



Namasté Tea

A Peaceful Tonic Tea for the Whole Body

Nervous System Support: Promotes Mental Well Being and Stress Reduction

My goal in formulating this tea was to create a blend of herbs that nourish and tone the systems in the body that promote overall well being. Namasté is a Sanskrit word that means *the light within me greets the light within you*. The tea is a special mixture of the best organically grown herbs that nourish and invigorate the nervous system and herbs that cleanse impurities from our vital organs, mind, and spirit. This tea can help lift one's spirits and promote cheerfulness. Namasté Tea balances the body, awakens the mind, and feeds the spirit. It is perfect for someone going through adolescence, the reproductive age, or male and female menopause because it can help balance healthy hormonal activity. It's high mineral content helps to prevent cramping, muscle tension, osteoporosis and heart disease. The tea's cleansing properties aid in clearing the skin. Now is an especially appropriate time to promote peace within ourselves, amongst each other, and with those throughout the world. Share a cup or two with a friend, a stranger, or someone you love. Shanti, shanti, peace, peace, peace.

—Continued on page 8

Suggested Use: Enjoy this tea either chilled or hot, before and after exercise/yoga, throughout the day and into the evening. Upon arriving home from work, it is a gentle pick-me-up to help you get through nighttime duties. A cup of tea following dinner will promote healthy digestion and cleanse the body of the day's stress in preparation for a refreshing, restful sleep.

Directions: Method #1: (best and easiest method): Use a percolating coffee pot. Fill chamber with a large handful of tea to 10 to 12 cups distilled water. Percolate. Can run another 10 to 12 cups water through same batch of herbs. Method #2: Infuse a large handful of tea into 12 cups of boiling water. Cover and steep for 10 minutes. Strain out herbs.



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Back to the Future

Back to the Future

Get back to the basics to fortify your system for the future.

Today, many customers want answers to these questions. How can I sustain my health? I am going through menopause, what can I do to avoid taking Hormone Replacement Therapy? How can I prevent and treat prostate problems? How often should I do cleanses such as the Fresh Start Kit? Here is an example of a balanced prevention based health strategy for both men and women.

The Herbalist's Daily Health Regime

Promotes Longevity and Well-Being

Begin the day with a dry skin brush massage. Shower alternating between hot and cold water. Use a salt or sugar body polish while in the shower, once or twice a week.

The body is in an eliminative cycle from mid-night to 12 o'clock noon. It is best to gently break-fast with fruits and/or juices – Super Immune Smoothie. (A light meal can be eaten at mid morning.) Noon to midnight is the assimilative time for the body. Noon is the best time to have a heavier meal using proper meal combining principles. Eat a well balanced meal with protein and vegetables. If needed, add in a high protein grain such as basmati rice or quinoa; or, eat a meal with primarily grains and vegetables. Try to eat your last meal two to three hours *before* bedtime.

SUGGESTED PROGRAM

Super Immune

Smoothie: (refer to page 5 for description) Have this for your morning break-fast. Often, I like to make a double batch in the morning, freeze half of it, and drink the rest around 3 o'clock in the afternoon or when I get home after work for an extra pick-me-up.

THE BASICS

Skin Brushing
Daily Smoothie
Herbal Teas
Nutrition
Food Combining
Vitamins
Exercise/Yoga
Naturopathic Check-Up
Iridology Report

Namasté Tea: (see cover) Drink chilled or warmed, throughout the day. Two to four cups. Nourishing and cleansing.

Vitamin and Minerals

New Chapter vitamins are The Herbalist's favorite. They are not synthetic and are made from **Bio-Grown Food Cultured Nutrients™** with synergistic herbs and superfoods that provide optimal and easy to assimilate nourishment. They can even be taken on an empty stomach.

The following two vitamins are ones that I take. I started taking them when I was going through a heavy period of stress with insomnia. Even today, I continue to take them to keep my body strong, as an adaptogen to better handle stress, and as a preventative for osteoporosis.

Stress Support™: *Take 3 daily.* Delivers multiple Whole-Food nutrients most needed during periods of stress. Supports blood sugar balance, reduces oxidative stress and counters basic nutrient depletion usually associated with stress. Lemon Balm/Hops herbal extract combination offers nature's most effective phytonutrient response to stress.

Cal Mag™: *Take 3 daily.* Supports bone health. Integrates Whole-Food Cultured synergistic bone support minerals. Rich in soy isoflavones, enzymes and herbal phytonutrients valuable for calcium balance. Nettles/peppermint herbal extract complex provides additional trace nutrients and supports digestive function.

Vitamin E: *Take 800 iu. daily.*

Exercise: Practice some form of exercise daily. Personally, I am hooked on yoga. It offers me spiritual growth and enables me to feel happier and more centered. I feel stronger and more flexible physically and mentally. Special thanks to my incredible teachers/guides - Lisa, Christina, Barbara, Dee from The 8 Limbs Yoga Studio here in Seattle.



