

Satisfy Your Soul



MOONRISE HERBS™

Quarterly Newsletter ~ Winter Solstice 2007

Savvy Seaweeds

by Irene Lewis



Late Fall Postelsia photo by Naomi Withers

Many of us know the winter months as a time to be inside our houses more. We might be sitting by the fireside, sipping teas, watching good movies or doing creative projects. We may possibly be reading more books or spending time on inner reflection as well. Although I do like this time of year for the afore mentioned activities, I also truly look forward to the wild winter storms!

It is not just the power of the winds or the energy within the thunder and lightning that gives me a thrill, it is the fact that I have discovered that after a particularly blustery storm it is a good time to head to the beach. Washed up on the shore I have found mounds of my favorite sea vegetable, Sea Palm (*Postelsia palmaeformis*). Dried Sea Palm makes a delightful snack. These Brown Algae remind me of a Dr. Seuss style tree. Very hard to gather under normal conditions, Sae Palm lives pretty far out on the rocks in the ocean. The area is usually accessible only by a sea canoe or an extremely

low tide. Permits are needed to harvest it and only the tips of the fronds are to be cut to allow for re-growth.

Seaweeds have been valued as food, medicine and for cosmetic purposes for thousands of years. Classified by their pigments, vegetative and reproductive structures seaweeds fall into 3 categories: brown, red and green. This can be a bit confusing. The classification has to do with the photosynthetic pigments and not the actual color of the seaweed... (Continued on page 2)

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So Brown seaweeds are generally brownish to olive green, but red Algae can be anywhere from brownish to red and even greenish. All seaweeds are extremely rich in trace minerals, more so than any land plant. They also contain digestible proteins, carbohydrates and vitamins.

Brown Algae (Phaeophyta) include Kelps, Bladderwrack, Kombu, Wakame, Sea Palm Saragassum, Feather Boa, and Cystoseria. These are not only rich in trace minerals, protein, carbohydrates and vitamins but also Algin. Algin is a linear polysaccharide (mucilage) that occurs in the cell walls and intercellular spaces of the brown algae. It has great therapeutic value as a heavy metal detoxifying agent. According to the seaweed expert Ryan Drum, "Excretory algin tends to bind metal ions presented in the small intestine from distal body locations. A complex diffusion gradient transport system will move poisonous metal atoms a few at a time to the intestine for probable binding to insoluble dietary fiber." He further states that this is a way hazardous metals can be removed without damaging the kidneys. Algin reduces the uptake and helps remove radioactive Strontium and Cesium from the human body. Algin can also reduce the uptake of radioactive Iodine-131 (an aggressive form of iodine) by the Thyroid. Soon after the Chernobyl accident at the nuclear facility in Ukraine, Polish officials rushed iodine solutions and seaweed capsules and tablets to as many of its citizens as possible to protect them from the huge amounts of iodine-131 that was headed their way. The people who ingested the seaweed capsules were known to have 1000 times less thyroid cancer than the neighboring countries. Why? Iodine-127 found in seaweeds is a much more body friendly iodine. It is the only natural iodine isotope and our bodies need it. If we are low in this iodine then the aggressive radioactive iodine is welcomed into our cells. However if we have the proper amount of needed iodine, then the aggressive heavier iodine-131 can no longer enter the cells.

Chronic low levels of iodine can lead to hypothyroidism and goiters. Seaweeds have been used to successfully treat both conditions. Introducing 3 to 5 grams of seaweeds to your daily diet can assure the RDA of 100-150 micrograms of iodine. It should be noted however that some individuals are extremely sensitive to iodine, most notable those of us with allergies to shellfish. Too much iodine ingested by these folks can produce hyperthyroid related symptoms.

