

HERB STOP

February 09 Highlight



GOOD HERBAL CHOICES IN FEBRUARY

Although February is the shortest month of the year with only 28 days (29 days in a leap year) it is the one people seem to dislike the most. Don't let this "down" month get in the way. Take time for yourself when you are out of balance. Relax, refresh and rejuvenate yourself with uplifting herbal baths (or showers). Follow the advice of the Greek physician, Hippocrates, father of medicine: "The way to health is to have an aromatic bath and scented massage every day". Luxuriating in a bath filled with healing herbs and soothing scents is truly one of life's most delicious pleasures. But a long soak in the bathtub can do much more than cleanse the body. It can have a healing effect on the mind and heart.

Aromatic Baths or Showers

Aromatic baths may affect us in a variety of ways. They activate cell division, increase the intake of oxygen and stimulate the drainage of waste products from the body's tissues. In addition, essential oils exercise a direct influence on the limbic brain, a part of the brain responsible for emotions, moods, feelings, and memories. Their aromas stimulate the release of neuro-chemicals and hormones. There are over 400 essential oils to choose from. The right essential oil for you will be the one that pleases your nose. For an aromatherapy bath, add 5 to 10 drops of your chosen essential oil to the bathwater.

Colds, Flus And Sinus Congestion

The simple addition of eucalyptus, pine or spruce essential oil to your bath can be very effective to combat colds, flu's, bronchial problems, hay fever, and asthma. Do not add the oil until you are in the water, and then begin by slowly adding from 3 to 6 drops at a time. Swish the water around to disburse the scent. Breathing in the aromas can break up congestion, open the sinuses and breathing passages. For the one's who prefer taking showers, simply add a few drops of essential oil to the washcloth or directly on the shower floor. The hot water diffuses the aromas.

Melting Away Stress And Tension

Take a bath in a lavender and marjoram scented bath for stress, high blood pressure and insomnia. Lavender was once used to calm wild animals. It calms the aggressive instincts in humans, relaxing the mind and body to induce sleep. Marjoram has been used to treat heart conditions. Add 10 drops lavender and 5 drops marjoram to your bathwater and soak in it for about 20 minutes.

Take Pounds Off

When you are in this bath visualize your perfect new body. You may be surprised how well it works. This formula has been used in some of the most famous spas:

- 7 drops lemon oil
- 7 drops white grapefruit oil
- 7 drops basil
- 7 drops sage

Take 2 capsules of kelp with some juice 20 minutes before the bath. Blend the oils together and add to your bathwater. Give yourself a good invigorating massage with a loofah sponge while in the bathtub. In addition, press the acupressure reflex point for the thyroid, located at the base of each big toe.

Fresh Flower and Herbal Baths

Herbs and flowers can be added to bath water for their healing benefits. Make a strong tea from your chosen herbs and add this to your bathwater. Or, you can put the herbs into a little cloth bag and hang it from the hot water tap, deep into the bathtub. The flow of hot water transmits the goodness of the herbs as the bath is filled. Some people like to add rose petals, lavender flower, or other flowers from their garden to the bathwater for an absolutely delightful experience!

In the late 1800's, Dr. Sebastian Kneipp discovered a system of healing involving the application of water through various methods, temperatures and pressures. He is also the author of the book "My Water Cure". www.kneipp.com

Arthritis, Rheumatism And Painful Joints

I like to soak away my aches and pains in this bath after working too enthusiastically in my garden. If you happen to have comfrey in your garden, you can use it fresh instead of the dried comfrey.

4 oz dried comfrey leaf (or 12 oz fresh)
4 oz chaparral leaf
5 drops eucalyptus

Steep the herbs in hot water for 30 minutes; strain and add liquid to the hot bathwater along with the eucalyptus. Soak for about thirty minutes, feeling your joints un-kink and unwind. Do not dry off when you get out; put on a robe and get straight into bed. Additionally, while soaking in the tub I sip on a cup of Joyful Muscle & Nerve Release tea containing white willow, the natural aspirin, for a good night sleep.

Beautiful Skin

To improve your skin, enjoy this bath twice a month. Add one cup of sunflower oil to your tub of water. Soak for about 20 minutes. Then mix ½ cup of organic cane sugar with enough sunflower oil to dampen the mixture. Vigorously massage this exfoliating scrub all over your body and face. Shower off with a light soaping.

Sea Water Bath

In many European countries, doctors send their patients who are recovering from an illness or accident to the seashore for healing and recovery (paid by their insurance). Why? Sea water is healing. It is rich in minerals and other ingredients that strengthen the body, allowing for speedy recovery. If you can't go to the sea, try this substitute. Add one cup of each Epsom salt and sea salt to your not too hot bath water. Soak for about 30 minutes, and then follow with a cool shower.

Rosemary And Bentonite Clay

In her book "The Ancient Cookfire", Carrie L'Esperance says, that this special bath gives results comparable to going to a spa or hot springs for a mud bath and massage, at a fraction of the cost. I totally agree with her! Before getting into the tub, brush your skin with a body brush. Take 2 – 3 niacin tablets (50 mg each) with fresh-pressed juice or herbal tea. Fill the bathtub with hot water running over a muslin bag filled with one cup fresh or dried rosemary. Add ½ cup bentonite clay to the water, and then 2 – 3 drops of rosemary essential oil – swish around to disburse the aroma. As you relax in the bath you can feel the heat of the niacin flushing your body. After a 20 minutes soak, massage your body with a loofah cloth and natural handmade soap. Add 3 drops of rosemary essential oil to your shampoo and finish with a cool shower. This bath is a real treat. You will feel great and smell wonderful.

Before And After The Bath

It is beneficial to skin brush before a bath or shower, as it increases circulation and detoxification. Drink plenty of water, tea or fresh juices while soaking in the tub, and to rest and stay warm for about one hour after your bath. Moisturizing the skin after a bath is very important. I like to use the Dry Skin Formula, a combination of aloe vera, castor oil, vitamins A & D, and essential oils. It will leave your skin glowing!

Scents For February

Prevent and dispel colds, flu's, respiratory problems with the following essential oil formula:

10 drops Hyssop
5 drops Thyme
15 drops Eucalyptus

Use with a diffuser, or add 5 drops to boiling water. You may also place 2 drops on each side of your pillow before going to bed.

February 19th – March 20th Birthday People

If your birthday falls between February 19th and March 20th your astrological sign is Pisces. Pisces people have a tendency to have problems with their feet and toes. The herbs for Pisces work with the kidneys and lymphatic systems, which pass fluids within the body, the spinal canal and the parathyroid. Choose herbs and flower essences for Pisces that open the mind to a greater sense of vision, as well as the ability to dream, both when asleep and awake, enhance astral travel, but may only be used as a key to learning: wild lettuce, lobelia, lotus, mugwort, willow, and the essence of yerba mansa. Irish moss is the main herb for Pisces, as it treats respiratory and intestinal disorders. Irish moss is rich in electrolyte minerals – calcium, magnesium, sodium and potassium, as well as mucilaginous compounds that assist the body with detoxification, boosting metabolism, and strengthen the hair, skin and nails. If used persistently, Irish moss relieves every Piscean complaint.

The Herb Stop toll-free 877-345-Herb (4372)
P.O. Box 673 w. 928-476-4144
Pine, AZ f. 928-476-4806
85544 www.HerbStopOnline.com