

Satisfy Your Soul



MOONRISE HERBS™

Quarterly Newsletter - Autumn Equinox 2010

TREE RESINS & GUMS



by Irene Lewis

This summer while camping I decided to hang a clothes line. When I approached the chosen fir trees, I noticed several nails embedded within the bark of each tree. From each nail hole oozed a golden sticky stream of sap. This sap is actually an oleo gum resin that is produced by trees such as fir, spruce, pine, frankincense, myrrh and others and it is a major part of the trees immune system. Because of this, tree sap has many medicinal properties. Tree resins are antibiotic, anti-fungal, anti-viral, anti-inflammatory, decongestant and wound healing. When humans ingest these resins or apply them topically we are utilizing the molecular components of a trees immune system to boost our

own. Teas, tinctures, salves, powders, steams, fumigations and simply chewing on a piece of resin are all ways tree resins have been used to help with healing. The resins have been known to treat a wide variety of conditions including; congestion in lungs, bronchitis, laryngitis, slow healing wounds, fungal skin infections, Candi-

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da overgrowth and painful joints and muscles. Pine, fir and spruce saps also have a long history for drawing out splinters and pussy skin infections. While Myrrh and Frankincense are known as virtual panaceas that treat all kinds of ailments from colds to cancer!

Of all the tree resins, Myrrh and Frankincense have the richest and most well known history of use. Myrrh is one if the oldest medicines in the world. Writings in papyrus Egyptian texts document medicinal use all the way back to 2,800 BCE and Chinese records date back as early as 600 CE during the Tang Dynasty.

Ancient trade routes were established from Arab regions via camel through out the Old World of Babylon, Assyria, Egypt, Persia, Rome, Greece, and China. These resins were imported for the use of temple incenses to inspire prayer, deepen meditation and revitalize spirit as well as to be used as very important medicines. The resins were prized possessions and rivaled the value of precious gems and metals. The life of an Arabian frankincense and myrrh merchant was one of camel caravans crossing barren sands, navigated by stars, and following a route between secret water cisterns hidden from roaming thieves. At the height of the frankincense trade some 3000 tons were shipped each year from south Arabia to Greece, Rome and the Mediterranean region.

Recent Research and imperial knowledge have both detailed the uses and effectiveness of these resins. It would fill several books to describe all that is known so I have chosen just a few things I found of interest to share with you. Students may drink the tea, or chew the resins of Frankincense and Myrrh to enhance memory.

Oils, salves liniments and pastes made with resins from frankincense, myrrh, pine, spruce and fir can enhance circulation, relieve the pain and inflammation of rheumatism, help acne, and

Northwest School for Botanical Studies

Classes with Christa Sinadinos



Professional Herbalist Training Program

Cultivating herbalists for over a decade

March 1st - June 30th, 2011

Tuesday/Thursday 11-4 & Friday 11-1:30

The Professional Herbalist Training Program provides you with a fundamental training in herbalism. In this 240 hour program, you will learn the skills necessary to treat common and acute health conditions. Applications are now being accepted for the 2011 (PHT) Program.

You will learn:

- The Uses of Medicinal Herbs
- Herbal Medicine Making
- Physiology and Anatomy
- Constitutional Medicine
- Herbal Therapeutics
- Field Identification
- Gardening



Visit our website for more information:

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Voice mail: (707) 826-7762

heal ulcerated infected sores, as well as fungal infections.

Chewing the resins can help tighten loose teeth and gums and heal mouth ulcers and sores, help gingivitis and enhance digestion. Chewing resins can also act as an expectorant for congestion in the lungs.

Fumigations with Frankincense and Myrrh have been used since ancient time for cleansing and healing. An interesting writing I read written by Herbalist David Crow describes the use of fumigation during childbirth. In Frankincense gathering regions the gum is burned beside the mother during labor, and the newborn baby is fumigated. Regular fumigation of the baby continues for forty days following the birth. The mother treats herself during this time by squatting over a bowl of the burning gum. The practice assists in the healing of scarring or lacerations, protects the woman from postpartum infections, restores muscle tone and accelerates recovery.