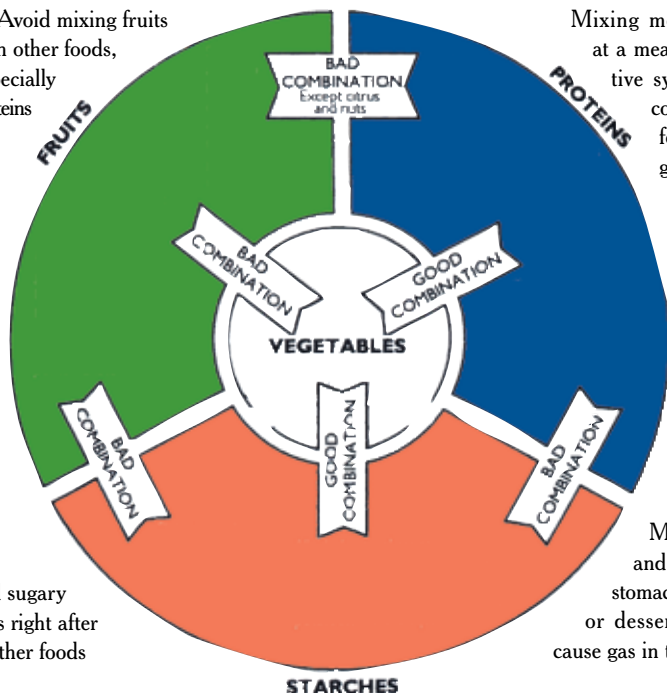
Food Combining Chart

Avoid mixing fruits with other foods, especially proteins

Mixing more than one protein at a meal is hard on the digestive system. Milk does not combine well with other foods. Dairy products go best with grains or the green, less starchy vegetables.

Avoid sugary desserts right after other foods

Melons digest rapidly and ferment easily in the stomach. A melon appetizer or dessert is almost sure to cause gas in the intestines.



Fruits

Acid

berries
grapefruit
lemon
lime
orange
pineapple
pomegranate

Sub-acid

apple
apricot
cherry
grape
mango
peach
pear
plum

Sweet

avocado
banana
carob
date
fig
prune
raisin

Vegetables

all green leafy, non-starchy vegetables

mushrooms	onions
immature squashes	tomato
garlic	Jerusalem artichokes
green beans	eggplant
green peas	

Proteins

nuts and seeds
cheese
beans (dried)
peas (dried)
peanuts
whole cereal grains
(buckwheat,
maize, millet, rye,
wheat)
avocado
sprouts
eggs
flesh foods

Starches

Slight starchy

beet
carrot
parsnip
radish
rutabaga
turnip
All whole cereal grains (barley, buckwheat, maize, rice, millet, oats, rye, wheat)
bread
beans (dried)
chestnuts
peanuts
potatoes
mature squashes

This food combining chart is taken from *The Ancient Cookfire* by Carrie L'Esperance. It is a scientific set of instructions as founded by the Natural Hygiene Institute and Herbert Shelton for non-fermenting properly digesting food combinations.



Seasonal Health Regime

Seasonal Health Regime

Just like your car needs regular tune-ups, your body also needs a complete body cleanse – the Fresh Start Kit - to run smoothly and efficiently. As each season changes, I recommend doing the 2-Week Rejuvenation Cleanse or the 5-day Cleanse using The Fresh Start Kit.

Cleansing is the most natural method of self-healing and promotes a healthy approach to weight loss. Instead of treating the *symptoms* of disease and other ailments, start by treating the causes. Cleanse the body of old debris in the bowel, rid the body of unwanted yeast, bacteria, and viruses, strengthen the ability to digest and eliminate foods efficiently, and support the glandular system for improved metabolism and better stress management.

Seasonal cleansing offers these benefits:

Spring: Relieves allergies, hayfever, and inflammatory skin disorders.

Summer: Promotes weight loss and an increased energy level for outdoor activities.

Fall: Boosts the immune system to help prevent common colds and flu.

Winter: Prevents susceptibility to viral infections and controls cravings for holiday overindulgence.

Fresh Start Kit includes:

INTESTINAL RESCUE™

High Fiber Intestinal Cleanser

RENEW-U™ EXTRACT

Liver and Kidney Cleansing Tonic

BLUBBERWACK™ EXTRACT

Thyroid and Metabolism Tonic

NEW CHOICE™ EXTRACT

Brain and Energy Tonic

RENEW-U™ TEA

Cleansing and Immune Stimulating Tea

Cleansing and Weight Loss Benefits of the Kit

- Increases positive energy, motivation, and promotes mental clarity.
- Increases fat metabolism and better assimilation of nutrients
- Improves bowel health and regulates elimination, lessens gas and bloating
- Eliminates toxins, excess fluid retention and yeast
- Strengthens glandular system, i.e. thyroid and adrenals, to boost metabolism, balance hormones, and improve stress management
 - **Prevents and eliminates** allergic reactions, i.e. hayfever, skin conditions, asthma, digestive disorders
 - **Strengthens immune system** to deter recurrent and chronic disorders
 - **Supports the body** that enable one to loose excess weight easily without overstimulation



The Herbalist's Super Immune Smoothie

The Herbalist's Super Immune Smoothie

Smoothies are a great way to include many of our necessary nutritional needs and therapeutic herbal supplements into one easy meal-on-the-go for the whole family. Best of all – they taste great!!

