



## PET HEALTH

by Irene LewisThorne

Since I was a child I have always had pets. These included dogs, cats, chickens, ducks, a rat, and two adopted burros from the Bureau of Land Management. My dog Hoffie (Pronounced Ho-fee) was my favorite.

Hoffie was named by my son Canyon when he was just a little over 2 years old. He chose this name because when dogs barked the sound they made was Hoof, Hoof. Hoffie was part Chesapeake Bay retriever and part Chow. He was huge, and if you did not know him, intimidating. He was also really very sweet. Especially with my children. He would allow the kids to climb on top of him or lay down next to him while taking a nap. He was also very protective of them. Not in an aggressive way, but in a reassuring way. Hoffie would just hover nearby checking, up on them. At the river he was always watchful from the shoreline. Not barking, just watching and waiting. If he thought the kids were getting out of my view he would get really nervous and come get me.

On the down side, his hair was oily and often did not smell very good. Also, his desire to eat compost often gave him pretty knarley breath. We were delighted when we found that lavender baths really helped with his oily hair. Lavender is antibacterial, balances the oil producing sebaceous glands and it smells lovely. When we discovered that fresh parsley added to his food eliminated his bad breathe we were even more happy.

Hoffie was with us for eight wonderful years before he succumbed to cancer. The herbs we used were not able to rid his body of the very aggressive form of cancer, but did supply a level of comfort he may not have had otherwise. He left us gracefully and after seven years we still miss him very much.

Before I sat down to write this article I went around to several staff members to ask any favorite remedies that they had used with their family pets. The responses were.

Kathy Frances our buyer and store display artist really likes calendula for her cat who is al-

### In this Issue

Pet Health	Page 1
Irene's Cauldron	Page 3
Docks Rule Story	Page 4
Raw Adult Dog Food Recipe	Page 5
Schedule of Classes	Page 6

lergic to fleas and had developed sores all over her little body. Kat would make a strong tea with the calendula petals and then dip a sock in the tea. To apply the tea to her kitty she simply would put the wet sock on her hand and gently pet her sores, which lessened and would heal due to her loving gesture. Kathy also likes giving the flower essence Rescue Remedy to her little "neurotic dog" Princess. Kathy feels Rescue Remedy helps Princess feel calmer and therefore she barks less.

Chris Liptrap our operations manager informed me that Neem oil spray by Ark Naturals was the fix for his kitty's flea bites. Chris's cat had lost most of its hair and was really raw from the constant itch from her allergic reactions. After applying the Ark Natural Neem spray a couple of times a day, within one week Chris's kitty no longer had raw areas and the fur was beginning to re-grow.

Jen Hohman one of our fabulous sales associates who will soon be our newest buyer, likes the Bach style flower essences by FES. She has used White Chestnut and Crab Apple for Arlo her elderly flea bitten dog. The cleansing action of the flower essence Crab Apple has eased the itch and discomfort. According to the book *All you ever wanted to know about Herbs for Pets* Crab Apple is also known to help with low self esteem and is useful for birds who pull out their feathers. It can be used to clean up after an encounter with a skunk or after a roll in a foul substance. Not only that, Crab Apple even helps with bad breath and dispels fur balls. Wow! Jen used the Crab Apple in combination with White Chestnut to help Arlo alleviate his bad habit of over itching. This has worked very well. Arlo also sleeps comfortably on a bed with Pennyroyal which deters the fleas. Plus, the product Wounded Warrior helps with Arlos hot spots. Wounded Warrior is made from wildcrafted or organically grown herbs that are processed – freshly harvested - in pharmaceutical grade alcohol (derived from corn). The extraction process for each herb follows the standards of the Homeopathic Pharmacopoeia of the US. These extracts are then blended into Aloe Vera Gel. Wounded Warrior has also been used successfully on cuts and scrapes. Jen also anoints Arlos pink nose daily with jojoba oil and chamomile to help protect it from the sun.