Another interesting mucopolysaccharide found in brown seaweeds is known as fucoidan. By simmering brown seaweeds for 20 to 40 minutes you can easily extract this ingredient. Fucoidan reduces the inflammatory response and promotes rapid tissue healing of wounds, trauma, and surgery. Broth made from 3-5

grams of brown seaweeds taken for 2 weeks prior to and after surgery has been known to reduce the intensity of blood loss and vascular bed collapse as well as speed the recovery of the wound site. The same amount of broth ingested prior to, during and following chemotherapy and radiation sessions has been known to promote fewer adverse reactions to the therapy, better recovery and a sense of well being. Research also shows that fucoidan interferes with every stage of a viral attack.

Laminine found in the brown seaweed Kombu has been shown to lower high blood pressure and the brown seaweed Dumontia is used to alleviate herpes symptoms.

Red Algae (Rhodophyta) includes over 4000 species of red seaweeds Dulse, Irish Moss, and Nori, are the most recognized. Besides the abundance of vitamins, minerals, protein and carbohydrates red seaweeds contain complex polysaccharide polymers known as agar and carrageenan. These form gels that have been used for many... (Continued on page 5)

Seaweed Bath

1-2 Cups Seaweed of choice (*Kelp or Wakame are my preference*)

There are two options for preparation:

1.) Make a broth with the seaweed by simmering it in a quart of water for 20-40 minutes. Pour it into the tub.

-or-

2.) Simply fill the tub and add the seaweed then climb in. Large pieces of seaweed are nice to use because they can be dried for re-use.

The Northwest School for Botanical Studies

Herbal classes with Christa Sinadinou

300 Hour Professional Herbalist

Training Program 2008

Class meets Tuesday-Friday

February 5th - June 24th, 2008

The curriculum includes the following:

HERBAL MATERIA MEDICA
PHYSIOLOGY & ORGAN SYSTEMS
HERBAL THERAPEUTICS
HERBAL MEDICINE MAKING
CONSTITUTIONAL THERAPY
FIELDTRIPS & GARDENING
AROMATHERAPY & BOTANY

Class descriptions and applications are available online at www.herbaleducation.net
Contact Christa at herbaleducation@gmail.com
Or by voicemail at (707)-826-7762

Irene's Cauldron

The holiday season is rapidly approaching and our staff here at Moonrise Herbs has been very busy. We have searched for and found several items we feel you will be delighted to gift your families and friends with. Our hallway is full each day with fun new things. Be sure to read the "Notes from Moonrise Buyers" to learn the tantalizing details.

We have also brought in a new supplement for winter health. New Chapter has partnered with Herbal Science Nutraceuticals to create Blockade. Blockade is a unique form of elderberry. The juice of fresh elderberries within these blueberry flavored lozenges is extracted using a patent pending method that guarantees consistent potency. According to their literature, the extract has in vitro laboratory studies, demonstrated up to a 100% success rate in inhibiting the entry of enveloped viruses (like influenza.). The bioactives in Blockade actually bind themselves to viruses, coat the viruses, and block their ability to attach to and enter human cells. This action also keeps the virus from replicating which stops their progress before they can get started on interrupting your lifestyle. Each year I freeze a batch of elderberries to juice with honey and lemon to take at first sign of a cold or flu. If you have not done so, I would say may be the next best thing. I tried them and had success nipping a cold in the bud.

If you like an effervescent fizz try Wellness Formulas new product. Best when placed in a warm liquid, this product combines the traditional Yin Chiao formula with other respiratory herbs, Echinacea, elderberry and nutrients like Zinc plus Vitamins A and C to also help combat a cold or flu and to strengthen the immune response.

Once again, when Santa arrives on the Arcata Plaza to greet the children, Moonrise Herbs will be hosting our **HOLIDAY EXTRAVAGANZA! Come by Moonrise Friday, December 7th from 4-9pm or 10-6 Saturday, December 8th and enjoy delicious handmade herbal delights. Tasty hot mulled cider and warm herbal teas. Plus savings of 20% on all our jewelry, 15% off all our books and music and 10% off all of our containers.**

Moonrise has extended our open hours from 10am to 9pm on Fridays, December 7th, 14th and 21st. We also be open until 5pm Christmas Eve for all those last minute purchases.

