



Ryn Midura  
Herbalist

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Clinical Experience

CommonWealth Center for Holistic Herbalism <i>Co-Founder, Clinical Herbalist</i>	2011 – present
Herbal Medics – Clinical Weeks in Coal River Valley, WV <i>Clinical Herbalist &amp; Medic</i>	Sep 2016, Jul 2017, Oct 2018
Herbal Medics – Clinical Week in Cuauhtémoc, Mexico <i>Clinical Herbalist &amp; Medic</i>	January 2016
American Well <i>Consulting Herbalist</i>	2011
Occupy Boston Health Tent <i>Volunteer Medic</i>	December 2011

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Teaching & Speaking

CommonWealth Center for Holistic Herbalism <i>Co-Founder, Clinical Herbalist</i>	2011 – present
Community classes, intensive programs, 3-year clinical training program. Instructor for PharmD students on rotation from MCPHS University and Northeastern University. Wilderness first aid programs; survival/primitive skills classes. Webinar & video series courses.	
Herbstalk	2012 – 2019
Led or co-presented classes on heartburn, chronic illness, men's reproductive health, ADD and autism, contemporary herbal practice, herbalism as street medicine, herbal history in the US, the caffeine herbs, phytochemistry, & business, clinical, and movement skills for herbalists.	
Traditions in Western Herbalism Conference	2012, 2013, 2015
Co-presented classes on chronic illness, detoxification, Aspergers & autism, and birth control.	
American Herbalists Guild Symposium	2015
Co-presented classes on Lyme disease and chronic illness in underserved populations.	
Integrative Medicine for the Underserved	2015
Co-presented a class on stress and trauma in underserved populations.	



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### Publications

<i>Herbal Medicine for Beginners</i> Althea Press	May 2018
Plant Healer Magazine <i>The Caffeine Herbs</i>	Spring 2017
Northeast Herbal Association Journal <i>Health Freedom for Herbalists</i>	Winter 2016
Plant Healer Magazine <i>Toxins and Terrain: A Four-Elements Model of Detoxification</i>	Summer 2013

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### Education

MovNat MovNat Certified Trainer – L1, L2, & Combatives	Jan 2018, Aug 2018, Feb 2019
Boston Street Medics Street Medic Training (20 hours)	July 2014
The Human Path Combat Medic (Wilderness Herbal First Responder + Core Basic + Intro to Combat – 18 days)	March 2014
North American Institute of Medical Herbalism Clinical Skills Intensive (30 hours)	October 2011
Katja Swift, Clinical Herbalist Personal Apprenticeship	2009 – 2011
Boston School of Herbal Studies Apprenticeship Program (98 hours) & Advanced Training Program (88 hours)	2009 – 2010
Northeastern University Bachelor of Arts, Literature/Philosophy, <i>summa cum laude</i>	2000 - 2005

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### Related Work

Herbal Medics <i>Board Member, Co-founder of the Boston Chapter</i> A non-profit dedicated to the dissemination and application of herbal, first aid, and sustainability skills in underserved communities and post-disaster situations.	2015 – present
Health Freedom Action Massachusetts <i>Board Member</i> A coalition working to pass "safe harbor" health freedom legislation to protect the rights of unlicensed practitioners, including herbalists.	2014 – 2017

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