



October 2011



The Herb Corner

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<http://www.herbcorner.net>



What's Bugging You?

It's that time of the year when new and interesting viruses and bacteria are about to emerge again. The key to your best overall health and longevity is to build up the immune system ahead of time. Not only does it protect the body from the flu and colds but it also provides protection against chronic fatigue, inflammatory conditions, cancers, allergies and numerous other conditions.

The immune system has trillions of cells that work together to defend and protect the body. If some of those cells are not strong enough they can throw off the whole system. It's like building a house of cards that's nice and strong, if you then remove some of the cards from the middle, the house will probably collapse. This is how the immune system works; when we are eating healthy, exercising, using herb and supplements the immune system remains strong.

So how do you strengthen the immune system? One way is to encourage the body to produce its own natural killer cells; and there are many herbs that can do that. My favorite herbs for this are garlic and astragalus. I use these along with Vitamin C on a daily basis and so far I have not been disappointed. If I should start to feel under the weather I will increase the garlic and the Vitamin C and I will exchange the astragalus for the Immune Strengthening Formula that I have at the store. Over the past 3-4 years with this regime I have not been sick any longer than 48 hours.

Another way to keep the immune system strong is to eat healthy making sure that you are getting enough of the vitamins and minerals that are needed to support and strengthen the immune system; "let your food be your medicine". Today's fast food diets do not provide this for us using supplements and herb can help.

The herbs that can strengthen the immune system are:

Astragalus, is good for those people who seem to catch every cold and flu bug that is around. It can help with the stress and fatigue that can weaken the immune system. It naturally encourages the body to produce natural killer cells (macrophages, phagocytes and natural interferon).

Bupleurum helps to increase the bodies use of antioxidants and increases the activity of macrophage cells.

Dandelion is high in vitamins and minerals like calcium, iron, vitamins A, B & C, it is nourishing to the body helping it to provide beneficial bacteria that is needed for good health. Along with these are phytochemicals that also help to encourage the bodies own Natural Killer Cells.

Echinacea is one of the most widely studied immuno-stimulating herbs, it stimulates the lymphatic system, it helps the body to produce Natural Killer Cells and it boosts the bodies' own production of natural interferon.

These are just a few of the herbs that may boost your immune system I encourage you to do your own research because there are so many more of these herbs.



Body, Mind & Spirit Fair

Saturday, September 10th, 10 am-3 pm

\$15 for 15 minutes. Walk-ins welcome.

Appointments preferred

Call 321-757-7522

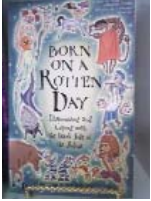
PLANNED EVENTS:

- * Chair Massage * Energetic Body Work * Medical Intuitive
- * Reiki * Crystal Counseling * Cross-Over Readings
- * Angel Card Readings * Channeled Readings
- * Psychic Readings * Crystal Energy Card Readings *





Holiday Gifts & Stocking Stuffers



Amulet Bags - Genuine Leather Native American Style

Angel Statues

Angel Inspiration Guidance Cards

Aromatherapy Products

Books

Candles

Dandy Blend

Dreamcatchers

Dreamcatcher Gemstone Bags

Essential Oils & Oil Diffusers

Essential Oil Patches

Evil Eye Rings, Bracelets, Rear View Mirror and Window Hangers

Feathers - Native American style design

Gano Cocoa & Coffee Products

Gemstones

Gemstone Gift Bags (Energy, Chakra Balancing, Protection & More!)

Genuine Gemstone Bracelets, Necklaces, Pendants & Rings

Guidance & Inspirational Cards





Decorations, Spices, Frankincense & Myrrh



Herbal Eye Pillows and Hot/Cold Packs ***

Herbal Sticks, Balms & Pain Remedies - Stocking Size ***

Inspirational Placques ***

Magnetic Bracelets ***

Organic Skin Care Soaps & Cosmetics ***

Pendulums ***

Perfume Bottles ***

Herbal Pet Books ***

Pet Rock Necklaces ***

Recycled Glass Chimes, Candle Holders Salt Lamps & Smoking Bottles ***

Sage & Incense ***

Shopping Bag Holders ***

Stevia Flavorings ***

Teapots & Tea Sets ***

Tear Bottles ***

Unique Jewelry ***

What in the World Are They Spraying DVD ***

Xylitol Products ***

Zodiac Gemstone Gift Bags ***

& Much, More!



Gift Certificates Available!

Herbs * Gifts * Energy Work & Readings

"Reclaiming Our Roots" Herb Classes

Special Discounted Sessions



LOOKING FOR HEALTH CARE OPTIONS?

Historically, and in our modern-day society, plants have been the backbone of our medicine.

