

Maria's Book-Related Speaking Topics



Wintergreen Botanicals, LLC
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Maria can speak about a wide variety of topics, most of which are covered in her *Body into Balance* book. See below for...

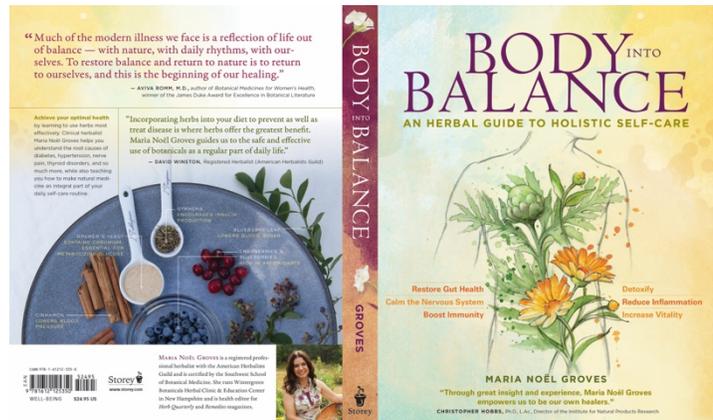
- **Introductory topics** – great for herbal newbies, general audience
- **Specific health concerns** – for beginner/intermediate level, especially those that already have some of the basics down (though this isn't absolutely necessary)
- **Advanced topics** – better for students who already have experience with herbs, and for a longer class time frame



Maria's Bio: Maria Noël Groves, RH (AHG), registered clinical herbalist, runs Wintergreen Botanicals Herbal Clinic and Education Center, nestled in the pine forests of New Hampshire. She has been working with herbs for more than 20 years, is certified by Michael Moore's Southwest School of Botanical Medicine, completed studies at Sage Mountain, Heartsong Farm, and Lichenwood Herbals, and is a registered professional herbalist with the American Herbalists Guild. Maria devotes her business to education and empowerment via classes, health consultations, and writing with the foundational belief that good health grows in nature. She is the author of the award-winning, bestselling 2016 *Body into Balance: An Herbal Guide to Holistic Self Care* and the 2019 *Grow Your Own Herbal Remedies: How to Create A Customized Herb Garden*. She is also a regular contributor to *Herb Quarterly* and other holistic publications and a guest instructor

for the Herbal Academy, Maryland University of Integrative Health, and Massachusetts College of Pharmacy and Health Sciences. She's the founder and past president of the New Hampshire Herbal Network. Learn more about Maria and herbs at www.WintergreenBotanicals.com.

Short: Maria Noël Groves, RH (AHG), clinical herbalist, runs Wintergreen Botanicals, nestled in the pine forests of New Hampshire. Her business is devoted to education and empowerment via classes, health consultations, and writing with the foundational belief that good health grows in nature. She is the author of the bestselling, award-winning *Body into Balance: An Herbal Guide to Holistic Self Care* and *Grow Your Own Herbal Remedies*. Learn more about Maria and herbs at www.WintergreenBotanicals.com.



Please let Maria know if it's important that all herbs covered in a talk are able to be cultivated or harvested in a particular ecosystem. Unless the topic is Great Garden Herbs or a specified Grow Your Own Herbal Remedies talk, it may include some herbs only available in commerce (not garden-friendly).

Speaker Rates

These rates are negotiable and should be determined in advance as we schedule to the talk. My rates depend partly on the type of class it would be since some are much more labor- and time-intense than others. I appreciate the opportunity to sell my book before or after class if appropriate.

Simple Talk (with or without Power Point): No demonstrations or remedy-making component. Includes handout for attendees (generally short handout for short talks and/or lenthier notes PDF emailed to students).

