

# 1 MOTHER EARTH Living

NATURAL HOME, HEALTHY LIFE

## Low-Maintenance Flower Gardens

More Beauty,  
Less Work

HYDROSOLS: WHERE  
HERBALISM AND  
AROMATHERAPY MEET

---

WANT GLOWING SKIN?  
HEAL YOUR GUT

---

SUMMER MEALS THAT  
WON'T HEAT THE HOUSE

---

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MORNINGS

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Circle #3; see card pg 65




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# Inside this issue



Hannah

Hannah Kincaid,  
Editor-in-Chief

 @hannah\_aften

## Self-Care in the Age of Social Media

**WE'RE ALL** familiar with the philosophical thought experiment, “If a tree falls in a forest and no one is around to hear it, does it make a sound?” Lately, I’ve been pondering a different version: “If I experience something beautiful and don’t share it on social media, does it matter?” Sadly, the modern answer often feels like “no.”

Because this is clearly an unhealthy cultural phenomenon, I’ve begun viewing social media detoxes as an important part of my self-care routine. Digital detoxes help remind me that I don’t need to seek validation from outside sources, nor do I need to be constantly entertained or distracted. If you’re interested in reaping the benefits of a social media detox for yourself, here are the steps I’ve found most helpful:

- 1.** Alert your online community that you won’t be logging in for a while. This is more important for those of you with an active online presence and followers who may get worried if you suddenly “disappear.”
- 2.** Uninstall social media apps from your phone; this step will make the biggest impact right out of the gate.

Gone are the days of looking at Instagram or Snapchat in the check-out line or on the subway.

- 3.** Log out of all social media platforms on your desktop, and remove the websites from your bookmark toolbar.
- 4.** Don’t log on to social media for at least two weeks in order to gain some distance—6 to 8 weeks offline should break unhealthy habits.

Now that you’ve cleared the space, it’s time for the fun part of the detox: Fill all those short, in-between moments with fulfilling pastimes. Carry around a book or a copy of your favorite magazine to read while waiting, commuting, or relaxing. Connect with a friend in person.

Next time you find yourself reaching for digital distraction, instead sit patiently in the moment and bring awareness to your breath. My favorite breathing exercise is the Kundalini practice of breath suspension, which is coincidentally used as a tool for releasing addictive thoughts. Before you know it, you’ll have replaced shallow social media expectations with fulfilling practices to feel more centered, balanced, and present.

### 3 things I love this issue

Recipes, techniques,  
and insights  
for prioritizing  
personal care.



Agatha Noveille’s recipe for Eleuthero-Spiced Carrots with Maple Syrup is a mouthwatering example of food as medicine. (Page 32)



The steam-distilled aromatic waters known as “hydrosols” have truly captured my heart. (Page 50)



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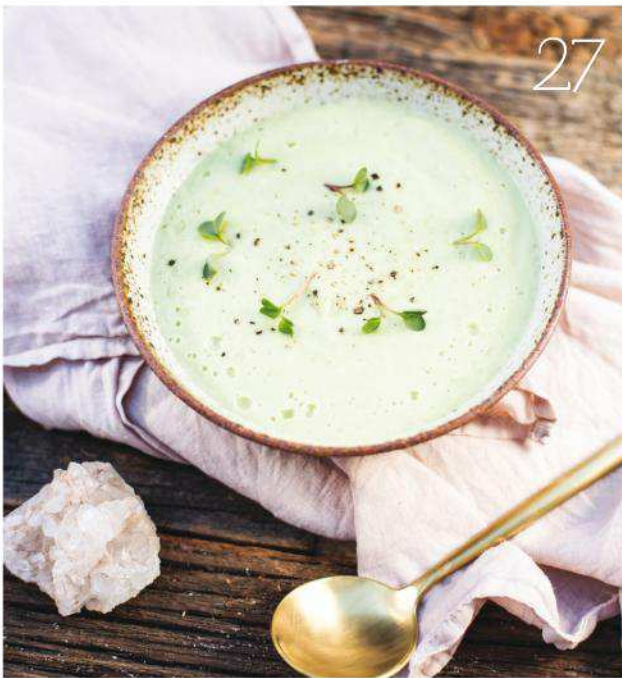
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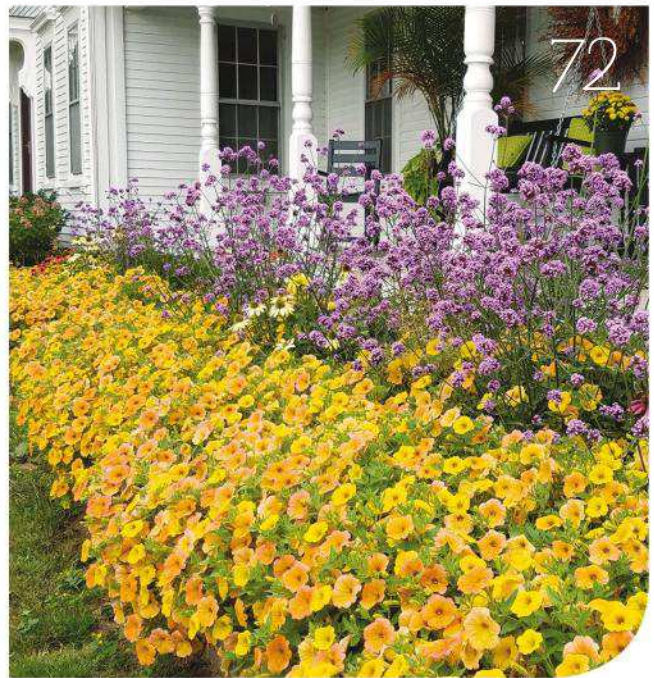
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# MOTHER EARTH living

Volume 6, Number 5

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*Mother Earth Living* (ISSN 2169-0677)  
July/August 2018, Vol. 6, Issue 5 is published bimonthly by Ogden Publications, Inc., 1503 S.W. 42nd St., Topeka, KS 66609-1265. Periodicals Postage Paid at Topeka, KS and additional mailing offices. POSTMASTER: Send address changes to Ogden Publications, Inc., 1503 S.W. 42nd St., Topeka, KS 66609-1265. For subscription inquiries call: (800) 456-6018 ■ Outside the U.S. and Canada, call: (785) 274-4367 ■ Fax: (785) 274-4305

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Printed in the U.S.A.

## “WHAT’S ONE IMPORTANT SELF-CARE PRACTICE YOU NEED IN YOUR LIFE?”

### RELAXING BATH RECIPE:

“Once a week, I draw myself a milk bath using organic dried lavender, rose petals, and coconut milk powder in a muslin pouch. The fragrance from the petals is both relaxing and comforting.”

### HEALTHY STRETCHING ROUTINE:

“As I age, I realize the need for flexibility to maintain a range of motion in my joints. Stretching keeps my muscles flexible, gets blood flowing to them, and helps improve my balance.”



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# your Remarks

"I love this [smoke cleansing stick] tutorial. ... I love using sweet grass and burning sage and am excited to now try and make my own!"  
—@SUNFLOWERANDFIG, VIA INSTAGRAM

"We've subscribed to your magazine for years and have used the information ... in countless projects around our homestead."  
—LARA BURTON, VIA EMAIL

"I had no idea that essential oils have such a large environmental footprint! Thank you for sharing."  
—@THEGREENMONKI, VIA INSTAGRAM

"I loved your article about luffas! I grew luffas on sturdy strings attached to a second-story soffit. They shaded the steps wonderfully that hot summer."  
—JANET MCINTYRE, VIA EMAIL

## Medicinal Seed Source

The March/April 2018 issue of *Mother Earth Living* features so many informative articles. I will be saving the copy to reread in the future!

I read the article titled "Healing with Gotu Kola," and the author mentions that this herb is easy to grow. Could you provide a resource for ordering seeds or plants?

JANA BRAYTON GAFFNEY  
Larsen, Wisconsin

**EDITOR'S RESPONSE:** We're glad you enjoyed the gotu kola article, and thank you for the feedback! One of our go-to sources for gotu kola seeds is Strictly Medicinal Seeds. They carry a wonderful assortment of medicinal seeds, and their germination rates are superb.



Passionflower

## Passionflower Advice

I was delighted to read that your editor-in-chief, Hannah, is experimenting with growing passionflower (March/April 2018, "Inside This Issue"). It's certainly one of my favorite plants, and it's a medicine that my entire family uses almost every night. However, be cautious about where you plant it — it's extraordinarily invasive. Don't plant passionflower anywhere near your garden; it'll send up new shoots as far away as 15 feet, and thus it can easily get out of hand. I have

mine on a trellis surrounded by stone paving, and I keep a sharp eye out for its inquiring shoots in the beds beyond the stone.

Passionflower likes to sleep late and won't appear until the soil warms up, so it shows up to the green party well after all the other beauties have arrived. However, passionflower is well worth the effort; its medicinal effect is profound, and it's extravagantly beautiful.

OCOEE MILLER  
Lone Star, Kansas

## Industry Insight

I just want to thank you for your article in the March/April 2018 "Industry News" section about the Young Living Essential Oils smuggling suit. I have been getting oils from them for a few years and hadn't heard anything about this. I also appreciate your suggestions regarding other companies that uphold the protection of endangered species. Thank you!

TESS FJELDHEIM  
Herreid, South Dakota

## Wild-Card Connection

I was so happy to see the featured headlines on the cover of the March/

April 2018 issue. Luffa is a favorite crop of mine, and I appreciate all that it has to offer. I hope your article will reach many DIY gardeners and others looking to reduce their footprint in the landfills.

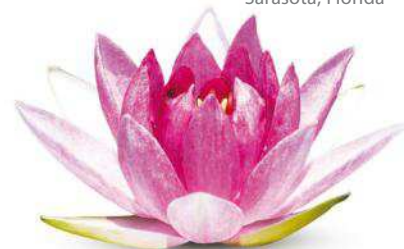


Luffa

I also appreciated Hannah's comments on wild-card plants ("Inside This Issue"); I also plant a few wild-cards each year. Asparagus did indeed grow in Florida, but garlic not so much (at least not yet). This year's wild-card plants are lotus flowers — I'm hoping for lotus "root" and lotus fiber eventually — along with blueberries and chamomile.

Thanks for all you do!