Frankincense salve has been used cosmetically to help remove dark circles and bags under the eyes, and to help the elasticity of aging skin.

A simmered tea of Frankincense, Cardamom and Cinnamon is a traditional remedy for a stomachache.

At Moonrise Herbs we carry both Frankincense and Myrrh in our bulk herb section and both can be found in tincture form as well. Moonrise Herbs also proudly carries a locally made product known as Nanaandawi. Pennelys Goodshield created a Spruce resin salve she calls Nanaandawi, which means "to heal" in her ancestral Anishinaabe language. She harvests the resin from a special medicine tree that naturally pours out large quantities of resin. She harvests with honor and prayer for the tree and the earth for its gift, and that same affection is present throughout every step of the creation of her salve.

Resin Salve

4 oz. Resin
4 oz Olive oil
1/2 oz Beeswax

You can use any resin of your choice for this recipe (Myrrh, Frankincense, Pine, Fir, Spruce etc.) In a Double boiler melt the resin and small cut beeswax into the olive oil. Pour into jars to cool.

Antiseptic Wound Powder

A traditional recipe:
Mix equal parts powdered resins of frankincense, myrrh, and dried aloe.

As I said earlier there is a vast amount of research and knowledge supporting the use of tree resins for healing. I encourage you to read further and also to try the resins for yourself. These aromatic essences will bring you a sense of well being and comfort. They can help heal both your physical and mental woes with their warm scents and molecular embrace.

When I left my camp site this summer I made sure to gather the sap from the Douglas fir tree that was nice enough to hold my clothes line. I will be making a salve soon to send off to my son who is attending college. He is a rough and tumble boy who also has a bit of fungal skin condition. . Maybe if I add a few pieces of frankincense resin to his package he will chew it and get all A's too!

June

Toothpaste for Sensitive Teeth

1/2 cup Vegetable Glycerin
 1/2 cup White Cosmetic Clay
 35-40 drops Tincture of Myrrh
 7-8 drops Peppermint or Spearmint Oil
 7-8 drops Clove Essential Oil

The vegetable glycerin serves as the base, the clay as the mild abrasive. Myrrh helps with gum inflammation, clove as a mild analgesic-helping to relieve toothache and sensitivity. Mint oil helps to freshen breath and add flavor.

Mix all the ingredients thoroughly. Adjust the quantity of glycerine to get toothpaste consistency. Store in a wide mouth bottle.

Frankincense *(Boswellia carterii)*

Frankincense is a resin which is often used as incense; when it is burned it helps encourage purification and protection. It is also said to drive out "negative" energy. It is burned in temples and churches to aid with meditation and to encourage spiritual growth. Frankincense has other medicinal properties as well. It contains resins that are antiseptic and anti-inflammatory to the lungs, urinary tract, and the genitals. As a tincture, it can be used to treat stomach ulcers and diarrhea.

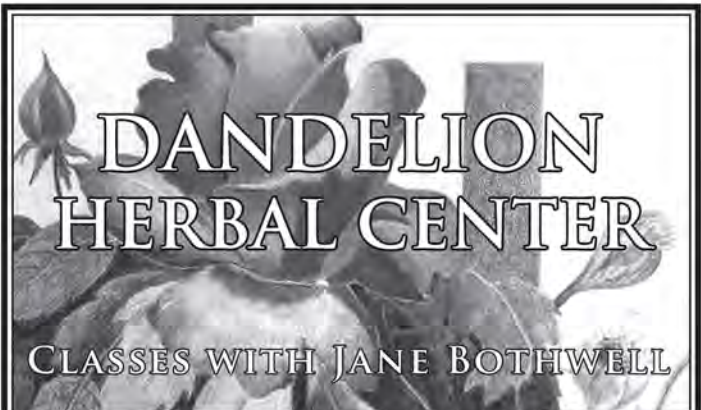
****Contraindications:** Avoid using frankincense internally with acute or chronic kidney inflammation, or kidney conditions. *

This information was written by Christa Sinadinos, for Moonrise Herbs. It is not meant to diagnose or prescribe. Please consult with your health practitioner for serious health conditions or before combining herbs while taking prescriptions or over the counter medications.