- \$250 (\$400 for group sizes of 50+ people) for a 1- to 1.5-hour talk
- \$375 (\$500 for group sizes of 50+ people) for a 2- to 3-hour talk
- \$600 (\$800 for group sizes of 50+ people) for longer and full-day talk

ADD \$100 to do any class on a weekend vs a weekday/night

Travel Fee:

- **No travel fee** for classes hosted at Wintergreen Botanicals (up to 12 students may attend) or local travel **within a 30-minute drive** (each way) of Allenstown, NH.
- **Longer Travel: Add \$75** for classes that are within a 1-hour drive of Allenstown, NH or **add \$150** for classes within a 2-hour drive or that require additional time to budget for rush hour traffic (such as the Boston area and locations affected by Boston/MA traffic, as well as Maine via I-95).
- **Long-Distance Travel:** For classes that require long-distance travel, overnight stays, etc., travel costs will need to be covered. Contact me to discuss.

Interested in a Demonstration or Remedy-Making Class?

In these classes I show and teach people how to make one or more remedies as part of the class and there can also be a make-it, take-it component (though a remedy demo *without* a take-home remedy component and materials fee is also an option).

- **Add \$200** to the Simple Talk rates (see above) for any remedy-making demonstration/activity
- **Also add a Materials Fee per Student** for classes where students make and/or bring home remedies.
 - Materials fees *only* apply to classes where students bring home a remedy (or multiple remedies). They do not apply to a straight demonstration remedy-making class where students aren't making/bringing remedies home.
 - For these classes, the materials fee is per person and can range to \$1-10 depending on what you choose for take-home remedies. We will confirm the number of attendees prior to the talk for planning purposes. Material fees will still be due even if students no-show.

**If you're interested in remedy-making classes
(which includes detailed remedy options and materials fees),
please email me for a complete list.**

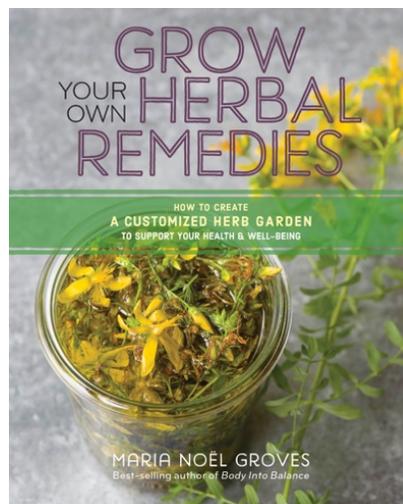
These classes are VERY popular but take a *tremendous* amount of time, energy, and expense to prepare for and present.

These topics have a particularly nice tie-in with Maria's books and are her most popular crowd-pleasing classes.

Highlights from *Grow Your Own Herbal Remedies*

Generic Description:

Join Maria for this fun and educational exploration into the healing plants you can grow in your garden and/or forage from the wild edges of your property from her latest book, *Grow Your Own Herbal Remedies: How to Create A Customized Herb Garden!* You'll learn about the key herbs that offer healing properties on this topic, how to grow them, specific indications for using each one, and some easy DIY healing recipes. Signed copies of Maria's book will be available for preview and sale after the talk for \$24.95 each (cash, checks, and credit cards accepted).



Choose from the Following *Grow Your Own Herbal Remedies* Topics (45 min – 1 hour each)

- The Nutritive Garden: Vitamins and Minerals You Can Grow
- The Nutritive Forager: Your Wild Multivitamin Herbs
- The Flavor Garden: Grow Joyfully Delicious and Beautiful Medicinal Herbs
- The Stress Relief Garden: Cultivating Zen
- The Brain-Boosting Garden: Grow Herbs for Memory, Focus, and Cognition
- The Uplifting Garden: Growing Mood-Enhancing, Antidepressant Herbs
- Relax and Restore: Garden Herbs for Peace and Calm
- The Sleepy Time Garden: Cultivating Herbal Sedatives
- The Bitter Digestif Garden: Grow Herbs that Enhance Digestion
- The Carminative Garden: Growing Antispasmodic Herbs for Digestion and More
- Tummy Soothers: Growing Herbs that Heal and Ease Inflammation in the Gut
- Immune SOS from the Garden: Prevent and Fight the Cold and Flu Herbally
- The Lung Tonic Garden: Herbs to Support the Respiratory System
- Allergy and Sinus Care: Cultivated and Wild Herbal Remedies
- Super Skin Herbs: Skin Care from the Garden
- The First Aid Garden
- Aches and Pains: Pain Relief Herbs from the Garden (can easily extend this to 2 hours)

Additional Popular Introductory Herb Class Topics (1-2 hours)

Backyard Medicine: Herbs to Grow & Use

This can also be called...

