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Clinics: The Cave Shop Wellness Centre, Royston, Herts  
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**Therapies available:**  
Herbal Medicine  
Iridology  
Crystal Therapy  
Therapeutic Massage  
Thermo-Auricular Therapy  
(Hopi Ear Candles)  
Emotional Freedom Technique

**SPECIAL 'WINTER BOOSTER' PACK**

- 55ml Cherry bark & Elderberry Cough Syrup
- 55ml Echinacea Tincture
- 100g Red Zinger Immune Tea
- 5 day TRIAL (50g) 'The Green Stuff'
- 125ml Breath-eze Massage Oil



**SPECIAL OFFER: Only £25 (15% OFF till end Jan 2010)**

**"A belly laugh increases the ability of your immune system to fight infections." ~ Elizabeth Taylor**

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**"Most of you do not believe that it is your natural state of being to be well." ~ Esther Hicks  
'The Teachings of Abraham'**



**Green Goddess** ... eco-friendly, biodegradable, luscious natural beauty for Mind, Body & Spirit!



## Dates for your diary

Nature's Pharmacy are out and about this winter too, and later next year with our products and our Master Herbalist & Iridologist, Melanie Cardwell who will be offering Iridology taster readings at many of these events.

If you are in the area, please come along and introduce yourself ... we would be very pleased to meet you, and you'll find some fabulous Christmas gifts too!

**7 Nov: Christmas Fair, Memorial, Hall Sawbridgeworth, Herts.** 10am—4.30pm Support your local community.

**11 Nov: Christmas Gift Fair** (in aid of the Buffy Bus) **Friends Meeting House, High Street, Saffron Walden, Essex** 10am—7.30pm

**5-6 Dec: Christmas Carousel, Capel Manor Gardens, Enfield** 10am—4pm With winter warmers like mulled wine and roasted chestnuts, come visit the Manor House & gardens and pick up some festive gifts. [www.capelmanorgardens.co.uk](http://www.capelmanorgardens.co.uk)

**12 Dec: OBOD Winter Assembly** Our usual stall at the Annual Midwinter Gathering of the Order of Bards, Ovates & Druids, **Town Hall, Glastonbury.** We'll have our selection of natural beauty products, herbal remedies, and 'Herbcraft' too ... would make someone a great Christmas present? [www.druidry.org](http://www.druidry.org)

Non-members welcome

**4—6 June 2010: Annual DUTCH OBOD Assembly, Holland.** Melanie will a guest

speaker and facilitating a workshop and wild herb walk.

**25—27 June 2010: Experiential Herbcraft, Wildways Retreat, Highley, Shropshire.**

Whether you will be studying **Herbcraft** or not, join us for a 'hands-on' lotion & potion making weekend, in the heart of rural Shropshire. We'll create a Kitchen Pharmacy, walk in the wild woods and celebrate Nature together. [www.wildwaysontheborle.co.uk](http://www.wildwaysontheborle.co.uk)



## November 2009



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### Seasonal Focus:

- 'Herbcraft' Launch
- 'Green Stuff' Special Offer
- Boosting your Immune System
- Beat the Winter Blues
- Swine Flu and other stories...



# Autumn / Winter Newsletter

## Herbcraft

*Working with Nature through the Seasons*



A concise Home Study Course of Basic, Simple Herbal Medicine and an honouring of Nature through the Seasons. Combining techniques and ideas from naturopathy, herbal medicine, and spiritual practice, it will enable you to re-connect with the wisdom that was once handed down through generations of women, from grandmother to mother to daughter, reaching the Wise Woman in all of us (men and women). Herbcraft is designed to empower your 'Healer' within, help you get back in touch with Nature in a 'hands-on' approach, and hopefully open up many new avenues of positive thought and therapeutic possibilities, that will enrich and transform your personal life journey.

A 12 month course - you may take as little or as much time as you wish to complete it working at your own pace.

### Course contents:

- Over 85 medicinal & magical herbs through the year
- basic herbal preparations
- kitchen pharmacy
- herbal first aid
- basic anatomy & physiology
- herbs for common ailments
- nutrition and natural healing
- cultivation and self-sufficiency
- honouring the seasons
- other alternative therapies

Includes Five Elements diagnostic chart, herbal contraindications, wild flower and wild food identification books, herbal samples and practical DVD.

Bi-annual assessment & diploma certificate upon completion.

