

## Interview with a herbalist, pharmacist, lecturer Marius Lasinskas

### How and when did you become interested in nature?

From an early age, I often went to my grandparents' village and enjoyed it there. I ran around herbaceous meadows, watched stork's life in a nest high on a pole, and learned rural work: mowing, planting, weeding, watering, and others. However, only after graduating from the Lithuanian University of Health Sciences with a degree in Pharmacy, I fully realized that my place is to be closer to nature, learn about herbs, and help people be healthy – to be a mediator between nature and man.

### What are the main activities that you are involved in?



*M. Lasinskas*

I am a herbalist and lecturer – I give lectures and conduct practical classes for everyone who wants to know herbs and to be healthier. I also write books on herbs.

I am currently studying for a doctorate at Vytautas Magnus University, Academy of Agriculture, and I am

researching a Willowherb (lot. *Chamerion angustifolium* (L.) Holub).

### How and when did you decide to become an herbalist?

When I worked in a pharmacy and later in a pharmaceutical company, I realized that drugs do not solve the natural causes of the disease but only temporarily suppress the symptoms. That is when I decided to look for what could help people get well and how our great-grandparents were treated when there weren't so many pharmacies and treatment facilities. Then I went out into nature to look for herbal medicines and found an even bigger pharmacy – a herbal pharmacy!

**What activities do you contribute to? Herb Academy... Tell us more about what they do and why you got involved?**

I am the Vice President and a lecturer of the Herbal Academy. I share my knowledge with communities, schools, kindergartens, public health offices, third-century universities, and others, who want to know the nutritional and medicinal plants around us and how to collect, prepare, and consume them. We do health camps, conduct theoretical and practical seminars, organize trips in nature, and so on.

I openly share my knowledge with people because I believe that the more people on earth will be healthier and happier, the better for everyone.

**You lead seminars, lectures on nature. Tell us, who is most interested in nature (seniors, children...)?**

I have read about 500 lectures, and most of the listeners were older women, but lately, I have been receiving more and more invitations to come to kindergartens and schools. I see a lot of meaning in communicating with children – because it is essential to talk about love for nature, the beauty, and the benefits of herbs from an early age. I think if children will learn to love nature, they will love people when they grow up. I often tell children: if you want to be a true herbalist, you will need to learn the following: to love nature, people, and God.



*M. Lasinskas*

**You lead grassing workshops. What are they, where and how do they go?**

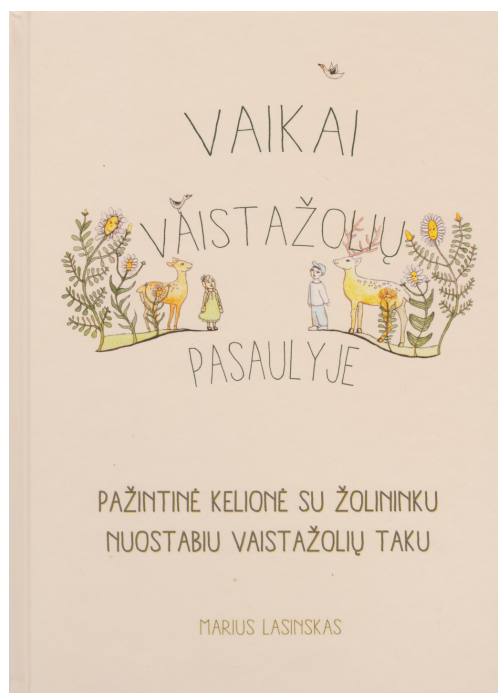


*M. Lasinskas*

The most fun activities are in nature, where you can touch, sniff, and taste various nutritional and medicinal plants. Till now, I have organized herb seminars all over Lithuania, but I have already received invitations to come to foreign countries. I usually choose beautiful, remote, clean places to pick herbs. First, I will tell you three herbalist rules so that future herbalists know how to behave correctly in nature and to collect the very best herbs. Then you are allowed into the beautiful world of herbs. And later, from what we collect, we make herbal teas, spices, and other natural delicacies.

**How did you get the idea to publish the book "Children in the World of Herbs"? Tell us more.**

My first book, Children in the World of Herbs, is dedicated to children aged from 0 to 101. The book is a summary of all 500 lectures I have read. Often people don't have time to remember or write everything down during classes, so I took and wrote the abstract. It is a book where everyone will find something interesting to read: it has three herbalist's rules, a broad description of the leading nutritional and medicinal herbs with photos and drawings. Here you can also find a family pharmacy that tells you when to collect herbs, how much to apply, how much to offset herbs; which herbs are helpful in the presence of insomnia, colds, increased acidity, and et cetera. And at the very end are herbal tales that both adults and children will love to read.



*M. Lasinskas' book "Children in the World of Herbs"*

I can tell you a secret that soon, in November, my second book “Herbal Tales. And Health Recipes for the Whole Family” will be released.



Willowherb (lat. *Chamerion angustifolium* (L.) Holub

**What herbs would you advise to collect for a beginner who is interested in nature?**

For a beginner, it is best to collect such herbs that are well known and grow right here in the village, garden, or meadow. Out of several thousand herbs growing in Lithuania, about 100 are poisonous, so it is impossible to collect and taste them all in a row.

Herbalists use about 50 different nutritional and medicinal plants. But for starters, know at least 3:

- the narrow-leaved safflower (which provides serenity),
- the dandelion (cleanses the whole body),
- the nettle (the “queen of vitamins”).



### **What successes and disappointments have you had?**

Every day, I am glad that God has given me precisely the kind of work I can do to help people be healthier and happier.

### **In your opinion, what is the Lithuanian attitude towards nature?**

Lithuanians have loved and respected nature since ancient times. The ever-materializing world has tried to push the love of naturalness, simplicity, and compassion from the heart of Lithuanians. Still, I see that the problematic global situation returns man to fundamental values: love for father and mother, respect for nature and gratitude to God for simple things.

Increasingly, I also meet young people who are rediscovering nature as an oasis of strength and peace. After all, when we get tired of the endless hustle and bustle of the city, where do we usually fly? Yes, in the embrace of nature.

### **What would you wish for all people?**

Let us be worthy of the help of nature and herbs. Then they will help as much as they can. Let's love one another and protect what our ancestors have preserved for us – the embrace of health – nature!



*M. Lasinskas*