



THE HERBALIST™

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NORTHWEST HERB SPECIALIST



The Herbalist Represents the Chakras

Mid-Life Rejuvenation Guide

The Herbalist Celebrates 20 Years	2	Arthritis & Connective Tissue	8
Breast Health	3	Injuries & Pain	9
Digestive & Elimination System Disorders	4	Mid-Life Rejuvenation Regimen	10
Dietary Suggestions	6	Libido & Sexual Rejuvenation Kit	11
Eye Sight	6	Herbalist Holiday Gift Ideas	12
Healthy Hair, Skin & Nails	7	Iridology Consultations	13

The Herbalist Celebrates 20 Years

The Herbalist Represents the Chakras

The colors as represented on our labels correspond to the body's energy centers or "chakras". "Chakra" in Sanskrit means "wheel of light". There are 7 major chakras along the spine. Each emits a color of the rainbow

and has it's own purpose, association and connection to a specific area of the physical body. The seven chakras regulate our emotional, mental, and physical well-being. Using The Herbalist products will balance and support health in each area.

Based on the growing popularity of the healing power of chakras, The Herbalist labels are in tune with the times. The Herbalist products are divided into the different systems of the body according to the chakras, for example the color yellow corresponds to the 3rd charka and the physical area affected is the digestive system - stomach, pancreas, liver, and gall bladder. Symptoms that result from weakness in digestion are acid indigestion, blood sugar imbalances, and anger. Our products with yellow labels are healing to these conditions.

Website Redesign

We're in the process of re-designing The Herbalist website and it will (hopefully!) be up before the new year. Candy Carson designed a beautiful new interface and Sheila Hoffman our newsletter designer is bringing it to life. Watch for it...soon!

Shop online!

In this newsletter we offer four 15% discount coupons, one for each season (see pg. 15). To receive this discount while shopping online, please enter under "Special Instructions" the code '15% discount'. Our shopping cart is easy to use.

Chakra	Color	Area Affected
Brow/Crown	Violet	Brain & Nervous System
Throat	Blue	Nose, Ears, Mouth, Throat, Thyroid
Heart	Green	Heart, Lungs, Lymphatics, Breath
Solar plexus	Yellow	Stomach, Gall Bladder, Pancreas, Liver
Spleen	Orange	Immune System, Intestines, Bladder, Kidneys
Root	Red	Reproductive System, Libido

The Herbalist Holiday Gift & Artisan Show

Thursday, December 11
6:30 to 9:30 p.m.

View collage, chine colle prints, and hand crafted jewelry by local artists • sample smoothies, tonics & teas and healthful light fare from our Beverage Bar & Herbal Apothecary • Receive a tarot reading • Preview some of our exciting new lines of bodycare and aromatherapy discovered at the Natural Expo in New York City • Receive a mini iridology consultation • Have your skin analyzed and a personal cleansing regime provided • Relax with an aromatherpay chair massage • Accupressure sessions • and don't forget to pick up some last minute gifts from our variety of creative and healthful products.

Disclaimer

This newsletter is designed for educational purposes only. The theories and fomulae presented in this publication are opinions expressed by The Herbalist, Inc., and as such are not intended to be used to diagnose, prescribe, or administer in any manner to any physical ailments. In any matters related to your health, please contact a qualified, licensed health practitioner.



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Mid-Life Rejuvenation Guide

Breast Health

Women are inundated with information about breast cancer. And it's a good thing, too. One can never be too educated or too informed when it comes to this disease. Prevention is key.

Lymphatone™ (The Herbalist)

Suggested use: Breast Cleanse – Take 2 dropperful 3 times daily

Lymphatone helps support the health of the lymphatic system and ensure healthy breast tissue. The lymph system is an important component of the immune system that filters out waste. Due to the proximity of the breasts to lymph nodes under the arms, a twice yearly Breast Cleanse using Lymphatone formula safeguards healthy tissue. Also helpful if your breasts are tender and swollen premenstrually.

Namasté Tea™ (The Herbalist)

Suggested use: 1-4 cups daily

Namasté Tea contains green tea, red clover blossoms, burdock root, calendula, peppermint, oat seed, lavender, licorice and ginger. Well known for its antioxidant properties, green tea contains polyphenols which inhibits cancer growth. Namasté Tea also contains Red Clover Blossoms with anticancer and hormone balancing properties.

Indolplex with DIM (Enzymatic Therapy)

Suggested use: 1 capsule daily

DIM or Diindolymethane is a plant indole. Plant indoles are found in cruciferous vegetables like broccoli, brussels sprouts, and cauliflower. DIM helps assure sufficient beneficial nutrients and promote a more efficient estrogen metabolism to shorten estrogen exposure. A lot of attention is given to the difference between “good” and “bad” estrogen. This product helps break down estrogen into “good” estrogen which protects the heart and the brain. It simultaneously reduces the level of “bad” estrogen implicated in weight gain and estrogen-sensitive breast cancer.

Vitamin E (Country Life)

Suggested use: 800 IU daily

Ester C (Source Naturals)

Suggested use: 3 tablets 2-3 times daily

Brevail (Barleans)

Suggested use: 1 capsule daily

Brevail is a well researched lignan rich product designed for “proactive breast health”. Structurally similar to estrogen, lignans are gentler competitors against “bad” estrogen on the estrogen receptor sites of breast cells. When a receptor site is engaged by a lignan derived compound, the “bad” estrogen is flushed from the body, leaving the breast tissue buffered from any negative effects. Brevail is safe for all adult women who are not currently undergoing treatment for breast, ovarian, or cervical cancer. Women who have been treated for breast cancer and are not currently undergoing treatment may also take Brevail.