Combine everything in blender until smooth. (Kitchen-Aid Blenders work well and are quiet.) Drink immediately. Try to use only organic ingredients.

Medicinal Benefits

Probiotics are the friendly bacteria in our guts, which include a blend of acidophilus. Daily use of probiotics increases immunity against disease-causing bacteria and viruses. Probiotics help us get more nutrition out of the food we eat and increase the bioavailability of vitamins, fatty acids and minerals. They also neutralize toxins and normalize bowel movements.

Flax Oil An essential fatty acid that boosts the immune system, improves elimination, increases resistance to infection and allergies, and

is helpful for skin disorders. For kids, it is essential for proper brain development. It increases learning capabilities, mental retention, and the ability to sit still and focus - excellent for the prevention and treatment of ADD/ADHD.

Renew-U™ This nutrient rich tonic revitalizes and stimulates multiple body functions. Recommended for children and adults. Supports healthy digestion – liver, gall bladder, and pancreas; urinary tract function – kidneys and bladder; immune system – lymphatics, spleen; metabolism – thyroid, pituitary, and adrenals.

Immugreen Plus Contains a powerful blend of great tasting phytonutrient dense powders and extracts from grasses, vegetables, herbs, algae – Spirulina and Chlorella - and sprouts. One tbs. contains 2 grams of easy to assimilate protein, amino acids, trace minerals, and other vital nutrients. Truly, a super food.

Maca Contains more than 50 naturally occurring phytochemicals. Used by the ancient Inca of Peru to elevate the mood and provide energy and endurance! Most people feel their energy and mood lift in an instant! It also improves mental ability and concentration, balances hormonal function, lifts people from depression, and energizes without over stimulation. It is a true adaptogen with 10% protein and is rich in minerals, sterols and brain-powering amino acids.



Super Immune Smoothie Recipe

Fruit Juice (Cascadian Farms "Sunrise Blend")	1 C.
Banana - frozen (peel and chop before freezing)	½ banana
Fruit - frozen (blueberries, strawberries, raspberries)	½ C. total
Probiotics (New Chapter "All-Flora")	½ tsp.
Flax Oil: Essential Fatty Acid	1 to 2 T.
Renew-U Extract (The Herbalist)	1 to 3 tsp.
Immugreen Plus (Blender Culture)	1 to 3 tsp.
Maca Magic (Sunrise Botanicals)	1 to 3 tsp.

Ice cubes if desired

Prep-time: approx. 3 minutes

One serving equals 16 oz.

Suggested Use:

Drink immediately or freeze part to take to school or work.



Winter Wellness Become Winter Proof!

The Herbalist has a complete selection of products for you and your children to stay healthy throughout the winter months.

Prevention of Colds/Flu

Choose one of these preventative tonics.

Echinacea Plus™: Promotes Body's Natural Resistance

Echinacea • Golden Seal: Extra Immune System Support against Colds and Flu

Suggested Use: Take one to two dropperfuls every other hour.

Treatment of Chest Colds/ Bronchitis/Asthma/Flu

Astragalus Plus™: Strengthens and Supports Immune System/Cleanses lymphatic glands

Herbal Biotic™: Restores Overall Health to Body System/Resolves Stubborn Infections

Respitonic™: Restores Upper Respiratory Health/Resolves bronchitis

Lung-Mend™: Promotes Healthy Lung Tissue/Relieves asthmatic, pneumonia, and emphysema symptoms

Suggested Use: Take one to two dropperfuls, every other hour of each of these extracts. Can mix extracts together in a little bit of water/juice. For Asthma symptoms, use Lung-Mend to relieve wheezing and deep congestion.

Respi-Tea™: Soothing Tea to Relieve Congestion and Coughs. *Drink, as needed 2 to 4 cups daily.*

Cough-Eze Syrup™: Soothing and Tasty Cough Syrup. *One tsp. to one Tbs., as needed.*

Treatment of Head Colds/ Sinus, Eye, Ear Infections/ Allergies

Astragalus Plus™: Boosts Immune System/Cleanses body of bacteria and viruses

Herbal-Biotic™: Antibiotic, antibacterial, and antiviral properties/Resolves Stubborn Infections

Sinutone™: Relieves Head Congestion, Infection, Sinus Pressure, and Allergies

Suggested Use: Take one to two dropperfuls, every other hour, of each of these extracts. Can mix extracts together in a little bit of water/juice.

Sinutea™: Breathe Easier Tea/Soothing Decongestant. *Drink, as needed 2 to 4 cups daily.*

Herbal Ear Oil: Soothing Antibiotic Remedy for Earaches and Infection.

Respi-Oil™: Breathe Easier Mentholated Rub. Apply to chest/temples or add to bath, sauna, vaporized steam.

