

Satisfy Your Soul



MOONRISE HERBS™

Quarterly Newsletter ~ Spring Equinox 2007

HERBAL APHRODESISIACS BY CHRISTA SINADINOS

Spring and the glimpses of warm weather draw humans out of their quiet winter nests. Spring is also an inspiring time of year. It awakens the spirit as well as creative and sexual energies. It is nature's birthing season; seeds are sprouting, the trees are budding, and luscious green leaves are growing. Spring embodies the essence of Yang an outward, fiery, and vibrant energy. Spring is a time of year when one can utilize the energy stored during the winter. If one did not rest, relax, and store their energy in winter, it may be difficult to feel the upward rising sexual energy. A lack of sexual feelings at this time of year can indicate the loss of one's vital reserves, stored in the adrenals. Long term stress, overworking, lack of sleep, and chronic use of stimulants can deplete the adrenals, which can result in lowered libido.

Fortunately, there are numerous adrenal tonifying herbs which have adaptogenic properties. Adaptogens help to modify the bodies' negative responses to stress. Chronic stress takes a toll on the adrenals and kidneys, which are the house of one's sexual vitality.

Many herbs with adrenal tonifying and adaptogenic properties increase virility, stamina, and libido. Adaptogenic herbs aid in restoring hormone balance in both men and women. They increase energy levels and vital forces. Adaptogens work most effectively when taken on a daily basis for a long time. Adaptogens and most tonics should be avoided during acute illness and menstruation. Adaptogenic herbs can be taken in the form of tea, tinctures, elixirs, syrups, pills, pastes, powders, and some can be cooked in stews.

There are numerous adrenal tonics and adaptogenic herbs; each herb has an affinity for other systems in the body. Therefore, it is important to do careful research and consult a knowledgeable herbalist before using an herb or combination of herbs as medicine. *Some of the following herbs may conflict with medication.* A few examples of adrenal tonifying and adaptogenic herbs include the following:



Ashwaganda (*Withania somnifera*), Licorice root (*Glycyrrhiza glabra*), Muira Puama (*Ptychopetalum*), *Rhodeola rosea*, Schisandra (*Wu Wei Zi*), Eleutherro AKA Siberian Ginseng (*Eleutherococcus senicosis*), and True Sarsaparilla (*Smilax spp.*).

All true Ginsengs (*Panax* species) are potent adrenal tonics however, they are traditionally not used for individuals who are younger than forty years of age. Thus, Ginseng is not appropriate for younger people unless they are extremely depleted. True Chinese Ginseng also known as white Chinese Ginseng (*Panax ginseng*) is an energizing and

warming tonic. Ginseng strengthens the digestive system, the adrenals, the immune system, and it balances hormones. However, it is not an ideal herb for warm bodied individuals. Speaking of heating herbs, it is important to avoid using Red Ginseng (cured *Panax ginseng*) as it is extremely heating and it can easily derange a person's constitution, and cause agitation and heart palpitations. Red Ginseng should only be taken under the recommendation of an Acupuncturist or an experienced herbalist. American Ginseng (*Panax quinquefolium*) is the most cooling of the Ginsengs and it is less stimulating than white Chinese Ginseng. American Ginseng strengthens the digestive system and it has Yin tonifying properties.

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(Herbal Aphrodisiacs continued...)

Schisandra chinensis is a Chinese tonic which is also known as five flavor berry or Wu Wei Zi. Although it embodies the five flavors it has a predominately sour flavor and when made into a tea, it departs a bright red color. It contains flavonoids which strengthen the blood vessels and the cardiovascular system. Schisandra is traditionally used as a heart or a shen tonic; it quiets the heart and calms the spirit. Schisandra reduces anxiety, palpitations, and irritability which are signs of shen disturbance. Schisandra brings more energy and blood flow to the sexual organs and can be used as a long term tonic for sexual vitality. It is a euphoric and an aphrodisiac. Schisandra also increases sexual fluids, it increases lubrication in the vaginal tissues so it is beneficial for women who regularly experience vaginal dryness. As a kidney yin tonic, Schisandra can increase fertile mucus secretions which help a woman to conceive a child. Schisandra also increases sexual fluids in males which promotes sperm motility. A couple can consume Schisandra in the form of tea, tinctures or pastes, to enhance fertility.

Damiana (*Turnera diffusa*) is another aphrodisiac herb it is native to Mexico. Damiana stimulates sexual arousal by increasing blood flow to the genitalia and strengthens the tone of the sexual organs. It also helps relax shy couples and melt social barriers. It is a wonderful herb to add to elixirs and cordials.