Tasty Vitamin C Rich FIR TIP TEA

1 tsp Douglas Fir Tips
 1 cup Boiled Water

Infuse for 10 minutes. Yum!



Beginning With Herbs

January 26 - March 23, 2011 • Wednesday Evenings 7-9 pm

Moonrise Herbs, 826 G St., Arcata

Includes 2 Herb Walks

February 13, 2011 • DHC, Kneeland • 1:00-3:30 pm

March 13, 2011 • Elk Head Trail • 1:00-3:30 pm

Learn ... Field Identification • Herbal First Aid Salves • Pills
 Tinctures • Syrups • Formula Making and More.

10-Month Herbal Studies Program

February - November 2011

This 130 hour program is designed for the serious herb student. Classes will focus on herbal therapeutics, materia medica, medicine making, plant identification, seaweeds, wild foods, herbal first aid, flower essences, herb gardening and the magic and spirit of plants. Field trips will give us the opportunity to wildcraft herbs and seaweeds, visit local herb farms and manufacturing businesses, and explore and identify herbs growing in different ecosystems.

Pre-requisite: Beginning with Herbs or prior experience.

Register Online or Call 707-442-8157

www.dandelionherb.com

janeb@arcatanet.com

PO Box 4440 • Arcata, CA 95518



Schedule of Upcoming Classes & Events

BEGINNING WITH HERBS

with Jane Bothwell

September 22nd - November 17th from 7 - 9:30 pm, cost is \$325 and includes samples

This class is an excellent introduction to the world of healing plants for the beginning and intermediate herb student. It includes demonstration and use of medicinal preparations (tinctures, salves, pills, syrups, etc), field identification, herbal first aid, formula making and more, with lots of "hands-on" activities. This class is a prerequisite to the 10-month Herbal Studies Program at Dandelion Herbal Center. The class is held on Wednesday evenings, plus two additional daytime herb walks. For more information visit our website at www.dandelionherb.com or email janeb@arcatanet.com, or call (707) 442-81157.

WHAT IS QUANTUM ENERGETICS THERAPY?

with Sandra Freeman

Tuesday October 5th from 7 - 8:30pm, a FREE talk

This informative and experiential presentation will focus on a gentle and powerful structured system of health care that very effectively uses subtle energy to trigger the body's innate healing processes.

Sandra Freeman has over 35 years' background in bodywork therapy and energy medicine. She has a private practice in Arcata and teaches with Quantum Energetics Institute, Fort Collins, CO. We will discuss the emerging paradigm of energy medicine and why it works. We will also explore specialized kinesiology testing, working with the innate wisdom of the body, and what exactly is unique about Quantum Energetics Structured Therapy™. www.quantumenergeticshealing.com

TINCTURES AND ELIXIRS

with Irene Lewis

Thursday, October 14th from 7-8:30pm, cost is \$25 and includes recipes and a sample of each

Ever wondered how to make tinctures and elixirs? Join us for this hands-on class. We will discuss the different methods of making herbal extracts, and we will each make a tincture or an elixir during the class. Irene Lewis has been in the business of making, selling, and teaching about herbal body care products since 1989. In 2004 she became the proprietor of Moonrise Herbs.

Scroll down for more class listings!

HERBAL SPA DAY

with Irene Lewis

Sunday, October 24th from 12-4pm, cost is \$40

In this fun and creative class you will learn how to make herbal lotions & lip balms and indulge in an herbal facial & footbath. Come let the essence of the plants relax and refresh you. Bring a bowl and two towels. Samples of the lotion and lip balm made in class, and many wonderful recipes will go home with you. This class is limited to 10 participants.

