

Sara Chana Silverstein, IBCLC, RH (AHG)

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As a Master Herbalist, Classical Homeopath and Board Certified Lactation Consultant, Sara Chana has healed women and children for the past 22 years. In pediatrics, she specializes in treating ailments such as chronic ear infections, streptococcal infections, ADD, failure to thrive, and digestive challenges. Through her woman's clinic, she has helped women recover from fertility issues, stress, varicose veins, thyroid and chronic candida. During the past two years she has been a guest on over 38 TV shows for CBS, NBC, ABC & FOX news, where she has given expert advice on integrating alternative and conventional medicine. She has been interviewed on several radio shows and web shows, and for magazines such as: *Parents*, *American Baby*. As a blogger for the *Huffington Post* and SheKnows.com, her articles cover the uses of herbs and homeopathy. As a keynote speaker she travels the country speaking on a variety of health-related topics such as: "Moody Woman-How Not to be One" (where she introduces the audiences to helpful herbs), and "Help a Woman be in Control of Her Moods" (so her moods do not control her). She also leads local "Herbal Weed Walks" through the streets of Brooklyn, NY and teaches classes on making herbal tinctures, honeys and oils. Sara Chana is a home birth advocate, and is the mother of 7 healthy children. She is a dynamic outgoing speaker, who is wise, funny, articulate and a master storyteller.

app-<https://itunes.apple.com/us/app/sara-chanas-breastfeeding/id743090884?mt=8>

POSITIONS HELD

- **Self-Employed** (1995-present)
The Nursing Couple
I am the CEO of a Women's Clinic where I specialize in fertility, pregnancy, postpartum and pediatrics.
- **Guest Lecturer** (2014 - present)
Columbia University Medical School
Various lectures given to pediatric residents on the topic of breastfeeding.
- **Guest Lecturer** (2014 - present)
SUNY Downstate Medical School
Various lectures given to pediatric residents on the topic of breastfeeding.
- **Guest Lecturer** (1997- present)
NY State Department of Health
Early Intervention and Head Start programs on topics such as treating ear infections naturally, treating colds & flu with herbs
- **Community Advocate for Health, Natural Births and Breastfeeding** (1990 - 1996)
Crown Height Community Council.

I organized workshops, hired and paid speakers. I was a guest lecturer for workshops that focus on women's health and wellbeing. Some of the topics I covered were, "tofu, can it actually taste good." "Health 40 plus", "come ask the questions you have no one to ask them to."

- **Writer and editor (1990-1996)**
The Women's Health Resource List

EDUCATION

Homeopathic Training:

- Maya School of Homeopathy, New York, completed studies in Advanced Classical Homeopathy, 2004-2006
- Teleosis school of Homeopathy, New York, studied Classical Homeopathy, 2002-2004
- New York School of Homeopathy, Studied Classical Sensation Homeopathy, 2001-2002
- The Center for Homeopathic Education, New York, studied Basic Homeopathy, 2006-2007

Herbal Training:

- Robin Rose Bennett, Herbalist, received basic herbal training and advanced herbal training, 2000-2002
- Dr. Mary Bove, mentored in herbal pediatrics, 2000-2001
- David Winston, attendee of monthly lectures, workshops and online training, 2000-present

Breastfeeding Training:

- St Vicente Hospital, NYC, Basic Breastfeeding training, 1994-1995
- Beth Israel Hospital, NYC, under the direction of Laura Best, breastfeeding internship and 2500 clinical hours, 1995-1996
- Home care clinical hours under the direction of Dr. Ellie Rosen, 1996-1998

Birthing:

- Trained with Marci Pearlman, Licenced Midwife to become a labor assistant and doula, 1997-1999

University:

- UC Irvine 1984-BA in Fine Arts
- UCLA 1984-Extended program in writing
- OXFORD 1979-Summer program in literature

CERTIFICATES

- International Board Certified Lactation Consultant, 1998
- Master Herbalist, 2002

TV SHOW APPEARANCES

- <https://youtu.be/RA0kPYa0Qao> CBS, KCAL 9, July 2013, Edible Flowers
- <https://youtu.be/gZJEUb43vCE>. ABC, CT Style, May 2015, Edible Flowers
- https://youtu.be/mZoxJhz2J_o. CBS, Good morning AZ, March 2014, Herbs for Breastfeeding, Savvy Breastfeeding App
- <https://youtu.be/Xvw0ZEZNL5A> FOX, 25 Boston, August 2014, Tips for Improving Mood
- A complete list of all of Sara Chana's TV appearances can be provided upon request

LECTURES

- Aug 2015, Spa for the soul, Huntington Beach, CA

- July 2015, Rochael Ferman Sleep Clinic, Moodiness and Sleep (or lack of), Los Angeles, CA
- July 2015, Woman's Group, Homeopathic Insight and Body Awareness, Sherman Oaks, CA
- July 2015, Money Moods and Money Matters, Encino, CA
- July 2015, Taming that Moody Madness, Valley Village, CA
- June 2015, Moody Moms: How to be in control of your moods so they don't control you, Solo, CA
- June 2015, Lactation 101, Medrite NYC, NY
- April 2015, Dispelling myths-benefits of herbal medicine, Cederhurst, NY
- March 2015 Herbs what everyone should know to stay healthy, Phoenix, AZ
- Jan 2015, Herbs you can use, New Haven, CT
- Dec 2014, Medicinal Vinegars and Honeys, Fort Lee, NJ
- November 2014, Elevating the world of nature, South Hampton, NY
- May 2014, Herbs and Blurbs- A healthy outside begins on the inside, Rivertowns, NY
- March 2014, Moody Moms how not to be one, Chandler, AZ
- Sara Chana gives 8-10 lectures a year on topics such as creating a healthy environment in an unhealthy city, treating winter colds and flu naturally, ear infection how to use herbals, breastfeeding 101, and birthing naturally. A complete list may be provided upon request.