Vitamin supplements

These supplements are complementary medicine for prevention and treatment of the above conditions.

Vitamin C (ester or buffered): *Take 1000 to 5000 mgs. daily.*



Children's Winter Wellness Tonics

Aller-Max (Country Life): Contains Quercetin, Bromelain, N-Acetyl Cysteine – boosts immune system, reduces respiratory distress, sinus inflammation and allergic reactions. *Take 2 to 6 caps daily. Best taken in-between meals.*

Children's Winter Wellness Tonics

All children's tonics are made with alcohol-free vegetable glycerine and organically grown herbs.

Kid's Echinacea (available in four different flavors - Blackberry, Orange, Raspberry, and Tangerine): Promotes Body's Natural Resistance

Kids Be Well™: Extra Strength Immune System Support

Kid's Choice™: Supports Sinus and Respiratory System/Resolves infection, congestion, coughs, fever of colds and flu.

Suggested Use: Refer to labels on products. I suggest using Kid's Be Well and Kid's Choice together when a child has a stubborn infection or is prone to allergies, asthma, bronchitis, sinus problems.

Cough-Eze Syrup™: Soothing and Tasty Cough Syrup. *One tsp. to Tbs., as needed.*

Herbal Ear Oil: Soothing Antibiotic Remedy for Earaches and Infection.

Respi-Oil™: Breathe Easier Mentholated Rub. *Apply a small amount onto chest and between the shoulder blades to relieve congestion or add to bath (1 to 2 Tbs.)*

Aller-Max: Anti-inflammatory and anti-allergy, for children with asthma, allergies, psoriasis, eczema - *empty 2 caps into Super Immune Smoothie two times day.*

Kid's Super Immune Smoothie

I have used this recipe successfully for children with stubborn conditions such as allergies, asthma, psoriasis, and eczema. Drink one to two daily to promote immunity.

Smoothie

Fruit Juice (Cascadian Farms "Sunrise Blend)	1 C.
Banana - frozen (peel and chop before freezing)	½ banana
Fruit - frozen (blueberries, strawberries, raspberries)	½ C.
Probiotics (New Chapter "All-Flora")	¼ tsp.
Flax Oil	1 T.
Kid's Be Well	1 to 3 tsp.
Kid's Choice	1 to 3 tsp.
Aller-Max	
Ice cubes if desired	2 caps emptied into drink



Namasté Tea Ingredients

There are many reasons why I chose these herbs for this special tea, here are just a few.

Sencha Green Tea (*Camellia sinensis*)

I love green tea! It picks up my energy and heightens my mental alertness. It tastes clean and fresh. Green Tea contains chemical compounds called polyphenols that act as powerful antioxidants, which detoxify body cells to allow for healthy oxygenation. With less than half the caffeine content as coffee, green Tea's unique ingredients tone the adrenals and give one an increased sense of mental clarity. Clinical use of green tea is in the prevention of cancer, specifically cancers of the gastrointestinal tract, pancreas, lungs, and estrogen-related cancers including breast cancer. It helps stabilize diabetes, lowers cholesterol, and prevents cardiovascular disease, gum disease and cavities. In the book *Herbs That Heal* by Joel L. Swerdlow, (page 346) he describes the folklore and traditional uses of Green Tea. "Tea is the second most popular drink worldwide, after water... According to Chinese legend, it was discovered in 2737 B.C. when a tea leaf accidentally fell into Emperor Shen Nung's cup of hot water. Pleased with the aroma and taste, he believed it came from heaven. One Chinese proverb states, "The wisdom of 10,000 universes can be found in a cup of tea" Japanese Zen monks drank green

tea to keep them alert during long sessions of meditation. Outraged by a price increase by the British empire in 1773, the American colonists, protesting "taxation without representation," dumped green tea into the harbor, a revolutionary incident now called the Boston Tea Party, which helped solidify the American Colonies in their rebellion against the British."

Red Clover Blossom (*Trifolium pratense*)

Whole pale pink to rosy purple blossoms and found

everywhere, this mineral and vitamin rich herb nourishes and purifies the blood. Cultures around the world have used red clover to ward off cancer. Scientific studies and The National Cancer Institute have confirmed antitumor compounds such as diadzein and genistein in red clover. Phytoestrogen-rich, Red Clover nourishes the hormonal system and contains a high amount of phytoestrogens. (Not to brag, but much more than soy.) Hormone hungry menopausal women benefit greatly – less hot flashes, better nerve balance. Promotes fertility and regulates the menstrual cycle. It an excellent tonic for improving acute and chronic skin conditions in children and adults. During times of unrest and hysteria, Red Clover provides emotional protection and support and comforts anxiety.

Calendula flower (*Calendula officinalis*)



This bright yellow-orange flower spreads light, energy, and warmth of sunshine, which promotes high spirits and optimism and puts the mind at ease. As is common with all yellow colored

herbs, it is a tonic for the liver and gall bladder. It is soothing to the digestive system, relieves stomach disorders and inflammation of the intestines. Calendula normalizes the menstrual process. Calendula has antifungal, antibacterial, and astringent properties and works well against candida yeast, viral, and bacterial infections.

