

Reflections on 100 Issues of HERBALGRAM

By Steven Foster

In contemplating the 100th issue of *HerbalGram*, I engaged in a process of consecutively looking back through each journal issue, page by page. It was a personal journey, as I have been involved with this publication and its predecessors for my entire adult life, stretching back to 1978. To the twenty-some things of the current editorial *HerbalGram* staff, who know me as an aging, balding, slightly overweight guy past his mid-50s, please realize that I've been with the publication since I was younger than you are now.

The process of my personal *HerbalGram* retrospective took much longer than originally anticipated. I often stopped to reread an article or, in some instances, read an article for the first time. *HerbalGram* indirectly grew out of an occasional newsletter issued by the then-fledgling, now-defunct Herb Trade Association (HTA), which issued its first *HTA Newsletter* in March of 1978 with Fred Hathaway and Myron Keene as co-editors. By 1979, the *HTA Newsletter* had become *Herb News*, edited by Mark Blumenthal from the Herb Trade Association's office in Austin, Texas, where it had moved from Santa Cruz, California, when Blumenthal became the third president of HTA. Postal distribution of the 32-page publication was limited as evidenced by the fact that the copy in my archives, postmarked January 9, 1980, is hand-addressed in the penmanship of the publication's editor and publisher, Blumenthal.

Herb News quickly evolved. In the summer of 1981, Blumenthal wrote:

"HERB NEWS started about two and a half years ago when I was President of the Herb Trade Association. I

wanted to start a newsletter for the membership to apprise them of what was going on in the association, what new information was available about herbs, new books on the scene, herbal and related conferences, industry and regulatory news, etc... The feedback thus far has been highly favorable. . . . Since the herb movement has gained so much momentum in the past few years, there has been an increasing need for a publication which attempts to funnel much of the information about the herb industry and related matters into one space. We are quite confident that this endeavor will continue to grow, just as the herb movement seems to have no end in sight."*

Blumenthal seemed to be on to something.

By then, *Herb News* was 34 pages with a two-color cover. Blumenthal wanted a mechanism to inform readers about breaking news between issues of *Herb News* (long before the Internet). As a result, in 1983, *HerbalGram* was born as an eight-page newsletter.

To make a long story short, the Herb Trade Association folded, the American Herbal Products Association (AHPA) filled the void, and Blumenthal remained as editor and publisher of *HerbalGram*, with Rob McCaleb as associate editor. *HerbalGram* was published as a joint publication of the Herb Research Foundation (founded by McCaleb and Blumenthal) and AHPA (of which they were founding board members). This arrangement continued until the Summer 1988 issue 17, which became the first issue jointly published by the Herb Research Foundation and the newly formed American Botanical Council. Issues 18 through 53 continued to be jointly published by the two organizations.

* Publisher's Note in *Herb News*, Volume 2, No. 2, Summer, 1981, p. 5.

AMERICAN BOTANICAL COUNCIL HISTORY & HIGHLIGHTS

1983

HerbalGram launches.

1984

South Texas Unit of the Herb Society of America doesn't allow speakers to discuss herbs' medicinal properties; rejects Mark Blumenthal as an "unqualified" speaker.

1988

ABC is one of the first US organizations to write up science-based literature reviews on herbs, beginning with *HerbalGram* #17's cover story, a sarsaparilla (*Smilax* spp.) literature review, which dispelled the myth that the herb is an effective source of testosterone as a bodybuilding supplement.

Blumenthal incorporates ABC as a nonprofit organization.

James A. Duke, PhD, Norman R. Farnsworth, PhD, and Blumenthal are first Trustees of ABC Board.

In the spring of 2002, with issue 54, *HerbalGram* became solely the journal of the American Botanical Council.

Since its inception as an eight-page newsletter in 1983 to its current iteration as an 80-page, four-color, quarterly hybrid of a scientific/professional journal and attractive magazine, Blumenthal has guided the editorial pen across the published pages of *HerbalGram*.

HerbalGram reflects the diversity of what Blumenthal envisioned as “an herb movement that seems to have no end in sight.” Within the estimated 7,500 published pages of the first 100 issues of *HerbalGram*, one essentially finds the golden key for unlocking the full spectrum of herbal knowledge for the past, present, and future. *HerbalGram* provides an important historical record of the evolution of laws and regulations affecting herbs, herbalists, and herb products over the last 30 years. The evolution of modern herbal science also is reflected in its pages. The coverage has been definitive and often has affected the direction of contemporary herbal thought.

When *HerbalGram* was first published, the late medicinal plant research giant, Prof. Norman R. Farnsworth, PhD, used a rubber stamp on his correspondence that stated “Save the Endangered Species Pharmacognosy.” Now the study of natural products — along with complementary and alternative medical modalities — are normal undergraduate, graduate, and post-graduate education programs at hundreds of universities. *HerbalGram* has been at the forefront of information in a time period during which herbs have emerged from obscurity and fading folk traditions to part of mainstream public healthcare policy developments on a global basis.

Reflective of Blumenthal’s ahead-of-the-curve vision of the herb industry, *HerbalGram* was there to anticipate and reveal trends often before they

were realized elsewhere. For example, adulteration issues were first highlighted in *HerbalGram* in 1983 (in a short piece I wrote warning industry members of the adulteration of skullcap [*Scutellaria lateriflora*, Lamiaceae] with germander [*Teucrium* spp., Lamiaceae]). The publication reflects scientific consensus and controversy in a wide range of academic disciplines and interests — botany, history of pharmacy, history of medicine, ethnobotany, ethnobiology, conservation, sustainable development and right livelihood, phytochemistry, pharmacology, and clinical traditions (mainstream and alternatives: traditional, historical, contemporary) — all in one place, all on one planet. (When *HerbalGram* was first published, very little, if any, of the subjects covered by the journal were covered by the natural food and dietary supplement industry trade magazines of the day. Nowadays, such publications carry articles on herbs and herb-related issues in every edition.)

A unique blend of review articles, public interest pieces, and original peer-reviewed research, *HerbalGram* has been variously referred to as the *Scientific American*, *National Geographic*, and *Reader’s Digest* of herbal periodicals.

HerbalGram is the source for visually rich, scientifically sound, and engaging reading that reflects the depth, breadth, and diversity of the herbal renaissance of the late 20th and early 21st centuries — one of the most important 50 years in the evolution of human understanding of herbs and medicinal plants.

The table below is a subjective list of the items found in each issue that struck me as having an impact, at least on my thinking, and the highlights of what strikes me as most useful or still of interest in each issue. Other readers may have completely different lists, and that’s part of the beauty of *HerbalGram*. There’s something of interest for everyone in each issue. HG




HISTORY & HIGHLIGHTS

1989	Varro E. Tyler, PhD, retires as executive vice-president & provost of Purdue University; joins ABC Board of Trustees.
	ABC publishes “Classic Botanical Reprints,” making available seminal articles on ethnobotany and pharmacognosy.
	The term “nutraceutical” is coined by Stephen DeFelice, MD.
	Bastyr College (now University) becomes first accredited naturopathic school.
	ABC continues to publish important science-based literature reviews on herbs in <i>HerbalGram</i> #18/19, with a cover story on St. John’s wort.
1990	Nutritional Labeling and Education Act (NLEA) passed.
1991	ABC launches HerbClip™ providing summaries and critical reviews of what will eventually amount to thousands of herbal studies.

Issue	Impact	Highlights
#1 <i>Herb News/ HerbalGram</i> , Summer 1983 (8 pages)	• "Eucalyptus Repels Fleas"	• US Food and Drug Administration (FDA) reviewed over-the-counter menstrual and aphrodisiac product claims.
#2 <i>Herb News/ HerbalGram</i> , Fall/Winter 1983-1984 (8 pages)	• "Celestial Seasonings Recalls Comfrey Tea"	• The Ninth Circuit Court of Appeals struck down the FDA's longstanding interpretation of the "Grandfather Clause," exempting common foods from food-additive status, which was viewed as the most significant legal decision affecting herbs in 25 years.
#3 <i>HerbalGram</i> , Spring 1984 (8 pages)	• <i>Sassafras (Sassafras albidum)</i> has antibacterial activity.	• World Health Organization studied antifertility plants. • Feverfew (<i>Tanacetum parthenium</i>) revealed for migraine alleviation.
#4 <i>HerbalGram</i> , November 1984 (12 pages)	• "Mislabelled Remedy Recalled"	• Report on FDA recall of "SupHerb," an "herbal product" containing indomethacin, hydrochlorothiazide, and diazepam. • James A. Duke, PhD, presented a special report on alternative approaches to treating gout.
#5 <i>HerbalGram</i> , Spring 1985 (12 pages)	• "Herb Traders Beware!" • FDA sues retailer General Nutrition Centers (GNC).	• A brief notice suggesting that <i>Echinacea purpurea</i> root products may be adulterated with <i>Parthenium integrifolium</i> published; the first modern notice on this important adulteration issue of the late 1980s and early '90s. • Lead article by Loren Israelsen detailed how FDA indicted GNC executives and retail-store managers on conspiracy to defraud the FDA and its regulatory authority, revealing a pattern of FDA overstepping its authority.
#6 <i>HerbalGram</i> , Summer 1985 (12 pages)	• "Ginseng Trade Association Formed"	• Report that 25 ginseng growers in Wausau, Wisconsin, form The Ginseng Trade Association. • In a related story, the Ginseng Research Institute (of South Korea) declined to hold an International Ginseng Symposium in the United States.
#7 <i>HerbalGram</i> , Fall 1985 (12 pages)	• "Meeting with Senator's Staff"	• On August 29, 1985, representatives from AHPA met with a staffer of Sen. Orrin Hatch (R-Utah) to explore a legislative initiative in the public interest regarding the use of herbs. This led to 28 years of a close working relationship between Sen. Hatch and the herbal community.
#8 <i>HerbalGram</i> , Winter 1986 (12 pages)	• "High Pharmaceutical Prices Call for Government-Sponsored Natural Drug Research"	• James A. Duke, PhD, profiled.
#9 <i>HerbalGram</i> , Spring 1986 (12 pages)	• "Canadian Panel Makes Recommendations on Herb Usage" • "Methods in Phytochemistry"	• Loren Israelsen reported on the Expert Advisory Committee on Herbs and Botanical Preparations, established in 1986, along with an analysis of the legal issues and opportunities. • Canadian expert panel on herb use formed.
#10 <i>HerbalGram</i> , Summer/Fall 1986 (16 pages)	• "Major FDA Policy Shift on Herbs"	• Loren Israelsen reported that on July 1, 1986, FDA issued a new policy guidance replacing the infamous and widely criticized November 1, 1980 "List of 27 Unsafe Herbs" used to enforce regulatory actions. It shifted to a "case-by-case" regulatory strategy.