LYNN BRUSKY  
Sarasota, Florida



Lotus flower

**SHARE YOUR THOUGHTS** We love getting your feedback. Send us your messages!

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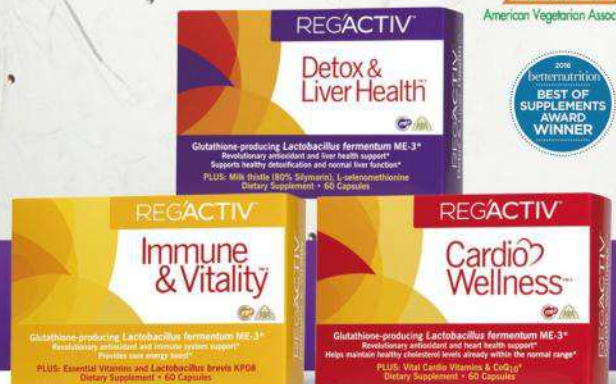
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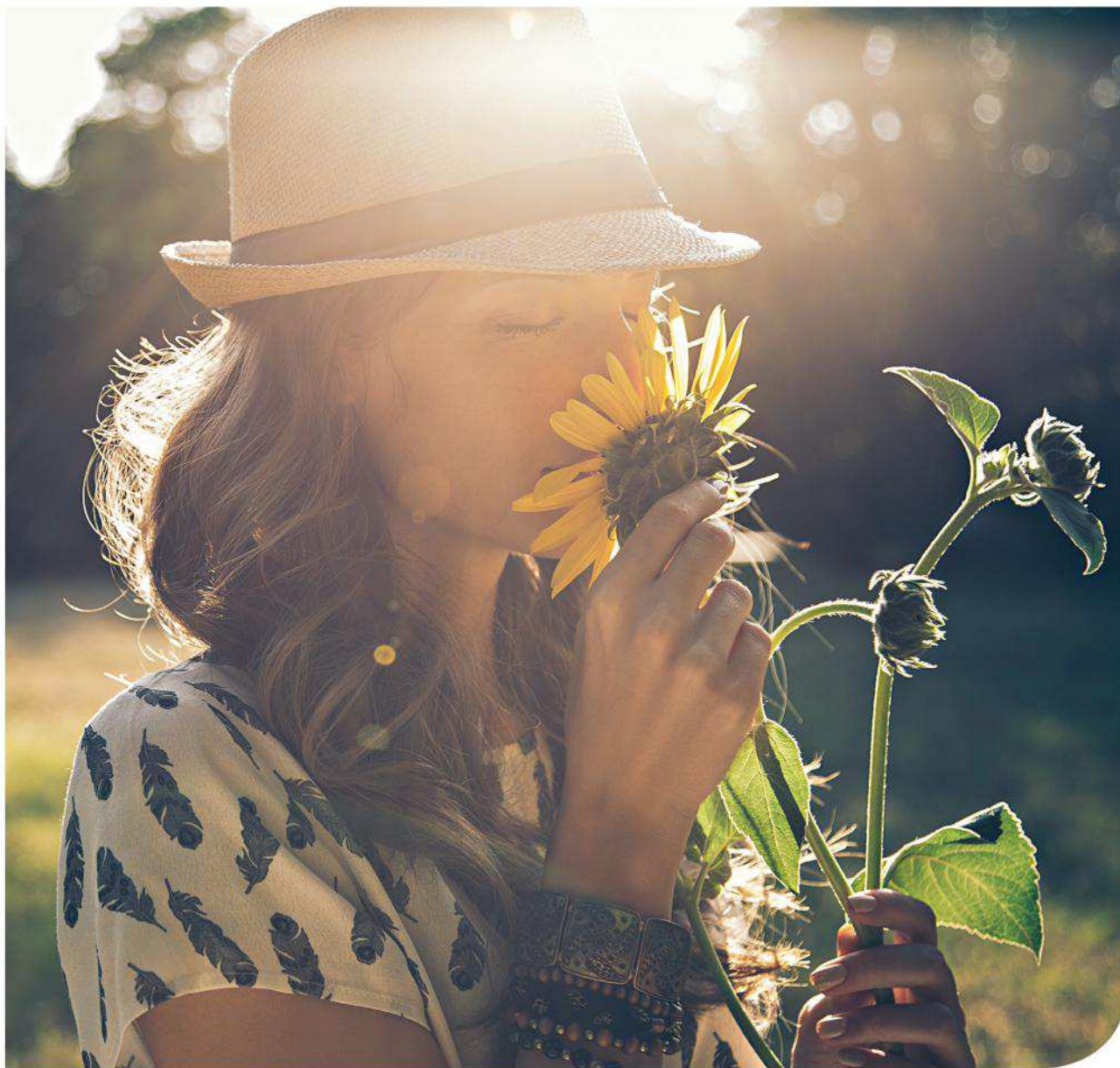
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# Best for Personal Care

IDEAS + PRODUCTS + RESOURCES + MORE



## All-Around Personal Health

Make mindful choices throughout the day to improve your overall well-being.

**PERSONAL CARE IS ABOUT** more than finding time to meditate or pamper yourself. Watch your physical health by exercising when you can and by eating healthy, balanced meals. Improve your mental health by surrounding yourself with those who support you and by finding joy in everyday moments. Better your long-term health by avoiding toxins in everything from deodorant to makeup. It all counts when it comes to self-care.



**All-Natural Yoga Mat | \$49 and up**

↳ Ethically produced and biodegradable, ZURA mats are named after the Sanskrit word for "warrior for good," which embodies the company's mission of strength, passion, and power.

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



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↳ Derma-E's tone-evening moisturizer is lightweight, vegan, and cruelty-free. It also offers UVA/UVB protection.

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

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[www.MotherEarthLiving.com/Store](http://www.MotherEarthLiving.com/Store)

# Best Buys for Health & Beauty

Improve your personal care routine with natural products for skin, hair, and physical health.



**Dead Sea Salt Soak | \$16 for 6 ounces**  
Hemp Sacred's Epsom bath salts contain 21 beneficial minerals to help you feel deeply relaxed, rejuvenated, and hydrated.  
[www.HempSacred.com](http://www.HempSacred.com)



**Cleansing Clay | \$9 for 1 pound**

↳ Aztec Secret Indian Healing Clay is made up of 100 percent bentonite clay; just add apple cider vinegar for an amazing facial.

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





# Industry News

The science behind hand-holding, the environmental effects of our avocado craze, an online support group for nearly any need, and an impactful nonprofit — learn about it all here.



## ONLINE SUPPORT SYSTEMS

Dr. Gina Ghods recognizes how invaluable the help of others can be when experiencing trauma, but also how difficult some find it to attend a weekly support group session. Something so important shouldn't be a challenge, which is why she founded aGroupForME ([www.aGroupForME.com](http://www.aGroupForME.com)). This free, online service matches you with a support group who relates to your concerns, and you can meet with group members via webchat from wherever is most convenient. The sessions are moderated to ensure discussions remain relevant and to guarantee groups get the help they need from every resource available.

## HEALTHFUL HAND-HOLDING

In 2018, the journal *Proceedings of the National Academy of Sciences* published a study of young adult couples that proved holding hands synchronized couples' brainwaves, more so when one of them was in mild physical pain. The more synchronized their brains, the less pain was felt. The researchers theorize that empathy communicated through interpersonal touch might activate pain-killing reward mechanisms in the brain,

explaining the effect. Sometimes science proves what we've always known to be true; compassion, sympathy, and love are powerful tools.

## HARMFUL AVOCADO OBSESSION

Avocados have become a long-lasting trend. But as import prices rise, Mexican farmers are thinning out forests to grow as much of the money-making superfood as possible. From 2001 to 2010, nearly 1,700 acres of pine forest were lost each year as farmers scrambled to keep up with booming exports. The thirsty avocado trees leave less water for local wildlife, and especially distressing is the loss of much of the wintering grounds of monarch butterflies. But as drug gangs demand cuts of the profits that Mexican farmers strive to earn, avocado production won't slow down soon. When possible, look for avocados grown in the United States.

## | FEATURED CHARITY |

### HAITI REHABILITATION FOUNDATION

[WWW.HAITIREHAB.ORG](http://WWW.HAITIREHAB.ORG)



**WHY IT'S IMPORTANT:** This nonprofit fully funds the Faculté des Sciences de Réhabilitation de Léogâne (FSRL), the first and only school in Haiti with four-year degree programs in both physical therapy (PT) and occupational therapy (OT). Haiti has always relied on others for help with their more than 1 million disabled citizens. Now FSRL has a volunteer faculty of medical professionals; an OT curriculum approved by the World Federation of Occupational Therapists; and a PT curriculum seeking accreditation by the World Confederation for Physical Therapy.

#### WHAT IT DOES:

- ✦ Pays for FSRL housing, student tuition, translator salaries, supplies, and more.
- ✦ Educates providers of OT and PT, following international standards, to work as leaders in public health in Haiti.
- ✦ Hopes to provide graduate programs so that Haiti can contribute to the international rehabilitation community.



With the support of a hardworking faculty, these Haitian students are committed to fulfilling the needs of their community.

From our

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## Beyond the Page

Spend time getting inspiration online! Use Facebook to find some quality personal care tips, or listen to the editors' playlist on Spotify.

Have you discovered our Facebook Live videos? Every other Thursday at noon our in-house video team plans and produces a new segment to share on Facebook. From Fair speakers to gardening tips, from cooking with adaptogens to live chick hatchings, our video team covers enough content to intrigue everyone. Even our editors join the fun; above you can see *Mother Earth Living* editor-in-chief Hannah Kincaid and our social media coordinator, Queren King-Orozco, demonstrating two different, homemade, Oleum Vera face masks. (Watch the full face mask creation at <http://bit.ly/2pdzGoU>.)

When you tune in to Facebook Live videos, you can watch and comment in real time. Often we host giveaways, with prizes going to those viewers most engaged with the content. And don't worry if you miss one — you can always catch up with the past videos saved on our Facebook pages.

We love utilizing this opportunity to showcase the interests, talents, and lifestyles of our business partners and coworkers. Join us on our Facebook page (or the page of our sister title, *Mother Earth News*) to see our team in action. You can also follow us on Instagram (@MotherEarthLiving) for fun behind-the-scenes shots.



### SONGS FOR SELF-CARE

**"Respect"**

ARETHA FRANKLIN

**"(It's Gonna Be) Okay"**

THE PIANO GUYS

**"My Silver Lining"**

FIRST AID KIT

**"As You Are"**

RAG'N'BONE MAN

**"Humble and Kind"**

TIM MCGRAW

**"Happy"**

PHARRELL WILLIAMS

**"Brave"**

SARA BAREILLES

**"Feeling Good"**

NINA SIMONE

**"Beautiful"**

CHRISTINA AGUILERA

**"The Way I Am"**

INGRID MICHAELSON



Listen to the playlist:  
[www.MotherEarthLiving.com/  
Self-Care-Playlist](http://www.MotherEarthLiving.com/Self-Care-Playlist)

#### | FEATURED QUOTE |

*"A field of delicate, purple flowers might not seem to be a likely source for one of the world's most expensive spices, but saffron is — if nothing else — full of surprises."*

— SAMANTHA JOHNSON, PAGE 68

| **COULD-DO LIST** |

**JULY**

July 3 is **COMPLIMENT YOUR MIRROR DAY**.

Recognize your strengths and beauties, and say them aloud.



The **FOURTH OF JULY** means family, cold drinks, and the magic of fireworks.

Summer vacation! **CHOOSE A DESTINATION**, no matter how close or far, and get away for a while.



**IF YOU TRAVEL, TAKE PRECAUTIONS**—such as timed lights and informed neighbors—to keep your home safe.

**SOOTHE A SUNBURN** using 2 tablespoons plain yogurt and 2 drops chamomile essential oil. Apply for 15 minutes.

**VISIT PUBLIC GARDENS** to find combinations of native plants you can grow at home.

On July 26, **ALL OR NOTHING DAY**, set aside uncertainty and go for broke on what's been calling you.



| **TRY THIS** |

**Make Your Own Deodorant**

Avoid aluminum, parabens, and harmful fragrances by making all-natural deodorant in just 10 minutes.

- 3 tbsp beeswax**
- 3 tbsp shea butter**
- 4 tbsp solid coconut oil**
- 2 tbsp baking soda**
- 3 tbsp arrowroot powder**
- 20 to 40 drops essential oils of choice (optional)**
- Two 2.5-ounce deodorant containers**

- 1.** Add beeswax and shea butter to a double boiler. Once soft, add coconut oil and stir until ingredients melt.
- 2.** Turn off the stove. Without removing pot from the heat, add baking soda and arrowroot powder. Stir until fully combined. If using essential oils (such as lavender or tea tree), add those now. Use only oils you've deemed safe after conducting a skin-patch test.
- 3.** When all ingredients are well mixed, pour the liquid into deodorant containers. They'll need about 30 minutes to harden at room temperature. Once solid, this will roll on like any other deodorant stick!

Recipe by Carolina King from the blog *Mama Instincts* ([www.MamaInstincts.com](http://www.MamaInstincts.com)).

| **GOOD READ** |

**NO MORE DIRTY LOOKS**

➔ These authors talked to scientists, dermatologists, and makeup artists to discover a detoxified personal care routine full of safe products and home recipes.

[www.MotherEarthLiving.com/Store](http://www.MotherEarthLiving.com/Store)



| **COULD-DO LIST** |

**AUGUST**



If your garden harvests have been abundant, **START PRESERVING PRODUCE** to enjoy later in the year.

**PLAN A DAY** of bocce ball, ladder toss, and other lawn games for your family.



During this hot month, **WATER YOUR GARDEN WELL** in the cool of the morning. Your plants will thank you!

Visit a library, join a book club, or revisit a favorite story to celebrate **BOOK LOVERS DAY ON AUGUST 9**.

Lay low on August 10 for **NATIONAL LAZY DAY**. You've earned that "me" time!



As your summer garden comes to a close, don't forget to **COLLECT AND LABEL SEEDS FOR NEXT YEAR**.

