



VERNALIS

PORTFOLIO

FOUNDER: Ana Cimblaris Alkmim (CRF-MG 16.591)



Pharmacist (UFMG), Master in Pharmaceutical Sciences (UFMG), Specialist in Medicinal Plants (UFLA) and Specialist in Landscaping (INAP). Herbalist and sommelier of medicinal teas. Medicinal, gastronomic and agroecological gardens landscaper. Author for the Medicinal Garden column in the *Natureza* magazine. Coordinator of the Herbal Medicine Technical Group (*Grupo Técnico de Fitoterapia*) from the Regional Council of Pharmacy of Minas Gerais. Since 2003, she has taught over 250 courses and lectures for laypeople and professionals from various fields of expertise. Coordinator of the multi-professional Graduate Program in Medicinal Plants and Phytotherapy of Instituto Hone, through its partnership with Vernalis. Researcher and consultant in subjects related to the production, processing, and use of medicinal plants.

MISSION



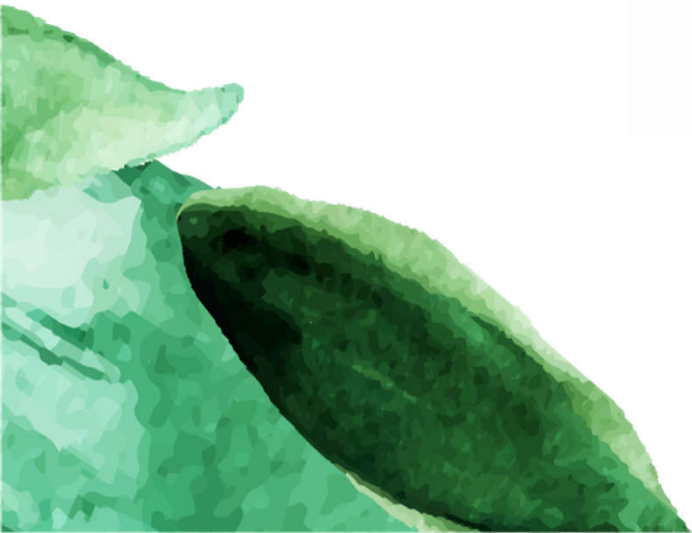
To improve
quality of life
through plants.

VALUES

- Taking charge of your health;
- Shared learning, practicing and teaching;
- Respect for traditional knowledge;
- Agroecological ethics;
- Research and dissemination of substantiated knowledge;
- Conservation of biodiversity;
- Animal rights awareness;
- Food safety and nutrition.



COURSES AND WORKSHOPS



Firsthand Herbal Experience at MECA / Inhotim

VERNALIS

Guided tour at the All Senses Garden (*Jardim de Todos os Sentidos*) at the Instituto Inhotim in Brumadinho – Minas Gerais during the MECAInhotim Festival in partnership with Laces and Hair salon in 2019.



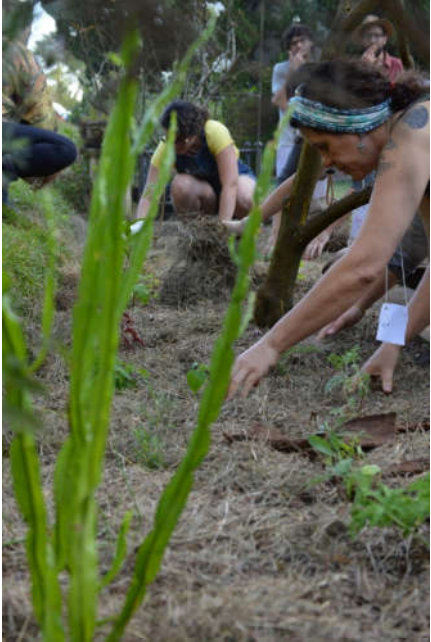


The Fabulous Pharmacy of Nature Self Care Workshop

VERNALIS

An **immersive 4-day workshop** about **self care**, plants' home **cultivation**, and **processing** in partnership with A Casa do Fazer in Santa Rita do Sapucaí – Minas Gerais, 2019.