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1991	ABC begins producing "Botanical Booklets" covering popular herbs for consumers, journalists, et al.
1992	ABC creates herbal notecards.
	ABC initiates the Pharmacy Continuing Education Program.
1993	ABC initiates Ginseng Evaluation Program to review North American ginseng products to determine if product contents meet label claims.
	ABC begins translation, editing, and databasing for <i>The Complete German Commission E Monographs</i> (1998).
	ABC creates extensive mail-order catalog containing science-based, technical, and hard-to-find medicinal plant books, videos, etc. Of the catalog, Dr. Farnsworth said, "Just reading the ABC Catalog is an education in itself."
	ABC offers first on-site Pharmacy Continuing Education Program courses on herbal medicine.

Issue	Impact	Highlight
#11 <i>HerbalGram</i> , Winter 1987 (16 pages) • First consecutively numbered issue.	• "Plant Drugs in the 21st Century"	• <i>HerbalGram</i> issued a special six-page reprint of the Varro E. Tyler, PhD, article, "Plant Drugs in the 21st Century," originally published in <i>Economic Botany</i> in June 1986. Dr. Tyler introduced <i>HerbalGram</i> readers to the German regulatory doctrine of reasonable certainty of safety and efficacy based on historical use and product experiences.
#12 <i>HerbalGram</i> , Spring 1987 (16 pages)	• Introduced "Father Nature's Pharmacy" column by James A. Duke, PhD.	• ABC founding board member and longtime ABC ally, Dr. Duke outlined why he believes multi-herbal preparations are preferable to synthetic "silver-bullets."
#13 <i>HerbalGram</i> , Summer 1987 (16 pages)	• Court ruled on evening primrose (<i>Oenothera biennis</i>).	• An invited article on the economic impact of herbs by Portia Meares, the late publisher and editor of <i>Business of Herbs</i> , detailed economic factors impacting herb markets (such as the Chernobyl disaster). This was the first of many important articles on herbal economic issues in <i>HerbalGram</i> .
#14 <i>HerbalGram</i> , Fall 1987 (16 pages)	• "Celestial Seasonings Sold to Lipton, Inc."	• This front-page story portended the now well-entrenched trend of herbal and natural product companies being purchased by mainstream corporate giants and investment groups.
#15 <i>HerbalGram</i> , Winter 1988 (24 pages)	• "Major Herb Conference in Thailand"	• Much of the issue was devoted to a report by Rob McCaleb on the First Princess Chulabhorn International Congress on Natural Products with more than 1,000 attendees from around the globe.
#16 <i>HerbalGram</i> , Spring 1988 (24 pages)	• Interview with I. I. Brekhman, MD.	• Rob McCaleb conducted the first American press interview with Dr. Brekhman, then the world's leading authority on adaptogens and eleuthero (<i>Eleutherococcus senticosus</i>).
#17 <i>HerbalGram</i> , Summer 1988 (28 pages)	• Interview with Professor Hildebert Wagner, PhD.	• Herbalist Christopher Hobbs wrote a literature review on sarsaparilla (<i>Smilax</i> spp.) in what was to become the first of many comprehensive literature reviews on various herbs, elevating <i>HerbalGram</i> to an important go-to source for definitive herbal information. It also debunked the market claims that the herb contained testosterone.
#18-19 <i>HerbalGram</i> , Fall 1988/Winter 1989 (two issues combined, 48 pages) • This was the first issue published under the aegis of the American Botanical Council, founded in November 1988. It was also the first issue to transform <i>HerbalGram</i> from black-and-white to a color publication; a completely new look was introduced to <i>HerbalGram</i> readers.	• St. John's wort reviewed by Christopher Hobbs. 	• Nearly a decade before St. John's wort grew to mass-market fame in the United States, Christopher Hobbs presented a comprehensive review of the botany, history, chemistry, pharmacology, and clinical applications of this important herb.
#20 <i>HerbalGram</i> , Spring 1989 (52 pages)	• Review of feverfew and its modern rediscovery.	• Following reports of clinical trials on the successful use of feverfew for the treatment of migraines in the UK, Christopher Hobbs provided readers with a comprehensive review of the herb's botany, history, chemistry, pharmacology, clinical studies, and more.
#21 <i>HerbalGram</i> , Fall 1989 (52 pages)	• Valerian (<i>Valeriana officinalis</i>) literature review.	• Christopher Hobbs presented a comprehensive review of the historical and scientific literature on valerian as it gained popularity among herb consumers.

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1993	ABC begins co-sponsoring ethnobotanical eco-tours to the Peruvian Amazon, Machu Picchu, and Costa Rica for continuing education credits for health professionals.
1994	Dietary Supplement Health and Education Act (DSHEA) passed by US Congress.
1995	ABC publishes <i>Common Herbs & Health</i> pamphlets, the first "third-party literature" published in accordance with DSHEA; over one million copies distributed.
	ABC offers first Pharmacy Continuing Education Program home-study courses in herbs and phytochemicals.
1996	ABC initiates Traditional Medicine Research Project to document regulation and approval of herbal medicines in six industrialized nations. Presents the Executive Summary before the President's Commission on Dietary Supplement Labeling.
	ABC produces and co-edits the 1994 proceedings of the National Institutes of Health's Office of Alternative Medicines "Botanicals: A Role in US Healthcare?" Conference.

Issue	Impact	Highlight
<p>#22 <i>HerbalGram</i>, Spring 1990 (52 pages)</p> <ul style="list-style-type: none"> • <i>HerbalGram</i> was enhanced with new design elements including the addition of four-color photography. 	<ul style="list-style-type: none"> • “Black Pearls Lose Luster” • Hawthorn (<i>Crataegus</i> spp.) literature review. • Canadian regulators indicated development of traditional medicine category within current drug category. 	<ul style="list-style-type: none"> • In an investigative piece, Rob McCaleb and Blumenthal revealed that a Chinese arthritis remedy posing as an all-natural product since the late 1970s contained various prescription drugs not listed on label. • Christopher Hobbs and Steven Foster teamed up for 15-page review of hawthorn. • Blumenthal reported on a Canadian Health Protection Branch policy to develop a “Traditional Herbal Medicines” category under drug regulations.
<p>#23 <i>HerbalGram</i>, Summer 1990 (52 pages)</p>	<ul style="list-style-type: none"> • “FDA Declares 258 OTC Ingredients Ineffective” • “FDA Collecting Information on Herb Products to Assess Safety” • Comprehensive review of Traditional Chinese Medicine. 	<ul style="list-style-type: none"> • Blumenthal reported on an FDA announcement that 258 over-the-counter (OTC) ingredients were declared ineffective, including prune (<i>Prunus domestica</i>) juice as a laxative. • Blumenthal, in a separate piece, reported on FDA district offices’ collection of information on herb products to assess safety, with comfrey (<i>Symphytum</i> spp.) as the primary target. • Albert Leung, PhD, authored an 11-page review of Chinese herbal medicine.
<p>#24 <i>HerbalGram</i>, Winter 1991 (54 pages)</p> 	<ul style="list-style-type: none"> • “Harvesting Medicinals in the Wild: The Need for Scientific Data on Sustainable Yields” • “The Need for Cooperation Between Modern and Traditional Medicine” • “European Harmony in Phytotherapy” 	<ul style="list-style-type: none"> • In a report by Steven Foster, <i>HerbalGram</i> took the lead in introducing the need for comprehensive conservation and data collection on wild medicinal plants. • Since its inception, <i>HerbalGram</i> was at the forefront of advocating the importance of science as the underpinning of traditional herb use. Ara H. Der Marderosian, PhD, penned an essay for this issue on the need for cooperation between modern and traditional medicine systems. • Blumenthal introduced <i>HerbalGram</i> readers to the European Scientific Cooperative for Phytotherapy (ESCOP), reporting on its October 20, 1991 symposium; Blumenthal introduced readers to the concept of phytomedicines and phytotherapy from a European perspective. Reprint of proposed ESCOP monograph on chamomile flowers (<i>Matricaria recutita</i>) is included.
<p>#25 <i>HerbalGram</i>, Summer 1991 (54 pages)</p>	<ul style="list-style-type: none"> • “Comfrey Updates” • Editorial policy statement. • Perspectives on foods as medicine. 	<ul style="list-style-type: none"> • <i>HerbalGram</i> stated and clarified its editorial policy in a one-page statement that applied to the first 25 issues and the 75 issues that followed. • Dennis Awang, PhD, provided clear, scientific detail on the potential toxicity of comfrey pyrrolizidine alkaloids. • Reprinted interviews with the late Herbert F. Pierson, PhD, of the National Cancer Institute. • Dr. Duke discussed designer foods and meals that heal, highlighting the potential of food choices in preventive healthcare.
<p>#26 <i>HerbalGram</i>, Winter 1992 (62 pages)</p>	<ul style="list-style-type: none"> • “Herbal Cure for the Greenhouse Effect?” • “AHPA Petitions FDA for Approval of Stevia Leaf Sweetener” • Review of mistletoe (<i>Viscum album</i>) and the cardiovascular system. 	<ul style="list-style-type: none"> • <i>HerbalGram</i> published article by Georgia Persinos, PhD, on the potential of various <i>Vernonia</i> species as diluents in oil-based paints to reduce ozone release of volatile organic compounds. • Review article by Inci A. Bowman, PhD, on the effects of European mistletoe is reprinted. • <i>HerbalGram</i> reported on AHPA’s FDA petition to approve stevia (<i>Stevia rebaudiana</i>) as a sweetener.


