



Herbs & More

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What is Fire Cider, and why do I need it?

This tonic is a great preventative for colds/flu and helps you to get over them faster too!! It is filled with good for you things like Onions, which are high in Vitamin C, and they decrease inflammation as well as being an antioxidant! It also has Horseradish, and that's got lots of good B vitamins as well as Vitamin C! And you just can't have fire cider without Ginger! Ginger is antibacterial, antiviral and helps to reduce nausea & gas! These great things in conjunction with Garlic, Turmeric, Spicy Peppers, a few herbs and topped off with a vinegar! Traditionally Apple Cider Vinegar is used, but other vinegars such as Red Wine Vinegar could be used! It does have quite the bite, so it can be diluted with honey to help make it more palatable! You can even use it as a salad dressing!

To learn how to make this powerful tonic, come to our August 17th class! ***

Ribbon Cutting and Customer Appreciation Day July 12th!

On July 12th, Lincoln Independent Business Association (LIBA) will be performing a ribbon cutting to celebrate 20 years of Herbs & More being in business! The ribbon cutting will be at 10:30 am! Come help us celebrate! Following the ribbon

cutting, we will have; food, door prizes, chair massages, and consultations with Kate Meinders (Esthetician)!

We will also be running a sale on the entire store from 11am – 5pm on the 12th ONLY! 15% off of your purchase, just for coming in! (Not applicable with other offers or on services, in stock items only.)

Organic Facial DIY Class

By: Kate Meinders
Come join us Wednesday, July

20th from 7pm to 8pm for our class at Herbs & More on natural skin care! I will be showing natural alternatives to chemical-filled over-the-counter facial regiments. You will learn how to oil cleanse and which oils are best suited to your skin type. I will also help you pick out a skin toner that will work best for you. Learn the natural way to exfoliate and moisturize your face and body. I will also share with you how to mix your own custom serums! ***

Herbs & More Class Schedule:

July 20th: Organic Facial DIY Cleansers, Taught by Kate Meinders!

August 17th: Fire Cider with ACV Class

September 21st: How to harvest/dry/use herbs

October 19th: Tincture/Glycerite Class (same class as February!)

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

Activated Charcoal

Activated Charcoal has many benefits and is a great detoxifier! Activated Charcoal is negatively charged and attracts toxins in your body to move them out through your digestive system. Such as if you get food poisoning, take activated charcoal to help the symptoms to pass faster. Activated charcoal is sometimes used to help treat a drug overdose or poisoning, it can also help with alcohol poisoning. When you take activated charcoal, drugs and toxins can bind to it. This helps rid the body of unwanted substances. *note: if you do take activated charcoal, make sure to increase your water intake, to avoid constipation*

What else can you use Activated Charcoal for?
It can be used after radiation exposure, to help rid the body of the toxins. You can take it when eating out, such as fast food, to help your body to not absorb the junk in processed food. It can also be used in a beauty regime, such as; it can be used occasionally on teeth to help with staining. It can also be used topically on the skin in face masks, salt scrubs, you can even make mascara with it! An activated charcoal poultice can even be used on bee stings!

Here is a fun foot mask detox recipe:

Activated charcoal is known to draw out the impurities and balance the oils of the skin.

1Tbsp Activated Charcoal

1Tbsp Kaolin clay

1Tbsp Bentonite Clay

10-20 drops of Essential oils, such as Tea tree, lavender or Eucalyptus

Directions: Mix a teaspoon of clay mixture with equal parts of liquid of your choice, such as: water, apple cider vinegar, chamomile tea, etc... Apply to skin for 10 minutes and rinse with water. Mask may stain fabrics due to the activated charcoal.

Book a Massage with Georgia Mack LMT

from our website

www.herbsandmore.com

Call the store 402.423.7733

Or call Georgia: 402-310-4662

***She will be available on some Tuesdays
from 10am-2pm for walk-in's.***

Herbs that Help with Anxiety and Stress

There are a handful of herbs that work really well when anxiety and stress seem to take over and you need some relief.

Chamomile: Chamomile helps to calm the mind and has slight sedative qualities. Chamomile promotes relaxation. It can be taken as a pill, tincture, or tea. It can also be used as an essential oil diffused or diluted and applied topically. *do not use if allergic to ragweed

Passion Flower: Passion flower also has slight sedative qualities and can help with anxiety and to sleep better. Passion flower may increase the amount of gamma-amino butyric acid (GABA) in the brain. (GABA helps the brain with relaxation and immunity) It can be taken as a pill, tincture, or tea.

Skullcap: Skullcap herb is an amazing plant for stress, tension, anxiety, nervousness and panic attacks. It can also help with muscle spasms. It can be taken as a pill, tincture, or tea.

Kava: Kava can help with anxiety and sleep problems, it is relaxing and has slightly sedative qualities. Rather than working with the brain, kava works with the spine, so the body is calmed and you keep mental function. Can be taken as a pill, tincture, or tea.

As with all herbals, the best form to take them is in a liquid, be that tincture, tea or powder mixed into water. This makes them more quickly available to the body and thus they work faster. ***

Reiki Sessions now available by appointment at Herbs & More!

An introduction to Reiki - what, why and how.

By: Jethro Hopkins

I have received many questions around my Reiki practice so I have decided to provide a brief introduction for those of you looking for a better understanding. I hope this helps but do feel free to ask any questions and I'll do my best to help!

What is Reiki?

Reiki is a Japanese technique based on the (scientifically proven) premise that there is a Universal Life Energy in all living things. The Usui System of Reiki healing applies this energy through touch for the purpose of healing. A Reiki Practitioner places his or her hands on the client and transmits high frequency energy into their client to correct imbalances in the body. Reiki works in harmony with all other forms of healing and is now regularly used in hospitals and clinics.

Why have a Reiki treatment?

- Hands on healing has been scientifically proven to be effective in accelerating healing
- A Reiki treatment supports the whole person including body, emotions, mind and spirit creating many beneficial effects
- On a physical level Reiki helps decrease pain, accelerates the healing time of bones and wounds, relaxes muscles and diminishes the tissue involvement of burns and bruises. It is possible to reduce the negative side effects of treatments such as chemotherapy and radiation. Colds, flus, bee stings, heart disease - many physical conditions can be treated with reiki.
- On a mental and emotional level anxiety is reduced, a sense of well-being increased and another level of relaxation felt. At this degree of deep relaxation a rebalancing of energies occurs and the natural healing ability of the body is enhanced
- On a spiritual level, clients have stated that they feel reborn and rejuvenated after a full-body session ***

Herbs & More hours changing

Effective August 1st

Monday 11am-7pm

Tuesday 11am-7pm

Wednesday 11am-7pm

Thursday 11am-7pm

Friday 11am-6pm

Saturday 11am-3pm

Sunday – CLOSED

We apologize for any inconveniences.

Herbs & More now offering Delivery!

Tired of the construction? Now you don't even have to fight it to get things from Herbs & More, we will deliver right to your door!

Call the store for details!

402.423.7733

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 September 30th, 2016

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



STORE HOURS

NEW HOURS AS OF AUGUST 1st!

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Monday 10am – 7pm

Tuesday 10 am -7pm

Wednesday 10am -7pm

Thursday 10am – 7pm

Friday 10am – 6 pm

Saturday 9am – 5pm

Sunday Noon – 4pm



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