Cordials are flavorful liqueurs. The word cordial is derived from the Latin word *cor* meaning "heart", and actually originated as a medical term. Cordials were traditionally used to stimulate the heart which in medieval physiology was considered "the locus of feelings and affections" and from this association the adjective cordial meaning "hearty" or "heartfelt" arose.

If you would like to try some tasty cordials and elixirs before making your own, Alpine Meadow Botanicals, a local company produces several elixirs and cordials. Feelin' Sexy a Damiana Cordial in an organic chocolate base is a delicious and arousing sexual stimulant. The Immune and Vitality Elixir which contains numerous adrenal tonics and adaptogenic herbs which enhance the function of the reproductive system, the immune system, and the digestive system. The

Sexual Vitality Elixir can be used by men and women who experience low libido or impotence by revitalizing the sexual organs, tonifying the adrenals and the kidneys, balancing hormones, and increasing vital forces.

One of the quickest methods of sexual arousal is through the limbic portion of the brain which is stimulated directly from one's sense of smell. Aromas can arouse carnal instincts. The limbic brain is the first area stimulated with an initial attraction, and then comes the physical attraction. Aromas are a fantastic yet subtle method which can be used to set the romantic mood.

The following aphrodisiac herbs have very sensual aromas. Most of these herbs also increase circulation body wide and they warm the genital region. These herbs taste delicious in the form of tea, cordials, or in food and desserts. They can also be simmered in water as a sensual potpourri. Some of the aromatic aphrodisiac herbs include the following: Allspice (*Pimenta officinalis*), Anise (*Pimpinella anisum*), Cardamom (*Elettaria cardamomum*), Cinnamon (*Cinnamomum zeylanicum*), Cloves (*Syzygium aromaticum*), Ginger (*Zingiber officinale*), and Vanilla (*Vanilla planifolia*).

Rose Hydrosol or Orange Blossom Hydrosol both make lovely par fumes and sprays for around the love nest. Hydrosols are the water byproduct that results from producing essential oils. Hydrosols have a subtle and exotic aroma and are generally safer to use than most essential oils. Simpler's and Oshadi companies both produce lovely versions of hydrosols and are available at Moonrise Herbs.

Essential oils can be diluted and utilised in the form of spritzers, massage oils, and much more. Sweet, floral scents are heart note essential oils. Some include the following: Jasmine, Mandarin, Neroli, Rose, Tonka, Tuber Rose, Ylang Ylang, and Vanilla. The sensual and sexy base note essential oils include the following: Atlas Cedar, Balsam of Peru, Balsam of Tolu, Benzoin, Gum benzoin, Styrax, Cedarwood, Ginger, Patchouli, Rosewood, Sandalwood, Spikenard, Vanilla, and Vetiver. Other aromatic aphrodisiac essential oils include the following: Anise, Cardamom, Cinnamon*, Clove*, Fennel, and Ginger. *Please note that these oils can be very irritating to skin so use sparingly and never apply directly to the skin!

Some other invigorating and exotic essential oils that are often used in blends include the following: Allspice, Bay Leaf, Cedar wood, Rosewood, and Rosemary. Many of the oils mentioned above can be purchased by the drop at Moonrise Herbs. Use caution and references when using essential oils. They are very potent and can be highly irritating to the skin if used incorrectly.

Take a bath or shower and massage yourself and/or your lover with a sugar scrub. Apply the sugar scrub all over the body while in the bathtub, then rinse off. Sugar scrubs exfoliate the skin and leave the skin feeling soft.

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The Northwest School for Botanical Studies

Classes with Christa Sinadinos

Herb Walk at Redwood Roots Farm

Saturday, June 9th from 2-4pm

Contact Erin at 826-0211 to register

Check out the new look of our website and Find more information on future classes at:

www.herbaleducation.netOr email us at herbaleducation@suddenlink.net or call

(707)-826-7762



Irene's Cauldron



Welcome Spring! It was so fun to come back from my journey to the Yucatan to see my daffodils blooming. Usually I get to view their bright yellow faces on Bridget's Day of Imbolic February 2nd. When I left for Mexico, on February 16th, I still hadn't seen any flowers. So when I returned March 7th, I was absolutely delighted to see daffodils as well as my Magnolia tree in full bloom. Along the woodland paths, I discovered that Coltsfoot flowers, Milkmaids and Hawthorne trees were also happily in bloom. I love it!

