

Name: Stephanie Jo Pearson

Mailing Address: 3374 SE Brooklyn St., Portland, Oregon, 97202

Occupation: Nutritional Consultant & Community Educator

Daytime Phone: 971.678.4280

Email: stephbrooklyn@gmail.com

Biography/Resumé Attached? Yes

List education, including degree(s) earned:

School for Traditional Western Herbalism, Portland, 2011, Advanced Clinical Herbalism & Nutrition

Portland Community College, Portland, 2006 & 2010, Post Graduate Studies in Biology & Abnormal Psychology

Institute of Integrative Nutrition, New York, N.Y., 2009, Survey of modalities in Holistic Nutrition, Business, & Health Counseling

Lane Community College, Eugene, OR, 2004, Post Graduate Studies in Nutrition, Chemistry for Health Occupations, & Nursing

Humboldt State University, Arcata, CA, 1999, Post Graduate Studies in Education & Linguistics

University of Oregon, Eugene, OR, 1997, Bachelor of Arts degree, Majors: English Literature & Environmental Studies

University of the Basque Country, San Sebastian, Spain, 1995, Spanish Language & Culture

University of Northern Colorado, Greeley, CO, 1992-1994, Honor Role, Major: English Literature

A. Reasons for wanting to serve on this group:

Having had the opportunity over the last ten years to become educated in food policy and nutrition, I feel a responsibility to share this information and to promote positive changes to food policy in my community. Only in the last five years has the undeniable connection between diet and disease become widely accepted. Recent studies have confirmed that heart disease, diabetes, obesity, and high blood pressure are all diet related diseases. Most people don't realize that a heart attack in the early 1900s was a such a rarity that doctors would travel across town in flocks to observe its clinical presentation! I offer a diverse understanding of what constitutes a healthy diet. Much of my work includes educating my clients to make connections between diet and vitality and helping them to develop strategizes to overcome the geographic and economic challenges that limit their ability to choose high quality foods.

B. List skills, knowledge or affiliations that would be relevant to the Portland Multnomah Food Policy Council:

- Studies in environmental matters related to agriculture, science, sociology, & sustainability, B.A. earned in this field
- Strong command of the Spanish language
- Cross-cultural experience & studies in Latin-American culture
- Hands-on skills in organic gardening & farming
- Knowledge of wild edible foods, herbology, & bioregional ethnobotany
- Experience as a nutrition educator & public speaker
- Work in political activism
- Work experience in the field of mental health & disabilities
- Work & study with the Urban Farm at University of Oregon
- Small business owner with experience in networking & communication
- Personal experience planning & cooking meals for children with food allergies
- Experience with menu planning & food preparation for a wide range of diets, including: anti-inflammatory, specific carbohydrate, GAPS, gluten-free/casein-free, whole foods, raw/living, vegan, vegetarian, locavore, Weston-Price, & primal.

C. List work or volunteer experience that would add to your expertise for this Board/Commission

Nutrition Educator- Senior Helpers, Portland, OR. 2011-
Design & present comprehensive curriculum in nutrition for disable adults. Classes include audio-visual presentations that illustrate simple techniques in meal planning, shopping for food, and basic food preparation.

Nutritional Consultant- Daily Nectar, Portland, OR. 2010-
Provide counsel & support for individuals who are interested in setting & carrying out goals to improve their health with nutrition, Advise dietary, supplemental, & herbal protocol based on the principles of constitutional medicine.

Community Educator- Daily Nectar, Portland, OR. 2010-
Teach community education classes on varying health topics including, nutrition for families, dietary support for stress, feeding children nutrient dense breakfasts & lunches, & detoxification.

Farm and Natural Medicine Intern- Desert Woman Botanicals, Gila, NM. 1999.
Practiced sustainable organic farming methods including propagation, transplanting, compost production, and herbal medicine making methods such as wildcrafting, salve and tincture preparation.

Food for Lane County Farm Volunteer, Grassroots Gardens, Eugene, OR. 1996-1997.
Worked as an assistant leader for garden tours, organized farm fundraisers with at-risk youth, & contributed weekly to the maintenance and development of the farm.