Loving Ylang Breast Balm

(Sensuous Beauty)

Made with the herbal oil of Lady's Mantle, beeswax and pure essential oils of ylang ylang and rose geranium, this balm can be lavished on your breasts to moisturize the skin while performing self-examination. Lady's Mantle is an herb that has been associated with breast health since the middle ages. Ylang ylang and rose geranium oils are sensuous and restorative oils. Maintain or reclaim your breast health by loving and pampering yourself.



Digestive & Eliminative Disorders

Constipation ~ Diarrhea ~ Irritable Bowel Syndrome ~ GERD ~ Ulcers

The digestive and eliminative systems of the body are two of the most challenged areas of the body. Many acute and chronic disorders originate there. If we knew early in life their importance we could be proactive in caring for these areas. Many common disorders such as indigestion and constipation would not become chronic; i.e. Irritable Bowel Syndrome (IBS), and gastroesophageal reflux disease (GERD). Digestive disorders often occurs due to stress and sensitivity to high allergen foods such as wheat, wheat bran, dairy, corn, and eggs. Other causes are Candida yeast, heavy smoking and drinking, caffeine, and frequent use of antibiotics.

There are effective natural treatments to promote healthy digestion, increase intestinal health, and eliminate unpleasant symptoms. People with functional bowel disorders often have a predisposed weakness in their gastrointestinal tract. They should stay on a healthy regimen for at least three to six months, if not permanently.

This program can be effective for alleviating acid indigestion, chronic constipation, diarrhea, fibromyalgia symptoms, GERD, heartburn, and ulcers.

Gastrointestinal Health Program

G. I. Gel™ plus Fiber (The Herbalist)

Gastro-Intestinal Tonic Powder

Suggested use: Acute: Take one Tbs. as needed up to 5 times daily. Preventive maintenance: One Tbs. 2 to 3 times daily

A new and improved powder that contains demulcent herbs that reduce inflammation and heal the G.I. tract, fiber that adds bulk to the intestines, and clay that absorbs toxins and gas. It provides soothing mucilage and soothing fibers to promote healthier elimination. It is effective for both constipation and diarrhea and also for acid indigestion, GERD, Crohn's disease, and parasitic upsets.

Directions: On an empty stomach, add one Tbs. G. I. Gel to 4 ozs each of juice and water. Shake well. Follow with an 8 oz. glass of water. Avoid food for ½ hour.

Ingredients: Organic herbs of Slippery Elm bark and Marshmallow root, Psyllium seed, organic Flax seed, Bentonite clay, and organic Ginger root.

Tum-Ease™ (The Herbalist)

Soothing Support For Digestive System

Suggested use: Acute: Mix two droppersful in water 2 to 4 times daily before meals.

It is essential to strengthen digestion for IBS and other related GI disorders. This extract contains bitter herbs that stimulate digestive juices and promote healthy digestive organs. It contains cooling herbs that remove excess heat in the gut, relieve acid indigestion, heartburn, stomach upset, gas bloating and nausea. It's anti-spasmodic and carminative properties relax a nervous stomach and irritable bowel and cool hot inflamed conditions. Add to sparkling mineral water to enhance effects.

Ingredients: Fennel seed, Catnip leaf & flower, Angelica root, Gentian root, Oregon Grape root, Ginger fresh root.

Herbal-Biotic™ (The Herbalist)

Restores Overall Health to Body Systems

Suggested use: Acute: Mix two droppersful in water or juice 4 times daily. Prevention: Mix two droppersfull 2 times daily.

A tonic specific for arresting rectal bleeding, infection, and inflammation in the gastrointestinal tract. Often those who suffer from IBS and related disorders have an overabundance of Candida yeast, undesirable bacteria, and/or parasites. Herbal-Biotic contains herbs with anti-inflammatory and astringent properties that relieve inflamed mucous membranes and arrest bleeding. The herbs contain the alkaloid berberine, which has yeast-killing, antibacterial, and antifungal qualities to eliminate infection without disturbing healthy bacteria in the gut.

Ingredients: Oregon Grape root, Golden Seal root, Yerba Mansa root.



Constipation ~ Diarrhea ~ Irritable Bowel Syndrome ~ GERD ~ Ulcers

Mega-Zyme (Enzymatic Therapy)

Suggested use: Take two with each meal.

Contains pancreatin and digestive enzymes that promote healthy digestion and reduce inflammation. (Keep these with you when not at home - in purse or car.) Vegans or vegetarians should take N-Zimes - Extra Strength, which are plant based.

Deglycyrrhizinated Licorice or DGL

(Enzymatic Therapy)

Suggested use: Chew 2 tablets 20 minutes before meals or as needed for quick relief.

Specific for relieving acid indigestion; improves quality and quantity of the protective substances that line the gastrointestinal tract. DGL can help prevent bleeding from IBS, Crohn's disease, and ulcers caused by aspirin, nonsteroidal anti-inflammatory drugs, and prednisone.

Robert's Complex (Enzymatic Therapy)

Suggested use: Take two caps 3 times daily as needed.

Contains a complex of astringent and soothing herbs and digestive enzymes that ease rectal bleeding. Take during bleeding and afterward to strengthen area. An alternative for vegans or vegetarians is Herbal Biotic extract.

Ingredients: Nicotinamide, Cranesbill, Cabbage, Marshmallow, Okra, Slippery Elm, Duodenal substance, Echinacea, Golden Seal, and Pancreatin enzymes.