**AVAILABLE  
1st DECEMBER 2009**

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'FIRST EDITION' COPY  
TODAY**

**SPECIAL OFFER  
LAUNCH PRICE  
£495**

*£100 Off—Limited time only*

[www.herbcraft.info](http://www.herbcraft.info)  
[www.naturespharmacy.org.uk](http://www.naturespharmacy.org.uk)

## 'The Green Stuff'

- Stay healthy this winter
- Strengthen your immune system the natural way
- Relieve stress
- Boost energy levels

**Try it for 5 days & feel the benefit ...**

**... Get 10% OFF your first month's supply!**

**50g tub—£5  
Plus FREE Recipe Book**

**Organic Powerful  
Nutritional Concentrate  
NOW with Chlorella!**



See website for details:  
[www.naturespharmacy.org.uk](http://www.naturespharmacy.org.uk)

### Testimonials

*"I'd been trying to lose weight so I replaced two meals with 'The Green Stuff' and still had my main meal. I've lost 10 pounds in a month, don't feel hungry, my IBS has gone, I've loads of energy and feel fantastic! I'm hooked! ... Amanda, Cambs*

*Nina from Bristol ... 'The Green Stuff' is 'pure Magic in a tub!'"*

*I'm not a breakfast person, but a spoonful of 'The Green Stuff' blended to a smoothie with fresh fruit & juice sets me up for the day, and its great after a workout. ... Adam, Hereford*

*I have taking this wonderful power food for 3 years. I work in a junior school and am also studying for a degree in my spare time. I find it perfect to boost my energy and concentration. Everyone should take it! ... Belinda, Devon*

## Featured Herb: Garlic

If the saying is true, "An apple a day keeps the doctor away," then garlic must be an apple! Not least for it's strong odour, but for the fact that it's medicinal virtues go back as far as Hippocrates (460 B.C.), known as the father of medicine, who used garlic for a variety of infections and intestinal disorders, as well as wounds, toothaches, epilepsy and chest pains. A natural antibiotic, and expectorant, garlic lowers blood pressure, cholesterol, and stimulates circulation. Rich in vitamins A, B, C, and E, Selenium, Sulphur, it is best taken raw, 3 -

6 cloves daily. (Eaten with parsley it prevents 'garlic breath!') An excellent cold remedy, especially if combined with onions.

Here at Nature's Pharmacy, we discovered a fantastic immune boosting 'Hooch' recipe we call **Winter Elixir**, but you can make your own at home, to keep you and your family well through the winter months.

You will need equal parts of the following fresh kitchen ingredients:

*Garlic, onions, ginger root, horseradish root, chilli peppers*

- Peel as necessary and roughly chop into a jug.
- Cover with sufficient apple cider vinegar. Liquidize well
- Decant into a clean glass jar and allow to steep for at least 2 weeks or longer.
- After this time, you can decant the vinegar into bottles and take 1 - 3 tsp daily (reduce as appropriate for children), or leave the herbs steeping and decant as necessary.
- The 'herb bits' can be added to salad dressings, as additional flavour in your cooking or eaten as a raw condiment. Delicious!



Garlic  
(*Allium sativum*)

## Boosting your Immune System

Despite a huge number of cold and flu remedies, immune boosting supplements, the best way to boost your immunity this winter is by healthy eating:

**Vitamin C** This cold-fighting antioxidant increases production of infection-fighting antibodies, thereby preventing viruses. Best food sources are oranges, strawberries, blackcurrants and hibiscus (in our **Red Zinger** tea). You can also take **The Green Stuff**,

which contains rosehips, nettles and lemon peel - all rich in Vitamin C.

**Vitamin E** This antioxidant stimulates production of immune cells that destroy nasty germs and bacteria. This protection for is especially important in the elderly, whose immune function is reduced. Food sources include plant oils, nuts, green leafy vegetables and wheat germ.

**Zinc** Studies show zinc can lower the incidence and severity of infections. Good zinc

sources are oysters or fortified cereals, pumpkin seeds and The Green Stuff.

**Hot Foods** Spice things up with chilli, hot mustard, pepper, onions, horseradish and garlic. Such foods contain substances which help ease sinus congestion Or simply try our **Herbal Snuff**... brings tears to your eyes, but it'll clear up your sinuses quickly and effectively. Or try our deliciously spicy **Winter Elixir** ... to keep any cold at bay this winter. Kids love it too!



**Winter Elixir:**  
100ml/£7.50  
**Red Zinger Immuno Tea:** 100g/£4.50  
**Echinacea Tincture:**  
55ml / £6.50  
**Herbal Snuff:**  
25g / £3.50

## Featured Herb: Elder

The Elder tree is a veritable medicine chest by itself. The leaves when used as a compress are helpful for sore eyes, bruises, sprains, wounds and chilblains. The flowers are an ideal treatment for colds and flu, and are indicated in catarrhal inflammation of the upper respiratory tract such as hay fever, sinusitis and catarrhal deafness. The berries have similar properties to the flowers with

the additional use with rheumatism.