Plants with Benefits

Great Garden Herbs

Growing Health

Medicinal Herbs for the Home & Garden

Come learn about the medicinal benefits of some common and uncommon herbs to include in your garden this year. We'll discuss my top 10** easy-to-grow garden herbs and their multifaceted healing properties. From bedtime teas to brain-boosters to wound healers, you can grow your medicine easily!

** 10 herbs is a good number for 60- to 75-minute classes. We'll cover 8 herbs for 45- to 60-minute classes, and more than 10 herbs in classes 1.5 hours or longer.

Growing & Using Peaceful Herbs

Learn how to grow wonderful and beautiful herbs in your garden that promote peace ~ aiding sleep, boosting mood, quelling anxiety, and encouraging calm energy. We'll discuss some of Maria's favorite peaceful herbs for the New Hampshire garden, including several appropriate for container gardening. We'll focus on favorites including holy basil, gotu kola, roses, lemon balm, blue vervain, skullcap, lavender, California poppy, valerian, and motherwort and touch on the many other great herbs that you can grow locally.

The Secret Lives of Garden Herbs: Their Medicinal Properties

Rosemary goes great with chicken, but did you know that it may also help stave off Alzheimer's disease? Or that sage can help with hot flashes? Come learn surprising ways that common culinary herbs and companion plants can also help your family stay healthy.

The Nutritives: Your Herbal Multivitamin

If popping a multivitamin doesn't make sense to you, consider nourishing herbal teas. Several of our best herbs are nutritional powerhouses that turn a tasty beverage into good health maintenance. Some of them also make delicious meals. We'll discuss nettles, alfalfa, dandelion & wild greens, calendula, rosehips, hibiscus, and others. You'll learn which herbs are particularly high in calcium, iron, magnesium, vitamin C, and carotenoids and go home with recipes

Brain-Boosting Herbs

Feeling foggy lately? Learn about some amazing, safe herbs that enhance brain circulation, reduce the effects of stress, energize, and have proven memory-enhancing effects. We'll also discuss helpful foods and lifestyle techniques to keep your brain running top-notch whether you're a student, a busy parent, or approaching old age and are concerned about mental decline.

Natural Allergy Relief

Fend off allergies before the season begins. By tending to your potential allergies now, you can reduce or eliminate them this year. We'll discuss remedies such as nettles, horehound, goldenrod, quercetin, and the neti pot nasal wash, as well as potentially problematic food sensitivities and a weak immune system.

Digestive Wellness Basics

We are a nation in digestive distress, yet the gastrointestinal system responds so nicely to herbal therapies! We'll address common upper GI issues like reflux, heartburn, and indigestion. Then we'll dive deeper into the donut hole to cover gas, pain, bloating, diarrhea, and constipation. Though the focus will be on herbal medicine, we'll also cover useful diet and lifestyle changes.

Soothing Herbs & Gut Repair

Heartburn, leaky gut, ulcers, gastritis, SIBO, dysbiosis, IBD, and IBS are diverse digestive disorders that plague many Americans. In spite of their range, they share a common approach in herbs and dietary to soothe and bring the body back into balance. We'll explore underlying themes of these conditions as well as the potential benefits of licorice/DGL, marshmallow root, rose petals, cinnamon, ginger, digestive bitters, fermented foods, and probiotics. Learn how to create your own digestive wellness tea based on your individual needs.

Spring Forward with Spring Detoxification AKA Herbal Detoxification Support

Throughout history and most cultures, early spring is a time to step back, cleanse the body, and purify the mind. Seasonal foods and medicinal herbs like bitter greens and fresh-dug roots gently detoxify the body. However, there are so many ways to cleanse, and one plan won't fit everyone. We'll discuss detox basics and different types of cleansing so you can develop your own customized plan.

This is the *short* class list of the most popular topics. If you'd like the lengthier class list (which also includes remedy-making and advanced class topics), please email office@wintergreenbotanicals.com.