



# Herbs & More

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## Garlic Benefits

Garlic is one of nature's best remedies. It can be used to help treat everything from the common cold to candida to infections. Garlic is available in capsules, tablets, and tinctures as well as good old fashioned garlic cloves! Why would you want to take garlic? Because of the wide range of issues it can help to treat! If you don't like the taste/smell of garlic, a capsule/tablet may be the best option for you. Although garlic is most beneficial when taken raw. When a fresh garlic clove is peeled from its paper coating and chewed, chopped, or smashed it activates a component in the garlic called Allicin. The Allicin is what gives garlic its pungent smell and thought to be the major antimicrobial factor in garlic. The Allicin has a short half-life, so when wanting to consume raw garlic, it is best to peel it, chop/chew/smash, wait 10-15 seconds and take it like a pill or chew it up and swallow it. This makes the garlic the most effective for fighting conditions such as high blood pressure, ear infections, strep throat, tinnitus (ringing in the ear), etc... \*when taking garlic raw, consider taking it with food to prevent gastric upset.

So how would you specifically take garlic for some of these ailments? For ear aches the best option would most likely be Garlic oil. You would want to warm the oil slightly (maybe stick it in your pocket for a while), then you would want to rub a couple drops on the back of the ear as well as slightly inside the ear. \*Do not drop oil into ear canal.

### Herbs & More Class Schedule:

**October 19<sup>th</sup>:** Tincture/Glycerite Class (Same class as February!)

**November 16<sup>th</sup>:** Essential Oil Basics (Same class as April!)

**December 14<sup>th</sup>:** To be announced (follow us on Facebook or check our website to find out what this class will be!)

**January 18<sup>th</sup> 2017:** To be announced

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

For an infection (bacterial/viral/yeast) you could take 1 or 2 garlic capsules every two hours during infection. Or raw garlic smashed and taken with food.

To use garlic to treat things like high blood pressure, it is recommended to take it twice daily for a minimum of 3-6 months to start noticing a difference. After desired results are obtained, the dosage can be reduced.

Garlic can be used as a prebiotic. Prebiotics are usually a source of good fiber, they give probiotics

something to eat while they work, making them more effective.

Warnings: Gastric irritation is possible, eat raw garlic with food. Garlic is not recommended while nursing, as it can cause an off flavor to the milk. Garlic has blood thinning properties, avoid before surgery.

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**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.**

## Herbal Salts

In the September class at Herbs & More we learned how to make herbal salts. These salts make a fantastic finishing salt and great gifts! Here are a couple recipes we didn't have time to cover in class:

### Tuscan Spice Mix:

This is a fun mix for seasoning olive oil to dip bread in, or to go on anything Italian!

#### Ingredients:

- 6 tablespoons dried basil
- 3 tablespoons granulated garlic
- 3 tablespoons kosher or flaked sea salt
- 2 tablespoons dried or crushed rosemary
- 2 tablespoons dried oregano
- 2 tablespoons dried thyme
- 1 tablespoon freshly ground black pepper
- 1 tablespoons dried parsley
- 2 teaspoons crushed red pepper flake

#### Instructions:

Combine all ingredients in a small mixing bowl. Store in an airtight container for up to one month, or in the freezer for up to three months. Feel free to substitute or omit herbs. Sun dried tomatoes would make a nice addition to this mix.

### Chili Lime Salt Blend:

This fiery blend of red pepper flakes and tangy lime is amazing over fajitas, taco, French fries, etc...

#### Ingredients:

- 3/4 cup unrefined salt
- 1 tablespoon crushed red pepper flakes
- 1 tablespoon fresh organic lime zest

#### Instructions:

Using a cheese grater, remove the outer zest from the lime. Make sure not to peel off the bitter white pith, just the outside will do. Lay zest on a towel and allow to air dry for a few hours, then combine with salt and crushed red pepper flakes. Leave mixture out to dry on a plate until completely dry.

### Bacon Salt Recipe:

Sprinkle it over popcorn, baked potatoes, eggs, vegetables, burgers, fries, soups, salads, dips and avocados.

#### Ingredients:

- ½ cup unrefined salt
- 8 ounces thin cut bacon

#### Instructions:

Preheat your oven to 375F. Crinkle up your parchment so that there are grooves for the bacon grease to drip into, then lay bacon across and cook for until completely crisp. Mine took about 25-30 minutes, but you'll want to start checking around the 15 minute mark to make sure the bacon doesn't burn.

Once the bacon is crisp, transfer it to a paper towel and let the grease drain off. Blot it if needed and then place in the coffee grinder and pulse until it reaches the consistency you prefer. Combine with salt. I recommend keeping this one in the refrigerator.

