

May 2009



# Spring / Summer Newsletter

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## The Green Stuff

- Want to lose weight and get healthy this summer?
- Are your energy levels low and you're in need of a boost?

Experience a 'Super Tonic' made from the richest whole-food sources on the planet, making it a powerful nutritional concentrate. It is a blend of herbs & foods specifically designed to supply you with natural food source **Vitamins, Minerals, Amino Acids and Essential Fatty Acids.**

## 'The Green Stuff'

This highly nutritious, **high protein, low-fat formula** is suitable for everyone, even Vegan, Vegetarian, Gluten & Yeast-free diets making it an excellent addition to anyone's daily health regime and all your family's daily nutritional needs in one dose. It is also

**100% assimilated** by the body - **fast** - unlike other vitamins & minerals - so you can be sure **It Works** and you get every gram of nutrition!

- Quickly boosts and sustains energy
- Helps relieve stress
- Aids weight loss - virtually calorie-free meal replacement
- Speeds up recovery after illness or surgery
- Balances hormones
- Perfect for pregnancy
- Corrects digestive disorders
- Alleviates skin problems
- Increases concentration & memory
- Encourages detoxification



Your A—Z of Complete Nutrition  
50g TRIAL only £5

### What's in it:

Non-Active Nutritional Yeast, Spirulina, Chlorella, Alfalfa Grass, Spinach Leaf, Barley Grass, Wheat Grass, Nettle Leaf, Beet Root, Lemon Peel, Astragalus Root, Rose Hips, Pau D'Arco bark, Apple Pectin, Vanilla Pod.

Try it for 5 days and feel the difference  
Get 10% off your first months supply! (£29.50)  
**ORDER YOURS TODAY**

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

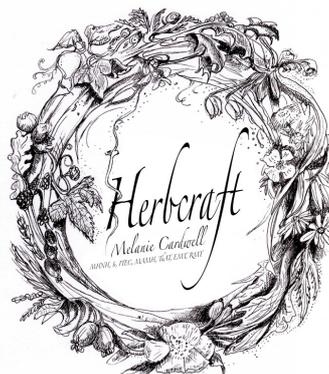
## Seasonal Focus:

- Get healthy this summer with The Green Stuff
- 'Herbcraft' News!
- Natural Hayfever Remedies
- Arthritis? Broken Bones? BFC to the rescue!
- Stress Relief Tips

## Herbcraft

A chance to empower the healer within and learn the ancient knowledge of the Plant Kingdom to keep you and your family well.

This long-awaited home-study course is nearing completion! We are currently in process of gaining accreditation by the Open College Network and affiliation with the Social Forestry Network as part of their own modules. Check our website for further details and add yourself to our mailing list



### Course contents:

- 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 diagnostic chart, seeds & cultivation guide, contraindications and practical DVD.

## Featured Herb: Plantain

Another common 'weed' that is found everywhere! This is a wonderful antibacterial herb and can be taken internally (as a tea or tincture) for bacterial infection, or put directly as a fresh poultice on wounds.

There are two different varieties of plantain and both are used medicinally: *Plantago major* (ribwort plantain) and *plantain lanceolata* (with longer spear-shaped leaves).

It cools, helps reduce inflammation within the body and acts as an efficient blood and lymph cleanser. It also has

powerful antihistamine properties and is therefore useful for insect stings and bites, allergies, and especially hay fever. If you are prone to hay fever in the summer – start drinking two cups daily in the spring as a preventative remedy, strengthening the lungs before the pollen hits.

*Either pick the several fresh leaves, add to boiling water, steep for 3–5 minutes, strain and drink up to 4 times a day or try our **Allergeze Formula** (55ml/£7.50, 110ml/£15, 270ml/£30) containing plantain and other herbs as a natural, non-drowsy and ef-*

*fective hayfever and allergy remedy.*

Melanie was stung by a rather large red & black striped wasp in Mexico several years ago, and the plantain tincture in her backpack saved her arm from swelling up and prevented a very nasty possible reaction. She instantly took a dose internally (and continued over the next 24 hours) whilst applying it neat to the sting!

