

Wendy Lehman began studying herbalism in late 2019 at the CommonWealth Center for Holistic Herbalism (led by clinical herbalists Katja Swift and Ryn Madura). She completed the Family Herbalism Program and is currently enrolled in the Community Herbalist Program. She completed a 46-hour small group Community Herbalist mentorship with Katja Swift in 2021-2022. In 2023, she additionally completed Michigan herbalist Jim McDonald's 7-month intensive herbalism course Linderella. She's participated in other various herbalism classes and herb walks as well.

Wendy is also a Reiki Master Teacher (since March 2012) in the Usui System of Natural Healing and taught Reiki in 2016-2017 at Equilibrium Energy+Education in Chicago. She became a Certified, Accredited EFT Practitioner in February 2015. She did not renew when the certification expired in 2018, but she retains the knowledge and experience.

With 30 years of experience working in a variety of international and local nonprofits addressing issues of direct and indirect violence and trauma, Wendy has seen the impact that trauma, anxiety, stress, and burnout can have on not only the mind but also the physical body. She has also lived with chronic pain for over 30 years. She has been inspired by the positive effects of herbal medicine for supporting both physical and mental health.