

# HERB STOP NEWSLETTER

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## Quarterly Highlight

### 10 BEST HERBAL REMEDIES FOR WINTER

1

*(Cold and Flu prevention)*

#### Personalized Immunity©

The herbs in this formula promote a healthy immune system and can be taken as a preventative during cold and flu season. For someone who already has a cold, it is known to boost the immune system and stop a cold/flu.

2

*(Sinus clearing)*

#### Sinus Drain©

Traditionally used at the onset of a cold or sore throat. Clears sinus infections and strep throat by gently cleansing out built up mucus in the respiratory system.

3

*(Blocked nose)*

#### Mountain Air Oils©

For a dry and blocked nose add 6 drops of Mountain Air Oils into boiling water. Hold head 18 inches above water, and take three very deep breaths through the nose deep into the lungs.

*Congested sinuses occur due to congested emotions, for example holding in anxiety. Express your emotions to clear sinus congestion.*

4

*(Sore throat)*

#### Throat Spray

A cooling **Throat Spray**, known to relieve sore, inflamed, and irritated mucous membranes in the throat. Singers and radio news broadcaster have used **Throat Spray** for healthy vocal cords.

5

*(Natural Anti-Biotic)*

#### Super Power Defender

An herbal extract traditionally used as a broad spectrum antibiotic for infections. It can also be taken for re-occurring infections, such as ear infections, tonsillitis, etc.

6

*(Cold relief or to shorten a cold)*

#### Body Defense©

The main ingredients in **Body Defense©** are echinacea and goldenseal, used by herbalists for the relief of viral and bacterial respiratory problems. This formula may also ward off a cold if taken at the onset, or shorten a cold.

7

*(Coughs)*

#### Osha – Pine Tips©

This great-tasting syrup provides fast, natural relief for coughs due to colds, minor throat and bronchial irritation. **Osha – Pine Tips©** is soothing and cooling to a sore throat and is refreshing for dry mouth.

8

*(Feeling blue)*

#### Creative Initiation©

Are the long dark nights of winter leaving you a bit down? This essence can replenish lost energy and lift your spirit. A few drops a day can bring back your zest for life, allowing you to feel creative and upbeat about future endeavors.

9

*(Low energy)*

#### Adrenal Support©

Is the stress in your life leaving you exhausted, causing you to be sick and tired? When your energy levels are high, physically, emotionally and mentally, you have a better chance in warding off any kind of illness that has invaded your neighborhoods. People's testimonial has revealed that **Adrenal Support©** increases energy levels by nourishing and strengthening weakened adrenals, as well as balancing blood sugar levels.

10

*(Dry Skin)*

#### Dry Skin Lotion©

Cold temperatures, dry winds and central heating can create havoc with your skin. Moisturize your dried out skin with **Dry Skin Lotion©** made with 100 % natural ingredients.

#### Keep Your Feet Warm

*Sprinkle a little cayenne into your socks to keep your feet warm.*

# Quarterly Feature

## ROSEHIPS

Rosehips are the fruit of the rose bush. When the blossoms are left on the plant, seed pods develop, turning a deeply orange or red in the fall. Rosehips can be enjoyed fresh or can be dried for future use. Besides being delicious, they are incredibly rich in nutrients. Rosehips are reported to have up to 60 percent more vitamin C than lemon or oranges. In addition, they contain vitamin B, E, K, pectin, beta-carotene, bio-flavonoids and minerals. As a result, rosehips exert a strong antioxidant effect, protecting against colds and flues, shielding the immune system and various organs and tissues from oxidative stress. Rosehips' high pectin content, a dietary fiber, is recognized to improve blood cholesterol, blood pressure, digestive efficiency, heart health and overall wellness. Clinically proven to promote fullness and suppress hunger cravings, rosehips may be helpful for healthy weight management. If you are prone to urinary tract infections, you might be interested to know that some people drink rosehip tea to prevent recurrences. Studies have also shown that rosehips can help prevent the development of kidney stones. Additional studies have proven rosehips to be helpful to the circulatory system, respiratory system, the thymus gland, and as a blood cleanser. Other health benefits include lowering abnormal body heat, relieving thirst, healing of internal hemorrhaging, aid for dysentery, strengthen the stomach, prevent and help relief chest infections and coughs, cleanse the kidney and bladder, prevent fluid retention, assist with gout and rheumatic conditions, as well as

nourishing the skin. As a gentle stimulant it allows healthy bowel movements. Rosehips are extremely alkaline and can restore the natural acid/alkaline balance of the body. You may also want to know that recently rosehips have been recognized in easing headaches and dizziness.

**Tip:** Put rosehips into soups and stews after using them for tea, since the steeping process doesn't extract the full load of vitamins. Rosehips give an interesting flavor, similar to lemongrass in Thai cooking.