Works a treat on nettle rashes too, and is a prime ingredient in our **Skineze Salve** (30g/£3.50 60g/£6.50) for that reason. A very handy jar to have in the First Aid cabinet!



*Plantain  
(Plantago major)*

## Allergies?

Basically, 'Allergy', refers to all kinds of 'sensitivity' where the immune system is involved. There are 'allergies' where the immune system has no proven central role, and these are classed as 'intolerances'. In all cases either the immune system and/or the digestive system and relevant organs are compromised and need to be strengthened and supported in cases of allergic reaction or intolerance.

*Hayfever* – A very common allergy, which affects many people, since huge numbers sneeze and snuffle their way through the pollen season. Poor digestion and a weakened immune system are generally responsible for this allergy to pollen.

With all allergies and intolerances, it is vital to look at diet, and eliminate foods detrimental to both digestive and immune system health – especially sugars (which reduce

the immune system by up to 40%), stimulants like coffee, tea, chocolate, alcohol, and often wheat and dairy products. You should also consider cleansing programmes to 'give your body a fresh start'. Eat local honey to build up a local pollen tolerance. Stress factors need to be considered and eliminated or reduced. Relaxation is also extremely beneficial.

See our **Ailments** section on the website for more info.

"... consider cleansing programmes to 'give your body a fresh start'."

## Featured Herb: Comfrey

Comfrey is a perennial herb with a black, turnip-like root and large, hairy broad leaves that bears small bell-shaped white, cream, purple or pink flowers. It is native to Europe, thrives in damp, grassy places, and is widespread throughout the UK on river banks and ditches. Care must be taken when handling it because the leaves and stems are covered in hairs that can irritate the skin, so it is advisable to wear gloves.

One of the country names for comfrey was 'knitbone', a reminder of its traditional use in healing. Modern science confirms that comfrey can influence the course of bone ailments.

The herb contains allantoin, a cell proliferant that speeds up the natural replacement of body cells. Comfrey has been used for centuries to treat a wide variety of ailments ranging from bronchial problems, broken bones, sprains, arthri-

tis, gastric and varicose ulcers, severe burns, acne and other skin conditions.

Applying bruised leaves or chopped roots externally as a poultice on a sprained ankle is very effective, as is our, very popular and effective **Bone Flesh & Cartilage Ointment**, which comes in two handy sizes: **30g (£4) and 60g (£7.50).**

Comfrey makes a good fertiliser and mulch for vegetables.



*Comfrey  
(Symphytum officinale)*

## Bone Flesh & Cartilage (BFC) Herbal Ointment

Every day our muscles, joints and skeletal system undergo wear and tear according to how we lead our lives. Some of us are unfortunate enough to suffer from arthritic and rheumatic conditions, where a build up of toxins in the connective tissues causes pain and inflammation. This tried and tested herbal salve helps relieve pain, inflammation, and repair and support the body in various ways.

Hand made by Nature's Pharmacy and adapted from a 70 year old recipe from American herbalist, Dr J Christopher, it is renowned for repairing all muscular (muscles, tendons),

skeletal (bone, cartilage) and flesh wounds. We have many satisfied customers and clients who testify that it is invaluable for relieving arthritic joints and other problems like repetitive strain injury, sprains and painful mobility issues.

One man used it to literally 're-grow' the top of his finger together after nearly losing it in an accident. The hospital told him all they could do was cut the severed bit completely off and sew it up. After 2 weeks using BFC, as it is fondly called, he now has a perfect finger except for a small hairline scar!

Another girl who was run down by a speeding car and broke her pelvis and right leg in two places each applied it twice daily and she was out of hospital and walking again two months earlier than expected!

Thanks to the speedy healing properties of comfrey, soothing herbs like marshmallow and mullein, powerful nerve tonics like skullcap and lobelia to aid and repair nerve damage, (to name but a few), all steeped in organic extra-virgin olive oil and natural beeswax to bind it all together—BFC, really IS a 'must for the First Aid cabinet!'



