

Satisfy Your Soul



# MOONRISE HERBS™

Quarterly Newsletter ~ Winter Solstice 2005

## Protected, Comfy, & Cozy

by Irene LewisThorne

That is how I love to feel during the winter months. I wear lots of layers. I eat fewer salads and a lot more soups. I enjoy sipping a warming tea as I sit by the fireside and I create more artwork. My daughter Iris bakes cookies and the aroma fills our home. The scent comforts us all.

As the winter closes in around us we are exposed to several strains of viruses, colds and flus. A great comfort for me is the fact that herbs and essential oils can help us to be both protected and nourished throughout this season.

If we can retain a healthy attitude and immune system we can glide through this season and appreciate all it has to offer us. This article will give you some insight into some mechanisms in our body that interact with a virus. It will also discuss ideas on how you may utilize herbs, essential oils and nutrition to optimize your winter wellness.

(continued on page 2)

### Inside This Issue

Protected, Comfy, & Cozy ..... p1

by Irene LewisThorne

Irene's Cauldron ..... p3

Astrology & Tarot ..... p4

Schedule of Classes & Events p4

Old Ed's Barn ..... p5

by Tim O'Leary

### Inside This Issue

(Protected, Comfy & Cozy continued...)

There is a new terminology for an old philosophy, psychoneuroimmunology. The term simply means that there is no separation of the mind and body, that they are connected. It has now been proven that the flow of peptides (or chains of amino acids) in our bodies, bind to receptor sites and create an intelligent network between the central nervous system, the endocrine system, and the immune system (the mobile brain). Research has shown that emotions, if repressed, can block the free flow of peptides and set the scene for diseases from viral infections to cancer. So, it is important to be in touch with all our emotions. Expressing them, as needed, in constructive ways.

On the cellular level, a virus uses the same receptors as neuropeptides to enter into a cell. According to Candace Pert, author of *Molecules of Emotion* "When you're happy, the rhinovirus can't enter a cell because norepinephrine, (a neuropeptide) blocks all the receptors." Anti-viral essential oils such as Cinnamon, Clove bud, Hyssop, Ravensara, Eucalyptus, Lemon Balm, and Tea Tree can also make it harder for a virus to enter a cell by blocking the viral receptors. Try combining several of the anti-viral essential oils together and use them in a room diffuser (10 drops total), bath (5-10 total drops), massage or body oil (10 drops per ounce). This creates a broad spectrum approach for protecting against or treating a virus. The company Oshadi makes a blend of essential oils they call Immune Support. This synergistic blend is a combination of the essential oils Tea tree, Niaouli, and Cajeput. A few drops applied to your chest each day creates a wonderfully antiseptic barrier with the ability to also fight infections. Essential oils also have the ability to comfort us. They can calm our minds, uplift our spirits, and help us to feel more centered. Moonrise Herbs carries several blends by Oshadi that

are fabulous. Some favorites include Emotional Rescue (Sweet lavender, Blue Chamomile, Cardamom and Immortelle) Stress relief, (Sandalwood, Lavender and Ravensara) and Harmony (Wild Chamomile, Clove bud, and Sweet Lavender).

Moonrise Herbs also carries several herbal teas and products that contain herbs known to be anti-viral or immune protective. One tea I especially like is our Immune Tea which combines Elderberry, Marshmallow root, Licorice root, Rosehips and Ginger. It is a nice warming tea rich in vitamin C and immune supporting anti-viral herbs. Herb Pharm makes a tincture called Lomatium, St. John's Wort Compound. Most people are aware of St. John's Wort's ability to lift the spirit of a person who is moderately depressed. This is due to the effects it has on our serotonin levels and the nervous system. St. John's Wort is also an anti-viral plant. In this formula St. John's Wort is combined with Lomatium, Hyssop, Lemon balm, Thuja and Echinacea seed, all of which have an effect on inhibiting a virus. If you prefer to take capsules instead of a tincture, many people swear by the popular winter time formula known as Wellness Formula. Created by Source Naturals, this bio aligned formula contains a powerful combination of herbs, antioxidants, vitamins and minerals formulated to boost your well being in times of need. Another protective formula is Astragalus Jade Screen by Planetary Formula. This is one of the most relied upon formulas in Chinese herbalism to strengthen immune resistance. The ancient texts say this preparation will "protect you from the cold winds as if surrounded by a screen of jade". Herbs For Kids makes a glycerite tincture for deep immune support it is called Echinacea/Astragalus. This product combines Echinacea and Astragalus roots with Lemon Balm, Peppermint, Cleavers, and Burdock root. This

(continued on page 5)

## Dandelion Herbal Center

### Beginning With Herbs

Jan. 24-Mar. 21, 2006 • 7:00-9:30 pm

Tuesday Evenings at Moonrise Herbs • Plus 2 Herb Walks  
Medicine Making • First Aid • Formulation • Plant ID

This class is a pre-requisite to the  
10-Month Herbal Studies Program

Please see our class insert for details.

