



January 2012

# The Herb Corner

277 N. Babcock St., Melbourne, FL 32935  
(321) 757-7522 <http://www.herbcorner.net>



## "Reclaiming Our Roots" Herbal Classes

### LOOKING FOR HEALTH CARE OPTIONS?



Plants have been, and still are, the back bones of our modern medicine.

As a Master Herbalist it has always been my desire to educate people concerning the medicinal uses of herbs and foods so that they can be a part of, and take charge of, their healing. I have seen more and more of you in the shop with the desire to learn, but the cost of my classes were holding you back. Because it is my desire to teach as many as I can about herbal health, I will be offering my classes at a 33% discount, charging \$20 per class (pay as you go).

Reclaiming Our Roots will start you "on the road" to herbalism, providing the options of health-promoting herbal skills nearly lost to our "modern" world. In this 7 month journey, you will learn how to treat non-emergency health problems, and gain an excellent grounding in the basics of herbal medicine making including teas, tinctures, salves, syrups, compresses and more.

This is an indepth study of the healing properties of herbs for women, men, children and pets; covering all of the systems of the body, the conditions that are associated with that system; and the herbs that are of benefit to theses systems and conditions.

Included in theses 15 classes are herbs for kids, herbs for pets and 2 planned herb walks.

If you are ready to take your health into your own hands because you are tired of the many side effects and the outrageous costs from your medicines, then I hope you will join me in these classes.

Classes run from February 2012- August 2012, on alternate Saturday Mornings.

**Pre-registration is required. A \$20 non-refundable deposit is required for your books and due by February 20.**

**Call 321-757-7522 for more information.**

**Herb Classes Begin February 25th!**





# Saturday, January 28<sup>th</sup> 10 am-3 pm

## Call 321-757-7522



### PLANNED EVENTS:

- \* Chair Massage \* Energetic Body Work \*
- \* Reiki \* Detox foot baths \*
- \* Medical Intuitive \* Crystal Counseling \*
- \* Cross-over Readings \* Angel Card Readings \*
- \* Channeled Readings \* Spiritual Readings \*
- \* Crystal Energy Card Readings\*

## \$15 for 15 minutes \* Walk-ins welcome. Appointments preferred \* 757-7522

*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)

**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 joint 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.

**AMETHYST** (*Suggested Metaphysical Properties*) - Protects from psychic attack, nightmares and transmutes energy into love; purification. Calms, tranquilizes, or stimulates the mind as needed. Quiets overactive mind to aid sleep. Place under pillow to alleviate insomnia. Helps with decision making - clarity of mind and emotions. Helps with concentration and memory, aids intuition and psychic gifts. Aids in meditation and raising vibrations. Place over 3rd eye. Balances physical, mental, emotional, spiritual and energetic bodies. Cleanses the aura, transmutes negative energy. Aids in removing addictions, blockages, or overindulgences. Encourages selflessness and spiritual wisdom. Stimulates crown and throat chakras to work in tandem. Aids in psychiatric conditions but not for paranoia or schizophrenia.

**Healing:** Hormones, endocrine system & metabolism. Strengthens cleansing & elimination organs & systems. Relieves pain & stress, eases headaches & tension. Reduces bruising, injuries, swelling, hearing disorders. Heals lungs, respiratory tract, skin conditions, digestive tract, removal of parasites, absorption of water, insomnia.



## Reiki Level 1 Sunday, February 26, 2012

**REIKI (RAY-KEY) is the Japanese word for Universal Life Energy.**

It is an ancient form of Holistic Healing modalities and/or techniques given to restore harmony and balance to the human energy field. It has been reported by people who have experienced Reiki that they have felt more relaxed, less stressed, and a decrease in pain after receiving a Reiki session.

Throughout the course of the day our vibratory levels can be disrupted, causing us to become ill. Reiki rebalances our energy levels creating a positive energy flow helping you to achieving a sense of wellness through stress reduction and relaxation, improving health and enhancing your quality of life.

In Reiki Level 1: You will learn the history and traditional teachings of Reiki meditation techniques, the series of hands on techniques/modalities for giving a session to yourself as as for another person.

You will receive the 4 Reiki Level 1 attunements as taught and required in the traditional Reiki teachings.

Pre-registration is required.

**Reiki II and III classes are available as well. Please call for more information or to register: 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.

### Product of the Month - Gano Cafe

A healthy coffee does exist - it is made with Reishi mushrooms.

