



Herbs & More

Publisher: Julie Boyd

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What is CBD?

Cannabidiol (CBD) comes from hemp or cannabis. The CBD we carry comes from agricultural hemp. CBD is a natural constituent of hemp that has been shown to have positive health benefits. CBD is non-psychoactive, making it an appealing option for people looking for relief from inflammation, pain, anxiety, seizures, and other conditions without being disoriented.

Cannabinoids are agonists that bind to special receptors on your cells, called cannabinoid receptors. Certain receptors are heavily concentrated in the central nervous system while others are found in almost every organ of the body.

Cannabinoid receptors are even found in the skin, digestive tract, and even in the reproductive organs. These cannabinoid receptors are part of a larger system called the endocannabinoid system (ECS). Some describe the ECS as the greatest

neurotransmitter system in the body. It lends a hand in seemingly just about everything.

Benefits:

Nutrient Rich – contains excellent nutritional value, providing Essential Fatty acids that the human body does not produce naturally and must be consumed by the diet.

Non-psychoactive – Agricultural hemp keeps you healthy, doesn't get you "high"

Eco-Friendly – Hemp is renewable and fast growing, nearly every part of the plant is usable – for food, fiber, building materials, and fuel!

CBD is available in sprays, drops, capsules, softgels and even vape liquid!

Have 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 bite from getting infected

Magnesium: An Epsom Salt bath shortly after being bitten seems to reduce the swelling and itch!

Herbs & More Class Schedule:

July 18th: How to make a Tincture/Glycerite Class

August 15th: Essential Oil Basics Class

September 19th: How to harvest/dry/use herbs

October 17th: Fire Cider/Elderberry Syrup Class

November 21st: Cold Process Soap Class
*Weather Pending

December 12th: DIY Holiday gift class
(bath-bombs, salves, lip balm)

Classes are at 7pm on the third **Tuesday** of the month. **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 dried herbs at Herbs & More

Our dried herb selection at the store is ever expanding! Here are some of the new herbs: Borage, Cacao Nibs, Ginger Root, Ginkgo Biloba, Horsetail, and Red Clover.

Here is a little info on what each of these new herbs may be beneficial for:

Bee Balm: treatment of colds, headaches, and gastric disorders, to reduce fevers – LOCALLY GROWN

Borage: Adrenal Cortex Stimulant, Kidney, Lungs, Heart, Anti-inflammatory – LOCALLY GROWN

Cacao Nibs: Superfood containing a variety of unique phytonutrients such as sulfur & magnesium. Antioxidant, high in fiber, high in iron, diarrhea.

Ginger Root: For Stomach/menstrual Cramps, Morning Sickness, Nausea, Vomiting, Fever, Flu

Ginkgo Biloba: Improves Circulation and Blood Flow, Dizziness, Strokes, Leg cramps

Horsetail: Reduces Hair Loss, Strengthens Weak Finger Nails, Helps Calcium Absorption

Lemon Balm: Reduce stress and anxiety, promote sleep – LOCALLY GROWN

Marshmallow Leaf: pain and swelling (inflammation) of the mucous membranes that line the respiratory tract. – LOCALLY GROWN

Oregano: Immune Health, antibacterial properties, Detoxify the Body – LOCALLY GROWN

Red Clover: Tumors, Skin Problems, Acne, Boils, Psoriasis, Blood Cleanser, Appetite Suppressant

Our dried herbs are sold by the ½ ounce or the ounce. They can be used for teas, tinctures, poultices, etc...

We are also bringing in Locally Grown Herbs!!!

When selecting your herbs, watch for a LOCALLY GROWN sticker on the jar!

New Essential Oil blend at Herbs & More

We have another new blend!

This one is our "Bug Spray Blend"

We have instructions in the store on how to dilute it to make yourself a bottle of bug spray!

We also have ready to use bottles available at the store!!!

Book a Massage with Georgia Mack LMT from our website

www.herbsandmorene.com

Call the store 402.423.7733

Or call Georgia: 402-310-4662

Gift certificates are available at Herbs & More!

Fresh Herb Season:

As we come into fresh herb season, you may wonder how to utilize those herbs and even preserve them for later use. To gain more useful ways and demonstrations on how to use herbs please join us September 19th at 7pm.

Fun uses for fresh herbs:

Peppermint:

- Mojitos – us 1 sprig of peppermint leaves per drink
- Sun Tea – Loosely fill tea container with peppermint sprigs, bruise them to release flavor, let sit in sun for 4-6 hours to infuse.
- Fruit Salad – add fresh mint leaves to a fresh fruit salad
- Can be used for making hot tea

Basil:

- Pesto – 2 cups fresh basil leaves, packed (can sub half the basil leaves with baby spinach)
½ cup freshly grated Romano or Parmesan cheese
½ cup extra virgin olive oil
1/3 cup pine nuts (can sub chopped walnuts)
3 garlic cloves, minced (about 3 teaspoons)
Salt and freshly ground black pepper to taste
Mix together in food processor
- Caprese Skewers- on a tooth pick or skewer, alternate 1 basil leaf, cheese (mozzarella), and ½ of a cherry tomato
- Smush up a fresh basil leaf and place it on a bug bite to relieve itching

Most Herbs:

- Use fresh in place of dry
- Hang bundles to dry for use in the winter
- Make a tincture
- Can be used to make flavored salts or sugars

**Tired of Construction?
Herbs & More is offering Delivery!
Call the store for details!
402.423.7733**

In –town delivery only, Small fee for delivery, deliveries currently only before and after store hours.

Essential Oil Bug Repellent Quiz

1. What are some essential oils that can be used to repel fleas?
 - a. Peppermint
 - b. Lemongrass
 - c. Lavender
 - d. All of the Above
2. Which of these oil combinations would be used to repel ants?
 - a. Peppermint/Rosemary/Spearmint
 - b. Lemongrass/Zinziba/Lime
 - c. Sweet Orange/Peppermint/Pine
 - d. Laurel/Lavender/Lemon
3. True or False: You can use essential oils on cats.
 - a. True
 - b. False
4. Which Essential Oils are included in the Herbs & More bug spray blend?
 - a. Geranium/Lemon Eucalyptus/Rosemary
 - b. Peppermint/Lemon/Lavender
 - c. Lemongrass/Cedarwood/Citronella
 - d. A & C
5. Which essential oils can be used to repel Aphids in your garden?
 - a. Peppermint
 - b. Cedarwood
 - c. Neem
 - d. All of the Above

Check the back page for the correct answers!

New at Herbs & More

Food Grade Hydrogen Peroxide:

We are now carrying food grade hydrogen peroxide!

It can be used for cleaning, ear infections, foot soaks, fungal conditions, mouthwash, laundry, etc...

Coming Soon: Pre-measured Soap kits!

These kits will include all of the base oils for making soap. You will need to select your own essential oils/dried herbs. And Herbs & More does not offer Lye.

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 31st, 2017

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



Quiz Answers from Page 3: 1) d 2) a 3) b 4) d 5) d



STORE HOURS

Monday 11am - 7pm

Tuesday 11 am -7pm

Wednesday 11am -7pm

Thursday 11am - 7pm

Friday 11am - 6 pm

Saturday 11am - 3pm

Sunday Closed