As a Master Herbalist, my desire has always been to provide education in the field of medicinal uses of herbs and foods. Education will give you the opportunity to participate in and take charge of your healing process.

Many of you have voiced your desire to take my herbal classes but the economy downturn, job and insurance losses as well as higher prices have made budgeting for the tuition cost somewhat difficult for you. We do understand your situation. To assist you over this financial slump, I am offering the new Class Package of 15 classes for a total of only \$300. Your only financial responsibility will be to pay the tuition in \$20.00 increments which will be due at each class. This eliminates the \$100 up-front tuition. A total savings to you of \$175!

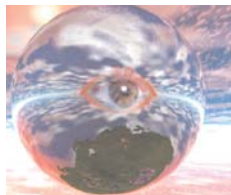
"Reclaiming Our Roots" will start you "on the road" to Herbalism and provide options for health-promoting herbal skills

that have nearly been lost to our modern world. This 7-month learning journey will provide you with an in-depth study of the healing properties of herbs for women, men, children, and pets. It will cover all of the body systems, the conditions associated with each system, and the beneficial herbs for these systems/conditions.

You will learn how to treat non-emergency health problems, and gain an excellent grounding in the basics of herbal medicine. You will also learn how to make teas, tinctures, salves, syrups, compresses and much more. There will be 2 planned herb walks included in the Class Package.

If you are ready to take your health care into your own hands, are tired of medicine's undesirable side-effects and the high costs of drugs/prescriptions, then please join me on alternate Saturday mornings.

Pre-registration is required. A \$20 non-refundable deposit is required for your book and class project material and is due on the first class attended. A certificate will be awarded upon completion.



Intuitive Development Class

Ongoing sessions on Thursday nights at 6 pm

The emphasis of these classes is to go inside ourselves in order to connect to what we cannot see. Maria will be teaching you about energy and how to feel, gather, channel and work with energy for the highest good.

Learn how to develop clairvoyance, psychometry, claircognizance as well as clairaudience and how to discern which one of those is your strongest intuitive ability. Maria will also explain about a guides, angels and Divine Source.

She will be teaching you how to quiet your mind in order to free your Higher Self. She will also be discussing Energy Work - what it is, where it comes from and how harmonize with The Source.

Everyone is born with a sixth sense, we just have to learn how to open ourselves and develop our intuitive gift. \$20 per class.

Call Maria at 321-757-7522



Energy Work/Reiki Channeled Readings Spiritual Guidance Cross-over Readings



Not only does Maria have the gift of healing and is medically intuitive, but she also has the ability to see into your past and present, enabling her to provide you with accurate guidance for the future. She is also able to connect with friends and loved ones who have passed (similar to John Edwards), otherwise known as Crossover readings.

She is known for her down-to-earth, straightforward style, where, via channeling and her own intuitive energy, she clearly conveys accurate and precise information with integrity and sensitivity.

Whether you need clarity and guidance, healing, or wish to connect with a departed loved one, Maria can help you. Her readings are conducted one-on-one in a safe and gentle environment. She is also available for group readings. Please call for details 321-757-7522.



The Amethyst Bio Mat - If you need a stress-reducing change to your life (and who doesn't?), why not schedule an Amethyst Bio Mat session.

This FDA approved, cutting edge technology facilitates your body's natural healing abilities. It is said to: ease pain of work related-injuries to neck or back, bring relief from joints pain and stiffness, improve your immune system, reduce stress and fatigue, allow a more restful sleep, it even burns calories!

So what happens while you are on The Bio Mat?

You stretch out on the mat the far infrared rays begin to warm your body six inches from within. While you get warm the mat stays cool. Your body's temperature slowly rises inducing an artificial fever enlivening and strengthening the immune system causing toxic organisms and pathogens to be destroyed or eliminated through waste removal. After you have "cooked" for a few minutes Maria begins her specialized "energetic body work" (a unique mix of Reiki, Quantum Touch and a form of energy work she learned from her Grandmother). Alone these are powerful modalities that allow the deep relaxation a body needs. Together they are synergistic and dynamic.



I was in serious pain and could not find relief through conventional doctors. With the help of Maria and the Herb Corner I was able to reduce my pain level dramatically and also correct digestive problems as well. Maria was a true gift and was selfless in her desire to help me. I only wish I knew of her earlier. After eight years of post surgery pain and much pain medication I am now nearly completely pain free and enjoying life again and not taking any medication. Maria was a true blessing for me and I would recommend her to anyone seeking relief from pain. As a natural healer I just could not believe that would help but it did and in a major way. Thank you Maria for all of your help and selfless devotion. You are the greatest!

- J. H., Sergeant Major USMC (ret)