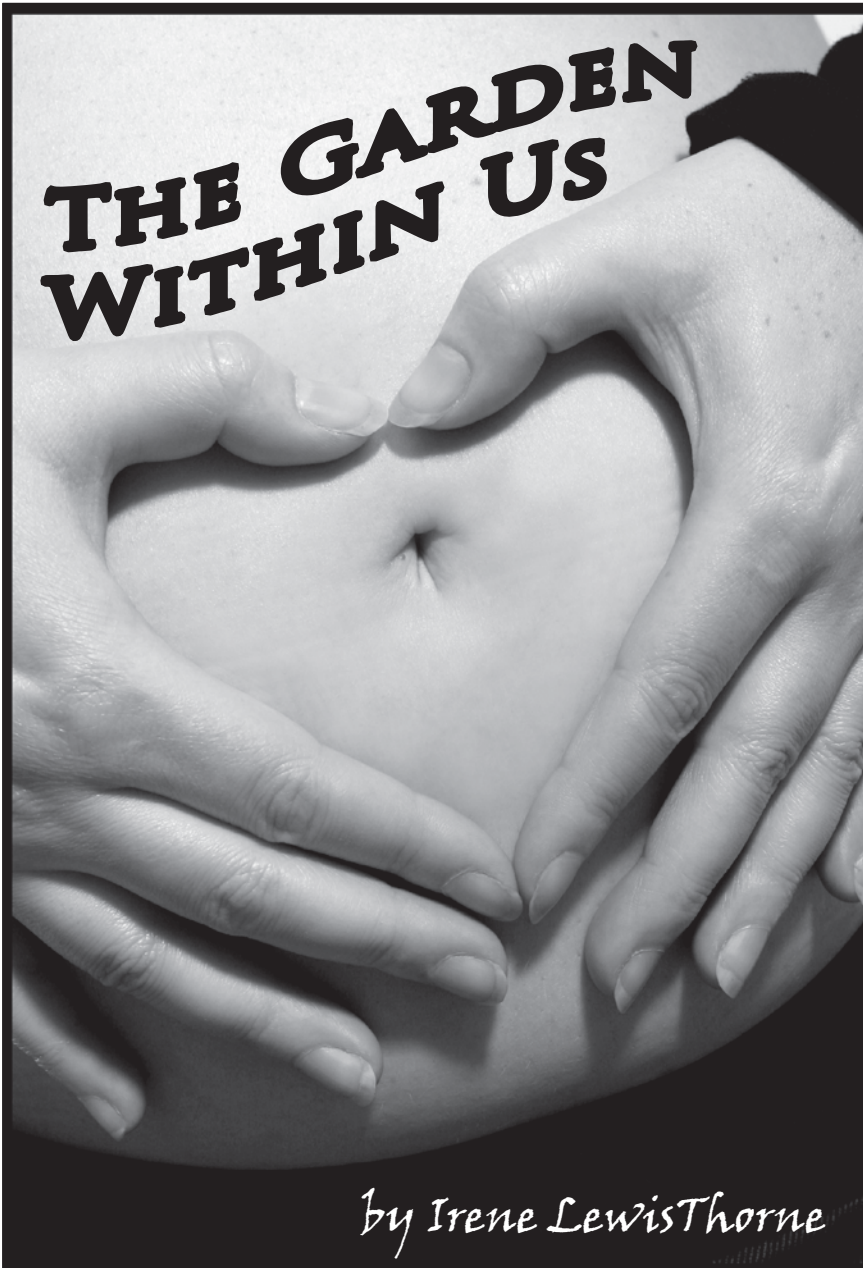


Satisfy Your Soul



Moonrise Herbs™



by Irene LewisThorne

Inside our bodies a bounty of flora resides in a beautiful and intricate organic garden.

We have more of these microorganisms colonizing the surfaces and cavities in our bodies than we have human cells! At last count, scientists estimate that around 750 trillion bacteria, yeast and other microorganisms make up three to five pounds of our total body weight. Only 1- 2% of these friendly flora species have been identified by researchers and they have been categorized by microbiologists through a process of culturing and DNA sequencing. In our GI tract there is plenty of surface area for these microbes to colonize. Essential players in the gut include Escherichia, Lactobacillus, and Bifobacterium. Other common gut inhabitants include Bacteroides, Clostridium, Fusobacterium, Eubacterium, Streptococcus and certain yeast (Candida) strains.