**SPEND AN ENJOYABLE EVENING** catching and releasing mesmerizing fireflies.



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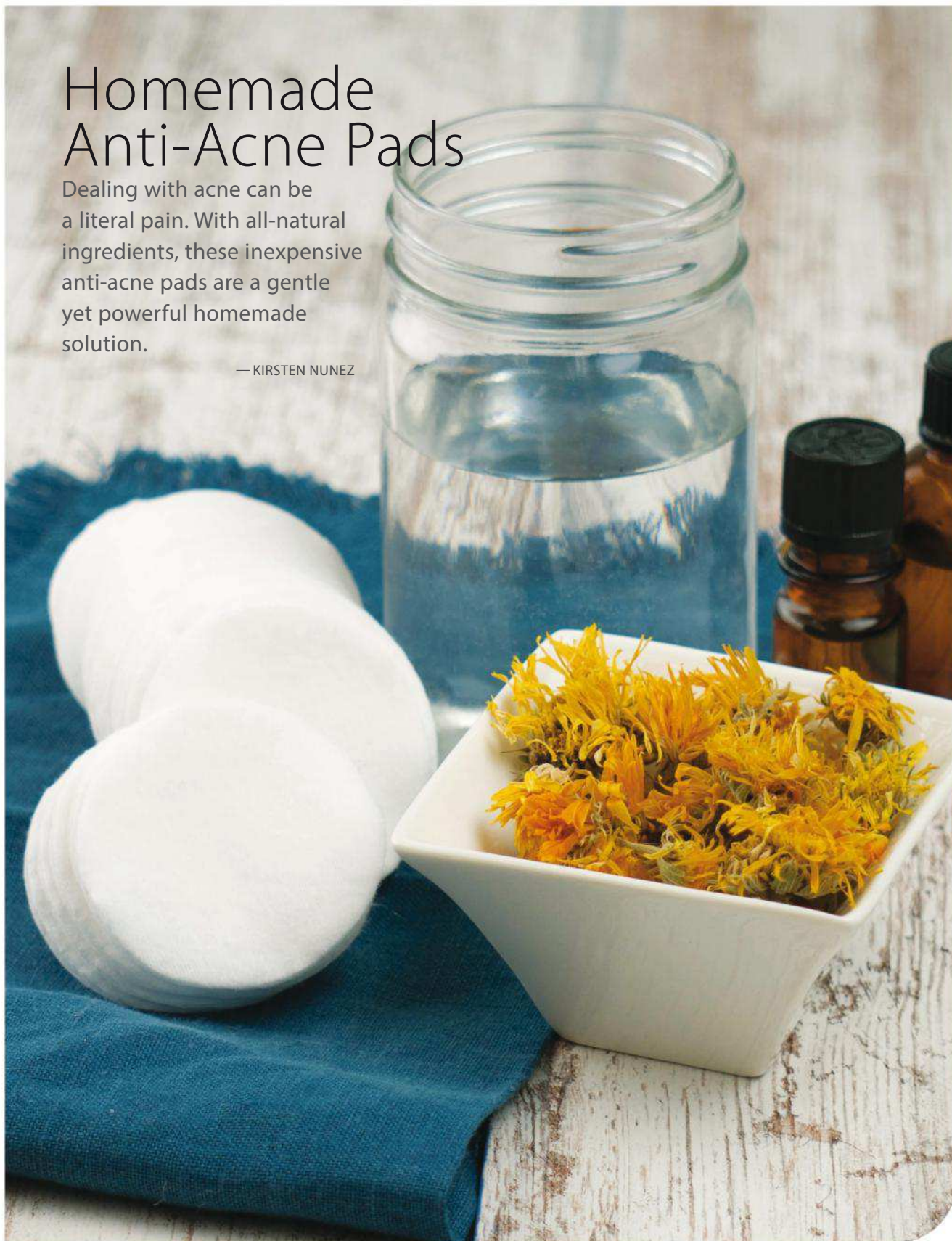
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# Homemade Anti-Acne Pads

Dealing with acne can be a literal pain. With all-natural ingredients, these inexpensive anti-acne pads are a gentle yet powerful homemade solution.

— KIRSTEN NUNEZ





## Supplies Needed

- \* 2 airtight glass jars
- \* 1 cup alcohol-free witch hazel
- \* ½ cup dried calendula flowers
- \* 20 to 30 drops essential oils of choice
- \* Organic cotton rounds



## Let's Begin

**1.** In a clean jar, combine witch hazel and dried calendula flowers. You may use more or less of either ingredient depending on how many acne pads you want to make or how saturated you'd like the witch hazel. Mix until all of the flowers are covered with witch hazel.

**2.** Tightly cover the jar with an airtight lid. Store in a dry, dark place for at least a week for the strongest infusion.

**3.** After a week has passed, strain the calendula-infused witch hazel into a bowl. You can toss the spent calendula blossoms on your compost pile to get a little more use out of them.

**4.** Add 20 to 30 drops of acne-fighting, antibacterial essential oils. Tea tree or lavender oils will bring antimicrobial benefits, an absolute must for fighting pimples. Other lovely options include clary sage and oregano. Whichever you choose, mix well. **NOTE:** Tea tree oil is extremely strong. To avoid irritation, use oil in combination with other essential oils, especially if it is your first time using it.

**5.** Fill a small, clean canning jar with a stack of cotton rounds. Pour in enough infused witch hazel to cover them, and firmly press down the cotton rounds as far as they can go. Add a few more rounds, pour more witch hazel, and repeat until the jar is packed tight.



**6.** To use, swipe a pad across your face or body. Although these are less likely than commercial options to leave a stinging sensation on your skin, be extra careful around the eyes and open wounds.

Kirsten Nunez is a New York-based lifestyle journalist and author with a focus on health, crafts, and food. Since 2010, she has shared tutorials on her DIY blog, [www.WildAmor.com](http://www.WildAmor.com). Want to say hello or talk about plants and crafts? Reach out on Instagram or Twitter at @kirsten\_nunez.



# Pure Food

## Positive Power

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EDEN FOODS.

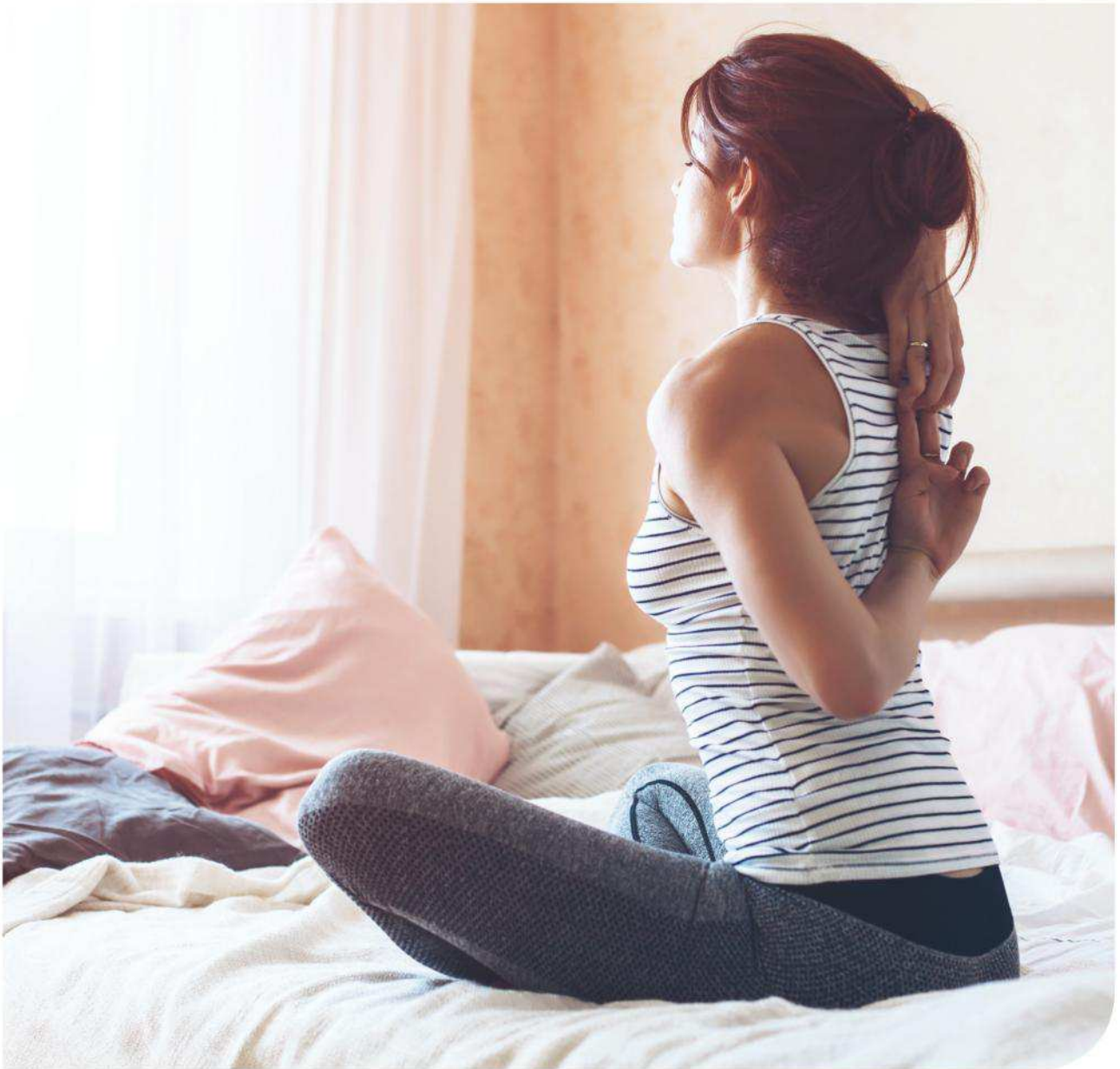


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## Wake Up to Mindful Mornings

Get an edge on enjoying a productive day by waking up early every morning for a self-care routine.

**PERSONAL-DEVELOPMENT EXPERTS** say that one reason many of us miss out on the life we want is because we wake up at the last possible minute rather than jumping out of bed early to relax and work on self-development activities. They advise us to get up earlier to make time for a purposeful morning ritual, which might include journaling, exercising, or meditating.

## | GOOD TO KNOW |

## A Wellness Expert and Busy Mother Shares Her 'Morning Minute'

If you're like me, with a young child or another circumstance that leaves you rolling your eyes at any type of morning routine, I'm not going to ask you to spend hours journaling or chanting on your yoga mat to reap the benefits of a little morning time. Even a smidge counts.

Here's what I do most days: When I wake up, I place one hand on my heart and one hand on my belly and take a few deep breaths. I say some version of the following to myself (think *Goodnight Moon*, but the morning self-care edition):

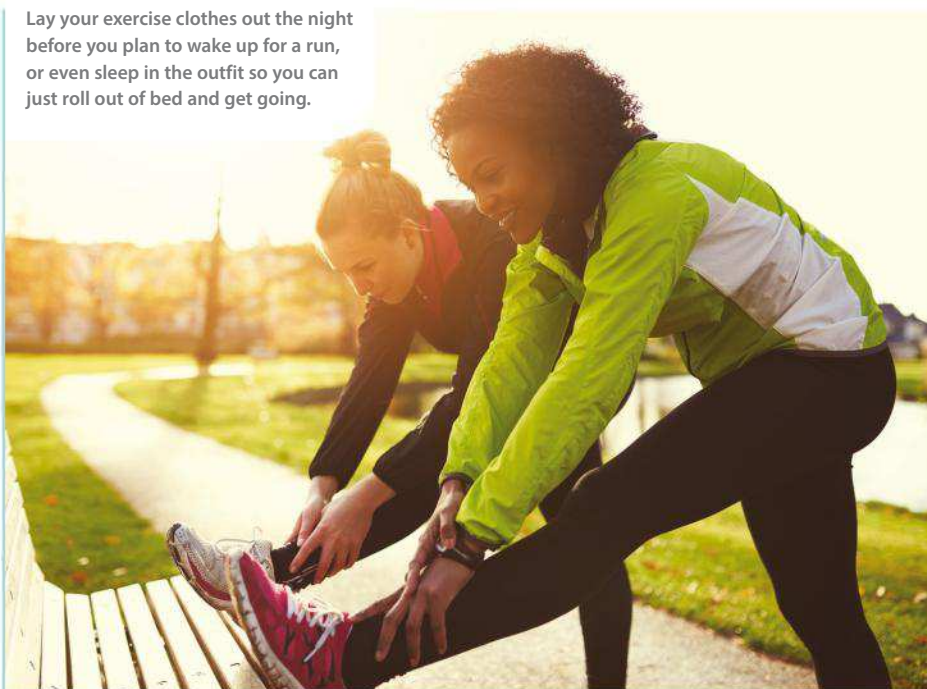
➔ **"Hi, I'm awake. How lovely is that? Good morning body, good morning heart. I've got you. I'm here, this is me. These are my arms, this is my skin, this is my chest, this is my face, I've got you."**

When I take that moment to check in with myself, to start the day with ease and calm, not only am I more likely to feel grounded and happy, I'm also much more likely to make positive choices throughout my day.

This minute of calm is what I call my "morning minute." It's a moment for me to connect with my mind and my body, to get my feet under me before the day gets ahead of me.