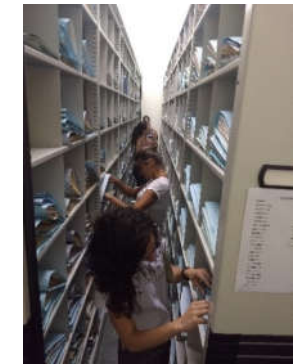
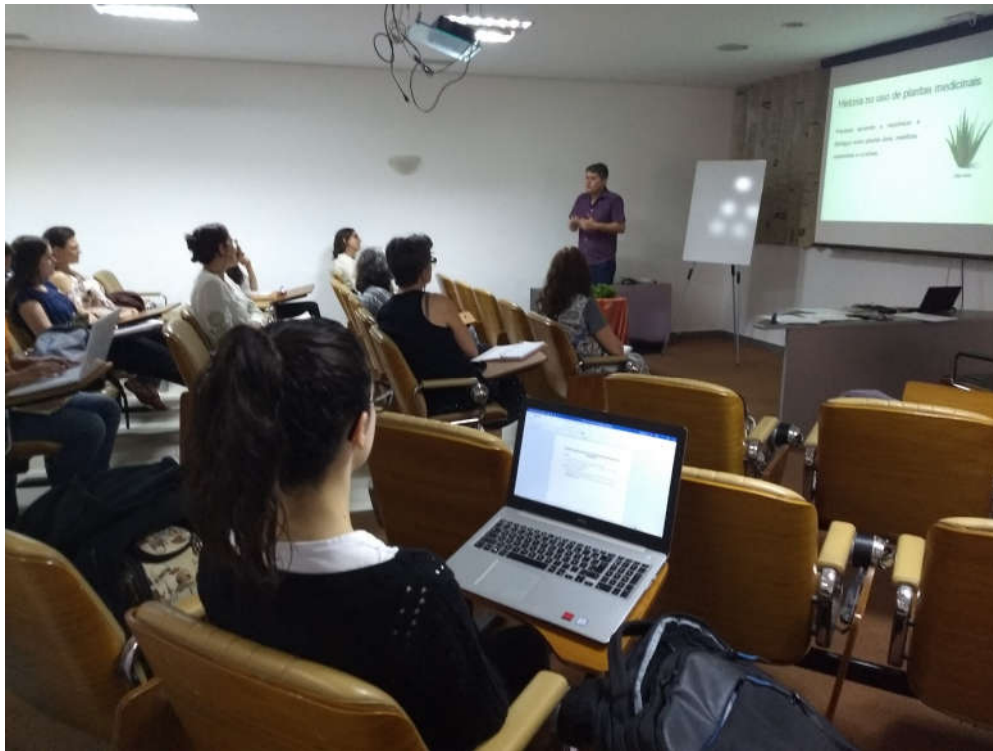




Medicinal Plants and Phytotherapy Graduate Program

VERNALIS

Instituto Hone's **400-hour** multi-professional **Graduate Program** in Medicinal Plants and Phytotherapy in Belo Horizonte – Minas Gerais, since 2019.



Medicinal Plants and Herbals at the Urban Farm (Fazenda Urbana)

VERNALIS

A series of six workshops at Be Green Shopping Boulevard in Belo Horizonte – Minas Gerais, 2018.



