

## Traditional Chinese Remedies for the Cold and Flu Season

This class will explore ways to prevent and treat common illnesses of the fall and winter, using prepared Chinese Medicines, herbal tea blends, bath therapies and aromatic oils. We will also discuss the Five Element theory of Chinese Medicine. Learn how common herbs will strengthen the immune system and help fight off infections more effectively. Susan Wadden is a licensed Acupuncturist and is currently completing her degree in Chinese Herbal Medicine at Bastyr University. Class includes handouts and tea samples, so bring your mug. See you there!

**Tuesday, September 22<sup>nd</sup>, 7:30 p.m. to 9:30 p.m. Cost \$20.00**

## Clinical Herbology 101

Taught by Tierney Salter, M.H., owner of The Herbalist, this class is designed to introduce students to the uses of common herbs in everyday life. Perfect for the beginner, as well as those who may have studied on their own, and would like to supplement their education. This class will cover the medicinal properties of widely used herbs - allowing students to taste, smell and observe them in their raw and extract form. Learn how to make an herbal tincture and how to put together herbal formulas for specific symptoms. Samples and handouts are included.

**Wednesday, October 7<sup>th</sup>, from 7:15 to 10:00 p.m. Cost: \$35.00**

**Store hours**  
Monday-Friday  
10:00 am to 7:00 pm  
Saturday  
10:00 am to 6:00 pm  
Sunday  
10:00 am to 5:00 pm

**Newsletter credits**  
**Editor & Writer**  
Tierney P. Salter  
**Design & Production**  
Sheila Hoffman,  
Newletters & more  
206.726.0598  
**Photos:** Olympus 600 digital camera, Kits Cameras



# THE HERBALIST

2106 NE 65th St, Seattle, WA 98115

## New Triple-Kits Directory

**T**riple-Kits are a new product line that we launched a little over a year ago. They have proven to be very effective for many of our customers. The idea for the triple-kits arose one day when I noticed that every time a person came to see me with, for example, repeated sinus infections, I would recommend three different extracts to remedy the condition. I also would recommend specific supplements that would complement the extracts in the healing process, as well as foods to avoid and include in one's diet. Using the latest information, I wrote each brochure that describes the condition, each of the extracts, a suggested diet, and a guide for specific supplements for the particular condition. Educating our customers is very important to me. Be sure to save the enclosed comprehensive Triple-Kits directory.

The Triple-Kits are now only \$22.95, a 15% discount off the individual retail prices. They include:

- Arth-Rid-Us Plus**
- Mouth Mend Plus**
- Skin Clear Plus**
- Stress -Less**
- Weight-Less**

Visit our web site:

[www.TheHerbalist.com](http://www.TheHerbalist.com)

Order Numbers:

**800-NW-HERBS**

**(800-694-3727)**

**206-523-2600**

Reach us by E-mail:

[theherbalist@theherbalist.com](mailto:theherbalist@theherbalist.com)

BULK RATE  
U.S. POSTAGE  
PAID  
SEATTLE, WA  
PERMIT NO. 1445



# THE HERBALIST™

Volume 22 • Summer 1998 NORTHWEST HERB SPECIALIST



## Philip's Favorite Flavors

**M**y eight year old son, Philip, and I have been working on nutritious smoothies that we can make quickly and easily in the morning or after school, as a snack. Philip loves the taste of these smoothies and I

love that he gets many essential nutrients his body needs. Philip is proud that he has never taken an antibiotic before. (Could it have been all the herbal extracts I squirted in his bottle, the first two years of his life?) Every child has their unique health needs, whether they get colds often, have A.D.D., skin conditions, problems with their elimination, or have had to take antibiotics for infection. The following drink contains ingredients that help prevent and alleviate these conditions; specific extracts can also

be added for a child's special needs, such as Sinutone for sinus congestion. I have included a recipe here and a description of the contained nutrients.

### Pina Kolata

- 1 cup orange juice (fresh squeezed, if possible) or apple juice
- 1 frozen banana (peeled before freezing), cut into chunks
- 2 slices fresh pineapple and/or handful of strawberries or other berries
- 1 capsule of HMF acidophilous, emptied into drink
- 1 tsp. to 1 T. liquid flaxseed oil
- 1 T. nonfat plain or flavored yogurt (do not use this if congested or allergic to)
- 30 to 60 drops Ginkgo plus Gotu Kola extract.

