

Satisfy Your Soul



MOONRISE HERBS™



Spring Cleaning *to fast or not to fast?*

by Sara Lyon, Staff Herbalist

As the seasons change many of you may be interested in fasting to rid the body of toxins, lose excess weight, or help your body adapt to a change in diet, from heavier foods of winter to lighter palates of spring and summer. Here are some safe cleansing tips to help you ease into spring.

The first step is to determine if you need to fast. Those who are underweight, diabetic, hypoglycemic, or pregnant should never fast. Folks who have signs of heat or excess such as a robust body, tongue with a thick coating, or a red face may benefit from a fast of fruit and vegetable juices and herbal teas. However, individuals who are cold and deficient should consider a partial fast, adding to the liquids mentioned above, lightly steamed vegetables and highly digestible vegetarian protein such as quinoa and mung beans cooked with seaweed to increase detoxification and enhanced with black peppercorn, fennel, cumin, and ginger to warm the body and aide diges-

tion. Spirulina can be added to liquids to help those who experience sugar cravings during a fast add around 2-5 tsp. 2-3X a day. To give the body additional support you should consider adding a multivitamin, 1,000 mg of vitamin C taken 3X a day, 1-2 tsp of fiber at night, and milk thistle containing 70-120 mg of silymarin. (Continued on page 2)

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It is recommended that you do not fast more than 3 days without supervision of a trained professional. One to 2 days before you begin, incorporate lots of raw fruits and vegetables into your diet avoiding processed and fried foods and caffeine. During the 3 days of fasting light exercise is ok, but resting and staying warm is crucial. During the 2 days after your fast focus on chewing your meals well, if you have been doing an all liquid fast reintroduce solid foods in small portions to avoid overwhelming your digestive system.

It is important to note fasting on water alone is never recommended. It is also important to understand that even 2 days without food will cause the body to breakdown the proteins that make up skeletal muscle, vital organs and the digestive tract. As the body then begins to utilize fat stores to keep from eating away its vital components, the blood becomes acidic and flooded with toxins, and the brain is deprived of needed energy. So if you are going to fast do so safely by consuming plenty of carbohydrates through fresh juices and if you wish, some whole grains, legumes, and even miso.

For those who have not benefited in the past from fasting or for individuals who have contraindications that prevent them from fasting there are other additions to the diet that can aid digestive health without changing the overall caloric picture. Moonrise Herbs carries the following products that can be used in conjunction with the fasts mentioned above:

Digestive bitters taken 20 minutes before meals will help to stimulate gastric secretions, aiding in food digestion. Bitters are good for individuals who experience constipation, trouble digesting fats and proteins, and lack of appetite. Bitters such as milk thistle, dandelion, and yellow dock are also supportive to the liver.

Triphala is an Ayurvedic combination of three fruits that act as a non-habit forming laxative which strengthens the digestive tract. Triphala also reduces inflammation of the mucus membranes leading to a better assimilation of nutrients, is beneficial to the heart, and helps to reduce cholesterol. Triphala is available in bulk and capsules.

Fiber is a crucial component of the diet which is lacking in processed and refined foods. A good source of fiber is psyllium seed husks, which helps to regulate blood sugar, lower cholesterol, remove toxins, and ease elimination by softening the stool. Try 1-2 tsp in 8 oz of liquid morning or night, making sure to drink quickly before it gels.

Probiotics are the beneficial bacteria of our digestive tract. Illness, inflammation, and antibiotic use can lead to an imbalance of this flora, which is needed for proper digestion and assimilation of nutrients. Take between meals to ensure that these living organisms make it to the intestines. (Continued on page 5)

The juices taken during the fast should be made fresh daily either with a home juicer or purchased from a juice bar. Choose organic produce to avoid added toxins. The juices should be a combination of both vegetables and fruits to avoid raising the blood sugar too quickly (carrots should be treated like a fruit because they are high in sugar when juiced). Aim for between 4-6 (10-12 oz.) glasses of juice a day, plus 2-4 glasses of herbal tea and water, here are a few recipes to get you going:

