

More About Our Speaker, Omar Cruz

Omar Cruz is a botanical researcher, author and herbalist with over 20 years of experience in his field. He combines the cultural background of Southwestern herbalism with his knowledge and passion for pharmacognosy in an effort to bridge traditional herbalism with western medicine. Omar has further dedicated the last several years to the study of Tibetan Ayurveda, which is a combination of Ayurveda and Traditional Chinese Medicine.

Omar has authored several textbooks and has been an invited lecturer and teacher at medical universities, as well as a guest speaker at symposia domestically and abroad. Today, he maintains a no/low cost clinic for those without adequate insurance or income, and most prominently holds the position of Clinical Herbalist & National Educator for Himalaya USA

What is Ayurveda?

Ayurveda is the traditional medicine of India, used by practitioners for 5,000 years to help the body come into balance so it can heal itself. This form of medicine uses the tools of herbal medicine, body cleansing, breathing, massage, lifestyle changes and more.

We Will Discuss These Herbs & Combinations

Turmeric, Boswellia, and Ginger; as well as Amla, Arjuna, Ashwagandha, Bacopa, Bitter Melon, Chyawanprash, Garlic, Garcinia, Guggul, Gymnema, Holy Basil, Licorice, Mucuna, Neem, Shatavari, Tribulus, Trikatu and Triphala.