OFICINAS DE PLANTAS MEDICINAIS NA FAZENDA URBANA
com Vernalis

- 27/03 - PLANTAS MEDICINAIS E TEMPEROS
- 17/04 - COLHEITA E SECAGEM DE PLANTAS MEDICINAIS E TEMPEROS
- 08/05 - CHÁS MEDICINAIS
- 19/06 - CULTIVO ECOLÓGICO DE PLANTAS MEDICINAIS E TEMPEROS
- 10/07 - PRODUÇÃO DE REMÉDIOS CASEIROS
- 07/08 - IDENTIFICAÇÃO, PROPRIEDADES MEDICINAIS E USO CULINÁRIO DE PLANTAS ALIMENTÍCIAS NÃO CONVENCIONAIS - PANC

INSCRIÇÕES PELO SYMPLA
BEGREEN BOULEVARD

Lecture and botanical hike:

Medicinal Plants at Minas Gerais' Brazilian Savanna (Cerrado)

VERNALIS

In partnership with the Rola Moça's Mountain State Park (*Parque Estadual da Serra do Rola Moça*) in Minas Gerais in 2018 and 2019.




ROLA-MOÇA 25 ANOS!

PLANTAS MEDICINAIS NO CERRADO MINEIRO

Palestra e caminhada de identificação botânica com Ana Cimblaris - Farmacêutica, Mestre em Ciências Farmacêuticas e Especialista em Plantas Medicinais.

Inscrições e informações: (31) 3581-3782
Atividade gratuita / Vagas Limitadas

20.02.2019 | 8H30
Av. Montreal, s/n, Jardim Canadá





Training in Phytotherapy and Medicinal Plants for SUS

VERNALIS

24-hour training for college educated **health care professionals** who work at the Brazilian United Public Health Care System (SUS) from Ouro Preto – Minas Gerais in partnership with the **Ouro Preto City Hall**, **Federal University of Ouro Preto** and the **Federal Health Ministry** in 2018.



Classes: Getting to Know Herbs and Spices

VERNALIS

A series of two workshops on **growing herbs and spices** in pots and on **making herbal infusions** at Abílio Barreto's Historical Museum (*Museu Histórico Abílio Barreto*) in Belo Horizonte – Minas Gerais, 2018.



A Prefeitura de Belo Horizonte, por meio da Fundação Municipal de Cultura convida:

Conhecendo as Plantas Medicinais e Temperos

Com a farmacêutica Ana Cimbleiris

Introdução teórica e aula prática de identificação das espécies, cultivo, uso e cuidados relacionados a cada espécie (efeitos colaterais, contraindicações, dosagem, forma de propagação)

Vagas limitadas! Faça sua inscrição: educativomhab@pbh.gov.br
Telefone: 32778835

MUSEU HISTÓRICO ABÍLIO BARRETO
Av. Prudente de Moraes, 202 - Cidade Jardim
(51) 3277-8835
mhbab.fmc@pbh.gov.br

Realização: FUND. MUNICIPAL DE CULTURA

PREFEITURA DE BELO HORIZONTE
CIVILIZANDO PARA O BOM FUTURO

Pharmaceutical Prescription of Herbal Medicine

VERNALIS

A 16-hour course for 50 **pharmacists and pharmacy students** at the Regional Council of Pharmacy of Rio Grande do Sul (Conselho Regional de Farmácia do Rio Grande do Sul) in Porto Alegre – Rio Grande do Sul, 2017.



Workshop: Botanical Collection, Vegetable Garden, or Ornamental Garden?

VERNALIS

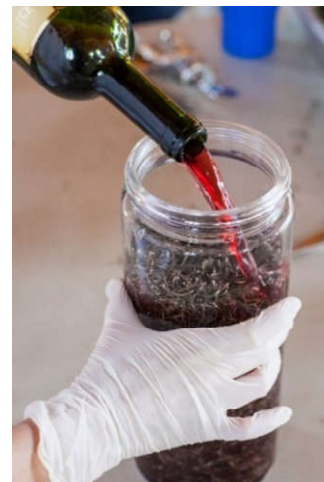
A workshop on **common plants in medicine, food, landscape design**, including **botanical and historical fun facts** at Jardim de Todos os Sentidos (All Senses Garden) in partnership with Coletivo Carqueja at Instituto Inhotim in Brumadinho – Minas Gerais, 2017.



