

Satisfy Your Soul

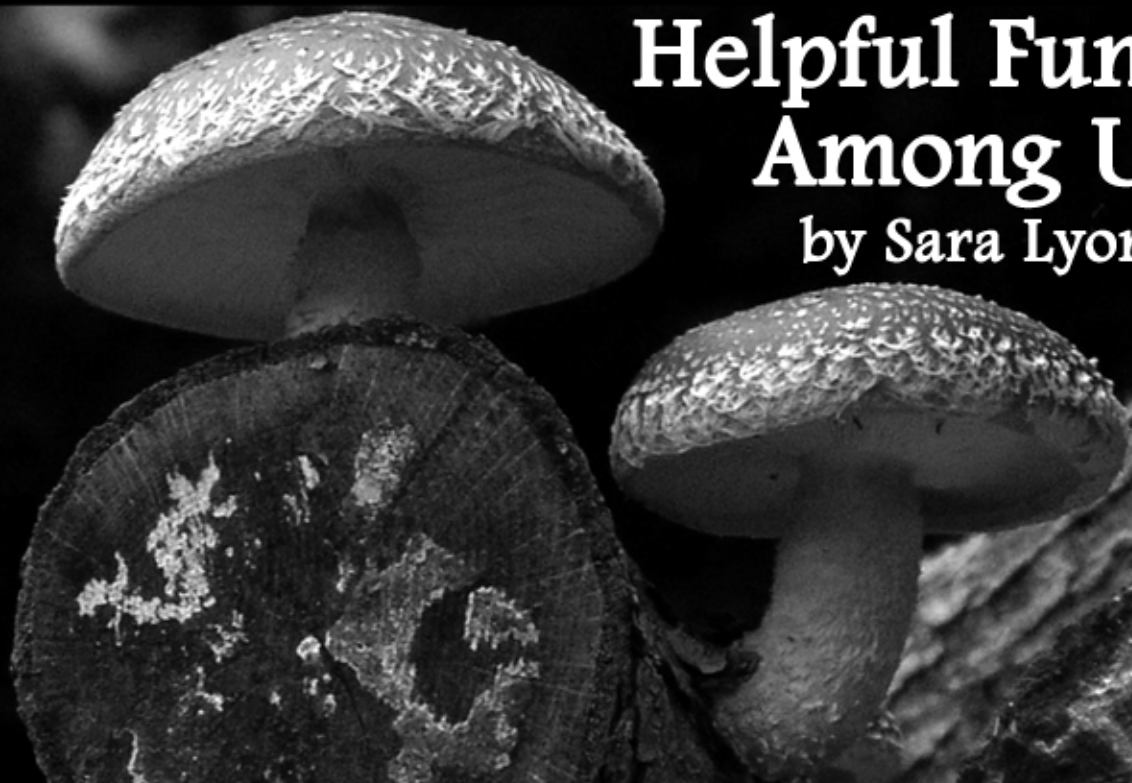


MOONRISE HERBS™

Quarterly Newsletter ~ Autumn Equinox 2007

Helpful Fungus Among Us

by Sara Lyon



Fall is the time where the final garden bounty is being harvested to be enjoyed in the coming weeks or pickled, dried, canned, or stored for a taste of summer during the winter ahead. I used to feel that the winter months were a time to rely on what was stockpiled until the next spring, when it was time to begin the garden once again. That was, until I moved to Humboldt County and enrolled at H.S.U. in "Biology of the Fleshi Fungi" with Terry Henkle. Now every fall is anticipated as it is sure to bring rain, from which springs forth the diverse fruits of the fungal kingdom to be savored over the winter. Here at Moonrise Herbs we regard many mushrooms as our allies, in both keeping our bodies protected from illness and to help us recover from chronic conditions. The scientific literature on medicinal mushrooms is growing. I believe that this trend will continue as more people who once thought of mushrooms as loathsome toadstools, begin to revere them as a source of both food and medicine.

Cordyceps (*Cordyceps sinensis*) was given national attention in 1993 when several world records in women's running were broken by Chinese athletes who attributed their performance, at least in part, to regular intake of cordyceps tea. Later studies have shown that cordyceps improves respiratory activity through the dilation of the bronchioles and aorta and by increasing the metabolism of lactic acid, both of which would lead to increased running performance.

