



www.RuthsHerbalRemedies.com

805.481.9205

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WHAT'S NEW AT RUTH'S HERBAL REMEDIES?

Ruth has new roll-on aromatherapy products: Migraine Relief, Nausea Relief, Breathe Easy, Cough Buster, Hypertension Tamer, Immunity Booster, and Earache Relief. Made with 100% organic aromatherapy oils & carrier oils – just roll-on various points on the body for healing benefits

Ruth is continuing to teach classes on herbs and preparing herbal products. The next class "Relaxing & Letting Go of Stress" October 30th at the B & B Sanitarium in San Luis Obispo, from 11am until noon.

(1716 Osos St; Call or email for reservations: 544-4124 thesanitariumspa.slo@gmail.com) Createyourownherbalsachetandaromatherapy spray (\$15 includes materials/handouts)

WWW.RUTHSHERBALREMEDIES.COM

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 road, near the trailhead of Bob Jones trail) in the Avila Valley
- **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 Nov 7th 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 13th & 14th 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.

Annual Central Coast Crafts Faire:

November 26 & 27, 10 am – 4 pm San Luis Obispo Veterans Memorial Hall (466-1749)
www.ruthsherbalremedies.com

Tolosa Winery Holiday Arts Faire and Wine Event:

December 4 & 5, off Hwy #227 (near the airport) San Luis Obispo from 10 to 5 pm.

COMING SOON:

RUTH'S HERBAL REMEDIES ON FACEBOOK-VIEW A VIDEO CLIP/"IDENTITY REEL" BEHIND THE SCENES-THE BACKGROUND, PHILOSOPHY AND DAILY WORKINGS OF RUTH'S HERBAL REMEDIES

REJUVENATING LEMON BALM

Historically, Lemon balm (*Melissa officinalis*) has had the reputation as the “elixir of life” for its ability to heal many different ailments and promote youthful energy. Melissa is Greek for honey bee so lemon balm has similar tonic properties to royal jelly and honey. Lemon balm was sacred to the temple of the Greek goddess Diana and was used medicinally by the Greeks 2000 years ago. Melissa tea is still known in France today as a remedy for fatigue and headaches. Over the centuries, lemon balm has been taken to relieve melancholy. The aromatherapy oil is still prescribed today to fight depression and nervous tension. Lemon balm has a variety of culinary uses as well. Its subtle lemony flavor adds a tangy zest to salads, soups, egg dishes, sorbets, and fruit drinks. It combines well with allspice, bay leaves, mint, pepper, rosemary and thyme and chervil.

Lemon Balm is very easy to grow in many climates. It likes a moist soil with mostly shady conditions and moderate watering. It flowers in late summer so the best time to harvest the leaves for drying is late spring through early autumn.

Lemon balm has calming, antiviral and antiseptic properties. Popular remedies using lemon balm include tinctures for headaches, female hormonal balancing, healthy colon and digestive system, and boosting the immune system. Teas made from lemon balm are helpful for digestive difficulties, bronchitis, colds, coughs and fevers. Teas can also soothe anxiety and nervous disorders. Salves containing lemon balm help heal insect bites, sores, wounds, burns, and inflammation. Ruth’s Savvy Salves contain lemon balm grown organically in her garden. They heal all kinds of skin ailments. Lemon balm is especially effective for children and is one of the top herbal remedies for little ones for its safe and quick healing benefits. Children can drink lemon balm tea for any anxious tension. Lemon balm is a delicious tea for all of us to sip in any season all day long. Mix equal parts of oatstraw, chamomile, and lemon balm and steep for 20 minutes. Strain and serve with lemon and honey as a great nervous system tonic.



DID YOU KNOW?

Most consumers know very little about the ingredients in most of the goods they buy. Often we can't even pronounce the names of many additives in our products. There are many chemical compounds that are quite toxic hidden in those long-winded ingredients.

The recent book *What's in This Stuff?* by Patricia Thomas examines the chemicals and additives in our food, cosmetics, household products and more to show the dangerous substances we are exposed to by what we consume and what we can do about it.

Here is a list of organic body care companies that are USDA certified organic. Any other certification is “watered-down” and not strictly organic. Supporting companies with true Organic ingredients will help put pressure on the FDA to regulate body care products with strict standards. These organic companies are: Alteya Organics, Baby Bear Shop, Badger, Britanie’s Thyme, Bubble and Bee Organics, Dr. Bronner’s Magic Soaps, Earth Mama Angel Baby, Indian Meadow Herbals, Intelligent Nutrients, Kimberley parry Organics, Little Angel, Mercola, Miessence Certified Organics, Nature’s Paradise, OGMama and OGBaby, Organicare, Organic Essence, Origines Organics, Purely Shea, Rose Tatoo Aftercare, SoCal Cleanse, Sensibility Soaps/ Nourish, Terressentials, Trillium Organics, Vermont Soap.

Many other brands claim “organic” on their labels, but they have ingredients not allowed in USDA certified products. See the website: www.organicconsumers.org/bodycare/index for a list of companies that are considered “fake” organic.