Wake Me Shake Me

- 3 medium carrots
- 2 apples
- 2 celery stalks
- ½ beet
- ½ lemon
- 1 in. piece ginger root

Cravings Be-Gone

- 4 medium carrots
- 1 small Jerusalem artichoke
- 3 fennel stalks
- 2 large kale or collard leaves

Love Thy Liver

- 1 handful dandelion greens
- 2 small apples
- 2 firm, but ripe kiwi fruits
- 3 in. chunk of fresh pineapple
- 3 in. piece of burdock root
- ½ in. piece of ginger root

The Northwest School for Botanical Studies

Herbal classes with Christa Sinadinos

Visit our website for more information;
and to see the garden photo loge.

<http://www.herbaleducation.net>
Email: herbaleducation@gmail.com

Voice mail: (707)-826-7762



Irene's Cauldron



I don't know about you, but as spring unfolds my garden calls out to me. My hands, having longed to dig and plant, are happy to oblige the gardens call. I love the turning of the soil and the plotting and planting of each yearly garden.

Moonrise Herbs is bringing in several gardening books to help with planning, planting and decorating your garden. Look for titles like Herbal Tea Gardens, Herbal Remedy Gardens, and Shady Retreats, to help with planning. For the planting you'll find, Tips for a Lazy Gardener, Trowel and Error, Carrots love Tomatoes and Roots, Shoots Buckets and Boots with activities for parents and kids who want to plant a garden together. What will you do with all the Zucchini you grow this year? Check out The Classic Zucchini Cookbook. It has 225 recipes to help you savor the flavor. Want to learn how to greatly enhance the flavor, aroma, and uniqueness of your home brew? The Homebrewer's Garden gives great tips on growing your own hops, brewing herbs and multi-grains in either your backyard or on a sunny porch. As to the decorating...Stonework details 16 easy to build projects for your yard or garden.

The Northcoast region of California is blessed with many wild foods and medicinal plants. The appearance of baby nettles, milk maids, mustard and dandelion flowers all mark the passing from winter to spring for me. I look forward to harvesting these wild, edible weeds and incorporating them into the food my family eats. Each spring fresh baby nettles make their way into a soup, or casserole dish. Stinging Nettles are super tasty. They are also fantastically high in protein, vitamins A and C as well as many minerals, bioflavonoid and amino acids. Indeed they are one of nature's best super foods. For a little spice I like to add milk maid or mustard flowers to our salad or rice. Dandelion leaves, flowers, and roots are another highly nutrient food. They are rich in vitamins A, C, E, B6, Folate, Iron, Calcium Magnesium, Potassium and more. There are many ways to enjoy them fresh. I tend to pick the spring greens for eating right out of the earth or tossing into salads. Fresh blossoms can be added to pancake batter, omelets, quiches, casseroles and more. They can also be infused to create a nice oil or vinegar. The roots can be roasted and used for a tasty, robust tea or the fresh roots can be added to a vegetable stir-fry. As you can see dandelion is very versatile. Just be sure you are harvesting the true dandelion (*Traxacum Officinale*) which means "official remedy for disorders" True Dandelion presents itself with a single flower head per each stem and smooth, indented leaves. False dandelion (*Hypochoeris radicata*) is a plant that looks very similar but, has a branching stem with several flower heads; the leaves tend to be more lobed, hairy and bumpy than the true dandelion.

Moonrise Herbs has several plant ID books to help you identify the plants growing in northern California. Interesting historical and medicinal uses are mentioned within the covers. It can be very empowering to harvest and eat from the wild. Please do so mindfully, so as not to over harvest. If you leave a patch of weeds looking like you were never even there, then you are doing well.

May your gardens be beautiful and bountiful and may the wild harvests nourish our bodies and feed your souls.

Bye For Now,

Mud Muck and Mire

There is one word to describe springtime on the farm where I grew up in Southern Minnesota. Mud. After the snows melted and the ground thawed and the rains began their melodic downpour, the whole country turned into a gigantic mud wallow. All the dirt roads, all the barnyards with forlorn looking cows standing knee deep in a black quagmire, all the fields plowed up last Autumn, all the country church parking lots, and all the driveways leading up to the farmhouses were saturated with mud. The moist earth oozed with wetness, dripping in all her sensual perpetual glory.

