



CLINE APOTHECARY

Herbal Medicine | Education | Clinic



**Jennifer Sutherland Cline | Cline Apothecary |
Cline Apothecary Clinic | Sewanee School of
Herbal Medicine**

Cline Apothecary, Jen Cline, and the team seek to connect the community with botanical medicine by providing education and carefully crafted products. We believe this is a bridge that will empower our community to reclaim their health & our collective environment. Our goal is to provide the best possible ingredients at affordable prices. Jen resides in Sewanee, Tennessee, USA.

Jen is an author, clinical herbalist, Reiki/Energy Healer, and Bach Therapist. She comes from a long line of Appalachian midwives, root docs, and wisewomen. Her grandmother, great-grandmother, and great-great-grandmother were the elder women in the area that the community would come to with their problems.

Family and neighbors' problems would be treated with herbs, sacred remedies, and prayers. This wisdom was passed down from generation to generation. For over 20 years, she has transformed nature's wisdom into herbal formulas, combining science and tradition to create proprietary blends rooted in purity, potency, and integrity. Jen is a Reiki Master/Teacher, Certified NP, Phytotherapist, Bach Flower Therapist, Clinical Herbalist & Aromatherapist. In addition, she is certified in PMP, RMT, CLC, CPR, AED, Herbal First Aid, First Aid, Servsafe, OSHA, and Bloodborne Pathogens. See education & credentials for details.

Herbal & Healing Experience

Herbalist (1996 – present) - Jen has been practicing the folk method of herbalist for over 25 years. While growing up, she was taught by a long line of Appalachia's midwives, root docs, wisewomen and faith healers. After her cousin unexpectedly passed away, Jen became the only one of her generation to carry on the family herbal knowledge and lineage. She is now teaching the next generation the ways of their ancestors. In addition, she loves sharing her knowledge with the community and to anyone ready to receive the understanding and be taught with an open mind. She has traveled and studied herbalism, flower remedies, and aromatherapy from some of the most amazing teachers all over the United States, Canada, Mexico, UK, Ireland, France and Austria.

Jennifer Sutherland Cline Art Therapist & Coach (2000 – present) – Jen has been teaching art to kids, teens, and adults for over 20 years. She loves to teach about herbs, art, yoga, and healthy living. As a certified art therapist and coach, Jen Art therapists work with the community of all ages. Note, Jen is not a psychologist, nor does she have a master's degree in psychology. All programs are offered through The Angel Wings Project. Our goal is to teach the world to unlock their creativity, rise above adversity, energize their abundance, embrace thanksgiving, and infuse peace & love through art and spirituality.

Traditional Naturopathy (2014-2020) - Jen studied, then practiced Naturopath in the state of Georgia, North Carolina, and Texas. Note, In the state of Tennessee it is illegal for anyone to practice Naturopath without a doctorate of medicine. Note, I do not practice a naturalpath in Tennessee. I will be happy to provide you with a



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contact that is a practicing NP and MD in the state of Tennessee. I educate, as well as, practice herbalism, energy healing, and flower healing.

Reiki Practitioner, Master & Teacher, Energy Healer (2016 – present) – In 2019, Jennifer received her Master Teacher Reiki Attunement from Roy Hamilton, Reiki Master Teacher, Reflexologist of Spirit Essentials of Nashville Reiki & Reflexology.

Bach Flower Practitioner/Therapist (2018 – present) – Jen has been a student (2016), practitioner, and therapist since 2018. Bach Flower Therapist Dr. Bach's system of healing is intended to treat the person rather than the disease, the cause rather than the effect. Simplicity is the key and Dr Bach's wish was that everyone should be able to help themselves positively in order to find inner harmony. There are 38 remedies in the Bach remedy healing system. All of them were discovered in the 1920s and 1930s by Dr. Edward Bach, a well-known bacteriologist, physician, and pathologist.

The Yogi & Meditation Instructor (2019 – present) - Jen's path to yoga began on a physical level but quickly evolved into a deep appreciation of the practice's mind, body, and soul connection. She knew this practice was much more than its physical benefits, and she wanted to explore it on a deeper level. During a very stressful period in a corporate career, yoga and meditation became her sanctuary. And when she had a severe case of inflammation of the sciatic nerve, yoga became her saving grace. Jennifer's knowledge and sharing the joy of yoga, she earned her teaching certification to help others.

Clinical Herbalist (2022 – present) – After completing a 2-year, 4000+ hours of study and clinical herbalist practice program. Jen is now serving the community of Sewanee, Tennessee.