L. B. Tea™ Lower Bowel Tea

Supports Healthy Gastro-intestinal Tract

Suggested use: Drink 2 cups daily and as needed to promote healthy daily elimination

This soothing herbal tea gently cleanses, lubricates, and strengthens the gastro-intestinal tract. It promotes healthy elimination. It helps relax abdominal cramping and pain by gently dispelling gas and soothing inflamed tissues.

Ingredients: Slippery Elm bark, Flaxseed, Marshmallow root, Peppermint leaf, Licorice root, Rhubarb root, Fennel seed, Ginger root, Cinnamon bark.

Probiotics - Flora Elite (Interplexus)

Suggested Use: Take 2 daily on empty stomach.

Can take at same time as G.I.Gel.

Contains "friendly" bacteria that can stabilize the digestive tract and produce natural antibiotic properties that fight harmful bacteria.

Magnesium (Country Life, 300mg caps)

Suggested use: Take one to two caps before bedtime. This mineral is essential for relaxation of the smooth muscles, including the large intestine, which improves elimination and relieves constipation. Magnesium also promotes a restful sleep.

Omega-3 Oils

(Barleans Flax Oil/Nordic Naturals Cod Liver Oil)

Suggested use: Take 1 to 2 Tbs daily. Has effective anti-inflammatory qualities, supports the immune system, and relieves constipation.

Glutamine

(Source Naturals - powder/Country Life, 500 mg caps)

Suggested dosage: 3 to 5 grams (½ to 1 tsp) between meals daily. Or in capsules of 500 mg each, take 6 to 10 caps in divided doses.

Glutamine is the most abundant amino acid in the body and is especially important as a source of fuel for cells lining the intestines. It repairs damage to the intestines in IBS and boosts the functioning of the immune system. It can be effective for healing peptic ulcers and Crohn's disease.

Follow the Health Promoting Diet on page 6.



Dietary Suggestions ~ Eye Sight

Health Promoting Foods

- Whole grains - basmati rice, quinoa, barley, wild rice, oats, and sprouted mixed grain bread.
- Fresh mixed vegetable juice - carrot, apple, beet, celery, ginger.
- Vegetables - sprouts, leafy greens, kale, chard, artichokes, and asparagus.
- Seeds and nut butters - sesame (tahini), sunflower, almond. Those with IBS, avoid seeds and nuts in whole form. They can get stuck in a sensitive area of the gut and cause great pain.)
- Legumes - lentils, azuki, black bean, and split pea.
- Fowl or meats, raised organically - chicken, turkey, duck, beef, lamb. Limit to two servings a week.
- Fish (ocean-caught) - wild salmon, halibut, sardines, herring, and albacore tuna.
- High omega-3 eggs (poached or soft-boiled) contain DHA, Vitamin E, & B12.
- Fruits - apples, pears, peaches, melons, and berries -fully ripened and organic are best. Limit 2 to 3 pieces a day. (Black cherry juice is excellent for gout.)
- Cultured foods - yogurt and kefir.
- Extra virgin coconut oil (the best for cooking), olive oil, flax seed oil.

Limit These Foods and Beverages

- Unbleached, bleached, and fortified white flours products - bread, crackers, cookies and pasta.
- Ice cream and frozen yogurt, imitation eggs, milk and milk products, including reduced fat and nonfat.
- Beverages - coffee, soft drinks, concentrated fruit juices, diet drinks, tap water, alcoholic drinks.
- Sweeteners - barley malt, corn syrup, sugar, artificial sweeteners (aspartame, saccharin), and glucose.
- Deep-fried chicken, meat, fish, or vegetables.
- Shellfish, farm raised fish - Atlantic salmon.
- Pork and pork products.

Eyesight

It is interesting to see how the eyes of many of my friends and customers are suddenly becoming weaker. Seeing things at close range for many of us is a challenge.

The liver is a major key to healthy eyes. When the liver becomes stressed due to a poor lifestyle, eyesight suffers. Natural therapies will strengthen the eyes and prevent blurred vision.

Bilberry Extract (The Herbalist)

Suggested use: Take 2 droppersful two to three times daily. Flavonoid-rich extract of bilberry contains anthocyanosides that possesses a strong antioxidant activity and increases blood flow to the retina and improves visual function.

Renew-U Extract™ (The Herbalist)

Suggested use: Take 2 droppersful two to three times daily. Detoxifies and supports healthy liver function, which is key to strong eyes.

Visual Eyes (Source Naturals)

Suggested use: Take 2 two times daily with food. This is a multi-nutrient complex that contains the antioxidants – Beta-carotene, Lutein, Lipic acid, Bilberry extract, Vitamin C, Vitamin E, Selenium - that support healthy eye function.

Mid-Life Rejuvenation Smoothie

Suggested Use: Drink one 16 oz smoothie daily.

Dietary suggestions

Avoid deep fried foods. Eat orange and yellow vegetables (carotene-rich); flavonoid-rich fruits – blueberries; superfoods – spirulina and chlorella (found in Immugreen powder by Blender Culture); and legumes.



Healthy Hair, Skin & Nails

Hair, skin, and nails reflect our internal health and the foods we eat. There are many reasons why both men and women lose hair. They include heredity, hormone imbalance, hypothyroidism, nutrient deficient diet, smoking and drinking, and poor protein assimilation. Women experience some hair loss as they grow older, usually after menopause. Heredity factors aside, there are steps a person can take to help increase hair growth and improve the health of hair, skin, and nails. The following is a recommended program:

Horsetail PLUS Fo-Ti™ (The Herbalist)

This blend of herbs is formulated specifically to strengthen and increase hair growth, and to promote healthy skin and nails. It boosts the endocrine system (thyroid) and helps balance hormones that play important roles in promoting hair growth.