I wish you all a warm and cozy house, good health and joyful moments with your family during this winter time together. Bye for Now,



Notes from Moonrise Buyers

Warmth, Inspiration & Peaceful thoughts are what we hope you find this season

At Moonrise Herbs...

Our Winter Hats, Scarves & Hand warmers have arrived in an array of new colors & styles. We also have a lovely assortment of Hand-woven Shawls which are both beautiful and practical depending on your mood! Whether you're bundling up for the snow or going out on the town something is sure to fit your style.

Our Jewelry case is sparkling with new and beautiful Jewelry accompanied by a sweet selection of stones and crystals. We now also have a selection of jewelry inspired by tribal designs.

Moonrise has begun carrying a Mineral Make-up line, Elegant Minerals, with a wide variety of tones and vibrant colors to adorn yourself with. Highlight your favorite facial features with a makeup that is good for your skin, so you can feel great about wearing it! All natural mineral pigments form a layer on top of the skin, it provides an SPF of about 15 and it won't clog your pores, it actually works with your skin type, not against it!

Dr. Hauschka is also offering more variety in the holistic skin care department; try out the new Rose Day Cream Light, same great principal as the original, with a lighter feel that is appropriate for a wider variety of skin types. Moor Lavender Body Oil is wonderful silky body oil that also enhances your ability to block out unwanted energies from penetrating your sacred space as we progress into this hectic time of year. We are also now carrying the Rosemary Leg and Arm Toner, a great way to start your day, helps get the blood flowing on these cold mornings, if you are heading for your daily yoga class or workout, it's makes a wonderful start to any warm-up. These all make perfect additions to any Hauschka collection.

If you're looking for a sweet treat, try 100% Pure, this line of bath and body products carry an unforgettable, luscious aroma that lasts through out the day. Try White or Dark Chocolate, Lavender, Honey Pear, Grapefruit, Honey Almond or good old fashioned Vanilla for a great foaming shower gel, body scrub or super emollient body lotion. They also make wonderful facial products and all the ingredients are whole food based organic, and above all, free of any synthetics.

If you're feeling like having some quiet time at home perhaps look for one of our new Journals, or try some of our new Teas and a Tea Pot to help warm you from inside out. For help setting the mood, we have new styles of Porcelain Nightlights & Candle Holders or Himalayan Salt Lamps & Votive Holders. Take a look at our wonderful candle selection & try out Candles by Montserrat, these are all individually handmade by a woman in Washington, available in many different styles, colors, sizes and scents, there are several different affirmations and event candles, all filled with positive intentions and love, each one is scented with pure essential oils and will add a perfect touch of warmth to your home and altar this season.

If you want to create a sanctuary in your home, we have new Tibetan Singing Bowls, Handmade Drums, Beautiful Gongs and Meditation Pillows. We also have a new selection Statuary & Zen Travel Clocks made of sustainable bamboo. Our Tapestries, Banners & Prayer flags are on display waiting to adorn the walls of your home. We also have a new line of Whimsical Clocks which are from original paintings by Northwest artist Pamela Corwin and amazing Hand-crafted Brooms by Thurman Scheumack, to help clear the dust away.

For decorating your homes during Holidays we offer a wonderful variety of beautiful Fair Trade & Handcrafted Ornaments... Garlands & Cards filled with Peaceful thoughts and warm wishes to share with those you love. And to bring in the New Year we have an amazing selection of Wall Calendars and Date Books. Blessings & Good Tidings to you all!

Stars of Winter

Dedicated to Steve O'Leary, a shooting star. Happy Trails Steve.

The winter sky at night is more brilliant and splendid than during any other season. The richest region in the heavens for first magnitude stars is in full view. There are seven first magnitude stars that you can see on a good night. They all have stories that came from sharp observation and imagination.