Herbalist Without Borders Herbal Clinic (2022) – Cline Apothecary is offering a herbal clinic to the community of Sewanee, Tennessee.

Volunteer Work (2005 –present) - Jen has served as a volunteer over the years. She has served on boards, as a mentor, as a community coordinator, and so much more.



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EDUCATION & CREDENTIALS

Appalachian Root Doctor/Wisewoman Apprenticeship with Maxine Sutherland (USA) until she passed. Maxine was her grandmother, like her mother before her she taught her children and grand-children about local medicinal plants & uses, how to make herbal remedies.

Bachelor of Fine Arts in Interior Design. O'More Design (USA) 1999 | **Feng Shui Practitioner** with the UK Institute of Feng Shui (UK) 2000

Certified Art Therapist & Coach with the Art House (USA) 2002

PMI/Business/MBA Training (USA & UK) 2005-present

Doctor of Traditional Naturopathy, Certified Nutritional Counselor (C.N.C), Certified Nutritional Wellness Counselor (C.N.W.C) and Energy Medicine Practitioner (E.M.P) Advanced. New Eden School of Herbal Studies & Traditional Naturopathy (USA) 2010-2016. Plus, 400-hour residency under Eli English, ND, CNC, CHC. **Note, I do not practice a NP in Tennessee. I will be happy to provide you with a contact that is a practicing NP and MD in the state.**

- Doctor is defined as "teacher"
- Physician is defined as "healer"
- Doctors of Traditional Naturopathy are teachers.

Bach Flower Practitioner/Therapist Certification Bach Training by Rose Todd (UK) 2018

Herbalism. The Herbal Academy (USA) 2018-2019

Reiki Master Teacher (USA) 2019

Y200 Instructor Certification with Yoga & Ayurveda Center/Yoga School with Yoga Alliance (USA) 2019

Bach® Original Flower Remedies Certification Bach® Online Psychologist & Floral Therapist (Bach Original Flowers Essences UK) 2021

Nature's Sunshine Vitamin & Dietary Supplements Training with Nature's Sunshine (USA) 2020

Phytotherapy Certification/Diploma Program with Heart of Herbs (USA) 2020-2022

- Certified Master Herbalist
- Master Clinical Aromatherapist
- Flower Essence Practitioner
- Certified Ayurvedic Herbalist
- Herbal & Aromatherapy Skin Care

Herbalist Without Borders Herbal Clinic Training (USA) 2022

Pursuing Registered herbalist (RH) with the American Herbalist Guild (AHG) as of 2022



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Cline Apothecary Clinic

Cline Apothecary Herbal Clinic is a community-oriented teaching clinic. We are in partnership with **Herbalist Without borders (HWB)**, a non-profit community of clinics that share herbal knowledge with the world.



Herbalists Without Borders Belief

We believe healthcare is a human right, not a privilege, and am passionate about providing access to holistic health to all, no matter their economic status, race, religion, gender identifier, or nationality. Everyone should be cared for with respect and dignity.

Herbalists Without Borders (HWB) embraces a collective vision of a global community where all people have access to affordable herbal holistic natural & botanical health and wellness.

With a global team of volunteers, we are able to provide natural and botanical support to communities through HWB Chapter's grassroots projects and special projects. HWB empowers people working in their own communities to continue to do this work and be the change.

Herbalists Without Borders International has Special Projects and Local to Global Chapters! We hope to have a local chapter in our area soon.

Clinic

We are now offering a Herbal Clinic in the Sewanee, TN area. Cline Apothecary founded in 2017, we are a community-oriented teaching clinic.

Our Belief

We believe healthcare is a human right, not a privilege, and we are passionate about providing access to holistic health to all, no matter their economic status, race, religion, gender identifier, or nationality. Everyone should be cared for with respect and dignity.

Herbal therapy is a holistic therapy, integrating emotional, mental and spiritual levels. Life style, emotional, mental and spiritual considerations are part of any herbal therapy approach. The use of herbs does not generally involve "drug" actions or adverse effects. Although medicinal plants are widely used and assumed to be safe, however, they can potentially be toxic.

Clinical Herbalism is a bridge that covers the gap between when lifestyle changes alone aren't enough to bring about significant improvement but medications might not be necessary yet. We may suggest some of the following to support you in your health journey.



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DIET + LIFESTYLE

Since 80% of people will feel better with diet and lifestyle changes, Jen will work with you to construct a customized diet plan and lifestyle modification change. All designed just for YOU, and ALL at your own pace. Don't feel like you want to change your diet quite yet or maybe you just aren't able to? Don't worry, we will work together and can start you with plenty of other ideas to get you back on the road to health.

