

Winter 2007

Issue 2

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Winter Greetings

Welcome to the winter issue of *Joy of Herbs, LLC*' herbal newsletter **Viriditas**, which means 'the healing power of the Divine in green things'. How true it is with our wonderful green plants and all they offer to support our health and vitality.

Finally winter is here. As I write these words, the seasons' first snow is falling gently on the trees outside my window, as the fire provides warmth within. I've enjoyed the recent warmer weather, yet its played havoc on the rhythms of the plant growth cycle (flowers blooming in January just isn't right) and on my internal rhythms. I have been filled

with the desire to do new things, more a sign of spring than winter. Now perhaps with this cold winter chill all will return to balance.

This issue covers winters' gifts, with emphasis on rest and reflection. Included are herbs to consider for winter wellness, with a more in-depth discussion of Elderberry, some Herbal Pearls of Wisdom, and an immune-boosting recipe for a nice winter soup.

So hopefully you'll take some time to enjoy a few words about the season and about the herbs. Sit in a comfy chair, cuddle up with a warm blanket, a hot cup of calming tea and



Echinacea purpurea

enjoy a relaxing read. A suggestion for a nice tea blend includes Elderberry, Lemon Balm, and Holy Basil, with a touch of local raw honey.

Thank you for your listening.

In health and partnership,

Liz Bartlett

Liz is a Clinical Herbalist and Wellness Counselor. She does personal health consultations and individualized herbal formulations and lifestyle protocols.

To schedule an appointment, please call 301-865-9510 or email liz@joyofherbs.net.



Winter—A Time of Stillness & Reflection

Winter is a time of deep reflection and rest. As we try to remember the rhythms of this season, look around and notice that nature goes still and deep; the animals slow their activity and the plants rest in the earth, preparing for spring growth. In our hustle and bustle, we oftentimes don't take the time to really rest and be still. Yet for deep healing and health to occur, this reflective time is imperative. When we rest and go

within, we renew our resources for the busyness of spring. When we reflect, we see the roots of our lives and learn from our inner wisdom. The gift of winter is listening. Listen to yourself and your own deep yearnings and desires, and listen to others. Yet winter is not the time for reacting—just quietly listening, reflecting and evaluating where we are. (excerpted from *Meridians, Tai Sophia Institute, Volumes 9,10*)

Herbs for Winter Wellness



Schisandra chinensis

Various herbs have proven, either in clinical studies or traditional use, to be of value in providing immune system support. Categories of these herbs include immunostimulants and immunomodulators. Some herbs to consider for winter wellness include:

- Ganoderma lucidum (Reishi)
- Echinacea purpurea or angustifolia
- Schisandra sinensis
- Astragalus membranaceus
- Sambucus nigra (Elderberry and flower)
- Allium sativum (Garlic)
- Andrographis paniculata
- Baptisia tinctoria
- Withania somnifera (Ashwagandha)
- Eleutherococcus senticosus (Siberian ginseng)

For a blend specifically formulated for you, please see your herbalist.

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Elderberry (*Sambucus nigra*)



"Elderberry (Sambucus nigra) has a long history of traditional use documented since ancient times."

Elderberry is a great herb to support the immune system. Elderberry has a long history of traditional use documented since ancient times in the writings of Hippocrates, Dioscorides, and Pliny the Elder (ABC Guide to Elder berry, 2004).

Elderberries contain Vitamin C, flavonoids and antiviral proteins. Elder has immune

enhancing properties and is quite useful for supporting the respiratory system, especially when a person has a cold, influenza and other upper respiratory conditions.

The flavonoids strengthen capillary integrity, especially in the eyes and may reduce histamine production by the sinus mast cells. This helps reduce allergy and sinus irritation.

(Winston, 2003) Both the flowers and berries may induce sweating, useful to reduce fevers (Gladstar, 2001)

Elderberry is often made into a syrup (often combined with Echinacea), extract or glycerite. It can also be enjoyed as wine or tea. Think of Elderberry this winter when you've got those winter sniffles.

Recipe Corner—Black Bean Soup



HERBAL PEARLS OF WISDOM



Take your herbs at least one hour apart from your other medications.

Stop all herbs a week before surgery.

After 3 months on a tincture, take a week off. It will give your body a chance to re-acclimate.

(Makes 8 servings)

This soup is high protein (27.4 g), high fiber (15.3 g), with many immune boosting ingredients.

Ingredients:

- 1 tbsp. olive oil,
- 1 large onion, chopped,
- 2 stalks celery, chopped,
- 1 carrot, chopped,

- 3 cloves garlic, sliced,
- 2 quarts low-salt vegetable stock or broth,
- 2 cans (15-oz each) black beans, rinsed and drained,
- 1 tsp. ground coriander,
- 1/4 tsp cayenne pepper,
- 1 tbsp balsamic vinegar,
- 1 bunch cilantro

Heat oil in large pot set over medium-high heat. Add onion, cook 5 min, stirring occasion-

ally. Add carrot, celery and garlic and cook until soft. Add stock, beans, coriander, and cayenne pepper; simmer uncovered 10 min. Stir in vinegar. Transfer to blender or food processor; process to desired consistency. Reheat if necessary. Ladle into shallow bowls; garnish with cilantro.

Bon apatite!

(Recipe from the book *You on a Diet* by M. Roizen MD and M. Oz, MD)