Try to use organic fruits. Combine everything in blender until smooth. Drink immediately. Can add other extracts or herbal glycerites for your child's special needs. When Philip is starting to get a cold, I add Echinacea, etc.

### Medicinal Benefits

#### HMF Acidophilus

Contains both *Lactobacillus acidophilus* and *Lactobacillus bifidus* that is human specific, rather than derived from animals, and is *milk free*. It has a very high implantation rate on the intestinal wall and helps normalize digestion, constipation, and

### Flaxseed Oil

Contains Omega-3 fatty acids, which provides smoother skin and reduces inflammation in skin conditions such as psoriasis and eczema. It strengthens digestion, absorbs bad fats, and improves elimination. It boosts the immune system. Flaxseed oil nourishes the brain and nervous system that increases learning capabilities, mental retention, and an ability to sit still and focus. It is excellent for the prevention and treatment of hyperactivity and A.D.D.

#### Ginkgo Plus Gotu Kola

Contains two extracts that are specific for children (and adults) who must tackle

the demands of school, improving one's learning skills and memory retention capabilities. These extracts improve brain function and feed the nervous system, alleviating nervous tension, fidgetiness, and an inability to focus.



## Inside

- Jamaican Sarsaparilla**
- A Co-Dependent Business Owner**
- Thyme for Classes**
- Triple-Kit Directory**

## The Herbalist— in the news!

We had a great year that was topped off on December 30<sup>th</sup> with an article on the front page of the business section of the *Seattle Post-Intelligencer*. Soon afterward, this article was picked up by the Associated Press and traveled all across the country. The article focused on how The Herbalist uses the choicest herbs from the great northwest to make our herbal medicines that have proven to be very effective for many. It also discussed how we distribute The Herbalist products — mail-order through our catalog and on the web site - [www.theherbalist.com](http://www.theherbalist.com); we sell wholesale to many stores in the northwest and across the country (if you would like a health food or grocery store near your home to carry our products, please contact Charlotte at 800-NW-HERBS to send a store information); and, at our retail store which has now been open for fifteen years.



## Dear Friends,

I wrote a special hello to my grandmother in my last newsletter. She died before she received it. I know you are watching over me, now Grandma, and I want you to know I love you and miss you! Please give me the strength to learn from my mistakes and laugh at myself. An aside: I have to tell you all

this one experience I had with my grandmother. A couple of years ago, we were in a dressing room at a department store. Like her, I like to wear bright, colorful, and hip clothes. She had me try on a pair of hip huggers. They looked awful! While unzipping the pants, my underwear got stuck in the zipper. I asked, "Grandma, help me! I have to get these off!" She started laughing soooo hard and was no help at all. Finally she ripped a huge hole in my underwear and I was able to get them off.

Herbally yours,

## Trip to Jamaica

There is nothing like a business trip that takes you to an island paradise that is abundantly filled with the lush greenery of herbs. The Jamaican people have always used herbs as tonics for their health. They rely on their village bush doctors for much of their health care. Our cab driver and friend in Negril, Red Cap, introduced us to Bongo, the local bush doctor who shared his home-made herbal extracts with us. His labels were simple yet to the point, for example "Female Troubles". In exchange, I gave him the extracts from my Herbal Travel-Aid kit that I had not used and a copy of our Herbal Home Directory catalog. As we were leaving he pulled up a stump and proceeded to read our Directory. What a wonderful feeling to be able to share medicines and information between two different cultures! The following article appeared in the monthly "Herb of the Month" column I write for Common Ground News Journal.

## Jamaican Sarsaparilla "Respect"

An island paradise, surrounded by turquoise blue water, traced with white sandy beaches, and hillsides crowded with lush tropical foliage, is the home of a sweet, aromatic root called Sarsaparilla (*Smilax ornata*). Sarsaparilla is a tropical American perennial herb, with long, thin roots and short, thick rhizomes that produces a trailing vine. The root is the part of the plant used for medicinal purposes.