Kate Herr, our operations assistant, is very fond of her pet rat Paul. Rats frequently have respiratory problems including sneezing and wheezing. Kate helps Paul out using respiratory herbs infused with a steam filled bathroom. Kate mixes a handful of the Moonrise Herbs Smoking Blend which contains the traditional lung herbs Mullein, Peppermint, Coltsfoot, and Damiana with a handful of the anti-bacterial, anti-inflammatory herb Yerba Mansa. She first simmers the Yerba Mansa for 20 minutes. While the herb is simmering she runs hot water in her bathroom to fill it with steam. When the decoction of Yerba Mansa is done she adds the Moonrise Herbs smoking mix and covers it. Next she gathers her little friend and brings him into the steamy bathroom with the pot of herbs. Once settled she uncovers the pot and lets the medicinal steam mingle with

the regular steam. Kate suggests sitting in the steam for 15-20 minutes. Kate also suggests that a Jujube date makes a great distraction for an anxious rat. After the mixture cools she puts it into a water bottle for the rat to drink. She also provides fresh water as most herbs are astringent and the water will keep her rat hydrated.

Raquel Nelson is our bookkeeping assistant and yet another fabulous sales associate. She shared a story with me about her friend Fuzz Master Flash, a four year old cat. Once, in the middle of the night, Raquel awoke to the sound of ripping paper. Upon investigation she caught Fuzz red pawed with dusted whiskers. Fuzz had ripped open the Dot's Wonder Powder and was delightfully indulging in this healthful and tasty mix. Dot's Wonder powder is designed to provide nutritional substances shown to contain anti-oxidants, vitamins, minerals, essential fatty acids and fiber. Nutritional supplements can boost a pet's energy and immune system and support healthy digestion, coat and eyes. And as Raquel discovered pets love it too! The ingredients include Flax seed meal, bone meal, kelp, nutritional yeast, Vitamin C, Spirulina, Alfalfa, dandelion leaf, nettle leaf, astragalus, wakame, kombu, ocean ribbons, and grape seed extract. The suggested dosage is one Tablespoon per 50 pounds of pet weight daily. In addition Moonrise Herbs also carries Amy's Arthritis formula. Both formulas are locally made by Dr. Murphy's Naturopathic products. Amy's arthritis formula contains all the good nutritional supplements as Dot's plus supplements to support the joints of the mature pet. The additional ingredient include Glucosamine Sulfate to help rebuild the joints, MSM to help relieve pain and inflammation, reduce muscle spasms and increase blood flow, SOD a strong antioxidant that helps the body with free radicals that can attack and damage the joints and finally Catalase an antioxidant enzyme present in most cells.

Moonrise Herbs carries several books that a pet owner would find very helpful as a resource for information about pet health. *All You Ever Wanted to Know About Herbs for Pets* is an indispensable resource written by two well respected herbalists. This comprehensive guide contains a broad range of cutting edge scientific information as well as traditional, historical, and philosophical perspectives on hundreds of medicinal plants and natural remedies. *Dr. Pitcairn's Complete guide to Natural Health for Dog's and Cats* also offers a wealth of information. Besides great information on variable health situations, this title also has an abundance of recipes. It is written by Richard H. Pitcairn, DVM, PhD. It has sold over 400,000 copies since its original printing and is now on the third edition.

Living with me now are two critters, K.C. my eighteen year old cat and Tanner my 5 year old dog. I know that with the help of herbs, good food, and exercise that we will enhance each others lives for several more years. I wish you the same with your furry, feathery, leathery or scaly friend.

## Irene's Cauldron

It is hard to picture the season changing from summer to autumn as I sit here at the breakfast counter in the early morning drinking my coffee. The temperature is already 70 degrees with an expected high of 94.

Although the crisp nights have yet to appear and I have not seen the changing colors in the leaves, I know the seasons will change. The first signs are starting to appear. Nettles are in flower and yellow dock has gone to seed. Arcata is welcoming students back to Humboldt State University for the fall semester and I am helping my teenagers prepare for the coming school year.

We at Moonrise Herbs are planning our Fall sale too. Mark your calendars for Friday, September 11th thru Sunday September 13th. Everything in the store will be on sale for 10% off the regular price and all bulk herbs and teas will be 20% off. Plus, we will have our sale table set up with exceptional savings of up to 75% off retail pricing as well as some giveaways from our attic storage!

