

Satisfy Your Soul



MOONRISE HERBS™

Quarterly Newsletter ~ Spring Equinox 2006

Welcome Spring! This time of year is warm, juicy and fertile. As I look around me, I delight in knowing several pregnant women. Birthing babies is a beautiful aspect of being a woman, and a result of warm, juicy, fertilization. I, myself, have given birth to three adorable babies. In doing so I have come to understand that a newborn child is a gift the universe gives to us all. Two months before my last child was born my mother passed away. I was able to look into her eyes soon before she left. When my daughter was born she looked up at me with the same gaze my mom had shared with me. I realized then that the veil between the two worlds was showing itself to me within their eyes. Just like the seasons change from winter to spring, I have seen that death and birth are very close to each other.

One thought that gave me great comfort while I was pregnant was the reflection that my body is wise. Women's bodies hold the memory of many generations of women who have traveled the same journey and birthed a multitude of beautiful babies. Knowing these women had done so before me and will continue to do so after me gave me a lot of strength. It was empowering to know, too, that an abundance of herbal allies were ready to take my hand and help me along the way. One of the best qualities that herbs have is the fact that they tonify our bodies' natural strengths. This holds true during pregnancy. We have a very popular tea blend here at Moonrise Herbs known as Pregnancy Female Toner Tea. This tea is a blend of Alfalfa, Nettles, Red Clover flowers, Red Raspberry leaves, Rosehips, Yellow Dock and Lemongrass. It tonifies and fortifies the uterus with an abundance of vitamins, minerals and nutrients like, Calcium, Iron, Vitamin C

Giving Birth



By Irene Lewis Thorne

and K, Folic Acid and more. To prepare, just steep a heaping handful of the tea blend overnight in a quart of water and drink the infusion throughout the next day. It is nice to start drinking this tea while you are planning to conceive then continue to drink it throughout the pregnancy. You can however start drinking it anytime during your pregnancy. If you get nausea during your pregnancy fresh grated Ginger tea will become your friend. If you do not care for Ginger, try Lemon Balm or Chamomile tea. Digestive enzymes can also be helpful. Some of us experience heartburn during the later part of pregnancy because the baby is starting to take up so much room. A tea combining 2 parts each of Anise and Fennel seeds with 3 parts Peppermint, 1 Part Cinnamon and an 1/8 part Lavender is recommended by Rosemary Gladstar in her book *Herbal Healing for Women*. She suggests using 4 to 6 tablespoons of the combined herbs for each quart of water. Bring to a simmer, keeping the lid on the pot, then steep for 20 minutes. I also found saltine style crackers really helped me. An herbal formula by Floradix is a wonderful (continued on page 2)

(Giving Birth continued...)

liquid iron supplement that can keep one from becoming anemic and it tastes good too.

For your outer body Moonrise Herbs carries a lovely oil and a cream to adorn your growing belly with to sooth and nourish the skin as it grows to make room for your baby. Applying these can also help with stretch marks. Mothers Special Blend Skin toning oil combines Almond Oil, Pecan oil, Coconut oil and a little Cocoa butter and vitamin E.; Great Mother's Belly Butter is a luscious creamy balm that combines Cocoa butter, Olive oil, and Coconut oil with the soothing, toning and healing herbs of Calendula, Marshmallow, Hawthorne berry, White oak, Raspberry leaf and Passionflower.

For postpartum recovery or hemorrhoids Moonrise Herbs has two formulas for sitz baths. Both contain soothing and astringent herbs. Great Mother's is a container of 3 large tea bags ready to use. Well in Hands is an ancient Cherokee recipe that combines some soothing astringent herbs with sea salt. To use, place a 1/2 cup of the mixture into a warm tub. Preferably, the size of the tub should be a little larger than your tush. Soak and savor for 20 minutes. If you have a Comfrey plant growing in your yard you can just pick a leaf or two and mush it into a poultice and wear it in your panties too. That is something I did and it was very convenient while nursing my little one.

