

Satisfy Your Soul



MOONRISE HERBS™

Quarterly Newsletter ~ Autumn Equinox 2005

Roots of Resistance

By Irene
LeviThorne



Most of the year the area in which we live is wet with rain or damp with fog. The Autumn season in Humboldt County however, presents itself with wonderfully clear blue days that are lusciously warm. The nights slip into cool, starry skied bliss. The roots have gathered the energy of the plants. The previous seasons they have spent flowering and scattering seed. Like a brown bear heading for hibernation they are now preparing for winter slumber. Now is the time of harvest.

The deep, diving roots like those belonging to Aralia, Burdock, Dandelion, Blackberry and Comfrey as well as the shallow spreading roots of plants like Valerian and Sheep Sorrel simply amaze me. I love the challenge of digging a root intact and smelling the sweet earth in which the roots live.

Before I harvest any roots, I imagine my own roots sending themselves deep down into the ground. They pass the ancient ones heading towards the center of our earth. Once there they pull up knowledge and nutrients that will feed my soul and enhance my interactions with the world around me. I give thanks for all roots, sing a song, and then dig.

Medicinal roots can help us in many ways. They can enhance immunity, soothe inflammation, help digestion and ease a cough. They can be antibacterial, as well as, anti-viral. For instance, Licorice root helps break the surface tension in our lungs so we can expectorate more easily. It has a property similar to cortisone that helps with inflammation. It also soothes the intestines and is antibacterial, making it very useful for ulcers. It enhances immunity and is also antiviral. It is harmonizing and is often used in combination with other herbs. Combined with sage it is one of my favorite herbs for sore throats. It is also quite sweet so children really enjoy it. If you have high blood pressure you may want to take a chewable tablet called DGL licorice. In this product the glycyrrhizin has been removed. Glycyrrhizin can aggravate high blood pressure when taken over an extended period of time. You would however be missing out on the antiviral and immune building components.

Turmeric Root is a fantastic anti-inflammatory often used in pain formulas. It is a bitter that helps digestion. When taken prior to eating, it activates your gastric juices so that you can assimilate and process nutrients more readily.

(continued on page 2)

Inside this Issue

Roots of Resistance,	1-2
The Roots of Herbalism, . . .	3
Announcements,	4
Schedule of Classes,	4

Inside this Issue

(Roots of Resistance continued from page 1)

Rosemary Gladstar even uses it in her toothache poultice:

- 1 part powdered organically grown goldenseal or chaparral
- 1 part powdered myrrh
- 1 part powdered spilanthes
- 1 part tumeric powder
- 1 drop clove essential oil

Combine the herbs with the clove oil and enough water to make a thick paste. Make a small cylinder shaped poultice and apply directly to the tooth. I find using St. Johns wort oil instead of water can really help with the nerve pain.

California Spikenard root is what helped me most at the tail end of bronchitis. It is a local plant that grows along shady inland springs and streams. The root's smell is captivating. According to herbalist Michael Moore, if *Aralia californica* is harvested in the fall it is more of a respiratory tonic. If harvested in the spring it appears to be better for a cough syrup or an expectorant. Each year I make a batch of *Aralia* honey.

Combine 4 parts honey to 1 part fresh root chopped into small pieces and infuse in a crock pot on low for 8 to 12 hours. Make sure not to scorch it. Strain while hot. Pour into a jar and let cool. A tablespoon added to a cup of hot water makes a delightful tea.

Astragalus root is a wonderfully energizing immune tonic. It is also anti-viral and stimulates bone marrow reserves. It is used to prevent and treat chronic imbalances, including recurring colds and flus. *Astragalus* also promotes circulatory health and stimulates regular metabolism of dietary sugars. It is often used to speed recovery from surgery and

radiation or chemotherapy. It can be taken as a tea, stirred into yogurt or cooked into soup. It has a sweet taste.

Blackberry Root is rich in tannins and is strong medicine for diarrhea. The tea or tincture can readily staunch the flow. A woman once came into Moonrise Herbs thinking she had food poisoning. Her main concern was 3 days of diarrhea. I suggested she take blackberry root and she did. Later she called me to thank me and also to let me know she did not have a bowel movement for 3 days afterward. Her intestinal system soon resumed normal activity and she was quite pleased.