Herbal Medicine and Integral Health

VERNALIS

A **24-hour Community Course** at the Salão Comunitário in partnership with **Instituto Kairós** in Brumadinho – Minas Gerais, 2017.



Curso de Plantas Medicinais e Saúde Integral
Rodas de conversa sobre saúde, vivências, trocas de saberes e muito mais!

Venha trocar conhecimentos e aprender mais sobre as plantas medicinais e os benefícios que elas podem trazer para sua saúde. No curso você conhecerá as propriedades das plantas, técnicas de preparo, colheita e secagem, além de aprender a fazer chás e remédios caseiros eficazes e seguros.

PROGRAMAÇÃO

DATA:
Dia: 15, 16 e 18 de abril (sempre às quartas-feiras)

HORARIO:
de 14:00 às 16:30

LOCAL:
Salão comunitário em Câmpus do Fajão
Rua: São - Gregório nº10, Brumadinho - MG



O Curso é Gratuito. Esperamos você!

Mais informações: 31 3547.7125 / 99555.2285 (Whatsapp)
ou pelo email: projetovaloramento@institutokairós.org.br



Prescribing Herbal Medicines

VERNALIS

A 16-hour training for 100 **pharmacists and pharmacy students** on **herbal medicine prescription** at the Regional Council of Pharmacy of Minas Gerais (*Conselho Regional de Farmácia de Minas Gerais*) in Belo Horizonte – Minas Gerais, 2017.



INSCRIÇÕES ABERTAS

Prescriber  **CURSO DE CAPACITAÇÃO EM PRESCRIÇÃO DE FITOTERÁPICOS**

Prescriber Fitoterápicos
BELO HORIZONTE

AULAS: 24 e 25 de março
HORÁRIO: de 8h às 17h
LOCAL: Sede do CRF/MG

Mais informações: www.crfmg.org.br





Medicinal Plants Community Course

VERNALIS

A ten-phase community course at the Instituto Kairós in Nova Lima - Minas Gerais, 2015.



**CURSO POPULAR
PLANTAS MEDICINAIS**

Conheça melhor as plantas medicinais e seus benefícios, técnicas de plantio e colheita, compostagem, produção de remédios caseiros e muito mais!

De 08 de maio a 10 de julho: de 14h às 16h
(Todas as sextas-feiras)

Serão 10 encontros com temas diversos a cada dia!



Curso gratuito para a comunidade de Nova Lima

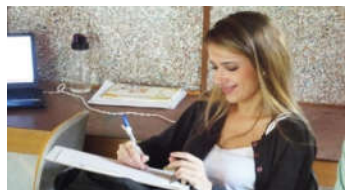
Mais informações e inscrições:
3547-7625 ou farmaciviva@institutokairos.org.br

REALIZAÇÃO:  PATROCÍNIO: 

Herbal Medicine Training for Health Care Professionals

VERNALIS

A **118-hour course for 279 SUS health care professionals** (138 college graduates and 141 technical and high school level professionals) at the Instituto Kairós and the Health Office of the Nova Lima City Hall (*Secretaria Municipal de Saúde de Nova Lima*) in Minas Gerais, from 2010 to 2014.



Herbal Medicine Intensive Workshop

VERNALIS

A 24-hour workshop on all the stages of medicinal plants' production chain beginning with **making your own compost** to **making and using homemade remedies** in Nova Lima – Minas Gerais, 2013.