HERBAL REMEDIES + SUPPLEMENTS

As an Herbalist, I suggest personalized herbal remedies, supplements, and protocols designed just for your health status, your body, and your mind and soul. I don't treat diseases; I find the root causes of your symptoms. I work with you as we look at your whole self, discovering your uniqueness to help you find harmony in health.

EMOTIONAL HEALING

Oftentimes, there is a certain degree of emotional "stuckness" with every physical ailment. Jen uses flower essences as an extra component of emotional healing. Flower essences offer powerful, yet gentle support, addressing whatever you are going through and helping you move through it.

ON GOING SUPPORT

This is a partnership. Follow-up appointments are usually scheduled within 2 weeks to 1 month after the initial consultation. However, for those who suffer from conditions where they need and want much more support. Jen available for whatever kind of support you need, from energy work, folk remedies + prayers, herbal, supplemental, and nutritional suggestions, to meal planning, diet eliminations, recipes, and sometimes people just need someone experienced with chronic illness to listen to their story. For others with conditions that aren't quite as serious, follow-up consultations are important to review how the changes you have made are affecting your body and to choose new herbs or dosages to reflect those changes. Common ailments that Jen has experienced with throughout the years.

- Immune Boosting
- Anxiety + Irritability + Stress + Depression
- Sleep Issues
- Essential Tremors
- Gout + Arthritis
- Menopause + Support (pre/during/post)
- Autism + Support
- ADHD + Support
- Digestive issues
- Fatigue + Low energy + Chronic Fatigue Syndrome
- Allergies + Colds
- Chronic Lyme (Post-Lyme Syndrome)
- Mold illness/CIRS/Biotoxin Illness
- Adrenal issues and/or thyroid issues
- Skin issues, including eczema, acne, and others
- ME/CFS Urinary system, inflammation of the prostate, kidney stones, and bedwetting
- Metabolic syndrome such as pre-diabetes and insulin resistance and weight management



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- Health Crisis + Recovery Support
- Amish Healer Solomon Wickey Protocol + Budwig Protocol
- Ayurveda Food System (mind, body and soul)
- Blue Zone Eating Habits
- Elimination diets, menu planning, and knowledgeable in a plethora of diets that includes, but is not limited to, dairy-free, gluten-free, grain-free, Paleo, GAPS, AIP (Autoimmune Paleo) Low Histamine and Anti-Inflammatory Diet
- And more.

What we **DO** in our clinic

- We support conventional medicine
- We offer both in-person and remote appointments
- We teach clients how to proactively take care of your health
- We Support Wellness with Plants, Minerals and Supplements
- We teach clients the importance of healthy diet and exercise
- We do extensive research
- We teach clients about Herbs and supplements
- We do (on occasion) plant ID walks in our local community.
- We do use "Whole Herbs" in our Herbal Formulas
- We do Customize Formulations for Your Needs
- We do non-touch Energy Work
- We do work with all ages
- We do work with pets
- We care and support you

What we **DO NOT** do in our clinic

- We are not doctors
- We do not diagnose
- We do not prescribe medicine
- We do not treat disease
- We do not pressure
- We do not have all the answers

Precautions

The U.S. Food and Drug Administration (FDA) considers herbal supplements food and doesn't have the same set of stringent regulations medication does. Botanicals aren't subject to the same testing and manufacturing guidelines as prescription drugs. An herb might be advertised as "natural" or "organic," but not all products are safe.

Here are some things to keep in mind when using herbal supplements:

- Get your doctor's OK before trying any herbal treatments.
- Many medications, treatments, and conditions do not mix well with herbs and supplements.
- Do your research.
- Seek out a certified herbalist. Or registered herbalist.
- Read the label. Follow the instructions and don't take more than the prescribed dosage.
- Be aware of any side effects. Nausea, dizziness, or stomach pain may be a sign your body isn't responding well.



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- Watch for allergic reactions. Call 911 if you have a severe allergic reaction or breathing problems.
- Report any problems. The FDA tracks side effects of dietary supplements, and consumers can report adverse reactions or safety concerns.

Look for the green cross around the Sewanee, Tennessee area.

Disclaimer

The information contained on this site is intended for educational purposes only and is not a substitute for advice, diagnosis or treatment by a licensed physician. You should seek prompt medical care for any health issues and consult your doctor before using alternative medicine or making a change to your regimen.