Suggested use: Restorative tonic: Take two dropperful 3 times daily in juice or water.

Ingredients: Horsetail aerial stems are rich in silica, a nutrient that specifically feeds and stimulates hair growth and supports healthy skin and nails.

Fo-Ti root helps balance hormones that promote hair growth and discourage graying hair.

Nettles leaf, known as a “superfood”, is rich in essential vitamins and minerals such as Vitamin C and E, silica, iron, and potassium.

Red Clover blossoms contain natural estrogens to guard against thinning hair.

Burdock root is indispensable for healthy skin. It discourages dry, scaly, and flaky skin, such as dandruff. Promotes hair growth.

Menaplause™ For Women Only. (The Herbalist)

A liquid extract specific for strengthening adrenals and promoting healthy estrogen production that helps discourage thinning hair associated with peri-menopause, menopause, or post-menopause.

Suggested use: Restorative tonic: Take two dropperful 3 times daily in juice or water.

Saw Palmetto berry For men only.

(The Herbalist Saw Palmetto extract or Eclectic capsules) Retards further hair loss in persons afflicted with Male Pattern Baldness by inhibiting the conversion of Testosterone to Dihydrotestosterone (DHT) by the 5-Alpha-Reductase enzyme.

Suggested use: Take two dropperful 2 to 3 times daily.

Omega-3 and 6 Oils

(Barlean's Omega Twin or Nordic Naturals Complete Omega)

Contains essential fatty acids vital for healthy hair, skin, and nails.

Suggested use: Liquid: Take 1 to 2 tbs. daily.

Capsules: Take 2 caps two times daily.

Maxi-Hair (Country Life)

Contains essential vitamins, minerals, and amino acids necessary to stimulate hair growth. Contains L-cysteine and L-methionine, which improve quality, texture, and growth of hair and help prevent hair from falling out.

Suggested use: Take 3 tablets two times daily.

Mega-Zyme (Enzymatic Therapy)

A blend of proteolytic enzymes that aid in digesting proteins and other nutrients. Unhealthy nails and skin are often associated with poor protein assimilation.

Suggested use: Take 2 tablets between meals two times daily.

Herbal Hair Oil

For external use only. A therapeutic blend of essential oils traditionally used to moisturize and increase health of the scalp and hair. It helps stimulate circulation to hair follicles. A hot oil hair treatment two to four times a month encourages hair growth and adds moisture and body to dry, brittle hair. Great for curly hair!

Suggested use: Massage Herbal Hair Oil into the scalp. Wrap hair in a towel or shower cap and take a steaming hot bath or shower. The therapeutic oils will be absorbed in the scalp and hair. Shampoo after about half an hour.

Ingredients: Oils of Sweet Almond and Jojoba, essential oils of Rosemary, Lavender, Bay and Dalmatian Sage, extracts of Nettles leaf, Burdock root, Red Clover blossom, and Chaparral leaf.



Muscular Skeletal Tonics

Arthritis ~ Connective Tissue ~ Injuries ~ Pain



With a degenerative inflammatory condition like arthritis, it is important to take a month out to concentrate on turning the tables on pain. This entails an integrative program of herbs, dietary supplements, internal cleansing and a cleanse follow-up with a suggested diet.

Sounds like a lot? Well it is, but I guarantee you will feel much better. Remember, recovery from injuries, as with other painful disorders, takes patience and resolve.

Arth-Rid-Us Plus Triple-Kit

Arth-Rid-Us Plus Triple-Kit contains three liquid extracts which work synergistically to bring optimal support for painful inflammatory conditions such as rheumatoid and osteoarthritis, joint and muscle injuries, fibromyalgia, gout, and lupus. These formulas relieve pain and inflammation, work to strengthen the body by supporting the immune system, liver, and urinary tract, and enable the body to become stronger, heal itself, and feel pain-less. These formulas are effective alternatives to pharmaceutical drugs that alleviate symptoms, but often cause other unwanted side effects.

Arth-Rid-Us™

Promotes Joint Muscular Skeletal Health

This tonic attacks root causes of conditions like arthritis, fibromyalgia, lupus, bursitis, tendonitis, gout, joint inflammation, and injury-related inflammatory conditions. The principal herb, Devil's Claw, helps reduce chronic inflammation of joints and connective and muscle tissue. The herbs strengthen the body's ability to eliminate uric acid, toxins, and excess fluids that accumulate in the joints and cause inflammation. The antispasmodic properties work to relax constriction of muscles surrounding inflamed joints.

Ingredients: Devil's Claw root, Yucca root, Black Cohosh root, Wild Yam root, Yerba Mansa root.

Pain-Less™

Promotes Pain Relief & Muscle Relaxation

Pain-Less tonic has anti-inflammatory and muscle relaxing properties. It is specific for all types of pain and inflammation, i.e. arthritis, fibromyalgia, lupus, sciatica, bursitis, tendonitis, gout, joint inflammation, and injury-related inflammatory conditions. This formula contains herbs such as St. John's Wort that feed the nervous system, and relieve tension and depression that often accompany painful chronic conditions.

Ingredients: White Willow root, Feverfew herb, Jamaican Dogwood root, Black Cohosh root, Passionflower flower tops, Butterbur root, St. John's Wort flower tops.