HISTORY & HIGHLIGHTS

1996	ABC produces Pharmacy Continuing Education teleconference modules commissioned for Wal-Mart pharmacists nationwide.
	ABC’s Mark Blumenthal begins teaching herb class at University of Texas College of Pharmacy.
	ABC initiates internship program for graduating pharmacy and dietetic students.
	California becomes the first state to legalize medicinal cannabis.
1997	<i>Nutrition Business Journal</i> published.
	ABC launches Capital Campaign to purchase Case Mill Homestead for new headquarters.
	ABC publishes “Popular Herbs in the US Market” for pharmacy continuing education; over 100,000 copies published, underwritten by Pharmavite.

Issue	Impact	Highlight
<p>#27 <i>HerbalGram</i>, Summer 1992 (62 pages)</p> <ul style="list-style-type: none"> • First issue of <i>HerbalGram</i> printed on recycled paper. 	<ul style="list-style-type: none"> • “Focus on Rain Forest Remedies” • “Conservation and Tropical Medicinal Plant Research” • Special issue on New World medicinal plants. • Aztec herbs of 1552. • Herb industry self-regulation. 	<ul style="list-style-type: none"> • Blumenthal highlighted various media stories focusing on medicinal plants of tropical rainforests. • Steven R. King, PhD, presented a contextual story on tropical medicinal plant research and conservation. • The 1552 Aztec herbal, <i>The Badianus Manuscript</i>, was explored by Foster. • Blumenthal reported on AHPA’s efforts at herb industry self-regulation.
<p>#28 <i>HerbalGram</i>, Winter 1993 (70 pages)</p> <ul style="list-style-type: none"> • <i>HerbalGram</i> printed on recycled, semi-gloss stock to accommodate more pages per issue. 	<ul style="list-style-type: none"> • “Summary of WHO Guidelines for the Assessment of Herbal Medicines” • Petition to FDA to expand drug policy to include European phyto-medicines. • Moratorium on NLEA regulations. • FDA and AHPA warn of chaparral (<i>Laurea tridentata</i>) toxicity. • Overview of natural products and medicine. 	<ul style="list-style-type: none"> • Olayiwola Akerele’s, MD, summary of World Health Organization (WHO) Guidelines for Herbal Medicines reprinted in this issue. • Blumenthal reported on the European-American Phytomedicines Coalition petition to FDA to expand OTC drug category to include phytomedicines with significant market experience. • US Congress implemented a moratorium on FDA regulations under the Nutritional Labeling and Education Act of 1990 (NLEA). • FDA and AHPA issued warnings on chaparral for potential toxicity. • Dr. Varro E. Tyler placed the need for a new regulatory paradigm in a historical and scientific context.
<p>#29 <i>HerbalGram</i>, Spring/Summer 1993 (70 pages)</p>	<ul style="list-style-type: none"> • Continued disputes between herb industry and FDA. • Dennis Awang, PhD, on feverfew. • Professor Norman Farnsworth, PhD, on herb safety. 	<ul style="list-style-type: none"> • Blumenthal provided editorial context for disputes between FDA and the herb industry, stating it is incumbent on the FDA to make fundamental changes in attitude while the industry needs to initiate stricter standards. • Dr. Awang sorted out the regulatory and clinical truth on feverfew as a headache treatment following approval for use in the UK. • In a special section, the late Prof. Farnsworth highlighted herb safety, concluding that based on a survey of the scientific literature, herbal medicines do not present a major problem with regard to toxicity.
<p>#30 <i>HerbalGram</i>, Winter 1994 (78 pages)</p>	<ul style="list-style-type: none"> • Dr. Varro E. Tyler on phytomedicines in Western Europe and their potential in the United States. • Christopher Hobbs’ literature review on echinacea. 	<ul style="list-style-type: none"> • Dr. Tyler presented his thesis on the potential of Western European phytomedicines and their impact in the United States. • In the most comprehensive <i>HerbalGram</i> single-herb monograph to date, Christopher Hobbs presented a 16-page literature review on echinacea in a special supplement section.
<p>#31 <i>HerbalGram</i>, Summer 1994 (78 pages)</p>	<ul style="list-style-type: none"> • This issue offered insights into traditional herbal medicine with stories on Africa, the Amazon, China, Japan, Polynesia, and Tibet. 	<ul style="list-style-type: none"> • <i>HerbalGram</i> included a collection of articles on various traditional medicine systems from around the world. • Blumenthal reported on the first of many Amazon ethnobotanical tours in which ABC has sponsored or participated.
<p>#32 <i>HerbalGram</i>, Fall 1994 (78 pages)</p>	<ul style="list-style-type: none"> • US Congress passed Dietary Supplement Health and Education Act of 1994 (DSHEA). • Urine tests for drug use; poppy (<i>Papaver somniferum</i>) seed muffins implicated. 	<ul style="list-style-type: none"> • The US Congress passed DSHEA, creating the regulatory framework in which most herb products are sold in the United States today. Blumenthal’s breaking news report outlined what’s in DSHEA and its implications. • John P. Morgan, PhD, provided an interesting and important report on illicit drug testing urinalysis and metabolite cross-reactivity leading to potential false positives.

HISTORY & HIGHLIGHTS

1997	ABC receives national media attention by addressing two major stories on adulterants in herbal products, including plantain and a product labeled “kava” that contained no kava.
	ABC launches website.
	US Botanic Garden donates truckload of tropical plants to help establish the gardens at ABC headquarters.
	Andrew Weil appears on cover of <i>TIME Magazine</i> .
1998	ABC moves headquarters to Case Mill Homestead.
	ABC hosts 450 people at industry and local community inaugural events of ABC’s new Herbal Education and Research Center.
	ABC publishes <i>The Complete German Commission E Monographs</i> .

Issue	Impact	Highlight
#33 <i>HerbalGram</i> , Spring 1995 (78 pages)	<ul style="list-style-type: none"> Follow-up reports and perspectives on regulation following passage of DSHEA. A special supplement section on remedies from the rainforest. 	<ul style="list-style-type: none"> <i>HerbalGram</i> focused on legal and regulatory perspectives following passage of DSHEA. President Bill Clinton's official statement is reprinted, in which he suggested the legislation brought "common sense" to supplement regulation. Attorney William R. Pendergast provided a perspective of problems and solutions for FDA and herb industry antagonisms (with comments from Blumenthal). A special section, "Pharmacy from the Rainforest," reported on the first ABC-co-sponsored trip to the Peruvian Amazon.
#34 <i>HerbalGram</i> , Summer 1995 (86 pages)	<ul style="list-style-type: none"> <i>Ephedra sinica</i> weight-loss controversy highlighted. Jamaican ginger adulteration leading to "Jake-leg" paralysis recounted. European phytomedicines market analysis. 	<ul style="list-style-type: none"> Blumenthal co-authored a comprehensive review of the botany, chemistry, medicinal uses, and safety concerns of ephedra and its alkaloids. Reprinted article by John Parascandola on the Jamaica ginger paralysis episode of the 1930s. Jörg Grünwald presented a comprehensive analysis of the economics and trends of the European phytomedicine market.
#35 <i>HerbalGram</i> , Fall 1995 (86 pages)	<ul style="list-style-type: none"> "FDA Lifts Import Alert on Stevia" "Pharmacy from the Rainforest," Belize highlighted. 	<ul style="list-style-type: none"> By 1995, <i>HerbalGram</i> had emerged as the go-to source for perspective on herbal legal and regulatory developments. In this issue, Blumenthal discussed the legal status of stevia. ABC reported on a "Pharmacy from the Rainforest" trip to Belize. Rosita Arvigo profiled. Michael Balick, PhD, National Cancer Institute (NCI) collection efforts in Belize.
#36 <i>HerbalGram</i> , Spring 1996 (78 pages)	<ul style="list-style-type: none"> "The US Botanical Market: An Overview" History of Chinese rhubarb (<i>Rheum</i> spp.). 	<ul style="list-style-type: none"> Peggy Brevoort (longtime ABC Board of Trustees member) wrote an often-cited comprehensive market report on the US botanical market. Clifford M. Foust, PhD, provided a remarkable overview of the history of Chinese rhubarb and its circuitous route to European markets.
#37 <i>HerbalGram</i> , Summer 1996 (78 pages) 	<ul style="list-style-type: none"> Chocolate (<i>Theobroma cacao</i>) and tea (<i>Camellia sinensis</i>) elevated to herbs. Dr. Tyler elected to ABC Board of Trustees. 	<ul style="list-style-type: none"> Robert L. Gutman, PhD, and Beung-Ho Ryu, PhD, introduced the health benefits of tea in "Rediscovering Tea: An Exploration of the Scientific Literature." Leanna K. Potts provided a comprehensive introduction to the emerging health benefits of chocolate in "Chocolate: Past, Present, and Future of Cacao." Late-breaking news for the issue included an announcement that Dr. Tyler joined founding board members, Blumenthal, Dr. Duke, and Dr. Farnsworth on the ABC Board of Trustees.
#38 <i>HerbalGram</i> , Fall 1996 (78 pages)	<ul style="list-style-type: none"> <i>HerbalGram</i> covered FDA's power to protect public from unsafe dietary supplements, and other legal issues. Excerpts from book on the late Harvard ethnobotanist Richard Evans Schultes, PhD. 	<ul style="list-style-type: none"> By 1996, the often-repeated mantra, "herbs [and dietary supplements] are unregulated," began to resonate from FDA to the American media. Dr. Stephen H. McNamara debunked this myth in his article, "FDA has Adequate Power and Authority to Protect the Public from Unsafe Dietary Supplements." In this issue, Blumenthal suggested that FDA would soon publish Good Manufacturing Practices (GMPs) required under DSHEA, but a decade would pass before FDA promulgated draft GMPs. The now-classic Wade Davis, PhD, book, <i>One River: Explorations and Discoveries in the Amazon Rain Forest</i>, is excerpted, detailing the life of Dr. Schultes.