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(Helpful Fungus Among Us continued...)

Its vaso-dilating effects make it useful in cases of asthma, lung inflammation, and to help expectorate the lungs during illness. Cordyceps has demonstrated that it can reduce atherosclerosis by inhibiting cholesterol deposition and improve heart rhythm in cases of arrhythmia. Cordyceps contains polysaccharides that have been shown to boost the immune system via the stimulation, in both numbers and activity, of cells which target tumor and virally infected cells. It has been effective in the treatment of breast and lung cancer, as well as leukemia. Chronic hepatitis B patients treated with cordyceps showed improved liver function, including the ability to fully metabolize proteins. Cordyceps has also been used successfully in cases of male impotence and kidney disease in elderly patients. It may also be a useful addition in the treatment of Lyme disease.

According to Paul Stamets, cultivated *C. sinensis* is preferred over wild *C. sinensis* because of its "greater consistency, equal or greater potency, and quality assurance". Furthermore, look for products containing solely the mycelium, or at least a greater percentage compared to that of the fruiting bodies, as it has been shown to have higher anti-oxidant content.

Shiitake (*Lentinula edodes*) is not a mushroom that I grew up with, but can now be found in many grocery stores and at the Arcata Farmer's Market! Shiitakes are a wonderful addition to soups and stir-fries. Or they can be thinly sliced and marinated in a mixture of Nama Shoyu and olive oil for several hours and then served raw! Paul Stamets conducted a nutritional analysis of shiitake and found that 100 g serving contained, among other nutrients, 32.93 g protein, .25 mg thiamine (B1), 11.60 mg pantothenic acid (B5), 110 IU vitamin D, and 23 mg calcium. Those of us in northern latitudes, vegans and the elderly will be interested in the vitamin D content of shiitake. If exposed to sunlight (especially the gills during the drying process) the mushroom will convert the pre-vitamins ergosterol and ergocalciferol to vitamin D2. Shiitakes exposed for one day to direct sun (10 g dry or 100 g fresh weight) would,

according to Stamets, nearly meet a weeks worth of the recommended amount of vitamin D. Christopher Hobbs also notes that sunlight improves taste and increases the free amino acid content.

Shiitake is not only an amazing food, but also a potent medicine. The polysaccharides found in shiitake work in a similar manner to those of cordyceps, by not directly attacking tumor and virally infected cells, but activating the cells which do. The polysaccharide Lentinan has been employed with HIV patents and has been shown to inhibit viral spread to healthy cells. Shiitake mycelium extracts have been effective in the treatment of patients with advanced cancer and against herpes simplex virus type I and II. Shiitake may also be of use to those suffering from chronic fatigue syndrome, parasites, *Candida albicans* (yeast infection), *Streptococcus pyogenes* (strep infection), *Staphylococcus aureus* (staff infection), along with bacterial infections such as *Bacillus megaterium* and tuberculosis. Shiitake has also shown promise in treating inflammation, high cholesterol, and disorders of the liver including hepatitis. Shiitake can be used as a tonic to counteract environmental allergies, recurrent colds and flu, to reduce bronchiole inflammation, and to relieve urinary incontinence.

While the safety of Shiitake has been proven through its extensive use in human populations, some people have experienced what is referred to as Shiitake dermatitis. Both the extracted polysaccharides and the whole mushroom have shown positive health effects including tumor inhibition, so we should all make this fungus a regular part of our diets.

Reishi (*Ganoderma lucidum*) has been shown in numerous studies to be a true panacea. In a manner similar to that of both cordyceps and shiitake, reishi works indirectly on tumors. It has been shown to reduce both the adhesion and migration of metastasized cancer cells to new areas of the body. Reishi can be taken during chemotherapy to reduce free radical damage. Because it contains a compound which helps counteract liver dysfunction it may be helpful for those with hepatitis. Reishi contains steroid like compounds, which act to lower allergic response, histamines and cholesterol synthesis. These compounds are especially concentrated in the fruiting bodies. Reishi has been shown to be helpful in the treatment of arthritis, encephalitis, and prostate inflammation. Taken internally, reishi has been shown to have similar anti-inflammatory to that of Prednisone®, without the negative side effects. This is exciting news for sufferers of poison oak and ivy. It is suspected that the powders of both reishi and shiitake could be used topically to cure such rashes along with other inflammations of the skin. (Continued on page 5)