On a recent trip to Jamaica, I met a local bush doctor (Jamaican name for herbalist) named Bongo who gave me a bottle of "roots", a reddish-orange liquid that had an aroma reminiscent of root beer. The main ingredient of this mixture was Sarsaparilla. I took a sip of his root

brew and it tasted like root beer without sugar. I asked Bongo what someone would use it for. He said it is a blood cleanser, very soothing to one's digestive system, calming to an overexcited mind, and strengthening to the body as a whole. I looked into his eyes as he described this valuable plant medicine. I knew his knowledge and experience of Sarsaparilla as a bush doctor was deeply rooted in the historic culture of Jamaica and its traditional medicines. When I left Bongo that day he said, "Respect". Let us discover why this herb deserves "respect".

Sarsaparilla grows throughout the Caribbean, Mexico, and Central and South America. Its medicinal actions are alterative, anti-rheumatic, blood cleanser, diuretic, and diaphoretic. The root contains approximately 2% steroid saponins, namely sarsaponin. In the sixteenth century, it was imported from these tropical regions to Europe where it gained a reputation as a blood cleanser and in the treatment of syphilis. It offered positive results for those who used it instead of the more common treatment of "mercury".

Today Sarsaparilla, with its liver strengthening and blood purifying properties, is useful for all types of skin conditions - especially scaling and such inflammatory skin disorders such as psoriasis and eczema. It is also beneficial for arthritis, rheumatism, and gout. These types of inflammatory conditions are often the result of an accumulation of unwanted toxins, yeasts, and bacteria in the bloodstream. Unable to leave the body through the normal channels of elimination - the liver, kidneys, and bowels, due to system overload or weakness, these toxins exit through the skin or accumulate around joints, and toes, as with gout, causing cell damage. It is believed that Sarsaparilla binds to the unwanted toxins in the bloodstream, resulting in an improvement of symptoms. The positive effects of this root medicine are witnessed in how quickly the skin clears.

There are no known side effects from taking Sarsaparilla on a regular basis. There are claims made that Sarsaparilla contains human testosterone, which increases muscle mass. Although the herb strengthens the body as a whole, it does not contain testosterone. The confusion arises from the fact that Sarsaparilla does contain steroids, which in a laboratory can be converted to testosterone, but not in the human body.

**Suggested use of Sarsaparilla:** For an acute condition: Tea - 3 to 5 cups of tea daily. Extract - 30 drops 3 to 5 times daily. Decrease frequency of dosage as symptom improves. As a preventative: Tea: 1 to 2 cups daily. Extract: 30 drops 1 to 2 times daily. For skin condition this herb combines well with Echinacea, Yellow Dock, Oregon Grape, Burdock, and Red Clover (*The Herbalist's Skin Clear*).



## Thyme for Classes!

Bonus! Each class participant will receive a coupon for 15% off all store merchandise, except Fresh Start Kits and Triple Kits!

The Herbalist is offering the following classes in the coming months. If you are interested in any of these classes, please stop by The Herbalist to sign up or call us at (206) 523-2600 or 800-NW-HERBS (694-3727). A deposit of \$10.00 is required to hold your space. Thank you to Alison Roth for helping organize these classes.

### The Basics of Aromatherapy and Essential Oil Blending

Join Ingrid Martin in this two-part class. It is perfect for beginners and experienced aromatherapy enthusiasts alike. Learn how to use essential oils safely and how to apply aromatherapeutic principles for common ailments, such as colds and flu. This is a hands-on class and each participant will take home a custom blend of their choice. Ingrid received her training from the Institute of Traditional Herbal Medicine and Aromatherapy in London and is a Member of the Register of Qualified Aromatherapists.

**Part 1: Tuesday, June 9<sup>th</sup> from 7:30 to 9:30 p.m.**

**Part 2: Tuesday, June 16<sup>th</sup> from 7:30 to 9:30 p.m.**

**Cost: \$45.00**

### The Andean Orchid Flower Essences

Back by popular demand! Lea M. Parker returns to lead us on the discovery of orchid flower essences. Orchids are the flowers of ascension. Their DNA structure is the most highly evolved of any plant on earth. They address the higher chakras and assist the opening and expanding of the heart. Lea will discuss the orchid essences and provide samples, teaching students how to use them as an effective emotional healing modality. Lea is a certified Teacher/Practitioner of Star Flower Essences. Class includes handouts.

