

Nicole Apelian, Ph.D.



*Author / Scientist / Herbalist / Forager / Survival Skills
Instructor / TV & Film Survival Consultant / On-Screen
Personality*

Interested in learning about Nicole? Watch this 3-minute video: [Nicole Apelian: My Story, My Philosophy, My Passions](#)

About

A [passionate](#) herbalist, author, survival TV celebrity, biologist, anthropologist, expeditionary leader, mother, and wilderness skills instructor. Nicole was a challenger on the second and fifth seasons of the History Channel's TV series "Alone", where she thrived in the wilderness completely solo with little more than her knife and her wits. She also starred in the UK documentary series "Surviving The Stone Age".

She is the author of four books: *The Lost Book of Herbal Remedies: The Healing Power of Plant Medicine*, *A Reference Guide to Surviving Nature: Outdoor Preparation and Remedies*, *The Forager's Guide to Wild Foods: Edible Plants, Lichens, Mushrooms, and Seaweeds*, and *The Holistic Guide to Wellness: Herbal Protocols for Common Ailments*.

An unexpected diagnosis of multiple sclerosis in 2000 led Nicole to apply her scientific research skills toward her own personal wellness. She focuses on a healthy living strategy, including deep nature connection and gratitude practices. Through changes in her lifestyle and diet, recognizing the power of mind-body connection, and creating a line of herbal remedies to treat her MS, Nicole went from bedridden to thriving.

She spent years living with the San Bushmen of the Kalahari Desert, one of the last Indigenous peoples who still live as hunter-gatherers. Developing strong relationships within the tribe helped Nicole learn many of the remedies and skills she practices and teaches today. She continues her work with the San Bushmen through her non-profit, "The Origins Project".

At home in the Pacific Northwest, she makes her herbal medicines from local plants and mushrooms as part of her personal healthy living strategy to address autoimmunity and other health conditions. This is available to everyone in her medicinal apothecary line.

You can learn more about Nicole and her work at the websites below:

<https://www.nicoleapelian.com>

<https://nicolesapothecary.com/>

https://www.instagram.com/nicole_apelian/ 107k

<https://www.facebook.com/nicoleapeliansurvival/> 44k

<https://www.tiktok.com/@drnicoleapelian> 15k

<https://twitter.com/nicoleapelian> 3k

<https://www.linkedin.com/in/nicoleapelian/> 2k

<https://www.youtube.com/user/Napelian> 16k

Herbalist, Wild Foods, & Foraging

Nature is Nicole's grocery store and pharmacy. She believes that wild nutrition is a key part of a healthy diet and spends time foraging, processing, and cooking wild foods. She loves sharing her vast knowledge of wild foods and natural medicine with others through her blog and social media channels.

Medicinal mushrooms are a particular specialty of Nicole's. She uses four mushroom tinctures daily to manage her MS and support vibrant health. Nicole also presents on peer-reviewed research regarding medicinal mushrooms and how they can be used for autoimmune conditions. Increasing numbers of functional medicine doctors and naturopathic physicians are recognizing the power of medicinal mushrooms for improving health and utilize these botanicals within their own practice.

MS and Autoimmune Awareness

Nicole is active in raising awareness about how to treat multiple sclerosis and other autoimmune conditions naturally. After "Alone" aired, she received tens of thousands of inquiries asking how she manages her multiple sclerosis. On her website, she shares her science-backed recommendations for diet, herbal remedies, supplements, and lifestyle. Nicole has spoken at naturopathic and medical conferences on the subjects of sustainable health and wellness, medicinal mushrooms, and MS.

She has also expanded her Online Apothecary so she can share these potent botanicals with others, including her Warrior Bundle and Mushroom Fourtress, which she uses daily.

Survival Skills Consultant and TV Work

Nicole is a survival consultant for TV, book, film, and movie productions, including actor training and script review. Recent work includes survival skills training for the Allison Janney film "Lou," (Dir.: Anna Foerster, Prod.: J.J. Abrams) where Nicole reviewed the script for accuracy with scenes involving survival and outdoor skills. She advised on action and dialogue in the script; notes about outdoor elements, weather, and clothing; and

information about plants, mushrooms, insects, and other protein sources that could be utilized in the Pacific Northwest. Previously she served as a survival skills consultant for the film “Leave No Trace,” and provided training for actors Ben Foster and Thomasin McKenzie. Nicole also helped establish script authenticity with director Debra Granik and producer Anne Rosellini, worked with props, set design, and green design, and as an on-set advisor.

Nicole consulted and acted in the upcoming UK Channel 4 documentary series, “Surviving The Stone Age: Adventure In The Wild: A Month-Long Stone Age Living Project”, which documents what life would have been like as a hunter-gatherer clan in the Stone Age. Additionally, she has worked with NBC Universal where she trained social media influencers in the art of survival.

Alone on the History Channel: [Season 2 bio](#), [Season 5 bio](#)

[Surviving the Stone Age](#) on UK Channel 4

History Channel: Outdoor Adventure Series

Television Commercials

- Yeti Company
- Umpqua Bank

Author

Dr. Nicole Apelian is a four-time book author and has written peer-reviewed research articles as well as popular articles. Nicole’s books have sold well over half a million copies within the past few years. She also has an active [blog](#) on her website. Her approach is insightful, holistic, and comprehensive. Her books cover emergency preparedness, wilderness skills, herbal medicine, wild foods, and foraging.

