

# HERBS & MORE

How do you *feel* today?

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## Thank You!!!

We would like to thank everyone that came out to our Open House! Herbs & More was delighted to meet so many new people! We look forward to having guest speakers again, they were wonderful!

## What is Ashwagandha?

The botanical name is *Withania somnifera*. But what does it do?

Ashwagandha is an adaptogenic herb, which helps your body to adapt to daily stress. It can relieve pain by possibly reducing inflammation; it might also restore energy and help with the effects of aging.

Ashwagandha may also help with balancing hormones and with thyroid problems. Do not use ashwagandha if you are pregnant.

## BUGS!

It's that time of year, the bugs are biting! If the bugs were more persistent than your bug spray then you need a way to get the itch and sting to stop! Try these natural remedies:

- Black Drawing Ointment
- Peppermint Essential Oil
- Epsom Salt Paste
- Baking Soda Paste
- Diatomaceous Earth Paste
- Redmond Clay Paste
- Plantain Poultice (not the banana)

For the pastes add a small amount of water to whichever one you want to try. Mix it to a consistency that will stick instead of run off. To make a Poultice mash up the plantain leaves and apply directly to the skin.

Here is what plantain looks like. It's everywhere; you probably just dug some out of your garden.



## KDM Esthetics at Herbs & More

Herbs & More would like to welcome Kate Meinders. She is our in-store Esthetician. Here is her menu; you can call her or the store to book an appointment. She is available by appointment only. And you can check out her menu on our website as well. [www.HerbsAndMoreNE.com](http://www.HerbsAndMoreNE.com)



### Tick Repellant Recipe:

2 Cups white vinegar  
1 Cup Water  
20-40 drops (total) of lavender, lemon, and/or tea tree essential oils.  
Combine in a spray bottle and spray frequently onto clothing, skin, and hair.

## Massage by Denice

*Swedish massage*

1 hour massage \$60

1 ½ hour massage \$75

2 hour massage \$95

For an additional \$10, You can also enjoy:

Sugar foot scrub

Muscle Therapy

Aroma Therapy

## Herbs & More would like to welcome Denice Harris

Denice has been a massage therapist since 2013. She received her schooling at Omaha School of Massage. Denice is also licensed in Iowa and Nebraska. She will be available for appointments starting **September 5<sup>th</sup>**!

“I have a great passion for massage and love helping people have stress free lives.”

– Denice Harris

## Dried Herbs

We are starting to carry more dried herbs!

New to the store:

Elderberries  
Passion Flower  
Stinging Nettle  
St. John’s Wort  
Rose Hips  
Echinacea  
Tansy  
Comfrey

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.

## Hand, Foot, and Mouth Disease

We have been seeing more and more hand, foot, and mouth disease concerns lately. Hand, foot, and mouth disease is a common viral illness that usually affects infants and children younger than 5 years old. However, it can sometimes occur in adults. Symptoms of hand, foot, and mouth disease include fever, blister-like sores in the mouth, and a skin rash.

Hydration is critical, mouth sores can be very tender so try to avoid salt and citrus, popsicles can be a good way to cool off the mouth and get more fluids in.

Here are some homeopathic remedies:

- Arnica, dissolve 2 tablets in water and drink 3-6 times per day until almost acting "normal". Up to 3 days.
- Rhus Tox, dissolve 2 tablets in water, drink 3 times per day. Up to 3 days.

Some additional Immune boosters/things that could help are:

- Elderberry syrup
- Echinacea/Astragals
- Probiotics
- Cod liver oil

Stop in and see us with questions!

## Poison Ivy/Oak

Wash the area with soap and water and make sure affected clothing is removed. Apply *Black Ointment* to the area and cover with gauze as the ointment can stain.

**All cleaning products**  
**25% off**  
 Not valid with any other offers  
 See store for details  
 Offer expires 11/30/15

## Chlorophyll and its benefits

Chlorophyll is a powerful anti-oxidant. Anti-oxidants help to move free radicals out of the body. It is the green pigment found in plants and algae. Chlorophyll can be helpful with:

- Removing toxins & heavy metals
- Neutralizing body odor
- Encouraging healing
- Helps to cleanse the liver
- Iron
- Magnesium
- Prevent growth of bacteria
- Promotes a strong immune response

Chlorophyll supports the natural blood-cleansing process. It is known to help cleanse the body and maintain the action of the circulatory, intestinal. Chlorophyll helps protect and support healthy cells and promotes the elimination of toxins from the body. In addition, chlorophyll helps neutralize normal body odors and acts as a natural, "internal" deodorant. It can also

be useful in external applications and as a freshening gargle. Liquid Chlorophyll may help improve immune response.

## Herbs & More

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

### Thank You

For shopping at  
Herbs & More

**Save 30% on**

### **Select items at Herbs & More**

(Sale includes most items marked in store as sale items)  
See Store for details. Not valid for the purchase of Massage, Club  
Membership, **regular priced items**,  
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