Fresh Milky Oat seed: (*Avena sativa*)

I obtained these oats from a friend Rob Wooding, who owns and runs Southern Virginia Herbs in Halifax, Virginia. When I received this herb, I felt like a horse must feel when they see a bushel full of oats – eehheee. This is one of the best herbs for feeding the nervous system and heart, enabling the body and mind to deal better with stress. It is useful to lift the spirits from depressed and anxious states. Oats regulate hormones and nourish the endocrine system. Oats are valued as a sexual rejuvenator and for their ability to promote healthy libido. Very rich in minerals



such as magnesium, and vitamins such as folic acid, they are strengthening to our bones, teeth, nails, and hair. A preventative tonic for the prostate, Oats are also beneficial for those with thyroid and estrogen deficiencies. Oats contain silicic acid, an excellent nutrient for the skin.

Peppermint leaf (*Mentha piperita*)

This aromatic herb is an indispensable tonic for the digestive system, stimulating the flow of bile. It reduces heat in the body and cools emotions during heated times – from an upset stomach, indigestion, nausea, fever or heated emotions, frayed nerves, or stress. Peppermint refreshes motivation, increases mental clarity, and is a sexual rejuvenator.

Burdock root (*Articum lappa*)

This herb is a tonic for the liver and the urinary tract. Burdock has bitter qualities that stimulate digestive juices and bile secretion. David Hoffman in his book, *The New Holistic Herbal* states: “In general, Burdock will move the body to a state of integration and health, removing such indicators of systemic imbalance as skin problems and dandruff.” It is one of the best remedies for dry and scaly skin. Burdock is a primary ingredient in the popular cancer tonic – Essiac – because it is known to inhibit the formation of cancer cells. Potowatomi Indians used Burdock as a tonic to nourish the blood. It contains about 40 percent inulin, which help stabilize blood sugar levels, eases irritation in the bladder and disinfects the kidneys.



Lavender flower (*Lavendula officinalis*)

I love Lavender, the purple color, the smell, the way I feel when I am around its scent. Lavender is an excellent nerve tonic. It cannot help but lift your spirits and awaken your mind. It revitalizes low energy, soothes nerves, and

relaxes one into a restful sleep when ready. Offers strength, stability, and vitality to women who are going through menopause.

Dandelion leaf (*Taraxacum officinalis*)

It grows everywhere and is hard to get rid of. It is there to heal you. This potassium-rich herb is a wonderful tonic for the urinary tract with effective cleansing and diuretic properties. Not only is it rich in nourishing minerals, it is one of the most valued and widely used tonics for the liver, effectively cleansing toxins from the body.

Ginger root (*Zingiber officinalis*)

I had to add a little bit of kick to this tea. Ginger's spicy attributes include stimulating and toning the circulatory system, the digestive system, and the muscular skeletal system.

Licorice root (*Glycyrrhiza glabra*)

This herb has a strong effect on the endocrine system. Specifically it strengthens the adrenal glands. It relieves stress and increases energy. It is soothing to the entire gastrointestinal system.

I have toured the world with the goal, "peace through sharing a bowl of tea" Taking a bowl of green tea in your hands and drinking it, you feel with nature, and there is peace. This peace can be spread by offering a bowl of tea to another. I hope you will drink and share this peace with me.

—Sen Soshitsu XV,
Tea Life, Tea Mind



Class Thyme

Class Thyme

If you are interested in signing up for any of these classes please call us or stop by The Herbalist – 206-523-2600. We ask for a \$10. deposit to hold your space in class. Each participant will receive 15% off purchases at time of class.

Good Clean Fun at The Herbalist Herbal Soap-Making

Let Erin Chesledon, our soap maker guru, teach you the ins and outs of soap-making! Using vegetable oils, organic herbs and pure essential oils, Erin will walk you through the stages of soap-making, sharing helpful tips and secrets that she has gained after years of experience. You will be amazed at how easy it really is! Class participants get to scent and take home their own batch of soap! We love Erin's soaps! She is too busy to make them for our store, so this is your chance to learn how she makes them so well!

Homemade soap makes great holiday gifts!

Instructor: Erin Chesledon, who happens to be my sister, has been teaching soap-making for many years. Formerly the manager of The Herbalist, she has now moved to Whidbey Island where she lives on a farm with lots of animals. She sells Real Estate to other country lovers and continues to teach her soap-making classes. If you are thinking about moving to the island or if you are interested in a soap-making class call her at Coldwell Banker – Langley office: 360-221-0166 or brodie@whidbey.com.

Class cost \$35.

Thursday, November 15

6:30 to 8:30 p.m.