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BEGINNING POLARITY MASSAGE

with Sandra Freeman, CMT

Mondays, October 25th & November 1st, 8th, 15th from 6:30 - 9pm, cost is \$140

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HERBS™**

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Mon.-Sat. 10 a.m.-6 p.m., Sun. 11 a.m.-5 p.m.
On the Plaza Arcata • (707) 822-5296 • www.moonriseherbs.com

Upcoming Classes & Events Continued

Polarity Therapy, developed by Dr. Stone DC (1890 – 1981), is derived from naturopathy, osteopathy, Ayurveda and Chinese Medicine. Develop sensitivity to the energy fields of the body while learning to give and receive a complete energy balancing session. This effective massage technique requires no oil; participants will be fully clothed. Appropriate for those with no massage background as well as those with massage experience. The class is held on Tuesday evenings, and class size is limited to ensure individual attention for each student. Sandra Freeman has 35 years' experience in therapeutic bodywork and natural therapies. She is a Master Practitioner of Quantum Energetics Therapy™ and teaches for Quantum Energetics Institute, Fort Collins, CO.

ACCESSING BODY WISDOM

with Sandra Freeman

Tuesday, October 26th from 7 - 8:15pm, cost is \$5

This fun and experiential presentation will focus on specialized kinesiology testing, a tool to access the innate wisdom of the body. Sandra, with over 23 years' experience using this tool in her private practice, will discuss how it can allow us to take into consideration the body's wisdom regarding its true priorities and needs. She will demonstrate how an individualized assessment of the client can be made and how it can help us to save resources, time and money when choosing therapies, herbs and/or supplements.

HERBAL COOKING - USING FOOD AS MEDICINE

with Michele Palazzo

Tuesday, November 2nd from 7-9 pm, cost is \$15-\$30 sliding scale

Herbs are great to flavor foods, but they also act as healing agents. Learn to introduce nourishing herbs into your regular diet. Experiment with a variety of recipes in class. Michele Palazzo is an herbalist, naturalist, educator, activist, gardener and traveler with a Bachelor of Science degree in Environmental Science and Forestry as well as five years of focused herbal study. She has been working and exploring with plants and children for the past 15+ years.

HERBAL GIFT MAKING

with Irene Lewis

Sunday, November 14th from 12-4pm, cost is \$45 including recipes and samples!

The holidays are fast approaching, and handmade herbal

gifts are easy and fun to make and are always well appreciated. In this hands-on class we will make lip balms, lotions, aftershave, bath salts, spritzers and much more. Recipes and instructions for making cordials and other treats will be discussed. You will bring home samples of everything we make as well as handouts with recipes for making your own concoctions at home. Join us for an old fashioned afternoon of pre holiday cheer!

RESPIRATORY HEALTH

with Michelle Palazzo

Tuesday, November 9th from 7-9 pm, cost is \$15-\$30 sliding scale

The respiratory system gets overwhelmed easily. It is important to take good care so a little congestion doesn't turn into something more serious. Learn to make a respiratory rub, cough elixir, herbal steams and healing teas which will help to keep you breathing clearly. Participants will take home a remedy that we make together in class. Michele Palazzo is a naturalist, herbalist, educator, gardener and traveler with five years of focused herbal study. Working with people and plants during her travels around the world has provided Michele with the incredible opportunity to learn herbal traditions of different cultures. She has been working and exploring with plants and children for the past 15 years. Now residing on the Lost Coast of Northern California, she teaches herb classes and workshops, leads edible and medicinal plant hikes, has her own herbal line called Mama Palazzo's Herbal Remedies and offers environmental education for children and adults.

MARKETING FOR HEALERS

with Robert Gluckson

Tuesday, November 16th from 7-9 pm, donations accepted

Learn the best strategies at the Marketing for Healers workshop at Moonrise Herbs. Choose outreach efforts that meet your goals and utilize your special skills. See how your friends and clients can help you share your gifts. Discover low-cost print and online publicity techniques. We will discuss what to put on your business card, brochure, and online. Class fee by donation. Robert Gluckson, M.A. is a marketing consultant with Good Cause Marketing. Call 541 890-4621 for more information. See www.goodcausemarketing.com for free marketing articles.