To prepare for nursing it is a good idea to toughen your nipples a bit before the baby ever latches on. While pregnant, and bathing, use a semi-rough wash cloth on your nipples. Not a scrubber or anything like that, just a wash cloth with plenty of texture. You will be glad you did. The strength of their tiny mouths is amazing! Moonrise has a nipple soothing cr me for breastfeeding mothers created by Lansinoh that is endorsed by the La Leche League. Beyond breastfeeding it is recommended for diaper rash. To promote

healthy milk supply, Moonrise Herbs has a tea blend we call Ever Flowing Nursing Tea. It has herbs that have historically been used to promote milk as well as Lemon Balm and Lavender to help you relax and the addition of rosehips makes it high in Vitamin C. Recent research has shown that Vitex has the ability to promote a healthy flow of milk and milk let down by helping the pituitary gland promote the production of the hormone prolactin. Windriver and Herb Pharm both have tinctures formulated for nursing mothers that contain Vitex. Windriver calls theirs Mommy's Milk-Flow Blend and Herb Pharm's is titled Mother's Lactation Tonic.

Moonrise Herbs has always been dedicated to mommas and babies. Next to our kids play corner we have seven shelves of books dedicated to Pregnancy, Birthing, Nursing and the raising of children. I truly just touched the surface of the information that is available to women during this incredible time. Come in and see for yourself!

As we leave the winter months where many plants have died back to conserve their energy and enter into the warm, juicy, fertile spring with all the new blossoms being born I find myself loving life, watching for rainbows along my way and rejoicing in their beauty. I hope you are doing the same.



Written By

Irene Lewis Thorne

Certified Herbalist and
Owner of Moonrise Herbs

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Irene's Cauldron



On February Third a good friend and I left our homes and children in the hands of our loving partners and traveled to Mexico. We spent ten days there, seven of which were spent in Tulum, in the State of Quintana Roo, along the Yucatan Peninsula. We stayed in a palapa on the beach where we witnessed pelicans fishing, flamingos flying by, hermit crabs crawling, iguanas playing and hibiscus flowers growing. We took day ventures to the Mayan Ruins of Tulum and Coba. We also drove a jeep two hours down a pothole ridden road to an Ecological Biosphere, known as Sian Ka'an. Sian Ka'an in Mayan means, where the sky is born. At the Coba ruins, as well as Sian Ka'an we were blessed with having a Mayan guide. The guide in Coba not only explained the activities and rituals done in the ruin area he also, upon my prompting, spoke about the plants. The plants that his Grandmother used to help him and his relatives as he was growing up in the small village of Coba. His Grandmother has passed away, and with her went most of her herbal knowledge. Our guide mentioned that his mother remembers more than he but, he was able to share a few tidbits that I found fascinating.

The ruins in Coba are not completely renovated. In fact, most of the site still lies buried under the dense jungle. As we walked along the jungle pathways he pointed up to a tree. There up high in the branches was a beautiful orchid. Our guide informed me that an orchid similar to this one is boiled and used as a poultice for wounds. He pointed to another tree whose name he could not remember. He said his Grandmother told him that if you were to harvest the roots of this tree, from the appropriate direction, (which he did not remember) and you boiled them that it was a very good remedy for kidney stones. He said his Grandmother also told him that if the roots were gathered from the wrong direction that it would not work. Another tree he showed us, "Chechem", has poisonous sap. If you come in contact with the sap, it creates a rash even worse than Poison Oak. You can be affected just by walking under the tree, and for the super sensitive, just walking near the tree will do. The cure for the rash? Our guide points to another tree, which is jokingly referred to as turista tree. It has peeling bark, like a sunburn! The Mayan name for the tree sounds like "Chekah". The bark is decocted into a tea and applied topically. Soon, the rash is

relieved. Our guide pointed his father out to us as he rode a bicycle up to a group of locals. We were informed that his father was a very important man in the community "like a mayor". His father's work was thatching roofs. We learned that the fronds used for thatching roofs need to be harvested on the full moon, or the roof would not last.

Pardon my pun, but I was itching for more knowledge on the local plants. When we headed to Sian Ka'an, I again asked to be enlightened. This guide knew even less than my previous guide, however, he did point out the Quinine tree, which is well known to have helped heal Malaria. Much to my surprise it turns out "Chekah" is the quinine tree! Our guide also showed me the Noni tree. He proudly announced that the Noni tree is currently undergoing testing for cancer treatment. My travel mate, Annie, has traveled all over the world. This was my first trip out of the U.S. I hope to go back with my husband next year. Before then I plan to learn a lot more Spanish.

