



HerbTalk

SUMMER 2007

JOY OF HERBS, LLC SEASONAL NEWSLETTER

ISSUE 4

"Laughter is the best medicine"

-Anonymous

"August goldenrod and dark green pines against the brilliant blue- the hill behind me climbed, the hill before me yet to go- I stop under the shade of white birches a stray breeze lifting my hair, and drink a toast to late summer's sweetness, rich in my mouth as mulled wine."

- Janice MacKenzie
(Discovering the Five Elements)

Summer – A season to jump, run, laugh and play

Summer is a time to rejoice. Are you taking time to have some fun? Maybe playing a game of hopscotch or kickball or splashing in the pool with your children? Summer is the season to kick off your shoes and enjoy life! The young plants of spring have fully matured and are yielding their beauty, both in flowers and fruits. The bounty of this season is abundant, with wonderful fruits and vegetables, including soft cantaloupes, sweet peaches, ripe tomatoes and succulent corn. Try slicing homegrown tomatoes, topped with fresh basil and chopped red onion, drizzled with balsamic vinegar – delicious! Visit some farmers markets where the organic produce is superior – you can chat with the growers and find out how and where your food is grown.



Practical Ways to Cultivate the Gifts of Summer

- ❑ Balance solitude with activity. Ask yourself, what gives me joy? What makes my heart soar? *Then go do it.*
- ❑ Balance activity with solitude. Build in time to replenish you: walk in the woods, enjoy a cup of herbal tea while relaxing outdoors, and watch the sun rise or set.
- ❑ Notice clues that you may be burning out: feeling sleepy during work hours, not wanting to return calls, being happy when appointments are canceled; feeling relieved when you don't have to interact with people; yearning for a bit of quiet.
- ❑ Take time to remember and appreciate life's joys by saying to yourself: "I am happy when..." and fill in the blank.

- ❑ Think about what “working from the heart” means to you. Is it working from a heart place in you to the heart place in others? Is it loving yourself well so that your work flows from your own full and nourished heart?
- ❑ Eat bitter tasting vegetables, as bitter feeds your Fire, such as endive, spinach, and watercress, dark chocolate, red wine, dandelion, or a digestive tincture of bitter herbs (see below for more information). These foods can stimulate digestion, as well as nourish blood and the circulatory system.
- ❑ When it’s hot outside, eat cooling foods, such as fresh fruits and cucumbers. Drink cool spring water and herbal teas.
- ❑ Notice the cycles of the earth and live in tune with them: really pay attention to the weather, the movement of the moon, the rising and setting of the sun, the subtle changing of the seasons. When you are in tune with nature’s cycles, you are more in tune with your own natural cycles.
- ❑ Remember that whatever makes you smile will nourish you. Seek it out.
- ❑ Laugh more, especially at yourself. Lighten up.
- ❑ Without dwelling there, do acknowledge your deep feelings of pain and loss. Only then can you also experience the depth of your joy.

(Excerpted from Tai Sophia Institute’s *Meridians*, Vol 10, Winter/Spring 2003, p. 36-37)

Digestive Bitters for Stomach Upset



As mentioned above, digestive bitters, also called aromatic bitters or bitter tonics, help stimulate digestion. I often give digestive bitters to clients and thought it would be valuable to learn a little about what this is. A digestive bitter or bitter tonic is a substance (a single herb or blend of herbs generally in a tincture) that is bitter tasting and stimulates the upper gastrointestinal tract via the bitter-sensitive taste buds of the mouth, by direct interaction with gastrointestinal tissue, or both. Bitters have a promoting effect on all components of upper digestive function, namely the stomach, liver and pancreas. In addition to appetite and digestion, they improve general health and immune function. (*A Clinical Guide to Blending Liquid Herbs*, K. Bone, 2003)

I often think bitters might support a client's digestion when suffering from excess gas and bloating and/or stomach pain. Some herbs often used in bitter formulas include Cynara scolymus (Artichoke), Foeniculum vulgare (Fennel), Mentha piperita ?? (Peppermint), Chamomile, Motherwort, Angelica archangelica, and many more. Bitters are best when applied directly to the tongue to get the reflex effect with the vagus nerve and the GI system. Once the tongue experiences the 'bitter' taste, the bitter herbs begin to work their magic. It only takes a few drops before meals to have a good effect on digestion.