Classes with Jane Bothwell • (707) 442-8157

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



### THE NORTHWEST SCHOOL FOR BOTANICAL STUDIES

One Day Bulk Tincture Sale on  
Alpine Meadow Botanical Extracts  
Saturday, December 10th-10 a.m. to 5 p.m.  
1062 G Street, Suite M, Arcata

P.O. Box 4543 • Arcata, CA 95518 • (707) 826-7762  
E-mail: christa@herbaleducation.net • www.herbaleducation.net

# Irene's Cauldron



In the still of a winters' night the owl calls ... Who..... Who...Who is coming to Moonrise Herbs? **Jane Bothwell**, long time herbalist and Founder of Dandelion Herbal Center in Kneeland Ca. does a wonderful thing for our community. Every other year she invites several well known herbalists to come to her center to teach weekend long sessions on a variety of subjects. I asked Jane if she would inquire if any of the herbalists she has invited to our area would be interested in coming to Moonrise Herbs for Friday night talks. I am delighted to announce that several teachers have agreed!

The first to join us was the dynamic and controversial herbalist, **Susun Weed**. Susun's books are cherished by many people. Titles include, *Healing Wise*, *Herbal for the Childbearing Year*, *Menopausal Years*, and *Breast Cancer? Breast Health!* Susun was here November 4th leading a discussion on **Menopause**.

Herbalist **Candis Cantin** arrives January 6th Candice is the Proprietor of Evergreen Garden, a center for sustainable living in Placerville Ca. Candice is also the author of *A Pocket Guide to Ayurveda* and she created the artwork plus contributed to the text of my favorite Tarot deck and book *The Herbal Tarot*. The topic of her talk will be **Building Vitality According to Oriental Medicine** (an Intermediate class). I have learned from Candice many times and I am thrilled to have this lovely, very knowledgeable woman join us.

On February 3rd **Cascade Anderson-Geller** will be here. Her studies continue with travel to areas of the world where people embrace a lifestyle that respects and directly uses plants in all aspects of life. Cascade has served on the faculty of naturopathic colleges throughout the U.S., as well as having an herbal practice and offering an educational program open to all students. Cascade's topic will be **Herbs for Enhancing Well-Being**, a slide show presentation on adaptogenic herbs.

Then on March 3rd Moonrise Herbs will be hosting **David Hoffman B.Sc., F.N.I.M.H.** Recently made a Fellow of Britain's National Institute of Medical Herbalists, **David Hoffmann** has been a phytotherapist for 25 years. David is the author of 17 books, including

**Medical Herbalism and the Holistic Herbal.**

David has chosen the topic **An Herbal Contribution to Emergency Management (or, What to do when the .... hits the fan.)**

The cost for each presentation is \$25. Pre-registration is required. We are very blessed to have such knowledgeable herbalists visiting our area. I hope you can make it to a talk or two.

The holidays are fast approaching and the staff at Moonrise Herbs is once again busily filling the store with wonderful and beautiful textiles, jewelry, gifts, candles, statuary, yummy body care items and delightful new teas! New items are starting to arrive daily. It is so fun to see what comes out of the boxes UPS delivers.

Of course we are also stocking up on everything you'll need to create your own herbal gifts. Creating your own luscious lotions, herbal lip balms, tasty tea blends, divine bath salts etc. is a fun way to get kids involved with holiday gifting. Beautiful bottles and jars as well as attractive labels will help you make a stunning display for your creations. Moonrise has several books to choose from with lots of recipes to help guide you. We also put a recipe sheet on our herb table that is free for the taking. If your feeling a little intimidated by the process, I am teaching 2 hands on classes called **Herbal Giftmaking for the Holidays, November 13th and 20th.**

Mark your calendars for our annual **HOLIDAY OPEN HOUSE Friday, December 2nd from 4-8pm.** We will be serving our celebrated handmade goodies, and dips plus hot apple cider and herbal tea. In addition **ALL BULK HERBS WILL BE 10% OFF ALL DAY!** Starting Dec. 14th look forward to extended holiday hours.