This "morning minute" comes from Robyn Youkilis and her book *Thin from Within: The Go with Your Gut Way to Lose Weight*.

Lay your exercise clothes out the night before you plan to wake up for a run, or even sleep in the outfit so you can just roll out of bed and get going.



"Creating a morning practice or ritual is really about filling your own cup," says Tiffany Lanier, a personal-growth coach in West Palm Beach, Florida. "People often go into their days already depleted. They wake up kind of frantic and rush around, maybe getting kids ready or jumping on social media first thing. By the time they get to their workday, they're already exhausted. It's hard to pour yourself into anything or anyone if you start with an empty cup. By reclaiming the morning hours, you'll be better able to do what's necessary for yourself and others."

When you wake up early, you can get ahead of those things that tend to creep in and derail your "me time." "My alarm goes off at 5:30 every single morning, Saturday and Sunday included, because I know that will give me uninterrupted time before I have other requests and demands," says April Seifert, a social psychologist in Minneapolis. "When no one has yet had a chance to compete for your time, it helps minimize feelings of guilt or the 'shoulds' of taking care of someone else. It's a time when you can truly focus."

### Becoming a Morning Person

Although there are plenty of reasons to wake up earlier, follow-through often lags. A few proactive steps can help. It probably goes without saying that getting up early starts with going to bed at a reasonable hour and sleeping well. The National Sleep Foundation recommends adults sleep 7 to 9 hours each night, and offers many tips for catching your z's at [www.SleepFoundation.org](http://www.SleepFoundation.org).

If your biggest challenge in getting up earlier is resisting the snooze button, move your alarm clock to a location that forces you to get out of bed to turn it off. Because of the way we cycle through different stages of sleep, additional shut-eye gained from hitting the snooze button generally isn't quality sleep anyway. It may even make you feel groggier.

To nudge yourself into getting up earlier, you might enlist the help of someone to keep you accountable, especially at first, suggests Jane Scudder, a certified personal-development and leadership coach in Chicago. This can be as simple as emailing a personal coach or friend within five minutes of



waking up while you're solidifying your new habit.

Prepping before bed can also help your morning go smoothly and give you more time for self-development. For example, pack lunches, pick out your work attire, and plan breakfast before you go to sleep. If you plan to exercise in the morning, make sure your workout garb is ready to go (or even sleep in it, if you wish). If you plan to journal or read a book as part of your ritual, make sure the items you need are in your favorite early-morning spot.

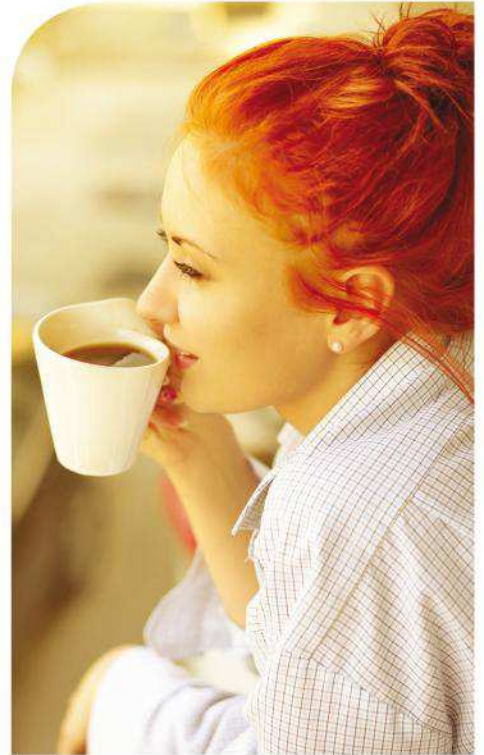
### Boosting Morning Motivation

"If you're trying to become more of a morning person, make the first thing you do when you get up something you absolutely love," Seifert

says. "In other words, be a little self-indulgent. That's especially important as you're carving a new habit — not just the behavioral habit of getting up early, but also the mental habit of not recoiling when your alarm goes off. After you have that built, it will be a lot easier to get out of bed, and you can start playing with what you do with that time."

For one person, that super-enjoyable morning activity might be meditation. Another person might want to journal or work on a hobby. Someone else may prefer to go for a run or practice yoga. Others may simply start with reading their favorite novel.

To help form a positive association with getting up earlier, Seifert recommends "priming" your brain by putting an object on your nightstand that reminds you of the fun morning







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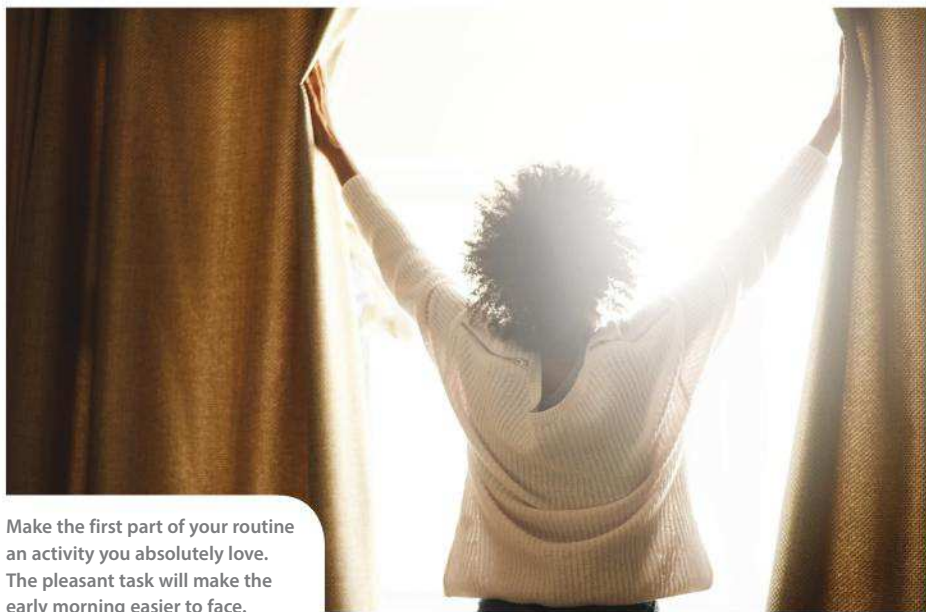
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Circle #13; see card pg 65



Make the first part of your routine an activity you absolutely love. The pleasant task will make the early morning easier to face.

activity you've planned — that object can be your journal, a novel, or your yoga socks. "You should be able to see the object right away when you go for your alarm, so it primes or reminds you of the positive emotions linked with the upcoming activity," Seifert explains. She also suggests scheduling your favorite indulgent activity on your morning calendar and looking at it often, especially right before bedtime. That will give you a chance to grow excited about what you get to do first thing in the morning.

The goal is to get you waking up early and performing your morning ritual every day. "It's similar to a basketball player practicing free throws, doing the same thing over and over again, which triggers muscle memory," Seifert says. "But here, it's mental repetition."

### Fitting In a Morning Ritual

How much time people spend on their morning rituals varies, but 30 to 60 minutes is a good start. After adjusting to getting up earlier, some people increase that to two hours. Lanier encourages people to create different variations of their rituals depending on how much time they have that particular morning. On days when you only have 5 or 10 minutes, she suggests focusing on just one activity, perhaps

reading or meditating. Other experts suggest including just a minute or two of each part of your usual morning routine when time is short.

Don't think you have even five minutes? "I encourage people to use time in the shower to set their intentions for the day," Scudder says. She explains that intention might be about how you'd like to tackle a challenging conversation later that day, or simply to be less stressed or less snippy with someone.

Parents especially may view a morning routine as difficult to fit into their schedules, but such routines really can help set them up for the rest of the day. "I think having a morning ritual might be one of the most important things a parent can do," says Lisa Druxman, author of *The Empowered Mama*. "Moms tend to find that they're very reactive to everything during the day as they're continually serving the needs of others. A morning ritual is a great way for them to set the tone for the day and have a few moments to do something for themselves."

Not sure whether getting up earlier for a dedicated morning ritual is right for you? "Try it for 30 days, then make a decision," Druxman suggests. You might wonder how you ever survived without it.

| TRY THIS |

## Power-Morning Practices

Although many personal-development experts suggest including certain activities in a morning routine, there's no one-size-fits-all approach. "A morning ritual will only have meaning if it supports your needs and goals," Jane Scudder says. "Take some time to think about what you want." Here are some ideas to get you started.

**\* PRACTICE AFFIRMATIONS.** Feed yourself positive messages to help shape your mindset every morning. David Bennett, a certified counselor and author of *Say It Like You Mean It!*, calls these affirmations "the morning blitz." He shares his personal blitz below. He recorded it in an excited and emotionally happy tone on his smartphone, and he uses that recording as his alarm. Alternatively, you could simply read your affirmations out loud each day.

➔ *Great morning, David!*

*You are awake, energetic, happy, and full of vitality.*

*You are excited, confident, and going to have a great day.*

*You are free, focused, and flexible.*

*You are organized, motivated, and successful.*

*The only reality is the present, so embrace the moment.*

*Today is full of possibilities, so you are ready to go!*



\* **VISUALIZE.** Picture yourself living in sync with your affirmations. To facilitate visualization, spend a few minutes each day looking at a vision board you've created. This is a collage of words, images, and other inspirational items that reflect what you want to become or what you want to do in your life.

\* **MEDITATE OR PRAY.** If meditating conjures up images of sitting cross-legged and chanting "ohm," realize that there are many ways to meditate. Tiffany Lanier says that meditating can mean simply taking time to sit in silence and *be*. Learn other thoughtful ways to make a morning practice personal with Lanier's course *The Morning Shift* (<http://bit.ly/2qPmw1Q>).

\* **JOURNAL.** People tend to gain new clarity when they think through something and write it down. You can get a

blank journal, or one that includes writing prompts. "I usually write about what's on my mind, what I'm feeling grateful for, what I learned yesterday, and what my intention is for the day," Lisa Druxman says.

\* **READ.** If you tackle just five pages of a book every morning, that will add up to 150 pages per month and over 1,800 pages per year. This could include books that help you learn new skills, develop healthy habits, gain new insights, grow in spirituality, or simply increase your enjoyment of life.

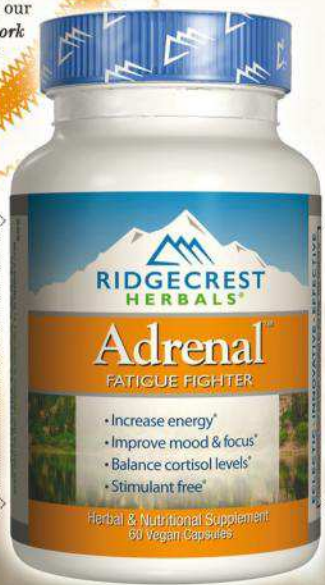
\* **MOVE YOUR BODY.** This can be a formal exercise program, such as running or yoga, but it doesn't have to be. For a fun twist, Lanier suggests dancing or hula-hooping. Increase your enjoyment of a tough exercise session by listening to your favorite music or podcast.




\* **MASTER SOMETHING NEW.** Lanier encourages clients to think about areas of their lives they want to master (whether professionally or personally) and then to spend time each morning on that. For example, if you want to learn to manage your money better, you might spend time each morning listening to podcasts about that topic or practicing financial planning.


Marsha McCulloch, MS, RD, is a freelance writer with a special interest in integrative and functional medicine. Follow her on Twitter @MarshaMcCulloch.

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# The Medicinal Uses of CBD Oil

Look past the stigma that accompanies cannabis to learn the health benefits of hemp-derived cannabidiol oil.

ASK 10 PEOPLE TODAY about their thoughts on cannabis, and then prepare to listen to 10 different answers. Despite being part of a national dialogue for decades, the controversy over this plant still leaves many of us with more questions than answers.

Hemp-derived cannabidiol (CBD) oil is an increasingly prevalent ingredient in supplements and wellness products on the market, but there's plenty of confusion about what this compound really is. How is CBD connected to marijuana, and will it improve your health? Most importantly, is it legal?

## What is CBD Oil?

One of humanity's oldest crops, hemp (*Cannabis sativa*) was first cultivated as a textile fiber around 8000 B.C. in Iran and Iraq. Part of the plant's appeal is how easy it is to grow, as hemp requires little water and few (if any) pesticides. Today, it's raised on an industrial scale and used for manufacturing biofuels, health foods, organic body care products, and plastic composites.



Unlike marijuana, hemp-derived products, such as CBD oil, do not contain enough THC to alter mental abilities.

