



WHAT'S NEW AT RUTH'S HERBAL REMEDIES?

- Go to the website to browse for Christmas ideas. With the economic downturn of the past year, why not give healthy, practical, locally-handmade products for gifts.
- Herbs and Yoga classes are here!!!! Ruth Madocks and Kelly Metcalf have teamed up to bring you classes combining hands-on herbal preparations with yoga and meditation for the soul (See Classes below for all the details)
- Ruth's Herbal Remedies will also be available at Harmony House Yoga Studio and Massage at 991 Price St. in Pismo Beach beginning November 14
- Also on November 14, Kelly Metcalf, owner and teacher will be having an Open House all day with an evening event with music and refreshments.
- A new tincture to boost the adrenal glands is ready for decocting and will be in the shops soon. We had many requests for this tincture, so email Ruth if you are interested.
- Coming for the Holidays in new gold tins are the two special candles hand-poured by Sparx's Candles with two rich scents for winter's chill: Fragrant Frankincense and Purely Pine.

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.
- *Bambu Batu* - (on Broad St. in SLO)
- *Earthtones* - 1319 Park St. Paso Robles 805.238.4413
www.EarthTonesGifts.com
- *The Halcyon Store* - (on Halcyon Rd. in Arroyo Grande)
- *The Salisbury Winery* - 6985 Ontario Rd. (frontage road, near the trailhead of Bob Jones trail) in the Avila Valley
- *Grande Foods Market* - (1154 E. Grand Ave. Arroyo Grande)
- *Sunshine Health Foods* - (415 Morro Bay Blvd. Morro Bay)
- *Quantum Waves*, EPFX Biofeedback Therapy by Gila Zak - (2015 9th St. Los Osos) quantumg@sbcglobal.net 805-528-7083
- *By contacting Ruth directly* at 805.481.9205

UPCOMING EVENTS

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

Art in the Park: Sunday, November 1st at the Dinosaur Caves Park in Shell Beach from 10 am- 4 pm. Last event until next year so come do your Christmas shopping!

Halcyon Faire: November 14 and 15 in the orchard next to the Halcyon Store off Halcyon Rd in Arroyo Grande from 10-4 –Always my favorite show of the year with wonderful people and super shopping deals.

Tolosa Winery Holiday Arts Faire and Wine Event: December 5 & 6, off Hwy #227 (near the airport) San Luis Obispo from 10 to 5 pm.

Classes:

Ruth will teach the following classes with yoga teacher Kelly Metcalf:

"De-stressing for the Holidays" Nov 7th from 11am - 12pm at Growing Grounds in SLO (9556 Chorro St across from the Mission) Phone 544-4967 for more information.

We will be making dream pillows with simple beginning yoga movements. Handouts available. Free to the public.

"Celebrating the Joy of the Season" December 19 from 1-3 p.m. at Kelly's new studio, Harmony House, next to the Honeymoon Café, 991 Price St. in Pismo Beach \$25 (includes materials)

We will learn a holistic approach to invite JOY into the season as we combine making an herbal heart elixir with a peaceful, heartfelt yoga practice. Please join us. (Spring Cleansing' class coming in late February)

HERB OF THE SEASON

Elder flowers and berries (*Sambucus canadensis*) were once called "the medicine chest of the country people" for their legendary properties. Historically elder was popular in Europe for treating colds, influenza, fevers and sinus conditions and as an expectorant for bronchitis, sore throats and asthma. Native Americans also used elder berries and flowers for treating flu-like symptoms, rheumatism, nervous conditions and infections. A traditional folk remedy for colds and the flu is an infusion of elderflowers, peppermint and yarrow. The blue or black berries have been used in many foods and in wine, jams, jellies, and cordials. Elderberry wine was prepared and consumed by many early settlers to the U.S. and Canada and is still popular today.



Elderberry juice is high in antioxidants. Elder has an antioxidant content similar to or, even higher than blueberry and cranberry. It also has a very high vitamin A and C content. Medicinal products from the black elder are widely used in Europe and other countries as a flu remedy. Here in the U.S. elderberries and flowers are quickly gaining the reputation for fighting the flu, allergies, and other ailments. My "Flu Fighter" tincture has been very effective for beating back the symptoms of the flu before it compromises the immune system.