I wish you all good health and a blissful sense of serenity this winter season. I also hope for you, many opportunities to go for a walk and breathe in the refreshingly crisp air and if it is raining, (which is often the case in our neck of the woods) it is nice to remember that we are not made of sugar so we don't melt. ☺

Bye for now, with juicy green blessings,

*Certified Herbalist and Owner of Moonrise Herbs*



# ASTROLOGY & TAROT

## 'Tis The Season to be Your Own Hero. by Erica Davie, Tarot

"What inspiration can I offer the community for the up and coming winter holiday season?" As a tarot reader, I had very specific cards in mind that I expected to draw (the Hermit, the Sun or Art to name a few). So, when I pulled the 7 of Wands (Valour) I was almost disappointed. How dramatic. How tense. How... appropriate.

Valour by definition is "Having strength of mind and spirit - personal bravery." This time of year can be very hard on our psyches, our bodies and our emotions. Family quarrels and a tendency to over-indulge often accompany the holidays in our society. And with the dark days of winter and the pressure of holiday cheer many people struggle with depression and loneliness.

With a Mars in Leo card you can be assured that drama, struggle and tension (whether with yourself or with others) are actively seeking your attention. But, a Mars in Leo card can also take all that energy and turn it into something positive and fulfilling. The key is to be creative and do it with flair! Be selfless. Volunteer. Share your time. Speak from your heart. Talk to strangers. If you are feeling lonely or sad, get it out of your body. Write, dance, make mead and drink it at the beach, talk to the stars and know that really... a lot of people are alone. Most importantly, find a way this season to do something that will challenge you in a way that will help others and in turn help yourself. The ability to channel your energy outward in a positive way is important. Personal bravery... Be your own hero.

## Winter Solstice 2005 by Salina Rain, Tarot and Astrology

The moment of the Winter Solstice is one of the 4 sacred gateways of the yearly round to earth-based, spiritually oriented peoples of the world. Astrologically the chart set for Winter Solstice gives us a picture of the season ahead, with the most important elements highlighted by the inter-relationships of the planets. The Solstice chart for the moment when Sun enters 00 degrees Capricorn on December 21st, 2005, 10:35 am PST, is complex, dynamic, and unstable, pushing us to finding our stability through clarifying and further refining our values and priorities. We've just completed a year of focus on balancing our relationships, engaging in negotiations and finding new ways to work together. Now the focus is turning to resources and power, how we access them, how we use them, whether there's enough to go around. With this in mind it's wise to center our Solstice

celebrations, intentions, prayers and mantras around the concept of "fishes and loaves", the principle of sharing with an open heart that leads to the "magical" multiplication of resources. Fear of lack, and negative scenarios in general, we entertain in our minds must be re-framed into a spiritual context. This re-working of our habitual thought patterns includes responsible, conscious use of our divinely given creative powers of the mind; turning our attention more in the direction of wisdom, and compassion; a willingness to believe there is plenty for everyone, and that we create more by joining together in our work and our visioning rather than remaining separate. With the challenges we face the message from the celestial bodies is this: the greatest power for healing the world's, and our personal, ills is unleashed in every small act of caring, sharing and each gift of loving presence. Have a Blessed Solstice.

## Astrology: A Gift by Julie Hochfeld, Astrology

When I was seventeen, my mother gave me a gift - she hired an astrologer to read my chart. I remember sitting on our brown modular couch, amazed as this man I had never met described me with great accuracy and depth. I spent many months after the reading poring over the yellow lined pages that held his explanations of my planets. I still have those papers today. This was my introduction to astrology as a tool for self-knowledge; it gave me a language for understanding my own psyche and it came at just the right time - during the soul-searching of late adolescence. My journey of study and experiential learning has lasted over 20 years, and astrology has continued to be a gift in my life, helping me appreciate the uniqueness of family and friends, the mysterious connections between people, and the timing of life changes. Most importantly, astrology has given me a way to serve others.

I am so pleased to be offering astrological readings in Moonrise's beautiful new healing room. I thoroughly enjoyed the readings I did there this fall and look forward to working with more wonderful people in the coming months. For those interested in learning more, I will teach an Introduction to Astrology class on Wednesday nights in March. I also offer 20-page interpretations of birth charts, chart comparisons, and relationship charts (these make great presents). Perhaps this holiday season or this spring is the time for you to explore astrology and open the best gift of all - yourself!

