



Herbal Thymes

Newsletter of Aroma Borealis Herb Shop

June 2007



Summer is upon us! It is so great to be out gardening and nibbling the fireweed and dandelion sprouts as I go. Everything feels so energetically alive! Some folks have a hard time sleeping when the sun is still up in the night, using herbs like valerian, hops, chamomile and lemonbalm in a tea will help the body to settle down and relax into a goodnight's sleep. Our Aroma Borealis Midnight Sun Insomniac Tea was inspired by my own lack of summertime sleeping, there is always way to much to do outside! The plants are always calling!

Brad King, who gave a seminar this last March in Whitehorse, has also developed an interesting and effective product called the Ultimate Anti - Stress, its main ingredient is valerian root - that's why the capsules have such a pungent odor. (See Brad's article for more information.)

We have lots of wonderful new products at the shop - some beautiful new gemstone jewelry, a new supply of Kleen Kanteens - the stainless steel drinking bottle - exclusively sold at Aroma, colorful hemp goddess prayer and chakra flags, yoga mats, meditation cushions and lots of great new books and healing music.

*Aromatically yours,
Bev*

Bev Gray, CH, RA, is a skilled Herbalist and Registered Aromatherapist who owns Aroma Borealis Herb Shop in Whitehorse, Yukon. She is an educator who loves to share her passion of medicinal & aromatic plants. www.aromaborealis.com

skeet-addle!

Yukoner approved! Northerners know what it takes to face pests when in the great outdoors. Yukon wild harvested yarrow and wormwood come together with catnip, neem and essential oils of eucalyptus, lavender, rosemary, citronella, geranium and lemongrass to help make your outdoor experience as comfortable as possible.



Did you know that Chickweed (*Stellaria media*) tastes delicious?!

I eat chickweed all day long when I'm gardening, often if I have a really good patch of chickweed, I will let it take over. Some gardeners think I'm crazy but this plant takes no work to grow and has a multitude of uses. Not only does it taste good on its own, but it is great in salads & teas. It is a demulcent herb that helps soothe irritated tissue. It is often recommended as a tea or tincture for bladder, kidney and urinary difficulties. Externally, it can be used in poultice form or in a salve to help irritated skin, insect bites, boils and skin infections.

Weed Walk Wednesdays

A Northern H-urban Experience. Join us on a mini herb walk... this educational stroll will start at Aroma Borealis 12:00 every Wednesday this summer starting June 20th until Aug 22nd. A great way to spend a lunch hour! \$5 per person.

Herb Walk, Talk & Medicine Making

Saturday, August 4th, 10 am to 4 pm at Rat Lake, Yukon. An interactive herbal workshop that covers plant identification, usage and health benefits of local Yukon wild and cultivated plants. Herbalist Bev Gray will demonstrate how to mindfully harvest medicinal plants and how to make & blend delicious and healthful herbal teas, medicinal oils & salves, tinctures & vinegars from wild and organic herbs.

\$95.00 Includes samples, educational materials & full herbal lunch.

A Herb to Know

CHAMOMILE, German (*Matricaria recutita*)

Chamomile has a pronounced effect on the mind and nervous system. Its scent is intense, herbal and sweet, and is rejuvenative, eases depression and soothes irritability. It is calming and promotes restful sleep. Chamomile is a traditional medicine for children, and helps treat impatience, tension, teething pain, colic, flatulence and insomnia. It has strong anti-inflammatory properties. Can be used internally as a tea or tincture or topically as an essential oil.



Alaskan Essences

Purification™

Black Tourmaline • Fireweed • Portage Glacier • Sweetgrass

Purification is designed to cleanse and purify your home and work environments as well as your personal energy field. It can be used to break up and cleanse stagnant patterns of energy on any level.