Renew-U™

The herbs in this tonic help stimulate liver and kidney function. They strengthen the body's ability to eliminate uric acid, toxins, and excess fluids that accumulate in the joints and cause inflammation. Root causes of chronic inflammatory conditions are poor digestion, improper liver and urinary tract function, and an impaired immune system. This formula works to strengthen systems of the body that have been compromised by use of pharmaceutical drugs, alcohol, tobacco, caffeine, and sweets. It contains bitter properties to stimulate digestion and fat metabolism and discourage overgrowth of Candida yeasts. It a renewal tonic for the whole body.

Ingredients: Milk Thistle seed, Echinacea root, Oregon Grape root, Dandelion herb, Burdock root, Yellow Dock root, Cleavers herb, Wild Indigo root, Ginger root, Fennel seed.

Suggested use for Arth-Rid-Us Plus Triple Kit

Acute: 2 droppersful 3 times daily. Decrease dosage as symptoms improve.

Note: All three extracts can be mixed in the same glass of water or juice.



Cleansing Regimen for Arthritis Control

Cleansing Regimen for Arthritis Control

For three to five days, take the three extracts mentioned plus Intestinal Rescue. Drink only therapeutic juices and broths.

Upon rising: Have a cup of Green tea or Namaste tea. Mix in a jar 1 Tbs of Intestinal Rescue with 8 ozs of juice and water. Follow with a glass of distilled water and lemon juice.

Breakfast: Fresh juice of carrot, apple, beet, celery and ginger (anti-inflammatory).

Take 2 droppersful of each extract in Arth-Rid-Us Triple-Kit.

Mid-morning: Have a glass of black cherry, papaya, or cranberry juice. Drink another cup or two of Namaste tea.

Lunch: Cup of Miso broth, and another glass of mixed vegetable juice. Take 2 droppersful of each extract in Arth-Rid-Us Triple-Kit.

Mid-afternoon: Take another dose of Intestinal Rescue followed by a glass of water and lemon juice. (Can have an organic apple.) Drink another cup of Namaste tea.

Dinner: Have a vegetable broth soup or a cup of Miso with sea vegetables added.

Before bedtime: Take 2 droppersful of each extract in Arth-Rid-Us Triple-Kit and follow with a glass of black cherry, papaya, or cranberry juice.

Cleansing Follow Up

For the next two to four weeks continue taking the extracts (2 droppersful, two times daily) and Intestinal Rescue (once a day). It is important to continue with the I.R. because it, along with the herbs, cleanses the blood of inflammatory substances that aggravate the condition. Follow the suggested diet and include the following supplements.

Ester C (Source Naturals)

Suggested use: Take three 500 mg tabs, three times daily.

Omega-3 Oils

Cod Liver Oil (Carlson) or Flax Oil (Barleans)

Suggested use: Take 2 Tbs daily.

Bone Density Supplement

(Enzymatic Therapy: OsteoPrime)

Suggested use: Take 2 - two times daily with food.

GS 500-Glucosamine Sulphate

(Enzymatic Therapy)

Suggested use: Take 1500 mg daily.

Hyaluronic Acid or HA

(California Naturals, 50 mg caps)

Suggested use: Take 3 to 4 - two times daily.

HA is the main structural building block of joint cartilage. It is an impressive pain reliever and anti-inflammatory. It is an integral constituent of synovial fluid that helps lubricate joints. It is especially useful for osteoarthritis, degenerative joint disease, joint defects, vascular disease and cartilage injuries.

Multiple Vitamin

Suggested use: Food grown is ideal. Take full-recommended amount.

Follow the Health Promoting Diet on page 6.



Mid-Life Rejuvenation Regimen

Prevention of Hair Loss, Heart Disease, Hormonal Imbalances, Osteoporosis, Wrinkles

Daily Rejuvenation Regimen

This program has been very successful for many customers who come back and tell us how much better they feel.

Namaste Tea™ (The Herbalist)

Drink 2 to 4 cups throughout the day.

Digestive Enzymes

Mega-Zyme (specific for inflammation: arthritis, IBS, allergies, psoriasis); or, **N-Zymes** (plant based digestive aid). Take 2 with each meal.

Multiple Vitamins by New Chapter

Every Woman II: Take 3 daily.

Every Man II: Take 3 daily.

Anti-Aging Supplements

Ester C (Source Naturals): Take 3 tablets two to three times daily.

Vitamin E: Take 1000 to 1200 IU daily.

CoQ10 (Country Life): Take 60 mg. daily.

Good for heart, immune system, skin.

Hyaluronic Acid or HA (California Naturals): Take 2 to 3 two times daily.

Rejuvenation Smoothie (see recipe below)

Drink one 16 oz. smoothie daily. The smoothie contains many of the body's daily requirements of omega-3 oils, minerals, anti-oxidants, herbal tonics, hormone balancers, and protein.

Medicinal Benefits

Flax Oil has demonstrated anti-cancer properties, ie: breast cancer and helps relieve hot flashes. It will also significantly reduce the risk of heart disease and strokes. Omega-3 fatty acids reduce the risk of osteoporosis by inhibiting the production of pro-inflammatory compounds such as prostaglandin E2 and leukotriene B4 known to be involved in bone resorption.

Renew-U supports healthy digestion.

Rasayana has an affinity for those at mid-life. Rave reviews continue to pour in on the effectiveness of this tonic for rejuvenating physical, mental, and sexual stamina and vitality. This tonic also improves insomnia.