On those spring mornings we had to walk our quarter of a mile driveway to catch the bus for school. The frozen ground was filled with ruts from the cars and frost covered the plowed black fields. Off in the distance you could hear the school bus belching its way down the dirt road while the newly arrived migrating birds gathered in the leafless trees to sing in the new spring day. It wasn't bad in the early morning, walking down the driveway to catch the bus, unless it was raining. Or unless my brother Steve, who was always the last one to leave the house, threw clods of dirt at us while we sprinted ahead of him, using our book bags as shields. Later as the developing spring brought warmer mornings, the trip from the house to the end of the driveway turned into a trial for everyone involved. We gingerly stepped through the mud careful not to get our shoes stuck and suddenly find ourselves standing precariously on one stocking foot awkwardly trying to reclaim a sodden shoe. From the bus getting stuck in the country roads, to my mom staring at the tracked in mud and lamenting, "I just mopped the kitchen floor!" From the school janitors scowling at the rural kids parading down the halls leaving boot tracks on their polished floors to the muddy splatters on the car windows. It was the season of perpetual stains.

This muck was miserable for the cattle that waited in the feedlot for their return to the pasture. You couldn't let them out too early as they would tear up the soft earth and make a mess of everything. So they slogged around in the mire looking melancholy over the fences at the greening paradise beyond the barn lot. And woe to the poor chicken that happened to accidentally find itself among the cows in their boggy surroundings. It would scramble to get out, feathers fluttering and feet caked with barnyard sludge that made it look as it had on a pair of rain boots. The barn cats would simply look on in disgust and slink back into the receding pile of hay in the hayloft. (Continued on page 6)

Ayurveda

Medicine Of The Future

As our world becomes more complex and fast-paced, the ability to simplify our lives and slow ourselves down becomes ever more necessary. Ayurveda provides us with these vital tools. Ayurveda is the 5,000 year old traditional medicine of India. Because of its ancient origins, we might say that Ayurveda was birthed at a time in which life was more simple, more present, more slow. As a result, present day man has much to gain by listening to its pearls of wisdom.

It is said that Ayurveda was a gift from the Gods to mankind in order to relieve mankind's suffering in the coming ages. Modern day suffering expresses itself as both physical and emotional/mental. We suffer such things as physical pain and sickness as well as emotional and mental agonies. However, according to Ayurveda, our soul is incapable of suffering. The soul is without blemish, without disease. The soul resides in a state of natural peace.

According to Ayurveda, birth itself brings about our first suffering. At birth and thereafter, we experience a deep sense of separation. That separation creates a feeling of emptiness. That emptiness we attempt to fill or to satiate through temporary "fixes" fed through the senses (such as television/movies, listening to music, eating junk food, etc.). However, no matter how many movies we watch, no matter how many potato chips we eat, we will never be able to bring ourselves the peace we are seeking. On a positive note, according to Ayurveda, there are better choices. There are healthier ways to feed our senses. In fact, there are ways to nourish our senses which promote peace of mind and body as well as help to reconnect us with our spirit.

The following five sense therapies are utilized by Ayurveda as a means of creating mental and physical balance and to reconnect us to our spirit:

- Color therapy (for the sense of sight)
- Sound therapy (sound)
- Aromatherapy (smell)
- Herb/Nutrition therapy (taste)
- Massage therapy (touch - various Ayurvedic touch therapies and body therapies fall into this category)

In addition, Ayurveda offers cleansing and rejuvenation regimens (called panchakarma and rasayana respectively) which serve to remove toxins, rebuild bodily tissues and reconnect us to our spirit. Lastly, Ayurveda offers simple daily routines such as yoga, meditation, and self-massage to promote long-term health and reconnect us with our natural state of peace.

