

# Waldorf Learning Support

presents

## The Changing Nature of Childhood Health & Illness *with Dr. Tom Cowan, M.D.*



## Thriving Through Illness: Home Care for Supporting Our Children *with Trish McPhee, FNP*

### Saturday, November 10

9:00am-12:30pm & 2:00pm-5:30pm

San Francisco Waldorf School 2938 Washington Street San Francisco, CA

Full Day: \$90 Prepay (\$100 at the door)

Morning or Afternoon: \$50 Prepay (\$60 at the door)

Conveniently pay with PayPal for small fee or cash/check accepted

Waldorf Learning Support

To register: [www.arcturus.info](http://www.arcturus.info)

**8:15am** Registration

### **The Changing Nature of Childhood Health & Illness**

with Dr. Thomas Cowan, M.D.

9:00am – 12:30pm

**9:00am-10:30am & 11:00am-12:30pm**

Lectures: Dr. Cowan will describe his research and experience with today's children and their health:

- Vaccinations—how they affect children's immature immune systems
- Examples of symptoms and illnesses that are common results
- Suggestions for how to support the best possible health in our children

**12:30pm** Book Signing by Dr. Tom Cowan (copies of his latest book *Vaccines, Autoimmunity and the Changing Nature of Childhood Illness* will be available for sale)

Dr. Thomas Cowan, M.D. has studied and written about many subjects in medicine including the heart, cancer, autoimmune disease, nutrition, Anthroposophical medicine and herbal medicine. Other publications by Dr.

Cowan (published by Chelsea Green) include: *Human Heart, Cosmic Heart, The Fourfold Path to Healing* (principle author) and *Nourishing Traditions Book of Baby and Child Care* (co-authored with Sally Fallon). He has served as vice president of the Physicians Association for Anthroposophic Medicine and is a founding board member of the Weston A. Price Foundation (WAPF). He writes the "Ask the Doctor" column in "Wise Traditions in Food, Farming and the Healing Arts"—quarterly magazine of WAPF—and lectures throughout North America. He developed Dr. Cowan's Garden—makes and sells organic vegetable powders. He has three grown children, and lives and practices medicine in San Francisco.

### **Thriving Through Illness: Home Care for Supporting Our Children**

With Trish McPhee, FNP

2:00pm-3:30pm & 4:00 – 5:30pm

**2:00pm** Workshop: The Importance of Fever

Fever is one way our body attempts to maintain equilibrium. Supporting our children through this healing symptom is essential so that they may re-form their being to better meet the world. Learn the importance of this process, appropriate management and when to seek help. With some participants observing, the rest will work in teams to practice the application of leg compresses in order to maximize the healing benefits of the fever.

**3:30pm** Break

**4:00pm** Lecture & Workshop: The Importance of Convalescence

Illness is essential to growth and healing. It is how we transform our being to make it our own. The appropriate management of acute illness will bring renewed strength. How we manage the "work" of taking up the illness is essential to reaping the rewards. Join us for a presentation of appropriate convalescence and the demonstration of supportive healing measures including a therapeutic nutritional bath.

**5:00pm** Q & A with Trish McPhee

**5:30pm** End

Trish has been a nurse since 1993. Soon after her second child turned three years, she found Anthroposophic Medicine through Waldorf Education. Resigning her position in a surgical ICU at a large teaching facility, she stepped into a small Anthroposophic Medical Practice in Fair Oaks, CA. Here she worked performing oil dispersion hydrotherapy and Anthroposophic nursing with various therapists and physicians for four and a half years. Shortly after, she moved to the foothills where she had her third child. In 2005 she completed her Masters in Nursing and obtained her Family Nurse practitioners license and FNP certification. From 2008-2012 Trish studied Anthroposophic Medicine and by 2016, became the first certified Anthroposophic FNP. Trish is also a certified GAPS practitioner (Gut & Psychology Syndrome). In recent years she has worked in private practice, emergency medicine, ministering palliative care, parenting, teaching Anthroposophical workshops and teaching nursing at a community college.