Moonrise Herbs was running smoothly while I was away. We have moved through the celebrations of Imbolc, Candelmas and Valentines. Now, we are readying for the Spring Equinox.

Seeds and medicinal plant starts will be arriving soon and we have several books on planting and the manifestation of beautiful gardens. Hanging colorful prayer flags is a fun way to adorn your home or garden space, and we have several new styles to choose from.

If you are looking for items with which to fill a child's Easter basket, we have little chick and bunny stickers, tumbled stones in a multitude of colors, and egg shaped tub treats. One type of tub treat is a delightfully scented egg and the other is a Fizzy Foamie egg which is a whirling, fizzy, fun treat for the tub with a hidden toy inside.

We also brought in a wonderful new skin care line. Grateful Body leaves your skin feeling soft and nurtured. The products are certified organic and the plants used are certified biodynamically grown. They use no synthetic preservatives or fragrances. They have reasonably priced sample kits so it makes it easy to discover how truly lovely this line of skin care is.

If you love the Dr. Haushka skin care line, mark your calendar for **April. Dr. Haushka is offering us 15% off their regular prices** and we're passing that on to you! We only receive the *(continued on page 4)*

(Irene's Cauldron continued...)

discount for one order that we place with them so come in early in April because when we run out it all goes back to normal.

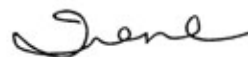
Moonrise Herbs is turning 21! Come help us celebrate May 12th-14th and save 21% off of everything in our store!

Be like a blossoming flower this spring and come create a new scent for yourself in our Scent Your Soul room. Essential oils are available to be purchased by the drop and the perfect blend can be created for you on the spot. Essential oils also help with spring cleaning and our Simplers line has just expanded to sixty different scents. Come let your nose out for a scensual journey.

Moonrise has also expanded our Simplers bulk tinctures line as well. We now have Echinacea Purpurea in glycerite and alcohol, Passion Flower, Don Quai, St. Johns Wort, Gingko, Eleuthero Root,

Valerian, Kava Kava and Vitex as singles and the compounds we carry include Hawthorne Compound, Milk Thistle Compound, Saw Palmetto Compound a Stress Relief Compound and a compound with Nettles and Radish for allergy relief. All types sell for only \$5.99 an ounce and that includes the bottle!* If you pick up one of our tincture cards, and get it stamped each time you purchase an ounce of tincture, you save 50% on every sixth ounce. That means your sixth ounce of a bulk Simplers' Tincture would only cost \$3. Wow!

Juicy green blessings,



Certified Herbalist and Owner of Moonrise Herbs

* Please ask at the counter for free tincture bottles provided by Simplers.

SPRING SCHEDULE OF CLASSES AND EVENTS

Circle of Light

Monday, April 3rd 6:45-8:45 pm \$10 fee

This is a new forum that meets on the first Monday of every month to provide participants the opportunity to hear practitioners speak on the subjects of personal growth, spiritual inquiry and healing, and to ask questions of the presenting practitioners. Each meeting will have two speakers giving 30 minute presentations on different topics. Walk-ins welcome.

Our April 3rd Speakers will be:

Julie Caldwell, of Humboldt Herbs - "Healing with Angel Therapy"

Marlene Smith, L.Ac. - "Chinese Pearls of Wisdom"

Calling your Soul Home: Shamanic Methods of Healing Support with Michal Mugrage

Tuesday, April 4th 7-9:00 pm \$20 fee

Learn about the shamanic view of health and well-being. Introducing different methods commonly used in shamanic practice, including power retrieval, energy extraction, and soul retrieval.

What is Quantum Energetics? with Sandra Freeman

Monday, April 10th 7-8:00 pm Free of charge.

This informative and experiential presentation will focus on a gentle, non-invasive system of health care that very effectively uses subtle energy to trigger the body's innate healing processes.

Foods that Harm, Foods that Heal with Lezley Troxell

Tuesday, April 11th 7-8:30 pm \$5-10 Sliding Scale

Demystifying Nutrition in an overwhelmingly "informed" world, trying to answer the question...What's to eat? A talk filled with humor and delight.

Introduction to Energy Medicine with Sandra Freeman

Tuesday, April 18th 7-8:00 pm Free of charge.

This exciting and experiential presentation will focus on the practical application of various energy therapies such as Magnetic and Far-Infrared Therapies, "Living Water", Bio-Resonance Energy Mat (uses light, sound and electro-magnetic pulse), detoxification, and hands-on healing.

