

HERB STOP NEWSLETTER

Herb Stop Ruidoso
2117 Sudderth Drive #7
Ruidoso, NM 88345
505-257-0333

Herb Stop Pine
4004 N. Hwy 87
Pine, AZ 85544
928-476-4144

Herb Stop Headquarters
PO Box 983
Payson, AZ 85547
928-978-2074

◆ Website: ◆ <http://www.HerbStopOnline.com> ◆

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Quarterly Highlight

Getting Ready For Summer

June is the month when we adjust to nature's rhythm, going from spring to summer. Students are coming out of the educational system, changing their routines and patterns; people move to new areas, take new jobs, go to summer camp, visit friends and relatives, go on vacation, take new classes, etc. There are a lot of changes happening and we must learn to flow as nature does. Summer is a time for growth and maturity, in nature and in us, an ideal time to break routines and old patterns. Though patterns give us a sense of security, we need to ask ourselves the question: "Do I really need that security or is it simply a false foundation?" Are you ready to break your old patterns? Here are some herbs and formulas that may help you take that step:

INDEPENDENT FREEDOM©

This traditional formula is known to help with dependencies and addictions, such as alcohol, nicotine, caffeine, etc. Independent Freedom© contains extract of turnip. Throughout history, people have made a tea with the outer part of turnip peels and drank copious amounts to extract alcohol out of the cellular body, flushing it through the urinary system. By removing the alcohol out of the body, patterns are altered on a cellular level. With the addition of Kudzu the potency of Independent Freedom© is enhanced.

It is important to support this cleanse with professional counseling!

BEE HAPPY©

Are you feeling down and negative about certain situations? Is life getting you down? Consider taking Bee Happy©, a formula well received by our customers since 1998. It contains ginkgo biloba, pleurisy root and royal jelly. People who take Bee Happy© say that it cancels out extreme negative thoughts. They start seeing and living life in more positive way.

RELEASING NEGATIVE PATTERNS©

This essence releases self-judgment. Thought patterns and the way we think are transmitted to the cellular structure of the body, therefore affecting every cell in your body, all your organs, etc. If you have negative thoughts, if you are self-judging and self-condescending, the organs in the body become very sluggish, which moves us into a downward spiral over time into a depressive state. This essence releases negative patterns on a cellular level, and in turn releases it on an emotional level as well as on a mental level.

SUMMER ESSENCE©

Changes can sometimes create tension, stress, even illness, as well as feelings of being ungrounded. It is important not to resist changes. To help stay in the flow, Summer Essence© can assist and open the emotional heart (Foxglove), mentally connect you to spiritual understanding (Iris), ground you physically in the "here and now" (Blessed Thistle). Ease into summer with Summer Essence©!

To support and to further your personal growth and well-being contact your local The Herb Stop for upcoming classes and seminars.

Just as the water, follow the path of least resistance.

Quarterly Feature



Dandelion

Dandelions are versatile, flavorful and really, really good for you. A very tenacious plant and one of the most complete foods. The leaf of dandelion is highly nutritious, containing more beta-carotene than carrots, more potassium than bananas, more lecithin than soybeans, and as much iron as spinach, and it has a wealth of other vitamins and minerals. Besides that, dandelion has long been recognized to be effective in the treatment of a wide range of medical problems, including liver ailments and digestive disorders. It is also an effective diuretic, increasing the elimination of urine without depleting potassium. It is appropriate for long-term use for edema when there is cardiac insufficiency, decreased blood circulation, hypertension due to water retention, PMS, excess water in the lungs, etc. Dandelion leaf has also been used to reduce weight and is especially good for people who retain water (kapha).

The root of dandelion is an excellent bitter tonic known to stimulate the activity of the digestive system. Increases hydrochloric acid, bile, pancreatic and small intestine enzymes. It is indicated for

chronic constipation due to poor digestion as well as stimulating the growth of healthy bowel flora. Dandelion root and leaf are known to re-balance electrolytes in the body. Dandelion roots can be lightly toasted in the oven then used the same way as coffee beans, for a coffee substitute. Dandelion is truly a remarkable plant!

Dandelion Salad

This delicious dandelion salad has been one of my favorite recipes since early childhood. You can pick your own dandelion leaves before they bloom (make sure not to harvest the greens from a pesticide-treated lawn) or you can go to the store.