The ever popular *We Moon* date books are about to be printed. Every year we run out of these date books and the printer has run out as well. To ensure that you get your copy, Moonrise would like to encourage you to come in and do a pre-paid special order. If you place the order during our Fall sale you will receive a 10% discount!

Times are tough for everyone during this economic down turn and Moonrise Herbs is no exception. We really appreciate your patronage now more than ever. Please think of us first for your herbal and supplemental needs. As our customer, you receive many benefits. All students receive 5% off the purchase of all our bulk herbs and teas everyday. Seniors over

59 years old receive 10% off the regular price of any item every Wednesday. As a thank you for shopping at Moonrise Herbs all folks signed up for the Birthday club receive 1% of their yearly purchases gifted back to them during the month of their birth and with a tincture card anyone will receive the 13th ounce of any tincture for half price!

Please let us know if we are out of an item that you came looking for, Moonrise Herbs is happy to do a special order for you. If you pre-pay for the item you will receive a 5% discount as a thank you for your patience. If you just want us to give you a call as an item arrives back in inventory Moonrise Herbs is happy to do that as well.

Moonrise Herbs is hosting several fantastic classes this fall so be sure to check out our class listings in this newsletter. For the most up to date listing check out our website. [www.moonriseherbs.com](http://www.moonriseherbs.com). Click on "Archived newsletters" and you will be taken right to our newest list.

Changes are afoot here at Moonrise. For the past nine years Moonrise Herbs has been graced with the presence of Kathy Frances, fondly known as Kat. Kat has been one of our knowledgeable buyers and our fabulous window display artist. She is a remarkable and talented woman who has a light heart, an easy smile and strong work ethic. You will see her smiling face soon over at the Arcata Co-op. The Co-op is very lucky to have her and we will miss her greatly. Thankfully this is a small community so we know we will still see her often.

Jen Hohman will be taking on Kat's position and Moonrise is very excited. For over a year Jen has been our sales associate Mondays through Wednesdays. She is well loved by our customers and has a keen interest in our offerings. Jen is also a creative display artist and is often found fluffing up our store.

As the morning progresses my sweetheart is loading up the truck for a camping trip we are taking to the mountains around Bend Oregon. I have never been there and I am very curious to see what it is like. I will be meeting new plant friends on the meandering paths we take, and I am looking forward to the walks. I hope you too take the opportunity to play a bit more as the heat of summer turns and autumn begins her crisp kisses.




Sheridan  
Richardson  
LLC

Acupuncture  
Chinese Herbal Medicine  
Shiatsu Massage  
267-4929  
[www.sheridanacu.com](http://www.sheridanacu.com)  
34 Sunny Brae Center, Arcata

# Northwest School for Botanical Studies

Classes with Christa Sinadinos

## Professional Herbalist Training Program

February 2nd - June 3rd, 2010

*Meets Tuesdays and Thursdays 11am-4pm*



The course curriculum  
includes:

- Herbal Materia Medica
- Herbal Therapeutics
- Herbal Medicine Making
- Physiology & Organ Systems
- Constitutional Medicine
- Field Identification

Visit our website for more information;

Or view the enclosed insert

<http://www.herbaleducation.net>

Email: [herbaleducation@gmail.com](mailto:herbaleducation@gmail.com)

Voice mail: (707)-826-7762



The sun had set an hour ago but a band of light still lingered on the western horizon, silhouetting the nearly bare oak trees across the road from the livestock auction barn. The high rapid voice of the auctioneer echoed over the dark parking lot where dozens of worn pickups awaited their drivers. The solitary light above the barn entrance seduced cavorting moths and other winged insects of the night. A million stars blazed overhead waiting for the waning moon to rise, and the last of the season's crickets sang knowing their time was coming to an end as the evening chill hinted at frost and colder nights on the way.

Alongside a neglected, seldom-used cattle chute grew an enormous burdock. It stood over six feet high, its massive leaves and branches tattered and shredded. Since it was in the shadows it was often the spot that farmers released the water built up under their tool sheds, and many a dog also found this an ideal spot to leave its calling card. Old beer cans, plastic bags, a worn flannel shirt, cigarette butts, a car tire, spent bottles of cheap alcohol lay strewn around the burdock. It was if the burdock was a magnet for all the debris in the parking lot.

