

# THE GREEN MEDICINE NEWSLETTER

Publication of The Student Rainforest Fund

FALL 2007

P.O.Box 238

2506 Wildwood Road

Wildwood, PA 15091

[www.studentrainforestfund.org](http://www.studentrainforestfund.org)



## PRESIDENT'S REPORT

### **PRESIDENT'S REPORT: 2 TRIPS IN 2007 SETS A NEW MARK OF EXCELLENCE FOR SRF**

I am extremely pleased to report that the SRF successfully took two rainforest expeditions during the summer of 2007. This is the first time in our 13 year history that we accomplished two trips in one year. Because of your generous donations and support, our student team traveled to Ecuador in early June and Costa Rica in late August.



Sixteen pharmacy students visited the remote jungles of the Ecuadorian Amazon from June 4-13, 2007. We lodged for 4 days at the El Jardin Aleman Amazon Jungle Lodge and investigated wild plant medicines along the Napo River. The jungle walks in the pristine and old-growth forests of this region were spectacular. For a new experiment, the students mixed their natural medicine experience with a clinical exercise at the largest hospital in Quito, the Eujenio Espejo Hospital. The students performed blood pressure screenings and blood glucose monitoring on over 900 patients in two days. The hospital staff was most appreciative of the effort. Ecuador has so much to offer not only in natural beauty, but a stable economy, a friendly environment and an affordable means to visit the diverse ecosystems of this small country. It will surely be an SRF destination in the future.

For the second time the SRF team visited the Western region of Costa Rica from August 24- September 1, 2007. We were very pleased to have students attend from the two leading naturopathic colleges in America- Southwest (Arizona) and Bastyr (Washington). The team stayed four days at the enchanting medicinal gardens at Luna Nueva in the shadow of the famous Arenal volcano. Luna Nueva's organic ginger and turmeric estate is owned and operated by the American supplement company New Chapter. I have personally been to over a dozen rainforest medicinal gardens in my many trips to South and central America, and surely this is the best one I have ever seen. The students heard lectures from Dr. Steve Morris, Dr. Heidi Weinholt, and myself. Our side trips took us to the famous Monteverde Cloud Forest Reserve, a new preserve called Nectandra located about 80 km Northwest of San Jose, and the Palo Verde, a natural biological reserve owned by the Organization for Tropical Studies. Please accept my sincere thanks for your past, present, and future support. We hope to go back to the deep Amazon forests of Peru in 2008, and do everything in our power to continue to elevate this unique student organization.

Muchas Gracias and health and happiness to you,  
In the spirit of healing, Dr. Dan

## Costa Rica, 2007



## Biodiversity In the Monteverde Cloud Forest of Costa Rica

By: Steve Morris, ND, AHG

In the fog laden cloud forest there exists a biosphere like no other in the world. Created by the trade winds of the west and the tropical breeze of the east, which meet on the continental divide, producing an ecosystem which supports an expansive variety of species. Whether one is an botanist, zoologist, entomologist or ornithologist, life here will prove unique. From Cinchona officianalis (the source of the anti-malarial quinine) to the resplendent Quetzal (revered by the Mayans for its bright colored plumage) to the sacred Jaguar.

Focusing on botany, the potential to find cures for illness has only just begun to be explored. Also, studying the interaction between plants and insects, and plants and animals will prove to be a potential and beneficial source of new medicines. This is why it is so imperative that we halt the destruction of these precious resources before science has the opportunity to study the myriad of alkaloids these plants produce in response to their interaction with their environment. We, as botanists and ethnobotanists, must remember that nature abhors a vacuum or in other words the whole is greater than the sum of the parts. This is one of the most forgotten or ignored points of the pharmaceutical industry. Nature has evolved with a manner of cooperation

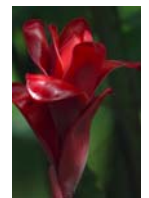
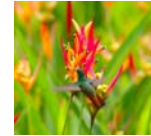
and support in its chemical web. In direct contrast to the harmony and apistasis we find in nature, the Merck pharmaceutical company purchased the biological rights of Costa Rica for \$1million in 1998, exploiting and searching for that magic silver bullet so this corporation can add billions for its shareholders, while not giving any support to the environment.

These plants must be protected, so future generations of young botanists may have the ability to explore the veiled mystery.

Pictures speak louder than words...

# SRf

## Ecuador, 2007



Above pictures taken by Dr. Morris

Above pictures taken by Dr. Wagner

### OUR MISSION

Our mission is to provide higher education for college and university students with the opportunity to explore the natural history of medicine and evoke the healing edge of knowledge regarding natural products and phytomedicinals in the world's greatest pharmacy--the rainforest. We are pursuing a holistic approach to the healing of the body, mind, and spirit by learning from unique practitioners. Our organization gains an invaluable international perspective from the indigenous peoples of different cultures that we encounter.



### 2007-2008 SRF Board of Advisors

Dan Wagner, RPh, MBA, PharmD. President  
Owner of NutriFarmacy - Wildwood, PA.

