

# HERB STOP NEWSLETTER

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## Quarterly Highlight



## Your Skin!

The skin is the body's largest organ of assimilation and detoxification. It acts as a shield between the body and our environment as well as eliminating toxins and other substances from the body. The skin reflects our inner health and well-being. When someone experiences skin problems, the problem is usually more than skin deep. Here are some herbal solutions for some of the most common complaints:

### Dry Skin

When I moved from Canada to the Arizona desert my skin started to look terribly dry and dull. Besides drinking more water I also made myself a batch of **Dry Skin Formula**© lotion to enhance moisture in my skin. Within a few weeks of using the **Dry Skin Formula**© lotion twice a day my skin started to look younger, healthier and felt softer. Today people use this lotion for the same reason as I did years ago, as well as to prevent and reduce wrinkles.

*Warts, moles and skin blemishes are helped externally and are often cleared up by using the white milk from dandelions.*

### Wrinkles

Applying nourishing oils and essential oils to your skin may slow down the onset of wrinkles and aging skin. **Love My Face**© is an exquisite facial oil/serum containing oils of hazelnut, rosehip, sea buckthorn, evening primrose, vitamin E, borage oil, and precious essential oils of rose otto, neroli, myrrh, carrot and others. **Love My Face**© can give your skin a brilliant glow and healthy look.

### Cellulite

To eliminate these unsightly fat deposits takes a bit of determination and persistence. Diet and exercise are a must. Also, many people have used our **Toning Enhancement Lotion**© and have seen a slight difference within 48 hours and a strong difference in two weeks when used once a day, preferably at night.

### Stretch Marks

Would you like to eliminate unsightly stretch marks? Many people have used the **Collagen Enhancement Lotion**© with success. This lotion consists of infused herb oils and essential oils, traditionally used to increase elasticity of the skin and connective tissues. This takes several months, be patient!

### Hives/Rashes

**Rash Elimination**© is a cooling lotion for hot and itchy rashes. People who have used this lotion say that it is as effective as cortisone creams.

#### **Critical Relief Spray**©

The combinations of herbs in the **Critical Relief Spray**© have traditionally been used as a soothing spray for staph infections, both as a preventative and treatment. It can be used both internally and externally. If the infection is somewhere on the skin spray the area and the throat area as well, as it is absorbed through the mucous membranes and carried into the blood stream. I have used this spray on rashes for its antibacterial effect as well as for its soothing relief from itching and burning.

One of my favorite recipes for calming itching hives and hot rashes is to make a paste with 1 cup slippery elm bark, 1 cup liquid aloe vera and 1 cup distilled water. Apply this paste to affected areas and leave it on for several hours or as long as you want. Also, you may take slippery elm internally.

Another way to help you stop the itching is to take a 20 minute, lukewarm bath to which you have added 1 cup of baking soda. After the bath lightly pat yourself dry and lotion up with the **Rash Elimination Lotion**.

## Rosacea! !

Rosacea is a skin condition affecting fourteen million Americans. Although there is apparently no cure, proper skin care can keep flare-ups minimal. Evening applications of **Clear Complexion Lotion**© has shown to be helpful in balancing the pH of the skin as well as in reducing reddened patches. In addition, it is important to address the hidden psychological issues. People with roseacea tend to blush easily which is very often triggered by stress, anxiety or embarrassment. To assist someone with the emotional/mental aspect that causes roseacea, **Shinning Bright**© tincture has shown to be helpful.

## Nasty Skin Spots

**Nasty Spot Remover**© is a salve and may be helpful for certain skin conditions. The precise combination and measurements of herbs and Living Vibrational Essences in this blend is known to have an element of altering the cellular structure, inhibiting cell changes.

## Moles

There is an effective old folk remedy for removing moles. Every evening apply castor oil to the mole area and massage lightly. One hour later apply bloodroot herbal extract and let dry.

## Cleansing and Feeding Your Skin From Inside Out!

While it is important to treat your skin with nourishing and moisturizing oils, it is as important to treat your skin from the inside.

## ! Liver Clear©!

By cleansing the blood, skin impurities and other skin problems can very often be eliminated. **Liver Clear**© is an herbal formula known to clear the skin, particularly when the liver is involved.

## Hair, Skin & Nail Formula©!

Feed your skin with nourishing herbs. The herbs in **Hair, Skin & Nails** formula© are rich in absorbable minerals needed for beautiful skin, great looking nails, and shiny, soft hair. This formula may also strengthen the myelin sheath around the nerves. Good for when a stressed nervous system is the cause of poor skin condition.

## Clear Skin Tea©!

This old time European formula works great in clearing up problem skin. A great tasting tea and a favorite amongst young people (teenagers).

