



www.RuthsHerbalRemedies.com

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WHAT'S NEW AT RUTH'S HERBAL REMEDIES?

PRODUCTS:

Ruth's new roll-on aromatherapy products are now on the website: **Migraine Relief** (relieves migraine pain & headaches), **Nausea Relief** (relieves morning & motion sickness), **Breathe Easy** (relieves sinus congestion & allergy/asthmatic symptoms to clear breathing), **Cough Buster** (relieves the symptoms of coughs & bronchitis), **Hypertension Tamer** (aids in reducing high blood pressure), **Immunity Booster** (protects the immune system to ward off ailments), and **Clear the Ear** (relieves the symptoms of ear aches & ear infections). Made with 100% organic aromatherapy oils & carrier oils – just roll-on various points on the body for healing benefits, **Flu Fighter for Children: new tincture with vegetable glycerin (no alcohol) to help protect children from illness & boost their immune systems.**

Classes:

Ruth is continuing to teach classes on herbs and preparing herbal products. The next class "A Day of Nourishment: Moving into Spring with Lisa Jansen and Ruth Madocks. Yoga, Meditation, & Herbal Remedies." Ruth will be preparing a vegan organic lunch & speaking about seasonal foods and herbs as we move into the spring season. Lisa will give instruction in yoga, cranio-sacral therapy & meditation.

Sat. March 5 from 10:00 am to 4:00 pm. Lisa Jansen's private practice (call for directions) Register through Lisa @ 805.709.6437 or innerchi108@gmail.com

TO PURCHASE PRODUCTS OR TO OBTAIN MORE INFORMATION ON RUTH'S HERBAL REMEDIES

CONTACT RUTH DIRECTLY AT 805.481.9205 OR ON OUR WEBSITE@ WWW.RUTHSHERBALREMEDIES.COM

UPCOMING EVENTS

Ruth will have a booth at the following shows and events:

"Growing the Village: Earth Day 2011"

El Chorro Regional Park (new location)
Saturday, April 23 - 9am to 5 pm.
Activities for the whole family. Come and make a dream pillow @ Ruth's Booth.

Art in the Park:

At the Dinosaur Caves Park in Shell Beach from 10am to 4pm - 1st Sunday of every month from May through November. May 1, June 5, July 3, August 7, September 4, November 6. (October 1 and 2 Morro Bay Harbor Festival - more info to come)

Halcyon Faire:

Mother's Day Special Sale: May 8 and 9 - 10am to 4pm. In the orchard next to the Halcyon Store off Halcyon Rd in Arroyo Grande. Always my favorite show of the year with wonderful people and super shopping deals.

RUTH'S HERBAL REMEDIES CAN BE FOUND AT:

- **The Secret Garden** - 740 Higuera St (Creekside) between Novo Restaurant and the Birkenstock's store across from Mission Plaza on the creek.
- **The Halcyon Store** - (on Halcyon Rd. in Arroyo Grande)
- **Harmony House Yoga Studio** - (991 Price St, Pismo Beach)
- **The Salisbury Winery** - (6985 Ontario Rd. frontage rd, near the trailhead of Bob Jones trail) in the Avila Valley

FENUGREEK

Fenugreek, has been well-known as a culinary and medicinal herb in many parts of the world for centuries. The seeds are the main part of the plant used, but the leaves have historically served as animal fodder. In fact, the Latin name is 'foenum-graecum' which means 'Greek hay.' Fenugreek was cultivated in ancient Egypt for eating, healing and embalming. The Greeks and Romans valued the seed as food and medicine. On the Indian subcontinent the seed has been part of curry powder for thousands of years.

Fenugreek seeds contain up to 30% mucilage which makes them a good skin poultice for wounds and ulcers. Fenugreek tea is an excellent laxative and aides in curing ulcers and other stomach problems. The tea also soothes sore throats and reduces fever. Tea or tinctures of fenugreek assist in supporting tired adrenal glands and boost kidney health. The end of

the winter season is a great time to replenish the body with some fenugreek. It is also an ingredient in a gastro-intestinal cleansing tea to be taken in early spring or fall.

Fenugreek has a nutty flavor that resembles the combination of celery and maple. The seeds are used whole or ground in Indian, Pakistani, and African cuisine. It enhances the flavor of meats, poultry, baked vegetables and curry blends. The seeds can be sprouted and added to salads. Fenugreek is an annual herb that has tender stems and leaves with white pea-like flowers. Fenugreek needs warm soil (55 degrees) in order to grow properly. It also requires a humus rich soil. Harvest the seed pods when they are ripe, but before they begin to break open. Remove the seeds and dry them in the sun.

To make fenugreek tea, bring 1oz of seeds to 1 pint of water to a boil. Then quickly reduce the heat and steep for 20 minutes. Add some honey to improve the taste. Fenugreek blends well with peppermint, lemon balm and other tasty herbs.



COOK: "IN THEORY, IT SHOULD MAKE LITTLE DIFFERENCE TO YOUR HEALTH WHETHER YOU COOK FOR YOURSELF OR LET SOMEONE ELSE DO THE WORK. BUT....LETTING OTHER PEOPLE COOK FOR YOU MEANS LOSING CONTROL OVER YOUR EATING LIFE, THE PORTIONS AS MUCH AS THE INGREDIENTS. COOKING FOR YOURSELF IS THE ONLY SURE WAY TO TAKE BACK CONTROL OF YOUR DIET FROM THE FOOD SCIENTISTS AND FOOD PROCESSORS, AND TO GUARANTEE YOU'RE EATING REAL FOOD AND NOT EDIBLE FOOD-LIKE SUBSTANCES, WITH THEIR UNHEALTHY OILS, HIGH-FRUCTOSE CORN SYRUP, AND SURFEIT OF SALT. NOT SURPRISINGLY, THE DECLINE IN HOME COOKING CLOSELY PARALLELS THE RISE IN OBESITY, AND RESEARCH SUGGESTS THAT PEOPLE WHO COOK ARE MORE LIKELY TO EAT A MORE HEALTHFUL DIET." - MICHAEL POLLAN FOOD RULES

DID YOU KNOW?

De-cluttering your house benefits your physical & emotional health. According to Feng Shui practices, clearing out unused items and those with negative associations helps in clearing the body, mind, and spirit. Clutter can weigh us down with too many unnecessary "things." It contributes to stagnant energy in our homes. By cleaning up the clutter, we can free our minds and leave room for the new to enter. So here's to beginning that spring cleaning!