



Herbs & More

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BLACK FRIDAY SALE

Herbs & More will only be open from **Noon to 3** on Black Friday (November 27th). Everything in the store is on sale! All regular price items will be 10% off! No coupon needed!

All items on the sale rack will be buy one get one for a penny!!! We will have some free snacks too!

Oregano Oil

By Kate Meinders

Oregano herb is most commonly used in the kitchen to bring flavor to many pasta dishes. But did you know it has many health benefits? Once the oregano leaves and flowers are made into oregano oil, its uses multiply.

Oregano oil has been called the ultimate antibiotic by some. The benefits of oregano oil are numerous including ant-viral, anti-inflammatory, anti-oxidant, anti-bacterial, anti-microbial and anti-fungal.

Oregano oil is also used as a digestive aid, to improve respiratory health, to help sinus congestion, as a pain killer, and to improve the immune system.

Ideal uses for oregano oil include alleviating cold symptoms and sinus infections. By putting a few drops of oregano oil into a steaming pot of water, you can inhale the steam. Also you can treat foot and nail fungus. Just put a few teaspoons of oregano oil in a foot bath and soak your feet. Or dilute the oregano oil into a carrier oil such as olive or coconut oil, as directed, and apply to nails and/or skin. Oregano oil can also be used to clean your home. One recipe you should try includes four drops of oregano oil, 10 drops of lemon oil and a quarter cup white vinegar into a bucket of water. This can be used to wipe-down and clean surfaces.

You can use oregano oil as an addition to your facial routine. Oxidation and free radicals are the biggest component of aging and the anti-oxidants in oregano oil can help combat against these age accelerators. **When using Oregano oil, please take caution.** Undiluted oregano can have a burning sensation when applied to the skin. It will not actually burn your skin but it can feel overwhelming. If you want to use oregano oil as a facial serum, start your dilution at **one to three drops per ounce** of carrier oil. Use the diluted mix after toning but before moisturizing. Your skin will build a tolerance to the sensation. You may add more as you feel comfortable.

Please consult your physician before using oregano oil if you are pregnant or nursing, have diabetes or any bleeding disorders. Also, if you are allergic to basil, hyssop, lavender, marjoram, mint or sage you are likely allergic to oregano.

Probiotics

Probiotics are beneficial bacteria that should be present in the gut. They help you to absorb nutrients from your food as well as help the body's immune system. Probiotics live in the large intestine.

When to take Probiotics; they should be taken following an antibiotic to help restore natural balance in the gut. Probiotics can be taken with antibiotics to try to prevent diarrhea. Antibiotics kill all bacteria, good and bad.

Probiotics can help with digestion issues such as Irritable bowel syndrome. And when taken regularly they can help promote regularity, and can help with gas and bloating. Good gut flora can help emotional and mental well-being as well.

You can get probiotics from supplements as well as from some fermented foods. These fermented foods include: kefir, kimchi, pickles, sauerkraut, and live-cultured yogurt.

Probiotics are classified in two main groups; Lactobacillus and Bifidobacterium. From these two groups there are numerous strains that all have different benefits. Lactobacillus Acidophilus, for example, can help to prevent yeast infections in the body. Bifidobacterium bifidum may help with eczema and some food allergies.

Stop in today to see the Probiotic options at Herbs & More. ***

Biotin for hair/skin/nails

Biotin is a water soluble B vitamin. It is Vitamin B7, and can help with cell growth, metabolism of fats and amino acids. A deficiency can result in hair loss, dull skin, and lack of energy. While taking a Biotin supplement it is recommended to take a Vitamin B complex as well to help prevent possible acne breakouts. It is also recommended to only take Biotin for a maximum of 2 ½ months, after that maintain with exercise and diet.

20 Foods that have Biotin:

- | | |
|--------------------|-----------------------|
| 1. Mushrooms | 11. Cheese |
| 2. Tuna | 12. Cauliflower |
| 3. Turkey | 13. Whole Wheat Bread |
| 4. Avocados | 14. Sardines |
| 5. Swiss chard | 15. Berries |
| 6. Eggs | 16. Almonds |
| 7. Salmon | 17. Bananas |
| 8. Sunflower Seeds | 18. Pork |
| 9. Liver | 19. Soybeans |
| 10. Peanut Butter | 20. Beef |

What would you like to read about in the Herbs & More newsletter? Please let us know by dropping into the store, calling or sending us a note from the website!

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.

Cold season is upon us; try this recipe for cough drops to help ease an itchy throat.

Homemade cough drops

- 1 Tablespoon (or one teabag) peppermint tea leaves
 - 1 Tablespoon/teabag chamomile tea
 - ½ teaspoon cinnamon
 - ½ teaspoon ginger
 - ¾ cup boiling water
 - ¾ cup honey
1. Steep peppermint, chamomile, cinnamon, and ginger in boiling water for 10 minutes or more.
 2. Strain off water, and pour into a small saucepan.
 3. Add honey.
 4. Heat over medium heat until mixture begins to boil.
 5. Clip candy thermometer to the side of your pan.
 6. Continue boiling until mixture reaches 300°.
 7. Watch carefully, it is really easy to burn when it gets this hot!
 8. Let mixture cool for 5-10 minutes, until it starts to get syrupy.
 9. Drop by small spoonful's onto parchment paper and let cool.
 10. Dust with slippery elm bark, cornstarch, or tapioca starch to absorb condensation and prevent them from sticking together in storage.
 11. Store in an airtight container.

Use as needed to sooth sore, itchy throats, and coughing.

Herbal Immune Boosters

Going into the cold and flu season it is good to know which herbs can be helpful to fight what kinds of sicknesses. Here is a list of the most popular immune boosters and a brief description of how/what each should be used for.

Echinacea: Antibacterial, antifungal, anti-inflammatory

Can be used for: Colds, flu, Immune booster, sinus infections

Methods: Pills, tinctures, teas

Elderberry: High in Vitamin C, antiviral, antibacterial, antioxidant

Can be used for: Immune booster, colds, flu

Methods: Pills, tinctures, syrups, tea

Garlic:

antimicrobial, antiviral, antifungal

Can be used for: fevers, colds, flu, coughs

Methods: Pills, tinctures, raw (raw will make the allicin the most effective)

Ginger: anti-inflammatory, Protecting against respiratory viruses, anti-nausea

Can be used for: Respiratory (helps open up airways), nausea

Methods: Chews, Tea, raw

These are the most common, stop into the store to see what we carry!

Try diffusing some of these essential oils while you are sick: Eucalyptus-

antiseptic/antibacterial, Thyme-Antiseptic,

Lemon-Antibacterial/disinfectant, Hyssop-

Respiratory infections, Clove-anti-inflammatory

Denice Harris, LMT
Will be at Herbs & More on Black Friday
from Noon to 3! Book your appointment
today or walk in for a massage!
www.herbsandmorene.com

Herbs & More

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

Thank You

For shopping at
Herbs & More

Save 10% Storewide!!

Friday, Nov 27th from Noon to 3

Everything in the store is 10% off, no coupon needed!

Not valid for the purchase of Massage or Club Membership, not valid with other discount or offers. **In stock items only.**

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