Winters introspective time leads to new growth in the Spring. Moonrise Herbs is also blossoming with another new endeavor. Look for us at the center of the Plaza during Saturday's farmers market. We will be featuring local farmer's produce in our delicious organic soups, as well as our famous Energy and Maca Bliss balls.

Also new to the store are several pleasurable tea blends. My favorite is Velvet tea. This divine tea combines Rooibos, Mint, Cocoa Nibs and Apple. I overheard a customer exclaim in delight after taking a sip from our free tea sample. "Wow, this taste is so great! If I was velvet I am certain I would taste just like this." Velvet tea is not only a tasty tea, it is also very rich in antioxidants plus, it soothes digestion. It is a perfect dessert tea for after a meal, or for when you just want to give yourself a special treat.

Come by and see our new beautiful stones. Recently one of our traveling vendors came in and our buyers picked an incredible array of Tibetan crystals, Rainbow moonstones, Purple Mica, Kyanite, Amber and more.

Once again Moonrise Herbs has a full schedule of classes lined up with several extraordinary teachers. Be sure to check out the details in this newsletter. In addition, I will be holding one of my favorite classes on Sunday, April 29th. Herbal Spa Day! This hands on class is a fun and relaxing way to indulge your senses in the essence of plants, while learning how to make herbal lotions and lip balms. It is also a wonderful opportunity to learn some of the herbs qualities for healing.

Mark your calendars for Friday, May 11th, through Sunday, May 13th. Moonrise Herbs is having our annual Spring Sale. Everything in the store will be 10% off including all Dr. Haushka products and our fine selection of Jewelry. Plus, all bulk herbs and teas will be 20% off. And of course we will have our sidewalk table set up with savings of up to 75%.

Now that winter is ending I hope you are feeling inspired by your introspections and can create your own beauty amongst the Spring time flowers. While you are admiring the flowers you might want to sip a bit of morning dew too.

Juicy green blessings to you,

Herb Blurp: Just Call It Gurmar

By Mary-Susan Pabst, Certified Herbalist

What or whom is *Gymnema sylvestri*? Indeed it is a good plant to know, yet all but impossible to pronounce. I call it Gurmar. The Sanskrit name for *Gymnema* is "Gurmar," meaning "sugar taste destroyer." It is my hope that by the end of this article, it will be clear as to why the name translates to such.

Gurmar has been used in India for over two-thousand years for obesity, sugar cravings, hypoglycemia, and diabetes mellitus. Gurmar is also indicated for rheumatoid arthritis, gout, kidney stones, and enlarged liver or spleen. Naturopath Michael T. Murry informs us that topically the root paste can be applied to snakebite wounds. Also, for enlarged glands, a topical leaf compress, mixed with castor oil helps resolve the situation. Gurmar has antibacterial, antioxidant, antiviral, antiallergenic, blood glucose and lipid lowering effects. It is in its ability to help those with blood sugar disorders that Gurmar has found its largest fan base.

Acting on the taste sensors in both the mouth and intestines, Gurmar helps thwart sugar cravings by dulling the sweet taste sensations. This is very helpful at ten o'clock at night when the ice cream in the freezer starts to lure you with its sweet melodies. Sip a little Gurmar tea and the ice cream's seductive song will quiet down.

For those dealing with blood sugar issues, Gurmar stimulates regeneration of the pancreatic beta cells that produce insulin. Gurmar also increases cellular sensitivity to insulin. Increasing cellular insulin sensitivity assists the body in assimilating the insulin already being produced. By stimulating pancreatic secretions, you also stimulate the gall bladder to release more digestive juices. In turn this assists in proper digestion, and assimilation of food. Helping secondarily with gas and bloating in the digestive tract. Research has shown that Gurmar fills the sugar receptor sites in the outer layer of the intestines, thus enabling the body to absorb sugar via the intestinal walls also resulting in lowering blood sugar. People with blood sugar in the normal range will not experience hypo, or low blood sugar due to this plant. Those with insulin dependent diabetes should take note that they may need to lower their insulin intake while taking Gurmar. It is best to start slow and monitor your blood sugar regularly (always inform your health care provider of any changes you wish to make so they can help monitor you as well). A feeling of calm, wellbeing, greater vitality, and less fatigue are reported by those using Gurmar. These are also feelings that accompany controlled blood sugar levels. Usage during pregnancy needs more research to know if this plant is safe for mother and baby. The tea of Gurmar leaves may be drunk up to three times daily (no more than 32 ounces total daily). Two "00" capsules may be taken three times daily, as may 20-60 drops of tincture.