Chinese Herbs and Medicinal Food Therapy for Beginners

Interested but overwhelmed and confused by Chinese medicine? Learn which herbs, patent medicines and foods can bring you closer to a balanced, healthy body and spirit. Hippocrates once said: "Let your food be your medicine and your medicine be your food." As the Fall equinox passes we enter into the metal time of the year. Sample foods and teas to tonify your lungs

and large intestine, the metal organs, and boost overall immunity. This class is taught by Lindsey Lawson, a nationally and state certified Acupuncturist. She completed additional clinical work in China and practices at Glow Natural Health Center in Madison Park. Additional recipes and resources provided.

Class cost: \$30.

Wednesday, December 5

6:30 to 8:30 p.m.

Flower and Gem Essences

Lea M. Parker is a certified Teacher/Practitioner of Star Flower Essences, which are essences made from Andean orchids, Santa Barbara flowers, and Gems from around the world. Learn how they enhance and balance mental, physical and emotional and spiritual health and well being, accelerate any healing process, strengthen coping abilities, raise consciousness, increase intuition, and feel more alive and in touch with your values, creativity and goals. Learn how flower essences can provide emotional and spiritual support during times of uncertainty and instability. A flower essence and handouts are included.

Class cost: \$25.

Friday, January 11

6:30 to 8:30 p.m.

Herbal Wisdom

Taught by Tierney Salter, owner of The Herbalist, learn the essentials about medicinal herbs – choosing the right herb/herbs, quality, dosages, best method for usage i.e. tea, extract, capsule. Learn about single herbs, their medicinal properties and benefits, and what herbs they combine well with. Students are able to taste, smell and observe them in their fresh-dried and extract form. Time allowing, each student will be given a chance to ask The Herbalist for guidance with their own health concerns. Great way to learn! Samples and handouts are included.

Class cost \$35.

Wednesday, January 16

6:30 to 9:30 p.m.



Iridology Consultations

Iridology Consultations with Tierney P. Salter

What is Iridology?

Iridology is a science based on the study of the iris of the eye, which reveals body constitution, levels of health, inherent weaknesses, and the changes that take place in a person's body according to one's lifestyle practices.

How it works?

The iris contains thousands of nerve filaments which receive nerve impulses via the optic nerve and spinal cord from the brain and nervous system. Through this connection, the iris of the eye is a mirror reflection the conditions of every organ and tissue of the body. By way of nerve reflex responses, the nerve fibers in the iris receive messages of specific tissue changes in the body and their corresponding locations, resulting in visible discoloration, markings, and texture changes in the iris.

The benefits

Through the awareness of where our bodily weaknesses are located, the Iridologist works with you to strengthen them and avoid those habits and practices that undermine good health. Iridology analysis pinpoints not only current health problems, but also past and potential problems and thus, is the perfect preventative tool – a long-term investment in your health and well-being.

The consultation

In an iridology consultation, photographs of each iris are taken, using special iridology photographic equipment. The slides of the eyes are shown enlarged on a projector to illustrate the consultant's findings, which are recorded in a report that provides the basis for a 90-minute consultation. The client is given a Personal Health Care Program including:

Iris analysis chart – Description of one's constitutional and hereditary strengths and weaknesses.

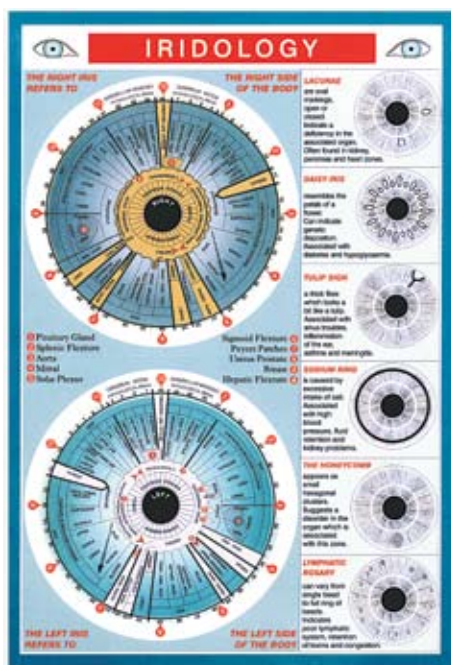
Personal health plan – A program designed to meet one's health goals, needs, and lifestyle, including cleansing and supportive herbal

preparations, supplements, and exercises. Kinesiology muscle-testing is used to support the selection of the herbal and supplement therapies.

Dietary Chart – List of specific foods to include and/or avoid in one's diet.

Tierney P. Salter, a native of Seattle, is the Iridologist and proprietor of The Herbalist. She is a graduate of the Clinical Herbolgy Program at Santa Fe College of Natural Medicine and holds a BA in Cultural Anthropology. A practicing Iridologist and Herbalist for the last 20 years, she started The Herbalist in 1984. Since that time, she has developed a complete line of herbal products that sell worldwide. Seasoned with skill, patience, intuition, and a spicy sense of humor, Tierney gives you the knowledge, tools and material to make - and keep - yourself healthy.

