

Lorie Middendorf is a licensed medical massage therapist and has practiced massage therapy for 18 years. She is also a licensed esthetician and reflexologist. Throughout her years she has worked at garden centers, plant nurseries, herb shops, health insurance companies, salons, health spas, doctors' offices and organic farms. Lorie has been growing and landscaping with herbs, vegetables, cottage garden plants, culinary, indigenous and medicinal herbs for over 30 years.

Lorie Middendorf's medicinal herbal plant passion started when she was 16 years old roaming, riding and hiking the mountains of Northern York County, Pennsylvania. She learned by taking her plant identification books out into the woods and fields to get to know the plants in every season of the year. She read old books on herbal healing and made infusions, oils, liniments and syrups that the authors referenced. Her favorite books from that time and still are, Medicines from the Earth by Richard Evans Schultes, The Herb Book by John Lust and Jethro Kloss's Back to Eden. There were no medical herbal schools at that time and you were lucky to find a class on using herbs or making potpourri.

Since then Lorie Middendorf has completed the Homestead Herbal Foundation Program with Susan Hess and has had many Medicinal Herbal teachers over the years. She considers David Winston AHG her first formal teacher. She has also studied with Danial Gagnon, Dr Tieraoni Low Dog, Rosemary Gladstar and many more. Lorie Middendorf is also thankful to her friends at Rosemary House for all their inspiration on her journey!

## Lorie Middendorf Herbalist

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