Liquid Calcium and Magnesium is a bone density supplement that contains Calcium complex, Magnesium, Boron, Vitamin K, Vitamin D, Folic Acid, B12 plus Ipriflavone. Clinical trials have demonstrated that Ipriflavone helps reverse osteoporosis. It inhibits the activity of specialized bone cells (osteoclasts), responsible for unwanted resorption of bone that occurs during the progression of osteoporosis.

Immugreen Plus contains a powerful blend of great tasting phytonutrient dense powders such as Spirulina and Chlorella that are rich in protein, carotenoids, vitamins, minerals, and essential fatty acids. A tablespoon contains 2 grams of easy to assimilate protein, amino acids, trace minerals, and other vital nutrients – helps promote hair growth, quick energy, weight-loss.

Maca: Now available in bulk. Maca contains natural hormone-precursors, B-vitamins and minerals that balance the endocrine system and help ease menopausal symptoms such as hot flashes and irritability.

Used by the ancient Inca of Peru to elevate the mood and provide energy and endurance! It improves mental ability and energizes without overstimulation.

Follow the Health Promoting Diet on page 6.

Mid-Life Rejuvenation Smoothie Recipe

Add these ingredients into a blender.

Fruit Juice (organic diluted apple or pear)

Banana - frozen (peel & chop before freezing)

Fruit - frozen (organic blueberries and strawberries)

Renew-U Tonic

Rasayana Tonic

Liquid Cal/Mag

Flax Oil: Essential Fatty Acid

Immugreen Plus (Blender Culture)

Maca powder (now available in bulk)

Ice cubes if desired

Prep-time: approx. 3 minutes

One serving equals 16 oz.

1 C.

½ banana

½ C. total

4-6 droppersful

4-6 droppersful

1 to 2 Tbs.

1 to 2 Tbs.

1 Tbs.

1 to 2 Tbs.



Sexual Rejuvenation Kit

Renew Passion for Life

The elements of this Sexual Rejuvenation Kit work synergistically to restore energy and hormonal balance. Men and women report a loss of libido as a result of hormonal shifts, everyday stress, or entering midlife. More than just sexual urge, Webster defines libido as, “the vital impulse or energy motivating human behavior”. This kit helps restore libido and instills a renewed passion for life through the use of nourishing, cleansing and restorative herbs.

Namasté Tea™: A Peaceful Tonic Tea

Promotes Mental Well Being and Stress Reduction

Namasté is a Sanskrit word that means *the light within me greets the light within you*. This tea is a special mixture of organically grown herbs that nourish and invigorate the nervous system and cleanse impurities from our vital organs, mind, and spirit. Namasté Tea balances the body, awakens the mind, and supports emotional balance.

Ingredients: Certified organic and wild-harvested herbs of Sencha Green Tea, Red Clover blossom, Calendula flower, milky Oat Seed, Peppermint leaf, Burdock root, Lavender flower, Dandelion leaf, Ginger root, Licorice root.

Rasayana: Rejuvenating Tonic

Restores youthful physical, mental, sexual vitality

In the ancient Indian healing science of Ayurveda, rasayana (pronounced Ra si´ana) means “rejuvenating tonic”

or “that which makes new again”. This formula helps restore a youthful state of physical, mental and sexual

health and promotes happiness. The herbs increase energy levels for those approaching mid-life. This tonic promotes balanced hormone levels and strengthens the adrenals. Rasayana replenishes the vital fluids of the body. Ashwaganda, a primary herb in this tonic, is one of the most highly regarded of all medicinal substances in Ayurveda. The Ayurvedic scholar Charaka (100 BC) wrote of rasayanas, “One obtains longevity, regains youth, gets a sharp memory and intellect and freedom from diseases, gets a lustrous complexion and strength of a horse”.

Ingredients: Certified organic and wild-harvested herbs of Ashwaganda root, Astragalus root, Maca root, Eleuthero root, milky Oat seed, Licorice root.

Renew-U™: Cleansing Tonic

Promotes Healthy Liver Function

This tonic contains herbs that promote liver detoxification and rejuvenation. A toxic (stagnant) liver is the seat of repressed anger according to Chinese Medicine. A healthy liver creates a balanced hormonal system. Cleansing frees repressed feelings, past judgments, and anger. Emotional freedom can help renew relationships.

Ingredients: Certified organic and wild-harvested herbs of Milk Thistle seed, Oregon Grape root, Dandelion root, leaf, and flower, Burdock root, Echinacea root, Yellow Dock root, Cleavers herb, Wild Indigo root, Fennel seed, Ginger root.

Suggested use for kit: Refer to page 10 for Mid-Life Rejuvenation Regimen.



Herbalist Holiday Gift Ideas

Creative Fire Votive Gift Packs

The Soul Flames Collection – seven sublime scents in the colors of the rainbow or choose the pastel tones of the Alchemy Collection created to lift your spirits and bring light to every day life.

\$17.99 for 7 votives



Breast Friends Gift Box

The perfect way to pamper your best friend, this gift box features Loving Ylang Breast Balm from Sensuous Beauty, Miss Bliss Rose and Ylang Ylang bath salts from Sugar Soak and a refreshing grapefruit soy wax votive from Aloha Bay.

\$30.00

Smoothie Gift Basket

Give the gift of health this holiday season! The Smoothie Gift Basket described on page 10, includes a full month's supply of smoothie makings at a 15% discount.

The Smoothie Gift Basket contains

- Rasayana Rejuvenating Tonic, 2 oz bottle
- Renew-U Cleansing Tonic, 2 oz bottle
- Immugreen Plus Blender Culture, 8 oz. container
- Maca Magic, 7 oz container
- Barlean's Lignan-rich Flax oil, 12 oz. bottle
- Innovative Natural's Liquid Calcium Magnesium Supplement, 8 oz. bottle



\$100



Iridology Consultations

Iridology Consultations with Tierney P. Salter

What is Iridology?