Next to the burdock, but not nearly as overbearing, grew a battered, tired-looking yellow dock. Its red crown of seeds had turned a rusty brown. The two plants had developed a friendship over the summer as they watched the humans and their animals come and go every Tuesday night. Both knew they had fewer days ahead of them than behind them, with the sun setting earlier and the nights becoming colder. During the week when all was quiet except for the distant snorting of tractors or the cows bellowing at the dairy across the field the two plants chatted about their luck to grow in this spot. The burdock especially loved to brag about attaching its burrs to unsuspecting passersby. And the Tuesday night auctions were the highlight.

"I love this time of year. I'm the butch queen herb of this hellhole of a parking lot," chortled the burdock "Those humans pissing on me have no idea I'm a great diuretic. From what I gather from their urine samples, most of them could use a cup of tea from my roots."

She laughed and continued, "My burrs are at their prime. Remember the time when that sheep escaped and ran straight into me? It was covered with burrs. Ha Ha Ha! And I don't let a dog get by after lifting its hind leg

that I don't stick it with something to remember me by. And every pant leg that comes near, I make sure they get to take away part of me too. Oh, and I loved it tonight when that horse lowered its head to sniff around me and took a full cache of my burrs. They'll be combing them out for days. I tell you my relatives will be all over this county next year."

"You're so clever," snickered the yellow dock. "And entertaining too. I loved this past season. You can be so wicked the way you spread your seeds. Though I must say I've been able to shake my own seeds off on some of your victims as well and I'll be right with you with taking over this countryside. We Docks rule!"

In an empty feedlot behind them the nettles gasped in the darkness. "Don't forget about us. We'll be back in full force come next spring."

"Go to sleep," growled the burdock, "I listened to you guys sing your stinging songs all summer."

"Oh be nice to them," whispered the yellow dock, "they're allies."

"Oh I just like giving them a hard time. They're such a noisy bunch."

"We know Miss burdock loves us," yawned the nettles. "We'll see you next spring. This cold weather has us sleepy."

People leaving the auction barn put their hands to their mouths to blow warm air onto them. Some idled their vehicles to warm them up before leaving. The crickets had become silent. The sounds of bellowing livestock being loaded into trucks on the far side of the building and of men hollering now filled the crisp night air.

"I'm done in myself," sighed the yellow dock nodding off.

"Well, it's been a great time. I'm not far behind you. 'Live and spread your burrs' has always been my motto." The burdock laughed as it attached some burrs onto a guileless human sending a steaming spray in her direction.

The evening wore on. The auction ended and the last of the trucks left the lot. The moon rose, shining its soft light on the sleeping plants. When dawn arrived the landscape was covered with a thin white layer of frost. The docks lay dormant in a long winter's sleep, their seeds waiting for their next host to carry them off into the world.

And over at the Peterson barn, Lorain Peterson began the tedious task of combing her horse's mane to get rid of the burdock seeds.

The End

## Raw Homemade Adult Dog Food

Mix the following ingredients together in a large bowl:

1 1/2 cups ground or cubed raw beef, lamb, poultry, venison or whole poultry necks	EFA's such as flaxseed oil or cod liver oil
1/2 cup mixed cooked grains	Amino Acids
3 cups chopped or grated, assorted raw vegetables (broccoli, cabbage, kale, spinach, potatoes, or whatever your animal likes	Nutritional Herbs i.e.: spirulina, nettle, alfalfa, dandelion leaf, powdered flax seed
Digestive enzymes	1 tsp baked eggshell powder or 1 tsp steamed bone meal

## 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 world renowned herbalist.

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

#### Topics include

Clinical Aromatherapy • Plant Communication  
Practicing Herbalism • Essential Oils in Cancer Research  
Loving your Lymphatics • Building Vitality with Oriental Medicine  
Quantum Herbalism • Ethics of Wildcrafting & Bio Engineering  
Arab and Greek Roots of Western Herbalism • Indology  
Constitutional Uses of Bach Flower Essences

#### See Enclosed Insert

Register Online or Call 707-442-8157

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

# Schedule of Upcoming Classes & Events

**ORTHO-BIONOMY®** – Engaging Your Body's Desire to Heal with Sara Sunstein

Wednesday, August 26th from 7-8:30pm, cost is \$5. This evening you will learn some of the concepts of Ortho-Bionomy® and ways you can activate your own body's healing reflexes.

