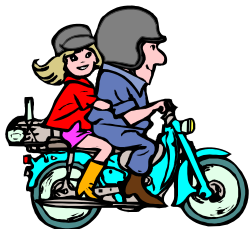


# HERB STOP

## May 08 Highlight



### GOOD HERBAL CHOICES IN MAY

Now that we have cleaned, scrubbed and organized our homes (see April 08 Highlight) we feel like kicking up our heels, wanting to go outside. For gardeners, May is the month when planting begins. For others, it is a time to take out the convertibles or motorcycles. Some folks like to go for picnics, take walks in the woods or by the seashore. To make all those outdoor activities most enjoyable our herbal friends lend their support.

#### Allergies

Nettles have been used for hundreds of years as a food as well as a medicine to treat rheumatism, arthritis, eczema, gout and anemia. The center for integrative medicine at the University of Maryland confirms that nettles may also be effective for

treating certain individuals with hay fever ([www.umm.edu](http://www.umm.edu)). The stinging hairs on nettle are sharp polished spines that contain histamine and formic acid that act as an antihistamine when taken internally. Nettles have no known side effects, unlike many over-the-counter antihistamine preparations.



#### Dry Skin

Protect your skin from sun and wind with natural skincare products, such as Softening Olive cream to protect, soften and nourish your skin. I Love My Face is a fine oil/serum which contains nourishing precious oils and essential oils, such as rose otto, neroli, myrrh, etc. to revitalize dry and weathered skin. Dry Skin Formula is for super dry skin, enhancing moisture in the skin. To keep your skin hydrated throughout the day spray Sea Mineral Toner on your face and hair.

#### Insects

Catnip essential oil is about ten times more effective at repelling mosquitoes than DEET, the compound used in most commercial insect repellents, researchers have found at Iowa State University. Catnip essential oil is better than citronella, as the latter attracts bears! A Search and Rescue Team member told me he only uses catnip essential oil. He is pleased with the results and the fact that it is non-toxic. To keep your summer bug-free all you need to do is add 25 drops of catnip essential oil to 4 oz of water. Spray it on you or add it to your lotions, body mists, shampoo, conditioner, or bathwater. This essential oil is totally non-toxic, and completely safe, even for children.

#### Got Stung, Now What?

I've found that lavender essential oil applied "neat" (undiluted) works extremely well. Lavender essential oil has the capability of neutralizing poisons, containing antiseptic and pain-relieving properties. It is exceptionally effective for stings/bites from mosquitoes, spiders, scorpions, poisonous fish, and all other known and unknown poisonous critters. As soon as you notice you have been stung /bitten apply lavender essential oil directly to the site of the sting. You can re-apply the lavender every minute, or you can simply place a few drops on a clean cotton ball and leave it on the affected area. For bee and wasp stings, make sure to remove the stinger first before applying lavender essential oil.

#### Thirst Quenchers

Besides being incredibly delicious, Rooibos teas are refreshing and excellent body and skin hydrators. Another delicious tea is the Herb Stop's Summer Cooling Tea, refreshing and thirst quenching. Make herbal Cool Aide for kids and adults. They will love it and will keep them cool. Mix equal parts of rosehips, mint, and linden, sweeten lightly. You may add a little lemon juice or, on special occasion, add sparkling water or lemon-lime soda to taste.



#### Scent For May

This is an easy to make and very effective personal insect repellent spray. In addition, this blend hydrates and cools the skin.

Distilled water	4 oz
Lavender	5 drops
Peppermint	5 drops
Catnip	5 drops

**Blend together and spray exposed skin areas as often as needed (avoid the area around the eyes).**

**Lavender is famous for its relaxing properties, used for nervous tension, depression, headaches, insomnia, impatience and irritability. Soothes sunburns too! Peppermint is cooling, refreshing and stimulating. Catnip has mild sedative properties useful for cramps and upset stomach.**

### **May 21st - June 21st Birthday People**

**If your birthday falls between May 21st and June 21<sup>st</sup> your astrological sign is Gemini. Gemini people have a tendency to have problems with their arms and shoulders, respiratory and nervous system, including the brain. Herbs and foods for Gemini are calming nervines and respiratory tonics: almond, aspen, brazil nut, caraway, celery, dill, elecampane, fennel, flax, horehound, lavender, lemon verbena, marjoram, pomegranate, summer savory.**

### **AZ Rim Country Mix I & II**

**Do you suffer from seasonal allergies, especially to junipers and manzanitas? We have received many testimonials confirming a high success rate with AZ Rim Country Mix I or II. These homeopathic style drops have shown to relieve allergy symptoms, such as watery eyes, runny nose and itchy feeling.**

*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)*