

SHS grad finds a calling as herbalist

By Ceili Cornelius
Correspondent

Jaimee Simundson, Sisters High School graduate, class of 2015, is applying her passion for nature and plants to her career and business. Simundson is a certified clinical herbalist with her own self-named business, Jaimee Simundson: Herbalist.

Simundson recently started up her own business speaking to clients virtually.

“I treat the consultation as a sort of interview and get to know the patient and their health history,” said Simundson.

She then creates a customized formula particular to that patient and their needs.

Simundson makes custom blends of herbs in the form of teas, tinctures, syrups and oil herb blends for whatever their going through.

“I check-in monthly with my clients and see how they’re doing on what I’ve made for them,” she said.

Simundson works with other practitioners in the medical field to see how certain herbs might interact with other medications, and makes sure that what she gives her client is going to work for them.

Simundson has always had a passion for plants and nature and the Earth.

“I love to feel empowered by working with plants. I feel like right now especially, holistic herbal medicine is more accessible than people realize because it comes from plants and the earth,” she said.

Simundson not only makes custom blends for her clients, she has begun to create products to sell to the general public that pretty much anyone can use. She recently came out with two blends during this time of isolation called “Stay Home” and “Stay Calm” which are blends of herbs and oils in order to remain calm and centered during this time.

“I really enjoy it and its fun for me because it feels



PHOTO BY CEILI CORNELIUS

Jaimee Simundson, a 2015 Sisters High School graduate, got her start in herbalism after an internship where she learned the power of herbs.

like making potions,” she said.

Simundson got her start in herbalism after doing an internship with Herb Pharm, an herbal extract company in Williams, Oregon. Here, she learned the power of herbs and learned what herbalism is and how it can be a profession.

“It was a really empowering time of learning about healing in a holistic way from plants and earth,” she said. “I have always loved using support from plants as an alternative to prescription drugs. You can grow it for yourself and make medicine for yourself and I loved connecting to the land in that way.”

Simundson never thought she would be an herbalist and do it as a career. She worked with Angelina Skincare in Bend working with some herbs and natural things to create skincare, but she wanted to further that type of work. After the internship with Herb Pharm, she attended “herb school”

at the Hawthorn Institute in Williams to become a certified clinical herbalist.

At herb school, she started seeing clients and realized that people really want this kind of medicine and practitioners right now.

“I took a bit of a leap of faith and I knew I had a purpose and the knowledge and people want it,” she said.

There are many types of herbalists and her role as a clinical herbalist uses a lot of science; she can prescribe herbs for certain medical ailments, both mental and physical.

Her passion comes from growing up in Central Oregon where there is a deep sense of place and appreciation for the land.

“Herbalism is not a super-regulated profession, but it is like folk medicine — the medicine of the people and the Earth,” she said.

“I really see it as an honor to be an herbalist and help

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100th birthday celebration...



PHOTO BY JIM CORNELIUS

Dinzel Zemko's many friends and admirers would not let her 100th birthday go unnoticed. On April 23, they organized a drive-by birthday greeting at her home east of Sisters. Some 20 vehicles paraded down her street and through her driveway as friends waved, called out greetings and dropped off flowers, cards and balloons.

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