Moonrise Herbs has many wonderful root bearing teas and products. Come on in and check them out. You might especially like our immune tea which combines Elderberry, Marshmallow Root, Licorice Root, Cut Rose Hips and Ginger. Or try Root 66 tea by Flower Power: it has Sarsaparilla Root, Roasted Dandelion Root, Chicory Root, Carob, Cinnamon, Crystal Malt, Fennel Seed, and Coconut. Yum!

Irene LewisThorne is a Certified Herbalist and Owner of Moonrise Herbs.

The Healing Percent

Did you know that breast cancer is the number one diagnosed cancer in Humboldt County? Did you know that ovarian cancer (which is not detected by a pap smear) is the fifth leading cause of death for women in our region? And did you know that we have a community resource right here in Arcata for people diagnosed with a breast health concern and breast or gynecologic cancer? The **Humboldt Community Breast Health Project** is a local non-profit staffed primarily by volunteers offering education, support, and hope to cancer survivors and their support people. All services are offered at no charge to clients and their families.

October 1st, in honor of National Breast Cancer Month, Moonrise will once again join with many other local businesses in donating 10% of the day's gross sales to the Breast Health Project. You can participate in **Sales for Survivors - The Healing Percent** and help your friends and neighbors who are confronting cancer to survive and thrive. Mark your calendar now, and come in on **Saturday, October 1st** to stock up on your herbs, enjoy an organic salad, and perhaps get a start on early holiday shopping. Stop in any time during September or October to pick up vital information on cancer prevention provided by our local Breast Health Project!

Zen Shiatsu

Bodywork for the Soul

Zen Shiatsu massage is a gentle form of acupressure that relieves pain and stress, promotes healing, and brings profound relaxation to your body.

Sandy Ferguson, RN
(707) 822-8828

Don't forget to try our
Organic Soup and Salad Bar
 Congratulations Soup Contest winner
Shannon Ryan!

We had a great time tasting all the soups that were delivered to us on our tasting day! It was difficult to choose between all the delectable choices. But after much thought, Shannon's Spicy Thai Peanut Soup was our favorite! Come in soon and try her winning soup!

The Roots of Herbalism

by Nora Sande

Since the dawn of time humans and other animals have counted on our plant allies not only for our nutrition, but also to prevent illness and to heal. Early humans paid close attention to the actions of plants, committed those actions to memory and shared the information with one another. Our deep and rich understanding of the healing power of plants today owes everything to those original humans, all over the globe, testing and treating themselves and others with the plants thriving around them.

Generations of grandmothers have passed down the joy, cultivation and use of herbs like peppermint, chamomile, basil, rosemary, lavender, thyme, sage and parsley. Many of the herbs we consider culinary are in fact medicinal, their general usage developing because of the protection and healing gifts they offer.

The Chinese developed Traditional Chinese Medicine (TCM) from their thousands of years of knowledge of local plants, likewise the Indians and Ayurveda. In the West, our tradition is more varied in influence. Western herbalism, just like western civilization, is a collage of collected influences from all over the world. From the Greeks onward, those in the west have been interested in finding and appropriating knowledge from all over the world. In the United States, our primary herbal knowledge comes

from Native American tribes', European settlers', and African slaves' traditional folk medicines combined with Eclectic philosophy.

The Eclectic Movement in the U.S. in the early 1800's fused some of the history and skills of allopathic medicine with a more holistic herbal approach to healing. The Eclectics were doctors who rejected the heroic medical practices of the day (including the use of mercury and other chemical poisons as treatment, bloodletting etc...) and looked to Native American botanical medicine, local "root doctors" (the 1800's equivalent of the traditional village healer) and homeopathy. The Eclectics only flourished for a short time in the mainstream before the allopathic doctors of the day perceived these reformers as a threat and pushed the Eclectics to the margins. Thankfully, we can see the Eclectic influence alive and well in the naturopathic medical schools of today.

Over the past 40 years, more and more Americans have sought out natural modes of healing. A small group of amazing herbalists, including Michael Tierra, Rosemary Gladstar, James Green and Michael Murray have done much to retrace, revive and disseminate herbal information (from Western, TCM and Ayurvedic traditions) in this country. We are particularly blessed in our neck of the woods with two outstanding herb schools, the Northwest School for Botanical Studies and the Dandelion Herbal Center, offering classes for both the beginner and more experienced herbalist. Both Christa and Jane are wonderful resources for those who wish to understand more about the magic and history of herbs and their uses.

