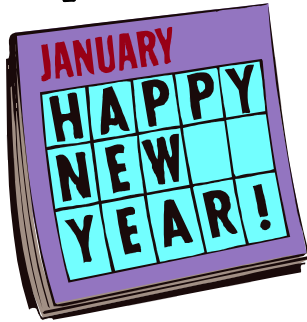


# HERB STOP

## January 09 Highlight



## GOOD HERBAL CHOICES IN JANUARY

January is the month for new beginnings. We are imbued with new energy, zest and determination to make 2009 a better year. Big changes are ahead, not only for our country and the world, but also for each and every one of us. Although changes can create apprehension and fears, our herbal allies are forever ready to support us.

### Crisis-Formula©

As we are navigating through these uncertain times many people experience fear. They are fearful of losing their jobs, financial troubles, natural disasters, health issues, etc. Crisis© is an herbal formula that may take the edge off during a fear attack or a deep crisis. The Crisis© formula does not make you feel drowsy, sleepy or indifferent. In the contrary, it gives courage, clarity and strength, helping you go through a difficult time in a more calm and centered way. Crisis-Formula© contains: pansy to bring comfort to those feeling hurt, healing the emotional heart; horsetail and chamomile have a calming effect on the emotions; ginseng increases mental focus and physical energy; red clover is a blood purifier and added to this formula because body toxins increase during stressful times; by keeping the blood clean you feel clearer and more energetic; red clover also increases oxygen in the body to prevent a panic attack; oregano is a carrier in this formula and good for detoxifying the body as well.

### Quiet Emotions©

Quiet Emotions© is known to relieve nervous tension and apprehension. It has a calming effect on the emotions. Quiet Emotions© contains: valerian root, flower and leaf for its strong nervous system sedative properties, for soothing anxiety, irritability, depression, insomnia due to negative thoughts; it also slows down the action of the heart while increasing its general force; lavender for emotional upsets, depression and pain; it is also a tonic against faintness and palpitations of a nervous heart; prickly pear enhances inner strength and confidence; belladonna flower essence is a confidence builder, a negative thought dispeller, removing doubts on an emotional level, creating emotional security.

### Anxiety Tea

Anxiety tea is a delicious beverage to rejuvenate your nervous system. Drink daily for 2 – 3 months and feel your stresses slip away as you regain your footings.

### Anxiety Bath Blend

Pamper your body and soul with a warm bath to banish your stress. Just simply add a few tablespoons to your running bath and soak for about 20 minutes. If you need to, have a good cry, let go of built up tension. A well-known herbalist once said: “Love like you’ve never been hurt before, dance like you do when nobody’s watching, and work like you don’t need the money”.

### Melissa-Valerian©

Melissa-Valerian© is a liquid herbal extract well-known in Europe. These nerve drops can be found in every pharmacy or apothecary, first aid kit, and in the purse of every good grand-mother to be used in case of nervousness, anxiety, faintness, panic attacks and heart palpitations due to stress.

### Vibrational Essences

Vibrational essences were discovered a long time ago, but made popular by Dr. Bach’s life-long work in the early 1900. Essences have a way of healing the mind and the emotions, which of course, balances the body. Worldwide people are getting relief from these homeopathic type medicines. They have no negative effects and can be taken with pharmaceutical medicines. Certain essences can go directly to the root cause of your fears, anxieties, panic attacks and everyday stress. Here are some essences to choose from:

## Tranquility©

Tranquility© calms the emotions. People who are under high pressure and need a sense of tranquility can take this essence regularly.

### Tranquility of Mind and Body©

This essence is known to increase tryptophan levels in the brain, to bring calmness and even sleepiness at times. A wonderful essence for a peaceful evening after a demanding day at work!

### Deep Fear Release©

Deep Fear Release© may help you let go of fear and paranoia. When people experience extreme stress or are going through difficult times they are almost paranoid about what will happen next, or might happen, the “could have, should have, might have”. This essence allows you to believe in yourself and trust again.

### Anti-Stress Juice

Craving salt may be a sign of adrenal stress. Feed the adrenal glands with foods high in organic sodium, such as celery, beets and carrots. During stressful times, protect your body from the adverse effects and drink 8 to 10 ounces of this juice:

- 4 carrots
- 2 celery stalks
- 2 kale leaves
- ½ cup parsley
- ½ apple
- ½ tsp fresh ginger root
- 2 tbsp whey powder

### Fears And Phobias

There is now a large vocabulary to describe the different fears and phobias such as fear of the dark, fear of spiders, fear of the future, etc. Unresolved long standing negative emotions can affect our health and well-being. In Traditional Chinese Medicine (TCM) fear can harm the kidneys and bladder, and vice-versa, kidney and bladder problems can bring up fears, phobias, anxiety and panic attacks. To avoid these problems keep your body warm, in particular the feet, drink and eat warm foods (nothing icy cold). *Interestingly, while growing up, my grandmother would scold us kids when she'd see us running around barefoot. “Go and put on your shoes! Cold feet can damage your kidneys and you will grow up into a fearful person”. It never made sense to us kids until later in life.*

## Scents For January

Certain aromas can help dispel fears. Because there are so many types of fear, let's look at essential oils that can be helpful for general fearfulness and dread with no apparent cause (apart from life itself). Use the essential oil blends in baths, diffusers, inhaled from a tissue or diluted with 1 oz oil for massaging.

### *Fear Of Change*

- 5 drops frankincense
- 5 drops lavender
- 15 drops ylang ylang

### *Fear Of Failure*

- 5 drops basil
- 10 drops ylang ylang
- 3 drops fennel

### *Calming Blend For Panic Attacks*

- 10 drops lavender
- 5 drops frankincense
- 5 drops marjoram
- 10 drops roman chamomile

### *Phobias*

- 10 drops lavender
- 10 drops roman chamomile
- 5 drops cypress

## January 20th – February 20th Birthday People

If your birthday falls between January 20<sup>th</sup> and February 20<sup>th</sup> your astrological sign is Aquarius. Aquarius people have a tendency to have problems with the calves, ankles (organs of locomotion), the blood stream, the nervous system, many areas of the brain, and nerve impulses. (Restrictions in any form is irritating to the Aquarian, yet paradoxical as it may seem, inwardly they crave discipline). The herbs for Aquarius strengthen the nervous system, easing emotional stress, anxiety and insomnia, muscle spasm, pain, as well as for ulcers: valerian and lady's slipper. Choose vibrational essences for Aquarians to bring inspiration and intuition, or when one's thinking is stuck.

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