Contrary to popular opinion, hemp and marijuana aren't the same. While both originate from *Cannabis sativa*, centuries of selective breeding have produced dramatically different crops. To be considered marijuana, a cannabis plant must contain at least 0.3 percent of the mind-altering tetrahydrocannabinol (THC) compound. More typically, marijuana contains a THC concentration of 5 to 30 percent. In contrast, hemp plants legally must contain 0.3 percent THC or less, and it is from hemp that most CBD oil is derived.

THC and CBD are two of the more than 70 named chemical compounds found in cannabis that — along with other more obscure compounds — are collectively known as cannabinoids. CBD alone can constitute up to 40 percent of hemp plant extracts. Specialized extraction methods can pull a pure or highly concentrated form of CBD oil that's rich in omega-3 fatty acids, amino acids, terpenes, antioxidants, and other beneficial compounds. For this reason, CBD oil is often taken orally through nutritional supplements, capsules, and even chewing gum, and it has also developed into a variety of wellness products that allow it to be absorbed through the skin.

## THC, CBD, and the Role of Cannabinoids

How did CBD oil earn its reputation as a wonder product for health? The secret lies in the cannabinoids. These chemical compounds are naturally found in your body's endocannabinoid system (ECS) and are consumed as phytocannabinoids through plants we eat, such as flax, chocolate, and carrots. These compounds help manage regulatory processes, including sleep cycle, mood, and appetite.

Different cannabinoids work by attaching themselves to either CB1



0.3%  
The maximum  
amount of THC  
a *Cannabis sativa*  
plant can contain  
to legally be  
labeled “hemp.”

or CB2 receptors in your body. THC attaches specifically to CB1 receptors, which control coordination, movement, mood, cognition, appetite, and memory formation. This explains why it alters consciousness and produces a chemical high.

In contrast, CBD affects CB2 receptors, which are predominantly involved in regulating pain and inflammation throughout the immune system. While it was once thought that CBD targeted these receptors directly, the consensus today is that the compound triggers the body to create its own cannabinoids that attach there instead. Regardless, the result is the same: CBD works to reduce physical pain and inflammation without affecting your mental abilities in the ways THC does.

Will CBD oil give you a high? Not without ample amounts of THC present. THC is marijuana’s most famous ingredient, and when its psychoactive compounds are broken down by heat (either through smoking it or cooking it down into food), it provides that popular high. Unlike THC, CBD won’t change your mental state or create feelings of intoxication.

### Is CBD Oil Legal?

Understanding the legality of CBD oil in the United States is far from simple. Legislation regarding the substance differs at the state and federal levels, and marijuana laws are rarely straightforward, even in the states that have legalized it.

Hemp-derived CBD oil is legal on a prescription basis in 47 states.



The legality of different cannabis products often comes down to whether the THC concentrations in the original plant material classify it as hemp or marijuana. Currently, 34 states have laws that allow the cultivation of hemp for commercial, research, or pilot programs; 47 states (all except Idaho, Nebraska, and South Dakota) support the sale and use of hemp-derived CBD oil on at least a prescription basis. Eight states currently allow the recreational use and purchase of marijuana-derived CBD products, which include the mind-altering THC.

The process of purchasing the oil or acquiring a prescription varies by state. If CBD extracts are made from agricultural hemp and contain less than 0.3 percent THC, then the odds are good that they’re legal to use and purchase where you live. But do your research carefully, as these rulings and their interpretations are regularly and rapidly changing.

### Medicinal Benefits of CBD Oil

Considering the controversy over its legality, is CBD oil still worth pursuing? Researchers seem to think so. Decades of scientific studies show that CBD oil interacts with the body through a variety of biological processes that can reduce inflammation, boost relaxation, improve sleep, and more.

### SOME OF THE MOST PROMINENT BENEFITS OF CBD OIL INCLUDE:

➔ **NATURAL PAIN RELIEF:** Pain relief is the most common use of medical marijuana in the United States. Though CBD oil won’t make much of a difference in severe pain, such as a broken bone, it’s considered safe and effective for dulling chronic pain and relaxing muscles. Many people use it as a replacement for nonsteroidal anti-inflammatory drugs, including Advil and Aleve, to reduce the risk of compromising their kidneys.

Because of CBD’s ability to ease pain from multiple sclerosis, nerve damage, and spinal cord injuries, many people prefer it to highly sedating and occasionally addictive opiates.

➔ **EPILEPSY TREATMENT:** Thanks to its anti-seizure properties and low risk of side effects, CBD oil is considered a promising treatment option for epilepsy, especially in children. However, studies claiming this effect have been small, randomized, and anecdotal, and further research is needed.

➔ **NEUROPROTECTIVE PROPERTIES:** Because of the way CBD oil impacts neural receptors, evidence shows that it can benefit those with neurodegenerative disorders, such as Alzheimer’s disease, Parkinson’s disease, and strokes. The oil seems especially helpful for

## ADVERTISEMENT

## CBD PRODUCTION

Cannabidiol (CBD) is typically isolated from the hemp plant using one of two extraction methods: liquid solvents or carbon dioxide (CO<sup>2</sup>). Liquid solvents such as ethanol, isopropyl alcohol, and butane, all strip the plant of its cannabinoids and transfer them to the liquid. Producers then evaporate the liquid to leave behind a concentrated oil. With a CO<sup>2</sup> extraction, a piece of equipment called a “closed-loop extractor” is typically used to pump pressurized CO<sup>2</sup> (dry ice) through three chambers of various pressures and temperatures. The dry ice extracts cannabinoids from the dry plant material housed in the middle chamber. In the third and final chamber, the CO<sup>2</sup> gas rises to the top and the oils fall to the bottom.

Many CBD oil products also go through a final process called “decarboxylation,” which involves heating the cannabinoids to make them more bioavailable. The finished CBD oil doesn’t taste great, which is why it’s often mixed with a carrier, such as coconut oil, and sold as a concentrated tincture to take under the tongue.

CBD affects each individual differently based upon their level of inflammation, their ability to produce naturally occurring cannabinoids, and their absorption rate. If someone is in acute or chronic pain, then he or she may require more milligrams of CBD than someone who is generally healthy. Most people start with 250 to 500 milligrams in a 15- or 30-milliliter bottle. From there, they increase dosage based on the severity of their pain or symptom. When used topically, it’s common to start with 120 milligrams of a serum, oil, cream, lotion, or salve. From there, you can increase up to 2,500 milligrams for therapeutic purposes.



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## How to Use CBD Oil

Ready to give CBD oil a try?

The way it should be used depends on the quality and concentration of your oil and what you’re trying to treat. Some CBD products need to be mixed into food and drink, while others come as creams to be massaged into your skin. Still other CBD products come in capsules to be taken as a daily supplement. Below are some of the most popular forms this potent oil can take.

\* **CAPSULES:** CBD capsules are a simple way to incorporate CBD into your diet. Most pills can be taken daily, and offer 25 milligrams or less of CBD.

\* **CONCENTRATES:** Designed to deliver a dose up to 10 times stronger than other CBD products, concentrates are typically taken via a dropper bottle in small amounts under your tongue.

\* **CRYSTALS:** Isolated pure CBD crystals provide a versatile option for adding the compound to recipes or dissolving it into drinks. The crystallization process removes fats and lipids, leaving only the cannabinoids.

\* **SPRAYS:** At about 1 to 3 milligrams of CBD per serving, CBD sprays are typically the least concentrated form of the compound commercially available, making them an easy, flexible option, especially for new CBD users. You can spray servings directly into your mouth as needed.



\* **TINCTURES:** These strong CBD concentrations are meant to be taken just a few drops at a time. The longer you let the tincture sit under your tongue before swallowing, the stronger the benefits. It’s also possible to add a dropperful of CBD tincture to hot water for an instant tea.

\* **TOPICALS:** Lotions, salves, serums, and balms can all contain CBD oil to improve their effectiveness for treating chronic pain, acne, and other health symptoms.

Before you turn to CBD oil for every ailment, keep in mind that few long-term studies have been conducted on its safety, and the compound hasn’t yet been thoroughly tested on children. Consequently, the United States Food and Drug Administration hasn’t approved CBD for any medical treatment at this time.

For this reason, talk with your doctor or dermatologist before beginning to experiment with CBD products. A health care professional can also direct you to reputable brands and help you understand what dosage is best for your situation.



preventing early-stage Alzheimer's patients from losing their ability to recognize faces. Further evidence shows CBD oil may also be useful in treating mental health disorders, such as schizophrenia.

#### ➔ ACNE PREVENTION AND SOLUTION:

Because inflammation triggers acne, there's evidence that the cannabinoids in CBD prevent your skin from breaking out. Research shows that CBD can slow down production in the sebaceous glands to stop the skin from overproducing oil.

#### ➔ REDUCTION IN WITHDRAWAL SYMPTOMS:

Early evidence reveals that CBD oil might help people quit smoking. One study of cigarette smokers who wished to quit showed that the participants who used an inhaler with

CBD compounds experienced less-severe cravings for nicotine and smoked fewer cigarettes overall than those in the placebo group. A similar study found that the oil might be effective against opioid abuse withdrawal symptoms.

#### ➔ NATURAL CANCER FIGHTER:

Research indicates that CBD might work as an anti-cancer agent by moderating inflammation, blocking cancer cells from spreading throughout the body, and causing them to die quickly. The National Cancer Institute states that CBD oil might be useful for suppressing cancer symptoms as well as the side effects from treatments.

#### ➔ PREVENTION OF ANXIETY DISORDERS:

Research shows that CBD oil might lead to calming effects for people with post-traumatic stress

disorder, general anxiety, panic disorders, social anxiety disorder, and obsessive-compulsive disorder. According to initial reports, the oil can reduce symptoms of anxiety with fewer side effects than conventional medications because it naturally increases the brain's levels of serotonin.

#### ➔ REDUCED RISK OF TYPE 1

**DIABETES:** Type 1 diabetes is caused by the immune system attacking cells in the pancreas, which leads to chronic inflammation. Research shows that CBD might ease this inflammation and better control the body's response to the condition, keeping those afflicted in better health.

Lydia Noyes is a full-time freelance writer and former homesteader in Central Appalachia. Today, she's working with her husband to start a small farm in Southwest Michigan. You can find her online at [www.FirstRootsFarm.com](http://www.FirstRootsFarm.com).

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## Just Chill: Satisfying Summer Meals that Don't Require Cooking

Stay cool this summer with tasty and energy-saving dishes that take the heat out of the kitchen.

**DURING SUMMER DAYS**, avoiding the sweltering heat might be your top priority. However, many favorite go-to dishes require the use of an oven or stovetop, which introduces unwanted heat into your home.

Instead of sweating in the kitchen and racking up energy bills, consider how to utilize seasonal, no-cook meals that will help keep your house cool and your bills low — as well as entice your taste buds. Create a chilled cucumber soup instead of a hot stew, or replace cooked winter vegetables with raw, summer varieties wrapped in spring rolls and dipped in an addicting, creamy peanut sauce.

The following meals serve as a refreshing change of pace in the heat of summer, and many of the ingredients can be easily grown in a home garden or purchased from a local farmers market. Make some for yourself to see how you and your house can beat the heat in an affordable and tasty way.

— JESSICA MITCHELL

| RECIPES |

**CREAM OF CUCUMBER SOUP**

Savory yet refreshing, this cold soup is perfect for summertime. The blend of cashew milk, cucumbers, and other fresh ingredients is reminiscent of traditional, cream-based soups.

*Yield: 4 servings.*

**2 medium cucumbers, peeled and coarsely chopped**

**2 tbsp lemon juice, divided**

**Pinch of sea salt**

**1 large, ripe avocado, peeled, pitted, and chopped**

**3 cups unsweetened cashew milk**

**3 tbsp cold-pressed organic olive oil**

**¼ small shallot, finely diced**

**3 dates, pitted**

**Truffle oil for topping (optional)**



1. In a bowl, combine one of the chopped cucumbers with half of the lemon juice and a pinch of sea salt. Toss to combine and set aside.
2. In your high-speed blender, puree the second cucumber with the remaining lemon juice, sea salt, avocado, cashew milk, olive oil, shallot, and dates. Pour the creamy mixture into a serving bowl, and then garnish with the reserved cucumber and a drizzle of truffle oil.

Excerpted with permission from *Raw and Radiant: 130 Quick Recipes and Holistic Tips for a Healthy Life* by Summer Sanders, published by Skyhorse Publishing, 2018.

