

(chicory.)

#1

life · love · herbs



Top 10 Herbs

1. Tulsi (Holy Basil) - helps the body fight stress.
2. Calendula - skin wonder herb, use in toner, steams, & baths.
3. Rose - calming, cooling. Great w/ other herbs.
4. Peppermint - cooling; settles stomach. can mask taste of bitter herbs.
5. Chamomile - mild sedative, eases gasiness. great for colds.
6. Milkly Oats - nervine, soothing + nutritive.
7. Nettles - like an herbal multi-vitamin.
8. Lavender - mild anti-depressant, mild sedative, helps headaches.



9. Thyme -
great for infections
& colds

10. Lemonbalm -
soothes nervousness
and anxiety

Just getting started?

Buy 2 ounces each (dried). Try working with 3-4 herbs at a time.

To prepare tea
steep 1 tbs of herbs

in 1 cup hot (not boiling) water. Let steep covered for 5-15 minutes. Cooled tea can stay out at room temp. for 24 hrs or keep for 2-3 days when refrigerated. Some great herb combos are...

- Tulsi + Peppermint + Lavender
- Rose + peppermint
- Peppermint + chamomile + Lemon-Balm
- milky oats + Lavender + Chamomile
- Nettles + Milky oats + Lemonbalm
- Peppermint + chamomile + thyme
- Lemonbalm + Rose

Herbal Baths + Steams

The skin is the body's largest organ and a good indicator of overall health. Herbal baths can be a great way to relieve stress, relax tired muscles, and soothe irritated skin.

HOW-TO:

fill a muslin cloth (or coffee filter) with $\frac{1}{4}$ cup herbal mixture. Secure bag. Add to hot bath water. Soak for at least 15 min.



try...

* Calendula

* Rose

* lavender

* chamomile

Herbal Steam: place 1 tbs herbs in bowl of boiling water. Place face 6-10 inches away and cover with towel to catch steam. Do this for 5-10 min. Great for colds, hangovers, and at-home facials. Leftover liquid can be placed into spray bottle & used as facial toner. Use for up to a week!

Why Herbs?

• Medicine made for the people, by the people.

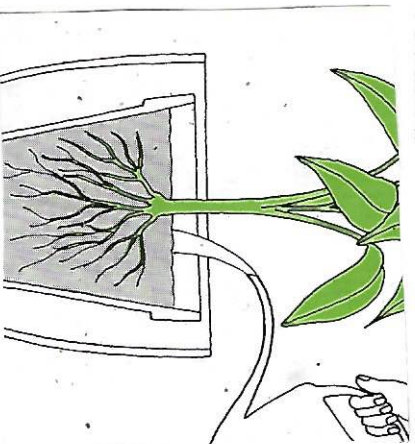
• A skilled herbalist can provide an individualized and comprehensive look at your health. They look to help you treat the root causes of ailments— not just mask symptoms as many modern medicines tend to do.

• Low-cost

• Insurance is not a barrier

• Reclaiming ancestral roots

• Environmentally sustainable



a poem...

The advantages of tender loving care:

chapped lips and chapter books

hair as unruly as my personality,

but that's what you liked about me, right?

when I was with you i sung like a bird

beguiled by your silver tongue.

maybe it's when i left in the night,

maybe it's when you looked at me and hesitated

that's when I realized why you don't...



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