**'BFC' ... 'a must for the First Aid cabinet!'**

**GET SOME TODAY**

## Stressed out?

Stress is the way that you feel when pressure is placed on you. A little bit can be productive, give you motivation, and help you to perform better. However, too much prolonged pressure can lead to stress, which is unhealthy for the mind and body. When faced with a situation that makes you stressed, your body releases chemicals made in the adrenal glands, including cortisol and adrenaline. These invoke the 'fight or

flight' feelings that help us to deal with the situation. when we are excited, stressed or in an emergency, and therefore also linked to the autonomic nervous system. Subsequently, these glands can become depleted and low, particularly when we are stressed out or exhausted. Luckily we have a few remedies to help. Our **Adrenal Support Formula** can be taken long-term to help you cope with the stresses of daily

life, as can the **Stress Relief Tea** and a popular blend we call '**Sani-Tea**' (also available in tincture form).

Symptoms include adrenal exhaustion, low blood sugar, liver congestion, food intolerances, candida albicans and deficiencies in minerals such as magnesium.

Relaxation is key and **The Green Stuff** is also invaluable in supporting the body through stressful times.



**Adrenal Support:**  
55ml/£7.50  
110ml/£15  
270ml/£30

**Stress Relief Tea:**  
100g/£3.50

**Sani-Tea:**  
100g/£3.50

## Coming soon ...

Over the next few months we will be updating our website and on-line shop.

We will then be able to offer **Personal Online Consultations** with our resident Master Herbalist, Melanie Cardwell, which will also enable us to offer personally made-up Herbal Formulae tailored especially to you ... using the finest organic herbal tinctures and flower essences.

We will also be updating our extensive list of **A—Z Ailments**, so you can continue to find herbal, nutritional and natural healing advice for most common complaints ... and find a suitable remedy.

Once the **Herbcraft Course** has been launched, we are then looking into putting together '**Experiential Weekend Workshops**' to take the study a practical step further.

Melanie will be offering 'hands on' experience making 'lotions and potions' as well as exploring other subjects within the course in greater detail.

News that Forests Schools Network ([www.social-forestry.com](http://www.social-forestry.com)) wishes to include Herbcraft as part of their training and accreditation is also very exciting ... so watch this space!

**"Melanie will be offering 'Experiential Weekend Workshops' offering 'hand on' practice with 'lotions & potions' ..."**

Natures Pharmacy—Balancing  
Mind, Body & Spirit



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**SPECIAL OFFER: Only £45 (25% OFF till end June 2009)**

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

**Clinics:** The Cave Shop Wellness Centre, Royston, Herts  
Serenity Healing Clinic, Clavering, Essex

### A Brief History of Medicine

2000 BC : Here, eat this root.

1000 AD : That root is heathen. Here, say this prayer.

1850 AD : That prayer is superstition. Here, drink this potion.

1940 AD : That potion is snake oil. Here, swallow this pill.

1985 AD : That pill is ineffective. Here, take this anti-biotic.

2000 AD : That anti-biotic is artificial. Here, eat this root.



First Aid Fairies at the Out  
of the Ordinary Festival  
2008.

## Dates for your diary

Nature's Pharmacy are out and about this summer and later this 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.

### 6 June: Strawberry Fair

**Midsummer Common, Cambridge.** Come visit us in the Green Area opposite the Sacred Tree Circle.

[www.strawberry-fair.org.uk](http://www.strawberry-fair.org.uk)

### 18-20 Sept: Out of the Ordinary Festival

**Knockhatch Farm, Hastings, Sussex.** For the second year

running, we are hosting the First Aid area at this wonderful family festival in Sussex. We will don our wings and pixies ears once again to become the First Aid Fairies.

Come and experience the eco vibe, discover Earth Mysteries, and much more.

Melanie will also be giving a talk on Kitchen Pharmacy and a Herb Walk.

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

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

**11 Nov: Christmas Gift Fair** (in aid of the Buffy Bus)  
**Friends Meeting House, 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 and gardens and pick up some festive gifts on the way.

[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