At the core of all Ayurvedic therapies lies one simple suggestion for maintaining balance - to live in harmony with Mother Nature. Through living in harmony with Mother Nature, we not only reduce stress and promote our own wellbeing, but also that of our neighbors and our planet. Because of its holistic approach and compassion for all life, Ayurveda is fast becoming one of the most popular and practical systems of health care in the world. As the art of daily living, it possesses the power to uplift humanity as well as to redirect our priorities for the upliftment of all beings everywhere. To learn more about upcoming classes/programs on Ayurveda please call: Traci Webb, Ayurvedic Practitioner and Educator, Northwest Institute of Ayurveda, 707-227-8373, www.ayurvedicliving.com, webbtraci@hotmail.com.



Northwest Institute of Ayurveda

Classes with Traci Webb



▼ Ayurvedic Training Program

(Meets 1 weekend/month for 17-Months. Sept. 13, 2008-Jan. 20, 2010)

▼ 6-Week Beginning with Ayurveda Series

(Meets 1x/week. Offered 2x/year: April 23-May 28, 2008 & Aug. 5-Sept. 9, 2008)

▼ Ayurvedic Living Program

(6-Month Self-Healing Program. Sept. 13, 2008-Feb. 15, 2009)

▼ Ayurvedic Herbalism Program

(10-Month Program on Disease Management. Jan. 10-Oct. 25, 2009)

▼ Panchakarma Training Program

(Massage Training. Meets 6 weekends from: April 26 - Oct. 5, 2008)

See enclosed flyer or website for details.

Registration: (707) 227-8373



www.ayurvedicliving.com
460 1/2 Main Street
Trinidad, CA 95570

Dandelion Blossom Pancakes

1 cup whole wheat pastry flour
1 cup cornmeal
2 tsp flax seeds
1 tsp salt
2 tsp baking powder
2 eggs
¼ cup oil
½ cup honey
2 cups milk
1 cup Dandelion blossom petals



Mix dry ingredients. Add all wet ingredients and mix thoroughly. Adjust consistency by adding a little more milk or a little more flour if it's too thick or thin. Pancake batter should be thin enough to pour, but not runny. Cook on oiled grill. Top with your favorite topping.

Enjoy!

(Cleansing, continued from page 2) Digestive enzymes are taken with meals to help breakdown proteins, carbohydrates and fats, make certain they contain the major enzyme groups protease, amylase, and lipase.

Moonrise also offers several products that combine some dietary additions together including:

Ultimate Cleanse by Natures Secrete contains digestion supporting herbs, fiber, the probiotic *Lactobacillus acidophilus* and the laxative cascara sagrada.

Smooth Food 2 by New Chapter contains herbs that soothe the digestive tract such as okra, slippery elm, licorice and marshmallow, along with psyllium and probiotics.

Everyday Fiber System by Rainbow Light contains herbs that aid in digestion and support the liver, fiber, and digestive enzymes.

Gentle Lax Tea contains flax seed, the carminatives ginger, fennel, and cinnamon, as well as the laxatives senna and cascara sagrada. This is to be taken for short-term only, as laxatives can be habit forming.

Tri-Cleanse by Planetary Formula combines triphala with the warming carminatives anise and ginger, along with the bulking fibers psyllium and flax seeds.

However you decide to step into spring may your transition be uplifting and energizing!

Herbal Travel Adventures

Join Jane Bothwell
and Cascade Anderson Geller
for an herbal adventure to

Provence, France
June 21-July 3, 2008



Enjoy harvesting wild lavender, shopping at open-air markets, tour distilleries, farms and museums, attend a St. John's Festival and explore the abundance of medicinal and culinary herbs in their native environment.



Trinity Alps
October 10-13, 2008

Hike into the majesty of the Trinity Alps in radiant fall color with Jane Bothwell. Learn identification and traditional uses of local flora, make medicine with your harvest, enjoy delicious foods and slumber in cozy cabins.