**RAW BROWNIE TRUFFLES WITH PISTACHIO DUST**

The magic in these vegan, gluten-free, raw truffles comes from Medjool dates, an exceptionally large variety that lends a gooey texture and rich taste. This sweet snack is quick to blend together with a food processor, and you can store the truffles in the freezer since they'll thaw back out almost immediately.

*Yield: 30 truffles.*

**¼ cup raw or roasted shelled pistachios**

**1 cup raw unsalted walnuts**

**14 large Medjool dates (about 1½ cups)**

**½ cup cocoa powder**

**⅓ tsp kosher salt or sea salt**

**2 tsp vanilla extract**



Who says soup is just for cold weather? This cream of cucumber dish caters to the soup lover while keeping your home cool.



1. In a food processor, grind the pistachios for a minute or so into a very fine dust. Move the pistachio dust to a plate or flat dish and set it aside. Wipe out the bowl of the food processor.
2. Return the bowl to the food processor and add the walnuts; process for a few seconds until very finely chopped.
3. Remove the pits from the dates. Add the dates, cocoa powder, salt, and vanilla extract to the walnuts, and process for another few seconds until the mixture is fully combined and crumbly.
4. Turn out the mixture into a medium bowl. Take a small handful of the mixture, squeeze it together, and then roll between your hands to form a ball, about  $\frac{3}{4}$  inch in diameter. Repeat to make 30 truffles total. Roll each in the plate of pistachio dust, then place the truffles in a sealable container.

### SMASHED WHITE BEAN SALAD SANDWICHES

These simple sandwiches combine fresh produce with flavorful seasonings and protein-packed beans, resulting in a filling and cooling summer meal.

*Yield: 2 sandwiches.*

- 1 stalk celery
- 3 small green onions
- One 15-ounce can navy or cannellini beans
- 1 tbsp mayonnaise
- 2 tbsp lemon juice ( $\frac{1}{2}$  lemon)
- $\frac{3}{4}$  tsp celery seed
- $\frac{1}{8}$  tsp garlic powder
- $\frac{1}{4}$  to  $\frac{1}{2}$  tsp kosher salt
- Freshly ground black pepper
- 4 slices bread (or 2 croissants)
- 2 radishes
- 2 lettuce leaves

1. Thinly slice the celery and green onions. Drain and lightly rinse the beans.
2. In a medium bowl, roughly smash the beans with a fork, leaving about a third of them whole. Stir in the celery, green onions, mayonnaise, lemon juice, celery seed, garlic



These raw truffles incorporate dates and cocoa powder instead of highly processed sugars to satisfy your sweet tooth.

powder, kosher salt, and several grinds of black pepper. Taste the mixture, and continue adding salt a few pinches at a time until the flavor pops but is not too salty; the exact amount of salt will vary based on the brand of beans.

3. While the bread is toasting, thinly slice the radishes. Place lettuce on one slice of bread, then spread the bean salad over

it. Top with radishes and the remaining slice of bread.

These two recipes were excerpted from *A Couple Cooks | Pretty Simple Cooking: 100 Delicious Vegetarian Recipes to Make You Fall in Love with Real Food* by Sonja Overhiser and Alex Overhiser. Copyright © 2018. Available from Da Capo Lifelong Books, an imprint of Perseus Books, LLC, a subsidiary of Hachette Book Group, Inc. >>







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Circle #7; see card pg 65

## FOOD EAT WELL



### | RECIPE |

#### FRESH SPRING ROLLS WITH THAI PEANUT SAUCE

Spring rolls are a delicious combination of fresh vegetables, herbs, rice paper, and flavorful dipping sauce. These spring rolls are naturally vegan and can be made gluten-free.

*Yield: about 6 rolls.*

#### SPRING ROLLS

- 1 package rice paper spring roll wrappers**
- 3 cups baby spring lettuce**
- 1 red bell pepper, cut into strips**
- 1 cucumber, sliced**
- 1 avocado, peeled, pitted, and sliced**
- 1 cup shredded carrots**
- 1 cup thinly sliced purple cabbage**
- Fresh mint and basil, as desired**  
(Thai basil recommended)

#### PEANUT SAUCE

- ½ cup peanut butter, unsalted and unsweetened**

- 2 tbsp soy sauce, or coconut aminos for gluten-free**

- ½ tbsp minced ginger**
- 1 clove garlic, minced**
- 2 tbsp rice vinegar**
- ½ tsp Sriracha sauce**
- ½ tsp maple syrup**
- ½ cup water**

- 1.** For the spring rolls, fill a wide bowl with at least an inch of warm water. Dip one rice paper wrap in the water and let it soften for 5 to 10 seconds. Remove from the water and lay flat on your work surface.
- 2.** Place a handful of greens toward one end of the soaked wrap. Top with the other vegetables and herbs.
- 3.** Pick up the edge of the rice paper closest to your mound of vegetables and tightly wrap it over the vegetables. Grab the right and left ends and fold over like a burrito. The paper will stick to itself. Wrap the roll up the rest of the way until sealed. Continue making the rolls this way until you've made all you want or are out of ingredients.



**4.** To make the peanut sauce, combine the peanut butter, soy sauce, ginger, garlic, rice vinegar, Sriracha, and maple syrup in a small bowl or jar. Whisk together, then slowly add water until the desired consistency is reached. This peanut sauce tends to thicken over time, so add more water as needed to thin. Taste and adjust as you'd like.

**5.** Store the rolls covered in the refrigerator until ready to eat, then cut in half with a diagonal slant and enjoy with the peanut sauce.

Recipe printed with permission from Marina Delio, [www.YummyMummyKitchen.com](http://www.YummyMummyKitchen.com).

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Circle #9; see card pg 65

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Circle #2; see card pg 65

# Use Powdered Medicinal Herbs in the Kitchen

When used in cooking, powdered medicinal herbs can create new flavors and add a nutritional boost to your meals.

**HERBAL TEAS**, supplements, and liquid extracts are all convenient, popular ways to get a daily dose of healthful herbs, but another wonderfully simple option is often overlooked: powders. Some powdered herbs, such as garlic, basil, rosemary, and thyme, are already well-known and beloved kitchen spices that are commonly purchased and used in powdered form. However, unusual medicinal herbs, including eleuthero, rhodiola, and schisandra, can be used in the same way.

Though many of these herbs have traditional uses outside of the kitchen, they contain valuable antioxidants, so a sprinkle of powdered herbs is a perfect way to enliven a dish with both health and flavor. Some medicinal herbs may not be palatable on their own but are desirable from a health perspective. If an herb has a bland or unappealing flavor, mix it into food to help disguise its taste.

Whether you highlight them in dishes or slip them in unnoticed, powdered herbs have the potential to be a simple yet effective way to enhance your meals.



Keep an eye on your stored powdered herbs and use them in a timely manner, as they'll gradually lose their potency.



| RECIPE

## SCHISANDRA AND STRAWBERRY SALAD TOPPING

Schisandra berries are perfect if you're looking for an herb that helps support healthy stress levels and promotes mental focus. This topping is savory and tart, but you can add a little honey or raw cane sugar to bring out the sweetness of the strawberries if you'd prefer.

*Yield: 4 to 8 servings.*

- 1 cup finely chopped strawberries**
- 1 tsp schisandra berry powder**
- 4 tbsp olive oil**
- ¼ cup pomegranate-infused red wine vinegar**
- Pinch of salt**
- Raw cane sugar, honey, or maple syrup, to taste**

- 1.** Combine chopped strawberries, schisandra berry powder, olive oil, and pomegranate-infused red wine vinegar in a glass jar. Infuse overnight.
- 2.** Add a pinch of salt to the infusion, and sweeten to taste with your preferred sweetener.



Schisandra berries



## Grinding Your Own Herbal Powders

Grinding herbal powders at home is a very simple process. While using a traditional mortar and pestle to make an herbal powder can be difficult and time-consuming, a spice mill or coffee grinder makes the task much easier. A coffee grinder with a removable cup makes cleanup less of a chore, but any quality grinder will do the job.

Grind only 1 tablespoon at a time of herbal roots, barks, leaves, berries, or flowers so the coffee grinder's motor doesn't overheat. After the herbs are evenly ground, they'll be ready for use!

## Storing Powdered Herbs

Like powdered spices, the key to keeping powdered herbs fresh is to store them in airtight containers in a cool place, away from direct light and humidity. Herbs are full of active principles, and these compounds quickly degrade and become inert when



should not necessarily be added in the same quantity as in an herbal recipe designed to highlight the herb's benefits. Although variables such as a person's size and metabolism can come into play when deciding how much of a powdered herb to use,  $\frac{1}{4}$  to 1 teaspoon per serving is generally a safe range.

Starting with  $\frac{1}{4}$  teaspoon can be appropriate for smaller or more sensitive people, or for herbs that are specific

### | RECIPE |

#### KALE SALAD WITH RHODIOLA AND TURMERIC VINAIGRETTE

This salad is sweet and sour and packed with herbal goodness thanks to turmeric and rhodiola. Turmeric is good for the liver and digestion, while rhodiola is supportive of mood, energy, and stress levels.

*Yield: 4 servings.*

- 1 tbsp olive oil**
- 3 tbsp maple syrup**
- 3 tbsp apple cider vinegar**
- 1 tsp rhodiola powder**
- Pinch of salt**
- Pinch of dried turmeric**
- 4 cups lightly packed, torn kale, ribs removed**
- $\frac{1}{4}$  cup walnuts, halved or chopped**
- $\frac{1}{4}$  cup dried cranberries**

- 1.** Use a whisk to combine the olive oil, maple syrup, apple cider vinegar, rhodiola powder, salt, and turmeric in a small mixing bowl.
- 2.** Place kale in a large mixing bowl, and drizzle the vinaigrette over the leaves. Use your hands to mix the kale and vinaigrette thoroughly.
- 3.** Allow the kale to rest for at least 15 minutes before serving so it softens and blends with the dressing.
- 4.** Add walnuts and cranberries just before serving.

Powdered herbs should be used within three months of when they're ground for best results.

exposed to light, moisture, or a high-temperature environment.

It's easy to see when an herbal powder is past its prime, because the color and characteristic scent of the herb will fade over time. Thus, powdered herbs should be used within three months of when they're ground for best results. However, outdated herbs can still be beneficial — if not for you, then for your garden. Just add them to your compost as you would fruit and vegetable scraps.

## Portioning Powdered Herbs

When herbs are used as spices or flavorings to garnish a recipe, they

or targeted in their actions. It's also a good idea to use only  $\frac{1}{4}$  teaspoon the first time you introduce an herb to your diet to make sure it's well-tolerated in your body.

On the other hand, 1 to 2 teaspoons works well for tonic or adaptogenic herbs, such as rhodiola and eleuthero. Nutritive, mild-tasting herbs, such as nettle leaf and burdock root, can even be used 2 or 3 teaspoons at a time.

Just remember, more is not necessarily better when it comes to medicinal herbs. Research dose ranges and consult an experienced herbalist before increasing beyond these suggestions.

Consult a health care practitioner before incorporating any new herbs into your diet, especially if you're pregnant or breastfeeding.

### Ways to Use Powdered Herbs

For cooking, you can use powdered herbs in two ways: Slip the herbs into a recipe so their taste is diluted or disguised, or utilize the herbs' flavors as part of the recipe. Nut butters, yogurt, and hummus are great carriers that can help disguise the taste of powdered herbs. Using powdered herbs in smoothies is another way to make sure the end result is palatable, and then you can customize your daily herbs without needing to worry about finding a new, compatible recipe each time.

However, there's something to be said for using powdered herbs, especially adaptogens and nutritive herbs, in a wide range of recipes that bring out their flavors. The four recipes in this article showcase their respective herbs in a way that's not overpowering, while also supporting health in myriad ways. From them, you'll see how experimenting with powdered herbs not typically used as kitchen spices can add a whole new dimension to herbal cooking.

— AGATHA NOVEILLE



Blending powdered herbs into carriers, such as nut butters, helps disguise their flavors while still providing medicinal benefits.



#### | RECIPES |

### SWEET POTATO PATTIES WITH BURDOCK AND NETTLE

These sweet potato patties are the perfect side to any meal, and their taste falls somewhere between baked sweet potatoes and savory pancakes. Nettle greens are full of vitamins and minerals and are often used fresh in everything from soups to pestos, but you can enjoy that nutritional punch year-round by using the powdered version. Burdock root is an alternative herb that supports the health of blood and the liver. It can be pickled or cooked and used like a root vegetable, or you can use the powdered root in recipes such as this one. *Yield: 4 servings.*

**3 tbsp all-purpose, gluten-free baking mix**

**2 tsp nettle leaf powder**

**2 tsp burdock root powder**

**¼ tsp salt**

**1 egg**

**1 tsp olive oil**

**1½ cups peeled, baked, and mashed sweet potato**

1. Combine gluten-free baking mix, nettle leaf powder, burdock root powder, and salt in a small bowl and set aside.
2. Heat a bit of olive oil in a griddle or nonstick frying pan over medium heat.

