

Green Earth carries a variety of natural sunscreens and bug repellents!

Our informal herb discussion/study group is forming and still has room for a few more members. Call the store for more information.

In observance of Memorial Day, Green Earth will be closed on Monday, May 31.

The other side of the cholesterol story

Popular medicine today proclaims the dangers of high cholesterol and there seems to be a driving cholesterol down. However, a growing body of evidence supports the concept that cholesterol is vital to the human body and efforts to reduce it may do more harm than good.

The United States Department of Agriculture (USDA) supports its recommendations to restrict dietary saturated fats with the argument that animal fats contain cholesterol, and therefore cause heart disease. Yet even the amount of cholesterol found in three to four eggs per day produces no change in blood cholesterol levels in 70 percent of the population, as shown in randomized, placebo-controlled trials. (In most of the other 30 percent, dietary cholesterol increases both LDL-cholesterol and HDL-cholesterol equally.)

Cholesterol restriction is particularly harmful for pregnant women and growing children. Pregnant women need extra levels of cholesterol for the formation of the fetus, and cholesterol-lowering drugs can lead to extremely serious birth defects. Growing children cannot produce all the cholesterol they need for the formation of the brain and gut, but need to obtain it from a cholesterol-rich diet. Just a few decades ago, experts on child feeding agreed that the best foods for infants were cholesterol-rich foods such as egg yolk, liver, butter and whole milk; today the USDA Dietary Guidelines deny children these nutrient-dense foods.

Roles of cholesterol include:

- Along with saturated fats, cholesterol in the cell membrane gives our cells necessary stiffness and stability. When the diet contains an excess of polyunsaturated fatty acids, these replace saturated fatty acids in the cell membrane, so that the cell walls actually become flabby. When this happens, cholesterol from the blood is "driven" into the tissues to give them structural integrity.

This is why serum cholesterol levels may

go down temporarily when saturated fats are replaced with polyunsaturated oils in the diet.

- 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.
- The bile salts are made from cholesterol. Bile is vital for digestion and assimilation of fats in the diet.
- Research shows that cholesterol acts as an antioxidant. This is the likely explanation for the fact that cholesterol levels go up with age. As an antioxidant, cholesterol protects us against free radical damage that leads 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. 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. This explains why low-cholesterol vegetarian diets more often lead to leaky gut syndrome and other intestinal disorders.

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. These classes cover a range of topics and will broaden our approach to holistic living. To reserve your spot, please either mail the registration form below with your class selection(s), or call Green Earth. Registration fee is \$10 per class and must be received by mail (or called in) at least one week prior to class. Please join us on Tuesday evenings 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.

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

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.

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

October 19 – Advanced Energy Healing – This session introduces a Multi-Dimensional (Mind - Body - Spirit) system to support natural health and healing. It integrates up to 45 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?

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

An alphabet of botanicals to help through periods of anxiety



One of the common questions we get at Green Earth revolves around supplements to help control our body's reaction to stress. Here's a list of common herbal stress aids and their benefits.

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

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

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 children when there is over-excitability and sleeplessness.

Chamomile (*Chamaemelum nobile*) – Is a gentle sedative.

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.

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.

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

Mimosa (*Albizzia 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.

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.

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

References: Hudgins LC, Hellerstein M; J J Kabara, R E McDonald and D B Min, data compiled from *European Cardiovascular Disease Statistics*, 2005 Edition; www.heartstats.org/uploads/documents%5CPDF.pdf, *American Journal of Clinical Nutrition* Volume 84, Number 6, Pages 1481-1488; Arch Pediatr Adolesc Med 2005;159:543-550, Engelberg, Hyman; *Lancet*, Mar 21, 1992, 339:727-728; Wood, W G, et al, *Lipids*, Mar 1999, 34(3):225-234; <http://www.washingtonpost.com/wp-dyn/content/article/2009/04/27/AR2009042702677.html>; westonaprice.org.

Workshop Registration Form

Name _____

Phone _____

Workshop Name _____

Amount _____



PRESORTED STANDARD
U.S. POSTAGE
PAID
MADISON, WI
PERMIT NO. 2419

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

To receive Green Earth Notes by email, jot your email address on this page and drop it off at Green Earth along with address label.

Supplements Bill

Due to the huge public outcry 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. CSOFH's goal is to help people get informed on the issues. Their volunteers scan the major headlines for natural health issues and posts 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!