HISTORY & HIGHLIGHTS

1998

"Herbal Medicine Boom" on cover of *TIME Magazine*.

1999

Doody Publishing, the leading reviewer of medical titles, ranks ABC's *The Complete German Commission E Monographs* as #2. The title was chosen from more than 3,500 published during 1998 and was the first alternative medicine book to qualify for this award.

ABC publishes HerbClip-on-CD, 1996-1998.


Consortium of Academic Health Centers for Integrative Medicine founded.

ABC hosts 600 people from Austin for a city-wide rainwater harvesting system demonstration at ABC's Case Mill Homestead.

Michael Balick, PhD, Steven Foster, and Fredi Kronenberg, PhD, join ABC Board of Trustees.


ABC establishes herbal workshop series for local Austin community.



Issue	Impact	Highlight
#39 <i>HerbalGram</i> , Spring 1997 (86 pages)	<ul style="list-style-type: none"> • "Kava: An Overview" 	<ul style="list-style-type: none"> • Yadhu N. Singh, PhD, and Blumenthal presented a comprehensive, 24-page overview of kava covering the geographical distribution, mythology, botany, culture, chemistry, and pharmacology of the South Pacific's most important herb.
#40 <i>HerbalGram</i> , Summer 1997 (70 pages)	<ul style="list-style-type: none"> • "Herbal Monographs" • First American Herbal Pharmacopoeia (AHP) monograph on St. John's wort. 	<ul style="list-style-type: none"> • As the herb market began to mature and become more sophisticated, quality issues became paramount. In a thorough review, Blumenthal explored comprehensive monographs developed by WHO, USP, ESCOP, ABC, and AHP. • <i>HerbalGram</i> reprinted the newly formed AHP's monograph on St. John's wort.
#41 <i>HerbalGram</i> , Fall 1997 (72 pages)	<ul style="list-style-type: none"> • "President's Commission on Dietary Supplement Labels Issues Final Report" • "Herbs and Healing on Nicaragua's Atlantic Coast" 	<ul style="list-style-type: none"> • McCaleb and Blumenthal provided a detailed analysis of the findings, policy guidance, and recommended proposals to the US Congress in the final report of the President's Commission on Dietary Supplement Labels. • Bruce Barrett, MD, PhD, contributed an extensive original paper on "Herbs and Healing on Nicaragua's Atlantic Coast."
#42 <i>HerbalGram</i> , Spring 1998 (80 pages)	<ul style="list-style-type: none"> • Special reprint section on the history of botanicals in medicine and pharmacy. • 100 years of botanical medicine in American naturopathy reviewed. 	<ul style="list-style-type: none"> • Excerpt from Barbara Griggs' <i>Green Pharmacy</i> on the Herbalist's Charter of Henry VIII. • Pictorial excerpts from <i>Great Moments in Pharmacy: A History of Pharmacy in Pictures</i>. • Original paper by Francis Brinker, ND, on "The Role of Botanical Medicine in 100 Years of American Naturopathy."
#43 <i>HerbalGram</i> , Summer 1998 (80 pages) 	<ul style="list-style-type: none"> • Special issue highlighted herbal medicine in Africa. 	<ul style="list-style-type: none"> • Philippe Rasoanaivo and Philippe De La Gorce contributed an extensive original article on essential oils in Madagascar. • Report and photo essay on the ABC "Pharmacy on Safari" workshop in South Africa. • Original article on the harvest, regulation, chemistry, market, cultivation and conservation of pygeum (<i>Prunus africana</i>). • McCaleb reported on US Agency for International Development (USAID)-sponsored hibiscus (<i>Hibiscus sabdariffa</i>) project in Mali and West Africa.
#44 <i>HerbalGram</i> , Fall 1998 (80 pages)	<ul style="list-style-type: none"> • "Botanical 'Discoveries' of Lewis and Clark" • Issue focused on North American herbs. • Herb Market Review 	<ul style="list-style-type: none"> • Longtime ABC Board of Trustees member Peggy Brevoort contributed her second major market analysis: "The Booming US Botanical Market: A New Overview."
#45 <i>HerbalGram</i> , Winter 1999 (84 pages) • This issue marked a new era for an expanded <i>HerbalGram</i> , introducing a "perfect bound" magazine (allowing for printing on spine). All previous issues of <i>HerbalGram</i> since 1986 had a "saddle-stitched" (stapled) binding.	<ul style="list-style-type: none"> • "Flax: Ancient Herb and Modern Medicine" • Review of black cohosh for menopause. 	<ul style="list-style-type: none"> • Longtime contributor Steven Foster presented an extensive 16-page literature review of black cohosh (<i>Actaea racemosa</i>, syn. <i>Cimicifuga racemosa</i>). • William J. Haggerty, PhD, detailed the history and science of flax (<i>Linum usitatissimum</i>).

HISTORY & HIGHLIGHTS

2000	ABC publishes <i>Herbal Medicine: Expanded Commission E Monographs</i> .
	ABC publishes HerbClip-on-CD 1996-1999 with a greatly expanded search function.
	ABC establishes electronic content licensing program, expanding the reach of ABC's herbal information through others' websites.
	ABC's <i>Herbal Medicine: Expanded Commission E Monographs</i> receives a four-star rating from Doody Publishing.
	ABC publishes its 50th issue of <i>HerbalGram</i> .
	ABC initiates claim-reviewed advertising in <i>HerbalGram</i> , whereby advertising claims are critically reviewed by ABC staff, Advisory Board members, et al., requiring advertisers to substantiate claims.
2001	ABC launches redesigned website.

Issue	Impact	Highlight
#46 <i>HerbalGram</i> , Spring 1999 (82 pages)	<ul style="list-style-type: none"> • Contrasted alternative medicine reporting in <i>JAMA</i> and <i>NEJM</i>. • Variations in diversity of forms of botanical products. 	<ul style="list-style-type: none"> • Blumenthal reported on contrasting coverage of herbs and alternative medicine in the <i>Journal of the American Medical Association (JAMA)</i> and the <i>New England Journal of Medicine (NEJM)</i>. <i>JAMA</i> was positive; <i>NEJM</i> was negative. • Dr. Brinker contributed an extensive original paper, "Variations in Effective Botanical Products: The Case for Diversity of Forms for Herbal Preparations as Supported by Scientific Studies."
#47 <i>HerbalGram</i> , Fall 1999 (80 pages) 	<ul style="list-style-type: none"> • "Issues in Commercialization of Medicinal Plants" • "Heavenly Herbs and Earthly Ailments: Africa as an Ethnopharmacological Treasury" • Update on FDA proposed regulations on ephedrine-containing dietary supplements. • Herbal monographs. • A five-year DSHEA retrospective. 	<ul style="list-style-type: none"> • Steven R. King, PhD, and colleagues provided an insightful analysis of the problems and prospects of the commercialization of medicinal plants as it relates to indigenous rights, intellectual property rights, and conservation issues. • Peter A.G.M. De Smet, PhD, presented a visually rich article on an exhibition of ethnopharmacological objects from Sub-Saharan Africa displayed at the Afrika Museum in Berg en Dal, Netherlands. • Blumenthal covered FDA's proposed regulation on ephedrine-containing dietary supplements, an update on various herbal monograph publications, and a retrospective of DSHEA after five years.
#48 <i>HerbalGram</i> , Spring 2000 (82 pages)	<ul style="list-style-type: none"> • FDA issued final rules for structure/function claims. • Report on silphium, an extinct contraceptive herb from the ancient world. 	<ul style="list-style-type: none"> • Loren Israelsen and Blumenthal apprised a confused herb industry of the nuance of allowable structure/function claims under DSHEA after FDA issues final rules. • Henry C. Koerper, PhD, and Daniel E. Moerman, PhD, asked if silphium (<i>silphion</i>), an over-exploited Mediterranean plant known as a contraceptive in the ancient world, offered lessons for today. The plant was harvested to extinction.
#49 <i>HerbalGram</i> , Summer 2000 (82 pages)	<ul style="list-style-type: none"> • Herb/drug interactions. • Excerpt from <i>When Healing Becomes a Crime</i>, the story of Harry Hoxsey's cancer treatment. 	<ul style="list-style-type: none"> • As herb/drug interaction concerns were raised in medical journals and popular media, Blumenthal provided introductory consideration for understanding herb/drug interactions. • An extensive excerpt from Kenny Ausubel's <i>When Healing Becomes a Crime: The Amazing Story of the Hoxsey Cancer Clinics and the Return of Alternative Therapies</i>.
#50 <i>HerbalGram</i> , Fall 2000 (82 pages)	<ul style="list-style-type: none"> • USP publishes saw palmetto (<i>Serenoa repens</i>) monograph. • Original research on herbal tonics used by cancer patients. 	<ul style="list-style-type: none"> • Blumenthal reported on USP's saw palmetto monograph, with positive comments on the herb from <i>Consumer Reports</i>. • Mary Ann Richardson and colleagues published original findings of an NCI/National Center for Complementary and Alternative Medicine (NCCAM) funded study on patterns of use of Flor-Essence® and Essiac® by cancer patients.
#51 <i>HerbalGram</i> , Winter 2001 (82 pages)	<ul style="list-style-type: none"> • Focus on fungi. • History of echinacea. • Herbs from Ukraine and Georgia. • Amazon Village Green Pharmacy. 	<ul style="list-style-type: none"> • Paul Stamets contributed to articles on fungi including "New Anti-Viral Compounds from Mushrooms" and "The Ancient Noble Polypore: A Mushroom of Many Mysteries." • Michael Flannery contributed a piece on the history of echinacea leading to its modern use. • Tanya Kuritz, PhD, wrote about medicinal plants from Eastern Europe: Ukraine and Georgia. • Roger Mustalish, PhD, and Rebecca L. Baxter profiled a remarkable green pharmacy in Sucuari in the Peruvian Amazon.