SPRING SCHEDULE OF CLASSES

April:

Calling Your Soul Home with Michal Mugrage

Sunday, April 8 at 1:00 - 4:00pm; \$30; Limited to 6 Attendees

Call 407-7192 or email soul_nurturer@hotmail.com to register

In this class participants will choose one event in their life that they feel has caused a loss of vital essence, and will be guided through shamanic journey and ceremony to receive a healing from the compassionate spirits that guide and protect, and will leave having recognized, recalled and reconnected with a vital treasured aspect of themselves.

The story of Dr. Weston A. Price with Lezley Troxell, Herbalist & Certified Nutrition Educator

Monday, April 9th at 7:00 - 8:30pm; FREE

Call Moonrise Herbs to register

Using an anthropological approach to research, Dr. Weston A. Price looked at healthy people and their diets and made comparisons to current eating habits of his time. We'll take a look at the results of his research and how we can apply what he learned to our eating habits today.

Astrology Exploring the Lunation Cycle with Salina Rain

Tuesdays April 10th thru May 29th at 6:30 - 8:00pm; \$160

Call 668-5408 to register

We explore the Moon's cycles in relation to our individual charts. Fun and enlightening, astrology helps us find clearer orientation and better grounding in our daily lives.

Tarot with Salina Rain

Thursdays April 12th thru May 31st at 6:30 - 8:00pm; \$160

Call 668-5408 to register

In a fun, supportive atmosphere we explore and deepen our relationship with the cards and learn divinatory uses, both practical and esoteric.

Herbal Spa Day with Irene LewisThorne, Herbalist & Proprietor of Moonrise Herbs

Sunday, April 29th at 12:00am - 4:00pm; \$35; Limit 10 Attendees

Call Moonrise Herbs to register

In this fun and creative class you will learn how to make herbal lotions and lip balms, and indulge in an herbal facial and footbath.

May:

Shamanic Problem-solving with Michal Mugrage

Sunday, May 13th at 1:00 - 4:00pm; \$30

Call 407-7192 or email soul_nurturer@hotmail.com to register

Utilizing several practices, we will work on focused journeys to find soul-utions for actual issues or problems or challenging choices that participants are currently faced with.

May continued...

Fermented and Sprouted Foods with Lezley Troxell

Monday, May 14th at 7:00-8:30pm; \$6

Call Moonrise Herbs to register

We'll look at the history of these important foods and share samples and recipes.

June:

Bio Energetic Synchronization Technique Demonstration with Alexandra Ferguson, B.C.R., C.B.E.S.T. Owner of the Center For Reflexology and Intuitive Healing Arts

Thursday, June 7th at 7:00 - 9:00pm; FREE

Call Moonrise Herbs to register

Learn about the most amazing mind-body technique that gives you a jump start and puts you in the fast lane of finding out who you really are! B.E.S.T. removes the stressful mental and emotional triggers that keep us from health, happiness and living the life we want.

Praying with Power with Michal Mugrage

Sunday, June 10th at 1:00-4:00pm; \$30; Limited to 6 Attendees

Call 407-7192 or email soul_nurturer@hotmail.com to register

Learn time-tested techniques for gaining maximum benefit from praying whether for yourself, for others or for the planet in general. Experience how prayer can be a practical and powerful spiritual tool for manifesting at all levels, and discover how to create positive change in your own life and the lives of others.

Nutrition, Lifestyle and Herbs for PMS and Menopause with Lezley Troxell

Monday, June 11th at 7:00-8:30pm; FREE

Call Moonrise Herbs to register

The term PMS (pre-menstrual syndrome) did not become part of medical terminology until 1953. Why? What has changed in the past 50 years? What is causing more and more problems in this area with each passing year?

July:

Herbal Summer Camp for Kids 8-13yrs with Irene LewisThorne

Monday July 23rd- Thursday July 26th; \$65

Call Moonrise Herbs to register

Four fun filled days of botanically creative activities. Learn to create lotion, lip balm, cough syrup and more. Make and eat some Lemon verbena ice cream and go on an herb walk. Classes held in Freshwater.

(Herbal Aphrodesiacs continued...)