Up to 70% of our immune system resides in our guts, defended by a protective layer of beneficial flora. When in balance, these beneficial flora not only help to support our immune system from marauding invaders they also help us to digest and absorb our food, detoxify noxious compounds and contribute to the manufacturing of essential vitamins. When balance is thrown off due to poor diet choices, stress and medications, the healthy flora will begin to die off by the millions. Through a process of "competitive

In this Issue

The Garden Within Us	Page 1
Oestre, Eostre, Eostar, Ostara, ...Easter	Page 4
Recipe	Page 5
Schedule of Classes	Page 6

exclusion" our body determines which bacteria get residence, good, bad, or indifferent. Like the opportunistic weeds in our gardens, as good flora die off, bad microbes can move in.

Like most microbes, beneficial bacteria can be inhaled or acquired by touch, but more often than not they find their way into our body with what we eat. Gut flora get their food by breaking down what they eat from our digestive system, making our diet the most important factor in maintaining these microbes. They flourish when they get the right foods and languish when they do not. Good bacteria feast on fiber, fermented foods and foods rich in polyphenols like: grapes, garlic and green tea. The bad guys love refined sugars, animal fats, fried and highly processed foods.

By eating fiber found in vegetables, whole grains and legumes we help our good bacteria to live happy and prosperous lives. But, fermented foods are the key foods we need to keep our friendly flora flourishing the most. Fermented foods introduce active probiotic nutrients that wedge out unfriendly bacteria. They also compete directly with two main food poisoners: the toxic strains of E.coli and Staphylococcus aureus! Fermented foods include: Yogurt, tempeh, miso, kimchi, sauerkraut, pickles, olives, kefir, sourdough, and believe it or not, wine and chocolate! Moonrise Herbs carries a wonderful book titled "Wild Fermentation" by Sandor Ellix Katz. This book is easy to read and has a wealth of recipes to help you learn to prepare almost all of the fermented foods listed.

In our modern industrialized culture everyone could benefit from daily supplementation with probiotics as well. If you have been taking antibiotics or an antifungal it is vital to supplement with probiotics during the time you are taking them and up to two weeks afterwards. These medications kill off not only the bad microbes, but the good ones too. Keep in mind that antibiotics are even present in most of the meat, poultry, fish and dairy we eat. If you are taking a trip, probiotic supplements have also

been shown effective in the prevention and treatment of traveler's diarrhea. Some other signs and symptoms that show the possible need for probiotic supplementation include

- Recent illness
- GI sensitivity (cramps, diarrhea / constipation)
- Bloating or foul smelling gas
- Irritated Bowel or partially digested stools
- Yeast infections, thrush, cold sores, diaper rash
- Headaches and migraines
- Joint aches
- Chronic bad breath
- Rosacea, acne
- Fatigue, irritability
- Anorexia and / or bulimia
- Stuffy nose, increased mucus production
- Increased symptoms of PMS, perimenopause, or menopause
- Worsening sensitivity to sugar and fermented products
- Urinary tract infection, whether once in awhile or chronic
- Worsening symptoms of inflammatory conditions like, asthma

It should be noted that although many of the above symptoms can indicate floral imbalance, they can also indicate more serious conditions.

Along with the use of probiotics consider prebiotics. Prebiotics help probiotics survive the passage through the acidity of the stomach and small intestine, and promote their growth in the intestines and colon. Prebiotics include fructooligosaccharides (FOS), and inulin. These are natural sugars found



Michal Mugrage

Shamanic Healing Support & Spiritual Counseling

707.407.7192
thankful-heart@mac.com
www.thankful-heart.com



Soul Retrieval Energy Work Intuitive Readings Spirit Release
Home Blessing Flower Essences Classes & Workshops

in bananas, chicory root, onions, leeks, fruit, soybeans, sweet potatoes, asparagus, jerusalem artichokes and some whole grains. Foods high in prebiotics have been shown to lower cholesterol levels, stabilize blood sugar, and improve calcium absorption. Prebiotics are the building blocks of a good quality probiotic supplement..

At Moonrise Herbs one of our favorite supplements is New Chapter's Probiotic All-Flora. It contains nine strains of live probiotics cultured together on a nondairy whole-food medium and then combined with growth-stimulating prebiotic organic apples and organic inulin sourced from organic Jerusalem artichokes.

When the culturing of Probiotic All-Flora is complete, the symbiotic-rich whole-food medium and live probiotics are freeze-dried together, a process that preserves their potency until consumed. Once consumed, the cultured whole-food medium and prebiotic whole foods activate the probiotics and enhance their effects. Both are part of the synergistic whole that benefits the entire digestive tract and immune system.

New Chapter is a remarkable and innovative supplement company that Moonrise Herbs is very proud to feature. All of New Chapter's formulations are cultured in probiotics. These probiotics are grown in a whole-food medium and literally transform the nutrients into a whole-food complex that your body easily recognizes and absorbs. Formulations include; Mushroom formulas, multivitamins, anti-inflammatories, prenatal vitamins, men's vitamins, B vitamins, Calcium and lots more. We find all New Chapter products as well as the integrity of the company to be phenomenal!