Iridology is the study of the iris of the eye including its texture as well as its color. It is a gentle, noninvasive way of identifying inherited strengths and deficiencies in the body.

The benefits

Through iris analysis, areas of the body that lack vitality to resist illness can be determined and then supported through good nutrition and other naturopathic methods. Because Iridology shows genetic predispositions, preventative care can be introduced. This can be especially useful when dealing with children and young people. The Iridologist works with the client to avoid those habits and practices that undermine good health. Iridology is a long-term investment in your overall 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. Coming soon: One appointment where images of eyes are taken with a special digital camera and then transferred to a computer for instant analysis.

The client is given a Personal Health Care Program including:

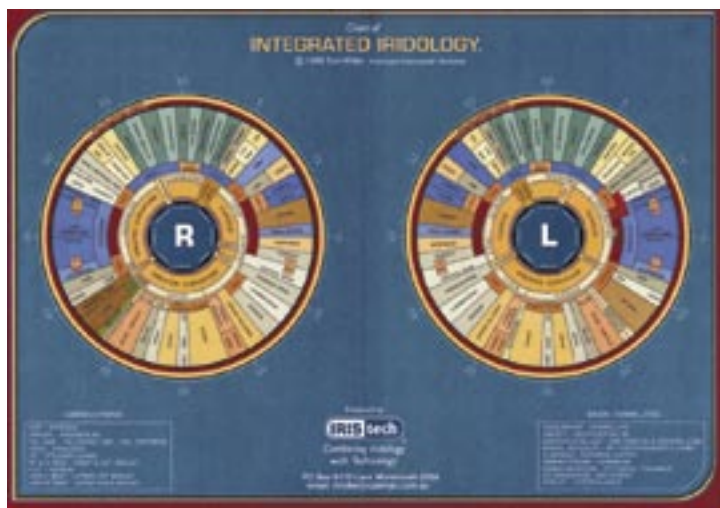
Iris analysis chart – Description of one's constitutional and hereditary strengths and weaknesses.

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





Product Price List

Product Price List

Arth-Rid-Us Triple Kit	\$23.95
Bilberry Extract	1oz/\$9.25 2oz/\$17.00 4oz/\$32.35
Brevail (Barleans)	30 caps/\$19.99
Cod Liver Oil (Nordic Naturals)	8oz/\$17.95
Complete Omega (Nordic Naturals)	60 soft gels/\$29.95
DGL (Enzymatic Therapy)	100 tabs/\$15.95
Ester-C (Source Naturals, 500 mg)	90tabs/\$11.50
	180 tabs/\$20.99
Every Woman II (New Chapter)	90 tabs/\$39.95
Every Man II (New Chapter)	90 tabs/\$39.95
Flax Oil (Barleans High-Lignan)	12 oz/\$12.35
Flora-Elite (Interplexus)	60 caplets/\$19.90
G.I. Gel	\$21.90lb. or 1.37 oz
GS 500 (Enzymatic Therapy)	120 caps/\$25.95
Herbal-Biotic	1oz/\$9.25 2oz/\$17.00 4oz/\$ 32.35
Herbal Hair Oil	2oz/\$6.00 4oz/\$10.55
Horsetail Plus Fo-Ti	1oz /\$9.25 2oz/\$17.00 4oz/\$32.35
Hyaluronic Acid (California Naturals)	90 caps/\$28.95
Immugreen Plus (Blender Culture)	8.40oz/\$29.95
Indoplex with DIM (Enzymatic Therapy)	30 tabs/\$23.95
	60 tabs/\$45.95
Intestinal Rescue	8.5 oz/\$10.35
L.B.Tea	3oz/\$6.95
L-Glutamine capsules (Country Life)	100caps/\$14.75
L-Glutamine powder (Source Naturals)	3.53 oz/\$19.99
Liquid Calcium-Magnesium (Innovative Naturals)	8oz/\$21.95
	16oz/\$35.95
Lymphatone	1oz/\$9.25 2oz/\$17.00 4oz/\$32.35
Maca Powder (Maca Magic)	7.1oz/\$19.95
Maca (in Bulk)	1oz/\$1.88 1 lb/\$30.00
Magnesium (Country Life, 300 mg)	60 caps/\$8.20
Maxi-Hair (Country Life)	60 tabs/\$15.25
Mega-Zyme (Enzymatic Therapy)	100 tabs/\$21.95
MenApplause	1oz/\$9.25 2oz/\$17.00 4oz/\$32.35
Namasté Tea	3oz/\$9.95
N-Zimes (Enzymes, Inc.)	90 caps/\$13.90
Omega Twin (Barleans)	12 oz/\$23.85
OsteoPrime (Enzymatic Therapy)	120 caps/\$19.95
Pro-Omega (Nordic Naturals 60 soft gels)	\$24.95
Rasayana Tonic	1oz/\$9.25 2oz/\$17.00 4oz \$32.35
Renew-U Tonic	1oz/\$9.25 2oz/\$17.00 4oz \$32.35
Robert's Complex (Enzymatic Therapy)	60 caps/\$16.50
Saw Palmetto Extract	1oz/\$8.25 2oz/\$15.00 4oz/ \$28.30
Saw Palmetto (Eclectic Institute)	120 caps/\$17.80
Sensuous Beauty Loving Ylang Breast Balm	3.4oz/\$25.00
Sexual Rejuvenation Kit	\$25.00
Tum-Ease Tonic	1oz/\$9.25 2oz/\$17.00/4oz \$32.35
Visual Eyes (Source Naturals)	60 tabs/\$23.99
	120 tabs/\$34.99
Vitamin E (Country Life, 400 IU)	90 softgels/\$10.99