All Tarot & Astrology readings are by appointment at Moonrise Herbs.

# WINTER SCHEDULE OF CLASSES AND EVENTS

## Menopausal Years

Friday, November 4th 7-8:30 pm  
with **Susun Weed**, \$25 workshop fee.

## Herbal Gift-Making for the Holidays (2 separate classes)

Sunday, November 13th OR Sunday, November 20th, 12-4:00 pm  
with Irene LewisThorne, \$45 includes recipes and lots of samples.

## Astrology: Basic Concepts and Chart Interpretation

4 Tuesday Evenings: November 15th-December 6th, 7-8:30 pm  
with Tricia Riel, \$75 includes your chart.

## Building Vitality According to Oriental Medicine (Intermediate)

Friday, January 6th (2006) 7-8:30 pm  
with **Candis Canton**, \$25 workshop fee.

## What is Body Quest?

Tuesday, January 10th (2006), 7-8:00 pm  
with Gina Wright, Free of Charge

## What is Quantum Energetics?

January 18th (2006) 7-8:00 pm  
with Sandra Freeman, Free of charge

## Beginning With Herbs

Tuesdays, January 24th - March 21st (2006), 7-9:30pm  
Eight Tuesday evenings plus 2 Herb Walks  
with Jane Bothwell, \$275 includes samples of products made.

## Energy Medicine "Spa"

February 1st (2006) 7-8:30 pm  
with Sandra Freeman, Free of charge

## Herbs for Enhancing Well-Being

Friday, February 3rd (2006) 7-8:30 pm  
with **Cascade Anderson-Geller**, \$25 workshop fee.

## Accessing Body Wisdom

March 1st (2006) 7-8:00 pm  
with Sandra Freeman, Free of charge

## Introduction to Astrology

Wednesdays, March 8, 15, 22, 29, & April 5th (2006) 7-8:30 pm  
with Julie Hochfeld, \$75 class fee.

## An Herbal Approach to Emergency Management

Friday, March 3rd (2006) 7-8:30 pm  
with **Herbalist David Hoffmann**, \$25 workshop fee.

*(Protected, Comfy & Cozy continued...)*

combination makes a wonderfully well rounded preventative and strengthening glycerite for kids. Lots of choices huh?

Did you realize that the digestive system has a critical link to our immune system? When we are under stress, one of the body's first responses is to shut down the digestive system. If the digestive system is sluggish and the intestinal flora isn't flourishing the immune system is left unprotected and we are not optimally absorbing the nutrients we ingest. Enhancing our diets with herbal bitters gets the digestive juices flowing so we will readily assimilate the foods we take in. Eating fermented foods such as yogurt, miso or sauerkraut or taking a probiotic combination helps with intestinal flora. Ingesting a more alkaline diet of fresh fruits, vegetables and whole grains gives our bodies' enzymes, vitamins, minerals and fiber to help the flow of elimination. All of this gives the immune system a boost. Moonrise Herbs carries several herbal bitter formulas. Alpine Meadow Botanicals and Gaia Herbs make 2 of my favorites. Both contain Turmeric, Gentian, Fennel, Cardamom, and Ginger.

I'm sure your head is swimming in information now. So, I'm going to end my article. But before I do, please allow me to summarize. Eating well, managing stress, exercising and processing our emotions in healthy ways are critical keys to well being. So, sit by the fireside, sipping a warming cup of herbal tea and even indulge in a chocolate chip cookie. Living life in balance and appreciating our surroundings keeps us cozy, comforted, protected, and healthy. If you need a little extra help try some of the ideas in this article.

*Irene LewisThorne*

*Certified Herbalist &*

*Owner of Moonrise Herbs*

## *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

# *Old Ed's Barn*

*by Tim O'Leary*

It all seems like a dream now, my memories are like a collage hanging in a misty fog at twilight. Maybe that's because it was close to forty Decembers ago on a crisp cold full moon night on the eve of the Winter Solstice. But this is what happened.

A bunch of us were staying at my old Uncle Ed's farm for the holidays. He was on my mom's side of the family and they were all horse people. So, of course, he had all the gear for a horse drawn sleigh ride across the open fields. It was tradition for the family to do it every Winter Solstice. Folks would come out of the woodwork and show up for this party. It was a big shindig with a huge potluck supper and a bonfire in the clearing of the old oak grove behind the Cunningham's barn. They lived down the lane that connected the two farms. It passed the slough where we kids would play during the day, sledding on the ice into the frozen cattails and marsh grass where snow covered muskrat lodges were scattered.

