

**Everlasting Gardener's**  
***Improving Your Herb Know-How***

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***“Then God said, ‘I give you every seed-bearing plant on the face of the whole earth . . . And to . . . Everything that has the breath of life in it I give every green plant for food.’” Gen.1: 29,30***

If you have questions about any information in these articles, or if you need any supplies or products, please contact  
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Following this link to my website may also help you find what you are looking for:  
<http://www.everlastinggardener.net>

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**HERBS TO HELP SPRINGTIME BREATHING**

This time of year, when molds and pollen, not to mention dust from spring cleaning, can be really aggravating to our respiratory tracts, it's good to know of an herbal friend. This combination of herbs helps us more easily get rid of the particles that the body naturally tries to eliminate. It helps soothe and cleanse the irritated respiratory tissue, is nourishing to the immune system and supports respiratory tissue health.

This product, called ALJ, is an extremely healing combination of the herbs: Boneset herb, Fennel and Fenugreek seeds, Horseradish root and Mullein leaves.

Please follow this link for details:

<http://mynsp.com/everlastinggardener/products/guide.aspx?stockNum=774>

If you're looking for an effective inhalant to add further strength and support to the respiratory system, it would do you good to try this Aromatherapy blend, called Breathe Free. It provides warming, stimulating and clearing sensations for the respiratory system. <http://mynsp.com/everlastinggardener/products/guide.aspx?stockNum=3919>

## HERBAL TERMS

Words that help us understand what herbs do for us:

Bronchodilator – an herb that causes relaxation and dilation of the bronchial tubes, often used in preparations for coughs, asthma and bronchitis. (Peppermint, MaHuang, Yerba Santa)

Calmative – an herb that gently calms the nerves, such as Chamomile, Valerian, Lavender, Hops, Passionflower.

Carminative – Prevents or reduces gas (Ginger Root, Fennel, Peppermint, Anise)

Cathartic – stimulates bowel evacuation (laxative), such as Cascara Sagrada, Senna, Rhubarb.

Cholagogue – stimulates bile flow from the gallbladder (Dandelion root)

Demulcent – herbs with soothing effects on the mucous membranes of the body, like Slippery Elm for the digestive tract, Marshmallow for soothing dry and inflamed skin.

More to come in future issues....

(some information from "Prescription for Natural Cures", by Balch and Stengler)

## UPCOMING CLASSES

To see details about (and how to sign up for) the following Classes, please visit the "Classes" page of Joanie's website:

<http://everlastinggardener.net/>

--- New Herbs for YOUR Garden - Saturday, April 18,'09

--- CELEBRATE VIOLETS - Sat., May 16, '09

--- PRACTICAL HERBOLOGY - June 20, 2009

--- Act 48 SUMMER COURSES for Continuing Professional Education

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## APRIL SPECIAL

EARLY BIRD Special—

TRY SOME HERBS . . . for adding fresh flavor and nutrition to your foods, or to try your hand at everyday first-aid medicines .

Here's a great start for getting your herb garden started--

Buy 3 herb plants and get a FREE Lemon Thyme OR Stevia plant.

This offer is good only for the month of April, 2009.

Please see Joanie's website ([www.everlastinggardener.net](http://www.everlastinggardener.net)) "Herb Plants" for sale, then go to the "Contact Us" page to let her know when you want to have herb plants sent to you OR to come out to her greenhouse and pick up your herbs.

"The Lord does not look at the things man looks at. Man looks at outward appearance; but the Lord looks at the heart."

I Samuel 16:7

