



# Herbs & More

Publisher: Julie Boyd

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## Depression and Immune Boosters

As we come into fall, we know winter is right around the corner. With winter comes more time indoors and less fresh air. Typically we have less variety in fruits and vegetables available as well as an increase of large meals and sugary desserts.

We should start by broadly defining depression, and keep in mind that you may not have all of these symptoms and could have more than these. People with depression typically withdraw from society. They can lose interest in things around them and become incapable of experiencing pleasure. Symptoms can include: chronic fatigue, sleep disturbances (whether insomnia or excessive sleeping), changes in appetite, headaches, backaches, digestive issues, restlessness, irritability, quickness to anger, loss of interest or pleasure in hobbies, and feelings of worthlessness and inadequacy. Depression can also make the body weak and more susceptible to colds/flu.

What can we do to boost our immune system and keep our mood up? Eat a diet that is high in fruits and vegetables (preferably raw). Avoid soda/pop as well as processed foods. Avoid sweeteners and sugars, including honey, molasses and fruit juices. Keep your mind active as well as your body. A daily walk can help tremendously.

Supplements can also help with depression. The following are just a few that can help.

**D3:** An important vitamin to take through the winter is Vitamin D3. D3 is the vitamin we get from the sun. It can help with seasonal depression as well as helping the body to be able to absorb calcium and phosphorus. There have also been studies on how D3 benefits the immune system!

**C:** Vitamin C can help to boost the immune system as well as combat depression. The body cannot manufacture Vitamin C so it must be obtained by the diet or supplementation.

**B complex:** B vitamins are necessary for the normal functioning of the brain and nervous system. B12 in particular has been found to be deficient in people with depression.

**Zinc:** Zinc has also been shown to be deficient in people with depression. Zinc can help to boost the immune system.

**Herbs:** St. John's Wort (Caution: can make the skin more sensitive to sunlight and can interact with prescription antidepressants as well as birth control),

Lemon Balm, Ginger, Oat Straw, and Peppermint. These can all be taken as capsules, teas, or tinctures.

**Massage:** Massage can help with depression and immune boosting! Massage provides many benefits and can increase the levels of serotonin and dopamine, which are both neurotransmitters that help stabilize your mood. Massage also boosts the immune system! \*\*\*

### Herbs & More Class Schedule:

**October 17<sup>th</sup>:** Fire Cider/Elderberry Syrup Class

**November 21<sup>st</sup>:** Cold Process Soap Class  
\*Weather Pending

**December 12<sup>th</sup>:** DIY Holiday gift class  
(bath-bombs, salves, lip balm)

**January 17<sup>th</sup>:** Kombucha Class

\*please call ahead to confirm your seat as supplies are limited.

Classes are at 7pm on the third **Tuesday** of the month, thru 2017. In 2018 we will be resuming classes on **Wednesday** evenings.

**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 and Exciting things this quarter:

### **New dried herbs at Herbs & More**

Our dried herb selection at the store is ever expanding!

We have over 65 different dried herbs!

New this quarter: Star Anise, Oatstraw, Burdock, Chaparral, Gentian, Wild Cherry Bark, and Sarsaparilla.

As well as these locally grown herbs: Horehound, Hops, Sage, and Oregano. Several varieties of locally grown mint will be coming next!

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 more Locally Grown Herbs!!!**

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

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### **New Essential Oil blends at Herbs & More**

We have a couple new blends for the diffuser!

Fall: Mulled Cider Diffuser Blend

This blend combines Orange, Nutmeg, Cinnamon and Clove for a fresh fall scent!

Winter: Into the Woods Diffuser Blend

This blend is a mix of coniferous tree essential oils and smells like a walk in the forest!

**How do we come up with new blends? Customer request shows us the need and then we start blending to figure out which oils would be best! So make your requests when you stop in the store!**

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### **Coming soon:**

Soap made at Herbs & More! We will be making more soap in-house and we will be selling it by the "slice". You will be able to slice off your own bar of soap and we will ring it up by the ounce!

If you have requests for a combination of scents/herbs please let us know!

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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! ***From October thru December all massage gift certificates are \$5 off!!!***

**AM / PM**

**FAT BURNING & APPETITE SUPPRESSING  
WEIGHT CONTROL PATCHES™**

**By: Jethro Hopkins**

What are they and what makes them so useful?

For starters your body has different needs at different times of the day so the one size fits all kind of patches are not the most useful to you. So after much looking we have found a product that meets all our normal requirements for quality and effectiveness.

The am/pm patch is a two patch system that works with you body's natural rhythms to deliver the right ingredients at the right time of the day or night to give you the best results.

Why a patch? The transdermal patch is a very efficient way to maximize the delivery of the herbal and botanical ingredients which were specifically selected to support weight control. Because of this groundbreaking system the body absorbs the ingredients directly into the bloodstream in a controlled steady manner.

The AM patch formula helps promote weight loss, increased energy, enhanced metabolism, and increased cognitive function during your most active hours while helping keep hunger at bay all day long.

The PM patch is formulated with a focus on evening appetite suppression, reducing cravings and snacking, and helps you wind down to rest.

And when you finally close your eyes to sleep, special ingredients support continued fat burning all night long while helping you have restful sleep.

My personal favorite thing about these patches aside from the fact they work is that they are non-latex, and all the ingredients are herbals and botanicals, plus they are made here in the U.S. Feel free to reach out to us with questions and have a great fall season. -JH

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**Herbs & More will be closed on  
Black Friday this year. We will open  
at 11am on November 25<sup>th</sup> for our  
Small Business Saturday Sale!**

**New type of Massage coming soon!!!  
Ashiatsu**

**By: Georgia Mack, LMT.**

Well folks I am happy to report that I am starting to offer Ashiatsu bar therapy! I will tell you I am so thrilled and truly believe there are so many benefits for all.

I am sure you're wondering what ashatsu is. Ashiatsu means foot pressure. You will be on a table just like your average table massage, but I will be applying massage techniques using my feet, ball, heel and edge of my big toe. I will be holding onto bars over-head that will help me control my pressure. Gravity will help me penetrate below the superficial layers of tissue deep into sore muscles. Why does that have to be done with a foot you ask? A foot feels like a hand only bigger, and no pokey elbows or fingers to get those deep muscles which consequently means little to no bruising due to increased surface area. It also helps gain postural alignment and increases circulation.

Please contact Georgia or Herbs & More for availability. \*\*\*

**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.**

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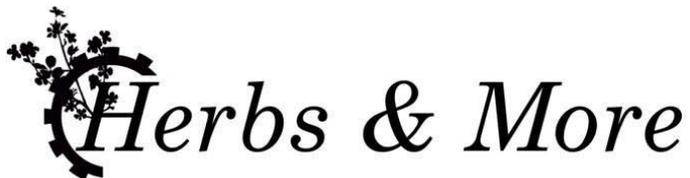
## Herbs & More

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 December 31<sup>st</sup>, 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