There is Capella the eye of the Charioteer, a constellation hanging overhead not far from the Big Dipper. Sirius, the dog star, the brightest of all stars is one of our closest neighbors. And following close behind it is its little puppy, Procyon, a magnificent yellowish white star, The Little Dog. Then in a most dominating constellation we have Rigel and Betelgeuse, which make up magnificent Orion. No other constellation has so many bright stars. You can't miss it with the three stars in a row journeying across the vastness of space. Then there are the twins with Pollux twinkling serenely along with Castor. Together they are Gemini traveling with the moon and the planets in the zodiac. In one sweeping arch you can see Capella, Castor, Pollus, and Procyon riding the night sky. Last in Alderbaran in Taurus the Bull. An orange colored star not far from two cluster of stars - Pleadies and Hyades. Beautiful Pleadies is unmistakable.

These stars have been crossing the celestial sphere for countless centuries. They shine at the darkest time of the year for us in the Northern Hemisphere. The brightest stars are shining through, twinkling and glistening against the blackness of space. It is only appropriate that the spirit of joy and magic and enlightenment is celebrated at this time. The winter solstice, Christmas, the Yuletide.

At a time when the sun's light is pale and the plant world lies dormant and the air is thin and cold, the human spirit rides with those bright stars and cries joy to the world. We celebrate and make merry with gifts, lights, greenery, carols and feasting. We raise a toast to life when the shadowy days of winter are short and the ebony nights are so long.

And the stars dance as they have for eons and we humans live out our lives beneath the twinkling stars.

By Tim O'Leary

Reprinted from Moonrise Newsletter, Winter Solstice 1994

Yule: The Pagan Origins of Christmas

The month of December holds one of the most celebrated holidays in the world: Christmas. However, many people don't know that some of the most beloved Christmas traditions aren't Christian at all. Many Christmas items and activities have their beginnings in Pagan rites that predate Christianity by hundreds or thousands of years.

Enjoy having a Christmas tree? It is widely acknowledged that the Christmas tree is of Pagan German origin. Prior to their conversion, the Germanic peoples considered the oak a very sacred tree. Legend has it that St. Boniface, in his 'mission' to Germany, cut down the sacred Donar Oak (located near Geismar) in order to stop them from making their Yuletide sacrifices. He then replaced the oak with an evergreen fir tree, having already been used for centuries by Romans in their midwinter festival (originally called Saturnalia), to symbolize the belief in everlasting life offered through Jesus. Ironically the Germans, as well as the Romans, Scandinavians, and Babylonians already held the fir as a sacred symbol of everlasting life and fertility.

The practice of gift giving during this season also has its origins in the Pagan Roman celebration of Saturnalia. Saturnalia was a new year's festival where gifts were given in honor of loved ones who had died during the previous year. The original gifts were simple items such as sprigs of holly or evergreen fir (as a symbol of luck, fertility, and long life), figs, honey, and pastries. That eventually escalated to small items of jewelry, candles, and statuary representative of the Gods. The early Christian church saw gift giving at the winter solstice as a residue of Paganism, and therefore frowned upon it. Nevertheless, the people would not part with the tradition, so the church absorbed the practice, saying the gifts were part of the celebration of Christ's birth.

The Christmas wreath is another Pagan symbol co-opted by Christianity. The wreath symbolizes the Wheel of the Year; its circle has no beginning and no end, illustrating that everything comes back to its point of origin, to repeat the cycle over again. Nordic tribes began the tradition of hanging the wreath at Yule, the beginning of their new year, to commemorate new beginnings in the cycle of life.