Curso intensivo
PLANTAS MEDICINAIS
com dicas práticas

utilização segura de plantas medicinais
principios ativos
compostagem e muito mais!

cultivo agroecológico + produção caseira
- chás
- vinhos medicinais
- xaropes
- tinturas +
técnicas de poda e colheita

caminhada de identificação de plantas nativas (cerrado e mata atlântica)

18, 19, 25 E 26 DE MAIO

Coordenadora: Ana Cimberis
Colaboradores: Flávio Lima, Cleo Ramos e Fernando Vieira

Local do curso: Instituto Kairós Macacos, Nova Lima, MG

Inscrições e informações: 31 8851 5393 - cursointensivofitoterapia@gmail.com

Community Health Education Series

VERNALIS

62-hour open classes with 100 participants at Primary Health Care Units of the Brazilian Public Health System (*Unidades Básicas de Saúde de SUS*) in Nova Lima – Minas Gerais, from 2012 to 2014.



Ciclo de Educação Popular em Saúde

Venha participar do Ciclo de Educação Popular em Saúde de Heliópolis, Belo Horizonte. São 6 oficinas sobre plantas medicinais. Aprenda mais sobre como cuidar de si mesmo e de sua família!

Início: 04 de julho
Sextas-feiras, das 14h às 16h

- ✔ Dicas para o uso adequado e seguras de plantas medicinais
- ✔ Implantação de horta medicinal na Unidade Básica de Saúde de Heliópolis
- ✔ Oficinas de preparo de fitofármacos caseiros como chás e tinturas
- ✔ Caminhada para identificação de plantas nativas
- ✔ Trocas de ideias e conhecimentos

Os vagas são limitadas e a participação é gratuita.

FARMÁCIA viva

Local de realização:
Salão Paroquial de Heliópolis, 206, Heliópolis, Belo Horizonte, Minas Gerais - MG
Informações e inscrições: 3547.7825 / farmaciaviva@institutokarlos.org.br

Medicinal Plants and Phytotherapy Course

VERNALIS

A 40-hour workshop for **Maxakali Native Indians** in partnership with the Federal University of Minas Gerais at the Aldeia Água Boa in Ladainha – Minas Gerais, 2007.





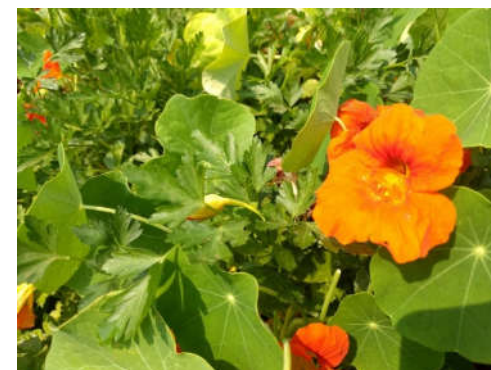
CONSULTING SERVICES



Consulting for Ressignificação de Territórios Project



- Goal: To improve the quality of life of Córrego do Feijão's community after the tragic dam break which caused severe human and material loss - 270 lives were lost.
- Personalized medicinal gardens were developed by applying agroecology and syntropic agricultural techniques starting with health and yard diagnosis for each family.
- Individual and collective orientations were offered concerning the harvest and use of their plants for medicinal and cooking purposes.
- Location: Brumadinho – Minas Gerais.
- Period: April 2019 to June 2020.



Syntropic Medicinal Gardens in Córrego do Feijão.



Consulting for Casa Horta

- Goals: To select dried agroecological plants for commercialization. Also, to create technical content and promote events for the dissemination of the medicinal and edible uses of store products.
- Location: Belo Horizonte – Minas Gerais.
- Period: From May 2017 to September 2018.



Content for Casa Horta's social mídia; Tea Time event.

Consulting for Ana Curada Chás



- Goal: To provide technical and legal insight on the development, from plant growing to processing, of fine herbal blends.
- Location: Belo Horizonte – Minas Gerais.
- Period: From September to October 2017.



Ana Curada blends developed after the consulting.

