



Herbs & More

Publisher: Julie Boyd

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“Fish Oil”

“Fish Oil” supplements fall in the Essential Fatty Acids (EFA) category. That’s where things get fuzzy for most people, let’s clear some of that up! Everyone needs EFA’s for optimal health, but our body cannot produce them so we need to get them through diet or supplementation. Our bodies need EFA’s for: Heart health, joint health, inflammation, respiratory health, learning, attention & focus, eye health, formation of healthy cell membranes, proper development and function of the brain and nervous system, proper thyroid and adrenal activity, for the transport and breakdown of cholesterol, support healthy skin and hair. These are a broad overview of all the great things that EFA’s do for us. Let’s break down some key things about different EFA’s.

Eicosapentaenoic Acid (EPA)

EPA’s help with circulation and heart health, as well as joint health, healthy immune system, can effect mood, and help with healthy insulin levels. EPA is an Omega-3.

Docosahexaenoic Acid (DHA)

DHA’s are a powerhouse for brain health. They can help with focus, learning, memory, can help ADHD, as well as supporting the brain and eyes. DHA can also support mood and nervous system health. DHA is an Omega-3.

Gamma-Linolenic Acid (GLA)

GLA’s help with joints and metabolism, they can help nourish the hair and skin, support healthy joints, and help to maintain a healthy metabolism. GLA is an Omega-6.

Both Omega-3’s and Omega-6’s are needed to support a healthy body, but there needs to be balance. We typically already get Omega-6’s from our diet, they can be found in: refined vegetable oils, processed foods, red meat, dairy, nuts & seeds. You can get Omega-3’s from your diet but it is harder to get the correct amounts. Omega-3’s can be found in: Salmon (wild caught), Walnuts, Chia Seeds, Flax Seeds, Hemp Seeds, Cod liver oil, etc.

If we were to supplement we would be looking to take at least

500mg of EPA+DHA. The American Heart Association recommends 1000mg for heart health.

Herbs & More Class Schedule:

January 18th: Kombucha Tea Class
(Please reserve your spot, S.C.O.B.Y.s are limited.)

February 15th: Fire Cider/Elderberry Syrup Class

March 15th: Lip Balm/Salve Class

April 19th: DIY Bug Spray and Dog Flea Collar w/essential oils

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

We haven’t decided when yet, but May or June should bring a cold process soap making class! (We will need to do this outside so it will be weather pending)

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.

Three Exciting New things at Herbs & More:

Essential Oil Roller-ball Blending Bar

We are thrilled to announce that we have added a Roller-ball Blending Bar at Herbs & More! What this means for you is that you can try different Essential oils and blends of different oils in a 10 ml roller ball applicator! You don't have to invest in a variety before trying them out! We have a "suggestion" sheet right there by the bar for inspiration, or you can bring in your own recipe! For a 10 ml Custom Roller Ball it is \$6.99. Stop in today to have your own blend made!

Essential Oil Blends

Herbs & More has received quite a few requests for essential oil blends over the years. As a result of your requests, we are starting to make blends in the store for sale. The first blend we have made available is an Immune Boosting Blend. This blend is great in the diffuser or can be diluted to be used topically! The second blend we have prepared is a Muscle Relief Blend. This blend is great for sore muscles & arthritis and would need to be diluted for topical use. As we get requests for different blends and see a need we will continue to make blends. Feel free to ask for a blend when you are in the store, the more we have something requested the sooner it will be on the shelf!

Dried Herbs

We are expanding our dried herb selection! You can use dried herbs for lots of different things. You can make teas, tinctures (herbal extracts), they can be added to sugar scrubs and bath bombs, and they are great for oil infusions (oil infusions can be used in salves, lip balms, or by themselves). With the addition of more bulk herbs we need to make room, so all of our remaining boxed teas are on sale until they are gone!

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 Gift certificates are available at Herbs & More!

