



# Herbs & More

Publisher: Julie Boyd

Volume No. 23 Issue No. 1

Date: January 2018

## Beginning Herbalist Workshop

Herbs & More is hosting a Beginning Herbalist class in January! The class will be on January 20<sup>th</sup> from 10 am to 4pm. It will be taught by Rachel from Red Road Herbs.

Class summary:

*"This workshop combines our most popular classes for a full day of learning how to use herbs for minor illnesses, first aid and preventative health. From tinctures and infusions to salves and baths, you'll learn the methods used in preparing herbal remedies. You'll also learn the common uses of herbs you should always have in your medicine chest, plus take home information and samples that will continue to inspire your herbal education. Class size is limited to 12"*

Lunch from Open Harvest and snacks provided

Class Cost: \$85

**For more information, and to reserve your seat, contact Rachel at (402) 640-0744 or [redroadrachel@gmail.com](mailto:redroadrachel@gmail.com)**

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## Herbals for Sinuses

We have had a lot of customers come in lately with sinus problems. What can you do to support your sinus health? 1-5 times a week you can use a sinus rinse. Rinses can be done in the form of a "neti pot" a squeezable bottle or with a syringe made specifically for that use. These rinses are a saline solution that should flow through your sinuses. Julie's preferred method is the syringe, used in the shower (A hot shower can also help to break up sinus gunk). You may need

to identify what "triggers" make your sinuses feel worse. For most people it seems the original trigger is allergy related. Milk, harvest and planting season, dust, and other allergens can get you started on a sinus infection. It's important to pay attention to your body and find your triggers, if you can eliminate or reduce contact with these things that will be best. You can also use herbal remedies for allergies (ALJ or HistaBlock). What to do if you are already on that slippery slope of a sinus infection? Ear Candling can help to reduce pressure from the ears. Sinus rinse with saline solution. And there are several herbal supplements that can help. Such as: Sinus Support (supports nasal passages and supplies nutrients for proper respiratory function), Goldenseal (supports mucus membranes as well as immune function), Colloidal Silver (helps with immune function), and you can use some essential oils in a diffuser to help with sinus headaches (peppermint/lavender/lemon).\*\*\*

## Herbs & More Class Schedule:

**January 17<sup>th</sup>:** Kombucha Class - FULL – watch for this class again later in the summer

**January 20<sup>th</sup>:** Beginning Herbalist Workshop (Contact Rachel at (402) 640-0744 or [redroadrachel@gmail.com](mailto:redroadrachel@gmail.com))

**February 21<sup>st</sup>:** How to make a Tincture Class

**March 21<sup>st</sup>:** Essential Oil Basics Class

**April 18<sup>th</sup>:** Fire cider/Elderberry Syrup Class

Classes are at 7pm on the third Wednesday 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

### Chapped hand Salve Recipe

Ingredients:

½ cup of oil\* (grapeseed, sweet almond, avocado, etc...)

2 Tablespoons Beeswax

1 Tablespoon Vitamin E oil

¼ cup dried Lavender/Calendula/Chamomile

20-30 drops Lavender/Tea Tree/Chamomile essential oil (optional)

Directions:

Start by infusing your oil. Add dried herbs and oil to double boiler on a low to medium heat and infuse for 30-60 minutes. Once it is infused, strain through cheesecloth and squeeze to get all of the oil out.

Once oil is strained of dried herbs, heat oil and beeswax in double boiler until beeswax is melted. Remove from heat once beeswax is melted, add in Vitamin E oil and essential oils if desired.

Pour into containers, wait until hardened to put lid on.

\*Note: you can replace up to half of the oil with shea butter, cocoa butter, or mango butter for a richer salve. (Do not infuse butters).

Use as needed for chapped/dry hands.

### New Essential Oil blend at Herbs & More

Motivation Blend:

This blend combines the essential oils of: Eucalyptus, Peppermint, Marjoram, Pine, Lemon Eucalyptus, Lavender, Cypress, Myrtle, and Black Spruce! Need a blend to clear your head and help you keep focused? Motivation blend! This blend works great in a diffuser!

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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### Soap by the Ounce

Herbs & More now has cold process soap for sale by the ounce. Pick the scent you like, use the soap cutter to cut your desired bar size, and bring to the counter to weigh! The soap batches are made at

Herbs & More. The three batches that are currently for sale are: Lavender Eucalyptus, Citrus Mint, and Woody. Each batch will be a different scent, so if you have a request, be sure to mention it when you are in!

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!

### Depression and Anxiety Quiz

1. Which of the following herbs can help with Anxiety?
  - a. Passion flower
  - b. Skullcap
  - c. Lemon balm
  - d. All of the above
2. True or False: Vitamin C can help with depression
  - a. True
  - b. False
3. What are some things to do to prevent/treat depression?
  - a. Exercise
  - b. Cut out refined sugars
  - c. Eat fruits and vegetables at every meal
  - d. All of the above
4. What are some things to do to prevent/treat anxiety?
  - a. Yoga
  - b. Massage
  - c. Minimize stress
  - d. All of the above
5. True or False: The herbs that help with anxiety can help with depression?
  - a. True
  - b. False

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

**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.**

### Teas

We are ever expanding our dried herb selection at the store. As we expand we will try to share more tea recipes with you so you can become more familiar with herbal teas.

#### Upset tummy tea:

This tea can help with an upset digestive system  
2 teaspoons mint leaf  
1/2 teaspoon fennel seeds  
Pinch of dried ginger (optional)

Pour 1 cup of boiling water over it, steep, covered for 5 minutes and consume.

#### Immune boosting Elderberry tea:

This tea is good for boosting the immune system if you are sick or are around someone who is sick.  
2 cups water  
2 tablespoons elderberry syrup or one heaping tablespoon of dried berries  
1 cinnamon stick  
2 cardamom pods  
2 whole cloves

Honey or other sweetener (optional, to taste)

Place all ingredients except for honey in a sauce pan. Bring mixture to simmer and allow to simmer for at least 30 minutes. Strain through strainer into tea cup. Sweeten with honey if necessary.

#### Lemony Tea

1 tsp dried Lemon Balm  
1 tsp dried Lemongrass  
1 cup of water

Boil water, and pour over herbs in a strainer (tea ball). Let steep for 5 minutes and consume.

#### Cough and Fever tea

This tea is good for helping with a chest cough and is also good for helping with fever.  
1 tsp dried Mullein  
1 tsp dried Yarrow (flowers or leaves)  
1/2 tsp dried Peppermint  
1 cup of water

Boil water, and pour over herbs in a strainer (tea ball). Let steep for 5 minutes and consume.

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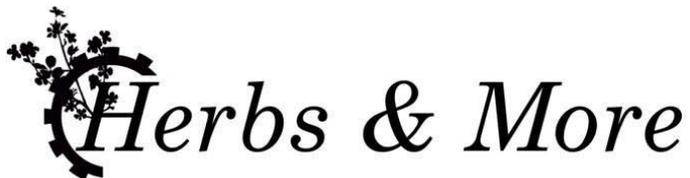
## Herbs & More

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 March 31<sup>st</sup>, 2018**

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) d 4) d 5) a



### STORE HOURS

Monday 11am - 7pm

Tuesday 11 am -7pm

Wednesday 11am -7pm

Thursday 11am - 7pm

Friday 11am - 6 pm

Saturday 11am - 3pm

Sunday Closed