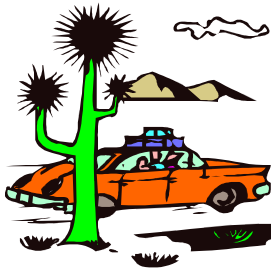


HERB STOP

June 08 Highlight



GOOD HERBAL CHOICES IN JUNE

June is the beginning of summer, a month when many people travel. Here in Arizona, they travel down to the ocean or up into the mountains to escape the scorching heat of our big cities. However, changes in altitude can sometimes make people ill. They experience altitude sickness, which can manifest as a lack of energy and endurance, difficulties in breathing, dizziness, nausea, vomiting, loss of appetite and difficulties sleeping. What can you do naturally?

Fly Calmly©

Fly Calmly© is an herbal remedy tried by several of our customers with good results. They say the best way to take this altitude sickness herbal remedy is to start about 3 days before your trip and then as needed. Fly Calmly©, has shown to help with altitude sickness and includes: ginkgo, for mental focus; ginkgo also supplies oxygen to the body; licorice, to calm the gastro intestinal system, the feeling of “butterflies in the stomach”; licorice also stops acid imbalances due to lack of oxygen; valerian is added to this formula for its calming influence, because anxiety causes the body to metabolize at a high level, which uses excessive oxygen; valerian is known to help the cells in the body break the cycle of panic. Ginkgo, licorice and valerian in combination can help you be more comfortable at a higher altitude or help you “fly” calmly.

Ginger

Do you experience nausea or motion sickness while traveling by car, airplane or boat? You may want to know that ginger can combat nausea caused by motion sickness and also to relieve vomiting. Ginger is also beneficial during pregnancy to alleviate morning sickness.

Physical Motivation©

Does air travel make you feel tired and sluggish? Do you experience jet lag? Several people have confirmed, including a flight attendant, that Physical Motivation© helps with jetlag. Do you need a quick pick-me-up without stimulants? Physical Motivation© has been a favorite herbal formula amongst many of our customers to enhance mental sharpness and physical strength, any day, anytime.

Octane Power©

Do you need more energy to pursue your favorite outdoor activities? Octane Power© has shown to increase physical energy, but does not contain stimulants or steroids, or have a steroidal effect. This formula contains American ginseng to increase physical and mental performance; whey powder, for its high in protein content, and therefore fuel to the body; red clover to oxygenate the system; and cayenne as a blood thinner and circulatory stimulant. Octane Power© is known to give necessary stamina and endurance during athletic training, such as long distance running, hiking, mountain biking and any other physical exertion.

Maral Root

Maral root is an adaptogenic herb traditionally used to alleviate fatigue, improve memory and mood. It increases metabolism, good for people who want to loose weight, because it burns calories at a higher rate. Research has shown that maral root can significantly increase muscle mass, while decreasing body fat in people who exercise at the same time. It also helps the body in the synthesis of protein, replenishes depleted physical and psychical reserves due to hard training and exhaustion. Maral root stimulates and enhances the body’s natural steroids, but does not have a long term negative impact on the physiology as many unnatural steroids do. “Energetic enthusiasm” is how some people describe the effect of maral root. Caution: Maral root must be taken with a lot of liquids, because it needs to be dissolved in the stomach area and less in the colon area.

Cooling Tea

If you want to stay cool during the upcoming hot summer days and nights you may want to prepare this delicious tasting tea for the whole family. Blend together:

- 1 teaspoon hibiscus
- 2 teaspoons peppermint
- 2 teaspoons spearmint
- 4 teaspoons rosehips
- 2 teaspoons licorice

Fill a clear gallon jar with distilled water. Add the herbs and steep for 4-6 hours. Strain and enjoy.



Berries and Cream

Are you having a hard day? Maybe some uplifting comfort food could make things all better. Berries and cream are delicious on their own, but when you add neroli essential oil this dessert becomes heavenly. Plus, neroli has relaxing, soothing and rejuvenating properties, shown to help with anxiety, depression, nervous tension, fear and panic. Rinse one pint of berries in cold water, fold into paper towel and cool in refrigerator. To one cup of whipped cream (one tablespoon of whipped cream has 52 calories) add one teaspoon of turbinado sugar and one to two drops of neroli essential oil. Mix very well. Arrange the berries in a pretty dish, and place a dollop of cream on top.

Scent For June

The real scent of roses has always stirred up feelings of love and romance. Because pure essential oil of rose is cost prohibitive (1200 dollars for one ounce), rosewater makes better sense economically. Rose water or hydrosol treats the autonomic nervous system and makes you “feel good”. Rose water can be enjoyed in many ways:

- ⊗ Breathe in the aroma of rose water to cheer you up, give you confidence, and awaken passion, fulfillment and a sense of freedom.
- ⊗ Spray rose water on your face to moisturize and cool your skin. It is suitable for all skin types, but especially for dry, mature, sensitive and devalized skin.
- ⊗ Add to your final hair rinse water to give your hair an all-day lingering fragrance.
- ⊗ For a sensuous bedroom aroma try spraying the sheets with it.
- ⊗ While traveling spray some rose water on your face, hands and arms for a cooling effect on both your body and your emotions.
- ⊗ Apply rose water eye compresses to moisturize dry eyes. It cools the eyes, removes redness and burning sensations.
- ⊗ Rose water can be added to desserts, ice creams, beverages, or a glass of champagne. *(Caution: Rose water has a cleansing effect, use small quantities to avoid loose stool. Make sure to use*

rose water or hydrosol and not rose essential oil added to water. Read the label).

The fundamental nature of rose has a special affinity with the heart, letting you love yourself more. I once knew a man who used rose essential oil everyday for about 6 months after his open heart surgery to encourage speedy recovery and to help him open and heal the emotional heart.

June 22nd – July 22nd Birthday People

If your birthday falls between June 22nd and July 22nd your astrological sign is Cancer. Cancer people have a tendency to have problems with their upper digestive system (stomach), uterus and mammary glands. Herbs and foods for Cancer allow for a higher degree of sensibility to help them flow with the rhythm of life: aloe, bladderwrack, chickweed, coconut, cucumber, dulse, eucalyptus, grape, jasmine, lemon, lettuce, mesquite, papaya, turnip, willow, wintergreen.

Stamina And Will Enhancement©

This essence increases will power, mental focus and physical stamina. By increasing life vitality you feel better physically, and your desire and your will are stronger. This essence is excellent for athletes for a boost of energy without steroids, but above all, a boost of will. Very often it is the will that increases one’s potentials.

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