Introduction to the Journey and Cellular Healing with Judy Walenta

Friday, April 21st 7-8:30 pm Free of Charge.

The Journey is a simple, yet powerful, step-by-step process which taps into your own body's infinite wisdom to facilitate the release of physical and emotional issues on the cellular level. This talk will include some closed-eye processes, giving participants a taste of the Journey experience.

Herbs 101 with Irene LewisThorne

Tuesday, April 25th 7-8:30 pm Free of charge.

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.

Circle of Light

Monday, May 1st 6:45-8:45 pm \$10 fee

Speakers TBA. Call in or Drop by Moonrise Herbs for updates.

Herbal Spa Day with Irene LewisThorne

Sunday, May 7th 12-4:00 pm \$25 fee

Treat yourself to an herbal spa day and make a lovely lotion and lip balm, plus do a wonderful facial and treat ourselves to an herb and flower footbath. You will go home with your own lotion and lip balm and recipes for everything. Limited to 5 "pairs", 10 participants total.

Accessing Body Wisdom with Sandra Freeman

Monday, May 8th 7-8:00 pm Free of charge.

This fun and experiential presentation will focus on "specialized kinesiology" or muscle testing as a tool to access the inner intelligence of the body.

Praying with Power: Unlock your Spiritual Strength with Michal Mugrage

Tuesday, May 9th 7-9:00 pm \$20 fee

Learn time-tested techniques that can be employed, whatever your religion or spiritual path, for gaining maximum benefit from praying.



EGGS

A Symbol for Fertility

by Irene Lewis Thorne

According to the book Panati's Extraordinary Origins of Everyday Things it is only within the last century where chocolate and candy eggs were exchanged as Easter gifts. But the springtime ritual exchanging of real eggs; white, colored or gold-leafed, is an ancient custom predating Easter by many centuries. From earliest times, and in most cultures, the egg signified fertility, birth and resurrection. The Egyptians buried eggs in their tombs. The Greeks placed eggs atop graves. As far back as the second century, wealthy people would cover a gift egg with gold leaf while peasants dyed their eggs with flowers, leaves, logwood chip, or the cochineal insect.

It is fun to dye eggs with natural pigments that are readily found in your kitchen or are available here at Moonrise Herbs. Try boiling eggs in yellow onion skins for shades of beige, red onion skins or beet root for shades of red, Turmeric for bright yellow, Paprika for burnt orange, red cabbage leaves for bright blue. The longer they boil the darker the color. If you want to get fancy, wrap a fern or leaf around the egg, secure it with a piece of panty hose then boil the egg with your chosen pigment. It is so fantastic to unwrap each egg and see what has transferred onto the egg shell. Play with the idea and have lots of fun! ☺

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Spring Winds

by Tim O'Leary

A sure sign that spring was well on its way on the farm in Minnesota was when we started to remove the hay bales that were stacked around the house all winter to keep the heat in. We'd start on the south side of the house and make our way around, taking about a dozen a day, loading them onto the old '52 Chevy pickup and driving out to the pasture on the hill behind the barn. That's where the cows were during their calving period before we set them loose in the bigger grazing area.

I remember one April when the spring winds never let up. They were cold and gusty in the mornings and by late afternoon they'd be howling and battering every thing in their path. This happened right at feeding time for the cows, and up on that hill you could get hit by the sheer force of some gust that would nearly knock you off the back of the truck as you tossed the bales down to the excited hungry cows who followed us as we drove around. My brother, Steve, would be at the wheel - usually with his tape player on so loud it drowned out the wind and the bellowing of the cows. He'd be banging on the dashboard with one hand in time with the music while lighting a smoke with the other, all the while meandering the truck around the hillside. Meanwhile my other brother, Kevin, would cut the twine off the bales and flip the hay into the air where it'd be caught by the wind and sail through the air until it hit the (continued on page 6)

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(Spring Winds continued...)

ground to be munched by the pregnant heifers.

After a few days of this, one of us got the idea to bring a bed sheet out with us with the plan to catch the wind and leap off the pile of bales in the back of the truck to see how far we'd stay aloft. Well, we couldn't find a sheet anywhere but we did come across a big red tapestry that my sister had brought back from her recent visit to India. It would be perfect for our experiment.