Herbs and aromas have been used throughout history in almost every culture to arouse sensuality and to enhance sexual pleasure. Remember to make some time to honor your sensuality by consuming nourishing tonics and foods, lavishing yourself with lovely scents, and by playing and frolicking. ☺

Christa Sinadinos is the founder of The Northwest School for Botanical Studies and she teaches multiple classes on the topic of herbal medicine. She is also the proprietor of Alpine Meadow Botanicals, a local herbal extract business. She will be offering an herb walk on June 9th, 2007. To find out more information about future classes visit her web site: www.herbaleducation.net.

Aphrodesiac Recipes

Schisandra Tincture

You need 2 ounces of the berries, 5 ounces of glycerin, and 5 ounces of vodka or brandy.

Place the ingredients in a pint mason jar with a piece of wax paper between the jar and the lid. Allow the tincture to steep for two weeks, then strain and bottle the extract. Take 1-2 droppers full (15-60 drops), one to three times daily.

Sugar Scrubs

Fill a clean, dry glass jar with organic sugar a ¼ inch shy of the top. Next cover the sugar with almond oil, ½ teaspoon of Vanilla extract, and 10 drops of either Sweet Orange, Almond, Anise, Cardamom, Fennel, Neroli, Red Mandarin, Tangerine, or Vanilla essential oils or Use only 1-3 drops of Ginger or Rose essential oils, Mix the ingredients together with a chopstick and top off with a little almond oil. Cover with a cap and store in a dark cupboard or a refrigerator (if you have ants.)

Sensual Spritzers

Add between 5 to 20 drops of an essential oil or combination of essential oils to a 4 ounce spritzer bottle. The amount of drops of essential oil will vary as some oils are more potent than others. As a base use 3 ounces distilled water and 1 ounces of Vodka; or combine 3.5 ounces of distilled water and ½ ounce of grain alcohol (not isopropyl alcohol). Start with single oil such as Jasmine, Rose, Neroli, Sandalwood, or Vanilla.

Sensual Massage Oil

Add between 5 and 15 drops of an essential oil to one ounce of base oil. Almond, Apricot, Avocado, Jojoba, Peach Kernel, Sesame, or Sunflower oil can all be used as base oils. It is ideal to buy cold pressed oils. Try using a single oil or a simple blend of two to three oils. Remember, less is more.

Book Review

In Search of Everything (& finding balance) A Highly Recommended Read By K. cafi

All you need is love, right? Well, Elizabeth Gilbert would recommend adding in some eating and praying too, that is, if you want to reach that mysterious place we all seem to be striving to attain: Balance. And that is just what she did—ate, prayed and loved her way right to that elusive place and lived to tell us about it (and she did survive Italian men, pre-dawn meditation sessions, and a crooked Balinese herbalist!). In “Eat, Pray, Love: One Woman’s Search for Everything Across Italy, India and Indonesia,” she tells the tale of her great escape from the life that was making her feel about “seven thousand years old” to discover her happy—and yes, balanced—self (and in the arms of a tall-dark-and-handsome man nonetheless!). This is the juicy tale of a woman disillusioned with her picture-perfect life who had the courage to leave it (the job, the house, the man) and go in search of ... well ... everything and who ultimately found her happy ending (or true beginning).

Although a bit drastic, her plan was quite rational really. If one is to find balance among the polarities of pleasure and discipline—between the outer and inner worlds—why not seek it by experiencing life within the cultures that have mastered each aspect of the human experience? And so it was with that she set off on a one-year solo voyage of self-exploration evenly divided between the countries that best exemplify the arts of pleasure, devotion, and love. To Italy for “la dolce vita” of pizza and gelato and the men of “giant brown liquid-center eyes”; India for the ashram life of meditation and prayer and scrubbing floors; and Indonesia for basking in the love-is-in-the-air vibe of the tropical islands and apprenticing with an eccentric medicine man who would teach her to see with her heart.

I don’t expect that I, or many of you, will go to quite these measures to find the balance we seek, but who among us would not want to be a fly-on-the-piazza/temple/beach of this fantastic journey? For that, this book is the ticket and it’s a great trip. Written with superb wit and candor, it’s a highly entertaining and fun read. Gilbert possesses that most important of skills for a good storyteller, especially a travel memoirist: The ability to convey the feel of a place and its people as well as the inner experience of the journey—the moods and insights and transformations—in such a way that you feel as if you have actually lived the experience and are changed by it. But what sets this book apart most from other travel memoirs is that it reminds us that the greatest and most important journey is within and that the best we can do with this life is simply eat, pray, and love with full gusto. ☺

