



# Herbs & More

Publisher: Julie Boyd

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## Class Day Changing

Due to some scheduling conflicts we are changing our class day to the 3<sup>rd</sup> **Tuesday** of the month at 7pm.

### Essential Oils

We have been receiving lots of requests for more essential oil information. On May 16th we are hosting our Essential Oil Basics Class at the store. That class is a wonderful place to START with essential oils, and previously the class has become a Q&A session! The class offers information on an entry level, everything from our top 10 best sellers and their uses to how to properly dilute oils for topical use. We also send you home with a roller ball blend of your own! For our customers that have been using oils for a while and are looking for some different ways to use oils here are some suggestions/recipes.

#### Essential Oil Soft Scrub

¼ C Baking Soda

¼ C Castile Soap

1 TBSP Water

8 Drops Lemon Essential Oil

8 Drops Lime Essential Oil

8 Drops Tea Tree Essential Oil

Combine all ingredients in a bowl, when mixed well transfer to an air-tight container. This soft scrub can be used on sinks, showers, stove tops, counter tops, and even

some pots and pans! (Try on an inconspicuous area first to make sure no discoloration occurs)

#### Mop Water

2 Gallons of Water

10-20 Drops of Tea Tree Essential Oil

10-20 Drops of Citrus Essential Oil (Orange, Lemon, Lime)

1 C Vinegar

Combine and mop floors normally. Tea tree oil is anti-bacterial, antiviral, and fungicidal. Most Citrus Oils are anti-bacterial, fungicidal, and anti-viral!

More advanced information on Essential Oils:

Essential oils are classified in different "Notes", Top, Middle, and Base.

**Top notes** are the first impression when inhaling a blend, and they typically last 2-4 hours when applied topically. Examples: Citrus (Orange, Lemon, Lime, Mandarin, Tangerine), Basil, Tea Tree, Oregano.

**Middle notes** are the scent that brings the blend together like a bouquet, and typically last from 4-6 hours when applied topically. Examples: Black Pepper, Chamomile, Cypress, Fennel, Fir, Lavender, Peppermint.

**Base notes** act as a foundation of a blend and tend to be the muskier or "deeper" scents. They can last in the body up to 72 hours! Examples: Frankincense, Ginger, Sandalwood, Rose, Patchouli.

To use Essential oils according to "notes" you would want to start your blend by adding first your Base note,

then middle, then top. You would use very few drops of base and increase for middle and increase again for top. For an example stress blend: 3 drops of Frankincense, 4 drops of Peppermint, and 5 drops of Grapefruit. Happy Blending!

### Herbs & More Class Schedule:

**April 19th:** DIY Bug Spray and Dog Flea

Collar w/essential oils

**May 16<sup>th</sup>:** Essential Oil Basics Class

**June 20<sup>th</sup>:** Cold Process Soap Class

\*Weather Pending

**July 18<sup>th</sup>:** How to make a Tincture/Glycerite Class

Classes are at 7pm on the third **Tuesday** of the month (April will be the last class on a Wednesday). **Please call ahead to reserve your seat! 402.423.7733**

**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.**

### **Open Room for Rent**

We want to let all our friends know we have a room available for rent! The room available is a second story space (no elevator), it is a single room.

Know any professionals looking for office space?

Contact Julie for more details  
402.423.7733

### **New at Herbs & More**

#### **Essential Oil Blend**

We have added a new blend! Herbs & More is now up to 3 blends mixed in the store! The newest is Breathe Easy Blend! This blend is great for diffusing and really clears your head!

#### **Dried Herbs**

We are ever increasing our dried herb selection at the store, some of our newest include dried Chaga and Reishi Mushrooms! Chaga mushrooms are good for numerous ailments such as: pain, neuropathy, diabetes, it is also antiviral!

Dried herbs can be used for teas, tinctures, poultices and more!

Have a dried herb you are looking for? Please ask us! This is part of our deciding factor when bringing in new herbs!

#### **CBD**

Our CBD selection is ever changing and expanding, we will even have vape liquid soon! We carry balms for topical use as well as sprays, drops and capsules for internal use! CBD can be used for inflammation and pain, as well as anxiety!

### **Dried Herb Quiz**

1. How can you use dried bulk herbs?
  - a. As a tea
  - b. As a tincture
  - c. As a poultice
  - d. All of the above
2. Which dried herbs should not be ingested?
  - a. Arnica/Comfrey/Eucalyptus
  - b. Lavender/Chamomile/Nettle
  - c. Reishi Mushrooms/Usnea/Chaga Mushrooms
  - d. Elderberries/Rosehips/Lavender
3. How do you use a mortar and pestle with herbs?
  - a. Grind dried herbs into a fine powder
  - b. Muddle fresh herbs
  - c. With your feet
  - d. a & b
4. Which dried herbs would make a good combination for a witch hazel extract for a sunburn?
  - a. Elderberry/Rosehip/Echinacea
  - b. Calendula/Lavender/Chamomile
  - c. Nettle/Lemongrass/Fenugreek
  - d. Mullein/Passion flower
5. Which dried herbs are good for open wounds as a poultice?
  - a. Plantain
  - b. Yarrow
  - c. Usnea
  - d. All of the above

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

***Book a Massage with Georgia Mack LMT from our website [www.herbsandmorene.com](http://www.herbsandmorene.com)***

***Call the store 402.423.7733***

***Or call Georgia: 402-310-4662***

***Gift certificates are available at Herbs & More!***

## What is this Kratom everyone has been talking about? Well here is what we at Herbs & More have found out for you.

By: Jethro Hopkins, Reiki Master

### What is kratom?

Kratom is a tree native to Southeast Asia (Thailand, Malaysia, Indonesia, Borneo, etc.). Its botanical name is *Mitragyna speciosa*. Kratom is in the same family as the coffee tree (Rubiaceae). The leaves of kratom have been used as an herbal drug from time immemorial by peoples of Southeast Asia. It is used in folk medicine as a stimulant (at low doses), sedative (at high doses), recreational drug, pain killer, medicine for diarrhea, and treatment for opiate addiction. Many people report that kratom is an effective treatment for arthritis, restless legs syndrome (RLS), and fibromyalgia.