The next time you use herbs for your health, please take a moment to ground and offer your thanks to all the herbalist healers that came before you. Without these healers, those wise women and men who have passed down the power and wonder of plants, our lives would be poorer and certainly shorter. We have much for which to be thankful.

Nora Sande has been a buyer for Moonrise Herbs for 4 1/2 years and is studying herbalism in her free time.

Dandelion Herbal Center

Clinical Herbalism

October 2005-April 2006 • Meets 1st weekend of each month.
 Study with renowned herbalists Rosemary Gladstar, Susun Weed,
 Christopher Hobbs, Cascade Anderson-Geller, Candis Cantin,
 David Hoffmann and Karyn Sanders

Beginning With Herbs

September 20-November 8, 2005
 Tuesday Evenings at Moonrise Herbs • 7:00-9:30 pm
 (707) 442-8157

www.dandelionherb.com • janeb@arcatanet.com
 4803 Greenwood Hts Dr. Kneeland, CA 95549



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Our New Healing Room is Ready!

You can now make appointments for In-depth
Herbal Consultations, Tarot and Astrology Readings.

Herbal Consultations with Irene LewisThorne - \$65 per Hour

Irene is the owner of Moonrise Herbs. She has been practicing herbalism for over 15 years. She has studied with many noted Herbalists and has also taught classes throughout Northern California. Using science, folk tradition and intuition she can help guide you on your path to wellness.

Tarot Readings with Erica Davie - \$25 per 1/2 hour

Erica brings a harmonious blend of expertise and intuition to her readings, offering a unique and telling tarot experience. Erica has over 10 years of experience using Aleister Crowley's Thoth deck

Astrology Readings with Julie Hochfeld - sliding scale pricing

Julie Hochfeld has practiced astrology for over 20 years. She views astrology as a tool for understanding one's self, clarifying one's relationships, and illuminating current and future cycles of growth. Julie brings intuition and empathy to her readings. Her main goal is to empower her clients by helping them discover and express their potentials.

Annual Autumn Sidewalk Sale!

10%

off everything
in the store!

September 23rd - 25th

- plus, outrageous markdowns out on the sidewalk.
- don't miss this great opportunity to stock up on herbs and ingredients to craft your own homemade holiday gifts.

Autumn Schedule of Classes and Events

The Nature of Inner Peace with Jnana Ishaya

Tuesday August 16th 7:30 - 9pm

A FREE TALK

How do we enliven peace in the world? How do we allow our own internal battles to rest? All great teachings point to being fully present "NOW".....but how does one actually "be here now"? Life is meant to be filled with ease, simplicity and Divine grace. Everyone will practice meditative techniques to stay present and expand awareness.

Beginning With Herbs with Jane Bothwell

Tuesdays, Sept. 20th thru Nov. 8th, 7-9:30pm

Eight Tuesday evenings plus 2 Herb Walks

Tuition: \$275 includes samples of products made.

This class gives you a strong foundation in understanding and applying the essential healing qualities of herbs. It includes demonstration and use of medicinal preparations, field identification, herbal first-aid, formula making and more. There are lots of hands-on activities and two herb walks.

Herbs 101 with Irene LewisThorne

Wednesdays, Sept. 28th & Oct. 26th 7-8:30pm

A FREE TALK

Have you wondered just what the difference is between a tea and a tincture? Can herbs be taken every day? How

should they be stored? Join us for a walk through the store, learn the basics on using herbs and have your herbal questions answered.

Tinctures and Elixirs, with Irene LewisThorne

Tuesday, October 12th, 7-9 p.m

\$25.00 includes recipes and a sample of each

Ever wondered how to make tinctures and elixirs? Join us for this hands-on class. We will discuss the different methods of making herbal extracts, and we will each make a tincture or an elixir during the class. (You will pick your tincture up two weeks later when it is ready.)

Herbal Gift-Making with Irene LewisThorne

Sunday, November 6th OR Sunday, November 13th

Two separate classes, each 12- 4:00pm

\$45 includes recipes and lots of samples

The holidays are fast approaching, and handmade herbal gifts are easy and fun to make and are always well appreciated. In this hands-on class we will make lip balms, lotions, aftershave, bath salts, spritzers and much more. Recipes and instructions for making cordials and other treats will be discussed. You will bring home samples of everything we make as well as handouts with recipes for making your own concoctions at home. Join us for an old fashioned afternoon of pre-holiday cheer!