That afternoon was brilliant. Popcorn shaped clouds skimmed across the blue sky and the wind blew with force of a mild tornado. We piled the truck high with bales. Riding on top of the hay bales I could see across the countryside. Down in the slough the willows were tinted a lime green with new leaves forming. Redwing blackbirds flew back and forth, in battle mode staking territory for the new season.

Across the way, old man Peterson pulled a manure spreader with his tractor. The manure from his horse barns sprayed into the air like a brown downpour onto his freshly plowed fields.

In one corner of the meadow, near the grove of trees somewhat out of the wind, I noticed that one of the cows had birthed her calf. I jumped off the truck, while it was still moving. The music was so loud in the cab Steve didn't hear me shout that I was going to check out the newborn. Kevin was busy unraveling the tapestry and trying to keep his balance atop the bales as they swayed back and forth in time with the truck's lurching and the music blaring.

I walked up to the new mother. She stared at me with placenta drooling from her mouth, eyeing me warily as I checked on her beautiful baby. The calf looked at me with big black eyes as I investigated its sex. It was a baby girl, a heifer. Not a bull like Virgil, who grazed in his own pasture. Just one barbed wire fence kept him apart from the other cows.

As I got to my feet and turned around to go back to the truck, who did I see kicking his hind legs into the air and rutting into the ground, his head tossing and saliva spewing from his nose and mouth, but Virgil. It only took me a second to see what was agitating him. There, not more than a hundred yards away, a magnificent red tapestry flapped in the spring gale with my brother barely hanging onto it, oblivious to Virgil's agitation. My other brother didn't realize what was happening either. He was lost in the music blaring from the cab.

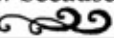
Well, Virgil and I both started running toward the truck at the same time. Me screaming to GET RID OF THE TAPESTRY, and Virgil bellowing in tormented agony. If the animal had been on our side of the fence,

I'm sure he would have attacked that truck as

he wasn't a bull that you turned your back on.

Suddenly a powerful gust of wind swooped in and caught Kevin unaware just as he had gotten the four corners of the cloth together, and in that instant he was lifted from the truck. He briefly hung in the air, buoyed by the wind, then in the time it takes you to gasp and say, "Ohmygod!" he was on the ground. Luckily, his landing was cushioned by a broken bale of hay. The red tapestry flew through the air. Dancing and twirling it landed across the fence right in front of Virgil who wasted no time ripping into it with his hoofs until it was a muddy pile of fabric torn and shredded.

Kevin got up off the ground, shook himself off and we both laughed and laughed as we watched Virgil pulverize my sister's beautiful Indian tapestry. We could barely stand up with the wind pounding us and we being in hysterics. Over the blare of the music pounding from the truck, Steve shouted, "Mary is going to wonder what happened to her tapestry."

We shouted back above the wailing wind. "She'll never know because we won't tell her." And we never did - 'til now. 

© *New to our Healing Room* ©
Shamanic Readings with Michal Mugrage

On the first Saturday of each month, from 3:00 to 6:00pm, when you walk into Moonrise Herbs you might have the opportunity to hear the sound of singing, and the comforting yet energizing sound of a rattle. That would be Michal Mugrage working with a Moonrise Herbs patron in the Healing Room, doing a reading or an energy balancing session. Michal is an initiated shamanic practitioner who's trained in methods of divination and healing with indigenous shamans and healers in Nepal and Japan.

People who have worked with Michal use the words such as "nurturing", "empowering" and "transformational" to describe their session. Her shamanic readings are very clear, and are an opportunity to look deeply at the source of one question or issue and receive information on ways of working with it. In an energy balancing session, Michal connects with compassionate helping spirits she has been trained to work with. With their help she examines the patterns in the physical, emotional, mental and spiritual aspects of the energy field for blockages, unhelpful thought forms, and for any spiritual elements that do not belong, and gently unravels and removes the energy. People walk out of the room feeling peaceful, centered, and often energized or very clear. Many talk of having experienced some kind of release.

If you are in Arcata some first Saturday in the afternoon, stop by and treat yourself to a session! There is a schedule on the door of the Healing Room while she's in session, so you can sign yourself up for a time that works best for you. A reading is \$25 for a 20 minute session, and an energy balancing session is \$30 for a half hour session. ©