**3.** Whisk together the egg and olive oil in a medium-sized mixing bowl. Mix in sweet potato.

**4.** Add dry ingredients to the sweet potato mixture and stir well.

**5.** Cook rounded tablespoons of this mixture on the griddle or in a frying pan. It should take 2 to 3 minutes per side. After they're flipped, press gently on each patty with the back of a spatula so they keep their shape.

**6.** Enjoy with your favorite sweet potato toppings or as a side.



**ELEUTHERO SPICED  
CARROTS WITH MAPLE SYRUP**

Eleuthero is a root that's superb for supporting energy levels and immunity. It has a mild but distinctive taste that tends to pair well with root veggies, such as sweet potatoes and carrots.

*Yield: 2 servings.*

- 1 tsp olive oil**
- 1 pound carrots, peeled and cut into 2-inch sections**
- 2 tbsp maple syrup**
- ½ tsp eleuthero powder**
- ¼ tsp freshly grated ginger**
- Salt, to taste**

- 1.** Lightly grease a baking pan with olive oil and set aside.
- 2.** Preheat oven to 450 degrees Fahrenheit.
- 3.** Slice carrots in half down the middle and then again lengthwise into quarters.
- 4.** Spread carrots on the baking pan and roast in the preheated oven for 15 to 20 minutes, until tender.
- 5.** In a small bowl, blend together maple syrup, eleuthero powder, and ginger.
- 6.** Place the roasted carrots into a bowl and drizzle with the herb mixture. Fold the carrots gently to help coat them evenly with the powdered herbs.
- 7.** Add salt to taste, and serve warm.



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# Herbal Beverages from Your Summer Garden

Turn a flourishing herb garden into an arsenal of expertly concocted summertime drinks.

**THERE'S NOTHING BETTER** in summertime than a meal harvested from your own backyard. As every food lover knows, fresh ingredients in dishes make a world of difference. But there's one component of a meal that many gardeners overlook when plucking ingredients from the vegetable patch: the drinks. Just as a pinch of fresh basil can take a stir-fry to the next level, herbs can add depth and dimension to your beverage, whether it be a pitcher of infused water or a gin and tonic elevated by a handful of garden-fresh favorites. From syrups and shrubs to bartender-approved techniques, these tips will help you craft a collection of delicious and refreshing drinks straight from your herb garden.

## Flavoring Basics

Amy Stewart, author of *The Drunken Botanist*, has worked with herbs in cocktails for years. While writing her book, she kept a cocktail garden at her home in California, which included an impressive array of nearly 40 species of herbs — even some specifically developed for use in drinks: “There’s a particular kind of mint that’s really well-suited for Mojitos called ‘Mojito mint,’ but we also had ‘Kentucky Colonel’ mint, which is better for mint juleps.”

Needless to say, Stewart has picked up a few pointers on crafting herbal drinks. First and foremost, she says, it's important to work with what you already know you like. She also recommends seeking out herbs that are fragrant but don't lend themselves well to food dishes. Pineapple sage and lemon verbena are wonderful examples, as are scented geraniums, which can add a variety of aromas to your drink, from rose to cinnamon. Some herbs can even replace other ingredients. “I'm not a big fan of cocktails that have tremendous amounts of lemon or lime juice in them; I hate margaritas,” Stewart says. “But lemon verbena is citrusy without this



Infuse lavender in hot water to create the pink base for the lovely lemonade recipe on Page 37.





element of acid. It adds that citrus flavor without adding a lot of citrus juice.”

Adam Morgan, bar manager at acclaimed restaurant Husk, in Nashville, also enjoys working with common herbs in cocktails. He suggests that beginning home bartenders should start out experimenting with basics like basil, parsley, and mint. One of his favorites is sage, which has an earthy and warm flavor that pairs well with everything from gin and bourbon to tequila and mezcal.

Don't forget that while herbs are the perfect starting point to take nearly any drink from bland to complex and refreshing, other garden-fresh ingredients, such as flowers, fruits, and vegetables, can work wonders as well. If you're looking to expand your cocktail garden, delicate honeysuckle, bright lavender, or refreshing cucamelons can add delicious flavors and a pop of color to any garden or drink.

“The whole idea is to get balance with what you're using,” says Morgan, who incorporates herbs from the restaurant's own garden into the drink menu. “I would say just have fun experimenting with different things to find what fits you best.” >>

## RECIPES

### GARDEN-FRESH GIN AND TONIC

The humble gin and tonic is one of the simplest drinks you can manipulate with fresh ingredients. With a few easy alterations, including the addition of salt and homemade herb-infused Cocchi Americano, the cocktail is transformed into a beacon of summertime bounty.

*Yield: 1 serving.*

**3 to 4 sprigs rosemary**  
**3 to 4 sprigs lemon balm**  
**2 cups Cocchi Americano**  
**1½ ounces St. George Botanivore Gin**  
**¾ ounce tonic syrup**  
**Soda water**  
**Pinch sea salt**  
**Fresh basil, mint, and sage**

1. Add sprigs of rosemary and lemon balm to a large jar with the Cocchi Americano and let infuse at room temperature for 4 to 5 days.
2. Once infused, strain out the herbs using a fine sieve and discard. Store the infused Cocchi Americano in the refrigerator for up to 2 weeks.
3. When you're ready to make the drink, add ¼ ounce of the herb-infused Cocchi Americano, gin, and tonic syrup to a tall glass and stir until combined. Fill glass with ice and top with soda water. Garnish with a pinch of sea salt and the fresh basil, mint, and sage.

### LAVENDER LEMONADE

A mild, light honey sweetens this lavender-infused lemonade, creating a refreshing drink for your summer gatherings. Make it ahead, and store it in a covered pitcher in the fridge for up to 1 week. *Yield: 6 servings.*

**6 cups water**  
**½ cup light-colored, raw honey**  
**⅓ cup dried lavender, or about 1 cup fresh**  
**1 cup fresh lemon juice, strained**  
**Ice, for serving**

1. Warm the water and honey in a pot over medium-high heat until the honey dissolves.
2. Gently crush the lavender with a mortar and pestle or in a bowl with a meat tenderizer. Add the crushed herb to the pot, then remove pot from heat.
3. Cover, refrigerate, and steep for 2 hours.
4. Strain liquid through a fine mesh sieve. Stir in the lemon juice and serve over ice.

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| GOOD TO KNOW |

## 5 Techniques to Master Herbal Drinking

After you have your lineup of herbs covered, it's time to start putting them to work. There are a number of ways to get the most out of your herb garden, but it doesn't have to be a one-and-done deal. Don't be shy when trying out new combinations — if one option doesn't work, you'll find another that will.

**1 SYRUPS.** While garnishing with fresh herbs is a great way to add bursts of color, flavor, and aroma to drinks, doing it too often will quickly deplete your garden supply. To stretch your bounty out as long as possible, you can instead preserve a more subtle herbal flavor in simple syrups.

All you have to do is bring equal parts water and white sugar to a boil, stirring until the sugar is fully dissolved, then remove the mixture from the heat and steep a bundle of fresh herbs in the liquid until it cools completely. "You want to put [the herbs] in when the heat's off and it's already starting to cool a little, otherwise the heat will destroy the flavor molecules that you like so much in fresh herbs," Amy Stewart says. Once strained, these syrups will stay fresh in the fridge for up to two weeks. Stewart likes to extend the life of hers by adding a touch of vodka and then popping it in the freezer in a mason jar. The vodka ensures that it won't freeze solid, and you can then grab a spoonful to add to cocktails, seltzer, lemonades or limeades, or any other beverage.

**2 GARNISHING.** While garnishes may often be showy and unnecessary when it comes to food, anything from a simple lemonade to a complex cocktail can be greatly improved by the addition of an herbal garnish. "Fresh leaves over a drink add complexity in aroma and taste," Adam Morgan says. Because herbs are aromatic without needing heat, they'll do the heavy lifting for you: Simply add a small bundle of your chosen herbs, and with each sip of the drink you'll get a whiff of the aromatic oils encased in the leaves, effectively altering the aroma and flavor of the drink.

Before adding a garnish, Morgan suggests gently slapping the herbs against your palm a couple of times to "awaken the oils" and release an even more intense aroma.

**3 INFUSIONS AND TINCTURES.** After you've mastered simpler techniques, you may try your hand at spirit infusions and tinctures, but know that using herbs in this manner can be tricky, especially with



delicate herbs, such as basil. For a simple infusion, leave a bundle of herbs in your choice of spirit or liqueur for a few days, tasting each day to test the potency. When it reaches the flavor that you like, strain and use the spirit in any cocktail as you normally would. Lemon verbena-infused gin makes a fantastic gin and tonic, just as a dill-infused vodka adds a pop of bright flavor to a Bloody Mary. Even whiskey is beautifully altered when infused with chamomile or sage and then made into an old fashioned. "That's the cool thing about herbs — they're all so dynamic and versatile," Morgan says. "And they're all around you."

**4 SHRUBS.** An acidic beverage that's often preserved with vinegar and is meant to be sipped slowly, a "shrub" is a great way to preserve the flavor of everything from cucumbers and berries to snap peas and beets. Why not use it to trap delicious herbal flavors, too? Though the traditional cold-processed way of making shrubs involves fermentation and plenty of patience, you can cheat the process by starting off with an herbal syrup. After you've allowed your syrup to steep with herbs, "incorporate vinegar little by little — don't add a bunch at once," Morgan





says. "Just keep doing it until you get the right balance of acidity and let that sit. It really transforms and develops a more complex flavor." If you also want to add a fruit or vegetable to give the shrub a rounder, more intense flavor, then boil the produce with the syrup for about 15 minutes to extract the flavor before removing it from the heat, steeping with herbs, and then straining."

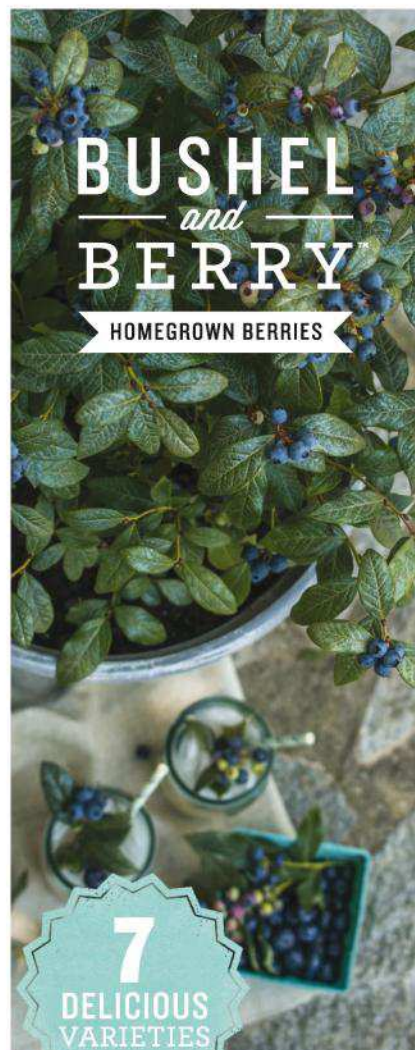
After you've achieved a satisfying balance, try the shrub with equal parts seltzer water plus an ounce of your favorite spirit (if desired). Garnish with a sprig of fresh herb for a refreshing summer sip.



you're drinking. But Morgan warns to go easy — overdoing it can "overbruise" the herbs and release an unpleasant bitter flavor. "All it takes is a little bit of friction," he says. "You want to massage the oils out; you don't want to crush or pulverize the plant."

Anna Archibald is a freelance writer based in Lawrence, Kansas, whose work has appeared in *The Daily Beast*, *Wine Enthusiast*, *SHAPE*, and *www.SuperCall.com*. She served as a judge for the 2018 American Craft Spirits Association awards.

