

# HERB STOP

## February 2010 Highlight



### What's New at The Herb Stop

If you have been wondering what's new at The Herb Stop, I thought that in this Monthly Highlight I would write about some of the herbal products we have added last year in response to our customer's needs.

#### Dehydrated Aloe Vera

Dehydrated aloe vera is now available in capsules form, when a strong cathartic (a strong laxative herb which causes rapid evacuation) is needed. Additionally, taken in small doses, aloe vera increases menstrual flow. In both instances it is advisable to blend aloe vera with carminative herbs (herbs that relieve intestinal gas pain and promote peristalsis) to reduce griping.

Caution: Aloe vera is a powerful herb; please consult your herbalist before taking it.

#### Andrographis

People in China and India have used andrographis for a very long time to fight the common cold, flu, and upper respiratory infections. It really works, sometimes better than echinacea, to boost the immune system, battle infections and to prevent future reoccurrence. But it does more: it has adaptogen-like properties to fight stress; it is a bitter tonic to strengthen the endocrine system; an anti-oxidant to fight free radicals. Oriental doctors have long prescribed andrographis for infections in the gastrointestinal system, ear and throat, as well as for hepatitis, and herpes.

#### Before Dinner Tea

This delicious tea is beneficial to drink warm before meals to help those with weak stomach acidity, as it stimulates hydrochloric acid for better digestion. The underlying cause of an overly acid stomach is usually because the person does not produce enough hydrochloric acid when the food enters the stomach. The undigested food is regurgitated over and over again back into the stomach for additional hydrochloric acid until it has broken down sufficiently to be allowed to enter the next phase of digestion/absorption.

#### Bugleweed

Bugleweed is a specific herb for an over-active thyroid gland, particularly if it is accompanied with tightness of breathing, palpitation, irregular heartbeat, elevated blood pressure, nervousness, and overly rapid GI transit times. This plant has specific qualities that regulate the body by relaxing some systems while tightening others. It strengthens the heart and circulatory system and has been used for extreme water retention. Bugleweed has also been used successfully for bleeding in the lungs and bowels, for excessive menstruation, as well as for some pain.

#### Butterbur

Butterbur root is a heart stimulant, acting both as a cardiac tonic and as a diuretic. It is an anti-spasmodic for intestinal cramps, asthma, and painful menstruations. Not only does it relieve spasms in muscles, but also reduces pain. Butterbur has also been used for fevers, colds and urinary complaints. Butterbur has also been studied with success for migraines.

#### C-Free Flow

Recently I have noticed that more and more people are asking us for herbs to lower cholesterol levels. It seems as though cholesterol levels amongst the American population have dramatically increased, most likely owing it to hi-stress, high-fat and high sugar diets. Due to this increased demand we have formulated an herbal extract traditionally known to lower high cholesterol levels. To get the best results, it is imperative to take C-Free Flow for several months without let-up. The herbs in C-Free Flow are known to free-up the cholesterol, or fat in the blood, through the colon and kidneys.

#### Comforting Tea

People who drink this tea describe its qualities as being delicious, soothing, serene, warming, elevating and elegant. Comforting Tea is lovely sipped cold or warm.

## **Controlled Perception**

The underlying cause of high blood pressure can sometimes be more of a psychological concern than a physiological one. When we experience out of control stress, tension builds up and blood pressure can rise. Controlled Perception is a blend of herbs, traditionally known to calm the emotions, thereby assist the physical body in reducing blood pressure.

## **Crisis Formula**

Crisis formula is exceptionally supporting for those who are going through a difficult time, experiencing stress and anxiety. It takes the edge off! Crisis formula does not make you feel drowsy, sleepy or indifferent. On the contrary, it gives courage and strength, helping you go through a difficult time. Herbs can be just as supportive as a dear friend would do.

## **Feminine Balance**

The herbs in this formula are traditionally known to help with PCOS (poly cystic ovarian syndrome). To increase the effectiveness of this herbal blend it is necessary to make dietary changes at the same time. No fast foods; grains need to be limited; sugar and caffeine intake should be restricted. This unique formula balances hormone levels, cleanses the liver, and contains anti-inflammatory properties.

## **Holy Basil**

Holy basil, or tulsi, comes to us from India, where it has been used for a wide variety of ailments, such as colds and flu. Today's research done in America shows holy basil's adaptogenic properties and its ability to modulate levels of the stress hormone cortisol to relieve tension, improve mental focus, and balance blood sugar. Curbs sugar cravings!

## **Lullaby**

This is an old, time tested and people tested formula known for its calming and soothing influence on restless and colicky babies. If a baby is excessively sensitive to the environment it lives in and/or is very reactive on an emotional level it may show signs of restlessness, belly ache, flatulence and colic. As well, if a baby or child does not feel quiet fully nurtured it may experience the same symptoms. Lullaby is known to relieve physical tension as well as releasing built up acids in the body. Lullaby is a digestive tension releasing glycerite for babies, children and grown-ups. This formula is similar to an "emotional hug".

## **Keeping Cool**

This formula is known to cool the blood and relieve menopausal hot flashes without elevating estrogen levels.

## **Light & Lift**

This formula is celebrated for its uplifting influence on people experiencing depression.

## **Quiet Emotions**

Quiet Emotions is known to relieve nervous tension and apprehension. It has a calming effect on the emotions, increases inner strength and confidence.

## **Rhodiola**

Rhodiola's action is very similar to that of eleuthero (aka Siberian ginseng). Interestingly, this herb comes to us from Siberia as well. Rhodiola contains cooling adaptogenic properties to enhance the immune system, increases physical endurance. Rhodiola contains antioxidant properties to fight free radicals.

## **Toothache Poultice**

If you have a toothache or mouth infection this poultice can be applied to the affected areas to temporarily relieve pain and swelling until you can be seen by your dentist.

## **Viral Immune Enhancer**

A well-celebrated formula is well-known among several of our customers who were experiencing Hepatitis C, to correct liver problems, contains Milk Thistle, recognized as probably the single best herb for feeding and cleansing the liver; Lemon peel, well-known for its purifying and anti-viral properties, as a body acid balancer, and Burdock root, a famous liver purifier, long known for its capacity in removing long-standing impurities from the blood, neutralizing viruses, with a particular affinity in clearing the skin.

*The Herb Stop  
P.O. Box 673  
Pine, AZ  
85544*

*toll-free 877-345-Herb (4372)  
w. 928-476-4144  
f. 928-476-4806  
[www.HerbStopOnline.com](http://www.HerbStopOnline.com)*

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