Professional Affiliations

- Professional Member of the National Institute of Medical Herbalists (MNIMH), United Kingdom (membership no. 1579-06). Accepted March 31, 2007.
- Professional Member of the American Herbalists Guild. Asheville, NC. Accepted February 2017.
- Phi Beta Kappa Honors Society, Member since 2002
- Phi Alpha Xi National Academic Honors Society for Horticulture, American Society for Horticultural Science, Member since 2010

Teaching Experience

Course Contributor - New York Institute of Aromatic Studies **2015-2019**
Produced and presented 'Demystifying Essential Oil Research', a four-part webinar series. Currently co-writing Anatomy & Physiology modules for their Aromatic Medicine online course. Also co-created the 'Experiential Aromatherapy' retreat looking at an energetic model of essential oil use.

Guest Faculty - Eclectic School of Herbal Medicine, Lowgap, NC. **2014-2018**
Currently teach the following subjects for Eclectic School of Herbal Medicine full-time program: Herb-Drug Interactions and Evaluating Scientific Research, Female Reproductive Health, Transgender Health, Goethean Science and Plant Study Methods, Reflective Practice. I am expected to teach more subjects for the 2017 program.

Guest Instructor - Ohio Herb Education Center, Gahanna, OH **2013-present**
Have taught various workshops and classes at the introductory level, including herbal therapeutics and practical pharmacy for Gahanna Herb Group. Designed and taught 3-month introductory program, Fundamentals of Home Herbalism, from September through November 2016. This program will run again in 2017, with additional programming for more advanced studies.

Presenter – various presentations around the region and online **2008 - present**
Have provided a variety of lectures, herb walks, and panel discussions for various organizations and at various conferences. Including but not limited to: Royal College of Physicians and the Mutter Museum, Philadelphia, PA; Appalachia Ohio Alliance, OH. Midwest Native Plant Society, Columbus Natural History Society, Herb Society of America (TN), United Plant Savers, Chesapeake Herb Gathering, Stratford Ecological Center, LGBTQ Center at Ohio University, Sierra Club, Ohio Certified Naturalists Conference, Ohio Botanical Symposium, Ohio State University, Cullowhee Native Plant Conference, Great Lakes Herb Faire. Herb Rally podcast, Native plant podcast. Sovereignty Herbs webinars.

Publications and Media

- **The Family Guide to Aromatherapy: A Safe Approach to Essential Oils for a Holistic Home**, 2019, Callisto Media
- **Highway to Health Radio Show, 2018 - 2020**: Monthly interviewee for 'Herb of the Month'

- **Sovereignty Herbs, LLC, 2017 - present:** Blog: <https://www.sovereigntyherbs.com/blog/> AND Videos: <https://vimeo.com/sovereigntyherbs>
- **The Medicine Gardener, 2015 - present:** Personal blog: themedicinegardener.com/blog
- **AromaCulture Magazine, Fall 2018:** Spicebush: Aroma from the Heart of Appalachia
- **Journal of the American Herbalists Guild, Fall 2017:** Exploring the Role of the Clinical Herbalist in Supporting Gender Affirmation, Expression, and Fluidity.
- **Herbal Remedies Magazine, Fall 2017:** Herbal Actions for Digestive Vitality. Strategies for Surviving Allergy Season.
- **Herb Rally Podcast, September 18, 2017:** Demystifying Herb-Drug Interactions. <http://www.herbrally.com/podcast/10>
- **Native Plant Podcast, August 1, 2017:** Meet The Medicine Gardener. <https://www.nativeplantpodcast.com/podcasts-1/2017/8/1/erika-galentin-the-medicine-gardener>
- **Herbal Academy, 2015 - 2017:** Various blog posts (https://theherbalacademy.com/author/egalentin/?post_type=post) and articles for Herbarium (online subscription through Herbal Academy) including monographs.
- **Columbus Natural History Society, May 2016:** Medicinal Plants of Ohio. <https://www.youtube.com/watch?v=cDnjzyG4RP8>
- **Journal of Medicinal Plant Conservation, Spring 2016:** Framing a domestic market for American Ginseng: A Conversation
- **From Scratch Magazine, April/May 2015:** Eat the Weeds.
- **Herbal Thymes (in-house publication for members of NIMH), Winter 2014:** Determination of the Determining Power: Ode to an Icon of 19th century Medical Reform
- **Journal of Medicinal Plant Conservation, Spring 2013 :** Quantitative Research at the United Plant Savers Botanical Sanctuary: Past, Present, and Future.
- **Olzewski, M., Goldsmith, S., Guthrie, E.K., and Young, C.A. 2012.** Use of sieved compost plus hydrogel for solid matrix priming of carrot seeds. *Compost Science and Utilization*. Vol 20 No 1: 5-10
- **Guthrie, E. 2008.** Audio Tour: Benjamin Rush Medicinal Herb Garden, College of Physicians and the Mutter Museum, Philadelphia, PA.
- **No Bones About It, College of Physicians and the Mutter Museum.** YouTube video: <http://www.youtube.com/watch?v=cDktAvsfa30> Interview regarding the use of medicinal plants in both traditional and modern medicine as well as the role of exhibit gardens in education.