See enclosed insert
Register online or call 707-442-8157



www.dandelionherb.com
janeb@arcatanet.com
PO Box 4440
Arcata, CA 95518

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Schedule of Upcoming Classes & Events

HERBAL SPA DAY with Irene LewisThorne Sunday, March 30th 12-4:00 pm, \$40 workshop fee

GUIDED BREATH & IMAGERY-REVITALIZING MIND, BODY AND SPIRIT with Alexandra L. Seymour B.C.R., C.B.E.S.T. Tuesday, April 1st from 7-8:30pm, Cost is \$10

AYURVEDIC AROMATHERAPY with Traci Webb, CAS Thursday, April 3rd from 6:30-9:00pm, cost is \$35 and includes supplies

POSITIVE ENERGY PRACTICES FOR PSYCHIC STRENGTH & PROTECTION – EARTH/NATURE INFLUENCES with Michal Mugrage Tuesday, April 8th from 7-9 pm, cost is \$20/\$60 series

BEGINNING WITH AYURVEDA with Traci Webb, CAS Wednesdays, April 23rd-May 28th from 6:30-8:30pm, cost is \$185

RESPITE FOR THE RESPIRATORY SYSTEM with visiting Herbalist Karin Uphoff Tuesday, April 29th from 6:30 to 8:30 pm, cost is \$25

HERBAL SPA DAY with Irene LewisThorne Sunday, May 18th 12-4:00 pm, \$40 workshop fee

BEGINNING WITH AYURVEDA with Traci Webb, CAS Tuesdays, July 8th-August 12th from 6:30-8:30pm, cost is \$185

HERBAL SUMMER CAMP for Kids aged 8-13 years old with Irene LewisThorne Herbalist and Proprietor of Moonrise Herbs Tuesday July 28th -Thursday July 31st from 10am-2pm, cost is \$75

WITCHCRAFTING~ THE FERI TRADITION AS A MAP FOR HEALING with Kim Sequoia Sunday, August 31st from 2-4:30 pm, cost is \$5.00

Nettle Polenta

4 cups washed nettle leaves
2 teaspoons sea salt
1 Clove garlic finely chopped
1 tablespoon olive oil
1 cup polenta, or organic coarse-ground corn meal
1/3 cup grated Parmigiano
1/4 cup crème fraîche (Crème fraîche can be made at home by adding a small amount of cultured buttermilk or sour cream to heavy cream, and allowing to stand for several hours at room temperature until the bacterial cultures act on the cream)

Salt and freshly ground pepper to taste

Bring a pot of water to a rolling boil and, using a pair of tongs or rubber gloves, add the nettles to the pot. Blanch the nettles for about 1 minute. Drain, coarsely chop and reserve.
In a heavy-bottomed medium pot, bring 5 1/2 cups of water to a boil. Add the salt, garlic and olive oil, then slowly pour in the polenta, stirring constantly with a wooden spoon.
Reduce the heat to medium-low so the polenta cooks at a low simmer (bubbling slightly). Stir frequently until thick and creamy, about 17 to 20 minutes.
Add the Parmigiano, crème fraîche and nettles, whisking until combined. Taste for seasoning and serve immediately.

(*Mud Muck and Mire, continued from page 3*) Of course, all the farmers were champing at the bit to get out into the fields. It is a rare farmer indeed who can go through a lifetime of farming and not get stuck in a muddy field in their eagerness to get a crop in. Once a tractor's wheels are half buried in the ground it is a whole undertaking to get it out again involving chains, jacks, shovels, another tractor and loads of flying debris. During particularly rainy springs some areas of the fields never get planted. These neglected areas would produce an exotic array of plant life both native and rogue the following summer.

As it is spring the winds blow and the sun warms the fields, eventually the mud dries. The birds do their dances in wet pastures and greening lawns. Calves, lambs, chicks, and piglets are born as the great mother earth drips with erotic dampness. The days grow longer creating yet another delivery of this miracle we call living on planet earth. Proving once again that creation is a messy business.

By Tim O'Leary

Moonrise Herbs is having its annual Spring Sale

Mark your calendars for Friday, May 9th through Sunday, May 12th. **EVERYTHING** in the store will be 10% off! Plus, all bulk herbs and teas will be 20% off. Check out our sidewalk table with savings of up to 75%