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**Therapies available:**  
Herbal Medicine  
Iridology  
Crystal Therapy  
Therapeutic Massage  
Thermo-Auricular Therapy  
(Hopi Ear Candles)  
Emotional Freedom Technique  
Reiki Healing & Attunements

**'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)**



**September 2010**



**Autumn / Winter Newsletter**

**Visit our online Shop:**  
[www.naturespharmacy.org.uk](http://www.naturespharmacy.org.uk)

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

**"Wherever the art of medicine is loved, there is also a love of humanity." ~ Hippocrates**

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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'**



**Dates for your diary**

Help us celebrate Life's Harvest in OOTopia ... or at any of these venues!



Nature's Pharmacy are out and about this autumn and winter too, with our products. Melanie will also be offering talks and Iridology 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 discover some fabulous Christmas gifts too!

**17-19 Sept: Out of the Ordinary Festival, Knockhatch Farm, Worthing, Sussex.** We'll be hosting the First Aid area for the 3rd year running. Daily talks on herbs and iridology and stall. Come join us in OOTopia!  
[www.outoftheordinaryfestival.com](http://www.outoftheordinaryfestival.com)

**2 Oct: PF Wessex Witches Market, Town Hall, Glastonbury, Somerset** 10am—5pm.

**3 Oct: 'Introduction to Herbcraft', The Grail Centre, Glastonbury, Somerset.** Inspiring workshop with a herb walk to get closer to Nature in the heart of Avalon! 10 am—4pm  
[www.witchcraftshop.co.uk](http://www.witchcraftshop.co.uk)

**9-10 Oct: 'Tree of Life' (Mind Body Spirit) Festival, Birmingham.** Melanie is a guest speaker and will have a stall with Herbcraft and products.  
[www.treeoflifemagazine.co.uk](http://www.treeoflifemagazine.co.uk)

**6 Nov: Christmas Fayre, Memorial Hall, Sawbridgeworth, Herts.** 10am—4pm

**26-28 Nov: Experiential Winter Herbcraft, Wildways, Highley, Shropshire.** Following the success of our summer weekend, and by popular demand, we are offering another practical weekend focused on

winter health and remedies. Join us in the magical Shropshire woodlands for 'hands on' help for Winter Wellness!  
[www.wildwaysontheborle.co.uk](http://www.wildwaysontheborle.co.uk)

**4-5 Dec: Christmas Carousel Capel Manor, Enfield, Herts.** Stall offering remedies, Green Goddess beauty gift packs & Herbcraft.  
[www.capelmanorgardens.co.uk](http://www.capelmanorgardens.co.uk)

**12 Dec: OBOD Winter Assembly** Our annual stall at the Midwinter Gathering of the Order of Bards, Ovates & Druids, **Town Hall, Glastonbury.**

We'll have our selection of natural skincare, herbal remedies, and 'Herbcraft' too ... would make someone a great Christmas present? [www.druidry.org](http://www.druidry.org)  
Non-members welcome

Please note we are closed from 21st Dec and re-open 3rd Jan 2011

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**Seasonal Focus:**

- Herbcraft diploma course
- Winter Experiential Herbcraft weekend
- Circulatory Tips to keep Warm this season
- 'Winter Wellness'
- Hopi Ear Candles
- New Capsule Formulae

**Herbcraft**

*Working with Nature through the Seasons*

A concise, accredited Home Study diploma course of Basic, 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.  
(Option: OCN Level 3 Accredited)



**With a global emphasis on 'Green Living' - NOW is the time to Learn the Skills you need to keep you & your family well**

... 'Nature's Way'

**SPECIAL PRICE 'FREEZE'**  
**Still only £395**

(payment options available)

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

**Winter Experiential Herbcraft**

**Learn simple remedies to keep you and your family well this winter... and take a few home with you too!**



Students enjoying the practical side of herbs in Shropshire this June!

Our first Experiential Herbcraft weekend received such positive feedback, with many requests for 'more!' So, whether or not you are studying Herbcraft, we have organized another Experiential weekend for your delight with a focus on Winter Health, and are planning four seasonal Herbcraft weekends next year!

