

Everlasting Gardener's

## ***Improving Your Herb Know-How***

Publisher: Joanie Lopic - Volume No. 2 - Issue No. 16 - Date: August 15, 2009

*"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 are natural, whole substances ("Six Reasons" series)**

This is fourth in the series, which began in my July 1, 2009 newsletter.

#### HERBS ARE NATURAL, WHOLE SUBSTANCES

Just like food, Herbs are plants that are nutritious. Herbs contain hundreds, probably thousands, of natural phyto-chemicals. These include vitamins, minerals and many other nutritional parts. All of these ingredients work together to bring health and balance to the body.

When the body is brought back into balance, it is able to heal itself. This is the basic idea behind holistic medicine. I should explain that Herbs are NOT simple chemical compounds, like modern drugs. Modern drugs (pharmaceuticals) are chemicals, often manmade, which are not found in nature. They are made that way so that they can be patented. Natural substances cannot be patented, thus they cannot be financially exploited, and that is why pharmaceutical companies are often the origin of misinformation about Herbs and natural nutrition products.

There are benefits to using whole substances rather than isolated chemical compounds. The main benefit of Herbs is that, as natural substances, they are immediately recognized by the body as nutrition, and so are readily digested and assimilated, just as food is.

If you believe, as many spiritual traditions teach, that our all-wise Creator gave us Herbs to heal every affliction and fulfill every nutritional need of the human body, Herbs make sense. Even if you do not agree with this spiritual point of view, the use of Herbs is logical from an evolutionary standpoint. Our bodies have evolved to be able to use the natural compounds contained in plants for tissue repair.

This is another important reason why so many people use Herbs to heal their health problems.

If you have any question about any Herbs or their uses, please contact Joanie:  
[http://everlastinggardener.net/contact\\_us.htm](http://everlastinggardener.net/contact_us.htm)

To visit Joanie's online Herb supplement store:  
[http://everlastinggardener.net/natures\\_sunshine\\_independent\\_dis.htm](http://everlastinggardener.net/natures_sunshine_independent_dis.htm)

### **Labor Day DRAWING**

For every 3 perennial **OR** windowsill Herbs you purchase between Aug. 15 and Sept. 5, you get **one chance** to win 2 Herb plants OR two Pocket Therapies. (Buy 6 Herb plants, get 2 chances, buy 9 Herbs, get 3 chances, etc.) The drawing will be done about Sept. 7 and the winner will be announced by Sept. 10, '09.

Your prize must be picked up at Joanie's Gardens before Oct. 1, 2009.  
Please call Joanie for your appointment to come and choose your Herbs.  
[http://everlastinggardener.net/contact\\_us.htm](http://everlastinggardener.net/contact_us.htm)

### **August SPECIAL**

When you come to Joanie's office for your Health Profile during August, receive a FREE Foot Reflexology session (an added \$20.00 value).  
Please call for your appointment. You'll be so glad you did.  
[http://everlastinggardener.net/contact\\_us.htm](http://everlastinggardener.net/contact_us.htm)

### **Herbal Highlight**

#### **COMFREY**

*Symphytum officinale*

Comfrey enjoys growing in moist fields, meadows and gardens, in full or part sun, and thrives in temperate conditions. It can grow 4 or more feet high when given high amounts of nutrients.

As early as the first century, A.D., Comfrey's curative powers were extolled by Dioscorides, a famous ancient Roman medical officer, who used it to treat bruises and bone fractures. To this day, it has a reputation for healing broken and fractured bones, bruises and sores, thus its common name "Knit Bone". It contains many beneficial substances in its leaves, including: calcium, potassium, phosphorus, and vitamins A, C and B12.

To use Comfrey, harvest the leaves in the summer, and the roots in the fall.

To **consume Comfrey**, the leaves can be chopped and added to your salad, or eaten like spinach. The stems can be cooked like asparagus.

For **cosmetic** purposes, make a tea of the leaves and add to baths and lotions to soften the skin. You can make an excellent oil to use externally on skin conditions such as eczema and other skin irritations. Pack clean, dry, chopped leaves into a glass jar, pour in warm oil such as olive oil, apply a screw-top lid, label and leave to sit undisturbed in a dark place for exactly two years. Strain into another jar, then use as needed. You can also make a poultice by putting the fresh leaves between two pieces of clean cloth, dip in very warm water and squeeze out, then apply to burns, rough skin, cuts, aching joints, sprains, sores, and to reduce swelling around fractures.

To make an effective **fertilizer** for your other Herbs and garden vegetables (especially tomatoes and potatoes – high potash content), pick the stems, dry for 48 hours, then lay on the ground below the plants you want to fertilize. Or you can make a “tea” by soaking about 2 pounds of leaves into 2 ½ gallons of water, stirring daily, strain and use the liquid to water plants when no bubbles appear when stirred.

Comfrey should be taken internally (as a tea) only in moderation, as one of its components, pyrrolizidine alkaloids, can cause liver distress when taken in higher than therapeutic doses.

(some information obtained from "The Complete Book of Herbs", by Leslie Bremness, and from "The Complete Guide to Natural Healing", section 9, card # 22)

Joanie has several good-sized Comfrey plants available. Please contact her for availability: [http://everlastinggardener.net/contact\\_us.htm](http://everlastinggardener.net/contact_us.htm)

## **Do You Need Aromatherapy?**

People from all over western Pennsylvania and beyond are using – and acclaiming – Joanie’s new Pocket Therapy products.

Many people, young and old, are finding relief using these essential oil-rich portable Aromatherapy products, developed and manufactured by Joanie.

Do you know someone who has bouts of fuzzy thinking at work or school OR because of their age?

Give them “MEMORY” as a gift.

Have a friend or relative who suffers from nasty, miserable hot flashes?

Help them find blessed relief with “COOL FLASHES”.

Know someone who has allergies or asthma, affecting their breathing?

Open their airways with “BREATHE FREE”.

Who doesn’t have stressful days at home, school, or the office?

Get de-stressed with “CALM”.

Someone you know has painful joints.

Relieve aching joints and muscles with “JOINT RESTORE”.

<http://everlastinggardener.net/products.htm>

At only \$5.00 each half-ounce tin, these concentrated salves can bring relief of these common symptoms of everyday life - which no one need tolerate anymore.

Pocket Therapies can be mailed to you. Contact Joanie to find out how.

Try some Pocket Therapies, then take it a step further by making your appointment to see Joanie for a **Health consultation**. Until the end of August, you receive a Foot Reflexology treatment with your Health consultation – a \$20.00 value.

Make your appointment today to have your health analyzed -- and purchase some Aromatherapy healing while you're at Joanie's office.

[http://everlastinggardener.net/contact\\_us.htm](http://everlastinggardener.net/contact_us.htm)

## UPCOMING CLASSES

**Saturday, August 22, 2009**

**3:00 pm**

### **Pesto Party**

Help gather the ingredients from Joanie's Gardens (fresh Parsley, Basil, etc.)

Together we'll process them into the famous 'paste'.

We'll sample some on Focaccia or multi grain crackers.

And you take some home with you.

We'll also explore the art of cooking with other Herbs and their flowers.

\$12.00 per person. **Take \$1.00 off** each when attending with a friend.

Your deposit of \$6.00 must be in Joanie's mailbox by Aug. 20.

You may call for availability after that date.

[http://everlastinggardener.net/contact\\_us.htm](http://everlastinggardener.net/contact_us.htm)

When I feel empty and alone, He fills the aching vacuum with His power. My security is in His promise to be near me always, and in the knowledge that He will never let go.

- From "Psalms Now" by Leslie F. Brandt