Consulting for Instituto Kairós



- Goal: To manage and monitor programs in local socioeconomic development, medicinal plants, agroecology and syntropic agriculture.
- The main activity was to create a model for social development for implementing herbal medicine in the public health care system in partnership with the Health Office of Nova Lima City Hall.
- The production chain ranged from activities such as compost production with local organic residue, growing medicinal species, as well as production and dispensation of medicines. The program was certified nationally through Banco do Brasil's Foundation Social Technologies Bank in 2013.
- Location: Nova Lima – Minas Gerais.
- Period: From November 2009 to September 2017.

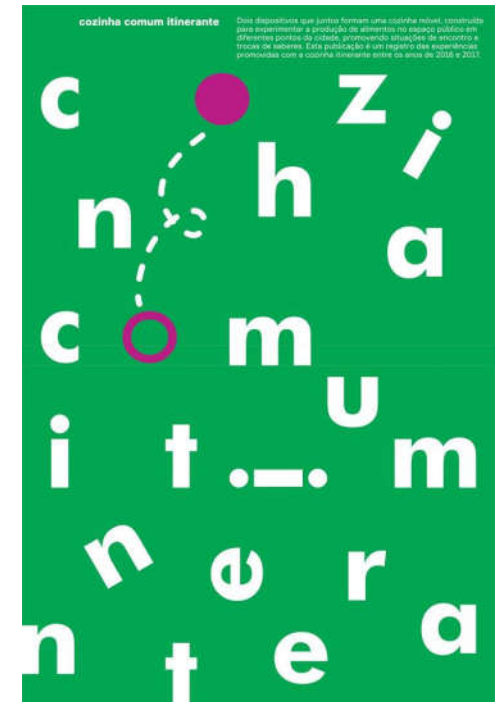


The garden of the medicinal species; the medicines and its production process; medical prescription of the products in Nova Lima's public health care system.

Consulting for Cozinha Comum / Federal University of Minas Gerais' School of Architecture

UF **m** G

- Goal: To create educational content and a public exhibition about unconventional food plants and its medicinal uses, including a display of potted plants, a cooking show, pamphlets and a small book.
- Location: Nova Lima – Minas Gerais.
- Period: From June to August 2017.



Exhibitions on two Federal University of Minas Gerais campuses; pamphlets and the book.

Consulting for Minas Gerais' School of Public Health (Escola de Saúde Pública do Estado de Minas Gerais)



- Goals:
 - To write collaboratively the Integrative and Complementary Health Practices in SUS / Minas Gerais Book: the Building of Supporters, Experiences, and Concepts (*Caderno de Práticas Integrativas e Complementares do SUS/MG: Formação de Apoiadores, Experiências e Conceitos*) containing 130 pages, acting as content writer and reviewer of the entire publication.
 - To write a chapter on Phytotherapy and Medicinal Plants in partnership with Henriqueta Sacramento.
- Location: Belo Horizonte – Minas Gerais.
- Period: From July to December 2014.



The project team with health workers from several towns in the State of Minas Gerais; the book cover.