For centuries Reishi has been prized for its healing properties in treating and preventing many diseases including cancer, tumors, arthritis, headaches, hypoglycemia, pain, PMS, heart disease, liver disease and respiratory conditions. Even if you are not sick, Reishi is a good herb to help increase vitality and energy plus it supports your immune system. I figure if I am going to drink coffee why not have it be good for me.

The Gano Cafe Classic contains only 1 milligram of coffee per ounce - that's 12 times less than regular coffee. You prepare it just like an instant coffee adding your own cream and sugar. The Gano Café' 3-in-1 already has some cream and sugar in it. This would be good to have at work or when you are traveling.

My absolute favorite is Gano Schokolade it tastes just like hot chocolate its nutritious, energizing and it contains no caffeine so it's good for all ages. This one takes care of my chocolate cravings and if you know me you know I love chocolate; so I'm getting a flavor I love and it's good for me.

Gano Excel is a blend containing both the chocolate and coffee flavors. Why don't you give one of them a try?!!



## Keeping Your Memory Sharp with Herbs

Have you been having trouble remembering names, dates, where you put your keys or why you walked into the room. You might associate lapses of memory as "Senior Moments" but that is not true; people as young as 20 experience moments of memory loss.

Stress is a key factor to memory lapses we don't eat right we don't sleep well there is only so much that can be done in one day and yet we keep adding more things to do to the day.

Ginkgo is the herb of choice when considering memory. Studies show this herb to work with dementia, Alzheimer's and other memory disorders they found the earlier you begin with Ginkgo the better the outcome will be. Ginkgo helps by improving overall circulation bringing needed blood, oxygen and nutrients to the brain, Ginkgo also supports neurotransmitters in voluntary and involuntary nerve transmissions and it provides potent antioxidants to protect and regenerate damaged nerve cells.

Clubmoss and Ginsengs contain Huperzine-A said to protect brain cells form injury and toxins it has been found to sharpen mental acuity, speech and learning potential. Ginseng lowers homocystine levels, which seems to be higher in people with memory conditions. Plus Ginseng helps the body to better cope with day to day stress and fatigue.

Menthol containing herbs like Peppermint, Spearmint, Rosemary and Basil help the brain hold onto acetylcholine, a neurotransmitter important for memory and learning. Many people who have Alzheimer's, dementia or other memory con-

ditions develop neuritic plaque that causes a breakdown of nerve terminals lowering acetylcholine in the brain.

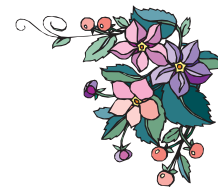
Gotu Kola improves memory; strengthening mental ability even in children with learning disabilities, it improves circulation to the brain plus it has a calming effect on the whole body.

Since ancient times Rosemary has been know as the herb of remembrance I wear an essential oil locket with Rosemary, Marjoram and Sage when I study or take tests it helps me to remember and it keeps me focused and alert. I also use an herbal formula containing equal parts of Peppermint, Rosemary, Clubmoss, Ginkgo, Sage, Gotu Kola, and Eluthero either as an extract or as a tincture when I need to be alert and focused. I have a child with ADD he would often use this when he was having trouble focusing.

Some other things that may help the memory besides herbs are exercising your mind read, do puzzles the mind needs stimulation and becomes dull if it's not used. Avoid fatty foods, fats cut off the needed glucose that supplies the brain with energy. Block fluoride and aluminum toxicity by cutting back on foods with additives, preservatives, antacids, deodorants, relish, tobacco and canned sodas. Get more Vitamin A, C, E, and B, folic acid, lysine, COQ 10, essential fatty acids, boron and lecithin from your foods, supplements or herbs to support, protect and nourish your brain.

And don't forget to drink water dehydration is a major factor in "Brain Fog".

# January 2012



*Sunday      Monday      Tuesday      Wednesday      Thursday      Friday      Saturday*

8	9	10	11	12	13	14
15  Reiki II with Maria 10 am-3 pm	16	17	18	19	20	21
22	23	24	25	26	27	28  Physical/ Metaphysical Fair 10 am-3 pm
29	30	31				

**Interested in an Aura Class  
 or Pendulum Class?  
 Let Us Know!!!  
 Call for more details!**

**Herb Classes Begin February 25<sup>th</sup>!  
 Sign Up Now!  
 Reiki II - February 11<sup>th</sup> & 12<sup>th</sup>!  
 Call for Details!**