HISTORY & HIGHLIGHTS

2001	ABC becomes a non-voting, member-based organization with new Charter Membership Program.
	ABC's Media Education Campaign launches with distribution of three North American Precis Syndicate (NAPS) releases for ginkgo, saw palmetto, and St. John's wort.
	<i>Natural Health Magazine</i> inducts Blumenthal into its Hall of Fame with 30 international leaders.
	<i>Nutraceuticals World</i> lists Blumenthal among its top-10 innovators in natural health.
2002	ABC launches HerbClip Online and <i>HerbalGram</i> Online.
	Herb Society of America names Blumenthal its honorary president (2002-2004).
	ABC selects Thieme Medical Publishers as the exclusive international distributor of <i>The ABC Clinical Guide to Herbs</i> .
	ABC's Media Education Campaign continues with major press releases on kava and St. John's wort.

Issue	Impact	Highlight
#52 <i>HerbalGram</i> , Spring 2001 (80 pages)	<ul style="list-style-type: none"> • "AHPA Publishes Guidelines for Botanical Extracts" • FDA and AHPA warn of toxicity associated with <i>Aristolochia</i> species. 	<ul style="list-style-type: none"> • Included papers introducing the Ginseng Evaluation Program and the consistency of standardized ginseng extracts, along with an editorial by Blumenthal on "What is Herb Standardization?" • Dr. Richard Evans Schultes (1915-2001), the "Father of 20th-Century Ethnobotany," remembered by colleagues and students.
#53 <i>HerbalGram</i> , Summer 2001 (80 pages) • Last <i>HerbalGram</i> issued in conjunction with the Herb Research Foundation.	<ul style="list-style-type: none"> • Federal Trade Commission (FTC) cracks down on Internet health claims. • FDA and FTC acted on comfrey as most manufacturers had discontinued selling comfrey products. 	<ul style="list-style-type: none"> • Noel Porter, PhD, introduced manuka oil (<i>Leptospermum scoparium</i>) as a native New Zealand antibacterial. • Michael McGuffin contributed a paper on analytical tools for ensuring herb quality. • Kerry Bone in "Standardized Extracts: Neither Poison nor Panacea" outlined the pros and cons of chemically standardized extracts.
#54 <i>HerbalGram</i> , Spring 2002 (80 pages) • First issue published solely by the American Botanical Council.	<ul style="list-style-type: none"> • AHPA announced self-regulation policies on safety labeling and patient disclosure. • Alcoholic herbal extracts deemed not a health problem, as herb industry wins California Prop 65 case. 	<ul style="list-style-type: none"> • Dr. Varro E. Tyler (1926-2001), ABC board member and leading pharmacognosist remembered by friends and colleagues; interspersed with Dr. Tyler's paper, "Herbal Medicine at the Crossroads: The Challenge of the 21st Century." • Subhuti Dharmananda, PhD, presented an extensive essay, "The Nature of Ginseng: Traditional Use, Modern Research and the Question of Dosage." • Paul Stamets contributed an original paper on "Novel Antimicrobials from Mushrooms."
#55 <i>HerbalGram</i> , Summer 2002 (74 pages)	<ul style="list-style-type: none"> • Paul D. Rubin tackled legal implications of "failure to warn" for herb/drug interactions and suggested guidelines for appropriate labels. 	<ul style="list-style-type: none"> • As the kava liver safety controversy heated up, Blumenthal turned to expert analyses of case reports that showed insufficient evidence to make causal connections. • Eric Yarnell, ND, and Kathy Abascal discussed variability of natural products in an essay on "Dilemmas of Traditional Botanical Research."
#56 <i>HerbalGram</i> , Fall 2002 (74 pages) 	<ul style="list-style-type: none"> • "White House Commission on Complementary and Alternative Medicine Issues Final Report" • Farm Bill restricted use of the name "ginseng" in commerce to <i>Panax</i> species; "Siberian ginseng" (<i>Eleutherococcus senticosus</i>) relegated to "eleuthero" in the US herb trade. 	<ul style="list-style-type: none"> • In a cover article, Richard P. Brown, MD, Pat Gerbarg, MD, and Zakir Ramazanov, MD, reviewed the traditions and science on <i>Rhodiola rosea</i>. • New science on the emerging field of medicinal mushrooms is reviewed by Solomon P. Wasser, PhD.
#57 <i>HerbalGram</i> , Winter 2003 (74 pages)	<ul style="list-style-type: none"> • "USP Establishes Botanical Advisory Panel" • "Assessment on Herb-Drug Interactions in Literature Shows Many Case Reports Lack Adequate Information to Determine Reliability" • "European Union Passes Traditional Herbal Medicines Directive" 	<ul style="list-style-type: none"> • Dr. Dennis Awang explored the etymology and definition of "ginseng." • Dr. Bruce Barrett offered a definitive review on the safety of echinacea.

HISTORY & HIGHLIGHTS


2002	ABC adds HerbMedPro™ to content licensing program and as a benefit of membership.
	<i>HerbalGram</i> #56's cover story on <i>Rhodiola rosea</i> introduces the herb to the public.
	ABC receives North American Precise Syndicate Certificate of Excellence for Superior Achievement in Media Relations.
2003	ABC debuts <i>The ABC Clinical Guide to Herbs</i> as reference book and continuing education module.
	Blumenthal makes presentation on herbal medicine to the Herb Society of America, one of the first presentations by HSA on medicinal herbs.
	ABC hosts first Medicinal Herb Fest at its headquarters.
	ABC donates the American Botanical Council Heber Youngken Sr. Medicinal Plant Herbarium (salvaged from the Massachusetts College of Pharmacy) to the Botanical Research Institute of Texas (BRIT).

Issue	Impact	Highlight
<p>#58 <i>HerbalGram</i>, Spring 2003 (74 pages)</p> 	<ul style="list-style-type: none"> • FDA issued proposed rules for current Good Manufacturing Practices (cGMPs) for dietary supplement manufacturers. • Bioterrorism Act overview and implications reported. • Analysis of 5,700-year-old peyote (<i>Lophophora williamsii</i>) button retained active levels of mescaline. 	<ul style="list-style-type: none"> • Stephen Harrod Buhner offered a guest commentary on arguments against standardization of professional herbalist practice. • Loren Israelsen and Thomas D. Aarts presented a reality check for the herb industry on the possibilities of a post-DSHEA world. • Blumenthal reported on FDA's proposed <i>Ephedra</i> warnings and their implications. • Chapter on chamomile excerpted from <i>The ABC Clinical Guide to Herbs</i>.
<p>#59 <i>HerbalGram</i>, Summer 2003 (80 pages)</p>	<ul style="list-style-type: none"> • Industry concerned about alleged drug-like manufacturing requirements of FDA's proposed Good Manufacturing Guidelines under DSHEA. • FDA censorship of health claims eroded by court cases supporting free speech. 	<ul style="list-style-type: none"> • An extensive survey of kava use in traditional societies of Pacific Islands by seven experts revealed no links between kava and liver toxicity. • Laurie Erickson, PhD, reviewed research on antioxidant and anti-mutagenic activity of South Africa's rooibos (<i>Aspalathus linearis</i>) tea. • In a guest commentary, Cindy Bloom, PhD, discussed why collections of native spiritual objects for intellectual pursuits are unacceptable.
<p>#60 <i>HerbalGram</i>, Fall 2003 (80 pages)</p>	<ul style="list-style-type: none"> • Adverse event reports overstated. • FDA adopted AHPA's <i>Herbs of Commerce</i>, 2d ed. as officially recognized source of common names. 	<ul style="list-style-type: none"> • Blumenthal and Richard Kingston untangled the issue of adverse event reporting on herb products, particularly <i>Ephedra sinica</i> and flaws in how data is manipulated and reported. • FDA published notice to adopt AHPA's <i>Herbs of Commerce</i>, 2d ed. as guidance for common names.
<p>#61 <i>HerbalGram</i>, Winter 2004 (80 pages)</p>	<ul style="list-style-type: none"> • FDA banned ephedra. • St. John's wort served as example of challenges in herb farming; perspective of the late herb grower Marlin Huffman. 	<ul style="list-style-type: none"> • FDA announced ban on ephedra-containing dietary supplement products, which, as Blumenthal stated in his "Dear Reader" column, illustrated that FDA has power to enforce DSHEA. • Peter J. Houghton, PhD, revealed the potential of sage (<i>Salvia officinalis</i>) in Alzheimer's disease research. • Marlin Huffman described challenges in herb farming — the case of St. John's wort.
<p>#62 <i>HerbalGram</i>, Spring 2004 (80 pages)</p>	<ul style="list-style-type: none"> • "British Government Calls for Regulation of Herbal Practitioners and Acupuncturists in UK" • FTC weighed in on deceptive weight-loss advertising. 	<ul style="list-style-type: none"> • Definitive ethnobotanical review of devil's club (<i>Oplonanax horridus</i>), an important medicinal and spiritual plant among indigenous people of the Pacific Northwest. • Review of lycopene (from tomatoes) and its function in human health. • Rakesh M. Amin provided legal perspective on FDA's ephedra ban.
<p>#63 <i>HerbalGram</i>, Summer 2004 (80 pages)</p>	<ul style="list-style-type: none"> • Tenth anniversary of the passage of DSHEA highlighted. • University of Exeter celebrated 10 years of reviewing scientific studies on complementary and alternative medicine. 	<ul style="list-style-type: none"> • Four original papers detailed botanical standards, chemical references standards, developing standards, and using bioassays for testing activity. • In a guest editorial, Edzard Ernst, MD, lead author of numerous meta-reviews of herbal clinical studies, defended good science on herbs and phytomedicines.