Dandelion Herbal Center

Jane Bothwell hosts Visiting Teachers

October 2007 - April 2008 • Meets first weekend of the month

Renowned Herbalists are ... Cascade Anderson Geller, Rosemary Gladstar, Ryan Drum, Matthew Wood, Kathi Keville, Karyn Sanders, and David Hoffmann

See enclosed Insert

www.dandelionherb.com


janeb@arcatanet.com

PO Box 4440, Arcata, CA 95521



707-442-8157

Irene's Cauldron

 As I write this cauldron the sun is shining and the sky is blue, a welcome respite from the several days previous of foggy, fog, fog. We are still in summer. As we move into Fall I know there will be many more days such as this, and I relish the thought. The season change from Summer to Fall also reflects my herbal harvests. My St. Johns Wort Oil is a beautiful deep red and I am look forward to making Aralia root honey from the California Spikenard plant and getting plenty of Elderberries too.

Just a few weeks ago I attended the N.W. Herb Fest Conference near Eugene Oregon. Amongst the booths at the conference I discovered a small company that promotes simple tools for herbal education. My favorite was a board game known as Wildcraft! I purchased several copies and intended to bring them to Moonrise Herbs to sell. But, when I brought out the game while teaching my herbal summer camp for kids, the kids were completely enchanted! Needless to say my copies sold before I made it back here to the store. Now I am awaiting my next order. Lucky for you, by the time you read this they will have arrived. In this game, Grandma needs some huckleberries for pie and some herbs she uses for healing. You and your cousins embark on an adventure up the mountain to collect her needed items. You must return before nightfall. Along the way some troubles are encountered. IE: a sprained ankle, a bee sting, a blister, etc. The herbs gathered can be used to treat your own ailment or to help your cousins out with theirs. Wildcraft! is a wonderful game of cooperation and discovery. Players can learn 25 important edible and medicinal plants and their uses in mostly first aid situations. This delightful board game is beautifully illustrated too. I had as much fun playing as the kids so, I think it is a game people all ages will truly enjoy.

Mark your calendars for the weekend of September 14th -16th. Once again Moonrise Herbs will be having our Autumn Sale! Everything in the store will be 10% off retail prices. This includes all Dr. Haushka, Jewelry, hand carved statuary and books! All bulk herbs and teas will be 20% off retail! And our sidewalk table will have savings of up to 75%!! This is a great time to stock up on needed items as the change of season often brings with it, new colds and flus.

If you have looked for our web-site recently you will have discovered a new look. This is our temporary web page. Thank you for your patience while we are developing the website. I can assure you it will be worth the wait. If you join our email list on the current site we will let you know when the new site is completed. We are very excited with what is coming.


This Fall is also the beginning of the "Visiting herbalist series". Moonrise Herbs is very honored to announce the arrival of some incredible herbalists to our area. Beginning October 5th each month a well known herbalist will be giving a 2 hour lecture here at the store. Then from here they will be going to The Dandelion Herbal Center up on Kneeland for a whole weekend session. The first to arrive is Cascade Anderson Geller on October 5th and the next is Karyn Sanders on November 2nd. These classes are a great opportunity to learn from noted Herbalists at a minimal cost of \$25. Call Moonrise Herbs at 822-5296 for subject title and description.

I hope you all get a chance to enjoy the sunny, blue sky days and dark starry nights this Autumn. I also wish you abundant garden harvests, good health and lots of yummy apple pie. 🍏

Bye for Now,

Jane

Guidance While Walking the Path By Christopher Liptrap

 The Wheel of the Year turns, and has once again brought us to harvest season. Harvest time is a time not only of reaping what has been sown in the previous months, but also a time of reflection on where we are on our life's path. This reflection allows us to make plans and to seek guidance for the next leg of the journey. But where to seek this guidance, especially if your path is leading through non-traditional (or, more accurately, ancient traditional) territory, is the question. If you subscribe to one of the Abrahamic religions, guidance is easily found; Bibles, Torahs, and Qur'ans are abundant, as are teachers and scholars. However, if you are a follower of the resurging Earth Goddess religions, that guidance is not quite so forthcoming. There are far fewer teachers and scholars to learn from, and the current political climate tends to suppress those who do exist, leaving books as the primary guides. Unfortunately, with dozens of books to choose from it is sometimes difficult to choose which ones will be helpful, even if you've been on the path for quite some time. If you're just taking your first steps down that path, the choices can be daunting, to say the least. Here then is a small list of books that can help provide that guidance.

