



CARMEN LYNDE

CLINICAL HERBALIST,
HOLISTIC NUTRITIONIST

PROFILE

Extremely passionate in guiding clients to heal and thrive using botanical medicine and plant-based nutrition. I am confident in my ability to educate and guide clients from dis-ease or imbalance back to health.

CONTACT

36 Hollywood Crescent
Toronto, ON M4L2K5

416.707.1221

carmen@vervain.ca

www.vervain.ca

EDUCATION

University of Functional Medicine
Functional Medicine Practitioner, pending

Nalanda Institute
Contemplative Psychotherapy
Certificate, 2018

Institute of Holistic Nutrition
Holistic Nutritionist (CNP), 2018
First Class Honours

Dominion Herbal College
Clinical Herbalist (CHT), 2010
4 Year Comprehensive

WORK EXPERIENCE

INSTITUTE OF TRADITIONAL MEDICINE, FACULTY
MAY 2014 - PRESENT

- Teach Western Herbalism with a biomedical approach
- Supervise Clinic and coordinate students with clients during intakes
- Oversee formulating and dispensing of botanical medicine
- Lecture on Therapeutics, Materia medica, Clinical Skills
- Workshops on fermentation and various topics
- Lead inner-city herb walks

INSTITUTE OF HOLISTIC NUTRITION, FACULTY
OCT 2018 - PRESENT

- Teach Holistic Nutrition, Comparative Diets and Herbal Medicine with a biomedical approach to aspiring Holistic Nutritionists
- Oversee and mark papers and exams

VERVAIN, OWNER & PRACTITIONER
SEP 2010 - PRESENT

- One-on-one consultations with clients
- Formulate and dispense botanical medicine as tea, tincture or topical application
- Maintain stock of apothecary; making and pressing tinctures
- Created Vervain, an original organic plant-based skincare line
- Manage business operations and marketing
- Maintain a working herb garden

RICHTER'S HERBS, MEDICINAL PLANT MEDICINE
CONSULTANT
MAY 2014 - PRESENT

- Responding to inquiries from a global clientele regarding application of plant medicine
- Providing customized information to suit the client's specific needs

PUBLIC SPEAKER, EDUCATOR
MAR 2014 - PRESENT

- Passionate Toastmaster-trained speaker at Lunch & Learns, corporate talks, workshops, seminars



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WORK EXPERIENCE

FILM INDUSTRY, FREELANCE FASHION STYLIST AND
COSTUMER

1990 - 2010

- Prepared, shopped and created costumes and character looks
- Worked directly with actors, maintaining a professional manner
- Monitored and maintained continuity of costumes

MEDICAL PHARMACY, PHARMACIST ASSISTANT

1988 - 1990

- Assisted Pharmacist in formulating internal and topical remedies
- Dispensed medications
- Customer service and explanation of medications to customers

CERTIFICATIONS

Nalanda Institute
Contemplative Psychotherapy, 2018

The Healing Cuisine
Raw Food Preparation Certification, 2017

Institute of Holistic Nutrition
Con. Ed. Clinical Detoxification, 2017

Institute of Holistic Nutrition
Con. Ed. Applied Endocrinology, 2016

Toastmasters International
Competent Communicator, 2015

Ontario Herbalist Association
Professional Member since 2011

Makeup Artistry for Film & Television
Ryerson University, 1999

SKILLS

- Exceptional client communication and clinical skills with a focus on plant-based medicine and holistic nutrition
- Proven ability to develop strong therapeutic relationships with clients and deliver individualized care
- Integrate Body Metabolism, Nutritional Pathology, and Symptomatology into a Biomedical approach of Herbal medicine and Nutrition
- Research and develop high-quality skincare product as well as custom teas and tinctures
- Ardent researcher and advocate of science-based medicine
- Passionate to educate and inspire others to their optimal health
- Diligent, committed and creative
- Keen observation skills and high ethical standards
- Mindful of spiritual and culturally-appropriate needs assessment and care
- Studying Functional Medicine, personalized holistic approach to medicine using sophisticated testing to determine the root cause of illness
- Studying languages of Spanish, Portuguese and French