HISTORY & HIGHLIGHTS


2003	Consumers receive the first mass-market herb products bearing labels through ABC's Safety Labeling Program, on Pharmavite's Nature's Resource herb line.
	ABC's Media Education Campaign generates 90 million impressions in national media coverage.
	Aveda sponsors fundraiser in New York City to launch <i>The ABC Clinical Guide to Herbs</i> .
	Peggy Brevoort and Morris Shriftman join ABC Board of Trustees.
2004	Tai Sophia offers its first classes of new masters programs in Herbal Medicine and Applied Healing Arts.
	ABC launches ABC Herbal Information Course online with the collaboration of Virgo Publishing.
	ABC launches HerbalEGram, ABC's monthly electronic newsletter for members.
	ABC Safety Assessment Program expands to offer companies marketing herbal dietary supplements the use of ABC's peer-reviewed Safety Assessment Reports.



Issue	Impact	Highlight
#64 <i>HerbalGram</i> , Fall 2004 (80 pages)	<ul style="list-style-type: none"> FDA issued final guidance for industry for developing botanical drugs. WHO approved artemisinin for treatment of malaria in Africa. 	<ul style="list-style-type: none"> Marie K. Whybark reviewed the growing trend of dietary supplement manufacturers subscribing to third-party independent certifications of manufacturing quality. Josef Brinckmann informed readers about the creation of social and environmental responsibility in herbal supply chains.
#65 <i>HerbalGram</i> , Winter 2005 (80 pages)	<ul style="list-style-type: none"> Tieraona Low Dog, MD, appointed Director of Botanical Medicine at University of Arizona. Naturally occurring DHEA exempted from ban on dietary supplement designer steroids. 	<ul style="list-style-type: none"> Kenneth Jones informed readers of the antioxidant and antiobesity potential of purple corn. Robin DiPasquale, ND, introduced the Aboca Museum's history of herbal medicine in a beautiful photographic essay. WHO Guidelines on Good Agricultural and Collection Practices reviewed.
#66 <i>HerbalGram</i> , Spring 2005 (80 pages)	 <ul style="list-style-type: none"> ABC filed comments on FDA's New Dietary Ingredients draft. Herb sales reported to be down 7.4% in mainstream markets. Survey showed 36% of American adults use medical alternatives. 	<ul style="list-style-type: none"> Dr. Wade Davis shared a sampling from Richard Evans Schultes' <i>The Lost Amazon: The Photographic Journey</i>. Wolfgang Kathe, PhD, provided details on the revised WHO/IUCN/WWF Guidelines on the Conservation of Medicinal Plants.
#67 <i>HerbalGram</i> , Summer 2005 (80 pages)	<ul style="list-style-type: none"> German government reconsidered kava ban. Survey showed women want more information on alternative menopause therapies from their doctors. 	<ul style="list-style-type: none"> Major feature reviewed clinical trials on effectiveness of ginkgo (<i>Ginkgo biloba</i>) preparations in healthy, mentally intact adults.
#68 <i>HerbalGram</i> , Fall 2005 (80 pages)	<ul style="list-style-type: none"> Echinacea is the focus of media attention following a negative clinical trial. St. John's wort extract found to be safer and as effective as Paxil®. 	<ul style="list-style-type: none"> An article highlighted the history of Ayurvedic medicinal plants and conservation strategies for long-term sustainability. Historical frescoes from an ancient Greek site revealed saffron's (<i>Crocus sativus</i>) history as a medicinal herb.
#69 <i>HerbalGram</i> , Winter 2006 (80 pages)	<ul style="list-style-type: none"> AHPA initiatives on self-regulation announced. ABC announced the first American Botanical Celebration at Expo West in Anaheim, California. 	<ul style="list-style-type: none"> AHPA's Michael McGuffin provided a guest editorial on herb industry initiatives to self-regulate herb products against a backdrop of negative press. Feature on herbal medicines in Belarus looked at post-Soviet-era herb use and development.

HISTORY & HIGHLIGHTS


2004	The average number of monthly visitors to www.herbalgram.org through direct access and ABC electronic content licensees exceeds 85,000, an increase of 59% over 2003.
	ABC adds Herbal Body Care data set to website, underwritten by Tom's of Maine.
2005	Blumenthal co-authors and edits <i>Rational Phytotherapy</i> 5 th ed., based on the leading text in Germany.
	HerbClip™ launches FasTrak articles to deliver timelier studies and articles from the scientific and clinical literature.
	ABC's HerbClip™ launches HerbClip News.
	The average number of monthly visitors to www.herbalgram.org through direct access and our licensees exceeds 165,000.
	ABC introduces Healthy Ingredients online database.
ABC launches ABC Herbal Information Course 2.	

Issue	Impact	Highlight
<p>#70 <i>HerbalGram</i>, Spring 2006 (80 pages)</p> 	<p>Guest editorials:</p> <ul style="list-style-type: none"> • Dr. Edzard Ernst on "the unaffordable cost of not funding research in herbal medicine." • Dr. Bruce Barrett on echinacea—a reasonable choice for prevention or treatment of the common cold, but a meta-analysis reinvigorates debate over benefits. • EU Quality Control Guidelines for Traditional Herbal Medicinal Products proposed. 	<ul style="list-style-type: none"> • Blumenthal wrote on government restrictions on wild ginseng root harvest. • Dr. Dennis Awang on star anise (<i>Illicium verum</i>) as the starting material for the flu drug Tamiflu® and securing adequate supplies.
<p>#71 <i>HerbalGram</i>, August - October 2006 (80 pages)</p>	<ul style="list-style-type: none"> • First warning for liver association with products labeled "black cohosh" issued by Australian regulatory authorities. • Supreme Court upheld the right of religious groups to access the psychoactive South American herb mixture ayahuasca. • WHO surveyed global herbal regulatory schemes. 	<ul style="list-style-type: none"> • Vincent Lebot provided a detailed original article on the diverse factors affecting the quality and safety of kava preparations, exploring the practices in South Pacific communities. • Original paper by J. J. Gagnier, ND, et al. on the CONSORT guidelines to improve the quality of reporting and evaluating randomized controlled trials on herbs.
<p>#72 <i>HerbalGram</i>, November 2006 - January 2007 (80 pages)</p>	<ul style="list-style-type: none"> • Appeals court upheld ephedra ban. • EU and Health Canada issued liver warnings for "black cohosh" labeled products. • FDA denied medicinal value of smoked marijuana. 	<ul style="list-style-type: none"> • Feature on herbs of Montenegro by Steven Foster. • Review and justification by taxonomists who re-wrote <i>Echinacea</i> taxonomy. • An editorial asked if <i>Echinacea</i> taxonomic reclassification was warranted.
<p>#73 <i>HerbalGram</i>, February - April 2007 (80 pages)</p>	<ul style="list-style-type: none"> • President signed law requiring reporting of serious adverse events of dietary supplements and OTC drugs. • AHPA developed database of "old dietary ingredients." • International standards for sustainable harvest of wild medicinal plants developed. 	<ul style="list-style-type: none"> • More on quality criteria for kava by Mathias Schmidt, PhD, and where quality issues may have led to alleged adverse liver events. • Feature on Brazilian women's efforts to promote sustainable harvest of wild rosewood (<i>Aniba roseodora</i>).
<p>#74 <i>HerbalGram</i>, May - July 2007 (80 pages)</p>	<ul style="list-style-type: none"> • "FDA Approves Special Green Tea Extract as a New Topical Drug for Genital Warts." • <i>HerbalGram</i> stopped including "authority" citations with botanical names. 	<ul style="list-style-type: none"> • Feature by Kevin Spelman and Jill Yesko on Jamaica's forgotten Cinchona gardens. • Courtney Cavaliere reported on conservation and illegal harvest of slippery elm (<i>Ulmus rubra</i>) bark.