D. List your experience working on diverse teams or committees:

As a Behavioral Skills Trainer for children in foster care as well as while holding a similar position as a Foster Care Consultant, I worked closely with school counselors, teachers, psychologists, and foster parents to plan and provide on-going counsel and support to foster children suffering from mental illnesses. The meetings were diverse and required me to record and communicate protocol that I would later relay and teach to various groups advocating for the child's well-being. I was also an active volunteer on committees for the organizations CISCAP (Center in Solidarity with Latin American People) and AMIGOS Multicultural Services Center. While with AMIGOS, I had the opportunity to work beside Guatemalan survivors of torture who were seeking political asylum in the United States; albeit emotionally challenging, this experience improved my ability to communicate cross-culturally.

E. Briefly describe your experience and/or interest in advancing effective food policy.

On the local level, I have experience working on Food for Lane County's food production site and on several different urban farm projects. This included outreach groups, such as at-risk youth, in an effort to reconnect people to the land and their food. I make a concerted effort to cook seasonal and locally grown vegetables and to buy meat from animals what were fed a natural diet and humanely raised. I am also a participant in local food buying clubs, where important information about food is shared, where consumers have direct relationships with farmers, and where there is on-going communication about all things related to food and community. On a global level, I have been involved in GMO politics and was a staunch supporter of the Organic Food Production Act in 1990. The underlying mission of my small business, Daily Nectar, is provide nutritional support and education to young mothers who are struggling to raise an aware and healthy generation of children.

STEPHANIE J. PEARSON Education, Certifications, & Training
3374 SE Brooklyn Street • Portland, Oregon 97202 • (971) 678-4280 • stephbrooklyn@gmail.com

EDUCATION

School of Traditional Western Herbalism, Portland, O.R., 2011- , Advanced clinical studies in Nutrition & Herbology. Each course subject is taught as a 20 hour intensive. Courses include: Muscular/Skeletal/Nervous/Respiratory Systems, Digestive System/Pancreas/Thermoregulation, Clinical Nutrition/ Herb/herb & Herb/drug Interactions/ Insulin resistance, Plant I.D./ Psycho-spiritual properties of plants, Lymph/ Immune System/ Liver & Gallbladder/ Wounds & injuries/ Cardiovascular System/ Kidneys/ Bladder, The Art of reading the body/ Nervous System/ Emotional Health, and Endocrine System/ Female Reproductive System. Primary instructor Matthew Wood; with Margi Flint, Deborah Francis, & Paul Bergner.

Anima Herbal School, Gila, N.M., 2010- , Herbal Medicine, Ethnobotany & Primal Nutrition. Primary instructor Kiva Rose.

Elderberry School, Portland, O.R. 2010- , Constitutional Medicine & The Art of Herbal Formulation. Instructor Erico Schleicher.

Portland Community College, Portland, O.R., 2006 & 2010, Abnormal Psychology & Biology

Institute of Integrative Nutrition, New York, N.Y., 2009, Survey of modalities in Holistic Nutrition, Business, & Health Counseling

Lane Community College, Eugene, OR, 2004, C.N.A. Post Graduate Studies in Nutrition, Chemistry for Health Occupations, & Nursing

Center for Herbal Studies, Eugene, OR, 2003-2004, Studies in Plant Anatomy & Chemical Constituents

Humboldt State University, Arcata, CA, 1999, Post Graduate Studies in Education & Linguistics

Arcata School for Botanical Medicine, Arcata, CA, Advanced studies in Herbal Materia Medica

University of Oregon, Eugene, OR, 1997, B.A., English Literature & Environmental Studies

University of the Basque Country, San Sebastián, Spain, 1995, Spanish Language & Culture

University of Northern Colorado, Greeley, CO, 1992-1994, Honor Role, Major: English Literature

CERTIFICATIONS & MEMBERSHIPS

Reiki Master Teacher, Certified by Michael Lehman, 2010

American Herbalist Guild, Student Member, 2010-

Certified Nursing Assistant, Oregon State Board of Nursing, 2004

Re-evaluation Counselor, Certified in 2003

Qualified Mental Health Associate, Certified in accordance with Oregon Administrative Rules, 2001

Teaching English as a Second Language Certification (TESL), International College of Applied Linguistics, 2000

INTERNSHIPS & STUDY GROUPS & SPECIALIZED TRAINING

Non-violent Communication Training, Sura Hart, June 18-19, 2010.

Attended a two day intensive workshop on the principles of non-violent communication. Took part in modeling NVC and practiced through both role playing & real situations. This is the second workshop that I have attended.

Craniosacral Therapy Training, Carol Gray, C.S.T., L.M.T.

Received small group training in Craniosacral Therapy. Classes were as follows: Advanced Training: The Cranial Base & its Links to the Hard Palate & Facial Bones, July 6, 2011, Basics of Craniosacral Therapy, August 2-4, 2010, Subtle Hands-On, July 29, 2010.