**INTRO TO SELF-HYPNOSIS AND HYPNOTHERAPY**

with Marcella Bixler

Monday, August 31st from 7-8:30pm, cost is \$5. In this class, you will be introduced to self-hypnosis as a tool for self-healing and transformation.

**RESPIRATORY HEALTH**

with Michelle Pallazo

Wednesday, September 9th from 7 to 8:30 pm, \$15-\$30 sliding scale. Learn to make a respiratory rub, cough elixir, herbal steams and healing teas which will help to keep you breathing clearly.

**MEET THE MIDWIVES** - Pregnancy Information Night

with the Humboldt Homebirth Alliance

Monday, September 14th from 7-8:30 pm, cost is \$25. Pregnant or planning to be? Interested in midwifery, homebirth, or women's health? Join us for an evening of conversation about pregnancy related topics.

**SHAMANISM AS A MODERN SPIRITUAL PRACTICE**

with Michal Mugrage

Tuesday, September 22nd from 7-9pm, FREE. Today, the shamanic journey still offers a dependable method for accessing wisdom, guidance and the power to effect change.

**BEGINNING WITH HERBS**

with Jane Bothwell

Wednesdays, September 24th - November 6th from 7-9:30 pm, cost is \$285. An excellent introduction to the world of healing plants for the beginner as well as those with more experience.

**TINCTURES AND ELIXIRS**

with Irene LewisThorne

Tuesday, September 30th 7-9 pm, cost is \$25 and includes samples. Join us for this hands-on class. We will discuss the different methods of making herbal extracts, and we will each make a tincture or an elixir during the class.

**NURTURING YOUR IMMUNE SYSTEM**

with Michelle Pallazo

Wednesday, October 7th from 7-8:30 pm, \$15-\$30 sliding scale. Learn some easy tips to strengthen your immune system through herbs and diet.

**HERBAL SPA DAY** with Irene LewisThorne

Sunday, October 19th 12-4:00 pm, \$40 workshop fee. In this fun and creative class you will learn how to make herbal lotions & lip balms and indulge in an herbal facial & footbath. Come let the essence of the plants relax and refresh you.

**POSITIVE ENERGY PRACTICES FOR PSYCHIC STRENGTH & PROTECTION**

with Michal Mugrage

Tuesday, October 20th- November 10th from 7-9 pm, cost is \$75 series. This class addresses three arenas that energetically sensitive people face challenges from – human influence, spirit influences and earth/nature energy influence.

**CORDIALS & LIQUEURS**

with Irene LewisThorne

Tuesday, November 11th 7-9 pm, cost is \$30. Learn to make delightfully delicious elixers, cordials, and liqueurs just in time for holiday gifting.

**HERBAL GIFT-MAKING FOR THE HOLIDAYS**

with Irene LewisThorne

Sunday, November 16th from 12-4:00pm, cost is \$45. Hand-made herbal gifts are easy and fun to make and are always well appreciated. In this hands-on class we will make lip balms, lotions, aftershave, bath salts, spritzers and much more.

**AWAKENING THE HEART**

with Michal Mugrage

Tuesday, December 1st & 8th, cost is \$45. This class will focus on enhancing awareness of the heart and the energetic heart center as a gateway for healing and guidance for all areas of your life.

**MOONRISE  
HERBS™**

Come Celebrate Our  
**AUTUMN SALE**

Welcome Students!

**Sept. 18th, 19th & 20th**

- 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.

Mon.-Sat. 10 a.m.-6 p.m., Sun. 11 a.m.-5 p.m.  
On the Plaza Arcata • (707) 822-5296 • [www.moonriseherbs.com](http://www.moonriseherbs.com)