

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
Chocolate**

Theobroma cacao

Although *cacao* is more often used as a tasty food, it has therapeutic value. In either case, it is the seeds which are used. In its native Mexico and Central America, the seed is collected twice a year. *Cacao* is a major crop throughout the tropics. The seeds grow on its evergreen branches, growing about 25 feet high and have glossy, oval leaves and large, pear-shaped red and yellow seed pods.

In Central America and the Caribbean, the seeds are taken as a heart and kidney tonic. In 1994, Argentinian researchers showed that *cacao* extracts counter the bacteria responsible for boils and septicemia. It also has therapeutic value as a nervous system stimulant

The seed pulp contains xanthenes and the constituents that make it taste the way it does. The seeds contain a small amount of endorphins, powerful painkillers naturally occurring within the body.

The word “chocolate” derives from its Aztec name *chocolatl*.

In recent years, research has found that chocolate contains health-giving properties. A diet high in cocoa powder and dark chocolate has favorable effects on LDL cholesterol (the undesirable cholesterol that causes hardening of the arteries). The flavonoids in chocolate are antioxidants – protecting cells from damage caused by free radicals in the body.

Other sources of high-flavonoid, antioxidant foods should be consumed to help your heart be healthy – a health theme in the United States every February. To benefit your health, include in your diet every day some of these: onions, apples, beans, oranges and grapes (or their juice), as well as green tea (decaf is best), and a little dark chocolate or cocoa. Try incorporating cocoa powder and dark chocolate into milk, pudding, cookies or brownies, especially healthy if there is not a lot of fat or sugar in these foods. If you think you don't eat enough food high in antioxidants, consider taking a supplement. Perhaps you might like to visit Joanie's online supplement store:

<http://www.mynsp.com/esuite/home/everlastinggardener/index.aspx>

Modern Herbal Remedies are Easy to Take (“Six Reasons to Use Herbs” series)

This is the eleventh, and conclusion, in my series, which began in my July 1, 2009 newsletter.

Modern herbal remedies are convenient and easy to take. They come in the form of pills, syrup, tinctures, essential oils or tea. This variety of delivery systems also makes them extremely adaptable to your needs.

Many traditional herbal preparations include making a compress, salve or poultice for external uses. There are times when to heal a sprain or severe bruise, one should apply a poultice to the skin on the outside.

Joanie offers Herbal supplements, the highest quality she has found in her search for the best. She also carries Aromatherapy essential oils, and Herbal extracts.

To visit Joanie's online Herb supplement store:

http://everlastinggardener.net/natures_sunshine_independent_dis.htm

If you have any question about Herbs or their uses, please contact Joanie:

http://everlastinggardener.net/contact_us.htm

Herbs for Weight Loss

When you're looking to natural methods to support your weight loss, there are certain types of Herbs and nutrients you should consider. Some increase your metabolism so that you burn calories faster, and give you an energy boost to become

more active. Some curb the cravings for carb-filled foods. Some Herbs and nutrients increase the fat-burning in your body. And some block (or usher through more quickly) the fats that you take in, so they don't have much chance to get stored in your body.

You probably want to avoid some of the substances that might work, but have side-effects, and likely NOT worth the risk. High doses of Caffeine is one. Yohimbe carries a list of harmful side effects. Ephedra definitely has its place in herbal medicine, but, combined with caffeine, can be harmful.

While the best method of burning calories is still increasing your movements throughout the day, Herbs can be a great companion to your exercise routine. A couple of other excellent helps are drinking more water and ingesting more raw foods, such as fresh fruits and green salads.

Nature's Sunshine makes the best natural supplements for weight loss, made of nutrients and herbs. Here are a few links to some of their excellent weight management supplements:

MetaboMax Free - * Helps promote fat loss * Increases metabolism
* Helps curb the appetite * Boosts energy levels:

<http://www.naturessunshine.com/us/products/product/stocknumber3074-metabomax-free-120-capsules.aspx>

For those who retain weight as your body's reaction to stress, try Cortisol Formula:

<http://www.naturessunshine.com/us/products/product/stocknumber3209-natures-cortisol-formula-90-caps.aspx>

To 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 where these links go.

Happy Losing!

And finally, this humorous tidbit --

"We never repent of having eaten too little." – Thomas Jefferson

Joanie's Upcoming Classes

Valentine Herbs

"Herbs of Love"

Friday, February 12, 2010

6:00 until about 8:00 pm

This class promises to be an interesting and enjoyable focus on the Herbs of Love.

We will experience and 'play' with Herbs that we know and some we don't. Aromatherapy will be included, and we will sample many essential oils that contribute to

our well-being.

We'll also have High Tea, with delicious Herbal quiche, Lavender chocolate cake and more. \$20.00 per person.

Attend with a friend and each receives a \$1.00 refund at the time of the class. Make your deposit on Joanie's website (through PayPal) by 10 am, Thursday, Feb 11. Or have your deposit check of half the class amount in Joanie's mailbox by Thursday, Feb 11.

You may call up until the evening before the class (Thursday, the 11 th) , to check for availability. If this class time does not suit your schedule, you can arrange with Joanie for a private class.

Act 48 courses

Joanie will be teaching many environment-related Act 48 courses this Spring and early summer. These courses involve man's relationships and uses of Herbs, the "useful plants" throughout history and across the earth.

All but two will be taught at Joanie's Everlasting Gardener, utilizing her extensive teaching gardens there. Pennsylvania teachers may register through 2 intermediate units, Beaver Valley and Midwestern.

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

http://everlastinggardener.net/classes_by_joanie_lapic.htm

Butler County Community College

Please be sure to see the Classes Joanie is teaching for Butler County Community College, at two of their campuses - Lawrence Crossing and the Lawrence County Career and Technical Center.

Joanie's classes and dates:

Common Herbs for Common Ailments – Feb. 6 and 13

Iridology, Window into the Body – March 9 and 16

Herbs for the "Ouch" April 13 and 20

Grow Your Own Seasonings, Grow Your Own Medicine – May 13 and 20

Here is a link to their website, for registration and other information:

<http://bc3.edu/>

February Special

**Receive a Reflexology session for yourself,
get one for your friend or loved one FREE.**

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

Your appointment must be kept before 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

Everyone has inside himself a piece of good news! The good news is that you really don't know how great you can be, how much you can love, what you can accomplish, and what your potential is. ~Anne Frank

*Do not withhold good from those to whom it is due, when it is in your power to do it.
~Proverbs 3:27*

Feb. 14 - Spend time with your loved one on St. Valentine's Day.
Feb. 14 - Happy New Year – Chinese Year of the Tiger (sign of Courage)
Feb. 15 - Celebrate President's Day