

Natural Health: *Online Conference Series*

Herb/Drug Interactions and Contraindications

with *Phyllis D. Light, RH, Herbalist*

Interactions and contraindications of some of the most popular herbs and supplements or drugs are reviewed in this session. Participants will also review cautions in herb and supplement use prior to surgery, herb/supplements that have an additive effect to certain prescription medications, and those that might interfere with the workings of medications.

Attention CCNH Students and Graduates: *There will be a live chat session with Phyllis on Monday, July 5, 2010 at 11 a.m. Central Time. Join us in the [Holistic Connection](#) chat room. (Login required.)*

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3. Part Two	(15:02)
4. Part Three	(14:34)
5. Part Four	(12:44)
6. Part Five	(10:58)

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Phyllis D. Light, RH, professor of herbal studies at CCNH, has more than 25 years



experience as an herbalist, healer, and educator. Light travels the U.S. teaching and lecturing for both healthcare professionals and the general public. Her articles have appeared in national natural health magazines, newspapers and journals. Light is considered an expert in Appalachian folk medicine healing techniques. She maintains a clinical practice in North Alabama and is the supervising herbalist at the Common Ground Free Clinic in New Orleans. Light is a professional member of the American Herbalist Guild and a certified healthcare instructor.