**Tuesday, June 23<sup>rd</sup> from 7:30 to 9:30 p.m. Cost: \$15.00**

### Introduction to Homeopathy

Ever wondered about homeopathy? Have trouble choosing the right remedy? Dosage? Dilution? Shane McCamey, C.Hom. will answer all your questions. This class will focus on the basics of homeopathy: common remedies and their suggested usages. He will also discuss the essential homeopathic remedies to have in a first aid kit for summer. Shane received his training from the Pacific Academy of Homeopathy and is the author of *50 Favorite Homeopathic Prescriptions for First Aid* and co-author of *The Natural Pharmacy*. He represents Boiron, a leading homeopathic company.

**Tuesday, June 30<sup>th</sup> from 7:30 to 9:30 p.m. Cost: \$15.00**

### Herbal Soap-Making

Once again, our most popular class! Learn how to make your own herbal, vegetable-based soaps. Erin Chesledon will demonstrate the art of soap-making, sharing formulas for making high quality soaps. They are great for your skin - free of animal fats, synthetic additives, perfumes, and preservatives. Blend natural oils, pure essential oils, dried herbs, flowers, and spices to create your own custom soap bars. Come have some good clean fun! Fee includes all materials needed to make soap and handouts.

**Thursday, September 3<sup>rd</sup> from 7:30 to 9:30 p.m. Cost: \$35.00**

**Wednesday, October 14<sup>th</sup> from 7:30 to 9:30 p.m. Cost: \$35.00**

## A Co-Dependent Business Owner



I am completely dependent (co-dependent) on my incredible staff. I would like to thank each of my current associates. First there is the Director of Retail Operations - my sister, **Erin Chesledon**. (She's the one who looks like me. Lucky girl!?) An

excellent manager and a great teacher, her soap and cosmetic-making classes at the store have become so popular that everyone is inspired to make their own body care products. Thank you...thank you...thank you...Erin! We are delighted to have **Joanne Vanyo** who loves to shop and hence is our Director of Purchasing for the retail store. With years of experience in vitamin and supplement sales, she chooses the best quality products for our greatly expanded supplement department. **Alison Roth**, our Educational Director has plans to become a doctor, naturopathic doctor that is. Alison was invaluable when we put our new computerized cash register system in this year. (I am still learning how to ring up customers.) Our Director of Shipping for mail-order and wholesale accounts is **Charlotte Branca**, a new member of our team. She comes to us with an expanded knowledge of herbal and vitamin supplements. Our weekend staff: **Susan Wadden**, the Weekend Director, is a brilliant "gem" (a Gemini, as well) - bright, dazzling, and smart, and a joy to be around. **Kelly Jacobs**, a student at Bastyr University, keeps us all energized and enthusiastic about herbs. **Jason Harmon** is cute and funny, an aspiring naturopathic student, and very well informed. Ask him anything! **Evie Gryniowski**, our down-to-earth mother of two, has been using herbs on herself and children for years. At The Herbalist's lab we have **Lee Pereira**, Director of Herbal Extract Production, who has been with us for nine years. He cares greatly about the work he does, making sure our products are the best possible. **Linda Bishoff** who just married a real McCoy...Chuck, that is, is our Director of Quality Control. She has a great passion for herbs and chooses only the highest quality ones available. **Matthew Burnett**, a production assistant has a long-standing interest in herbs and the qualities they possess. **Tracey Issacson**, another sister, is Director of Bookkeeping who loves to spend money, mine that is. Thanks Tracey for leaving me a little! **Thank you all for a great year!**



THE HERBALIST

2106 NE 65th St., Seattle, WA 98115  
(206) 523-2600 • (800) 694-3727



**One time 15% discount**  
except on Fresh Start Kit & Travel-Aid Kit  
& Triple-Kits

Coupon good through 9/1/98 except on already discounted items.  
Limit one coupon per customer. Mail order OK.



THE HERBALIST

THE HERBALIST