The Morning You Were Born by Tim O'Leary

The sun spilled through the east window of the living room directly on your mom who wore her tie dyed sleeping gown. In the throes of labor, she was glowing - despite the far away look in her eyes. I was sitting at the kitchen table eating pancakes when Jan, the midwife, came to the open kitchen door and exclaimed, "We'd have been here sooner except the cows were blocking the road." The other two midwives, Barbara and Maureen, crowded in behind her. "Oh, yeah, the farmers always move the cows at this time in the morning." I said. It was 7:20. And it was the day you were born. I remember coming home from a long day of mowing lawns on the previous afternoon. Easter candy lay on the counter, left over from the egg hunt two days before. We had celebrated Easter Sunday 1991 at our friend Kathy's house in Manila where everyone rubbed your mom's belly and cooed, "Any day now," or "It's going to be an Aries," and, to your sister Ciel who was seven at the time, "Are you excited about your new baby sister or brother?" See, we didn't know if you were going to be a boy or a girl. We enjoyed the suspense. The sun shone brilliantly that Easter afternoon, though a brisk spring wind blew everything about. Someone in the circle of folk sitting around Kathy's living room that Sunday mentioned that a sure way to help bring on the birth was to follow three steps: 1. Take a long walk. 2. After the walk eat pizza and have a dark beer. 3. Go to bed have your partner give you a massage and make love. That sounded like a good idea to me.

The next morning was Wednesday the 3rd of April. By 7:45 a.m. your aunt Lisa had arrived and our dear friend Celine, having picked up Ciel at her dad's house, was just coming in the door. Your mom had by now gone back into the bedroom with the three midwives. The early morning sun shining in the windows made the room glow like a chamber of gold. Just two hours before your mom had lain restlessly in bed when I woke, and we both wondered if this would be the day. I had attended the births of three of my nieces, which had been all day affairs and so I was of the mind that this was going to last all day - this waiting for you to come out. At 8 a.m. I was surprised to realize that you were on your way in a much speedier fashion. I did pause to put on a tape of the Grateful Dead with the song "Help on the Way" to start things off. Celine called out that I'd better get in the bedroom and quit messing with the music. Everyone else was in the room when I came in. It was all very relaxed except for your mom who was doing all the work of having a baby.

After trying various positions your mom decided that being on her hands and knees was the most comfortable. Barbara and I were there with our hands ready to catch you when, as your mom gave one last heave-oh of a push, your purplish, bloodstained wet little body plopped out. The cry

rose, "It's a GIRL!" And there you were. I immediately fell in love. Ciel gasped that you looked like a monster. But you were the most beautiful little monster I ever saw. We were all ecstatic, the whole room buzzed with a vibrancy that comes when a new life enters. It was 8:22, barely over an hour since the midwives had arrived. In the other room the song "Eyes of the World" played.

You lay on your mom's breast all cute and wise looking. Celine said, "Take your shirt off, Tim, and bond with your daughter." So I did and it was the most natural thing in the world to hold you close to my chest. We all felt so lucky and blessed that everything went smoothly, though rather quickly, and we birthed you at home with the best midwives, your sister and Aunt Lisa and our good friend Celine in attendance.

When all had settled down somewhat, your placenta lay in a big bowl and the midwives had ascertained you were as healthy as you looked, we decided to give you a name. I like to say we looked out the bedroom window at our herb garden then named you after the first herb we saw and named you Rosemary. If that were really the case your name could have been Wormwood or Mugwort. The name, Rosemary Fiona O'Leary seemed just right. Later on our friend Ginny pointed out to me that the name was herbal, grateful, and Celtic. And it seems to fit you fine sixteen years later.

Soon after your birth we all retired to the kitchen and I made pancakes for everyone and, as was custom for the midwives after every birth, we had ice cream as well. I broke out a bottle of champagne. I got on the phone and called everyone I could think of to tell that you were born. The word spread quickly. I was delirious with happiness. By noon everyone had left to give us time alone. I crawled back into bed and cuddled up next to your mom and you to take a little nap and when I awoke it was early evening. The sky had clouded up and a soft spring rain fell in the gathering twilight. I went outside and could hear the distant surf pounding on the beach. The owl that lived in the huge hay barn by our house looked down from its perch in the hayloft window, spread its wings, and soared out across the pastures of the Bottoms. I took that as a good sign.

It was one of the best days of my life, becoming your Dad. 🍀

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- Herbal Study Classes
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See enclosed Insert

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