As this article comes to a close I'd like to leave you with this parting thought. As you are playing with the microbes in the earth and planting your spring garden, remember the garden within you too. Maybe it needs some replanting.



Northwest Institute of Ayurveda

Classes with Traci Webb



Personal Growth
Professional Development
Planetary Healing

"Beginning with Ayurveda"

6-Week Introduction to the Traditional Medicine of India
May 6 - June 10, 2009 • Cost: \$185

6 Wednesday Evenings at Moonrise Herbs (7-9pm)
Your Constitution • Nutrition • Balancing Emotions • Self-Massage • Colortherapy • Aromatherapy • Home Remedies

"Ayurvedic Living Program"

6-Month Deep Self-Healing Journey

Starts: September 12, 2009 • Meets 2nd weekend of month
Ayurvedic Cooking • Nutrition • Intro. to Ayur. Herbalism
Kitchen Spices • Yoga for Your Type • Mantras & Kirtan
Meditation • Breath Therapy • Diagnostics: Pulse, Tongue,
Face, Body, Nails, Voice • Anatomy of the Cosmos • 7-Day
Home Detox. • Seasonal Routines • Massage • Home body
therapies • Advanced Color & Aromatherapy

Tuition: \$216 pay plan (\$999 in full)

Registration Deadline: 8/12/09

"Ayurvedic Herbalism Program"

10-Month Herbal Immersion • 170 Certification

Starts: March 26, 2010 • Meets 4th weekend of month
In depth Ayurvedic disease management of 13 bodily systems
Indian and Local Herbs • Hands-On Medicine Making • Body
Therapies (poultices, pastes, scrubs) • Advanced Herbal
Formulations and Pulse Practicum

Prerequisite: Ayurvedic Living Program or experience

Tuition: \$229 pay plan (\$1,799 in full)

Registration Deadline: 1/13/10

Ayurvedic Practitioner Certification

3-Part Certification Program

Includes two above programs + 12-Week Clinical Internship
Tuition: \$273 pay plan (\$3,420 in full) • Deadline: 8/12/09
See enclosed flyer or website for details

Register Online or Call: (707) 227-8373



www.ayurvedicliving.com
webbtraci@hotmail.com
1433 11th Street, Suite G
Arcata, CA 95521

Oestre, Eostre, Eostar, Ostara, ...Easter

by Tim O'Leary

It was the fifth day of Holy Week and the fifth day in a row that I sat in the same pew day-dreaming while the priest said mass. This day's dream was an epic as it was the Good Friday service. Three hours of sitting in St. Theodore's church on a gorgeous day in the middle of April afternoon could easily send a person into a trance. And judging by how many heads were dipping, a few actually seemed to be in that state. I was eight years old and my mind wandered while the Latin words soft-shoed slowly through the holy sanctuary and a spring breeze flamencoed outside.

Spring break for us Catholic kids meant only two days off school. Instead of our usual routine of going to church each morning before school, we also had to go on the evening of Holy Thursday, all afternoon on Friday, late night on Saturday and then, of course, on Easter morning. I assumed that the story of the Passion of Christ was what Easter was all about. Oh, and the Easter bunny, egg hunts, chicks, lambs, pussy willows, sunbonnets, ham and the showing of Ben Hur and Moses on TV.

I could never fully understand why Easter was a floating holiday. It occurred on the first Sunday after the first full moon after the spring equinox. Huh? What was that all about? Like all of our seasonal holidays this one has its Pagan beginnings. Despite my Catholic upbringing (or thanks to it), I've cultivated my Pagan roots and learned the organic version of why we celebrate "Oestre" - one of the names the Northern European tribes called this holiday before it was molded into its Christian version and renamed "Easter."

The spring rains burst forth and wash the winter away. This was traditionally the time to crawl out of the hut, walk the fertile fields and celebrate the rebirth of the natural world. The Pagan holiday was based on the old lunar calendar and the Moon Goddess, Oestre. She was the first full moon after the spring equinox. She and the natural world are happily pregnant each spring. Birds lay eggs in fresh nests, while mam-

mals prepare to birth their young in cozy nooks and the first spring herbs - such as nettles and cleavers - appear in the out-of-the-way patches. These spring shoots were the first greens the people were able to eat since their autumn cache of food ran out.

The weeks before Oestre were often scarce for food, so fasting or the giving up of certain items became common, and that tradition lived on even when people no longer depended on last year's harvest. Hence the Catholic practice of Lent from Ash Wednesday to Easter and the all-

Dandelion Herbal Center

Classes With
Jane Bothwell

Clinical Herbalism

Visiting Teachers Series

October 2009 - April 2010

1st Weekend of the Month • 10:00-4:00 pm

The herbalists come to you! This seven weekend course is designed for intermediate to advanced herb students and health care practitioners.