Consultation Price: \$125.00



The Herbalist Recommended Reading

The Herbalist Recommended Reading



Opening our Wild Hearts to the Healing Herbs
Gail Faith Edwards. \$13.95

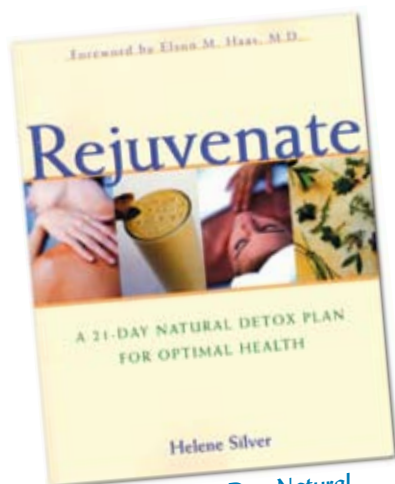
Healing Tonics – 101 Herbal Concoctions,
Jeanine Pollak. \$16.95

Herbal Tea – 101 Nourishing Blends for Daily Health and Vitality
Kathleen Brown & Jeanine Pollak. \$16.95

Yoga, Mind, Body & Spirit – A Return to Wholeness. For students of all levels and traditions, Donna Farhi. \$20.00

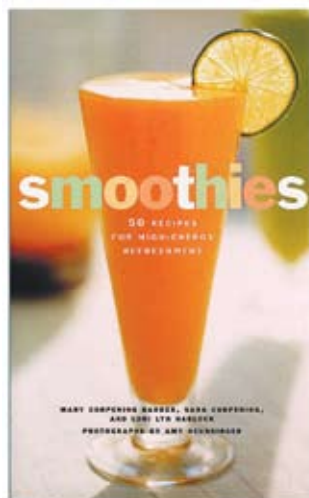


The Book of Green Tea
Diana Rosen.
\$16.95



Rejuvenate – 21 Day Natural Detox Plan for Optimal Health,
Helene Silver. \$16.95

Smoothies – 50 Recipes for high-energy refreshment
Mary Corpening-Barber,
Sara Corpening, & Lori Lyn Narlock.
\$15.95



The Doctor Is In

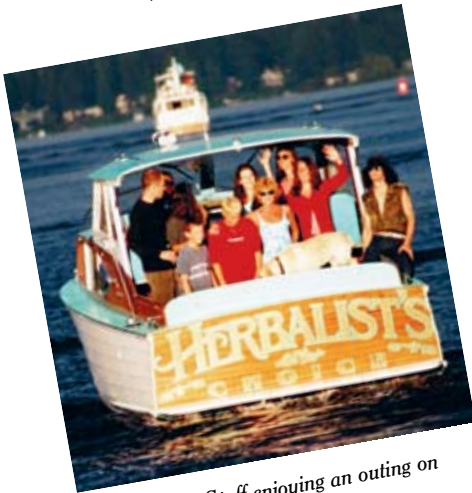
New at The Herbalist! The Doctor Is In



We are proud to announce Dr. Kelly Jacobs as our in-house Naturopathic physician. She will answer your medical questions and ease your stress with her tremendous knowledge and compassion. Dr. Jacobs is here on Mondays

and every-other Friday. She is also available for private appointments. To sign up, call or ask our staff to schedule your appointment.

Dr. Jacobs received her naturopathic degree from Bastyr University. She earned a bachelor's degree in Kinesiology from the University of Colorado, Boulder. Before naturopathic school, she spent six years as a buyer of supplements and botanicals for Wild Oats Markets. Along with being on staff at The Herbalist, she is completing an internship at Dr. Jonathan Wright's Tahoma Clinic in Kent, WA.



The Herbalist Staff enjoying an outing on Lake Washington.

Ask Dr. Jacobs

Q: Can I take Echinacea daily?

A: Good question! Studies have shown that when a person takes echinacea daily, the white blood cell count (WBC) increases and then it will plateau while they are taking it, and then the WBC count drops off as the person stops taking echinacea. It is always a good idea to cycle any supplement or botanicals in order to give the body a break.

Q: Is it necessary to take probiotics on a daily basis?

A: There are many insults on our gastrointestinal tract. Pesticides in our foods, medications, harmful bacteria in our food, the effects of stress on our system, can all take a toll on the friendly bacteria in our gut. Therefore, it is beneficial to supplement with a good probiotic daily.

Q: I am approaching menopause. How can I prevent hotflashes and other symptoms?

A: Menopause should not be torture for women. This is a normal process that is not supposed to be a pathology. With great changes in our hormone levels along with the toxic insults on our body from living in this world, the liver gets "congested" which can cause symptoms such as hot flashes, insomnia, foggy thinking, etc. One way to prevent the symptoms of menopause is to take the Renew-U formula daily along with the Namasté tea and essential fatty acids (EFA's). These formulas cleanse and support the liver, offer antioxidant effects, balance the hormones as well as decreasing inflammation in the body.

Remember, everyone is different and unique. What may be good for beating your cold, may be a little different for your friends cold. This is why it is important to see your naturopathic physician for your personalized treatment plan.