HISTORY & HIGHLIGHTS

2005	ABC completes Virtual Garden Tour and posts the tour on its website.
2006	ABC coordinates and helps launch first HerbDay event on October 14, 2006, with the HerbDay Coalition of five herbal nonprofits planning grass-root activities nationwide.
	First annual American Botanical Celebration held. ABC gives out inaugural ABC James A. Duke Excellence in Botanical Literature Award and ABC Norman R. Farnsworth Excellence in Botanical Research Award.
	Neil Blomquist joins ABC Board of Trustees.
	ABC publishes new book with the Missouri Botanical Gardens, <i>The Identification of Medicinal Plants: A Handbook of the Morphology of Botanicals in Commerce</i> .
	ABC embarks on a strategic planning process and long-range plan.
	FDA approves the first botanical prescription drug, Veregen® (sinecatechins), from green tea extract.



Issue	Impact	Highlight
#75 <i>HerbalGram</i> , August - October 2007 (80 pages)	<ul style="list-style-type: none"> • 300th anniversary of the birth of Carl Linnaeus honored by Paul A. Cox, PhD. • US Supreme Court denied appeal of ephedra ban. 	<ul style="list-style-type: none"> • Josef Brinckmann on Peruvian allegations of biopiracy of maca (<i>Lepidium meyenii</i>) and the ethical and legal implications. • Wisconsin American ginseng (<i>Panax quinquefolius</i>) growers fought to protect product reputation and remain in business.
#76 <i>HerbalGram</i> , November 2007 - January 2008 (80 pages)	<ul style="list-style-type: none"> • "Review of FDA's Final GMPs for Dietary Supplements" • Worldwide growth of naturopathic profession highlighted. 	<ul style="list-style-type: none"> • Extensive featured book review on Paul Stamets' <i>Mycelium Running: How Mushrooms Can Save the World</i>, and implications of the groundbreaking research. • Feature on the revival of traditional healing by Mayans in southern Belize.
#77 <i>HerbalGram</i> , February - April 2008 (80 pages) 	<ul style="list-style-type: none"> • "USP Opens Facility in China to Test Raw Materials for Dietary Supplements" • Comments on FDA's cGMP interim rule filed by trade organizations. 	<ul style="list-style-type: none"> • Feature on the Botanical Garden of Padua, the world's oldest continuing botanical garden dating from 1545. • ABC released its first Product Specific Monograph on CVT-E002 (COLD-fx™). • Fascinating original pictorial article by Dr. Daniel Moerman on Native American herbal prescription sticks revealed an attempt to record plant prescriptions in the face of genocide.
#78 <i>HerbalGram</i> , May - July 2008 (80 pages)	<ul style="list-style-type: none"> • ABC acquired HerbMed databases. • Survey found that most physicians and nurses use and recommend dietary supplements. • AHPA provided tools for manufacturers to test for bilberry (<i>Vaccinium myrtillus</i>) adulteration. 	<ul style="list-style-type: none"> • Bradley C. Bennett, PhD, contributed a major feature on the theory of the Doctrine of Signatures through two millennia, providing evidence of its utility as a mnemonic tool, especially in pre-literate societies. • Review on history and principles of Japan's Kampo traditional medicine system and modern research on its ancient formulas.
#79 <i>HerbalGram</i> , August - October 2008 (80 pages)	<ul style="list-style-type: none"> • Albert Hofmann (1906-2008) eulogized. • Wisdom Natural Brands first to market stevia (Sweetleaf) as a natural sweetener (rather than dietary supplement) based on GRAS self-determination. 	<ul style="list-style-type: none"> • Feature by Katie Welch, PhD, on the potential of herbs in adjunct treatment of thyroid disease. • Review article on the use and properties of marula (<i>Sclerocarya birrea</i>) oil from southern Africa for cosmetic natural products.
#80 <i>HerbalGram</i> , November 2008 - January 2009 (80 pages)	<ul style="list-style-type: none"> • ABC released research monograph on POM Wonderful® pomegranate (<i>Punica granatum</i>) juice. • <i>HerbalGram</i> celebrated 25 years! 	<ul style="list-style-type: none"> • Dr. Dennis Awang detailed differences of ginsenosides in both American and Asian ginseng and various product forms. • Lena Bezman, MD, reviewed the quality and content of herbal clinical trials in 21st-century Russian journals.


HISTORY & HIGHLIGHTS

2008	ABC announces first Varro E. Tyler Commercial Investment in Botanical Research Award.
	<i>Natural Foods Merchandiser</i> names Blumenthal a "Natural Legacy."
	ABC acquires HerbMed and HerbMedPro databases from Alternative Medicine Foundation.
	Bernadette Marriott, PhD, joins ABC Board of Trustees.
2009	ABC's Adopt-an-Herb Program begins; companies underwrite compilation for specific herbs on ABC's HerbMedPro database.
	ABC releases series of beautiful, educational e-cards, which are free to members and registered users of the ABC website.
	HerbClip goes paperless, completely online.

Issue	Impact	Highlight
#81 <i>HerbalGram</i> , February – April 2009 (80 pages)	<ul style="list-style-type: none"> • “FDA Accepts Safety of Two Stevia Preparations for Food and Beverage Use” • Indiana Botanic Gardens celebrated 100 years. • Enzymatic Therapy becomes part of Schwabe and Nature’s Way. 	<ul style="list-style-type: none"> • Courtney Cavaliere wrote a major original feature on the effects of climate change on medicinal plants. • Researchers surveyed traditional herbal use in border communities of Ciudad Juarez, Mexico, and El Paso, Texas, finding the highest use of herbs for medicinal purposes in any part of the United States.
#82 <i>HerbalGram</i> , May – July 2009 (80 pages)	<ul style="list-style-type: none"> • Herbal community mourned the loss of three important figures: Madalene Hill, Nina Etkin, PhD, and Michael Moore. • Barriers erected on the rise and fall of <i>Hoodia gordonii</i> as a weight-loss supplement. 	<ul style="list-style-type: none"> • Dr. Francis Brinker provided perspective on managing and interpreting the complexities of herbal research. • Courtney Cavaliere explored the growing market for dietary supplement products for pets and their regulatory challenges.
#83 <i>HerbalGram</i> , August – October 2009 (80 pages)	<ul style="list-style-type: none"> • “WHO Congress Passes Beijing Declaration on Traditional Medicine” • Survey shows newspapers under-report positive herbal clinical trials, tending toward sensationalizing negative biases. 	<ul style="list-style-type: none"> • Original paper by A. Boesi, PhD, and F. Cardi, PhD, on the use and harvesting techniques among Tibetan people for <i>Cordyceps sinensis</i>. • England’s Royal Botanic Gardens, Kew, celebrated 250th anniversary.
#84 <i>HerbalGram</i> , November 2009 – January 2010 (80 pages)	<ul style="list-style-type: none"> • Impact of FDA’s cGMPs on dietary supplements on small manufacturers highlighted. • Trade associations comment on FDA’s proposed policy on economically motivated adulteration. 	<ul style="list-style-type: none"> • Major feature on “Ramuan,” the traditional medicine of Malaysia, by Steven Foster. • Kevin Spelman, PhD, reviewed perspective on traditional malarial treatments vs. “silver bullet” drugs. • Feature on the sustainable development of dragon’s blood (<i>Croton lechleri</i>) in the Peruvian Amazon.
#85 <i>HerbalGram</i> , February – April 2010 (80 pages)	<ul style="list-style-type: none"> • 2009 US government stimulus money funded new herbal research. • Traditional medicine in Cuba explored. 	<ul style="list-style-type: none"> • Anthony B. Cunningham and Josef Brinckmann revealed schisandra (<i>Schisandra chinensis</i>) production project in China linking sustainability and right livelihoods. • Original review on safety and efficacy of <i>Garcinia cambogia</i>’s hydroxycitric acid. • Ian B. Cole and Dr. Michael Balick explored the effect of lunar influence on chemical variations in botanicals.
#86 <i>HerbalGram</i> , May – July 2010 (80 pages)	<ul style="list-style-type: none"> • “European Union Prepares for Full Enforcement of Traditional Medicine Regulations” 	<ul style="list-style-type: none"> • Courtney Cavaliere’s cover story on conservation of animals used in traditional remedies and possible herbal alternatives. • In a related feature, Matthew Cimino, PhD, explored the power of DNA testing to ensure the identity and quality of herbal products.

HISTORY & HIGHLIGHTS

2008	Margaret Wittenberg joins ABC Board of Trustees.
2009	Dr. Oz Show premieres.
2010	ABC launches “Herbal Insight” segments on popular public television series “Healing Quest,” co-hosted by Olivia Newton-John; reaches millions of viewers.
	Blumenthal receives the prestigious Varro E. Tyler Prize from the American Society of Pharmacognosy.
2011	Blumenthal is awarded the 2012 Jean Andrews Visiting Faculty Fellowship at the University of Texas.
	CNN article reports that half of Americans use supplements.
2012	PDF access to <i>HerbalGram</i> becomes available online.
	New Hope Natural Media inducts Blumenthal into its Hall of Legends.
	The Lloyd Library and Museum names Blumenthal as its first Honorary Advisory Board Member.

