

HERBS & MORE

How do you *feel* today?

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Essential Oils

We just love essential oils, they have so many great uses!

What is your favorite use?

Fill out this form and submit it to the store for a chance to win one (1) ounce of Citronella essential oil!

My favorite use for essential oil is:

Name: _____

Phone Number: _____

Winner will be drawn on June 6th

All entries have the chance of being featured on our Herbs & More Facebook page.

Bug Season is upon us, try this natural mosquito repellent:

20 drops Lemongrass EO, 20 drops Citronella EO, 5 drops Tea Tree EO, 10 drops Rosemary EO, 1 ½ oz. Carrier oil.

Blend all the oils, and then add them to a carrier oil of your choice. Store mixture in 2 oz. dark glass bottle with a spray lid. Shake before use.

Has spring fever kicked in?

Here are a few essential oil (EO) recipes to use while spring cleaning:

Glass Cleaner:

Add 12 drops Lemon EO to 4 Tablespoons of white vinegar, add mixture to a 20 oz. spray bottle and fill with distilled water.

Toilet Cleaner:

10 drops of peppermint EO, 10 drops of tea tree EO, 1/8 cup castile soap and 1 cup of water, combine ingredients, spray around toilet bowl and scrub clean.

Residue Remove:

Saturate any sticky surface with sweet orange EO and simply wipe away (test in inconspicuous place to check for possible staining)

Gentle Scouring Solution:

½ Cup Baking soda, liquid Castile soap, 10 drops grapefruit EO, and 10 drops lemon EO. Place baking soda in a small bowl, add castile soap until a smooth paste forms, add EO and start scrubbing!

Don't forget to pamper yourself when you're done!

Moisturizing Citrus Face Mask:

¼ avocado, 3 drops Orange EO, 2 drops Lemon EO. Mash avocado and add EO. Apply mixture to your clean face and allow to sit for 10 minutes before rinsing off with warm water.

NEW MASSAGE THERAPIST

We would like to welcome Jade Lutes to Herbs & More! Jade is our new Massage Therapist! She will be available Tuesday and Thursday evenings as well as Saturday during the day! Call today to book an appointment!

Jade Lutes, LMT, graduated from the Universal College of Healing Arts in Omaha, NE in September, 2010. She attended Thai Massage training at the Thai Bodywork School of Thai Massage in Evanston, Illinois, in March, 2013. A proud member of the Associated Bodywork & Massage Professionals organization since 2009, Jade is licensed in both Nebraska and Missouri.

Herbs & More is joining forces with the Cancer Answer Lady!

Cindy Wendelin, a life-long resident of Nebraska, graduated from UNL with honors and began teaching elementary school. She has been a teacher and principal in both public and Christian schools here in Lincoln.

Her career as a Health and Wellness Consultant began in 1996 on a part time basis and quickly grew to full time. Cindy has spent countless months researching studies, documenting significant results, and interviewing people who have recovered from chronic diseases (including cancer) so that she can give you a jump start on winning your personal health battle. She has traveled all over Canada and the U.S. teaching weekend seminars on recovering health. Her experience in helping people achieve maximum health benefits is well documented. Cindy's passion to positively change people's lives is evidenced by thousands of recovery stories she helped to make happen. We are happy to partner with Cindy to assist YOU to be the BEST YOU possible! Meet Cindy at the open house in June!

SAVE ON SKIN CARE PRODUCTS

At Herbs & More

15% OFF

Includes: All Burt's Bees, Nature's Gate, Herban Cowboy, Clearly Natural and Aura Cacia Products.

VALID THRU June 30, 2015

Can not be combined with any other offer or discount. Discount is only on product lines listed, does NOT include Biotone. In stock items only.

With Cindy's help we have started putting together wellness kits.

Watch for coupons in Shop Nebraska Magazine as well as in The Journal Star on the last Sunday of the month!

Herbs & More has a website!

www.herbsANDmoreNE.com

Make sure you check it out and watch for new specials!

Effectuated by psoriasis?

Psoriasis is an auto-immune disease that affects many people today. There are numerous herbal remedies that don't involve cortisone creams! Here at Herbs & More we have some products to help ease the pain of psoriasis. Blood purifiers can help by stimulating the release of toxins from the body; they cleanse the blood of impurities and facilitate toxin elimination through the skin. Some examples of blood purifiers are:

- **Burdock**
- **Red Clover**
- **Pau D'Arco**

We also carry **Skin Detox** which helps with a variety of skin problems and contains a blend of herbs that improve digestion, strengthen liver function, and cleanse the blood to name a few of its benefits.

Topically, **Pau D'Arco** lotion is helpful. You can also make your own blend of essential oils to ease the discomfort and they are as follows:

- **Tea Tree (Melaluca)**
- **Roman Chamomile**
- **Bergamot**

These are just a few of the oils that can be helpful. Make sure to dilute the oils before you apply them. Given a little bit of time we can help find you suggestions for assisting you to be a healthier/happier you.

Chia Seeds; a power food

Don't be fooled by the size, these tiny seeds pack a powerful nutritional punch! From a 1 ounce serving you get:

- 11 grams of fiber
- 4 grams of protein
- 9 grams of fat (5 are Omega 3's!)
- They are loaded with antioxidants
 - Good for cholesterol
 - High in manganese

These powerful little seeds can be eaten raw or cooked, an unusual property of chia seeds is the amount of liquid they can absorb. Wondering

how these little treasures taste? They have a mild nutty taste. Try them in this recipe:

Raspberry Vanilla Bean Jam

Yield: approx. 5 ounces

Prep time: 5 minutes

Cook time: 10 min + 2 to 3 hours to cool & set

Ingredients: 1 ½ cups raspberries (fresh or frozen)

¼ cup water (if using fresh)

3 Tbsp. chia seeds

2 Tbsp. honey

1 vanilla bean, seeds scraped (or 1 tsp. vanilla extract)

A squeeze of lemon juice

Directions:

1. If using frozen, let them thaw
2. Mash berries with a fork, add ¼ cup water
3. Heat berries in a medium sauce pan. Bring to a boil & cook for 4 to 5 min.
4. Remove from heat stir in chia seeds, honey and vanilla. Let cool.
5. Transfer to a glass container and refrigerate 2-3 hours to set.
Keep refrigerated.

OPEN HOUSE

Herbs & More will be hosting an open house on June 6th! Watch for more information on Facebook and in the mail!

The information in this newsletter is strictly for educational purposes and should not be used to treat diseases. Seek the guidance of a competent health care professional.

Herbs & More

OLD CHENEY PLAZA
5740 OLD CHENEY ROAD, # 8
LINCOLN, NE 68516
402-423-7733

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For shopping at
Herbs & More

Save 10% on

Your next Purchase with this coupon!

Valid until June 30, 2015

Not valid for the purchase of Massage, or Club Membership,
Or combined with any other offer or discount.

Herbs & More Club

SAVE 10% EVERY TIME YOU SHOP!

MEMBERSHIP ONLY \$19.95 FOR ONE FULL YEAR!



STORE HOURS

Monday 10am - 7pm
Tuesday 10 am -7pm
Wednesday 10am -7pm
Thursday 10am - 7pm
Friday 10am - 6 pm
Saturday 9am - 5pm
Sunday Noon - 4pm