

Satisfy Your Soul



MOONRISE HERBS™

Fall



Frollic

I love Autumn! Racking leaves into piles for kids (big and little) to dive into, dancing with the twisting, turning, falling leaves. The abundant color shared with us by the Maple trees on hillsides and along creekside grottos. I love crisp mornings and clear starry nights and eating my husband's abundant and delicious blackberry pies. I love gathering elderberries and giving thanks to grandmother elder for keeping us well. I also love the excitement of new college students whose parents have brought them to Arcata to embark on the next phase of life. Endless possibility! (Continued on page 4)

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Respiratory Relief

Those glorious sunny days of late summer are here again. For those of us on the coast, the fog is graciously lifting. Folks inland emerge from a hazy summer as well – after the lightening strikes of midsummer's eve ignited several wild-fires, leaving much of Northern California encased in smoke.

Now is the time to take deep breaths! Slow down. Replenish for the coming months of winter. Whether you were caught in the smoke, or sneeze through Fall with seasonal allergies, Moonrise has much to offer!

Our respiratory systems are very responsive to herbal therapies—be it a soothing salt and sage gargle for the ticklish throat, or potent anti-inflammatory and anti-microbial formulas to ward off infection.

Warm yourself with any number of our delicious teas and embrace these cooling evenings and crisp mornings. Autumn is a time when we feel both external and internal energies “fall,” or sink downward. This puts our lower respiratory at greater risk when infection is present, as our lungs are already especially vulnerable at this time. Expectorants work to encourage an upward motion. Keep infections from settling in. Warming expectorants, (aromatic, pungent spices), such as cinnamon, ginger and fennel are best taken in a warm water infusion before meals. (see recipe)

You'll find several of these wonderful spices in the “Forest Blend,” where they are well married with roots such as licorice and elecampane to relax the bronchioles. This is an autumn appropriate blend of roots and seeds—a wonderful warm morning tea, and a powerful anti-inflammatory and immune boosting decoction!

I'm pleased as well that the “Breathe Easy Tea” has returned. Blended weekly here at Moonrise, “Breathe Easy Tea” is quickly becoming a favorite. In addition to several of the aforementioned expectorating qualities, this blend includes ephedra as a bronchial dilator, and mullein for its multi-dimensional, tonifying effects. (See mullein article by Sabel)

We can also find relief with topical applications of herbs and herbal oils. Dotti Simmons, a local producer of delightful soaps and salves makes a multi-purpose “Herbal Vapors” rub. Rub into the chest, below the nostrils, even the temples for relief from sinus congestion. Apply before a hot shower for a humidifying effect. You could create your own rub simply by adding essential oils to any number of our simple salve bases. I suggest using a few drops of “Deep Breath,” a synergistic essential oil blend made by Oshadhi. Inhalants are a powerful remedy for lung ailments. Particulates from forest fire smoke are especially small (less than one micron in diameter) and thus are able

to penetrate deep into lung tissue. Herbal steams, essential oils and deep breathing exercises can offer much relief. (see recipes)

With some herbs, much of the desired active components can be greatly diminished upon drying; for this reason, fresh freeze dried herbs, or fresh herb tinctures may be preferred. One such herb is nettle when used in regards to seasonal allergies and histamine response. You'll find several formulas at Moonrise Herbs containing nettles, often paired with quercetin for an additional histamine inhibiting effect. Among the many wonderful blends from local company, Alpine Meadow Botanicals, is the popular “Allerg-Ease.” In addition to fresh tinctured nettle, this formula contains Yerba Santa and Yerba Mansa, Ambrosia, Bayberry, Dandelion Root and Echinacea. It is especially useful in treating symptoms of hay fever due to its astringent as well as antihistamine and anti-inflammatory effects. “Sinus Aid,” also by Alpine Meadow Botanicals packs a nice bite with (Respiratory Relief, continued on page 3)

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Herb Blurb Mullein

by Herbalist Sabel Rose

Mullein leaf is a fabulous herb for the respiratory tract. It is soothing to the mucous membranes of the lungs and sinus cavities. It is anti-inflammatory—most helpful for aid during fire season. If you've traveled inland during the summer, Mullein's towering five foot plus stalks probably caught your eye. These stalks grow from the center of a rosette of large super-fuzzy leaves. Dozens of small yellow flowers (great disinfectants for ear infections) grow from the top foot or so of the stalk. The leaves can be dried and infused in tea. For best results, strain through a paper coffee filter or muslin cloth.