[www.herbcraft.info](http://www.herbcraft.info)

**What the students said:**

"Thoroughly enjoyable. Lovely group. So much info presented at a good pace!" ... Beverley, Kent

"Fab weekend!" ... Inne, Herts

"Highlights: 'Identifying plants and making stuff! Loved it all! Thanks a million'." ... Sorcha, Dublin

"Loved learning and eating the delicious food. Thank you—it was really 'the best ever'. More, more, more please!" ... Martina, Spain

"Perfect weekend. Don't change a thing. Loved it!" ... Penny, Essex

"I don't want to go home!" ... Jane, Shropshire

"My highlight was the walk in the forest. My suggestion: Do it longer and often. Bravissima!" ... Massima, Italy

"I enjoyed learning about the plants. Thank you." ... Amy, Herts

## Featured Herb: Echinacea

Although not a native to the UK and Europe, originally grown in the USA and used by Native Indians, **Echinacea** (*ek-in-ay-see-a*) is becoming a popular cultivated herb in many gardens here. Its beautiful flower heads of pink petals with sunny orange centres stand proud in any traditional border.

Its medicinal properties precede it as the only plant with specific actions on boosting the immune system:

- Stimulates white blood cells that help fight infection
- Enhances the body's ability to dispose of harmful bacteria, chemicals and infected or damaged cells.
- Mild anti-biotic effect
- Stimulates growth of healthy new tissue
- Fights viruses
- Inhibits tumour growth
- Anti-inflammatory so helps to reduce soreness, redness and inflammation due to infection
- Protects cells during infection and prevents bacteria, viruses and pathogens from entering in the first place.

**Echinacea** strengthens the

body's ability to resist infection and poisoning. It works very quickly within the body, where its tingling action starts on the tongue!

It is such a powerful herb however, that it should only really be used long-term as part of a formula, and on its own in higher doses for periods of up to two weeks, with at least a two week break afterwards.

We stock a fabulous organic **Echinacea** tincture (the most potent way to take herbs) in three sizes. Why not keep some in your medicine cabinet to quickly banish any unwanted virus that comes your way this winter?



*Echinacea*  
(*Echinacea angustifolia*)

55ml: £6.50

110ml: £13.00

270ml: £27.00

## Winter Warmers: Hydrotherapy

*Hoping that our winter will not be as severe as last year, here are some easy tips to help boost your circulation and keep you really warm from the outside in:*

**Skin Brushing** – Skin brushing is a most effective technique for cleansing the lymphatic system through physically stimulating it, thereby also boosting immune cells. It also stimulates the bloodstream and is excellent for poor circulation. It takes a few

minutes. Use a skin brush preferably made from natural vegetable bristles. Start by brushing the soles of the feet and work up each leg, over the bottom, avoiding the genitals, and up to the middle of the back. Then start at the fingertips and brush up the arms, armpits, across the shoulders, down the chest and the top of the back; brush down towards the colon. From the navel, work in a clockwise motion following the colon. Do this before bathing and follow with ...

**Hot & Cold Showers** – The Scandinavians are renowned for their saunas then rolling in the cold snow to keep them warm! If you can't do this, then a cold shower after a hot shower or bath, adjusting the water slowly in order to acclimatize yourself, and directing the jet onto the area you wish to treat, encourages circulation and facilitates healing. If you do not have a shower unit, a cheap shower hose that fits over the taps is adequate. Your extremities will love you for it!

“... everything about you depends on circulation “

## Featured Herb: Cayenne

Since the dawning of civilization in South America, mankind has been fascinated by the seemingly innocuous plant with bright red fruits that bite back when bitten. Chilli peppers were brought to Europe by Christopher Columbus.

They're packed with nutritional and medicinal properties:

- Beneficial effect on digestion, reduces muscle spasms
- Pinch of cayenne on an open wound (stings a little) but stops bleeding in seconds.
- Good pain relief with arthritis and female complaints.
- Rich in iron, niacin, antioxidants and vitamins A, B, & C
- Use raw on food daily to treat colic, ulcers and heart problems.

**Chilli Paste**—Use a mixture of mild green and hotter red chillies (to suit your taste). Chop them into a jug and cover with extra-virgin olive oil. Liquidise. Add 1tsp cider vinegar to preserve. Keep in fridge.. Delicious as a raw condiment or stir into the end of your cooking. Eat daily!

*Why not make individual garlic and ginger pastes too?*



*Cayenne 'chillies'*  
(*Capsicum annum*)

## Special offer: Winter Booster Pack

For the second year running, we are pleased to offer our complete pack of 'Winter Wellness'! This proved popular last year, so we thought we'd repeat the 15% OFF again.

