

JJ Pursell (she/her)

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A dedicated leader focused on health, diversity, and inclusivity.

Education

2023: Graduate Certificate/California Institute of Integral Studies

12 month graduate level certificate in psychedelic research and facilitation.

2007: Doctorate and Master's/National University of Natural Medicine

Doctorate in Naturopathic medicine and Master's in Chinese medicine and acupuncture

1995: Bachelor's degree/University of Nebraska – Lincoln

Dual degree in Biochemistry and English

Experience

2008 – present Dr. JJ Pursell, Family Physician

Caring for patients of all ages and conditions both one on one and in community medicine settings.

2013 – present, Writer

Book author and freelance writer for online, magazine and website content

2005 – 2018 The Herb Shoppe and Fettle Botanic Supply & Counsel, Owner/Operator

Owned three community wellness shoppes with medical clinics in both Portland, OR and Brooklyn, NY

2007 – 2010 Serenity Hospice, Physician

Caring for patients with terminal illness, managing medications, advocating for reimbursements and supporting emotional terrain of patients and family members.

Medical Internships 2003-2007

An Hao – Oncology intern

Patient load consisted of newly diagnosed cancer patients and the management of complimentary treatment of care.

Immune Enhancement Project – Medical Intern

A clinic focused on those diagnosed with HIV and utilizing naturopathic, acupuncture and oriental medicine as complementary treatments.

Outside IN – Medical Intern

Health care and social services for youth experiencing homelessness and other marginalized people in downtown Portland and the surrounding community.

CODA – Medical Intern

A treatment provider for substance use disorders, is the oldest opioid addiction treatment program in Oregon.

Hopewell House and Serenity Hospice – Volunteer emotional support person

In house and travel support for end-of-life care.

Research

2017-2020 Phase I clinical trial for postpartum women in post labor physical healing

2006-2007 Auricular acupuncture for the relief of opioid withdrawal

Teaching/Classes

Teacher and educator in both workshop, conference and lecture style. Below is a small sampling of the types of classes that have been offered.

The Art and Science of Botanical Medicine, a 10 month course meeting twice per month

Supporting yourself in trying times

Research updates on viral infections

16th Century Medicine and how it applies today.

Stress reduction in stressful times

Respiratory Medicine and ways to support lung health

Publications

2023: *Therapeutic Psilocybin – Using Nature’s Medicine for Mental Illness*. Timber/Hachette.

2022: *Culpeper's Complete Herbal: A Compendium of Herbs and Their Uses*, Annotated for Modern Herbalists, Healers, and Witches. Microcosm Press.

2021: *Medicinal Herbs for Family Health and Wellness: 123 Trusted Recipes for Common Concerns, from Allergies and Asthma to Sunburns and Toothaches*. Timber Press.

2020: *Medicinal Herbs for Immune Defense: 104 Trusted Recipes for Fighting Colds, Flus, Fevers, and More*. Timber Press

2019: *Master Recipes from the Herbal Apothecary: 375 Tinctures, Salves, Teas, Capsules, Oils, and Washes for Whole-Body Health and Wellness*, Timber Press

2018: *A Women's Herbal*. Quarto Publishing

2015: *The Herbal Apothecary: 100 Medicinal Herbs and How to Use Them*. Timber Press

Additional Professional Training

Silo Wellness

Mushroom Cultivation

Arvigo Institute

Certified Mayan Abdominal therapist

Spiritual Healing/Bathing facilitator

Cranio-sacral Therapist

John Upledger Institute

Ceremonial Herbalism

Linda Quintana

Herbal Certification

Rosemary Gladstar - The Art & Science of Herbal Medicine

Professional Affiliations

Oregon Association of Naturopathic Physicians, 2008-Present

American Herbalist Guild, 2005-Present

Society of Innocents, University of Nebraska 1993-1995

Professional Service

Freelance writer for online content, magazines and website

Medicinal herb garden consultant

Small business consultant

Specializing in written content for business marketing, teaching curriculum, C-suite operations, proformas, networking, event planning, operations

Symposium -Organizer

Mushroom Cultivation Workshop, 2020

Peer-written book introductions

The Herbal Kitchen, McBride, Kami

Hot Pants, a Do it Yourself Guide to Gynecology