

Everlasting Gardener's

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

Publisher: Joanie Lopic - Volume No. 2 - Issue No. 23- Date: December 1, 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*

Questions? Comments?  
Need an Herbal Gift Set, Supplements or Products?

Please CALL Joanie Lopic: 724-846-4787  
OR Contact: [http://everlastinggardener.net/contact\\_us.htm](http://everlastinggardener.net/contact_us.htm)

Following this link to my website may get you what you want:  
<http://everlastinggardener.net/>

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### **Herbal Highlight**

#### **MISTLETOE**

*Viscum album*

Kissing under the Mistletoe became popular during Victorian times in England. This tradition may have originated in Scandanavia, where, according to legend, the god of peace, Balder, was killed by an arrow made of Mistletoe. Then he was resurrected by the other Scandanavian deities. Their goddess of love then became the trustee of Mistletoe, making it a symbol of love, thus the custom requiring that anyone who passes beneath it should receive a kiss.

Mistletoe is an evergreen, growing as a parasite on various host trees, such as beech, oak, linden or mountain ash, which is at least 15 years old. It is native to Europe, east to

the Caucasus, and is hardy in zones 7 through 10.

**WARNING** - All parts of the plant, especially the berries, are toxic if eaten.

However, qualified practitioners use the leafy stems and fruits internally for mild hypertension, arteriosclerosis, nervous tachycardia, nervous tension, insomnia, panic attacks, tinnitus, epilepsy, St. Vitus' dance, and cancer (especially of the lungs and ovaries). Externally, qualified practitioners use Mistletoe for arthritis, rheumatism, chilblains, leg ulcers and varicose veins.

Again, Mistletoe's parts are considered to be toxic – do not ingest.

*But please enjoy Mistletoe's traditional use this Holiday season!*

(some information from "Encyclopedia of Herbs" by Deni Brown)

## **Herbal Medicine Is Holistic**

### Six Reasons to Use Herbs

This is tenth in the series on the unique properties of Herbs, which began in my July 1, 2009 newsletter.

People have gathered and used Herbs ("useful plants") for their food and medicine for generation after generation. They have realized, since thousands of years ago, what Herbs can do for the body, soul and spirit.

Herbal medicine is Holistic. This is in direct opposition to modern medicine, which is symptom-centered. This means that only the symptoms of the patient are treated, mostly with pharmaceutical drugs, rather than the patient as a whole (or holistically). Unfortunately, pharmaceutical drugs are tested only for effectiveness of one specific aspect (or symptom) of the body, such as migraine pain or irregular heartbeat, but not how the body is affected as a whole by that particular symptom. On the other hand, when a traditional Naturopath or Homeopath (naturalistic practitioners) seeks to treat with Herbs, s/he studies the entire person first. The symptom and how it is affecting - or affected by - the whole body, is considered. Then s/he looks at all aspects of a person's life - habits, nutrition, stress levels, etc., to determine how Herbal and other natural therapies can help the body heal itself.

(Some information from "Understanding Nature's Pharmacy", by Steven Horne, RH)

Please contact Joanie for your holistic Health Profile consultation:

[http://everlastinggardener.net/health\\_profile\\_by\\_joanie\\_lapic.htm](http://everlastinggardener.net/health_profile_by_joanie_lapic.htm)

## **Swine Flu and Vitamin D3**

It is up to our bodies to manufacture Vitamin D using sunshine, difficult to make enough of during winter/cloudy months. Vitamin D3, the more bioactive form of vitamin D, is called the "Sunshine vitamin". Nature's Sunshine's D3 may help support our immune systems, a big "plus" when fighting viruses like H1N1 (swine flu). Many are supplementing with Nature's Sunshine's Vitamin D3, which not only helps us feel better during darker months, but also helps build strong bones AND bolster our immune systems.

If you happen to catch a flu bug, take advantage of the excellent N.S. product Elderberry Defense (also containing Echinacea). Research reports that Elderberry decreases the duration and intensity of symptoms most viruses.

Visit Joanie's online supplement store to see more information:

[http://everlastinggardener.net/natures\\_sunshine\\_independent\\_dis.htm](http://everlastinggardener.net/natures_sunshine_independent_dis.htm)

## HERBAL GIFT SETS

Joanie's fragrant and beautiful Herbal Gift Sets are now listed and pictured on her website. Please visit the link below to view them. The products in the Gift Sets are less expensive when bought in Sets than they are when purchased separately. The Gift Sets are easy to order and pay for on Joanie's website (by secure PayPal OR your credit card). They are sent to you for very low shipping and handling, \$5.00 for any size order up to \$75.00. Buy \$75.00 or more in Herbal Gift Sets, and the S & H is FREE.

*Who do you know that would appreciate an all-natural Herbal Gift?*

<http://everlastinggardener.net/Herbal%20Gift%20sets.htm>

## Order Deadline

Just a note about deliveries from Joanie's website delivered to your recipients by Christmas:

When you order anything for your service person to be sent to an APO or FPO, you must do so by December 3.

For delivery to your loved one on continental U.S., the "order by" date is December 13.

Thank you so much.

<http://everlastinggardener.net/Herbal%20Gift%20sets.htm>

## DECEMBER SPECIAL

Buy 3 [Gift Sets](#) from Joanie's website

**Get a FREE Pocket Therapy**

Indicate your Pocket Therapy choice during Check Out in the "special instructions to seller" box.

**OR Buy \$75.00 or more in Gift Sets, get FREE shipping.**

December Special offer is good until 11:59 pm, December 31, 2009.

"The Lord will guide you always . . . You will be like a well-watered garden, like a spring whose waters never fail."

Isaiah 58: 11