Each class weekend you will have the opportunity to study with a different incredible herbalist.

Teachers include ...

Rosemary Gladstar, Cascade Anderson Geller,
Candis Cantin, James Green, Mindy Green,
Pam Montgomery and Karin Uphoff.

Topics include herbs and herbal therapies for specific body systems, diagnostic tools, herbal protocols, useful herbal preparations, counseling skills and other topics of interest.

Tuition: \$985

See Enclosed Insert

Register Online • Call 707-442-8157

www.dandelionherb.com

janeb@arcatanet.com

PO Box 4440 • Arcata, CA 95518

you-can-eat fish fries down at the Knights of Columbus hall on Friday nights. My mom was big on making meatless hot dishes and pancakes during the weeks of Lent.

The symbols of spring make up a basket of sunny merriment. Being that rabbits are so fertile, it's not surprising that the Goddess Eostre's totem was the hare. The tale was that the Moon-hare would lay eggs in the meadows and lanes for the children to find and eat. Of course those eggs were from chickens, chocolate eggs and bunnies arrived on the scene much later. But the practice of decorating eggs in honor of the hare began during those long ago spring celebrations and we still do it to this day.

Many hours of my youth were robbed during Easter week, listening to the stories of the last supper, Pontius Pilot, and the trek to Calvary. At least I didn't have the soundtrack to Jesus Christ Superstar blaring full volume like

my father-in-law had to put up with. The passion story closely follows a more ancient sacred drama of the god dying, being buried in his tomb for three days and emerging to live again - only to have three women show up wondering, "where'd he go?" Similar stories exist in many cultures and religious traditions. Some things never change.

So, whether you call this holiday Easter or by one of its more primordial names, take note of it this April 12th and celebrate the return of Spring. It's a grand time of year.

Savory Dill Yogurt Spread

32 oz plain yogurt
1 tsp salt
1Tbsp chopped fresh dill

An excellent cooling treat for warmer days, try this yummy way to get your probiotics...

Stir salt into yogurt. Line a colander with muslin or several layers of cheesecloth and gently pour in salted yogurt mixture. Cover, and let drain over a bowl for several hours or overnight. Turn out into a bowl and stir in freshly chopped dill. Add more salt if needed and serve with chips, or spread on toast and sprinkle with flax seeds.

Enjoy!

Northwest School for Botanical Studies

Classes with Christa Sinadinos

Farm to Pharmacy Herbalism Course®

June 5th- July 24th, 2009



Learn the practical skills of herbalism:

- Native & Cultivated Medicinal Herbs
- Fieldtrips to Nurseries and Gardens
- How to Harvest and Process Herbs
- Herbal Medicine Making
- Field Identification
- Gardening

Visit our website for more information;
Or view the enclosed insert

<http://www.herbaleducation.net>
Email: herbaleducation@gmail.com
Voice mail: (707)-826-7762

Schedule of Upcoming Classes & Events

SOMATICS - RELEASE YOUR TENSION

a talk with Robyn Smith

Monday, March 23rd from 7-8 pm, cost is \$5

PRECONCEPTION: PREPARING FOR PREGNANCY & ENHANCING FERTILITY NATURALLY

with Monika Rosicka

Tuesday, April 7th from 7-9pm, \$20 class fee

POSITIVE ENERGY PRACTICES FOR PSYCHIC STRENGTH & PROTECTION

a four week class with Michal Mugrage

Wednesdays, April 8th-29th from 7-9pm, cost is \$75

FERTILITY AWARENESS METHOD (FAM): NATURAL FAMILY PLANNING

with Monika Rosicka

Tuesday, April 14th from 7-9pm, cost is \$20

HERBAL COOKING - USING FOOD AS MEDICINE

with Michele Palazzo Tuesday, April 28th from 7-9 pm, cost is \$15-\$30 sliding scale

HERBAL SPA DAY with Irene LewisThorne
Sunday, May 3rd from 12-4:00 pm, \$40 workshop fee

BEGINNING WITH AYURVEDA with Traci Webb,
CAS Wednesdays, May 6th - June 10th from 6:30-8:30pm, cost is \$185

HERBAL SUMMER CAMP FOR KIDS

with Irene LewisThorne

July 27th-July 30th, \$75 workshop fee



MOONRISE HERBS™

Spring Sale!

20% off all bulk teas and herbs!

Friday, May 8th - Sunday, May 10th

10% off everything else in the store!

Up to 75% off on our sidewalk table!



Open Mon-Sat 10-6 & Sun 11-5
On The Plaza
826 G Street Arcata, CA 95521
(707)822-5296 moonriseherbs.com