

In observance of Labor Day, Green Earth will be closed on Monday, September 6.

It's hard to believe, but the cold and flu season is right around the corner. Green Earth carries a variety of products to give your immune system a boost.

Watch for our **20/20 coupon sale** coming in October!

Considering the cholesterol debate

Popular medicine today still proclaims the dangers of dietary cholesterol. However, a growing body of evidence supports the idea that cholesterol is vital to the human body, and efforts to reduce it, in many cases, may be doing more harm than good.

The United States Department of Agriculture (USDA) supports its recommendations to restrict dietary saturated fats with the argument that because they contain cholesterol, they cause, or contribute, to heart disease. Yet even the amount of cholesterol found in three to four eggs per day causes no change in blood cholesterol levels in 70 percent of the population. (Those people who have familial hypercholesteremia make up most of the exception.) This result was obtained in randomized, placebo-controlled studies.

Cholesterol restriction is especially problematic for pregnant women and growing children. Cholesterol is needed for the formation of the fetus. Growing children cannot produce all the cholesterol they need for the formation of the brain and gut; they need to obtain it from food. Just a few decades ago, child nutrition experts agreed that the best foods for children were cholesterol-rich foods like egg yolks, liver, butter and whole milk from grass-fed animals. Today the USDA dietary guidelines largely deny children these nutrient-dense foods. Some good sources of saturated fats are coconut oil, butter and ghee from grass fed animals.

The roles of cholesterol in the body include:

- Along with saturated fats, cholesterol in the cell membrane gives our cells necessary stiffness and stability.
- Cholesterol acts as a precursor to vital corticosteroids, hormones that help us deal with stress and protect against heart disease and cancer; and to sex hormones like androgen, testosterone, estrogen and progesterone.
- Cholesterol is a precursor to vitamin D, a very important fat-soluble "vitamin" needed for healthy bones and nervous system, proper growth, mineral metabolism, muscle tone, insulin production, reproduction and immune system function.
- Bile, a product of cholesterol, is vital for digestion and assimilation of fats in the diet.
- Research shows that cholesterol acts as an antioxidant. This likely explains why cholesterol levels go up with age, when greater levels of antioxidants are needed. (Cholesterol protects us against free radical damage that can lead to heart disease and cancer.)
- Cholesterol is needed for proper function of serotonin receptors in the brain. Serotonin is the body's natural "feel-good" chemical. Extremely low cholesterol levels have been linked to aggressive and violent behavior, depression and suicidal tendencies.
- Mother's milk is especially rich in cholesterol and contains a special enzyme that helps the baby use this nutrient. Babies and children need cholesterol-rich foods throughout their growing years to ensure proper development of the brain and nervous system.
- Dietary cholesterol plays an important role in maintaining the health of the intestinal wall.

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Green Earth announces fall lineup of Tuesday evening workshops

We're happy to have a great group of local health and wellness professionals leading a series of workshops at Green Earth this fall. The classes cover a range of topics and will broaden our approach to holistic living. To reserve your spot, please either mail the registration form on the back of this newsletter with your class selection(s), or call Green Earth. Registration fee is \$10 per class and must be received (or called in) at least one week prior to class. Please join us on Tuesdays from 6:30 to 8:00 p.m.

September 7 – Colds and Flu; Herbs for the Respiratory System

We'll talk about things to do to be proactive and preventative, and well as herbal treatments to rely on when sickness hits.



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

September 14 – Muscular Imbalances in the Hip and Pelvis

This presentation will demonstrate how the hip and pelvis form the centerpiece of our body and how they influence many other parts of the body and can be the root of pain from our knees to our necks. The session will include hands-on time learning exercises to improve strength around our hips and pelvis.

Ken Carpenter has more than 25 years of rehabilitation, fitness and sports performance coaching experience. He uses that experience to bridge the gap between training competitive athletes and men, women and children seeking to enhance their personal health and fitness.

September 21 - Healthy Men, Naturally – Men's health issues will be discussed, especially heart and vitality. (You don't need Viagra.) We'll also look at immunity, pain and prostate.

