

Green Earth Notes

March 2011

Green Earth is hosting a series of practical and informative workshops featuring local speakers. The classes will be held at the store on Tuesday evenings at 6:30 p.m. Seats are limited and advanced registration is required. Please call or stop by the store to add your name to the class list. Fee per workshop is \$10, unless noted otherwise, and can be paid in person, by phone or by mail. Registration must be completed one week before the scheduled class and will be refunded if class is cancelled by Green Earth or the presenter.

Join the Madison Herbal Institute as it presents exhibits, demonstrations, speakers and garden walks featuring the many uses of herbs. **HerbDay 2011 will be held Sunday, May 22, 2011, from 10:00 a.m. to 4:00 p.m.** at Olbrich Botanical Gardens, 3330 Atwood Avenue, Madison. HerbDay is celebrated nationally to raise public awareness about the significance of herbs in our lives and health. Admission and activities are free. For more information call 608-512-9633.

Green Earth announces Spring workshops

April 5 – Indoor Seed Starting - This workshop demonstrates a complete, effective and fun system for starting seeds and growing seedlings indoors. It uses soil blocks created with a soil blocker, homemade flats and a homemade grow stand. The workshop suggests a good soil mix formula; demonstrates how to make blocks; and demonstrates seeding, watering and maintaining seedlings. It also discusses hardening off and setting out. Participants will get hands-on experience with the discussed techniques.

Jim Nies is a professional educator, a Master Gardener and is involved in helping school districts secure grant funding to establish their own gardening programs.

April 12 – No Workshop

April 19 – Self-Acupressure for Springtime - As the ground thaws and we Wisconsinites return to the bike trails and gardens, we often find that our bodies have not quite shaken off the frost. The cracking ice is reflected as aches, pains and lingering soreness in our joints and muscles. Fortunately, with self-acupressure techniques based in Asian medicine, you can safely ease the transition into spring!

Chris Hayden is a certified Rolfer™ and is certified in Asian bodywork therapy. His main interest in Asian bodywork is to teach people simple techniques to improve their lives.

April 26 – Energy, Intuition and Spirituality – What is the connection between intuition and energy healing? Why do spiritual practices enhance intuition? What does healing have to do with spiritual growth? In this session we'll explore these questions and others arising from your own experience. Topics will include the aura/biofield and the relation of energy patterns to habits, information, interference, resonance, entrainment and health.

Leora Weitzman, LMT, PhD, is an instructor at TIBIA Massage School, where she is also Director of Program Development and a practicing bodyworker and intuitive. Her business, Back in Harmony, is on the Capitol Square. A former philosophy professor, she enjoys building improbable bridges between different world-views and making abstract concepts usable.

May 3 – Raw Foods Workshop - Join our interactive raw/living food class! The fundamentals of preparing raw foods will be covered through this hands-on learning experience and you'll learn to prepare a variety of foods. It's easier

than you might think, and perhaps more delicious, too. Some foods that may be prepared include nut pate, hummus, vegetables and soup. And we won't forget dessert...How does a raw chocolate cake or raw brownie with raspberry sauce sound? Come learn some new techniques while revitalizing both your body and your taste buds! This class is \$20 per person.

Cindy Morse is a certified raw food chef and business owner with 14 years of experience in the field of health supplements and nutrition. She completed her raw food certification in 2006 and two years later started her own business in Fond du Lac. She has commercially prepared a variety of raw foods for personal clients and has conducted numerous raw foods workshops.

May 10 - A Taste for Herbs - Learn about the concept of herbal energetics – the idea that herbal actions can be explained by dynamics of the herb such as heating and cooling, moistening and drying. Specifically, we will taste herbal tinctures and learn how the taste can tell us how the herb can help our bodies stay healthy.

Dave LaLuzerne has been an herbalist, pharmacist and store owner in the Madison area for more than 20 years.

