

A Holistic Approach to Mental Health Issues: Depression, Anxiety, Post Traumatic Stress Disorder



With Katolen Yardley, MNIMH – Medical Herbalist

Date: Thursday April 28, 2016

Time: 2 hours 7-9 pm

Location: TBA

Cost: \$ 25 (Cash only please)

For more information: Facebook: Herbalist Association of NS

To Register and for Location Call: 902-957-1534 or info@mayflowerherbs.ca

During this evening we will:

- Explore the impact that long term stress has on the body, including the HPA Axis, and some theories behind PTSD and related mental health issues (anxiety and depression)
- Investigate the connection between systemic inflammation and optimal digestive function and dis-ease and the role which healthy microbiome plays in mental health

and cover tools for re establishing health including:

- Herbal Medicine options for peace of mind and applications
- Tips for Nutrition and Nutritional Supplements
- Lifestyle considerations and
- The role which 'Connection' has on our state of mind



Katolen Yardley, MNIMH - Medical Herbalist

Katolen is a nature knower who teaches herbal medicine courses and lectures internationally and resides in Vancouver BC. She is the Vice president of the Canadian Council of Herbalist Associations and second term President of the Canadian Herbalist's Association of BC. Since 1998, she has appeared monthly on a nationally syndicated news program offering information to the public on herbal medicine. Her personal interest in health lies with the emotional connection to wellness and dis- ease.

Her book "The Good Living Guide to Natural and Herbal Remedies" is set for release in August 2016. For more information visit: www.katolenyardley.com.