Caroling, considered one of the quintessential Christmas activities, has its origins predating Christianity too. The derivation of the word 'carol' goes back through the French 'caroler' and the Latin 'choraula' to the Greek 'choros', as circling dance accompanied by singing, associated with dramatic performances, religious festivities, and fertility rites. The carol of classical times was a major element in celebrations marking the winter solstice and the coming spring. It was one of the many customs taken over by the church, which used them in the celebrations of

(Continued on page 6)

(Seaweeds, continued from page 2) applications as thickening and emulsifying agents in food, pharmaceuticals, and cosmetics and as the medium in Petri dishes. The mucilaginous gel created by boiling this type of seaweed for one hour, and then discarding the spent matter, has been drunk to relieve a sore throats and mouths as well as to relieving constipation. Historically the gel has been used as a sexual lubricant in China, Korea and Japan for millennia. It was added to soups and gruels and used as an emergency food for starving Irish folks during the 800 year oppressive British occupation. Plus, red Seaweeds have also been used for millennia to treat respiratory ailments such as lingering pneumonia and sinus infections. Some red seaweed have been shown to have potent antiviral effects as well. Due to the abundance of industrial uses, red seaweeds have been over harvested in many places. Now it is grown in agricultural farms, the largest being found in Malaysia, Indonesia, and the Philippines.

Green seaweeds are mostly eaten fresh as they do not dry well. They include Sea lettuce and Codium.

As suggested above the mucilage found in seaweeds have been used for an abundance of medicinal purposes which include sore throats, heartburn, insect bite, burns and mucus membrane irritations. The mucilage is also used in spa treatment body wraps to nourish and tone the skin, lessen cellulite, soothe the nerves and treat arthritis.

As a food, seaweeds are great for re-mineralizing after a long hike or strenuous exercise. They are nice for those of us with salt cravings as it also balances potassium levels. The B vitamins, Calcium and Magnesium found in seaweeds make it wonderful for nourishing the nervous system. The Incas in the high Andes eat kelp "to guard the heart" and Sherpas in the Himalayas say dried kelp gives them the strength of the gods.

If you want the strength of the gods eat a little seaweed each day. It is the kind of food that our body needs to get used to digesting. Eating large amounts of it periodically is not easily assimilated. Our bodies have to have time to create the flora needed for proper assimilation. Moonrise Herbs has a great recipe book titled vegetable from the sea. Within its covers you will find delectable recipes for appetizers, soups, salads, entrees, side dishes wraps condiments and even sweet treats. This book will make it easy to incorporate seaweeds into your daily regime.

If you are interested in learning more about the medicinal uses of seaweed Ryan Drum is a well known expert and he will be teaching a class here at Moonrise Herbs on Friday, February 1st.

I hope you enjoy the fireside teas and activities of winter. Howl with the winds, and don't forget to head

to the beach. You too might be gifted, by the goddess of the ocean, with a delectable treat.

Moonrise Herbs Savory Mineral Sprinkle

6 tbsp toasted sesame seeds	2 tbsp basil
4 tbsp nettles	1 tbsp kelp granules
2 tbsp oregano	1 ½ tsp rosemary

Combine all ingredients. Grind together and use to season salads, rice, soups etc.

Dandelion Herbal Center

Classes With Jane Bothwell



Beginning with Herbs/Medicine Making

January 23 - March 19, 2008

8 Wednesday Evenings at Moonrise Herbs

Field identification • Herbal first aid • Salves • Pills
Tinctures • Syrups • Formula making, and more.

10 Month Herbal Studies Program

February - November 2008

Meets one weekend a month - 3 weekend field trips

Herbal therapeutics • Materia medica
Plant Identification • Medicine making
Herbal first aid • Flower essences
Seaweeds • Wild foods

Herb gardening and the magic and spirit of plants.

See enclosed insert

Register online or call 707-442-8157

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PO Box 4440

Arcata, CA 95518



Schedule of Upcoming Classes & Events

HERBS & AROMATHERAPY FOR WOMEN with visiting herbalist Kathi Keville

Friday, November 30th from 6:30-8:30 pm, cost is \$25

Kathi will discuss some of Nature's simple remedies for healing women and keeping them healthy. She will bring samples of women care products and explain how to make them. Learn how to treat menstrual cramps, PMS, infections, and the various unwanted lumps, bumps, and growths that can plague women.

