



www.RuthsHerbalRemedies.com

805.481.9205

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WHAT'S NEW

AT RUTH'S HERBAL REMEDIES?

- The new website designed by Pacha continues to be updated. Ruth has new products, new information and added links so check it out!
www.ruthsherbalremedies.com
- Several new tinctures are finally available:
 - ∞ Fruitful Fertility to stimulate hormonal activity and enhance fertility
 - ∞ Lymph Cleanse to purify and support the lymphatic system
 - ∞ Mommy's Milk-a breast-feeding tonic to support a healthy milk flow
(made with vegetable glycerin/no alcohol)
- Soothing Joint Salve now comes in cooling and warming blends depending on your preference. Look for them both at upcoming shows
- Ruth is expanding her line of Maternity Products for all those ladies she knows who are pregnant
- The Baby Belly Rub salve has been a best-seller. Graphic designer for Ruth's Herbal Remedies has been using the salve regularly as well as other mom's to be
- Also available: Pregnancy Tea, Bath Salts, Lavender Lip Balm and Spicy Spritzers to enhance your pregnancy
If you're a chocolate lover, you'll love the new lip balm:
- Chocolate Bliss Kiss made with 100% certified organic fair trade chocolate, cocoa butter, and sweet orange essential oil. Delishiss!

UPCOMING EVENTS

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

Art in the Park: 1st Sunday of every month from May to November at the Dinosaur Caves Park in Shell Beach from 10 am- 4 pm. June 7, July 5, Sept. 6, Oct. 4, Nov 1. (Ruth will be in Costa Rica during the August show)

Art After Dark: Friday, July 3 in studios in SLO. Ruth will be serving elixirs and talking about her herbal products at Mission News and Local Treasures 1030 Chorro St. SLO, (near the Mission) from 6-9 pm.

The Secret Garden has moved.

The new shop is at 740 Higuera St (Creekside) between Novo Restaurant and the Birkenstock's store across from Mission Plaza on the creek. The shop opened on Tues. May 26. The shop is even better than ever. All of Ruth's products can be found there. 544-HERB (4372)

Other upcoming shows to be announced on our website:

www.ruthsherbalremedies.com

ISSUE OF THE DAY:

A NEW STUDY BY THE ENVIRONMENTAL WORKING GROUP (EWG) HAS DISCOVERED THAT 4 OUT OF 5 SUNSCREENS CONTAIN CHEMICALS THAT "MAY POSE HEALTH HAZARDS OR DON'T ADEQUATELY PROTECT SKIN FROM THE SUN'S DAMAGING RAYS." MANY OF THESE INCLUDE POPULAR BRANDS SUCH AS BANANA BOAT, COPPERTONE AND NEUTROGENA.

THE FDA NEVER FINALIZED SUNSCREEN SAFETY STANDARDS THAT THEY BEGAN WORKING ON 30 YEARS AGO SO COMPANIES CAN EASILY GIVE MISLEADING INFORMATION. MANY PRODUCTS LACK UVA PROTECTION FROM THE SUN'S RAYS. UVA PROTECTION IS WHAT PREVENTS SKIN DAMAGE AND AGING. ONLY 8% OF HIGH SPF (AT LEAST #30) SUNSCREENS CONTAIN INGREDIENT COMBINATIONS KNOWN TO PROTECT FROM UVA. UVA PROTECTION IS NOT AN FDA REQUIREMENT. THIS MEANS THAT MANY SUNSCREENS ACTUALLY DO VERY LITTLE TO PROTECT AGAINST HARMFUL RAYS.

WHEN IT COMES TO SUNSCREEN, THE ENVIRONMENTAL WORKING GROUP RESEARCHERS "FOUND THAT ZINC AND TITANIUM-BASED FORMULATIONS ARE AMONG THE SAFEST, MOST EFFECTIVE SUNSCREENS ON THE MARKET BASED ON AVAILABLE EVIDENCE." SEE A LIST ON THEIR WEBSITE FOR THE TOP 10 RECOMMENDED SUNSCREENS.