The Spiral Dance, by Starhawk, is the classic book on the Goddess movement. Filled with inspiring prose, it could be argued this book has set more people on the Pagan path than any other. While it is relatively sparse on the practicum of witchcraft (rituals, spellwork, etc.), it passionately articulates the Pagan spirituality in to an easily digestible form.

Wiccan Magick, by Raven Grimassi, is an excellent overall guide for the beginning practitioner. Basics, such as creating a Circle of Power, Calling the Elements, and initiation rituals are fully explored. Explanations of core concepts are all well laid out in a simple, straightforward manner. This book is also a little light on the practicum, but is invaluable to the beginner, as Grimassi often references classic Wiccan literature, giving yet more guidance for the seeker.

Green Magic, by Ann Moura, is another great choice. This book, along with her Green Witchcraft series, really gets in to the "meat and potatoes" of witchcraft. Information abounds here, from the uses of herbs and stones to the creation of ritual tools, and everything in between. The Green Witchcraft series is wonderful for the beginning and intermediate practitioners, as the books are set up as a series of classes teaching the skills necessary for the serious student.

The Witches' Bible, by Janet and Stewart Ferrar, is the quintessential treatise on Alexandrian Wicca (an offshoot of Gardnerian Wicca). Uses of materials, creation of tools, rites and rituals are all documented here, often with accompanying photographs. Not for the layperson or beginner, this book provides the serious student with an incredible amount of knowledge at their fingertips. Be forewarned though, most of the rituals photographed were performed "skyclad" (i.e., nude), so The Witches' Bible may not be appropriate for all readers.

The quest for knowledge is the quest for self, and guidance on that quest is essential. These books, as well as many others, can shine light on a path that is not the easiest to navigate, but can be the most rewarding for those who are on it. May you sow what you need, reap what you sow and, as always, receive the brightest of blessings. 🌟

SCHEDULE OF UPCOMING CLASSES

LOVE YOUR LIVER ('cuz it loves you!)

with Karen Uphoff

Wednesday, September 5th; 7-8:30pm; \$15 workshop fee.

ASTROLOGY with Tricia Riel

Three Saturdays: September 8th, 15th, & 22nd

2:30-5:30pm; \$125 workshop fee; Class size limited.

CONFESSIONS OF A SUGAR ADDICT

with Lezley Troxell

Monday, September 10th; 7-8:30pm; \$5 workshop fee.

ANNUAL AUTUMN SALE; September 14th-16th

Everything 10% off retail including Books, Handcarved Statuary, jewelry and Dr. Haushka. 20% off all Bulk Teas and Herbs & up to 75% off on our sidewalk table.

BASIC SUBSTANCE TESTING with Joyce MacCallum

Monday, September 17th; 7-8:30pm; \$15 workshop fee.

INTRO TO HOLOTROPIC BREATHWORK

with Ben Allen

Tuesday, September 18th; 7-9pm; FREE of charge.

BEGINNING WITH HERBS with Jane Bothwell

Wednesdays: Sept. 19th through Nov. 7th;

\$285 workshop fee.

ADVANCED SUBSTANCE TESTING

with Joyce MacCallum

Monday, September 24th; 7-8:30pm; \$15 workshop fee.

HERBS 101 with Irene LewisThorne

Tuesday, September 25th; 7-8:30; FREE of charge.

TINCTURES AND ELIXIRS with Irene LewisThorne

Tuesday, October 2nd; 7-9pm; \$20 workshop fee.

ACCESSING BODY WISDOM with Sandra Freeman

Monday October 8th; 7-8:30pm; FREE of charge.