- A handy-sized **Echinacea Tincture** for the first sign of a cough or sniffle!
- The **Cherry bark & Elderberry Syrup** is a favourite with both adults and kids to soothe sore throats and ease coughs. Contains decongesting and soothing herbs like Cherry, Elder, Elecampane, Marshmallow, Balm of Gilead and Liquorice in vegetable glycerine.
- Our '**Red Zinger**' Immune

**Tea** is a deliciously fruity blend of immune-boosting herbs like Hibiscus, Echinacea, Burdock and Lemon. It's packed with essential vitamins and minerals too!

• **The Green Stuff™** - Our ever-popular organic Powerful Nutritional Concentrate and 'Super Food'. Packed with naturally assimilated herbs and foods to keep you and your family in perfect health this season. It quickly boosts and sustains energy, speeds up recovery during and after illness or surgery, encourages detoxification, stimulates immune activity, helps relieve stress ... and much more!

- To combat the chести-ness

and congestion that generally occurs in the lungs with the majority of coughs, colds or respiratory complaints, we have created a synergistic blend of essential oils to help. The **Breath-eze Massage Oil**, applied two to three times daily onto the chest and back, especially before bed, will ease breathing, decongest and warm the lungs and promote better respiratory health. Contains eucalyptus, basil, thyme, lemon, camphor and benzoin essential oils.

This pack, coupled with a good diet, a little hydrotherapy (*it gets easier every time!, honest*), and a positive outlook to help reduce stress is the perfect recipe for Winter Wellness!



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

Only £25

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

## Thermo-Auricular Therapy

In layman's terms, this describes Hopi Ear Candle treatment, which benefits those who suffer from sinus, throat and ear problems, headaches, stress. It also gently detoxifies the lymph system whilst offering deep relaxation.

The name 'Hopi' comes from the tribe of American Indians who used these 'candles' in ceremony as well as for medicinal use.

The candles are hollow tubes of rolled organic cotton

soaked with beeswax, honey, St John's Wort and other soothing medicinal herbs. They work on a chimney principle, effectively drawing many impurities from inside the ear. They also equalise pressure in the head and ears and the healing vapour can protect and soothe irritation, stimulate the lymph glands and aid immunity.

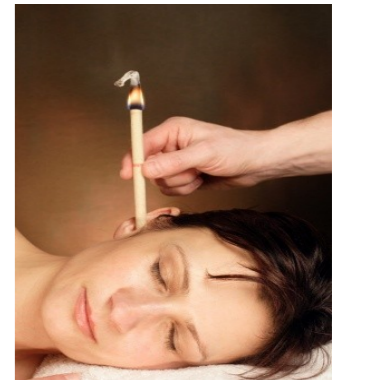
They safely treat:

- Irritations in the ears
- Catarrh and sinusitis
- Glue ear

- Colds, flu, sore throats
- Rhinitis/hay fever
- Neuralgia
- Noises in ear - tinnitus
- Excessive excitement and stress
- Relief of pressure before flying or diving.

Both ears are treated and the session ends with a relaxing facial massage to enhance the effects.

*'Thoroughly relaxing and beneficial' ... Karen, Herts*



30 minute treatment  
~ only £25

(Includes gentle facial massage)

## New Products

We have pleasure in introducing our range of in-house; Capsule Formulae for those that prefer NOT to taste their herbs, bearing in mind that tinctures are still the most potent form of herbal medicine over powders!

All capsules are made from 100% vegetable gelatin so suitable for even Vegans, and contain specifically tailored medicinal herbal blends for a variety of complaints and uses:

- Liver Cleanse & Support
- Kidney Cleanse & Support
- Circulatory Support
- Pain Relief
- Stress Relief
- Tranquility Dream Formula

Don't forget we also stock **Weight Loss & Detox Booster capsules** (£14.99/90) and our colon regulating and cleansing formulae: **Aloe & Cascara** (£11.50/60) and **Barberry & Fennel** (£19.50/120).

Lastly, we have discovered a natural source of volcanic alum and are currently experimenting with creating a natural deodorant to add to our Green Goddess range of eco-friendly skincare.

Unlike synthetically deodorizers, this alum is safe and effective for the most sensitive skin and will be available in a handy spray bottle, hopefully in the New Year ... so watch this space!

NEW CAPSULE  
FORMULAE

60 capsules

£8.50