### What are the effects?

Kratom is a rather unique drug in that a low to moderate dose will usually (but not always) be stimulating, while a high dose is almost always quite sedating. This is apparently because the active alkaloids have both stimulant and sedative effects. Which predominates probably depends both on dosage and individual differences between users. Many people report that the effects are very similar to opiate drugs. From a pharmacological perspective this is not surprising because kratom contains alkaloids that act as opiate receptor agonists. Interestingly, although kratom has a similar mechanism of action as many opiate pain medications it does not appear to be nearly as addictive. In fact many people use kratom to overcome opiate addiction.

**The stimulant level:** At the stimulant level, the mind is more alert, physical energy (and sometimes sexual energy) is increased, one feels more motivated to get things done, ability to do hard, monotonous physical work may be improved, there is an elevation of mood (it has an antidepressant effect), one is more talkative, friendly, and sociable. The stimulant effects of kratom are different from typical CNS stimulants, such as caffeine or amphetamine drugs. Kratom is more of a cognitive stimulant than a physical stimulant.

**The sedative-euphoric-analgesic level:** At this dosage you will be less sensitive to physical or emotional pain, feel and look calm, have a general feeling of comfortable pleasure, and may enter a pleasant dreamy reverie. You may experience some itching or sweating. Your pupils may be constricted (small). It is possible you may feel nauseated, but if you lie down and relax the nausea should quickly subside.

### What is the duration of kratoms effects?

The effects of kratom usually last 5-6 hours. When taken on an empty stomach, the onset of effects is typically felt 30-40 minutes after ingestion. If there is much food in the stomach, it may take 60-90 minutes before it begins to take effect. When taken in capsules (gelatin or vegetarian), the onset of effects may be delayed a little because it takes time for the capsules to dissolve in the stomach.

### What are the risks? How safe is it?

When kratom is taken by itself (without mixing it with other drugs), the greatest risk is falling asleep while engaged in hazardous activities. NEVER drive while under the influence of kratom, even if you feel stimulated, rather than sleepy, for sleepiness may come on you without warning. Use common sense. Do not use power tools or climb ladders while under the influence of kratom. Be careful not to leave a pot on a lit stove and then fall asleep.

Pregnant women should not take any drug or medication except on medical advice. Since there have been no studies of the risks of

kratom use by pregnant women, it is not known whether it could cause birth defects or fetal death. We strongly recommend that any woman who could possibly be pregnant NOT use kratom.

### Is kratom an effective pain medication?

Yes, kratom is an effective pain medication (analgesic). In fact, except for opium, kratom is probably the most effective herbal analgesic available. Many people use kratom to alleviate aches and pains, and to help manage painful conditions such as arthritis and fibromyalgia.

### Is kratom an effective treatment for opiate addiction?

One of the traditional uses of kratom in Thailand is as a treatment opiate addiction. Opiate addiction is a widespread problem. Not just for people who use opiate drugs illegally, but also for people who are prescribed opiate pain medications. Unfortunately, people who use opiate drugs daily often become addicted. Understandably, many people do not like being addicted to these drugs and are looking for ways to overcome their addiction. Many people report that kratom is effective for this purpose. Because it contains alkaloids that act as opiate receptor agonists it can be used as a substitute for opiate drugs, both as a pain medication and to avoid opiate withdrawals. After switching to kratom for a while, people say that they are able to reduce and then end their kratom use completely without suffering through difficult opiate withdrawal. This suggests that although it contains opiate receptor agonists, the pharmacology of kratom differs from opiate drugs in an important and potentially useful way. Before using kratom to overcome opiate addiction, it is obviously a good idea to discuss this with an open-minded physician.

### Is kratom habit forming?

Kratom is not habit forming when it is used responsibly. If used occasionally as a recreational drug, rather than daily, there is virtually no risk of becoming dependent on it. But it is very important not to get into the habit of using it every day. For kratom, like many drugs [e.g. alcohol, coffee, tobacco, etc.] if used on a daily basis for a prolonged period of time, could become a habit hard to break. Before starting to experiment with it set yourself usage guidelines. If you ever find it is hard to stay within your usage guidelines immediately quit using kratom. Of course, people who are using kratom to overcome a preexisting opiate addiction may need to use kratom daily to avoid opiate withdrawal. People suffering from chronic pain may need to take pain medications on a daily basis, and some people choose to use kratom instead of pharmaceutical pain killers. Interestingly, studies have found that opiate drugs (morphine and its relatives) are rarely addictive for pain sufferers except among people with a history of substance abuse. This is probably also true for kratom, because like opiate drugs, the effects of kratom are due to opiate receptor agonist activity.

**We will have Kratom in our store stock of products as we have received many requests for it. Now as all ways please do your own research to see if Kratom is right for you as we do not guarantee any information provided as the sources we used could be wrong. JH.**

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

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## 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>, 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) d 2) a 3) d 4) b 5) d