

# HERB STOP

## April 08 Highlight



## GOOD HERBAL CHOICES IN APRIL

April is the month when spring cleaning fever hits and we feel the need to clean and organize our homes. We take down curtains, take up rugs, take out furniture, scrub, wash and clean, then put everything back. The things we no longer need usually end up in yard sales. When spring cleaning is all done, our home should smell fresh, sparkle with cleanliness, and satisfy our desire for a healthful, pleasant environment. Unfortunately, this is not always true. All those cleaning products offered in super markets to make home keeping duties easier and better actually make it more complicated and hazardous. Read the labels of these “helpful” products. Many give poison center phone numbers, toxic waste disposal information and disclaimers for allergic reactions. They smell bad, may burn your skin and eyes, or can cause headaches, irritability and shortness of breath. Is there a better way? Of course there is! Here are some easy, economical and ecological solutions:

### Spray Cleaner

This is the spray cleaner we use at The Herb Stop to clean and disinfect surfaces. The essential oils have strong anti-bacterial, anti-fungal and anti-viral properties as well as being tough degreasers. Their refreshing scent permeates our entire working environment. Everyone that enters can sense the calming and healing effect.

6 oz distilled water  
2 oz denatured alcohol  
¼ tsp lemon, lime or grapefruit essential oil  
10 drops tea tree oil

### Toilet Bowl Spray Cleaner

Vinegar and baking soda dissolves mineral buildup, while the oils loosen grime and give a fresh, clean scent. Pour the following mix into the toilet bowl and let it sit for several hours or overnight.

2 tbsp white vinegar  
2 tbsp baking soda  
½ tsp orange essential oil  
½ tsp grapefruit essential oil  
1 cups distilled water

### Wood Furniture Polish

To clean and condition your wood furniture warm this mixture slightly and apply to wood in small amounts, then rub with a soft cloth.

2 tbsp white vinegar  
1 tbsp olive oil  
3 drops lemon essential oil  
1½ cups water

### Hard Floor Cleaner

Before using this mix on your floors please check to see if you can use pure essential oils. If not, make this formula without the essential oils.

1 cup white vinegar  
1 gallon warm water  
10 drops (or more) of any of your favorite citrus essential oils

### Carpet Deodorizer

To deodorize your carpets mix the following ingredients, sprinkle on your carpets, leave for 10 minutes and vacuum up. (Please check for color fastness. Do not use on wet carpet).

1 cup baking soda  
20 drops of non-resinous essential oil

### **Fabric Softener**

Add to the final rinse cycle of your wash for fresh and clean smelling laundry. The scent of lavender essential oil has the power to calm your nerves and ease the mind.

½ cups white vinegar  
20 drops lavender essential oil

### **Window Cleaner**

To clean your windows to a sparkle and to discourage flies and other critters invading your home, spray this mix onto your windows. Buff with a clean towel and then scrub and shine them with sheets of newspaper (black and white only).

½ cup vinegar  
6 cups warm water  
½ tsp peppermint essential oil  
½ tsp lemon essential oils

### **Distiller and Tea Pot Cleaner**

This is how we clean our counter top distiller and remove all the mineral buildup: Fill your distiller or tea pot with hot water. Add 1 cup (for every gallon of water) white vinegar and bring to a boil for about 20 minutes. Cool and rinse.

### **When The Ants Come Marching In**

Discourage ants from coming into your home, with pennyroyal essential oil. A few drops on a cotton ball, placed wherever ants have been seen will discourage them from invading your home.

### **Clogged Drains**

When a drain is clogged, pour a cup of salt, a cup of baking soda and ¼ oz lemon essential oil into the drain, followed by a kettle of boiling water. This usually opens the drain immediately.

### **Scent For April**

Have you overworked your muscles cleaning your home? This may be the time to call your massage therapist or chiropractor for a well-deserved and necessary treatment. If this is not possible, take a hot bath, to which you have added the following bath blend, and soak for as long as you like.

3 drops marjoram  
2 drops lemon  
1 cup Epsom salt

Marjoram is soothing and calming, with analgesic and antispasmodic properties. It also regulates blood pressure and has anti-viral and immune boosting qualities. Lemon is useful for circulation, cellulite, acne and lymphatic congestion with anti-oxidant properties. Lemon has an uplifting and refreshing effect on the psyche, promoting mental clarity.

### **April 20th - May 20th Birthday People**

If your birthday falls between April 20<sup>th</sup> and May 21<sup>st</sup> your astrological sign is Taurus. Taurus people have a tendency to have problems with the neck and throat, the metabolic and glandular system. Some herbs and foods for Taurus are: alfalfa, apricot, cherry, cocoa, coltsfoot, elder, feverfew, hibiscus, lady's mantle, lemon balm, passionflower, peach, pear, raspberry, rose, spikenard, strawberries, sugarcane, thyme, valerian, yarrow.

### **Focus Enhancement Essence©**

When you need to ground yourself and focus on a particular task, this essence can help you get the job done. For example, this essence would be ideal to take before doing a task which requires organizational skills and focus. It puts things into perspective; you see the step-by-step course of action. To a certain degree this essence suppresses the emotional body, which means, it is good for people who are emotionally hyperactive and have difficulties maintaining grounding in the physical world.

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