



# Herbs & More

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## Kombucha Tea

Kombucha tea is a fermented sweet tea. It is made with a S.C.O.B.Y. (Symbiotic colony of bacteria and yeast). It can be made with any tea with tannins. Such as Black tea, Green Tea, Hibiscus, Pu-her, etc. Basically you make tea and add the appropriate amount of sugar to it for the Kombucha, when that mixture is room temperature you add your Kombucha starter and your SCOBY. From there you let it brew for 7-10 days (depending on temperature and personal preference).

That is the first ferment, the second ferment involves pouring the tea mixture into bottles with fruit or other flavorings and letting it further ferment for 2-3 days before refrigeration. The end result should be a sweet fizzy tea. But why drink Kombucha? It helps with detoxification, gut health/digestion, immune health, etc. Want to learn more about brewing Kombucha? Join our June

class at Herbs & More and go home with the knowledge of how to brew plus your own SCOBY!

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## Allergy Season

It's that time of year again! Allergy Season is here! Are you suffering from a runny nose, sneezing, and watery eyes? Try some of these herbal blends we carry at Herbs & More: **Sinus Support:** Clears nasal passages naturally **Fenugreek & Thyme:** Cuts Mucous **ALJ:** Beats Allergies from seasonal airborne substances **Bronchial Formula:** Cuts coughs and wheezing **Hista Block:** Opens nasal passage, stops irritants and pollutants

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Did you miss a class? Classes will be repeated, some of them will be a once a year class others will be twice a year. Herbs & More will do the Tincture class again in the fall!

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### Herbs & More Class Schedule:

**April 17<sup>th</sup>:** Essential Oil Basics

Class includes information on how to dilute EO's for topical use!

**May 18<sup>th</sup>:** Bug Spray and Dog Flea Collar with Essential Oils

**June 15<sup>th</sup>:** Kombucha tea class

**July 20<sup>th</sup>:** Organic Facial DIY Cleansers, Taught by Kate Meinders!

Classes are at 7pm on the third Wednesday of the month. **Please call ahead to reserve your seat! 402.423.7733**

## Spring is here!!!

With spring comes bugs, with bugs come bug bites! Looking for some natural ways to help take the sting out of those bug bites?

### Try these:

**Basil:** Use a poultice of fresh basil leaf to relieve itching, basil naturally has camphor and thymol in it

**Tea Tree Essential Oil:** Anti-microbial, help prevent bit from getting infected

**Lemon/Lime:** Essential oil or fresh, anti-bacterial, anti-microbial. \*Avoid sun exposure if you put citrus on your skin, as it can make you more likely to burn

**Neem Oil:** Effective for fungal conditions, eczema, and ringworm

**Calendula:** Soothing & Moisturizing

**Chamomile:** Soothing – Apply a chamomile tea bag that has been dampened and refrigerated to a bug bite to help soothe the itch (green tea will work for this too)

**Black Drawing Salve:** helps to pull out toxins, and stingers, \*following this list is a recipe

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### DIY Black Drawing Salve

8 TBSP Oil Infused with: Comfrey, Calendula, and Plantain (You can use whatever oil you like best, Sweet Almond, Coconut, Grapeseed, etc...)

2 TBSP Beeswax

½ tsp Vitamin E oil

10 drops of Tea tree Essential Oil

1 TBSP Honey

3 tsp Activated Charcoal

3 tsp Bentonite or Kaolin Clay

Infuse oil using hot or cold method discussed in Lip Balm class. Warm infused oil in double boiler and add Beeswax. Once melted, transfer to plastic or glass bowl\*. Add Vitamin E oil, Honey, Charcoal, Clay, and Tea Tree EO. Mix well and pour into plastic or glass container. \*Bentonite Clay should not be mixed with or in metal because it will lose its effectiveness. Makes approx. 4 ounces.