Moonrise Herbs Breathe Easy Tea

6 parts mullein
4 parts ephedra
2 parts calendula
1 part comfrey root
1 part ginger root
1 part fennel seed
1 part licorice root
1 part peppermint
½ part pleurisy root

Follow instructions for a strong infusion. Drink three to four cups daily.

(Respiratory Relief, continued from page 2) horseradish and is my tincture of choice for the sinus infection.

Not enough? Still have that lingering headache or tickle in your throat? The respiratory system is dramatically and delicately interwoven with multiple systems of our body. In turn, there are many potential ailments, and many routes for remedies. Just as the smoke pollution disrupts the ecology of the forests, it too disrupts the ecology of the body. Take advantage of our resources and our knowledgeable sales staff and herbalists here at Moonrise to root out these lingering ailments and start feeling good now! May you find the time amongst the hustle of fall for slow walks. May you take pleasure in warm drink in the evening-time. May you get the most from your every breath.

Written by Staff member Elizabeth Brett

Back to School Herbal Survival Kit

Written by: Sarai Lucarelli, HSU and herbal student

Welcome back students! Here are some awesome items that will help you make it through the semester ahead:

ROSEMARY ESSENTIAL OIL: Due to rosemary's memory-boosting effects, in ancient Greece students used to weave garlands of rosemary into their hair. You may wish to do this yourself, or do what I do and tote around a tiny bottle of the essential oil. Before lectures I like to open my bottle and take in a few deep breaths. Doing the same before tests may help you recall what you learned better too! (School Survival Kit, continued on page 5)

Product Highlight

Humboldt Hack-Away from Alpine Meadows Botanicals

A must have for Humboldt County Autumn! Moonrise also carries Hack-Away in bulk! Refills only \$7.95 per ounce!

Contains: Usnea (fresh or dry, wild), Balsam Root (fresh, wild), Aralia (fresh, wild) Yerba Santa (fresh or dry, wild), Marshmallow (fresh, organic), Osha (fresh or dry, organic or wild), Lomatium (fresh or dry, organic or wild) and thyme (fresh or dry, organic)

Humboldt Hack-Away contains anti-viral, antibacterial, and anti-fungal herbs which inhibit the growth of micro-organisms in the upper and lower respiratory tract. Many of the herbs in this formula increase the white blood cell count, which enhance the body's ability to ward off infection. Additionally, this compound contains many soothing, demulcent and expectorant herbs. Humboldt Hack-Away is recommended as a primary or an adjunct treatment for the following conditions: bronchitis (acute and chronic), laryngitis, lingering coughs, respiratory congestion, colds, flu and other bronchial afflictions.

Take 30 to 90 drops in water, up to four times daily.

© Alpine Meadows Botanicals, 2008 Christa Sinadinos.



FOR SENSITIVE SPIRITS

Rediscover that deep, soft place within ...
... where love and healing do exist.

warm spiritual support & guidance/sacred energy & bodywork

ANA LORA GARRARD
(707) 826-2647

(Autumn, continued from page 1) Along with the trees blowing in the Autumn winds, there is a lot of movement happening here at Moonrise Herbs. The buyers are moving into the former healing room to be closer to our customers and to enjoy a better functioning space. My desk is going to be in our Scent your Soul room, a place I adore. Our operations department is expanding in the backroom of our store to be able to better organize our backstock and the processing of mail orders and bulk herbs into tea blends. We are happily preparing for the long awaited launch of our new website. With all this moving and cleaning we have discovered several items that Moonrise is no longer using and we plan to have a backdoor sale! The proceeds of which are going to fund a well deserved party for our staff! Keep your eyes open and look for flyers to announce the exact date.

Our annual Autumn Sale is happening soon as well. Mark your calendars for Friday, September 26th-Sunday September 28th. It is the perfect time to stock up on herbs and start drinking those immune building teas that keep us healthy during the changing seasons. All our herbs and teas will be 20% off and everything else in the store will be 10% off! Plus we will have fantastic savings of up to 75% on our sidewalk table!

As the Season changes and we begin looking towards nature's bounty & harvest time, so do our thoughts turn towards gathering ideas for holiday gift making ...

If you are thinking of making your own creations this year,

come check out our "Make your own" section of the store. Here you will find many new books for inspiration & recipes, lots of bottles & jars to fill with bulk oils, herbs, salts and butters, plus our "Scent your Soul" room where you can purchase essential oils by the bottle or by the drop to create your own special blends. Check out the class listing for inspirational classes too. Learn to make Elixers and Cordial Tuesday November 11th or an array of herbal gifts at the Herbal Gifts for the holidays Sunday November 16th.