- 6 oz dandelion leaves
- 2 eggs, hard-boiled
- 1/3 cup olive oil
- Juice of 1/2 of a lemon
- 2 garlic cloves
- 1 teaspoon mustard
- 2 anchovies

Crush anchovies, garlic and mustard into a paste. Slowly stir in olive oil until well combined. Stir in lemon juice. Chop eggs into small pieces and add to sauce. Now add dandelion leaves either cut up or whole. Serve with whole grain bread.

You can also simply add a tablespoon of dried dandelion leaves to your regular salads, salad dressings, dips, sandwiches or soups for extra nutrients. Dandelion is also available in capsule or extracts form.

Herbs for Kids

Herbal Cool Aide! Make this tasty and healthy drink for your kids this summer. They will love it and it will keep them cool as well. Mix together the following dried herbs:

- Hibiscus 3 teaspoons
- Malva 1 teaspoon
- Lemongrass 1 teaspoon
- Calendula for color
- Stevia a pinch
- Water 2 pints
- Sparkling water or lemon-lime soda.

Bring the water to a boil, add the herbs, turn the heat off and let steep for about 20 minutes. Cool, strain and add sparkling water or lemon-lime soda to taste. Adults enjoy it too!!!

Herbs for Pets

Does your pet have bad breath or body odor? Try adding a few drops of **Pet Water** to their drinking water. Pet owners have noticed that our **Pet Water** sweetens their breath as well as deodorizing their bodies. Choose from **Chamomile Pet Water**, which adds a calming effect especially on the digestive system and **Lavender Pet Water** for restlessness and to dispel insects.



NEW

We have added the following herbal products to our stores:

Capsules

Get Moving©

For someone who wants to be more active. Motivates you into mental and physical activity, good for couch potatoes!

Parsley leaf and root

Beneficial when there is water retention due to heart weakness.

Men's Vitality Balancer©

A men's formula to balance the highs and lows in testosterone levels in the body.

Herbal Extracts

Centered Woman©

Support for women experiencing menopausal symptoms.

Gum Toner© I & II

Strengthens and tones the gums and teeth.

Bupleurum

Supports the liver.

Glycerites

Glycerites are extracts made with vegetable glycerin and do not contain alcohol.

Chamomile

For digestive complaints.

Chaste Tree

Female hormone balancer

Licorice

Increases energy, supports adrenal function, as well as respiratory and digestive system.

Olive leaf

(Tangerine Flavored)

Used in Europe for hypertension, impaired circulation, for diabetes and also as an anti-viral.

Red Raspberry

Rich in minerals, known to be a tonic to smooth muscle tissue, especially for the uterus and large intestine.

Wild Yam

Provides building blocks needed in the production of progesterone, estrogen and cortisone. Balances female hormones.

Glycerites for Kids

Children love taking their herbs in vegetable glycerin. They taste delicious and are easy to swallow. Some Glycerites even contain natural flavors.

Bilberry Berry

Supports good eyesight, and in formulas for anemia. For vascular support, such as easy bruising.

Catnip (Spearmint flavor)

Known to be a mild sedative, useful for children's cramps and upset stomachs.. Stimulates appetite and digestion.

Chamomile

Soothing and calming especially for children's digestive complaints.

Dandelion root (Anise flavor)

May stimulate hydrochloric acid, bile, liver, pancreatic and small intestine enzyme, and may be helpful for chronic constipation due to poor digestion. Re-balances electrolytes.

Eleuthero

Curbs irritability, helpful for nervous disorders.

Oats (Vanilla flavor)

Strengthens and nourishes the nervous system. Known to be useful for nervous exhaustion, anxiety, and impaired sleep patterns. Oats contains calcium and magnesium, which are essential nutrients for the nervous tissues.

Olive Leaf (Tangerine flavor)

Known for its anti-viral properties.

Red Clover

Known by herbalists to be the best blood cleanser, and for its ability to clear the skin of blemishes, for canker sores, etc. When there is nervous energy due to mineral deficiencies and heavy metal toxicity.

Red Raspberry

Rich in minerals.

Rosehips

High in alkaline vitamin C.

Valerian (Cocoa flavor)

Known as a sedative.

Herbal Minerals

(Lime flavored)

Liquid minerals for your child.

Skin Care

I Love My Face©

My favorite face oil which contains nourishing precious oils and essential oils, such as rose otto, neroli, myrrh, etc.

Softening Olive Cream

Softens and nourishes the skin

Skin Care for Babies

Natural and gentle skin care your baby will love!

Body cream for babies

Body lotion for babies

Bath soak for babies

Books

Living Essences for

New Times©

Mastering the Herbal World©