

# CBD: An Herbalist's Perspective

Paula Billig of Paula's Herbals presents a 90-minute educational lecture and discussion about the uses, sourcing, and functions of this newly popular, newly (mostly) legalized supplement

Now Booking small-group events (5-20 attendees)

Pricing per attendee or flat rate available

Larger presentations available upon request

- Parent groups
- Teachers/school counselors
- Specific illness support & recovery groups, for example migraines, chronic fatigue, fibromyalgia, ADHD, autism spectrum, leaky gut, PTSD/TBI, and more
- Herbal and Alternative medicine learning groups
- Integrative practitioner offices, for example Chiropractors, Acupuncturists, Functional MDs, Nutritionists, Massage Therapists
- Wellness shops, for example health food stores, apothecaries

## Paula's Herbals

*Sample Event Description:*

*By now almost everyone has heard of CBD and how amazing it is. But what is it, and how do you know if it's right for you?*

*Join Herbalist Paula Billig to find out what the buzz words actually mean, what it does and doesn't do for you, what your ECS is, how to choose best forms and amounts for you, and answers to your other CBD questions.*

*Paula does not sell CBD products, she is an herbal wellness educator for her clients and the public, so this presentation is designed to arm you with knowledge and information as you navigate the broad spectrum of CBD products for sale in the world.*

*Enthusiastic References Available:*

This was such a great talk!!! We learned so much and were so happy to have you. If anyone is interested in all things cannabis delivered in a fun accessible way - have @paulasherbals give an informational talk to your group, friends, office, family etc! This knowledge is meant to be shared.

-Margaret Haff, Glenside Community  
Acupuncture

**About the Presenter:** Paula is a local Herbalist and Wellness Educator with a diverse background including a Human Biology degree from Temple University, where she also earned her EMT certification, and over a decade teaching functional movement as a Reformer Pilates studio owner. Paula studied Herbalism with Maia Toll in Philadelphia, and was certified through her Sage School of Clinical Herbalism. She has also studied with Barefoot Botanicals in Doylestown PA, where she returned as an instructor in 2018. She also spoke at the Temple University School of Podiatric Medicine in 2018. Contact her with inquiries at:

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