Issue	Impact	Highlight
#87 <i>HerbalGram</i> , August – October 2010 (80 pages)	<ul style="list-style-type: none"> • Efforts to increase sustainable harvest of Ayurvedic medicinal plants highlighted. • Blumenthal receives Varro E. Tyler Prize from the American Society of Pharmacognosy. 	<ul style="list-style-type: none"> • Rafael Ocampo and Dr. Michael Balick featured <i>Semillas Sagradas</i>, the Sacred Seed Sanctuary at Finca Luna Nueva in Costa Rica (an idea that has since emerged as a global program). • Uwe Koetter, PhD, and Martin Biendl, PhD, provided a definitive review of the historic and modern medicinal uses of hops (<i>Humulus lupulus</i>).
#88 <i>HerbalGram</i> , November 2010 – January 2011 (80 pages)	<ul style="list-style-type: none"> • Bypassing the dietary supplement route, a Chinese cardiotoxic patent medicine enters FDA-approved Phase II clinical trials. 	<ul style="list-style-type: none"> • Josef Brinckmann and Kerry Hughes presented an original feature on ethical trading and fair trade certification for botanicals. • Lindsay Stafford Mader reviewed the potential of essential oils against drug-resistant bacteria.
#89 <i>HerbalGram</i> , February – April 2011 (80 pages)	<ul style="list-style-type: none"> • Guest editorial by Dr. Dennis Awang on the history of regulating herbal products from a Canadian perspective. • Andrew Shao, PhD, explains dietary supplements cGMP requirements for ingredient-supplier qualifications. 	<ul style="list-style-type: none"> • Review on the safety of bitter orange (<i>Citrus x aurantium</i>) and <i>p</i>-synephrine. • Review of ethnobotany of <i>Ligusticum</i> spp., featuring osha, in North America.
#90 <i>HerbalGram</i> , May – July 2011 (80 pages) 	<ul style="list-style-type: none"> • “UK Herbalists to be Licensed” • WHO implemented traditional medicine classification. • South Africa’s Council for Scientific and Industrial Research rights granted to Phytopharm for hoodia handed back to South Africa. 	<ul style="list-style-type: none"> • The continuing story for development of standard reference materials for analysis of dietary supplements. • Alexander Panossian, PhD, and Hildebert Wagner, PhD, reviewed the history, biological activity, and clinical benefits of adaptogens.
#91 <i>HerbalGram</i> , August – October 2011 (80 pages)	<ul style="list-style-type: none"> • Sustainable harvesting programs for wild medicinal herbs developed in four Eastern European countries. • National Cancer Institute acknowledged therapeutic benefits of cannabis. 	<ul style="list-style-type: none"> • Longtime contributor Josef Brinckmann explored reproducible herb quality as the key ingredient for reproducible safety and efficacy.
#92 <i>HerbalGram</i> , November 2011 – January 2012 (80 pages)	<ul style="list-style-type: none"> • Dr. Norman R. Farnsworth (1930-2011) fondly remembered. • The American Botanical Council, American Herbal Pharmacopoeia, and the University of Mississippi’s National Center for Natural Products Research announced the ABC-AHP-NCNPR Botanical Adulterants Program. 	<ul style="list-style-type: none"> • A tribute to renowned medicinal plant researcher and longtime ABC Trustee, Dr. Norman R. Farnsworth, who died September 10, 2011, at age 81. • Steven Foster reviewed the history of adulteration of herbs, spices, and botanical drugs, the first publication from the ABC-AHP-NCNPR Botanical Adulterants Program.



HISTORY & HIGHLIGHTS

2012

- ABC introduces online database of *The ABC Clinical Guide to Herbs*.
- Thomas Newmark joins ABC Board of Trustees.
- ABC launches “Herbal News & Events” weekly online newsletter.
- ABC Publishes 5,000th HerbClip.
- FDA approves second botanical drug (first oral botanical drug), crofelemer — derived from South American croton tree bark sap — for chronic diarrhea.

2013

- HerbalGram* turns 30!
- ABC celebrates 25th anniversary.
- ABC celebrates 20th anniversary of HerbClip.
- ABC publishes 100th issue of *HerbalGram*.

Issue	Impact	Highlight
<p>#93 <i>HerbalGram</i>, February – April 2012 (80 pages)</p>	<ul style="list-style-type: none"> • “ABC, AHP, and AHPA Provide Identify Information on Star Anise Confusion” • Center for Science in the Public Interest’s petition for St. John’s wort label warning deemed inaccurate by herb experts. 	<ul style="list-style-type: none"> • Second article in the Botanical Adulterants Program by Steven Foster published on the adulteration of skullcap with American germander. • The myth of the “unregulated herb industry” dispelled in an extensive, definitive article by R. William Soller, PhD, Holly J. Bayne, and Christopher Shaheen.
<p>#94 <i>HerbalGram</i>, May – July 2012 (80 pages)</p>	<ul style="list-style-type: none"> • Greg Cumberland presented a Guest Editorial on economically motivated integrity vs. economically motivated adulteration. • ABC <i>Clinical Guide to Herbs</i> became available online. 	<ul style="list-style-type: none"> • A major feature reviewed the health benefits of medicinal Chinese teas, with an emphasis on fermented teas. • John H. Cardellina II, PhD, exposed adulteration of commercial “grapefruit seed extract” with synthetic disinfectants.
<p>#95 <i>HerbalGram</i>, August – October 2012 (80 pages)</p>	<ul style="list-style-type: none"> • Project for sustainable production of schisandra (profiled in <i>HerbalGram</i> #85) awarded a United Nation’s “Equator Prize.” 	<ul style="list-style-type: none"> • Excerpt from the English translation of <i>The Ambonese Herbal</i> of Rumphius. • Singapore’s oldest TCM manufacturer, Eu Yan Sang, profiled. • DMAA, a stimulating chemical claimed by marketers as being a plant-derived chemical, confirmed synthetic.
<p>#96 <i>HerbalGram</i>, November 2012 – January 2013 (80 pages)</p>	<ul style="list-style-type: none"> • UK and Irish governments required warning labels for echinacea products with no scientific justification. • Meta-analysis of clinical studies confirmed that cocoa and chocolate provide cardiovascular benefits. 	<ul style="list-style-type: none"> • In the fourth paper in the ABC-AHP-NCNPR Botanical Adulterants Program, Steven Foster and Blumenthal explored the adulteration of commercial bilberry extracts. • Hüsnü Can Başer, PhD, and colleagues contributed an extensive review of the history, ethnobotany, and modern uses of Turkish roses (<i>Rosa</i> spp.) and their commercial products. • Lindsay Stafford Mader explored the use and misuse of herbs and dietary supplements in sports an article that included evidence, regulations, and doping controversies.
<p>#97 <i>HerbalGram</i>, February – April 2013 (80 pages)</p> 	<ul style="list-style-type: none"> • <i>HerbalGram</i> cover depicted cannabis for the first time; ABC reported on marijuana, medicinal cannabis, compassionate use, and legalization. • FDA approved crofelemer (from dragon’s blood) as the first oral botanical drug for the treatment of HIV-related diarrhea. 	<ul style="list-style-type: none"> • Lindsay Stafford Mader explored the successful, discreet medical cannabis program, a pioneering Israeli effort. • Dr. Francis Brinker explored the differences of traditional use of <i>Echinacea angustifolia</i> and modern trials of <i>E. purpurea</i> extracts. • Yuan-Chun Ma, PhD, and colleagues discussed the potential of DNA barcoding as an increasingly important tool in authenticating botanicals.
<p>#98 <i>HerbalGram</i>, May – July 2013 (80 pages)</p>	<ul style="list-style-type: none"> • More than 100 groups supported the ABC-AHP-NCNPR Botanical Adulterants Program. • ABC celebrated Margaret Wright’s 25 years of service. 	<ul style="list-style-type: none"> • In another Botanical Adulterants Program publication, Steven Foster explored the botanical, economic, chemical, and safety concerns of adulterated black cohosh. • Leading phytomedicine manufacturer, Dr. Willmar Schwabe Pharmaceuticals, founded in 1866, is profiled.
<p>#99 <i>HerbalGram</i>, August–October 2013 (80 pages)</p>	<ul style="list-style-type: none"> • “Botanical New Drug Applications: The Final Frontier” • Stefan Gafner, PhD, joined ABC staff as Chief Science Officer. 	<ul style="list-style-type: none"> • Linda Woolven and Ted Snider reviewed traditional and modern uses of botanicals for erectile dysfunction. • Paula Brown, PhD, Joe Betz, PhD, and Frank Jaksch, Jr., explained the concept of “dry labbing” and how to qualify a reputable contract analytical lab.
<p>#100 <i>HerbalGram</i>, November 2013 – January 2014 (104 pages)</p> 	<ul style="list-style-type: none"> • ABC celebrates 30 years of <i>HerbalGram</i> with 100th issue. • Cecelia Thompson celebrates 25 years at ABC. • Lindsay Stafford Mader smokes out shortcomings of Dr. Sanjay Gupta’s CNN <i>WEED</i> special. • Barry Meltzer, Andrew Marston, PhD, and Cascade Anderson Geller remembered by ABC staff, friends, and colleagues. 	<ul style="list-style-type: none"> • In a groundbreaking original research paper Arthur O. Tucker, PhD, and Rexford H. Talbert unlock the geographic origin of the Voynich Manuscript, linking identification of plants and animals to species found primarily in Mexico. Their analysis reveals exciting new research directions for deciphering the cryptic illuminated manuscript. • Tyler Smith’s “Rooted in History” tells the story of ABC’s Case Mill Homestead, illustrated with extraordinary original 8X10 wet plate collodion photographs by <i>HerbalGram</i> Art Director, Matt Magruder.

