

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

PINE

Pinus

There are about 120 evergreen species. Most grow throughout temperate regions of the northern hemisphere. Pine species are grown as evergreen ornamentals. They are one of the most popular fragrant, home and outdoor decorations of our Christmas and Holiday season.

Medicinally, Pine is an aromatic, stimulant, antiseptic herb that is expectorant. It relieves nasal and bronchial congestion and improves blood flow when applied to the skin where needed. It has traditionally been used to treat upper respiratory tract infections, whooping cough and chronic bronchitis. Applied externally as a salve, poultice or liniment, it is used for rheumatism and muscular stiffness, also as an inhalant for decongestion.

Warning: susceptible individuals may experience an allergic reaction to Pine.

As essential oils, the Pines are one of the most helpful and delightful, with a clean, fresh aroma that is healing. Some folks like to combine them and use around the home to give the traditional scent without the expense and mess of a real tree. They are easy to order from Joanie's website, with secure PayPal.

Please check out the Balsam Fir:

http://everlastinggardener.net/balsam_fir.htm

Pine Needle:

http://everlastinggardener.net/pine_needle.htm

and some like to add a little Cedarwood to round out the scent:

By the way, Joanie also offers essential oils of Frankincense and Myrrh:

http://everlastinggardener.net/essential_oil_price_list.htm

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

Healthy Stocking Stuffer Treats

Delight in luscious, guilt-free chocolate bar – something you and your loved ones will certainly enjoy. Not only are these confections delicious, they contain nutrients that benefit everyone's health. Each chocolate bar provides a high amount of antioxidants and is sweetened with all-natural xylitol.

Xylitol is made from non-genetically modified corn, with no corn residue or gluten. It contains 40% of the calories of sugar, and is safe for diabetics, hypoglycemics, pregnant women and children

Those interested in blood sugar balance, weight loss or limiting their carb intake appreciate xylitol. And the healthful nutrients in Raspberry Cardio positively affect heart health and the entire body in general.

If you'd like an extra-special stocking stuffer, PLEASE CONTACT Joanie to order these tasty treats. Please go here to check them out:

<http://www.naturessunshine.com/us/products/category/?categoryType=WebCategory&categoryID=92>

Herbal Gifts

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

You can now see pictures and descriptions of Joanie's Herbal Gift Sets. They are on the "Herbal Gifts" page on her website. Please visit this link below to view them.

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

The products in the Gift Sets are less expensive when purchased in sets, than they are when purchased separately. The Herbal Gift Sets are easy to order and pay for, on Joanie's website (through secure PayPal, using your credit card or PayPal account).

Joanie offers many other beautiful, aromatic and therapeutic products, including her popular "Pocket Therapies". Please visit this link to get the descriptions and order them by secure PayPal.

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

Check out the very reasonable shipping and handling, and the December SPECIAL in regard to Everlasting Gardener Products and Herbal Gift Sets.

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.

"When they saw that the star had stopped, they were overwhelmed with joy.

On entering the house, they saw the child with Mary his mother, and they knelt down and paid him homage. Then, opening their treasure chests, they offered him gifts of gold, frankincense, and myrrh."

Matthew 2:10-11