Nutritional Response Testing Study Group, ULAN Method, Roger Popp, CD, 2011- Practice ULAN Method scanning & muscle testing for nutritional deficiencies, food & environmental sensitivities, physiological weaknesses, & the necessary supplement requirement.

Desert Woman Botanicals, Gila, NM. 1999. Farm and Natural Medicine Intern.

Practiced sustainable organic farming methods including propagation, transplanting, compost production, and herbal medicine making methods such as wildcrafting, salve and tincture preparation.

CONFERENCES

Breitenbush Herbal Conference, September 9-11, 2011, Yin Deficiency with Michael Tierra, Medicine Making with Rosemary Gladstar, Health & Constitution with James Green

Portland Plant Gathering, November 19-21, 2010, Restoring Balance with Colette Gardiner, Plant Medicine and the Four Elements, Re-Indigenizing in the City, Making Medicinal & Delicious Cordials, Plants for Wilderness Survival, The Physiology of Stress & Botanical Intervention, Moxa: The Burning of Mugwort for Physical & Spiritual Health

Wise Acres NW Herb Fest, July 24-25, 2010, First Aid in the Field, Wound Care, Herbs & Improving Tissues in the Body, Sensing the Chemistry in Herbs, & Ayurvedic Basics for the G.I. Tract

Mastering the Thyroid, June 11-13, 2010, Thyroid Physiology & Biochemistry, Thyroid-Immune, Brain, & Endocrine Crosstalk, Autoimmune, Thyroid Nutritional, etc., Datis Kharrazian, D.C., D.H.Sc., M.S., M. Neuro.Sci., etc. Attended as Assistant to Naturopath.

Drugs that Don't Work and Natural Therapies that Do, May 22, 2010, Hormones, Thyroid, & Iodine, David Brownstein, MD

Autoimmune Physiology and Clinical Management, Datis Kharrazian, D.C., D.H.Sc., M.S., M. Neuro.Sci., etc. Immunology review, physiology, modulation of autoimmune physiology, Hashimoto disease, & support for the neuroendocrine-immune system.

Cardiovascular, G.I. & Immune Axis, Datis Kharrazian, D.C., D.H.Sc., M.S., M. Neuro.Sci., etc. The cholesterol model of cardiovascular disease, atherosclerosis, the gastrointestinal connection to cardiovascular disease, etc.

Northwest Naturopathic Conference, May 7-9, 2010, Immunobiology, Avoiding Exogenous Hormone Therapies, Effective Immune Support, Autism Spectrum Disorders, Mother's Medicine, & Balneotherapy

Functional Endocrinology, April 24-25, 2010, Laboratory Assessment & Nutritional Management for Endocrinological Disorders, Datis Kharrazian, D.C., D.H.Sc., M.S., M. Neuro.Sci., etc. Attended as Assistant to Naturopath.

Functional Gastroenterology II and III, April 10 & June 19, 2010, Steven Sandberg-Lewis, ND, DHANP

Nutritional Therapy Association Conference, March 19-21, 2010, Functional Endocrinology, Laying the Foundation to Promote Hormone Health, The Golden Triangle in Menopause, The Burgeoning Infertility Epidemic: Dietary, Nutritional, & Toxic Causes, & Endocrine Disrupting Toxins
Beginning Muscle Checking, December 2009, Holly McClenahan, Bioenergist.

RECORDED CONFERENCES

Vitalist Treatment of Acute Symptoms, North American Institute of Medical Herbalism, Paul Bergner. A 30 audio CDs sequence on treatment of acute symptoms for the advanced pre-clinical program. Physiology, pathology, nutrition, pharmacology, herbal actions, and vitalist and constitutional considerations for acute symptoms considered, whether as primary complaints or part of a larger presentation of chronic disease.

American Herbalist Guild, Symposium Recordings 2000-2010. Member access to hundreds of hours of lectures taught by predominate wellness practitioners and ranging in topic from Insulin Resistance to Keys to Interpreting Herb-Drug Interactions. Instructors include Jillian Stansbury, Christopher Hobbs, David Winston, David Hoffman, & Donald Yance.

Digestion & Absorption: The Key to Good Health, Dan O. Harper, M.D. H.M.D., M.D.H. Leaky gut syndrome physiology & treatment.

Electromagnetic Fields, Dan O. Harper, M.D. H.M.D., M.D.H. History, prevention, homeopathic and nutritional treatment.