Visit our web site for complete pricing:

www.TheHerbalist.com

Order Numbers:

206-523-2600

800-NW-HERBS

(800-694-3727)

FAX: 206-522-3253

Reach us by E-mail:

theherbalist@theherbalist.com

Store hours

Monday-Saturday

10:00 am to 6:00 pm

Sunday

10:00 am to 5:00 pm

Newsletter credits

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DESTINATION	CARRIER	CHARGE	ARRIVAL
48 States	UPS	See pg. 15	3-5 Days
48 States	UPS 3 Day	Add \$10	3 Days
48 States	UPS 2 Day	Add \$15	2 Days
48 States	UPS Next Day	Call Us	1 Day
AL/HI	UPS/USPS	Add \$10	2-5 Days
48 States	USPS	Add \$10	5-10 Days



Order Form

NAME (PRINT FULL NAME)

ADDRESS (PRINT FULL STREET ADDRESS; UPS WILL NOT DELIVER TO PO BOX) APT#

CITY STATE ZIP

AREA CODE PHONE # FAX

ITEM	SIZE	QTY	UNIT COST	TOTAL
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SUBTOTAL: _____ DISCOUNT: _____ SHIPPING: _____ 8.8%TAX: _____ TOTAL: _____

WA. Res. Only

CHECK MONEY ORDER VISA # M/C # EXP.

SIGNATURE _____

Ordering Information

The Herbalist, 2106 NE 65th St. Seattle, WA 98115
 or fax to (206) 522-3253 or call locally, 206-523-2600 or
 1-800-NW-HERBS (694-3727).

INTERNATIONAL ORDERS

We can ship your order either UPS International Air Express at current UPS rates plus \$5.00 handling or USPS Air Mail at current postal rates plus \$5.00 handling.

RETURN POLICY

We accept returns due to our error. Notify us within 7 days of receipt of goods. No returns are accepted without prior authorization. Returns not due to our error incur 20% restocking fee.

SHIPMENT

We ship within 2 business days of receipt of order via UPS. **UPS cannot deliver to a PO Box or APO/FPO address.** You must include a street address and phone number with your order. **All Alaska and Hawaii orders are shipped UPS Second Day. Refer to chart on preceeding page for additional pricing information for Second Day, etc.** We can ship orders Priority Mail through the USPS at posted rates below plus \$5.00 handling.

Order Amount	Shipping
Up to \$30	\$6.95
\$30.01-\$75.00	\$7.95
\$75.01 and up	\$8.95



THE HERBALIST

15% Discount Coupons

Not valid on Fresh Start Kit, Travel-Aid Kit, Triple-Kits and already discounted items.

Mail Orders Welcome

15% OFF

On Selected Items
 At The Herbalist
 12/1/03-1/31/04

Limit one coupon per customer.

15% OFF

On Selected Items
 At The Herbalist
 2/1/04- 4/30/04

Limit one coupon per customer.

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On Selected Items
 At The Herbalist
 5/1/04- 7/31/04

Limit one coupon per customer.

15% OFF

On Selected Items
 At The Herbalist
 8/1/04- 10/31/04

Limit one coupon per customer.

To my very good friends



Please join us in celebrating The Herbalist 20 Year Anniversary! We will start by having a great party on December 11th. (Read about it on page 2.) We would love to show our appreciation for the many years of support you have given us.

This newsletter is dedicated to many of our customers who, like me, have reached – AAAAAH! – mid life. The Mid Life Rejuvenation Guide covers the most common ailments facing those in their late 30's to early 50's. Also included is a Daily Regimen with tonic herbs and dietary supplements that support our overall health, help us avoid disease, and rejuvenate our passion for life.

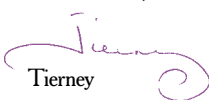
Within my own life, I feel so blessed and proud of the group I am working with at The Herbalist. I can say that the most challenging part of owning a business is acquiring a good team to work with. The Herbalist Lab Manager, Lee

Pereira, will celebrate his 15th year with us this summer. Alison Roth, our Store Manager and “Ace” shopper, has recently brought back from the Extracts Show in New York some wonderful new body care products and expanded our gift selection. She wants all to know that her staff will help put gift sets together for you with our lovely array of products and natural packaging selections. Karin Bolstad, who recently met her new man on Match.com, handles our Wholesale, Mail Order, and Internet customers as well as being our in-house Graphic Designer & Illustrator (check out the Buddha image on the cover and the package design of our new Sexual Rejuvenation Kit). Also thanks to many other budding herbalists, Tracey, Jenny, Jeanine, Beth, Lisa, and Yvette.

Besides my work at The Herbalist, my Iridology practice is continuing to grow. I am currently integrating the use of my new high-tech digital iridology camera into my consultations, which with sharper detail can provide a more accurate analysis of the iris and consequently a better reflection of the body's specific challenges. The information that is provided within the iris allows me to create a regimen of herbs, vitamins, and diet suggestions to address your specific needs.

Though Mid life brings challenges I would rather not deal with (i.e., my stiff body sitting and writing this newsletter!), I have to say I enjoy life now more than ever. My son is 14 years old and great, my dog is 5 years old and still wild, and my business is 20 years old and thriving. What more could I ask for?

Love & Peace,


Tierney

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