Steve Morris, ND., Vice President  
Naturopathic physician - Mukilteo, Washington

Rosita Arvigo, DN  
Mayan healer, Founder Rainforest Remedies, Belize

Wendell Combest, Ph.D.  
Professor - Shennadoah University, Virginia

James A. Duke, Ph.D.  
Ethnobotanist, Virginia

John A. Halley, Esq.  
Attorney, Pittsburgh, PA

James Hune, CPA  
Accountant - Creese, Smith & Co., Pittsburgh

Douglas H. Kay, Ph.D.  
Dean Emeritus Duquesne University

Harlan Lahti. B.S. Pharm  
Founder BioMed International, Burnaby, Canada

Don Antonio Montero  
Shaman and traditional healer, Peru

Mark Plotkin, Ph.D.  
Founder Amazon Conservation Team, Suriname

Polo Romero  
Bushmaster and herbalist, Belize

Beatrice Waight  
Traditional healer, herbalist, Belize

Heidi Weinhold, ND  
Naturopathic physician - McMurray, PA



Above pictures taken by Dr. Morris

### Tax Deductible Contribution



Name: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Donation:  \$15  \$25  \$50  \$100 \$ \_\_\_\_\_ Other

Email (optional): \_\_\_\_\_

Clip and mail to: Student Rainforest Fund  
P.O.Box 238 Wildwood, PA 15091  
Thank you for your continued support !!!

Contribution Tax ID: 23-2939579

# NEWS AND NOTES

## DR. HEIDI WEINHOLD, ND, JOINS SRF BOARD OF ADVISORS

Doctor Heidi Weinhold was born and raised in Southwestern Pennsylvania. She received her undergraduate degree in biology from Washington and Jefferson College, where she also studied African sculpture with a two-time Fulbright Scholar, and spent a semester in Italy studying Renaissance Art.

Heidi received her Doctorate in Naturopathic Medicine after completing a four-year course of studies at Southwest College of Naturopathic Medicine in Scottsdale, Arizona. Her education includes pharmaceuticals, modern medicine, minor surgery, acupuncture, homeopathy, and herbal medicines. She is a certified Aids Counselor and did clinical rotations at the Arizona HIV Clinic as well as clinical rotations at Arizona Pathways ( a drug rehabilitation center), where she performed acupuncture and provided herbal support to deal with cravings and detoxification. She is a licensed physician in the states of Arizona and Vermont.



Dr. Heidi Weinhold

Heidi is President of the Appalachian Botanicals and personally formulated Nat-Oral, an oral analgesic with proven efficacy in preliminary studies to treat chemotherapy induced mucositis. Heidi traveled with Dr. Dan and his daughter, Danielle, to Nigeria in January 2007 to work with the World Health Mission. She traveled with SRF to Costa Rica this year as a lecturer and advisor. Welcome Aboard Heidi!

## SRF THANKS STEVE FARREL: Farm Manager, Luna Nueva, Costa Rica

The SRF team that traveled to Costa Rica in August had a big debt of gratitude to pay to Steve Farrell. Steven is the essence of New Chapter's organic Ginger and Turmeric farm. His knowledge of permaculture and sustainable organic



Dr. Morris with Steve Farrell

farming practices earned New Chapter the honor of being named a world model farm for organic sustainable rain forest agriculture. Steven began organic farming twenty-five years ago in California. He was a wonderful and informative "faculty member" that made our stay at Luna Nueva so enjoyable. Steve took the team on rainforests walks into some of the old growth forests around the farm, and also was our

guide in educating us about the hundreds of medicinal plants that grow there. Thanks Steve from all of us, you were great!! (For more information visit their website: [www.new-chapter.com](http://www.new-chapter.com))

## SRF Expedition 2008- Back to the Amazon?

Dr. Morris and Wagner have seriously been considering going back to the deep Amazon basin for the 2008 SRF expedition. The SRF team went to Peru in 2005 and 2006 and spent 4 days in the remote Reserva Amazonia in Inkaterra. Inkaterra is a Peruvian organization that has promoted and practiced sustainable eco-tourism for over 27 years. Next year we hope to extend the jungle trip from 4 days to 6. This extended expedition will give ample time to visit more remote areas by boat in the Manu National Park along the Madre de Dios River. Your continued support will make this more extensive trip possible in 2008.

Thank you!



## WHAT THE STUDENTS ARE SAYING

'I think everything went well considering the political changes influencing the staff at the hospital, but I really enjoyed the screenings there. I have to say that the monkeys at the local village were memorable as well.'

**N.C., University of Pittsburgh**

'I hope to some day apply everything I learned and I look forward to practicing pharmacy with the new ideas and thoughts I gained from the trip. It was a once -in-a-lifetime opportunity and wouldn't have missed it for the world.'



**R.R. Univ. of Montana**

'What I liked most was the boat ride down the Napo River and visiting the villages. Everything we did at El Jardin Aleman Jungle Lodge was a great adventure.'

**M.S., Univ of Montana**

"I loved seeing all of the wild life of the country. I especially enjoyed the boat ride at Palo Verde and the canopy tour of the Monteverde Cloud Forest."

**M.T., Bastyr College of Naturopathy SRF**

# SRF

is a nonprofit research and education organization with tax exempt status under section

501(C)3 of the IRS code.  
Tax ID: 23-2939579

