

HERB STOP

August 08 Highlight



GOOD HERBAL CHOICES IN AUGUST

August is the month when our children head off to college. To help them stay healthy and focused you may want to put together an herbal care package for them. College students are at risk for colds, flu, and other common ailments, as well as more serious conditions, such as depression and sleep disorders associated with pressure to perform. In addition, the high level of analytical thought and fact retention required for success in a university setting, an alert mind is essential for students. Herbs can be very helpful as a preventative, but can also be very effective in times of distress.

Prevent Colds And Flu

To help students avoid the seemingly omnipresent cold and flu bugs circulating throughout campus, consider enhancing their immune system. Personalized Immunity© contains herbs to support the immune system and can be taken as a preventative for maintaining a healthy good health. This formula can also be taken right at the onset of a cold to stop it. For someone who already has a cold, it is known to boost the immune system. Amalaki, also known as Indian gooseberry, is very high in vitamin C. Because it is not acidic as any regular vitamin C over the counter, it does not cause canker sores!

Shaking Off A Cold Or Flu

The popular herbal combination, echinacea/goldenseal still works great for colds, flu, sore throat, infections, and other immune deficiencies. Years ago when my son called me from college, telling me about his sore throat, congestion and fever, I told him to take ¼ oz of Sinus Drain© extract every hour until his symptoms improve. He felt better within one hour and all symptoms were totally gone by the evening that same day. He continued taking the Sinus Drain©, 30 drops three times daily for three days.

Thinking Straight

Staying alert is essential for students. There are healthy alternatives to highly caffeinated drinks. Rosemary, in the form of tea or extract, increases oxygen flow to the brain. This herb has long been used for poor memory, mental strain, and inability to concentrate, fatigue, low mental and physical energy. Rosemary Gladstar, a well-known herbalist makes delicious Magic Zoom Balls for her college kids.

Magic Zoom Balls

3 oz guarana powder
1 oz gotu kola powder
1 oz bee pollen
2 oz eleuthero powder
¼ tsp cardamom powder
1 cup tahini (sesame seed butter, or other butters)
½ cup honey
1 package chocolate chips
6 oz coconut, shredded
¼ cup chopped nuts
Unsweetened cocoa powder

In a medium-sized bowl, stir the herbs into the nut butter and honey. Add chocolate chips, coconut, and nuts. Thicken the mixture with the unsweetened cocoa powder and roll into balls. Place in a plastic container that can be sealed tightly and store in a cool place. Rosemary says that one to two balls will “brighten your brain”.

For The Eyes

Studying under artificial light all day long can have a great strain on the eyes. Here are some ideas on how to strengthen the eyes. Bright Eyes Trail Mix can simply be chewed to strengthen the eyes, especially when they are dry. Morinda stimulates the optic nerve and increases blood

flow to the eye area, excellent to use when the eyes are tired from long hours of reading. (Morinda in powder or capsule form, not the sugary stuff).

Adapting to Stress And Dealing With Depression

Common sources of stress for college students include unfinished assignments that pile up, new room-mates, and test anxiety. Adaptogenic herbs can offer protection from stress-related ailments such as fatigue and frayed nerves. Adaptogens help the endocrine and nervous systems adapt to environmental, personal, chemical and biological stresses. My favorite adaptogen herb is eleuthero. Tranquil© is a formula containing eleuthero and can be beneficial when faced with daily stress, depression and anxiety. It is known to balance and nourish the nervous system.

Sleeping Peacefully

Insomnia and fitful sleeping plague some college students. Oatstraw, chamomile, to the stronger passionflower and valerian can ensure a good night's sleep, and are non-addictive.

Handling Hangovers

Hoping it doesn't happen, some college students occasionally drink too much alcohol. Sadly, some even become addicted. Milk Thistle protects the liver from alcohol damage. Ginger is an excellent remedy for an upset stomach and nausea. Nux vomica is a homeopathic remedy for hangovers.

Other Situations

Fungal infections and athlete's foot are very common in college due to sharing bathrooms and showers. Fungal Fighter© is an herbal extract that has shown to be effective for fungal infections and athlete's foot.

August 23rd – September 22nd Birthday People

If your birthday falls between August 23rd and September 22nd your astrological sign is Virgo. Virgo people have a tendency to have problems with their liver and digestive system. Herbs and foods for Virgo nourish the liver and bring it back to normal activity, soothe the nervous system, allay fear and heal the intestinal tract: almond, brazil nut, caraway, celery, dill, fennel, fenugreek, filbert, flax, lavender, lemongrass, lemon verbena, parsley, pecan, peppermint, pistachio, pomegranate, summer savory.

Scent For August

For poor memory, confusion, indecision, depression, fear, paranoia, mental stress and fatigue herbalists have long been using basil essential oil. While studying place a few drops of basil essential oil in a candle diffuser to improve concentration and memory.

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Recurring Memory©

This essence assists with memory recall, for example for students when taking exams, or for individuals who are having a difficult time recalling names, birthdays, etc. (It will not work with things like Alzheimer's, because that is a physical condition).

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