

Work History

The Camera Shop (1998-2001) Lab Manager: Film development; Inventory; Machine maintenance; Calibration; MSDS; Retail

Naturally Clean LLC (2000-2018) Founder and Owner of a Non-Toxic, Natural Cleaning Services and Retail Supply Company (residential, commercial & carpets): Self-taught business entrepreneur; Marketing and sales development; Employee management and training; Client relations; Accounting; Wholesale and retail distribution; Event coordinator (Eco-Fest, YMCA Healthy Kids Day, Green Fest, Farmer's Markets, Quaker Friend's Fall Festival); Product brochure and promotional development; Website development; Blog and print articles for Yoga Living Magazine, Sustainable Business Network and Event Flyers

Embark Herbals LLC (2018) Founder, Owner and Lead Clinical Herbalist & Educator

Education

Downingtown Senior High (1997) Honors biology; Entrepreneurship; Spanish; Japanese

SCORE (2002) Small Business Development Center Program at the Chester County Library

Delaware County Community College (2012) Associates in Health Science

David Winston's Center for Herbal Studies (2012) Herbalist Certificate

West Chester University (2015) BS Cellular and Molecular Biology; Minor Health Science; Additional Organic Chemistry 2 and Lab 2 medical school class requirements

David Winston's Center for Herbal Studies (2017) Herbalist Graduate's Program

Benjamin Weiss Foraging & Medicine Making Class (2018)

David Winston's Center for Herbal Studies (2018) *Therapeutics Class* Current

Don Ollsin's Grassroots Herbal Course (2018) Current and, of course, **The Plants Themselves**

Honors

Green Business Recognition from Green America

President's Honor List every semester 2009-2012

Dean's List 2015

Radley Run Garden Club Botany Scholarship in recognition of exceptional academic achievement in the areas of botany and plant science

Phi Theta Kappa Society

High Honors

Certificate of Merit in General Studies

Affiliations

Co-op America

Green America

Sustainable Business Network

American Herbalist's Guild

Northeast Herbal Association

Seed Savers Exchange

United Plant Savers

Solar City

Mom's For Change (initiated biodiesel fuel for buses & grocery stores' reusable bags)

Women's Business Network

Yoga Living Network Exchange

Community Composting Initiative

Love146

Skill Set

Writing/reading/interpretation of peer reviewed studies; Client intake and case history; Herbal triune formulation, Material Medica sheets; Reaction charts; Extraction, salve, decoction, infusion, recrystallization and distillation methods; Pipetting, inoculation, streak-plating, gram staining, IR, ¹H NMR, GC-MS, MP, dialysis, TLC/column/flash/ion-exchange chromatography techniques; colony, protein, RNA, DNA isolation & concentration determination; Agarose & SDS-PAGE gel electrophoresis; Western Blot, ELISA, RT & PCR; BLAST searches, Genomic extraction, Genetic mapping and recombination; Application of antimicrobial & antibiotic agents; Charge & current determination, Ohm's law, RC circuits, electromagnetic induction; Optics-light refraction, lenses, inference & diffraction; Independent research studies, one of which was a semi-finalist in the PASSHE State Competition; additional skills under "Work History"

Personal Character

Attention to detail; Self-motivated; Organized; Reliable; Hard-working; Ability to multi-task; Solution-oriented problem solver; Trustworthy; Kind; Intuitive; Compassionate