Most recent Continuing Professional Development Training

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| | 2019 |
| · American Herbalist Guild Annual Conference, American Herbalists Guild | |
| | 2018 |
| · American Herbalist Guild Annual Conference, American Herbalists Guild | |
| · AromaGnosis Teacher Training, AromaGnosis | |
| | 2017 |
| · Aromatherapy and Alchemy for the Soul, (online course) School of Aromatic Studies | |
| | 2016 |
| · cGMPs - BioNetwork AHG Webinar, American Herbalists Guild | |
| · Advanced Clinical Nutrition Webinar Series, Eclectic School of Herbal Medicine | |
| · Systemic Inflammation Webinar Series, Eclectic School of Herbal Medicine | |
| · Polycystic Ovarian Spectrum: A Well Woman's Approach - Gaia Herbs Professional Series | |
| · Functional Blood Work Interpretation, Eclectic School of Herbal Medicine | |

2015

- **Clinically Relevant Herb-Drug Interactions**, National Center for Complementary and Alternative Medicine, Online Continuing Education Series.
- **The Art of Tongue Diagnosis**, Christopher Hobbs, Recording from 1999 AHG Symposium, American Herbalists Guild
- **Florida Herb Conference** - Florida School of Holistic Living
- **New England Women's Herbal Conference** - NEWHC
- **International American Ginseng Expo** - North Carolina Natural Products Association

Additional Career Experiences

Education Committee, American Herbalists Guild 2018-present

Currently serving as a member of the Education Committee for the American Herbalists Guild. This committee informs the admissions committee about educational requirements and admissions procedures.

American Herbal Products Association, Consultant 2018

A four-month consulting contract performing a social media audit for the organization. Included final presentations on findings and reporting of suggestions to improve the organization's social media strategy.

Course Contributor, New York Institute of Aromatic Studies 2016-2019

Course development and content writing and editing for Anatomy, Physiology, and Pathophysiology modules.

Course Development Director, Herbal Academy 2015-2017

Duties include course/lesson planning and development, course writing, research and editing, aiding in course writing assignments and the direction of projects, review incoming material for accuracy and quality and determine whether it can be used in course material, initial course outlines, and an editorial calendar/schedule for organization and follow through.

Medicinal Plant Grower, Companion Plants, Athens, OH 2011-2016

Creation of sales and marketing materials. Plant propagation. Integrated Pest Management. Maintenance of display and production beds including mowing, weeding, tilling, seed harvesting. Sales at farmer's markets, plant shows, and conferences.

Outreach Coordinator, United Plant Savers, Rutland, OH 2012-2014

Membership recruitment and retention; Development and donor relations; Financial management (accounting and budget); Creative development and Copywriting; Maintenance of website and outreach/promotion through social media. Education and outreach including public speaking, teaching, and running tours and workshops; Development of educational programming; Event organization and coordination inclusive of creating and maintaining event budget; Communications and Public Relations; General Administration; Staff management.

Clinic Supervisor, Anthem Institute Massage Therapy Program, Springfield, PA 2009-2010

Supervision of students through the Clinical Externship. Teaching, conducting lectures. Management and oversight of student practitioners and daily operations of training clinic. Marketing, advertising and generating clientele through community outreach.