### Rosehip Jam Made Easy

*Place 2 oz seedless rosehips into a bowl. Add enough apple cider to cover. Let stand overnight. Enjoy for breakfast or anytime.*

### Rosehip Tea

*Pour 8 oz of boiling water over 1 tbsp of seedless rosehips, steep for 15 min. If desired sweeten with honey. Drink warm or cold.*

### Rosehip Wine For Circulation

*Stimulates appetite and increases blood flow. Steep 4 oz of rosehips in 1 quart of dry red wine, for two weeks. Filter and drink 2 oz everyday.*

## HERBS FOR PETS



Are your pets troubled by loud noises, such as thunderstorms or fireworks? As we listen and gain knowledge from our customers' experiences, we learned that a few drops of **Inner Peace©** essence added to pets' water creates calmness, it even restores their sense of playfulness.

## HERBS FOR KIDS



### Lullaby©

This is an old, time tested and people tested formula known for its calming and soothing influence on restless and colicky babies. If a baby is excessively sensitive to the environment it lives in and/or has strong emotional reactions it may show signs of restlessness, belly ache, flatulence and colic. As well, if a baby or child does not feel quiet fully nurtured it may experience the same symptoms. **Lullaby©** is a digestive tension releasing glycerite for babies, children and adults. Some people say that **Lullaby©** is comparable to an "emotional hug".

## IN THE NEWS

### Sage Calms Anxiety

A new study shows that garden sage helps treat one of modern life's biggest problems: anxiety. British researchers say that taking 600 mg of dried sage daily can elevate your mood, increase alertness, giving you a feeling of contentment.

### Stevia In Coke?

The soft drink giant recently announced plans to begin making some of its drinks with stevia, a calorie-free herb that is 300-times sweeter than sugar.

### Still Can't Sleep?

A study reports that those given a valerian – hops combination fell asleep more quickly than the ones given valerian alone, from 56 minutes to 12 minutes!

## THE 7 STEPS TO GOOD CHOICES AND PERMANENT CHANGES

If you are ready to let go of old habits, behaviors, etc. and wish to introduce new ones for your happiness and wellbeing follow these 7 steps:

1. Write down the promises you are making to yourself on a piece of paper.
2. Keep this piece of paper in a place where you can see and read it at least three times a day for a period of 33 days.
3. Think about making good choices to reach for your goals.
4. Do not berate yourself if you experience some failures, just get back on track.
5. Research and learn about herbs that can maintain your focus on healing and balance.
6. Explore the world of Vibrational Essences to help you reach emotional freedom and higher states of consciousness.
7. Ask a compassionate, skilled person during your healing, awakening and transformation to guide you toward your desire of a new way of being and living. ☺

## NEW

### Mineral make-up

Did you know that the body absorbs 5 lbs of make-up chemicals a year! If you want to look your best without those chemicals try The Herb Stop's mineral make-up, made from mineral pigments and other natural ingredients. Mineral make-up is well known for its ability to let the skin breathe while providing long lasting and lightweight coverage. In addition, mineral pigments offer sun protection and the healing of certain skin conditions. Choose from a great variety of colors!

### Keeping Cool©

Many women have asked us for a remedy to reduce hot flashes without estrogenic stimulating effect. Here it is!

### Cramp Tea

This tea blend may be helpful in alleviating cramps and spasms in the reproductive, urinary, and digestive systems (from the stomach down). By changing the chemistry, lactic acid, which is the cause of cramps, is reduced. Herbalists have used this tea for menstrual cramps, intestinal cramps, and even for spasms in case of salmonella poisoning.

### Circulatory Calmness Tea

This delectable herbal tea has traditionally been known to relax the body, calm the heart and balance blood pressure.

### Super Power Defender

An herbal extract traditionally used as a broad spectrum antibiotic for infections. It can also be taken for re-occurring infections, such as bladder and kidney infections, ear infections, tonsillitis, boils, etc.

### What's the difference between an antibiotic drug and an antibiotic herb?

An antibiotic drug is an isolated constituent limited to the power of that one chemical, whereas the herb contains several constituents with a variety of healing properties, producing a synergistic effect. The herb can actually kill only the harmful bacteria while not harming the beneficial one. The drug does not have the wisdom to differentiate. Furthermore, most bacteria are not fooled by an isolated compound. Often the drug becomes ineffective or the cells mutate eventually to become resistant to the drug. The organic herb is nature's match for the bacteria.

### Pro-Active Insight©

2008 is the beginning of a brand new cycle and you may be wondering what in the world you are going to do and how you are going to do it. You may sense the need to look deep within yourself for insights. Listening to your instincts can reveal your needs, wants and desires, and how you are going to implement them. The essence of **Pro-Active Insight©** can awaken your intuition, center your energies, reveal your next step and motivate you into action.

Herbs influence both our physical and our  
spiritual being. -Paracelsus-

## SALAD DRESSING

This fantastic tasting dressing can keep you healthy throughout the winter if used everyday on your salads and steamed vegetables.

Combine and blend well equal parts of:

**Cayenne** – improves circulation, for cold hands and feet.

**Garlic** – anti-biotic, anti-viral, known as the Russian penicillin.

**Ginger** – stimulant, assists digestion and the absorption, helps break fevers.

**Horseradish** – respiratory stimulant, for sinus congestion.

**Onion** – expectorant, anti-septic, anti-viral.

**Parsley** – chlorophyll, body deodorizer.

Mix ingredients with olive oil and lemon juice or apple cider vinegar.