

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*

Questions? Comments?

Need health-giving Herbal Supplements or natural scented, therapeutic Products?

Please CALL Joanie Lopic: 724-846-4787

OR Contact: http://everlastinggardener.net/contact_us.htm

Following this link to my website may give you information and/or products:

<http://everlastinggardener.net/>

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Herbal Highlight

Lemon Grass

Cymbopogon citratus

This lemony herb is a grass from the tropics, native to the south of India in Sri Lanka. It grows its arching, linear leaves to around 3 feet tall, in temperate climates. Lemon Grass prefers to grow in full sun to part shade, in moist soil, minimum of 45 degrees. On a sunny windowsill or greenhouse, it likes full sun and a minimum of 55 degrees. The parts of Lemongrass that are used are the leaves, stems and oil.

Here are some of the many ways that Lemon Grass can be used:

CULINARY - Stalks and Leaves: chop into salads. Infuse leaves as stomach-settling tea. The base of the leaves are used in SE Asian cooking, especially with fish, meat, sauces and curries.

COSMETIC - Add essential oil to perfumes and soaps.

ECONOMIC - The essential oil is used in soaps, shampoos, perfumes and cosmetics, and for flavorings in the food manufacturing industry. It is important in the manufacture of vitamin A and synthetic violet perfumes.

MEDICINAL - The essential oil is toning, revitalizing, sedative and antiseptic, effective against

fungal and bacterial infections. It helps heal the digestive system, circulation, muscle tone, acne and oily skin. Use the tea or essential oil in a skin refreshener to clean oily skin and as a relaxant in bath water. It is also used for children's digestive problems, and minor feverish illness. For skin health, it is used for ringworm, lice, athlete's foot, arthritis and scabies.

(some information obtained from "The Complete Book of Herbs", by Leslie Bremness, and from "Encyclopedia of Herbs" by Deni Brown)

Herbs for Weight Loss, Part 2

Some of the best things to do to help you lose weight are

- ~ burn more calories by increasing activity
- ~ drink more water

~ increase consumption of raw foods, like fresh fruits and green salads

~ take supplements which can be a great companion to your healthy routine

Each of the following weight loss supplements has Herbs and nutrients to help you reach your weight loss goals ~

~ Carbo Grabbers with Chromium

BENEFITS:

- * May help reduce available calories
- * Minimizes the need to entirely avoid certain favored foods
- * Helps reduce the conversion of some starches to calories
- * Helps the body's efforts to maintain blood sugar levels already within the normal range

~ CLA

BENEFITS:

- * Enhances the burning of fat
- * Sustains lean muscle mass
- * Helps maintain cholesterol levels that are already within the normal range

~ Garcinia Combination

BENEFITS:

- * Helps suppress the appetite
- * It combines Garcinia cambogia fruit (its key component is hydroxycitric acid, standardized to 50%),

Chickweed (offers nutritional support for weight management),

L-carnitine (helps in the transport of long-chain fatty acids),

Chromium (an essential trace mineral that plays a role in the body's natural regulation of blood sugar)

View all of Nature's Sunshine's weight loss products:

<http://www.naturessunshine.com/us/products/category/?categoryType=WebCategory&categoryID=43>

You may order any of these products directly from the site to which these links go.

Be your thin self!

Joanie's Upcoming Classes

Please follow this link to view Joanie's spring **Act 48 courses** and find registration information for them:

http://everlastinggardener.net/classes_by_joanie_lapic.htm

Please be sure to see Joanie's classes for **Butler County Community College**

<http://bc3.edu/>

February Special

**Get a FREE Foot Reflexology session for your friend or loved one
by scheduling a Reflexology session for yourself**

Your session must be scheduled with Joanie before 11:59 pm, February 28, 2010.

Your session must be kept by the end of March, 2010.

Please go here to learn more about Reflexology:

http://everlastinggardener.net/services_provided_by_joanie_lapi.htm

And go here to contact Joanie:

http://everlastinggardener.net/contact_us.htm

"Never be afraid to trust an unknown future to an all knowing God." – Corrie Ten Boom

Cast your cares on the Lord and He will sustain you. – Psalm 55:22