Books

- *The Lost Book of Herbal Remedies: The Healing Power of Plant Medicine*
- *A Reference Guide to Surviving Nature: Outdoor Preparation and Remedies*
- *The Forager's Guide to Wild Foods: Edible Plants, Lichens, Mushrooms, and Seaweeds*
- Coming autumn 2022: *The Holistic Guide to Wellness: Herbal Protocols for Common Ailments*, Nicole Apelian, PhD.
- Intuition essay in: *Listening in the Dark: Women Reclaiming the Power of Intuition*, a new anthology of essays featuring leading feminist voices by actor/director/author Amber Tamblyn (Harper Collins Publishing)

Speaker

An engaging and dynamic speaker, Dr. Nicole Apelian brings energy and inspiration to her audience. She is an experienced and motivational keynote speaker for corporate groups, academic conferences, fundraisers, motivational seminars, commencements, workshops, and more.

Medical and Naturopathic Conferences

- Keynote Speaker, Northwest Naturopathic Convention, Vancouver, BC, 2017
- For ND Practitioners: Sustainable Holistic Health and the Art of Deep Nature Connection
- Keynote Speaker for OAND Nov. 2018 (Ontario Association of Naturopathic Doctors)
- For ND Practitioners: Sustainable Holistic Health and the Art of Deep Nature Connection
- July 2021: Wahls Protocol Seminar (Dr. Terry Wahls, M.D.): Keynote Speaker, Reishi, Lion's Mane, Cordyceps, and Turkey Tail: Medicinal Mushrooms and MS)
- Aug 2022: Wahls Protocol Seminar (Dr. Terry Wahls, M.D.): Keynote Speaker

- Sustainable Holistic Health and the Art of Deep Nature Connection for Personal Cultural Repair

Brand Ambassador, Social Media Influencer, and Spokesperson

Nicole is a leader in wilderness living, herbal medicine, health & wellness, and all aspects of survival and preparedness. She seeks affiliate partnerships that align with her values and skills. Through her personal influence and community network, she is highly effective in expanding a brand's scope, reach, and visibility.

Brand ambassadors and social media influencers are the present and future of marketing. Dr. Nicole has an excellent engagement rate across her social media platforms and is a trusted name in health, wellness, and the outdoors. Find out if your brand is in alignment with Nicole by contacting her through this website or via her Instagram page.

Wilderness Skills Instructor/Africa Work

As a game warden with the US Peace Corps, Nicole fell in love with the African landscape and the San Bushmen way of life. She went on to complete her doctorate in Cultural Anthropology within the field of Sustainability Education and completed her fieldwork in the Kalahari Desert of Botswana, Africa.

Nicole also spent time as a lion researcher for the Okavango Lion Research Project (Botswana). Through these experiences, Nicole learned a range of traditional skills that she shares through classes and workshops on her land in Western Washington and throughout the USA and Canada.

Anthropologist

Dr. Nicole Apelian is an anthropologist who is regarded as family by the Naro San Bushmen community. Together, they strategized ways to help

preserve their traditions as well as document indigenous plant uses within the community.

She is the co-founder of “The Origins Project”, a 501c3 established as a joint venture with a San Bushmen community.

In the Press

- Portland Monthly | [This Banana Slug-Eating Survivalist Will School You on Wilderness Skills](#)
- Portland Tribune | [Nicole Apelian Gets Back To Basics](#)
- Bleeker Street Media | [An Interview with Dr. Nicole Apelian](#)
- [Instagram](#) | MS Warrior Terry Wahls, MD and Nicole share stories, research, MS strategies, and personal experiences.
- [YouTube Interview](#) with Laura Prepon
- Journey of Possibilities Podcast | [Medicinal Plants, Multiple Sclerosis, Natural Wellness](#)
- Daniel Vitalis: Rewild Yourself Podcast, On Lions, the San and Being Alone, [Episode #141](#)
- LA Times | [Step 1: Scout the setting; Step 2: Interview the locals; Step 3: Write](#)
- Leave No Trace' Chinook Observer | ['Survive and thrive': Pacific County woman's philosophy](#)
- Healthline | [How to Prepare Your Emergency Survival Kit](#)
- Alone | Seasons 2 and 5: [What I brought on Season 5 of Alone](#)
- [Alone Bonus - Nicole's 10 Items \(Season 5\)](#) | History Channel
- [Salon](#) | Ben Foster on his role in indie hit “Leave No Trace”
- Dazed | [The moving new film about a father and daughter living outside society](#)
- The Oregonian | [Story of father and girl found living in Forest Park is now a movie](#)
- The Daily Astorian | [Experiencing 'Alone' with Nicole Apelian](#)
- Featured in Laura Prepon's book: *You and I, As Mothers: A Raw and Honest Guide to Motherhood* and *Primal: Why We Long to be Wild and Free* by Nate Summers