The Four Diagnosis: The Basis of Herbal Medicine, Michael Tierra. Principles of Interrogation, Observation, Listening, and Palpation to evaluate energetic differences and select the most effective herbal treatment approach.

The Great Health Heist, Nutrition Response Testing Demystified, ULAN Nutritional Systems

Herbal & Nutritional Strategies for Harmonizing the Hypothalamus-Pituitary-Adrenal Axis, Part I, II & III, Donald Yance, Jr., C.N., M.H., R.H. Specifics on adaptogenic plants and nutritional agents that work to reduce the negative effects of stress, regulate hormone metabolism, improve energy transfer, slow down the aging process and inhibit an array of common diseases including: insulin resistance, hypothyroidism, obesity, cardiovascular disease, Alzheimer's and cancer.

Southwest School of Botanical Medicine, Chemistry, Cell Metabolism, Autonomic Nervous System, & Physiology, Howie Brounstein

Southwest School of Botanical Medicine, G.I. Tract & Dysbiosis, Michael Moore.

Thyroid Deficiency: An Integrative Approach, Donald Yance, Jr., C.N., M.H., A.H.G. Dietary suggestions and herbs that include guggul, coleus, poke, pulsatilla and the adaptogenic herbs.

Tongue & Pulse Diagnosis I & II, Thomas Avery Garran, C.H.

The Village Herbalist & Think Like an Herbalist Series, Healing with Nutrition, Blood Sugar, Kidney & Bladder Health, Digestion Harmony, Less Stress, etc., Produced by Herb Mentor, Heather Nic an Fhleisdeir

Cleansing & Detoxification pt1-2, Eric Yarnell

Clinical Nutrition for Herbalists pts.1-4, Paul Bergner
Assessing & Treating Hyperinsulinemia pt.1-2, Paul Bergner
PCOS & Insulin Resistance connection, Robin DiPasquale
Fire in the Belly: From GERD to Ulcerative Colitis, K.P. Khalsa
The Hydra-headed Monster: Identifying and Treating Food Allergies in Chronic Disease,
Paul Bergner
ABC&D Approach to Herbs and Nutrition, David Winston
And more.....

STEPHANIE J. PEARSON

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WORK EXPERIENCE

Nutrition Educator- Senior Helpers, Portland, OR. 2011-

Design & teach a comprehensive curriculum of nutrition and meal planning for disable adults. Classes include Powerpoint presentations and are taught weekly in a ten class series.

Nutritional Counselor- Daily Nectar Holistic Health Counseling, Portland, OR. 2010- Provide community education through classes on varying health topics, support for individuals who are interested in setting goals to improve their health with nutrition, & assess and advise herbal or natural cures based on the principles of constitutional medicine.

Therapeutic Foster Care Consultant- Trillium Family Services, Portland, OR. 2005-2006 Worked closely with school counselors, teachers, psychologists, and foster parents to plan and provide on-going counsel and support to foster children suffering from mental illnesses.

Certified Nursing Assistant to Dermatologist- Peace Health Dermatology Clinic, Eugene, OR. 2002

Prepared patients by checking vital signs, assisted in surgery, and removed stitches as needed. Answered phones, kept up with filing responsibilities, greeted patients, and scheduled appointments.

Behavioral Skills Trainer- Oregon Social Learning Center, Eugene, OR. 2001-2002 Collaborated with psychologists and worked independently as a Skills Trainer for foster children. Responsibilities included educating foster parents and responding to emergencies.

Educator & Assistant Editor- Center for Appropriate Transport, Eugene, OR. 2000-2001 Taught Photography and Journalism classes to at-risk middle and high school students while editing and contributing to Oregon Cycling Magazine, 2000.

English as a Second Language Educator- ESL Program, Patagonia, AZ. 2000 Designed, implemented, and taught an innovative ESL curriculum for adult students from Mexico.

Farm and Natural Medicine Intern- Desert Woman Botanicals, Gila, NM. 1999. Practiced sustainable organic farming methods including propagation, transplanting, compost production, and herbal medicine making methods such as wildcrafting, salve and tincture preparation.

COMMUNITY SERVICE

Re-evaluation Counselor- Eugene, OR

Completed training and actively participated in regular one-on-one and group therapy sessions, often counseling adults in great distress, 2002-2006.

Survivor Advocate- Amigos, Eugene, OR

Provided emotional support to Spanish-speaking survivors of torture who sought political asylum in the United States, 2002-2003.