

HERB STOP

November 08 Highlight



GOOD HERBAL CHOICES IN NOVEMBER

November is the month when we celebrate Thanksgiving as an acknowledgement of our thankfulness for life's bounty. There is always so much food and we cannot help it but indulge. Sugar consumption increases too, giving us a quick high-powered boost of energy after a rich and heavy meal. The problem is the energy is used quickly, often leaving one feeling more tired than ever. Sugar depletes the nervous system by utilizing calcium in its digestive process. The nervous system is dependent on high levels of blood calcium in order to function at its maximum potential. Sugar competes for this calcium. No wonder one feels agitated, annoyed, or depressed after a sugar binge has worn off. The calcium levels drop as the sugar is digested, leaving irritable nerve endings. The huge sugar consumption between Halloween and New Years day may perhaps be the reason why so many people feel depressed, irritated and experience anxiety during the holiday season. What can you do to avoid those "sugar blues" and still enjoy all the wonderful desserts and sweet things?

Balancing Your Sugar Highs and Lows

Jerusalem artichoke

Jerusalem artichoke balances and stabilizes blood sugar levels, reduces sugar cravings and hypoglycemia, improves calcium absorption and has a positive effect on intestinal flora. People in Europe use Jerusalem Artichoke for weightloss with great success.

Glucobalance

Whenever I eat sweets, more than I should, I follow up with a couple of capsules of Glucobalance, to avoid a sugar crash. The herbs in this formula have traditionally been used to support and stimulate the pancreatic system. It balances and regulates insulin injected into the system. For both low and high blood sugar. The herbs in this formula are high in Inulin, which is a pre-cursor for Insulin.

Sugar Balance Tea

A blend of fresh lemon leaves and oregano with a stick of cinnamon made into a tea has been popular in Mexico to balance glucose levels. With exercise and a controlled diet this tea is known to stop and even reverse diabetes.

Gymnema

Gymnema has a molecular structure similar to that of sugar and can block absorption of up to fifty percent of dietary sugar calories. This sugar blocking action works well in cases of diabetes, reducing insulin requirements, and for weight loss in people on high sugar/carbohydrate diets. If you would like to experience gymnema's sugar blocking action just place a few drops of gymnema extract on your tongue. Now eat something sweet and you will notice that you cannot taste the sweetness. A candy tastes awful without the taste of sugar!

Cinnamon

Recently made popular, cinnamon stimulates digestion and pancreatic activity. Perhaps this is the reason why cinnamon is being added to rich and sweet pastries, such as cinnamon buns, to offset the negative effects of sugar.

Sugar Substitutes

Instead of white sugar I always use turbinado sugar, honey or pure maple syrup. Stevia, molasses and agave syrup are other all natural and "good for you" sweeteners. I never use artificial sweeteners because these are made of chemicals whose long term effect is not known.



Apple cider is not only delicious but did you know it has a cleansing effect on the liver? The following recipe can be served hot or cold.

Mulled Herbal Cider

For winter gatherings, flavor fresh apple cider with herbs instead of spices. Goes well with pumpkin pie!

- 2 inch sprigs fresh rosemary
- 2 inch sprigs fresh sage
- 2 inch sprigs fresh teaspoon thyme
- 1 quart fresh apple cider

Combine all ingredients in a saucepan (no aluminum) and bring to a boil over high heat. Reduce heat to low and simmer for 10 minutes. Enjoy!



In the movie “Chocolat” a special Hot Chocolate was being served, which made people feel euphoric. Endlessly searching for the recipe I finally got it from my next door neighbor. Thank you Peggy!

Mayan Hot Chocolate

- 5 cups half and half or whole or non-fat milk
- 1 vanilla bean, split lengthwise
- 1 – 2 cinnamon sticks
- 8 oz dark chocolate
- 2 tablespoons sugar or honey
- 1 tablespoon almonds or hazelnuts, ground extra fine
- 1 chili pepper, cut in half, seeds removed



Add chili pepper to 2 cups boiling water. Simmer until liquid is reduced to 1 cup. Remove chili pepper and strain for stray seeds. Set aside.

In a medium size saucepan combine cream or milk, vanilla and cinnamon. Heat over medium heat until bubbles appear around the edge. Reduce heat to low; add chocolate and sugar or honey; whisk until chocolate is melted and sugar dissolved.

Turn off heat; remove vanilla bean and cinnamon stick, stir in grounds almonds or hazelnuts. Add chili pepper infusion, a little at a time, making sure the flavor isn't too strong. If chocolate is too thick, thin with a little more milk.

Scent For November

Last year many people enjoyed a holiday scent made with the following essential oils:

- Orange
- Cinnamon
- Spruce

Notice how a few drops in your diffuser can give a cozy feeling to your home and lift everyone's spirit.

November 22nd – December 21st Birthday People

If your birthday falls between November 22nd and December 21st your astrological sign is Sagittarius. Sagittarius people have a tendency to have problems with their hips, thighs, the liver and lower spine. Herbs and foods for Sagittarius cool the blood, reduce fever and heal: anise, borage, dandelion, endive, fig, honeysuckle, horse chestnut, hyssop, linden, maple, nutmeg, sage, sarsaparilla, sassafras, star anise, wood betony and yellow dock.

Feeling Cranky And Tired In The Morning?

When you first wake up in the morning are you feeling irritated, grumpy, not rested? These symptoms may be due to low blood sugar. Eat some protein before going to bed at night and take a few drops of Jerusalem artichoke.

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