Use Purification when you need to:

- Release toxic energy from the mind, emotions, and physical body
- Revitalize, balance and stimulate the renewal of energy on all levels of your energy system
- Break up unhealthy patterns of energy in an environment where there has been addiction, depression, or abuse
- Purify and recharge the environment where there is stagnant energy
- Release old ingrained habits that are no longer useful, necessary, or contributing to your well-being

Instructions for Use: Putting drops in an indoor fountain is a great way to constantly purify and revitalize a room. Purification can also be added to the laundry and wash water to elevate household chores to a sacred activity.

www.alaskanessences.com

Vibrational Healing with The Alaskan Essences - Delving Deeper

Saturday, July 28th and Sunday, July 29th
A two day workshop with Steve Johnson

"Vibrational essences constitute a safe, effective, empowering and easy to use system of self healing. They support the expansion of awareness and consciousness and gently facilitate change at very deep levels of our beings."

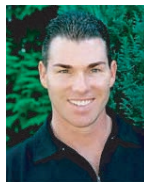
Benefits from participating in this workshop:
Learn what the Alaskan Flower Essences, Gem Elixirs and Environmental Essences are and how they work

- Understand how to select essences for yourself, others and animals
- Gain deeper insight into the relationship between illness, spiritual growth and life purpose
- Learn to communicate with nature using the practices of attunement and plant observation.

Steve Johnson is an internationally recognized author, teacher and practitioner of vibrational healing. He is the director of the Alaskan Flower Essence Project which he co-founded in 1984 and has been preparing and researching Alaskan Flower, Gem and environmental essences for the past 20 years. Steve has two decades of experience as an essence therapist and is a certified practitioner of instinctive Feng Shui.

Weekend Investment - \$160.00

For more information and to register e-mail bev@aromaborealis.com.



Can Stress Cause Weight Gain?

By Brad J. King, M.S., M.F.S.

Continuous negative stress has been linked to North America's five leading causes of death: heart disease, cancer, lung disease, accidents and cirrhosis of the liver. Research shows that between 80-90% of all illness is linked to stress and that 75-90% of all visits to the doctor are for stress and anxiety-related concerns.

Fear—whether that fear is actual or perceived, releases various stress hormones to deal with the stressor. These hormones, primarily adrenaline and cortisol, are produced in the adrenal glands and are responsible for meeting the energy needs of the body in stressful times.

Chronic, unrelenting stress causes unwanted accumulation in body fat (especially abdominal fat) through the following mechanisms:

- By creating stress-induced hormone imbalances—leading to an obesity-like condition characterized by an excessive accumulation of abdominal fat. Abdominal fat also happens to be the most dangerous place for fat on the body—greatly increasing health risk.
- By causing the brain to send out hormones that trigger a chain reaction within the enzyme systems that affect fat, directly affecting the very one responsible for storing fat in the fat cell – lipoprotein lipase or LPL.
- By stripping away the best fat burning tissue in the body—muscle. If there isn't a supply of new protein (amino acids) in the system, cortisol, the stress hormone, will make extra glucose from muscle, thus reducing our metabolism. This is yet another reason not to add stress to our bodies by skipping meals or starvation diets.
- By creating ravenous cravings. Chronic daily stress (i.e. work or school) can rapidly deplete serotonin reserves, causing the brain to send out ravenous cravings for sweet, starchy foods in order to self medicate and temporarily raise serotonin levels.

Brad King's Ultimate Anti-Stress formula offers unprecedented support to the adrenal system to help normalize adrenal function, improve overall ability to deal with excessive stress, lower excessive cortisol levels, induce relaxation without sedation, activate fat breakdown instead of muscle tissue, normalize immunity, increase mental functioning and help protect the heart.

Gain control over the stress in your life and try Ultimate Anti-Stress to reduce stress-induced abdominal fat storage. Ultimate Anti-Stress can now be found in the Ultimate 24 Hour Fat Loss System kit.

For more information and to receive my free monthly e-letter go to www.AwakenYourBody.com.



june special - 20% off all brad king products!

June Special - 1\$ off midnight sun insomniac tea

A soothing blend of chamomile flowers, lemongrass, hops & valerian root.

Offer valid until June 30th, 2007.

Please present coupon at time of purchase.



***Aroma Borealis Herbal Thymes does not prescribe nor wish to take the place of a licenced medical practitioner.**