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September 28 – Reverse Chronic Disease with Lifestyle Changes

Learn about the fundamentals that lead to a healthy life, such as stress management, diet, sleep and exercise. A variety of chronic diseases will be discussed and simple solutions will be provided. Topics of discussion will be overweight/



obesity, metabolic syndrome, diabetes and many more. There will be a strong emphasis on researched dietary recommendations that reduce, prevent and reverse chronic diseases.

Rebecca Georgia is a Naturopathic Doctor currently working at the Family Clinic of Natural Medicine in Madison. Dr. Georgia utilizes a variety of complementary and alternative modalities, such as nutritional supplements, vitamins, herbs, homeopathy and diet and lifestyle changes. Dr. Georgia is also certified in FirstLine Therapy - a therapeutic lifestyle program that promotes healthy body composition and helps reverse chronic diseases such as metabolic syndrome, diabetes and high blood pressure.

October 5 – Connective Tissue and its Role in Health

Surprisingly little is known about this intricate web that gives us structure and shapes our movements. We will look through the lenses of traditional manual therapy and emerging science to give us a better picture of what it is that physically unites the various systems of the body and the unconscious mind, and has profound implications for health and disease. Learn what you can do to keep your shape in shape!

Chris Hayden is a certified Rolfer and has long been fascinated with mind-body healing. He studies tai chi, meditation, and music to further his explorations. Before becoming a Rolfer he was a certified Asian bodywork therapist.

October 12 – Stress and Sleep; Herbs for the Nervous System

Sleep? Who needs sleep? I get along perfectly well without sleep! (Not very likely.) The effects of stress and the importance of sleep and how herbs can help will be the topic of this class.

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October 19 – Advanced Energy Healing – This session introduces a Multi-Dimensional (Mind - Body - Spirit) system to support natural health and healing. It integrates many other modalities, including body electronics, guided imagery, nutrition, Reiki, reflexology, toning and touch.

Omar conducts workshops on holistic health practices, inner transformation and facilitative healing, teaching and mentoring throughout the country.

October 26 – Using Vitamins and Minerals – Experts at Harvard say we don't need vitamin supplements if we eat a healthy diet. Do you think we can get all the nutrients we need from the food you eat? What's the reality?

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Herbs and stress— An alphabet of helpful botanicals



Some herbs offer support during periods of acute stress while others support body processes like metabolism, help restore balance and increase the body's resistance to physical, biological and emotional harm. Herbs in this second group of antioxidants are known as adaptogens. Some of the well-known adaptogens are included in the list below, marked with an asterisk (*). Herbal sedatives should not be seen as a substitute for resolution of underlying problems.

***American Ginseng** (*Panax quinquefolium*)

***Ashwagandha** (*Withania somnifera*)

***Asian Ginseng** (*Panax ginseng*)

***Bacopa** (*Bacopa monnieri*) – Especially useful for anxiety that is associated with “cloudy thinking.”

Black Haw Bark (*Viburnum prunifolium*) – Especially for anxiety associated with pregnancy.

Black Cohosh (*Cimicifuga racemosa*) – Excellent for mood swings that accompany hormonal imbalances and the stress of hormonal transitions. Often appropriate for those who hide their inner turmoil from the outside world.

Blue Vervain (*Verbena hastata*) – Especially useful for PMS or menopausal anxiety, anxiety with nervous tics, tremors or spasms.

Cactus Stem (*Selenicereus grandiflorus*) – Especially useful in cases where there is also sleeplessness and/or a fear that an important bodily function (heart, breathing, etc.) may cease.

California Poppy (*Eschscholzia californica*) – Useful for chronic insomnia combined with anxiety, nervous tension and stress headaches. It is used as a sedative and hypnotic for adults and children when there is over-excitability and sleeplessness.

Chamomile (*Chamaemelum nobile* or *Matricaria recutita*) – A gentle sedative.

