

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 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**

#### **Elderberry** *Sambucus nigra*

Traditionally known as “Nature’s medicine chest”, the Elderberry bush yields healing from all of its parts. It thrives in hedgerows and the edges of woods, even waste places, and grows in most temperate regions of the world, often cultivated in gardens.

The infusion made from the flowering tops produces mild perspiration and reduces fever, ideal for treating coughs, cold and flu. The flowers are also a helpful tonic for the nose and throat, increasing resistance to infection. They can also clear up congestion, allergies, ear infections and candidiasis, as well as arthritic conditions, due to the promotion of waste removal from the body.

The berries are traditionally used for rheumatism and erysipelas (skin infection), and are mildly laxative. Of course, the berries make a delicious (and therapeutic) jelly.

(The above information from "The Encyclopedia of Medicinal Plants" by Andrew Chevallier)

Elderflowers and berries have long been used in the English countryside for making many homemade drinks and preserves. The berries make an excellent homemade wine. Taken hot with brown sugar, just before going to bed, it is an old-fashioned, well-proven remedy for a cold. Ettmeuller called it the medicine chest of the country people.

In 1644, in *The Anatomie of the Elder*, C. de Iryngio (an army doctor), contends that, as every part of the tree contains medicinal, healing properties, so virtually every ailment of the body is curable, from toothache to the plague ... a universal remedy. It has been greatly regarded through all ages from the time of Hippocrates up to the present, and it still stands out as one of nature's greatest therapeutic agents.

(The above two paragraphs are from Edward E. Shook, *Advanced Treatise in Herbology*, pg.46 & 47)

If you would like some excellent health-giving recipes using Elder flowers or berries for allergies, hay fever, candidiasis, earaches, or the flu, please contact Joanie: [http://everlastinggardener.net/contact\\_us.htm](http://everlastinggardener.net/contact_us.htm)

To build your body's immune defenses or shorten the duration of flu symptoms, try this supplement, Elderberry Defense:

<http://www.naturessunshine.com/us/products/catalog/product/default.aspx?stocknum=868>

## Letter from Reader

Joanie,

Your newsletter is very informative. Thank you for informing us of the 2010 herb of the year. What was the 2009 herb? Who makes that choice? (Becky)

Becky -

International Herb Association's "Herb of the Year" has been their official project for about the past 20 years. The Herb of the year for 2009 has been Bay. I wrote about it in one of my early 2009 e-Newsletters. You can look at back issues here:

[http://everlastinggardener.net/past\\_newsletter\\_improving\\_your\\_h.htm](http://everlastinggardener.net/past_newsletter_improving_your_h.htm)

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## REFLEXOLOGY

Saturday, November 21, 1:00 pm.

at Joanie Lopic's Office

888 Tulip Dr., New Brighton, PA 15066

How to perform this effective, diagnostic and preventive therapy.

Learn the reflex points which connect to all of the body's organs to bring healing to them. This therapy can be used on yourself, friends or family.

You will receive printed information and a Reflexology chart, and will practice the technique.

\$15.00 per person. Register with a friend and each receive \$1.00 off.

Register with your deposit of \$8.00, received in Joanie's mailbox, by Thurs., Nov. 19.

If the date or time of any of Joanie's classes does not fit your schedule, please contact her to set up your private class. [http://everlastinggardener.net/contact\\_us.htm](http://everlastinggardener.net/contact_us.htm)

## Herbs Have a History of Effectiveness

### Six Reasons to Use Herbs

This is ninth in the series, which began in my July 1, 2009 newsletter.

Plants were created for us and 'planted' all over the earth for our use. People have gathered and used them for their food and medicine for generation after generation. They have come to realize what herbs can do for the body, soul and spirit. Herbs have a long history of effective use, having been tested and used for all those years.

Here are two more examples of Herbs which have been used by people for a long time:

**Lavender** – This versatile herb's name derives from Latin "lavare", meaning "to wash". The Romans and Greeks favored it as an additive in their bath water. In the Middle Ages, Lavender became popular as a strewing herb, spread about on floors for its insect and disease repelling qualities, and long-lasting fragrance. People distilled it to mask household odors and smelly streets. The glove-makers in Grasse, France, (who used Lavender essential oil to scent their leather) discovered that they remained free of the Plague, and advised others to carry Lavender to try and prevent the disease. The Herbalist Gerard, of the 1600s, made a prescription to bathe the temples of those with headaches and migraines.

**Rosemary** - Used by cooks and apothecaries since ancient times, Rosemary gained a reputation for strengthening the memory. It was burned in sick rooms to purify the air, and strewn on the floors of law courts as a protection from typhus (called "jail fever"). Rosemary branches were carried in the handles of walking sticks during the 1665 Plague, and pouches of it were carried, their aroma inhaled, when passing through suspect areas.

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

[http://everlastinggardener.net/contact\\_us.htm](http://everlastinggardener.net/contact_us.htm)

To visit Joanie's online Herb supplement store:

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

## Act 48 Continuing Education

Winter/Spring 2010 courses for Pennsylvania teachers will soon be listed on Joanie's website.

These courses are offered by Joanie through both the Beaver Valley Intermediate Unit and the Midwestern Intermediate Unit. Most of them are held at the Everlasting Gardener gardens and office.

For details on the class content and registration, view:

[http://everlastinggardener.net/classes\\_by\\_joanie\\_lapic.htm](http://everlastinggardener.net/classes_by_joanie_lapic.htm)

## **BIG NEWS!!**

Joanie's Herbal Gift Sets are now listed and pictured on her website. SAVE when buying Joanie's products in sets. Her fragrant and healthful Herbal Gift Sets are pictured and described at the link below. You can easily order, pay for (secure PayPal account or your credit card) and have sent to you, these lovely sets sent to you for a very low shipping cost.

Who do you know would appreciate an all Natural Herbal Gift?

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

## **Cyber Monday SPECIAL**

**Be sure to take advantage of Joanie's Cyber Monday special!**

**On Monday, November 30, 2009, from 12:01 am until 11:59 pm EST:**

**Buy 3 Gift Sets, Get a FREE Pocket Therapy (your choice).**

**Or Buy \$50.00 in Gift Sets, get FREE shipping.**

**View the Gift Sets here:**

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

## **NOVEMBER CONTEST**

The first 10 correct entries to guess the 2010 "Herb of the Year" receives from Joanie its seeds to grow for yourself. These seeds are easy to germinate and grow, even indoors.

There is a hint in Joanie's Nov. 1, '09, newsletter.

Entries must reach Joanie by Nov. 30, 2009, by either e-mail or snail mail.

You must give your guess and include your street address:

[http://everlastinggardener.net/contact\\_us.htm](http://everlastinggardener.net/contact_us.htm)

So I tell you to believe that you have received the things you ask for in prayer, and God will give them to you. – Mark 11:24 (GIVE THANKS)

Have a blessed and grateful Thanksgiving