REFLEXOLOGY with Alexandra Seymour

Tuesday, October 9th; 7-9pm; \$10 workshop fee.

HERBAL SPA DAY with Irene LewisThorne

Sunday, October 14th; 12-4pm; \$35 workshop fee.

Class size limited.

SPIRITUAL TECHNIQUES FOR SELF HEALING

with Jen Petullo

Monday, October 15th; \$10 workshop fee.

HUMAN INFLUENCES with Michal Mugrage

Tuesday, October 16th; 7-9pm; \$20 workshop fee.

One of three workshops in the Positive Energy Practices for Psychic Strength & Protection Series.

DEVELOPING YOUR INTUITION

with Sandra Freeman

2 Mondays, October 22nd or 29th; 7-8:30pm;

\$27 workshop fee.

REDUCING STRESS FOR THE HOLIDAY SEASON

with Joyce MacCallum

Monday, November 5th; 7-8:30pm; \$15 workshop fee.

SPIRIT INFLUENCES with Michal Mugrage

Tuesday, November 13th; 7-9pm; \$20 workshop fee.

One of three workshops in the Positive Energy Practices for Psychic Strength & Protection Series.

HOLIDAY GIFTMAKING with Irene LewisThorne

Sunday, November 18th; 12-4 pm; \$50 workshop fee.

EARTH/NATURE INFLUENCES

with Michal Mugrage

Tuesday, December 4th; 7-9pm; \$20 workshop fee.

One of three workshops in the Positive Energy Practices for Psychic Strength & Protection Series.

These classes fill quickly.

**Drop by Moonrise Herbs on the Plaza
or Call in to sign up.**

**Call or Stop by our store for
more information on
our classes.**

(Helpful Fungus Among Us continued...)

Its anti-inflammatory effects along with its ability to increase oxygen intake by the alveoli make it helpful for many lung conditions, such as asthma and bronchitis, and as a preventative for high altitude sickness. Reishi may be used to reduce both seasonal and food related allergies. It has been shown to lower blood pressure through vasodilation and to have the potential to reduce platelet aggregation and lower cholesterol levels, all of which could prevent a heart attack. Its vasodilation effects however, make it contraindicated prior to surgery. Reishi has also shown promise in inhibiting HIV replication in cells. Taken as a tonic, it may also be helpful in the treatment of chronic fatigue syndrome, Alzheimer's and insomnia.

Although reishi is non-toxic there have been some reports of digestive upset with its use, to avoid this try taking it with meals. I made a reishi broth consisting of reishi, shiitake, astragalus, codenopsis, and jujube dates. I thought adding miso paste and coconut milk would mellow out its bitterness, I was wrong. What got me to keep drinking this concoction was reading over all its health benefits, as I sipped, the bitter taste no longer seemed quite as unpleasant. Here at Moonrise Herbs we also make a tea called "Force Field Broth", aptly called because when taken regularly it helps the body to resist illness. Along with reishi it contains astragalus, codenopsis, licorice, ginger, orange peel, and hawthorne. Its flavor is quite balanced, not too bitter and not too sweet. I recommend this tea if you are going to be entering a challenging time in your life, such as midterms, or to build up the immune system before the winter rains really begin.

Please stop by and check out our mushroom supplements to help keep you well this season. For instance the brand New Chapter has a MycoMedicinal line formulated and grown with the help of mushroom pioneer Paul Stamets (see references). This company makes great mushroom formulas including "Breathe", to support normal lung respiration and immune functioning, along with "Life Shield Throat Defense", to be used to enhance the immune system when exposed to such situations such as crowds, daycare centers, or the everyday work environment. New Chapter also incorporates mushrooms into many of their vitamin formulas. Their Coenzyme B Food Complex, a combination of nervous system supporting B-vitamins with the addition of supporting herbs and mushrooms including shiitake, cordyceps, reishi, and maitake, is favorite of mine.