***Cordyceps** (*Cordyceps sinensis*)

***Eleuthero/Siberian Ginseng** (*Eleutherococcus senticosus*)

***Holy Basil/Tulsi** (*Ocimum sanctum*)

Hops (*Humulus lupulus*) – Is an effective sedative. It relaxes the central nervous system and calms nervous irritability or mild anxiety with wakefulness or gastric upset. Not as appropriate in cases of depression.

Kava Kava (*Piper methysticum*) – Is an excellent sedative, anxiolytic and muscle relaxant. It clarifies thought and memory. It is used for anxiety, despondency, nervousness and depression, and can help with restless leg syndrome.

Lavender (*Lavandula officinalis*) – Especially for those who withdraw easily when faced with stress.

Lemon Balm (*Melissa officinalis*) – Especially helpful when there is stomach upset associated with anxiety; lowers blood pressure mildly.

***Licorice** (*Glycyrrhiza glabra*)

Mimosa (*Albizia julibrissin*) – Is effective for anxiety or irritability, especially helpful to those who are emotionally brittle. Mimosa also calms bad dreams.

Motherwort (*Leonurus cardiaca*) – Is an excellent nervine and anxiolytic for many situations, including tachycardia (rapid heart beat) and lack of self-confidence. Use with verbena for PMS and menopausal anxiety. Add pulsatilla for anxiety attacks.

Oat Seed (*Avena sativa*) – Nervous exhaustion, neurasthenia with anxiety and irritability.

Passion flower (*Passiflora incarnata*) – can be great help for nervousness, restlessness; sleeplessness with muscle twitching or circular thinking.

***Reishi** (*Ganoderma lucidum*)

***Rhaponticum** (*Rhaponticum carthamoides*)

***Rhodiola** (*Rhodiola rosea*)

***Schisandra** (*Schisandra chinensis*)

Skullcap (*Scutellaria lateriflora*) – Is excellent help for nervousness or spasms due to mental overwork or physical exertion. For nervousness without apparent cause. Helpful in cases where someone is described as “flying off the handle.”

Valerian (*Valeriana officinalis*) – Is sedative, hypnotic, anti-spasmodic. It combines well with skullcap and passionflower to ease tension and sleeplessness. It is often prescribed in Germany by physicians in place of Xanax or Valium.

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6771 University Ave
Middleton, WI 53562
608-831-2845
www.greenearthherbs.com

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Save Our Supplements!

Due to the huge public reaction recently, Senator John McCain's bill to restrict our access to supplements wasn't passed. However, lobbyists representing pharmaceutical companies are working harder than ever to restrict our choices in using healthy foods and dietary supplements as part of a health maintenance plan. Some are suggesting that all supplements be regulated like drugs. Consider this: such common supplements as fish oil and vitamin C would be available only by prescription following a doctor's visit!

Limiting access to proven products would force a further shift from preventing disease to treating disease. The health of Americans would suffer further and Big Pharma would further profit.

What can we do? Become involved in a health-focused grassroots organization. Citizens Speaking Out for Health (www.csofh.org) is a good place to find out specifics about getting involved and to find out who to contact to voice your opinion. CSOFH's goal is to help people get informed on the issues. Their volunteers scan the major headlines for natural health issues and post links to sources. The voice of the people really can sway lawmakers' votes on crucial issues, but only when there are enough of us saying the same thing. The special interests on the other side are powerful.

Please help!

Cholesterol Continued from page 1

There are situations where high cholesterol could be a concern, so it's important to check with your healthcare practitioner before stopping any cholesterol-lowering medications you may be taking.

You can find more information on the cholesterol debate at www.westonaprice.org, in the book *The Great Cholesterol Con: The Truth About What Really Causes Heart Disease and How to Avoid It* by Dr. Malcolm Kendrick or at www.thinco.org.

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Wild Lettuce (*Lactuca virosa*) – Sedative herb for adults and children to encourage sound sleep or to calm overactivity or excitability.

Wood Betony (*Stachys officinalis*) – Is an effective sedative, and is used for troubled sleep, especially when nightmares are present, and/or when there is excessive rumination.

Workshop Registration Form

Name _____

Phone _____

Workshop Name _____

Amount _____