



Presents:

Herb Talk on the Rainforest Herbs of Belize

In-person *SUNDAY, July 10th 10-12:30 PM*

With Herbalists: Judith Brooks & Li-Lan Hsiang Weiss

Join us for an informative talk on herbal remedies of Belize! Over many years of using these formulas with clients, Judith & Li-lan are sharing some of their experiences and success stories.

They will discuss herbs used for digestive health, emotional wellbeing, immunity, and female & male health. This introductory class will also demonstrate how to make an alcohol extract of the dried herbs at home.

Rainforest Remedies, Ltd, is owned by Eva and Toby Sengfelder Since 1992 these herbal remedies have been ethically wildcrafted from Belize and originally formulated by Dr. Rosita Arvigo and Don Eljio Panti.



Judith Brooks is an acupuncturist, abdominal therapist and herbalist. She is the co-author of *Deeper Into the Garden: Meditating with Plants*.

Li-Lan Hsiang Weiss is a Chinese medicine practitioner, abdominal therapist, and steward of Armonia Health LLC. She is a bridge between East and West, North America and Latin America.

Cost: \$20, Register for this workshop at <https://armoniahealth.com>

Pre-registration and payment appreciated as class size is limited
Armonia Health LLC: 1911 Hillandale Road Suite 1230 Durham, NC 27705