### Chamomile Infused Oil

*has shown to inhibit inflammation and has been used to treat dermatitis and other minor skin irritations. In one study it was found that chamomile was nearly as effective as hydrocortisone.*

### Chaparral Infused Oil

*activates the skin to detoxify. It is excellent for acidic conditions, such as acne, etc.*

### Violet Infused Oil

*has traditionally been used for skin problems, particularly eczema of the scalp and scabby skin complaints. Because it is so gentle, it can be used to ease cradle cap, diaper rash and eczema in infants.*

### Comfrey Infused Oil

*Used by herbalists to help with many skin disorders.*

# Quarterly Feature

## Seaweeds

Seaweeds are a very popular and common food in many cultures, but in the United States it is considered "gourmet" or weird. Seaweeds such as kelp, dulse, bladder wrack, nori are high in protein, low in fat, and incredibly rich in absorbable minerals, vitamins and trace minerals. Naturopathic doctors have long used seaweeds to treat thyroid problems because of its high iodine content, and for other conditions such as hair loss, obesity and chronic conditions.

**Dulse** is rich in iron, protein, and vitamin A. Dulse has 300 times more iodine and 50 times more iron than wheat. Tests on dulse have shown positive activity against herpes virus. It has purifying, nourishing and toning effects on the body.

**Kelp** is especially high in potassium, and has shown to be most useful in alkalizing blood chemistry. Extensive research done on this remarkable seaweed has shown to have anti-tumor properties (Japanese researchers have claimed kelp has "conclusively been proven to prevent breast cancer").

**Bladder wrack** is known to be the best remedy for obesity, where obesity is associated with thyroid trouble. It also has a reputation to help with rheumatism and rheumatoid arthritis.

*Dulse flakes taste great sprinkled on salads, pizza, (tastes like anchovies), or in omelet's.*

## Herbs for Kids



What to do when your child shows the first signs of a cold? Lots of fluids, warm soup and rest along with specific herbal remedies are generally all that's needed. Many herbalist moms will give their children higher than normal doses of **Echinacea**. For example, a four year old child would take 1/8 teaspoon of **Echinacea** glycerite every hour until the symptoms subside. For lung and chest congestion naturally cherry flavored **More Air©** glycerite has shown to be very effective in clearing up bronchial congestion. As always, seek the guidance of a holistic health care provider before using herbs for your children.

## Herbs for Pets



Charlene left the Humane Society and gave 2 year old "Lucky" a second chance on his life. Even though the dog was checked out by a veterinarian and seemed to be healthy, "Lucky" was lethargic, grossly overweight and would hardly eat. We at The Herb Stop gave her a sample of our **Dog & Cat Treats**. A few days later Charlene called excited: "Guess what? "Lucky" loves these treats. I have also noticed that she is happier. She plays and runs after her ball inexhaustibly". **Dog & Cat Treats** supports the health of dog & cats.

### ***Parvo & Other Infectious Diseases***

*To prevent Parvo and other infectious diseases at the Humane Society in Ruidoso, NM, grape seed extract is added to pet water, 1 drop to 8 oz. of water.*

## Soaps

Have you ever tried hand-made soap? We have, and we would like you to experience the amazing benefits of our natural hand-made soaps. They moisturize, nourish and soften your skin. We use only natural ingredients in our soaps, such as olive oil, coconut oil, pure essential oils, herbs, clays, cornmeal, coffee grounds oatmeal, etc. We never use artificial preservatives, coloring or fragrances.

### **Chocolate Heaven**

Chocolate lovers get ready to lather up! Please no eating!

### **In The Mood**

This is the soap bar for your hunny bunny! Sweet and spicy aromas create a warm, sensuous and stimulating atmosphere. Exquisite, exotic, erotic!

### **Breathe In**

Inhale the aromas and free your breathing while taking a hot shower. Both steam and fragrances can help you shake off and clear congestion.

### **Grapefruit Clean**

The best exfoliating bar of soap with ground walnut shells and a blend of essential oils to stimulate circulation and to encourage the elimination of dead skin and cellulite.

### **Oatmeal Lavender**

Soothing and calming lavender encourages relaxation after a stressful day and alkalizing oatmeal calms irritation in body, mind and soul.

### **Patchouli**

For the patchouli lover. Simply natural.

### **Orange Cream**

Skin soothing calendula, moisturizing honey and calming essential oils combined for

delicate skin, dry skin and rashes.

### **Black Licorice**

A bar of soap containing charcoal, useful for detoxification and digestion trouble. Delicious essential oils to satisfy your cravings for black licorice, but without the calories!

### **Espresso & Cream**

Wake-up and smell the espresso in your morning shower! Professional models have long used coffee containing exfoliating soaps to quickly eliminate cellulite before a shoot. Contains caffeine!

### **Down To Earth**

Hello? This is earth calling. Get your head out of the clouds with this grounding and down to earth soap. The warming, earthy yet sweet scents temp you to plant your feet firmly back on the ground.

### **Spearmint Lemon**

Let the uplifting tang of citrus and cooling spearmint refresh and invigorate you, filling the air with a burst of life.

### **Orange – Cardamom**

Begin your day with a little help from this deliciously sweet-spicy scented bar of soap. Focus, alertness and unblocking stagnant energy gives way to creative and imaginative thinking.

### **Freshen Up**

Beautiful blue and white swirls – a reminder of clean, fresh water in motion –, coupled with a beautiful deodorizing scent is essential for the confidence you are looking for.