If the weather is "iffy" (snow/ice conditions), Please call before you come out to the store. We may not open if we deem the roads too hazardous to drive. 402.423.7733

Herbal Immune Booster Quiz

Test your knowledge of immune boosters

- 1. What is the most commonly used herb for an immune booster? a. Chamomile b. Stinging Nettle c. Echinacea d. Black Walnut
2. What herbs are good for colds/flu? a. Echinacea b. Goldenseal c. Elderberry d. All of the above
3. Which herb can be used as an antibiotic and also and antiviral? a. Goldenrod b. Garcinia c. Ginseng d. Garlic
4. Which herbal combination is highest in Vitamin C? a. Horehound/Ginger b. Elderberry/Rosehip c. Arnica/Comfrey d. Ashwagandha/Catnip
5. How can dried herbs be used for an immune booster? a. Capsules b. Tinctures c. Teas d. All of the above

Check the back page for the correct answers!

Want to make some immune boosters for your family? Come to our February 15th class on Fire Cider and Elderberry Syrup!

Does Reiki Work?

By: Jethro Hopkins

Good day all. I wanted to share some stats and things with you, I know they are a little old but for this article it's where I wanted to start. For more info and in depth articles find me at Wolf and Raven Reiki on Facebook.

Vital Signs Study: New York Presbyterian Hospital/Columbia University Campus conducted one of the first studies ever performed to determine the

effectiveness of Reiki treatments on the autonomic nervous system. This “blind, random study” included a Reiki treatment group, a “sham” treatment group and a “control” group. The testing began with all participants at “baseline” autonomic nervous systems levels. The results within the Reiki treatment group showed a lowering of these levels including heart rate, respiration and blood pressure. These positive results led the team to recommend further, larger studies to look at the biological effects of Reiki treatment.

It’s interesting to note that Columbia/Presbyterian was one of the first hospitals to offer Reiki as part of their Integrative Medicine Program (CIMP). The now famous cardiovascular surgeon, Dr. Mehmet Oz brought tremendous attention to Reiki when he invited Reiki practitioners to treat patients during open heart surgeries and heart transplant operations. Dr. Oz is often quoted as saying, "Reiki has become a sought-after healing art among patients and mainstream medical professionals."

Hospitals are embracing Reiki and listening to what their patient’s request. A survey conducted in 2007 indicated that in the previous year 1.2 million adults and 161,000 children in the U.S. received one or more energy healing sessions such as Reiki.

A 2008 USA Today article reported that in 2007 15% of U.S. hospitals (over 800) offered Reiki treatments as a regular part of patient services.

A research study at Hartford Hospital in Hartford, Connecticut indicated that Reiki improved patient sleep by 86 percent, reduced pain by 78 percent, reduced nausea by 80 percent, and reduced anxiety during pregnancy by 94 percent.

Edmonton’s Cross Cancer Institute concluded that Reiki healing showed a highly significant reduction in pain in a pain management study including cancer.



Here is another great way to consume your Kombucha!

Kombucha Jello

Ingredients:

1 Tbsp. Gelatin

2 pints Kombucha

Optional: 2 Tbsp. raw honey

Directions:

Put one tablespoon of gelatin per two pints of liquid in a mixing bowl, then stir it up. It may fizz up a bit when you stir it, that’s ok, it will simmer down in a minute. Once the gelatin is dissolved, pour the solution into fun jello molds, or a shallow pyrex dish, and put in the refrigerator to set.

Sometimes you may have to heat the solution to get the gelatin to dissolve, but we prefer not to heat the kombucha, as it may kill some of the live bacteria. The setting time varies, but should take a few hours or so. Then voila!! You’ve got yourself some beautiful, yummy, jello!! If the jello does not pop out of the mold or pyrex dish, just dip it in some hot water for a few seconds and then they should slide right out.

**Herbs & More now offering Delivery!
Call the store for details!
402.423.7733**

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

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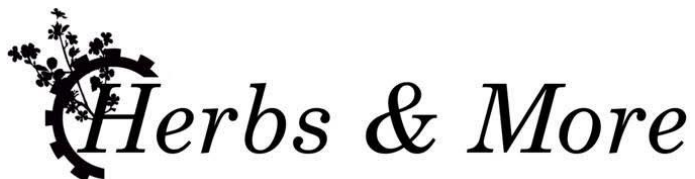
Valid until March 31st, 2017

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



STORE HOURS

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