Well, Old Ed, as we liked to call him, not only had an attachment to horses, he had quite an affection for fairies – or the little people as he liked to call them. When we were in the barn doing chores he'd always show us something that he felt sure was elf-like. The frost patterns on the windows he said were the faces of the wee folk, and I guess if you looked at one long enough you could make out a face. Though it was an ugly face and not one you'd want to meet up with day or night. He'd always leave a small bowl of cream from the milk cows out for them to drink. He'd set it atop of the barn radio, and you know it was always empty in the morning. Though my mom said it was just that smart old tomat, Pouncers, who got it. One time he showed us this small wadded up pile of thistledown he found in the haymow that he insisted was a fairy's jacket. But when we took it out to examine it closer in the light of day, a breeze suddenly arose and blew it all away.

I always humored him. I actually did want to believe his stories but I also thought - like most of the other members of our clan - that he just told tall tales.

*(continued on page 6)*

(Old Ed's Barn continued...)

Like the time he showed me what he said were the little folks' footprints. They were in the snow around the boulder the size of a kitchen table that was on the hillside behind the barn. He said they had a cave under there and that's where they lived in the summer but in the winter they lived in his barn where it was nice and cozy with all the heat from the livestock, particularly the horses. I looked at the so-called footprints and just saw bird tracks. When he saw I was skeptical he would just snort and say, "Believing is seeing - now get those cows fed and go get some bedding straw for the pigs."

So, on this particular Winter Solstice, it was a spectacularly clear night. The moon looked like a ripe pomegranate rising on the horizon through the skeletal branches of the hardwood grove that grew on the east side of Uncle Ed's farm. Joyous chaos erupted as the early evening revelry got underway. Folks were parking up and down the snow-covered driveway and making their way to the gloriously lit farmhouse carrying streaming casseroles and bottles of libations. Me and my cousin Jimmy were still out in the barn doing chores. I had gone to the corn crib and gotten a couple of pails of corn for the horses in their stalls and while there I scared up something in the shadows that created an avalanche of corn ears sliding down. It startled me at first but I figured it was just a raccoon. All the dogs on the farm were up by the house, with all the people, probably scurrying around the horses and sleigh in anticipation for the moonlit ride across the pastures. Usually a dog or two would be with us out in the barn following us along while we did the chores.

Walking back to the barn, my boots crunching in the snow, I noticed a dim light coming from the lower level hayloft where we kept the straw for bedding. I guess Jimmy must have forgotten to turn off the light, I thought as I entered the barn and began to dump my buckets of corn out in the horses' feedbunk. I called for my cousin but he didn't answer so I figured he must have taken off for the house abandoning me to finish the chores alone. I could hear the noise from the gala beginning to swell in the still invigorating winter's night, I was a bit peeved mind you as I didn't think it fair that I had to shut all the lights off and make sure all the doors were latched while everyone else was getting jolly. And I was sure to miss out

on my Aunt Agnes' crab cakes because they were always the first to go. So I was feeling irritable as I hurried through to the far end of the old barn to turn off what I thought was a light left on by my neglectful cousin. You couldn't tell who was more shocked when I opened the small wooden door into the lower level loft - me or the dozen or more little folk I surprised dancing around a globe of white light emanating from a large pumpkin.

Well, as quick as I burst into the scene it went black. I was left stumbling in the darkness. Scared out of my wits, I turned around and hightailed it through the barn out the doors on the other end into the frosty night air where I blundered onto a pile of logs waiting to be cut up for firewood. I lay there gasping looking into the night sky, and though the moon was bright I could see Orion commanding his part of the heavens. Then a dark form blocked my view and I quickly recognized Uncle Ed. Chuckling, he pulled me to my feet. "Stumbled into something? I see that you believe now. Come on then, get to the house, get something to eat. We've got a sleigh ride to start." And with that we made our way to the sparkling house in all its Yuletide glory and rowdy revelers.

It was a night to remember as we rode from the house to the bonfire, taking turns in the sleigh. I remember looking up to the winter sky and wondering, as I still do to this day, was it a dream or did I really see those elves. But I still remember the wee voices rising in song when I stumbled upon them, and these are the words they sang:

*The night is long, oh where is the light?  
Come back friend sun and shine warm and bright.  
Melt the snow and thaw the ground  
The seasons go round and round*