Her new book, *Women's Herbs, Women's Health* with co-author Christopher Hobbs, has just been released and signed copies will be available.

POSITIVE ENERGY PRACTICES FOR PSYCHIC STRENGTH & PROTECTION- EARTH/

NATURE INFLUENCES with Michal Mugrage

Tuesday, December 4th from 7-9 pm, cost is \$20

Are you a sensitive person who tends to feel what others feel as if it's happening to you? Do you get overwhelmed in crowded places like parties, malls, airports and hospitals? Have you ever experienced leaving the presence of a person or place feeling drained or depleted? This class is for you! Michal Mugrage is a trained and initiated spiritual advisor and shamanic practitioner who has been providing heart-centered healing support internationally for nearly twenty years.

BECOMING AWARE OF OUR BODY TYPES with Lezley Troxell

Tuesday, January 8th from 7-8:30 pm, cost is \$5

Making dietary decisions more suited to our biochemical make-up or "type", may decrease our food sensitivities or intolerances and increase our greater sense of well being. We'll explore different

theories of metabolic typing to acquire a better understanding of who we are and what our needs might be.

Lezley Troxell is a Certified Nutrition Educator and Herbalist. For more information, please call 825-8247.

DOCTRINE OF SIGNATURES & THE SOUL OF NATURE with visiting herbalist Matthew Wood

Friday, January 11th from 7-9 pm, cost is \$25

Matthew Wood has been an active practitioner of traditional Western herbalism since 1982. He has helped tens of thousands of clients over the years, with many difficult health problems. He is a member of the American Herbalists Guild and has earned his Masters of Science degree from the Scottish School of Herbal Medicine.

SEAWEEDS FOR COOKING & HEALTH with visiting herbalist Ryan Drum, cost is \$25

Friday, February 1st from 7-9 pm

Ryan Drum has a BSc in Chemical Technology and a PhD in Botany. He studied Herbal Medicine with Ella Birzneck, founder of Dominion Herbal College in British Columbia for 12 years. He has been an adjunct faculty at Bastyr University since 1984, and he lectures at major herbal conferences and herbal schools. He specializes in Seaweed Therapies, Thyroid issues, and Men's Health.

Visiting Herbalist DAVID HOFFMAN ~ Topic TBA

Friday, February 29th from 7-9 pm, cost is \$25

A Fellow of Britain's National Institute of Medical Herbalists, David Hoffmann has been a phytotherapist for 30 years. He is one of the founding members and a past president of the American Herbalist Guild, and is on the advisory board of the American Botanical Council and United Plant Savers.

(Yule, continued from page 4) Easter (also known as Ostara, or the spring equinox) and Christmas (Yule, or the winter solstice).

Kissing under the mistletoe is another Pagan tradition still alive in today's Christmas celebrations. Its origins lie in one of the legends of the God Loki. A legend states that Loki, the Nordic God of chaos and destruction, killed Baldur, God of innocence and peace, by shooting him with an arrow made of mistletoe. The other Gods and Goddesses, saddened by the loss of Baldur, asked that he be restored to life. In appreciation of Baldur's life being restored, his mother Frigga hung up the mistletoe responsible for his death and promised to kiss all who passed beneath it. Since then, mistletoe has been a symbol of love and forgiveness.

Traditionally, winter festivals celebrate the cycle of life. From the Pagan beliefs of the Sun being born to the Christian beliefs of the Son being born, this turn of the Wheel of

the Year marks a time of peace and joy, something we all could use more of in this difficult world. So, whatever your beliefs may be, honor your traditions and realize that we are all riding side by side on the turning Wheel. Until next time, Merry Meet, Merry Part, and Merry Meet again.

HOLIDAY EXTRAVAGANZA!

**December 7th from 4-9pm &
December 8th from 10am-6pm**
Savings of 20% on all our jewelry
15% off all our books and music
and 10% off all our containers

Join us for tasty hot mulled cider, warm herbal teas, and delicious handmade herbal delights.