Elder grows prolifically in the California foothills and in most woodland areas on the Central Coast. The blue species (*Sambucus Mexicanus*) found in southern California looks similar to the blueberry but smaller. Many of the bushes are so big they look like trees. The white lacy clumps of flowers bloom in late spring. The berries appear in the fall and can be collected in moist areas on the Central Coast. Many nurseries now carry both species of elder. Elder is very easy to grow and fall is the perfect time to plant this and other native species so they can establish their roots before winter.

Here is the old gypsy formula used by many herbalists. At the first sign of a cold or fever, drink sips of this infusion to alleviate the symptoms. The hot tea promotes perspiration to reduce temperature and release toxins. It also tones the mucous membranes to clear the nose and sinuses.

- 1 part Elder flowers
- 1 part yarrow flowers
- 1 part peppermint leaves

Mix all the ingredients together. Store in a glass jar away from heat and light. To make the tea, pour one cup of boiling water for each teaspoon of tea mix used. Cover tightly and steep 15-20 minutes. Strain and serve. Drink very hot 3 to 4 cups daily. Children can sip on ½ a cup three times a day or add the tea to warm juice.

Issue of the Day - The Scoop on Candles

The lovely candles we find in import shops and department stores smell so wonderful, we often can't resist the temptation to buy them. Unless identified as organic or natural beeswax, palm or soy, all the others are made with paraffin, a petroleum-based product that is harmful to our health. The Asthma Society of Canada* warns that "burning petroleum-based candles releases pollutants such as benzene, styrene, toluene, acetone, and particulates matter into the air. Candle soot contains many of the same compounds given off from burning diesel fuel."

Soy wax candles burn cleaner and slower than paraffin candles and are non-toxic. Soy is also a renewable and biodegradable resource. Be sure to check that beeswax candles are organic and/or 100% natural. Often times, a beeswax candle will contain some paraffin wax. It is also important to check the wick material. Many candles (especially those made in China) have wicks that contain lead which is highly toxic when burned. Another consideration is the materials used for a candle's aroma which are often synthetic

DID YOU KNOW?

NOW YOU CAN SEE HOW EACH OF THE PRODUCTS YOU BUY RATE ACCORDING TO ENVIRONMENTAL, SOCIAL, AND HEALTH FACTORS WITH A RELATIVELY NEW WEBSITE AND IPHONE APP. CALLED GOODGUIDE. IT HAS RATED MORE THAN 75,000 PRODUCTS FROM FOOD TO HOUSEHOLD CLEANERS TO TOYS- A WHOLE VARIETY OF CATEGORIES. CONSUMERS CAN EASILY CHECK OUT ALL THE INFORMATION ABOUT THEIR PRODUCTS' INGREDIENTS. IN ADDITION THE SITE RATES A COMPANY'S BUSINESS PRACTICES SUCH AS LOCAL INVOLVEMENT WITH A COMMUNITY, CONSUMER SATISFACTION AND SAFETY CONSIDERATIONS, LABOR RELATIONS, AND ENVIRONMENTAL IMPACT TO NAME A FEW.

WITH MORE INFORMATION, CONSUMERS CAN MAKE MORE EDUCATED AND HEALTHY CHOICES ABOUT WHAT THEY PURCHASE. THE COMPANY'S OWNER DARA O'ROURKE SAYS, "COMPANIES ARE BEGINNING TO SEE THAT A WORLD OF 'RADICAL TRANSPARENCY' ABOUT THEIR PRODUCTS IS COMING," AND WITH IT CONSUMERS WILL BECOME MORE AWARE OF JUST WHAT THEY ARE GETTING. TAKE A LOOK AT WWW.GOODGUIDE.COM. IT'S AN EYE-OPENER!

fragrances. "Many synthetic fragrance chemicals can pose a wide range of immediate and long-term health hazards. Up to 95% of chemicals used in fragrances are synthetic compounds derived from petroleum."* Even beeswax and soy candles can contain scents which claim to be natural aromatherapy, but are actually a mixture of artificial or synthetic fragrances with only a few drops of essential oils. The safest candles are soy candles with 100% natural or organic essential oils made from plant extracts.

Other common products that use synthetic fragrance chemicals include air fresheners, bath gels, shampoos, perfumes and fragrances and other body products; even some that read "natural" and "organic." So read the ingredients on your products carefully and know what they mean. Check your products on the website: www.goodguide.com