Flowers are made into tea, wine, syrup and even champagne! They also make good fritters. The berries make a tasty wine, syrup and jam.

We make our **Cherry bark & Elder berry cough syrup** from steeping both the flowers and berries in vegetable glycerine or honey. The flowers are collected in early sum-

mer (June) and dried as quickly as possible in the shade. The berries are best collected August / September.

Nicknamed Britain's own 'echinacea', Elder has antiviral and anti-inflammatory properties. It also clears the bloodstream and aids in expelling mucous from the lungs. It is also applied externally to relieve skin problems like eczema



Elder  
(*Sambucus nigra*)

## Cherry bark & Elder berry Cough Syrup

This delicious syrup is made from this Autumn's ripe elder berries, with a host of other wonderful herbs to help support the respiratory system and a favourite with children and adults alike!

Added ingredients are wild cherry bark, balm of gilead and white horehound as natural expectorants, helping to clear and decongest the lungs, and soothing marsh-mallow root to calm irritated chesty coughs. Both myrrh gum and goldenseal root are powerful immune stimulants.

This popular remedy also contains lobelia inflata, a prime respiratory herb, and a

favourite with asthmatics because as its name suggests, it 'inflates' the lungs, whilst dilating the bronchial tubes, aid breathing and expelling excess mucous.

Suitable for all ages, it's a soothing, anti-viral and pleasant tasting syrup for the throat and lungs, and a must for any Winter Medicine Cabinet! Helpful respiratory tips:

- Adopt a mucous-free diet - remove wheat and dairy products from your diet, especially milk, yoghurt, cheese and eggs, as they clog the body and impair lung function. Avoid gluten-rich grains like wheat, or refined grains like pasta.

Instead, use corn and rice pasta and rye bread.

- Vitamins A & C, and zinc are all important for lung health. Weak lungs need plenty of calcium and magnesium .. Both are found in Nettles.
- If the mucus is yellow, brown or green, you need to cool the body down: Use plenty of lemons, limes and garlic, with a little ginger, cinnamon and cloves
- If the mucous is white or transparent and you feel more cold and shivery, use less fresh fruit and raw vegetables, instead take plenty of horseradish sauce, baked onions and grated ginger in dishes. Drink ginger tea.



Wild Cherry  
*Prunus serotina*

**'Cherry bark & Elder berry Cough Syrup'**  
55ml—£7.50  
110ml—£15  
250ml—£30

## Beat those Winter Blues

Does the thought of Christmas approaching make you depressed, or the change in the weather and the chill in the air leave you feeling a bit down? Maybe the shorter days and lack of sunlight get you down? If so, then you need to boost your mood with food.

Here are a few favourites ...

**Spinach:** A lack of folic acid has been linked to decreased serotonin levels and depression in various studies. Just a small amount of spinach is enough to significantly lift

folic acid levels. There's a whole heap of Spinach in **'The Green Stuff'**!

**Tuna:** Low levels of selenium have also been linked to depression, anxiety and bad moods. Tuna and other fish are packed with the vital nutrient - as well as numerous other health benefits. Selenium boosts the immune system too!

**Pasta:** Carbohydrates also get a bad press, but they are responsible for releasing insulin into the blood stream and

helps convert the amino acid tryptophan into mood-boosting serotonin. Serotonin, a lack of which is linked with depression, also suppresses appetite and helps you sleep. Wholegrain pasta, rice and fruit are the best sources of carbohydrates.

**Dark Chocolate:** Full of free-radical destroying antioxidants, contains alkaloids which raise serotonin levels and fats which release endorphins, which also make us feel happy. Enjoy!

"... What you eat can seriously alter your happiness levels."

## Swine Flu and other stories ...

Whatever your thoughts or feelings on the latest pandemic news, the best natural way to lessen the symptoms of any virus is to treat it with antiviral herbs, which have been used for years. They help to:

- speed up recuperation by naturally boosting immune responses
- relieve symptoms, lower fever and reduce inflammation
- decongest and clear mucous

from the lungs

- lessen possible complications such as pneumonia.

**Elder** (flower and berry) is a prime British anti-viral herb, safe to take for all ages. The herbal equivalent of antibiotics - 'pro-biotics' like echinacea and natural yoghurt are also important. They are useful in treating bacterial respi-

ratory infections. Ache Away herb tea reduces fever and replenish essential nutrients.

Plenty of water, rest, laughter and play is also advised.

Remaining positive is vital in keeping the immune system healthy - they say '*laughter is the best medicine*'. A good diet is also key or take **'The Green Stuff'** nutritional supplement, if your appetite

"If you are considering the Tamiflu vaccine ... please do yourself a favour and check this out first!"

[www.theflucase.com](http://www.theflucase.com)