



www.RuthsHerbalRemedies.com

805.481.9205

Volume 3, Issue 2 - September 2011

What's New at Ruth's Herbal Remedies?

The much requested all organic crème is finally available. Supreme Crème has amazing hydrating, anti-aging oils and the highest quality certified organic ingredients that will make your face feel so fresh and young. The Lavender Blend is for dry skin & the Rose/Sandlewood Blend for normal to oily skin. Results are noticeable after just a few applications.

Lavender Blend Contains: 100% certified organic rosehip seed, hazelnut, avocado, sesame, coconut & carrot seed oils, cocoa butter, aloe vera gel and lavender hydrosol with essential oils and NO chemical additives. You will be in awe at the results!

Ruth's Herbal has a new line of SACRED ME spiritual/emotional roll-on products. These include: Awaken - creating space for meditation & prayer; Empowerment - grounding & balancing energy; Divine Wisdom - clearing negative patterns & elevating spiritual consciousness; Calming Spirit - relieving depression, stress, hyperactivity & insomnia; Sensual Sensation - arousing the sexual drive & balancing male & female energies.

We are also offering SAVORY SAUCES made with vegetables & herbs that are local and organic. They are a great addition to pastas, grains, soups, sauces, and dressings for a healthy, spicy, yummy burst of flavor. These are currently available at the Halcyon Store and on the website for current shows or special orders at www.ruthsherbalremedies.com.

These Savory Sauces include: Sweet Basil Pesto, Thai Green Curry, Italian Marinera, Mexican Tomatillo, & Dad's Marmalade plus Umi's Dressing from Umi Sushi in Grover Beach. They are super fresh and delicious!

Upcoming Events:

Art in the Park - At Dinosaur Caves Park in Shell Beach 10 am - 4 pm. Sept. 4 & Nov. 6 Energy Healings with Lisa Marie Jansen including Ruth's Herbal Remedies.

Guest Chef at Rutiz Farms in Arroyo Grande (off the Pike near Halcyon Rd) - Sept 23 - Ruth will be serving Savory Sauce samples with suggested recipes from 1 to 6 pm.

Morro Bay Harbor Festival - Oct 1st & 2nd 10 am to 6 pm - On the waterfront north of Beach St. & Embarcadero Rd - www.mbhf.com Come make a dream pillow full of great relaxing herbs. Ruth will be located at the north end of the fair near the new Art Pavilion across from the giant smoke stacks

Halcyon Faire - Nov. 12 & 13 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.

Holiday Herbal Consortium - at the Secret Garden - Oct. 16 from 11-5. Ruth will be sampling a long-life elixir, new roll-ons, Savory Sauce snacks & more with free tea samples by owner and fellow herbalist Kirstin Sherritt. Watch for another upcoming event in December at the Secret Garden with Ruth and Kirstin.

Annual Central Coast Crafts Faire - Nov. 25 & 26, 10 am - 4 pm San Luis Obispo Veterans Memorial Hall (466-1749) www.californiacraftshow.com

Tolosa Winery Holiday Arts Faire and Wine Event - Dec. 3 & 4, off Hwy #227 (near the airport) San Luis Obispo from 10 to 5 pm.

Big News!

Ruth has retired from 33 years in education to dedicate her energies full-time to making healthy healing remedies. Ruth is building a new yoga retreat center for yoga & other classes off Branch Mill Rd in Arroyo Grande. Open House & class/retreat schedule will be coming out around the beginning of 2012.

Mullein (*Verbascum Thapsus*) has a rich medicinal & functional history in Europe and Asia though today it largely grows as a roadside weed in most parts of our country. It was given the name 'Hedge Taper' from the Anglo-Saxon name Haege or Hage (hedge) as it appeared as a tall candle growing in a hedge. In Latin it was called 'Candelaria' because in ancient times the stalks were dipped in suet and used as a candle at ceremonies such as funerals. Both in Europe and Asia, mullein was ascribed the power of driving away evil spirits. Finally, from the ancient classics, mullein was the plant which Ulysses took to protect himself against the temptations of Circe.

Mullein is a biennial herb with a distinctive spike of lemon yellow flowers which bloom June through September. The large velvety leaves, shaped in a rosette, drape their fuzzy foliage outward in the spring, collecting dew and raindrops which provide a haven for insects, many of them beneficial to garden vegetables. The leaves begin to gather themselves upward in early summer in preparation for flowering. Each day they form a tighter spiral shape until the head of the flower's spire begins to push up between the now intertwined leaves. The flower actually shoots up higher each day until it reaches 3 to 6 feet. The yellow blossoms form all around the spike and leaves. By this time in late August, the 10 inch spike continues to put out flowers around its stalk. Many flowers die and fall into the crevices formed by the ascending leaves around the base, catching flowers and serving as an insect hotel.



Since I began growing continually cycling mullein plants in my garden, the damage from pests has greatly decreased. Cultivating mullein is easy: as a hardy biennial, it only requires sowing in ordinary soil and keeping it free from weeds and slugs that sneak in under the large leaves. Mullein leaves & flowers have been used for a wide range of respiratory problems, including allergies, chest & sinus congestion, asthma, bronchitis and coughs. It is an expectorant to loosen & remove mucous. Mullein leaves can be taken in tea or made into tincture form. The soothing action of mullein leaf tea is also effective for abdominal and intestinal cramps and diarrhea. The mucilage forms a protective layer in the intestinal tract which counteracts inflammation.

Mullein flowers infused in organic olive oil are excellent for earaches, ear & sinus infections. Mullein flower oil is very safe for children with chronic ear problems. Ruth's Herbal Remedies has a very effective aromatherapy treatment 'Clear the Ear' for these ailments. Mullein oil is also effective to treat gum and mouth ulcers. Research suggests that mullein leaves balance high blood sugar. Mullein flowers are soothing to the skin and can be mixed with bath salts and other herbs and oils for a relaxing bath. A final rinse of mullein tea leaves hair with a beautiful shine and helps maintain a healthy scalp.

Mullein Tea: Pour 1 cup of boiling water over 1 - 2 teaspoons of dried mullein flowers and leaves. Cover and steep for 10 - 15 minutes. Pour the liquid through a fine cloth or a coffee filter to strain out the plant's tiny hairs and fuzz, which can irritate the throat. You can drink up to 3 cups of mullein tea daily. Sweeten the tea with honey, if desired.

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
- **Contact Ruth directly at 805.481.9205**
www.ruthsherbalremedies.com

Did You Know?

The word "organic" is not properly regulated on personal care products (example: toothpaste, shampoo, lotion, etc.) as it is on food products, unless the product is certified by the USDA National Organic Program.

Due to this lax regulation, many personal care products have the word "organic" in their brand name or otherwise on their product label, but, unless they are USDA certified, the main cleansing ingredients and preservatives are usually made with synthetic and petrochemical compounds.



Look for the USDA organic seal on personal care products that claim to be organic. Although there are multiple "organic" and "natural" standards, each with its own varying criteria, the USDA Organic Standards are the "gold standard" for personal care products. If you want a product that is totally organic, look for the USDA organic seal. If it doesn't have the seal, read the ingredient label to find out how many ingredients are truly organic and how many are synthetic. From "Coming Clean Campaign" www.organicconsumers.org/bodycare/index