HERBS IN MY GARDEN: NETTLES

A common plant most often considered a weed is the highly medicinal and nutritious nettle. (*Urtica urens*) Stinging Nettles is one of the first "weeds" to appear in the spring. Modern society shuns the herb, but it has been propagated throughout history. The nettle fiber is similar to that of hemp or flax. It was used in the 17th century for making cloth. Over the centuries it was also used for medicinal purposes. It has beneficial qualities for the lungs, kidneys, skin, and blood. Nettle tea has been used to help increase the milk flow of nursing mothers.

Today, medical studies in Europe and some limited studies in the U. S. have found nettles to relieve arthritis and seasonal allergies and asthma. Nettles also have nutritional benefits. They are high in mineral content like iron, silicon, and potassium as well as vitamin A and C. Dried nettles are 40% protein so they are a healthy additive to stews, soups, or casseroles, and make a delicious tea. I've also made nettle tea as a fertilizer for seedlings just after planting to give them a boost. I also feed the plants with nettle tea after the fruit has formed to further enhance production.

Nettles are easily grown in the garden. I have them growing as volunteer plants and pick them in early spring. My uncle in Friday Harbor, Washington sends me a box every spring which I dry and use in my salves as well as teas and recipes. Be sure to use gloves when picking and handling the

fresh plant. The volatile component, which give them their sting, is neutralized by heat (drying or cooking). Nettles will dry in 8 to 12 hours by placing them on newspaper in a clean, dry space (not in the oven). Don't miss the opportunity to grow and cultivate this valuable plant. You will discover the magic of nettles!



Nutritional Herbal Seasoning:

Mix equal parts dried and finely crumbled:

Nettles, garlic, parsley, oregano, rosemary, thyme, basil and any other dried herbs you like from your garden.

Add one part each of powdered:

Dulse, rosehips, cayenne, dandelion root, and burdock root

Blend all together and adjust seasoning to your taste. Make a small amount at a time and keep in a tightly sealed container.

This nutritious blend can be used on salads, vegetables, soups, stews or even BBQ meats or fish.

Adapted for my own use from [The Way of Herbs](#) by Michael Tierra

RUTH'S HERBAL REMEDIES CAN BE FOUND AT:

- The Secret Garden - Opening early June 2009
740 Higuera St (Creekside) between Novo Restaurant and the Birkenstock's store across from Mission Plaza on the creek.
- Bambu Batu
(on Broad St. in SLO)
- The Halcyon Store
(on Halcyon Rd. in Arroyo Grande)
- Mission News and Local Treasures
(1030 Chorro St. across from the Mission in SLO)
- Grande Foods Market
(1154 E. Grand Ave. Arroyo Grande)
- Sunshine Health Foods
(415 Morro Bay Blvd. Morro Bay)
- Quantum Waves; EFX Biofeedback Therapy by Gila Zak (2015 9th St. Los Osos)
quantumg@sbcglobal.net 805-528-7083
- By contacting Ruth directly at 805.481.9205

Why Shop Local?

Buying local is the hip new thing, but beyond just being trendy, buying local is important to us because it builds community and sustains what we love most about the Central Coast-it's quaint, small-town, friendly environment, (though it's rapidly disappearing). Here are some reasons to shop local and try to preserve what we all like about our individual communities here on the Central Coast:

- * *By choosing to support locally owned businesses, you help maintain the diversity and distinctive flavor of the Central Coast.*
- * *Locally owned businesses build strong neighborhoods by sustaining communities, linking neighbors, and by contributing more to local causes.*
- * *Jobs and Wages: Locally owned businesses create more jobs locally and, in some sectors, provide better wages and benefits than chains do.*
- * *Local stores help sustain the environment by creating walk-able town centers and reducing the impact of the huge infrastructure of big box stores which create traffic problems, urban sprawl, habitat loss, and air and water pollution.*