If you find you don't have time to make your own, we will be offering gift basket's to fill with your selection of the perfect gifts. We've come up with lots of ideas for holiday gifts making this year and as always, we are here to give you that personal attention & guidance towards self empowerment, you know you can find at Moonrise Herbs.

I hope you too find time to frolic this fall. Dive into those leaf piles! Dance with the falling leaves while they twist and turn as they come softly down. But don't forget, now is the time to boost your immune system as the seasons are a changing.

Bye for Now,



✧ The Hokey Pokey ✧

by Tim O'Leary

It was lunchtime at St. Theodore's elementary school and all the kids were dressed up in their Halloween outfits. Ghosts, zombies, witches, super heroes and fairy princesses milled about with lunch trays in hand finally settling down at the long cafeteria tables. I sat with my relatives and many close family friends on the other side of the basement cafeteria eating chicken noodle hotdish, coleslaw, cake and sipping weak coffee. This was luncheon following the funeral for my brother Steve O'Leary.

I found it ironic that we shared the room with costumed kids and their teachers on Halloween day. The ancient Irish called this day Samhain - the day for celebrating the dead - a day when the veil is the thinnest between the spirit world and the mortal one. I doubted if any of the kids or even most of the teachers were aware that many of the customs we associate with Halloween came from the Irish culture. These old rituals have been blended with our modern holiday for years and resulted in one of the most celebrated pagan holy days that still remains a part of our culture. The bobbing for apples, the wearing of masks, the carving of squashes and illuminating them with candles, the bonfires and the eating of sweets. All of these practices originated in Ireland and if there ever was a person who could channel up some old Irish soul that would be my brother Steve. Especially when whiskey was involved or "the waters of life" as it is known in Gaelic.

After the meal a number of us took Steve's box of ashes for a drive to the Fitzgerald's pub where we toasted him in another Irish tradition. We set him up on the bar with a dram of whiskey and commented that it was the driest he had ever been at the Fitzgerald's. After a good session with loads of laughter, we made our way out into the gorgeous Minnesota Autumn day to regroup with the rest of the clan at our friend Carly's house. We set Steve down on the kitchen table and continued the mourning process with more food and libations. Then we made our way to the Newry graveyard where most of the O'Leary family members have been buried since the 1800s.

The cemetery is a ten acre hill of sand left over from a glacier from the last ice age on the edge of what was at one time the largest wetlands in Southern Minnesota. From atop of this mound you can see for miles in every direction. To what used to be the prairie to the north to the now cultivated drained lowlands to the south. I've been told that I'm related to 90 percent of the people buried there. This was an Irish community at one time boasting 100 families. All that is left nowadays is the Newry church and the resting spot of dreams from another time. We planned to have a circle and spread some of Steve's ashes amongst his relatives.

The sky was a cloudless brilliant blue with the sun sliding to the west. A cold wind was blowing as people got out of their cars, and after a bit of wandering about the gravestones we formed a circle around the O'Leary plots where four generations have been buried. There must have been fifty of us gathered there holding hands when we realized that the one soul we were celebrating was sitting on the kitchen table back at the house. (Hokey Pokey, continued on page 6)

(School Survival Kit, continued from page 3)

RESCUE REMEDY: This is another inconspicuous bottle that fits easily in back packs, purses, and pockets that is a **MUST HAVE** for stressful days. A few drops under the tongue helps relieve anxiety, worry, panic, fear and all such less-than-pleasant feelings that come up from time to time....midterms anyone?

BRAINY BREW TEA: This is a great tea to start your day and offers a natural pick-me-up for afternoon and evening study sessions. This awesome blend has ginkgo and rosemary for memory, gotu-kola for energy, ginger

to warm your circulation, peppermint to relieve stress and headaches, and licorice to ease digestion and to make the blend yummy! Other folks like simple yet wonderful green tea of which we carry several varieties.

MULTI-VITAMINS: Different blends for different people work best so come take advantage of **FREE** herbal consults here at Moonrise (Mon-Fri 12-5 and Sat-Sun 12-4) to find which vitamins will help you maximize your health and potential.