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***Call the store 402.423.7733***

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***Gift certificates are great for Christmas,  
and available at Herbs & More!***

## Essential Oil Basics Quiz

Test your knowledge of essential oils

1. What is the most commonly used essential oil for stress and insomnia?
  - a. Bergamot
  - b. Sweet Orange
  - c. Lavender
  - d. Vetiver
2. How are Essential Oils produced?
  - a. Steam Distillation
  - b. Cold Pressed
  - c. CO2 extraction
  - d. All of the above
3. How many drops of essential oil would you put in a 1 ounce bottle of carrier oil to get to a 6% dilution ratio?
  - a. 12
  - b. 24
  - c. 30
  - d. 6
4. Which essential oil is good for repelling spiders, ants, and mice?
  - a. Wintergreen
  - b. Peppermint
  - c. Clove
  - d. Grapefruit
5. What would you use Tea Tree (Melaluca) Oil for?
  - a. Cleaning/disinfecting
  - b. Immune boosting
  - c. Fungal infections
  - d. All of the above

**Check the back page for the correct answers!**

**Want to learn more about essential oils?**

**Come to our November 16<sup>th</sup> class at 7pm!**

## Apple cider vinegar

By: Kate Meinders, Esthetician

Apple cider vinegar (ACV) has been used medicinally since around 400 b.c. It was even used by Hippocrates, known as the father of modern medicine. ACV has a wide range of benefits. From stopping hiccups, boosting energy levels and curing heart burn.

As you are using ACV for your health, make sure to use the un-distilled, organic vinegar to get the most benefit. Just one tablespoon a day is enough to get you started on protecting your health.

### Here is a list of more benefits:

-Helps with heart burn and acid reflux. Acid reflux is usually a symptom of not having enough acid in the stomach.

-Helps with high cholesterol. ACV has been shown to lower VLDL cholesterol levels in the body.

-Helps with weight loss. Drinking ACV makes you feel more full and slows fat accumulation.

-Diabetes prevention. Vinegar blocks the digestion of starch that can raise blood sugar. Adding ACV can lower blood sugar by up to 6%.

-Contains antioxidants that keep our bodies healthy and running smoothly.

-Cure for a sour stomach. Diarrhea that is caused by a bacterial infection can be eliminated by the antibiotic properties in vinegar.

-Soothes a sore throat. Most germs cannot survive the acid of vinegar. Gargle with a 50/50 mix of ACV and water to eliminate a potential infection.

Organic, un-distilled apple cider vinegar is not the best tasting, so if you are unable to drink vinegar in liquid form, try apple cider vinegar in capsule form.

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## Can Anyone Learn Reiki?

By: Jethro Hopkins, Reiki Master

The ability to learn Reiki is not dependent on intellectual capacity, nor does one have to be able to meditate. It does not take years of practice. It is simply passed on from the teacher to the student. As soon as this happens, one has and can do Reiki. Because of this, it is easily learned by anyone. Reiki is a pure form of healing not dependent on individual talent or acquired ability. Because of this, the personality of

the healer is less likely to cloud the significance of the experience. The feeling of being connected directly to God's healing love and protection is clearly apparent.

### The Attunement

Reiki is not taught in the way other healing techniques are taught. It is transferred to the student by the Reiki Master during an attunement process. This process opens the crown, heart, and palm chakras and creates a special link between the student and the Reiki source.

The Reiki attunement is a powerful spiritual experience. The attunement energies are channeled into the student through the Reiki Master. The process is guided by the Reiki or God-consciousness and makes adjustments in the process depending on the needs of each student. The attunement is also attended by Reiki guides and other spiritual beings who help implement the process.

Once you have received a Reiki attunement, you will have Reiki for the remainder of your life. It does not wear off and you can never lose it. While one attunement is all you need for each level to be attuned to that level, additional attunements bring benefit.

The Reiki attunement can start a cleansing process that affects the physical body as well as the mind and emotions. Toxins that have been stored in the body may be released along with feelings and thought patterns that are no longer useful. Therefore, a process of purification

prior to the attunement is recommended to improve the benefit one receives.

### Growing with Reiki

Learning Reiki is a good starting point for experiencing and working with healing energy and a wonderful method for deepening awareness of universal energy. In general, Reiki complements other healing methods and spiritual practices. There are no hard and fast rules about how to approach starting Reiki and starting healing. Again, listen to your heart and you will be guided in choosing the right experiences and teacher(s) for you.

Once you have learned a healing technique, the work begins. To develop your understanding of, and sensitivity in, Reiki it is a good idea to devote time to regular practice, find a supportive teacher and practice group and pursue continuing study. Make sure that you arrange circumstances so that you can be nurtured in your healing and growth.

Keep your eyes on your goals, your mind in your heart and take things one step at a time.

**Feel free to contact me through Wolf and Raven Reiki on Facebook or talk to Julie about our Reiki Training Classes.**

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**Herbs & More now offering Delivery!  
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## Herbs & More

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### STORE HOURS

#### ***NEW HOURS AS OF AUGUST 1<sup>st</sup>!***

Monday 11am – 7pm

Tuesday 11 am -7pm

Wednesday 11am -7pm

Thursday 11am – 7pm

Friday 11am – 6 pm

Saturday 11am – 3pm

Sunday Closed



Quiz answers from page 2: 1) c 2) d 3) d 4) b 5) d