Europe has long used bitters to support digestion, both before and after a meal. You may have heard of Swedish Bitters. Many Indian restaurants offer a bowl of seeds, including aromatic bitter seeds like fennel. You can get a formula blended specifically for you and your particular needs, or you can head to the Common Market, Mom's Organic Market or your local health food store and buy digestive bitters off the shelf. Next time you have that gassy, bloated feeling, think of using bitters.

What's New at Joy of Herbs LLC?

Celebration of Business! Joy of Herbs LLC celebrated one year in business in July. Thank you to all who made this possible, especially my fabulous family, beloved clients, friends, and business associates. I want to give a special thank you to Mary Holzinger, one of the partners of Linganore Counseling and Wellness LLC. Her support has been incredible over this past year. She supported my business and many of the other new businesses currently practicing at Linganore Counseling and Wellness LLC. A heartfelt thank you Mary!

Check out Linganore Counseling and Wellness LLC at www.linganorecandw.com to check out the various yoga and pilates classes offered as well as information on each of the practitioners.

Referral Thank You Coupons! I do love referrals as this is the best way for my business to grow. If you refer someone to me for a consultation, after their first visit I will give you a \$10 Thank You Coupon to be used towards any consultation, yours or anyone you choose to give it to.

On-Line Store! Check out www.joyofherbs.net and click on **Visit My Store.** Joy of Herbs LLC carries a variety of high quality supplements, including tea pots and tea blends, incense and incense burners, and more. You can order on-line for mail delivery or order and then pick up at my office in New Market.

Up Coming Workshops! Thanks to all who attended the various workshops conducted throughout Frederick County over the past several months. I loved the energy and enthusiasm of each of the participants. It was a lot of fun to share the joy of herbs with so many. It was great to see many inspired to grow herbs and taste,

smell, and touch the many herbs offered, both in teas and food tastings.

The next workshop on *Growing an Herbal Tea Garden* is scheduled for October 10, 2007 at Frederick Community College from 6:30-8:30 PM. Check out the Continuing Education catalogue for the FCC class and sign up information. Also planned in early fall is a detox and renewal series. See below for more information.

Food as Medicine Conference! In June, I attended an intensive *Food as Medicine* conference sponsored by the Center for Mind-Body Medicine and Georgetown University School of Medicine. The conference included many teachers, including medical doctors, dietitians, nutritionists, naturopathic doctors and more. I learned a great deal and many of my previous learning were reinforced. I'm excited to bring this knowledge to my clients over the next several months.

Future Detox, Weight Loss and Renewal Seminar!

In the fall I plan to develop and conduct a series on detoxification and weight loss. Dr. Mark Hyman, author of many books and prior medical director at Canyon Ranch (affiliation of Harvard) has written several books and one of these teaches a program of detox, food elimination, and rebuilding/renewal. I had the privilege of hearing him speak at the Food as Medicine conference and was inspired to bring his work to others. I plan to use this book and other resources to provide the following to participants:

- ❑ Step-by-Step education on how to do 'the program'
- ❑ Individual assessments (via questionnaire) (before and after to assess progress)
- ❑ An ongoing mutual support network with participants
- ❑ Tools to use during and after the program (including the detox bath ingredients, appropriate tea blend, hand-outs, etc.).
- ❑ End of Program Celebration of Success

If you are interested in being part of the prototype of this detoxification and renewal program, please let me know by mid September. Space is limited and the prototype group will pay a reduced fee. Call 301-865-9510 or email liz@joyofherbs.net to reserve your space. Price and start-date to be determined.

Shopper's Guide to Pesticides in Produce

At the *Food as Medicine* conference in June 2007, lists of the 'dirty dozen' and 'cleanest 12' were shared with the participants. The 'dirty dozen' are those fruits and vegetables that you should buy organic because these are sprayed with the highest amount of pesticides. The 'cleanest 12' are lowest in pesticides. Lists are courtesy of www.foodnews.org.

<i>DIRTY DOZEN (buy organic)</i>	<i>CLEANEST 12 (lowest in pesticides)</i>
Peaches Apples Sweet Bell Peppers Celery Nectarines Strawberries Cherries Lettuce Grapes (Imported) Pears Spinach Potatoes	Onions Avocado Sweet Corn (Frozen) Pineapples Mango Sweet Peas (Frozen) Asparagus Kiwi Bananas Cabbage Broccoli Eggplant

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THANK YOU!

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