**Book a Massage with Georgia Mack LMT**

*from our website*

***www.herbsandmorene.com or call the***

***store 402.423.7733***

***Starting in April, Georgia will be available on Tuesday's from 9am-***

***1:30pm for walk-in's!!!***

## Herbs & More is now carrying CBD Oil!

### Health Benefits of CBD Oil:

1. It's nutrient rich, providing essential fatty acids that the body does not produce but needs to be healthy.
2. Anti-oxidant – Helps to move free radicals out of the body
3. Anti-inflammatory - Combats inflammatory disorders
4. Anticonvulsant – Helps to suppress seizure activity
5. Helps to fight anxiety and depression
6. It's non-psychoactive: agricultural hemp keeps you healthy and doesn't get you "high"
7. Acts as a natural pain killer
8. Topically can be used to help with acne
9. May help with auto immune disorders
10. Affordable

**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 would like to welcome Georgia Mack LMT!

"I started my massage career in 2006 at Myotherapy School of Massage in Lincoln, Ne. There I studied anatomy, physiology, and basic massage techniques. After massage school I immediately decided that I was going to have my own business. Owning my own business would give me the chance to learn many modalities, that I could use to help clients reach their individual goals. I incorporate Thai massage, muscle release, deep tissue therapies, Swedish massage, and even offer hot stones and salt scrubs. I love the freedoms of being able to help my clients however they need. I always make it my goal to send my clients away feeling good."

-Georgia

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## Massage wants to be medicine!

By: Georgia Mack

"90% Of people who received massage said it had reduced their pain levels by 86%"

Here are 10 reasons to get a massage:

1. Manage low back pain
2. Help reduce fibromyalgia pain
3. Reduce muscle tension
4. Relieve tension headaches
5. Reduce pain of osteoarthritis
6. Reduce rheumatoid arthritis pain
7. Decrease symptoms of carpal tunnel
8. Lower joint replacement pain
9. Chronic neck pain
10. Decrease migraine frequency

Come get some relief. I have many tools to help you lead a happy and healthy life!

April 1st-June 1st first time clients \$10 off a one hour massage. You can schedule online at [www.herbsandmore.com](http://www.herbsandmore.com) or call Georgia @402-310-4662

## Why should I use Coconut Oil?

By: Kate Meinders

Coconut oil is beginning to be known as the miracle oil. The health benefits it has to offer are mental health, digestion, balances hormones, increases energy, kills Candida, burns fat, reduces cellulite and helps give you healthy skin and nails.

The healthy fats like coconut oil help increase memory and cognitive function. It stimulates the brain's capacity to learn and categorize information. The omega fatty acids help reduce depression, Alzheimer's, anxiety and dementia.

Coconut oil can also aid in weight loss. It is packed with nutrients and minerals that help keep you feeling full and reduces cravings for unhealthy foods. Coconut oil is easily transformed into energy for your body to keep you going throughout the day without the caffeine or sugar-like crash. With the added energy, coconut oil aids in weight loss. Studies have suggested coconut oil targets abdominal obesity in women.

Coconut oil, like garlic and Apple cider vinegar, is very effective at killing viruses, bacteria and fungus. The lauric acid found in coconut oil helps keep your immune system strong. Just a tablespoon a day can help ward off diseases that try to enter your body.

Do you have dry skin or itchy scalp? Use coconut oil topically as a moisturizer. It absorbs easily and will not clog your pores. Also, it doesn't contain parabens or other harmful chemicals, like some store bought lotions. Pregnant mothers can rub some coconut oil on their bellies to help prevent stretch marks. Because coconut oil kills bacteria it is great for acne. Also, when used as a facial moisturizer, it helps reduce wrinkles, age spots and other signs of aging.

Use coconut oil as a cooking oil replacement. A lot of other cooking oils, such as vegetable oil or canola oil, have a low smoke point. A low smoke point can turn oils carcinogenic and rancid. Coconut oil has a high smoke point which makes it a great choice for sautéing and frying. It gives your foods a light, fresh flavor you just don't get with conventional frying oils.

\*If you want to learn some ways to get coconut oil into your diet, go to this website for fun ideas. <http://draxe.com/coconut-oil-uses/>

## 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% on your next purchase with  
this coupon!**

**Valid until June 30<sup>th</sup>, 2016**

Not valid for the purchase of Massage or Club Membership, not  
valid with other discount or offers.



### 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