Northwest School for Botanical Studies

Herbal Classes with Christa Sinadinos

Fall 2008 Classes

Elk's Head Herb Walk

Sunday, September 28th
1-3 pm - Fee \$20

Herbal Materia Medica I Class

Tuesday evenings 7-9 pm
October 21st - November 18th
Registration fee \$150

Professional Herbalist Training Program 2009

January 20th- June 12th
Tuesdays/Wednesdays 11am - 2pm
Thursday 11am - 4pm
1st Friday of each month 11am - 4pm
Now accepting applications

Visit our website for more information;
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<http://www.herbaleducation.net>
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Dandelion Herbal Center

Classes With
Jane Bothwell



Beginning With Herbs

September 24 - November 12, 2008 • 7-9:30 pm
Wednesday Evenings at Moonrise Herbs

Field Identification • Herbal First Aid • Salves • Pills
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February - November 2009 • 10am-4pm
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See enclosed insert

Register Online or Call 707-442-8157

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



Schedule of Upcoming Classes & Events

BEGINNING WITH HERBS with Jane Bothwell
Wednesdays, September 24th - November 6th from 7-9:30 pm,
cost is \$285

THE ASTROLOGICAL 7TH HOUSE: RELATIONSHIP PATTERNS IN THE NATAL CHART with Salina Rain
Monday, September 29th from 7-8:30pm, cost is \$25

TINCTURES AND ELIXIRS with Irene LewisThorne
Tuesday, September 30th 7-9 pm, cost is \$25 and includes samples

THE ASTROLOGICAL 10TH HOUSE: CAREER with Salina Rain
Monday, October 6th from 7-8:30pm, cost is \$25

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

RESPIRE FOR THE RESPIRATORY SYSTEM with visiting Herbalist Karin Uphoff
Monday, October 13th from 6:30 to 8:30 pm, cost is \$25

FREE LECTURE & DEMONSTRATION ON BIO ENERGETIC SYNCHRONIZATION TECHNIQUE (B.E.S.T.) with Alexandra L. Seymour B.C.R., C.B.E.S.T.
Tuesday, October 14th from 7-8:30pm

HERBAL SPA DAY with Irene LewisThorne
Sunday, October 19th 12-4:00 pm, \$40 workshop fee

THE ASTROLOGICAL 6TH HOUSE: HEALTH AND WELL-BEING with Salina Rain
Monday, October 27th from 7-8:30pm, cost is \$25

POSITIVE ENERGY PRACTICES FOR PSYCHIC STRENGTH & PROTECTION - SPIRIT INFLUENCES with Michal Mugrage

Tuesday, November 4th from 7-9 pm, cost is \$20/\$60 series

SOMATIC & YOGA THERAPY: HEALING FROM THE INSIDE OUT with Robyn Smith
Monday, November 10th from 7-8:30 pm, cost is \$5

ELIXERS, CORDIALS & LIQUEURS with Irene LewisThorne
Tuesday, November 11th 7-9 pm, cost is \$30

HERBAL GIFT-MAKING FOR THE HOLIDAYS with Irene LewisThorne
Sunday, November 16th from 12-4:00pm, cost is \$45

MEET THE MIDWIVES: PREGNANCY INFORMATION NIGHT with Monika Rosicka
Monday, November 17th from 7-9pm, a FREE class

POSITIVE ENERGY PRACTICES FOR PSYCHIC STRENGTH & PROTECTION - EARTH/NATURE INFLUENCES with Michal Mugrage
Tuesday, December 2nd from 7-9 pm, cost is \$20/\$60 series

BEGINNING WITH HERBS with Jane Bothwell
Wednesdays, January 21st - March 18th from 7-9:30 pm, cost is \$285

Our class listings are now posted on the newsletter archive page of our website and are updated regularly!

(Hokey Pokey, continued from page 4) So we decided to do what came natural for us all. We sang, "You put your right foot in. You put your right foot out. You put your right foot in and shake it all about. You do the Hokey Pokey and you turn yourself around. That's what is all about. Yeah!" And so there we were all doing the Hokey Pokey in the middle of the graveyard on Halloween. Laughing and happy to be singing as the last of the leaves from the trees were blowing in the wind, leaving the oaks, ashes and cottonwoods like skeletons dancing on that lone hilltop.

The next day was The Day of the Dead. Almost everyone had dispersed back to their homes around the country. A small group of us took Steve to a different Irish graveyard called Bath where many of my mom's side of the family were buried. There, our friend Margaret sang a Greg Brown song, "My Home in the Sky," as we sprinkled some of his ashes over all the women's graves that we came across. Steve was a bit of a lady's man and we figured he could flirt his way through eternity. The rest of him was taken back to Ireland so that his soul could be where his heart liked to travel.

Slainte.

Remember to breathe, take time for yourself, meditate, get in touch with nature, Sing, Dance, Play. Love your work and love yourself!

Moonrise Herbs™

Come Celebrate Our
AUTUMN SALE

Welcome Students!

Sept. 26th, 27th & 28th

- Sidewalk Sale Savings up to 75%
- 20% off on all Bulk Herbs and Teas
- 10% off everything in the store including jewelry, books, journals and Dr. Hauschka.

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