May 17 – Essential Oil Aromatherapy with TFH Muscle Testing and Balancing – Have fun learning about essential oils for relaxation, pain relief, emotions, etc., with Touch For Health (TFH) muscle testing and balancing. You will experience TFH basic muscle testing and balancing exercises you can do yourself anytime and be able to use a basic test to identify which essential oils will enhance your energy. We will talk about and test 10 to 12 essential oils and discuss mixing your own smelling or bath salts, lotions, aromamisters and shower gels.

Karen Hoyem, certified CranioSacral Therapist, NCTMB and Wisconsin-licensed Bodyworker, assists people with Touch For Health, aromatherapy essential oils and gentle, healing bodywork at Body Therapy-Complete in Madison.

May 24 - The Eyes Have It! - Just say "Yes!" to eye health. Many eye problems can be resolved or prevented by attending to dietary and lifestyle changes and judiciously using supplements and herbs. Let's consider some of these options.

Dave LaLuzerne has been an herbalist, pharmacist and store owner in the Madison area for more than 20 years.



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A look at arthritis and some natural treatments

The cause, and therefore the cure, of arthritis has been elusive to Western medicine. Modern treatments include symptomatic treatment of pain and inflammation, intervention with drugs to alter the course of the disease, or surgical treatment of joint damage. Arthritis of any type is a dreaded diagnosis in our culture. Other medical systems, however, are not so pessimistic; in fact, traditional systems all offer treatments for the disease. Naturopathic physicians often report that arthritis is present due to a buildup of toxins in the body. Ayurvedic doctors say the same, and Chinese medicine also calls arthritis a disease of excess, claiming that excess wastes in the body settle into various tissues and are a cause of this disease.

The general progression of arthritis, according to traditional medical systems, begins with impaired digestion, eventually leading to a burden on the eliminative organs. In turn the body begins to deposit the excess material in the various tissues of the body. This may either cause disease directly or cause the body to react to the compromised tissues, causing inflammation. The "sediment" might also involve the nervous system or other soft tissues, causing allergic reactions, migraine headache or other conditions and diseases. This description suggests treatment to reduce inflammation while also strengthening the organs of elimination and digestion. At the same time nutrition must be balanced. Nutrition (revitalization) is more important during the remission stage of the disease, while elimination is more important during exacerbation.

Effective treatment throughout the ages has required tonifying and building up whole body systems. Traditional medical systems, including herbalism, excel in such treatments. Herbs are used in the treatment of arthritis in two ways: to treat chronic pain, and to treat the cause of arthritis, and have been used successfully according to the following rules:

1. Don't rely on herbs alone. There is no single, magic cure for arthritis. Diet and lifestyle must be modified for the condition to change. Other natural therapies such as homeopathy or emotional work may also be needed.

2. Expect to use herbal treatments for a lengthy period. Initial results may only be seen after a month to six weeks or more.

3. Use herbs only to gently strengthen the body's own eliminative and blood building system, and to help eliminate inflammation.

4. Change herbal formulas periodically, and take regular breaks from treatment. Individual herbs may slowly lose their effect as the body becomes accustomed to their regular use. Use only good quality products from reputable companies.

References: Paul Bergner, *Medical Herbalism*. 1(1):8,11; James Duke

Herbs to consider for arthritis

- **Alteratives** (tonic herbs that act to restore a normal balance to the system), including: dandelion (*Taraxacum off.*), nettle (*Urtica dioica*) and burdock (*Arctium lappa*). Alteratives should be taken for at least six weeks.
- **Laxatives** should be used conservatively. (Increasing the fiber in the diet can have the same effect as using a mild laxative.) Cascara (*Rhamnus purshiana*) might be considered for short-term use during exacerbation of arthritis if there is chronic constipation. Increased magnesium may also be helpful.
- **Nutritive herbs** are crucial to the herbal treatment of arthritis. Again, nettle (*urtica dioica*) is highly indicated for arthritis, because it shares nutritive and alterative qualities while also adding mild diuretic qualities, which are often helpful. Another excellent nutritive herb with mild diuretic properties is alfalfa.
- **Anti-inflammatory and pain-relieving herbs** such as turmeric, ginger, boswellia and bromelain should also be considered.