Rate for private appointments are as follows:

First visit: \$105 per hour (includes a complete health history and pertinent physical exam*)

Follow up visit: \$60 per 30 minutes.

*Excludes gyn exam and lab. These needs will be filled off premise as needed.





Product Price List

Shop Online and in addition to the 15% discount offered in this newsletter you will receive an additional 5% off for placing your order online. Our shopping cart is easy to use. Try it at www.theherbalist.com. In order to receive the **20% discount** shopping online, enter the following code when instructed on The Herbalist web site: **FALL2001**.

Product Price List

HERBALIST'S TEAS	3 oz.	1 lb.
Namasté Tea	\$9.95	\$48.00

WINTER WELLNESS

Aller-Max (Country Life 100 caps)		\$31.25
Cough Eze Syrup	4 oz.	\$9.25
Cough Eze Syrup	8 oz.	\$16.75
Ear Oil	1/2 oz.	\$6.95
Ester-C (Source Naturals, 180 tablets)		\$20.98
Respitea	3 oz.	\$5.50
Sinutea	3 oz.	\$5.50
Sinutone Plus Triple-Kit		\$23.95

WINTER WELLNESS

	1 oz.	2 oz.	4 oz.
Astragalus Plus	\$9.25	\$17.00	\$32.35
Echinacea/Goldenseal	\$9.25	\$17.00	\$32.35
Echinacea Plus	\$9.75	\$18.00	\$34.50
Echinacea - for Kids	\$9.25	\$17.00	\$32.35
Herbal-Biotic		\$9.25	\$17.00
Kid-Alert	\$9.25	\$17.00	\$32.35
Kids Choice	\$9.25	\$17.00	\$32.35
Kids Be Well	\$9.25	\$17.00	\$32.35
Kid-Ease	\$9.25	\$17.00	\$32.35
Lung-Mend	\$9.25	\$17.00	\$32.35
Renew-U	\$9.25	\$17.00	\$32.35
Respi-Oil		\$5.00	\$8.95
Respitonic	\$9.25	\$17.00	\$32.35
Sinutone	\$9.25	\$17.00	\$32.35

SUPER IMMUNE SMOOTHIE

Flax Oil	(Barleans 16 oz.)	\$14.45
Immugreen Plus	(4.23 oz.)	\$24.95
Immugreen Plus	(8.46 oz.)	\$39.95
Maca Magic	(7.1 oz.)	\$16.90
Probiotics (New Chapter "All Flora" 2.5 oz. powder)		\$24.95

BACK TO THE FUTURE SUPPLEMENTS

Skin Brush		\$14.15
Stress Support (New Chapter 90 tabs)		\$30.95
Cal Mag (New Chapter 90 tabs)		\$25.95

FRESH START KITS

	SMALL	LARGE
Fresh Start Kit\$	36.00	\$60.00

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Namasté...Peace...Peace

To my very good friends

From our far corner in Seattle, I, like many of you, want to send my love and support to all of those people who are experiencing the loss of loved ones from the tragedy that occurred on September 11th. I believe that when bad things happen some good can come out of it. For our country there is a newfound patriotism and togetherness. A willingness to work together instead of apart. I can only hope that these events also serve as a turning point in the way that we relate to and interact with our brothers and sisters around the globe and with each other.

I wish us all to have peace in our lives and peace within ourselves.

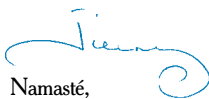
One of my favorite yoga practices is called The Lion, where you open your mouth wide, stick out your tongue, and roar like a lion. This allows

you to let go of anger, frustrations, and negative feelings. You feel less burdened, happier, more at peace inside. In this newsletter I want to share health practices that can help you feel better. I have created a new tea called Namasté which means *the light within me greets the light within you*. I love this tea. It is formulated to support our nervous systems, helping us to strengthen our coping abilities.

Another one of my favorite new health tonics is our Super Immune Smoothie. We started selling smoothies in our store this past summer. They have been a big hit. I am hooked on them! After yoga each morning, I make myself one. I have included our recipe for our Super Immune Smoothie. It gives you all-day mental and physical energy, supports your immune system, and feeds the endocrine system for better stress control and weight management. For children and adolescents, the smoothie is great because included are therapeutic aids to help deter ADD/ADHD, to promote immunity, to strengthen digestion and elimination, and to keep the skin clear. The article "Winter Wellness" gives you an easy to follow guide for you and your children to prevent and treat colds and flu this winter. Have you ever noticed that when you are sick your mind goes blank for what herbs /vitamins you should be taking to get over the cold? This newsletter also includes an article titled "Back to the Future", which describes a daily and seasonal health regime to insure longevity and well being.

Since we know the Holidays are busy, we have carefully selected upcoming classes. I plan to take all of them because they contain information that will help to inspire me on my continued road to enlightenment. Please try to join us.

For the coming season, one of the greatest gifts we could ask for is peace in our lives and throughout the world. I encourage you all to find a place of peace within yourselves and to share that feeling with another.


Namasté,
Tierney

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