We also have a great selection of books on the subject, many of which are listed in the references at the end. We also carry a mushroom cookbook and field guides by David Arora. I highly recommend exploring these books along with taking a field identification class. Locally we have

several Ganoderma species, along with many other amazing medicinal and edible fungi. While I fully endorse following wild-crafting guidelines and sustainable harvesting practices such as: selective harvesting of perennial growing species, leaving fruiting bodies to continue spore dispersal, and minimal disturbance of the ground cover and mycelium, I also support a shift from a culture with mushroom phobia to a culture that has an exuberance for fungus. While we in Humboldt may always be in fear of the black mold that enters many a home, hopefully we can begin to appreciate the plethora of food and medicine that our local fungi can provide. 🍄

References

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See our insert or visit our website for more information

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Apples & Apparitions

by Tim O'Leary

Years ago I dug graves with my dad in rural Southern Minnesota. One particular cemetery, the Bath graveyard, always held a mysterious air. Be it a beautiful windless day or a chaotic stormy night, it didn't matter - the place had a supernatural feel to it. And that's where I saw the apparition one golden afternoon in late October, while eating an apple.

In Celtic paganism apples were revered as a magical fruit. The apple signified a sacred marriage and also a journey into the land of death. Apples have been found in numerous ancient burial sites across northern Europe. They were presumably placed there so the deceased souls would be carried onto the next life with the help of apple magic. It is easy to see one reason why this fruit is regarded with such reverence: when an apple is cut crossways it reveals the five-pointed star at its core, the pentacle. This symbol goes so far back in human time that the Egyptian hieroglyph for the underworld is taken from this. Apples have been used for calling in the spirits and have long been associated with prophecy. Beliefs in the apple's supernatural gifts persist to this day - be it peeling an apple in candlelight while looking in a mirror to see your future spouse or keeping the doctor away.

Well, I didn't know any of this that day so many years ago on our way to the graveyard to dig Hazel Donahue's grave. We had stopped at the Wells' family farm on our way there. They had an apple orchard and every autumn they set up a roadside stand along the Bath road to sell their fruit. We bought a bag of Gravensteins for a couple of dollars from Amy Wells and continued to the graveyard.

As I mentioned, this particular graveyard had an eerie feel to it. There were a profusion of sunken graves and just as many teetering gravestones. Huge ancient oaks surrounded the yard, set back from towering Norway pines planted when the first settlers decided to use this spot to bury their dead. The graves held the bones of Irish immigrants, since it was the Irish who established the now defunct town of Bath.

We were waist deep in the ground digging away in nice easy earth when I decided to eat an apple. The bag was laying in the shade of Hazel's tombstone. Some of them had spilled out onto the grass. I crawled out of the hole and sat on the edge reaching over for an apple. "Do you want an apple?" I asked my dad. His back was toward me as he scraped the side of the hole to make it a perfect rectangle.

"Sure, but you'll have to peel it for me. My teeth can't take the skin."

"No problem." I said, reaching in my pocket for my knife and then wiping it off on my shirtsleeve.

I had grabbed an apple and begun peeling it in a circular pattern when I spotted the old man standing over by a tall stone carved in the shape of a tree stump about fifty yards away. I didn't think anything of it, as people would occasionally show up at the graveyard and wander around. I cut the apple in half crossways taking notice of the star shape at the core. Who doesn't look at the star when cutting an apple this way? I glanced again at the man. He was still there staring at us, not moving. I turned to give my dad his half of the apple and as I took a bite of my half I looked back and he was gone. That's odd I thought. Where did he go? I stood up and scanned the graveyard. Nobody. A couple of crows cackled in the leafless oak trees, and off in the distance an airplane droned in the late afternoon sky. Despite the familiarity of the scene I felt a sudden coldness that went away as soon as it passed through me.

"I think I saw a ghost." I said to my Dad. "There was a guy standing over by that stone and now he's gone."

He was chewing on his apple leaning against the side of the hole. "It's probably one of those old Irishmen coming to see who we're digging for." He chuckled. "They're harmless. We're from the same tribe. It's probably a relative." He finished the apple and continued working. Since there was nothing more I could do about the spirit I jumped back into the hole and began digging too.

I didn't see any more apparitions that day although I kept my eyes out. That night I went to an early Halloween party where one of the activities was, you guessed it, bobbing for apples. 🍏



MOONRISE HERBS
Annual Autumn
Sidewalk Sale!

20%
off all bulk
herbs & teas!

September 14th - 16th

10% off Everything in the store! | up to 75% off Items on our Sidewalk Table!