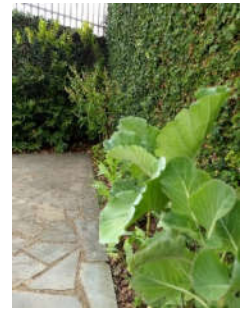
GARDEN PRESCRIPTION



Garden Prescription

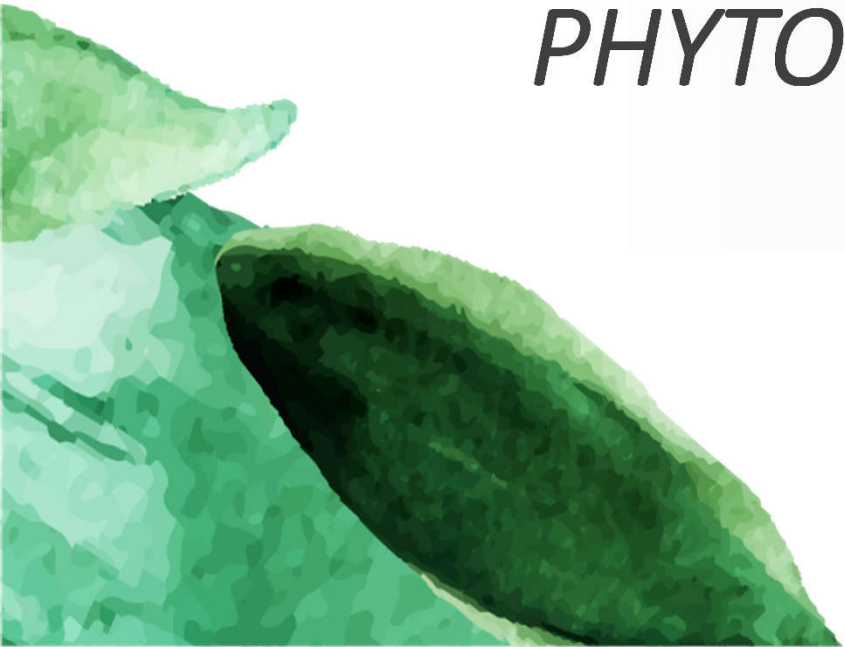
VERNALIS

- The Garden Prescription is a personalized consult in **herbal medicine** and **medicinal garden design**.
- The service includes:
 - Bringing up medicinal and edible plants the clients already have and guiding them on how to utilize their full potential;
 - Information about how to take good care of the existing plants;
 - Suggestion of species that can be useful for the clients and their family considering their health needs and the available gardening space.





PHYTOTHERAPY CONSULTATION

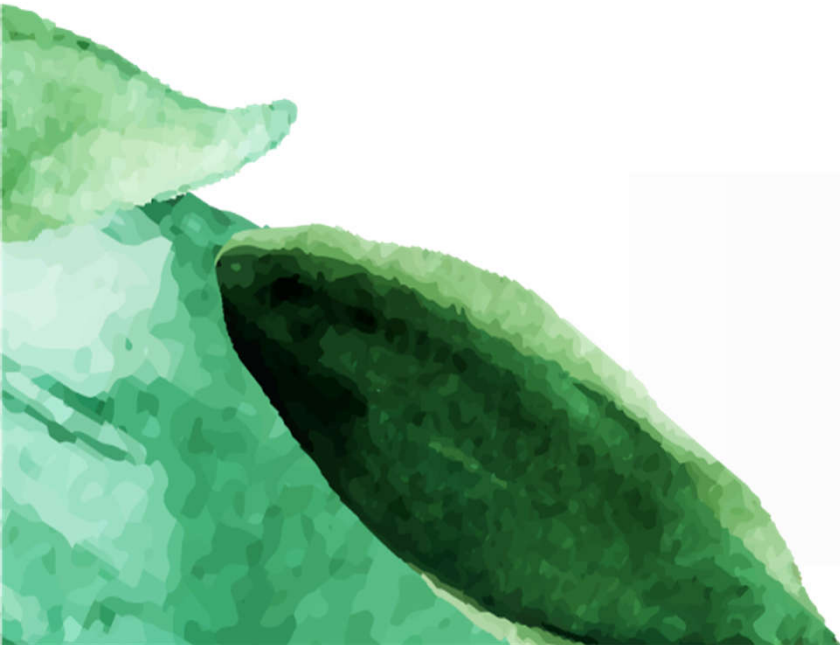



Phytotherapy Consultation

VERNALIS

- The Phytotherapy Consultation is a pharmaceutical service for **personalized guidance on how to use medicinal plants and other herbal formulations.**
- The processes of **growing, buying and prepping** the plants are approached according to the clients needs.
- The goals of this service are:
 - To promote effective and safe self-care;
 - To foment disease prevention;
 - To encourage the adoption of healthy habits;
 - To improve performance at work, sports and other daily activities.





anacimbleris@vernalis.com.br
+55 31 98505-6596
  @vernalisplantas
www.vernalis.com.br