



The Art and Science of Herbal Prescribing

July 18–20, 2024

Do you want to deepen your knowledge of clinical herbal medicine? Are you looking to gain confidence in how to effectively and responsibly recommend herbs in your practice? If so, we invite you to join us for *The Art and Science of Herbal Prescribing* retreat, taking place over three days at Dr. Low Dog's ranch in Northern New Mexico.

Designed for those who have a foundational understanding of herbal medicine, you will learn the art of creating complex herbal formulations that drive true results for your patients/clients. By understanding the key actions of each plant, you will learn how to synergistically combine herbs for maximum efficacy and safety. Merging traditional knowledge with modern science, we will explore how to calculate the dose for both single herbs and combinations based upon the individual's unique presentation; strategies for identifying and reducing the risk of herb-drug interactions, and how to adjust treatment recommendations for special populations (e.g., pregnancy, pediatrics, elders, reduced liver/kidney function, etc.) Dr. Low Dog will walk you through case vignettes to demonstrate the thought process that goes into crafting the herbal prescription, as well as sharing some of her personal core blends.

You'll also receive hands-on experience as we break into small groups to create unique formulations and use the onsite pharmacy to bring them to life. By the end of this retreat, you will have several formulations and samples to take home with you. **Cost:** \$750



MEDICINE LODGE RANCH

HERBAL RETREAT



Lunch will be provided each day, and we will be able to accommodate vegan, vegetarian, and gluten-free guests. If you have dietary restrictions or preferences that go beyond these categories, we encourage you to pack your own lunch. We have a refrigerator and freezer where we can put anything that needs to be chilled.

PLEASE NOTE: This is considered intermediate to advanced.

SCHEDULE AT A GLANCE

Thursday 7/18

8:30am: Depart the Rowe Park and Ride
9am: Arrive at Ranch
9am-5pm: In Session
5pm: Depart Ranch
5:30pm: Arrive at Rowe Park and Ride

Friday 7/19

8:30am: Depart the Rowe Park and Ride
9am: Arrive at Ranch
9am-5pm: In Session
5pm: Depart Ranch
5:30pm: Arrive at Rowe Park and Ride

Saturday 7/20

8:30am: Depart the Rowe Park and Ride
9am: Arrive at Ranch
9am-5pm: In Session
5pm: Depart Ranch
5:30pm: Arrive at Rowe Park and Ride



MEDICINE LODGE RANCH
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Travel Information for Herbal Intensives

AIRPORTS: For those traveling by air, we recommend flying into [Albuquerque International Airport](#) (ABQ), renting a car upon arrival, and driving an easy one hour to Santa Fe, NM. There is an airport in [Santa Fe](#) (very small and charming) but flights are limited and often higher priced. As we are located literally off the map, on the mornings of our events, we will gather at a pre-planned meeting spot (about 45 minutes from Santa Fe), consolidate cars, and caravan to the ranch.

RENTAL CARS: [Albuquerque rental car center](#) or [Santa Fe Rental Cars](#)

NOTE: Ridesharing apps such as Uber and Lyft **are NOT a viable option** for getting to and from the ranch.

LODGING: Medicine Lodge is closest to the village of [Pecos, NM](#). There is camping, lodging, and AirBnBs in and around the Pecos Valley area ([Pecos](#), [Glorieta](#), [Eldorado](#)). However, most people choose to stay in Santa Fe which is continually [recognized as a top travel destination](#) and offers a wide variety of options for lodging, restaurants, and entertainment for any budget.

Feeling adventurous? Try local [campgrounds](#) and [Hipcamp](#) listings in our area.

Want to be as close as possible? Try these inns between Santa Fe and Pecos: [Pecos River Cabins](#), [Bobcat Inn](#),

Coming with a group? [Airbnb](#), [VRBO](#), [Flipkey](#), and [AdobeStar](#) offer a few home rental listings nearby or if you prefer the hotel life, [click here](#) to view Santa Fe's most well-reviewed hotels.

Looking for Luxury Lodging? Try Santa Fe's [Four Seasons](#), [Rosewood Inn of the Anazi](#), [Inn of the Five Graces](#), or [Casas de Santa Fe](#).

FOOD

Santa Fe – Evenings in Santa Fe are beautiful and there are loads of fabulous restaurants! [Click here](#) for a great list of some of our favorite places to enjoy dinner after a day at the ranch.

Albuquerque – Upon arrival and departure you may want to explore Albuquerque's food options. [Click here](#) for a guide to dining in Albuquerque.

Looking for food in between the ranch & Santa Fe? The tiny village of Eldorado has some yummy options including, including a drive-thru cafe right off the freeway! [Click here for more info.](#)

EVENTS & ENTERTAINMENT

[Click here](#) for local events and entertainment calendar, and [click here](#) for even more ideas and options. There is no shortage of interesting activities in New Mexico.

BODYWORK

Looking for a massage or skin treatment? How about a yoga class? Try [The Body](#) or [Ten Thousand Waves](#), two of our favorites places in Santa Fe.

LOCAL NEWS & WEATHER

Read all about it! The [Santa Fe New Mexican](#) and [Albuquerque Journal](#) are local favorites for the latest happenings and weather reports.

MORE INFO: We will be in touch via email with plenty more details as we get closer to your scheduled event. **Until then, [click here](#) for our FAQ.**