

SHORT BIO FOR PRESS/MEDIA

EMILY WATSON

***Director & Founder of the Artemisia Academy,
Certified Clinical Herbalist,
Certified Clinical Nutritionist,
Certified Massage Therapist (CAMTC #46037),***

Emily Sanders is a certified "herb nerd" who loves connecting people with their own personal plant allies and their healer within. Born and raised in Santa Barbara, California. Emily has a passion for the California mountains and the stories of the plants and people that came before us. Her hope is to pass on the knowledge of sustainable living with practical entrepreneurial skills, so that herbalists can create thriving practices that fully support themselves, their land, and their community.

You can find Emily online at:

Website: www.ArtemisiaAcademy.com

Instagram: [@ArtemisiaAcademy](https://www.instagram.com/ArtemisiaAcademy)

Facebook: <https://www.facebook.com/artemisiaacademy/>

LinkedIn: <https://www.linkedin.com/in/emily-watson-herbalist/>

LONG BIO

EMILY WATSON

***Director & Founder of the Artemisia Academy,
Certified Clinical Herbalist,
Certified Clinical Nutritionist,
Certified Massage Therapist (CAMTC #46037),***

Emily is a certified plant geek who loves connecting people with their own personal plant allies and their healer within. Born and raised in Santa Barbara, California, she has been studying holistic health since 2007, from farming apprenticeships in Hawaii and at the [Herb Pharm](#), in Williams, Oregon, to pursuing a more formal education in Boulder, Colorado. Emily studied clinical herbalism & nutrition through a 2 year clinical program at the [North American Institute of Medical Herbalism](#) (now called the [Colorado School of Clinical Herbalism](#)). Under Paul Bergner, she learned the importance of teaching from a vitalist perspective, that every body has the ability to heal itself with supportive diet, herbs, and lifestyle practices.

Emily studied massage therapy & medical qigong at the [Santa Barbara Body Therapy Institute](#), where she began her career as an educator. She has taught a variety of subjects there, from Anatomy, Physiology, Pathology, Nutrition, Business, Swedish & Lymphatic Massage. At the [Santa Barbara Botanic Gardens](#), Emily has instructed numerous herb walks on native plants, and herbal workshops for the general public. Since 2014, Emily has run her own private practice, where she teaches transformative self-care through massage, nutrition & herbal remedies.

Through her journey of becoming an herbalist, she learned that there is very little support for health practitioners to learn how to run their businesses or truly take care of themselves as healers. Emily has taken numerous classes and business training workshops, including [Women's Economic Ventures](#) Self Employment Training. Her hope is to pass on the knowledge of sustainable living with practical entrepreneurial skills, so that herbalists can create thriving practices that fully support themselves, their land, and their community