**5 MUDDLING.** Another fantastic way to use any fresh herb in a beverage is to gently crush a small handful at the bottom of a glass using a muddler or the back of a spoon before adding any liquid ingredients. This will release the herb's oils to fully infuse whatever



**7 DELICIOUS VARIETIES**

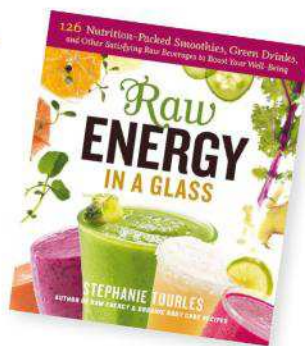
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# Naturally Healthy Skin Starts in the Gut

Your digestive system's health is more important than you may think. Take these steps to promote a properly functioning gut and, by extension, healthier skin.

BY NADIA NEUMANN

When addressing skin issues, we often look to lotions, potions, peels, and prescriptions. However, in many cases, the key to naturally healthy, glowing skin is somewhere you likely wouldn't expect: in the gut.

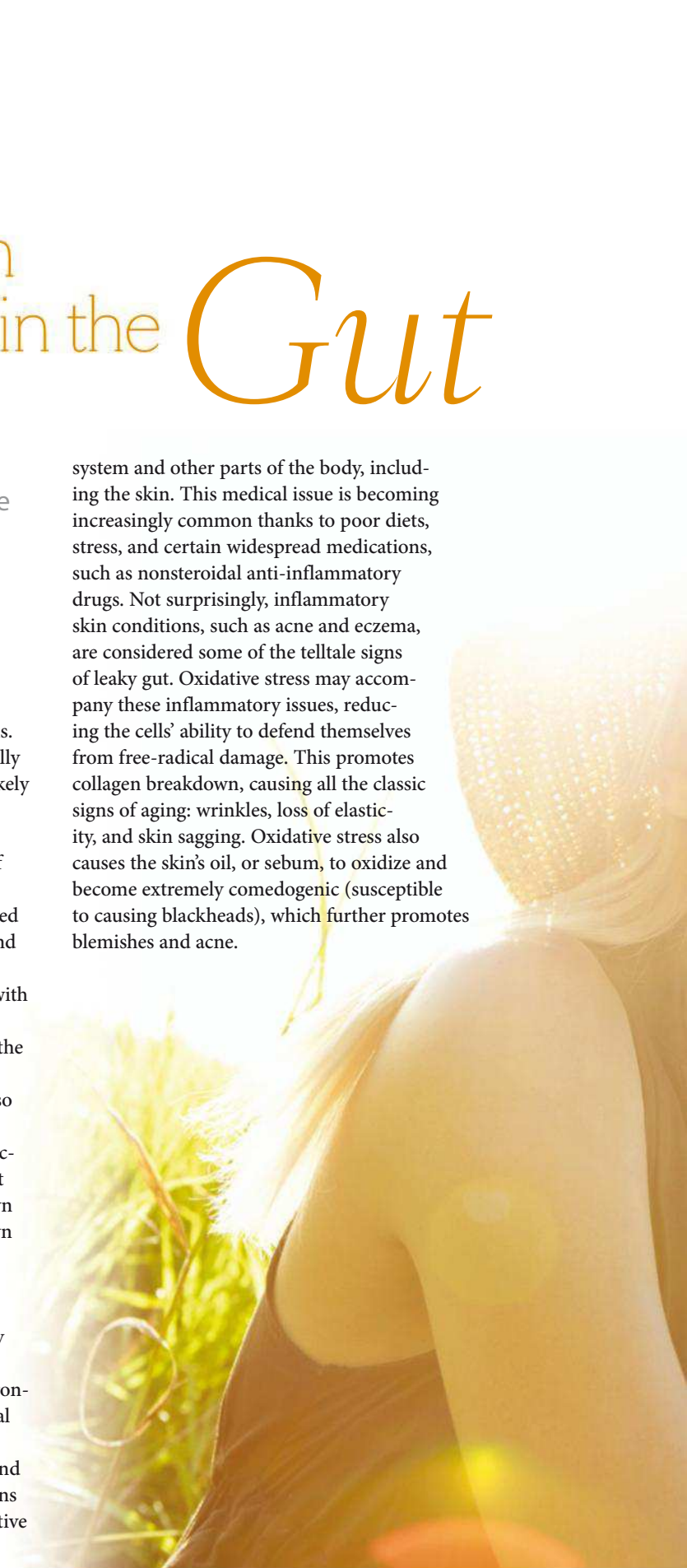
More and more research points to the importance of proper digestion and gut balance for the improvement of our overall health and well-being, and skin health is certainly no exception. In fact, some researchers have referred to the gut and the skin as "two sides of the same coin," and even suggest that gastroenterologists and dermatologists team up to take on skin issues. In my personal struggle with acne and dermatitis, and through my private nutritional therapy practice, I've witnessed the connection between the gut and the skin time and time again.

So how exactly does the gastrointestinal (GI) system so intimately impact the skin?

First of all, we can see this connection through the successful (or unsuccessful) process of digestion. If we're not properly digesting our food, we can't properly break down and assimilate nutrients, so they literally get flushed down the toilet. This of course impacts all parts of the body, including our largest organ, the skin. Without critical nutrients — such as vitamins A, C, and E; zinc; and anti-inflammatory omega-3 essential fatty acids, among many others — the skin's health suffers.

Poor digestion and gut imbalances may also cause chronic inflammation, the skin's archenemy. Increased intestinal permeability, or "leaky gut," is one such cause of chronic inflammation — an affliction where the gut lining thins and inappropriately allows undigested food particles and toxins to enter the bloodstream and negatively impact the digestive

system and other parts of the body, including the skin. This medical issue is becoming increasingly common thanks to poor diets, stress, and certain widespread medications, such as nonsteroidal anti-inflammatory drugs. Not surprisingly, inflammatory skin conditions, such as acne and eczema, are considered some of the telltale signs of leaky gut. Oxidative stress may accompany these inflammatory issues, reducing the cells' ability to defend themselves from free-radical damage. This promotes collagen breakdown, causing all the classic signs of aging: wrinkles, loss of elasticity, and skin sagging. Oxidative stress also causes the skin's oil, or sebum, to oxidize and become extremely comedogenic (susceptible to causing blackheads), which further promotes blemishes and acne.







GETTY IMAGES/GRADYREISE

The trillions of bacteria housed in the gut also play a significant role in skin health. A healthy gut microbiome is filled with many different types of “good” bacteria, which keep the “bad” bacteria in check. The good bacteria not only help reduce the inflammation and oxidative stress that wreak havoc on the skin, but they also enhance digestion, nutrient absorption, and the integrity of the gut lining. And whereas bad gut bacteria produce toxins, good gut bacteria synthesize a number of nutrients, including vitamins B7 (biotin) and K, as well as essential fatty acids, which are key for healthy skin.

Needless to say, it’s important that we keep our bodies in working order, and that includes our skin and GI systems. If you’re ready to give your gut — and, by extension, your skin — some extra love, these steps will help you do so.

As a general guideline, especially because research in some areas is still developing, consult your health care practitioner before adopting any of these treatments to ensure the solutions are right for you.

### Eliminate Irritants

Foods you’re intolerant of are the most important irritants to remove from your diet. Unlike a food allergy, which typically provokes an extreme and immediate reaction, food intolerances are a bit sneakier and can go unaddressed for years, if not a lifetime. Food intolerances typically cause annoying GI discomforts, such as bloating, burping, gas, and diarrhea, but they may also cause chronic GI inflammation and leaky gut. For example, gluten can inflame the gut lining and trigger the release of zonulin, a chemical that signals the small spaces in the intestinal lining to open. This is a double whammy when it comes to increasing intestinal permeability, and thus gluten can promote leaky gut. Sadly, this appears to be the case even for those of us without an identified gluten allergy or intolerance.

Again, inflammation is something to avoid for the health of the skin, and there are a couple of ways to do that. Certain tests (most often offered by functional medical practitioners) can identify foods you’re intolerant of. An elimination diet can also help you identify food intolerances, though the process may take several months and requires quite a lot of willpower. That being said, it can be a therapeutic process and a great tool for helping you get in touch with your body and the messages it’s sending you.

## Heal the Gut Lining

After you've removed irritants, you'll need to repair your gut lining. It just doesn't make sense to work on healing while irritants are still in your diet—the two will negate each other!

Bone broth, gelatin, fermented vegetables, cabbage, and potentially certain coconut products (though scientific studies are not many yet) are all gut-loving superfoods that help soothe and heal the gut lining. Look for ways to incorporate as many of these into your diet as possible. I typically suggest that clients start and end their days with a warm mug of bone broth, use coconut oil for most of their cooking and baking, and include a daily serving of fermented cabbage in their diets.

L-glutamine is a particularly great supplement to assist with leaky gut recovery and can speed the process along, as can slippery elm.

## Enhance Your Digestion

When food isn't digested well, not only are nutrients not properly broken down and assimilated by the body, but the ill-digested food also irritates the gut lining. Therefore, for the sake of both nutrient absorption and gut health, it's critical to ensure your food is being digested properly.

Low stomach acid is far more common than you'd think and is one of the most significant causes of indigestion. In fact, some regard it as the true cause of heartburn and gastroesophageal reflux disease (GERD), rather than an excess of acid, as antacid commercials would have you believe. This is mainly because studies have shown that the risk of GERD increases with age, while stomach acid production seems to decrease. When stomach acid is low, food isn't properly broken down in the stomach, which may trigger GI inflammation and distress further down the line in the intestines and colon. In addition to provoking acid reflux, heartburn, gas, bloating, and cramping, this may promote the chronic inflammation that undermines skin health.

When taken shortly before meals, digestive bitters may help to stimulate hydrochloric acid production, which is the main component to our gastric acid. Digestive enzymes may also be helpful in enhancing digestion in the stomach and thus preventing distress further down the GI tract.

## Reduce 'Bad' Gut Bacteria

As previously mentioned, in a healthy gut microbiome, good bacteria outweigh bad bacteria. But the scales can sometimes tip in favor of bad gut bacteria. This condition is known as "gut dysbiosis," symptoms of which may include gas, bloating, belching, diarrhea, constipation, and acid reflux. Certain inflammatory skin conditions, such as atopic dermatitis, may also be symptoms of gut dysbiosis.





Foods that can heavily influence your gut and skin health include kombucha, bone broth, gluten, fermented cabbage, and kefir.



CLOCKWISE FROM BOTTOM RIGHT: GETTY IMAGES/NIMIS69; ADOBE STOCK/MAREK; ADOBE STOCK/DUSAN ZIDAR; STOCKSY/LUMINA; ADOBE STOCK/BRENT HOFACKER; GETTY IMAGES/MADELEINE\_STEINBACH

Reducing dietary sugars and simple carbohydrates is key to rebalancing a gut microbiome or maintaining a healthy one. A high-sugar or high-carbohydrate diet is like a feast for bad gut bacteria, allowing them to overcrowd the beneficial ones and cause dysbiosis. On the flip side, a diet low in sugar and simple carbohydrates can help rebalance the gut microbiome by cutting off bad bacteria's food supply. Remember: Dietary sugar and simple carbohydrates aren't just in candies, soda, pastries, pasta, and bread; they also can be in whole foods, such as potatoes, fruit juices, rice, honey, maple syrup, and dried fruits.

### Repopulate with 'Good' Gut Bacteria

In addition to reducing bad gut bacteria in the microbiome, it's critical to repopulate good gut bacteria through probiotic-rich foods or probiotic supplements. Probiotic-rich foods include sauerkraut, kimchi, kombucha, and kefir. Try to get at least one daily serving of these foods into your diet. To save on your grocery bill, try making them at home!

When looking for a quality probiotic supplement, check the total number of bacteria, as well as the diversity of the strains. Choose an option with at least 5 billion active cultures and at least eight different strains. This will help ensure abundance and diversity, both of which are important components of a robust gut microbiome.

### Feed Probiotics with Prebiotic Fiber

Prebiotic fiber essentially acts as food for good gut bacteria, allowing them to survive and thrive. Soluble fiber is a major source of prebiotic fiber. Chia seeds, flax seeds, hemp fiber and protein, properly soaked and sprouted grains, and some organic fruits and vegetables are all great sources of soluble and prebiotic fiber. Pair your probiotic supplement with a meal or snack containing one of these foods. Fiber, both soluble and insoluble, will also help keep your GI system moving and grooving, preventing constipation.

These are just a few of the ways you can begin to investigate and improve your digestion and gut health. But it doesn't stop with the gut; with better nutrition will come more overall improvement in your body. The body's largest organ, the skin, is no exception to this. Because of its close connection to the GI system, what happens to the gut is reflected in the skin. Therefore, when you take care of your gut, your body will thank you in many ways, including naturally healthy skin from within.

Nadia Neumann is a nutritional therapy practitioner who specializes in adult acne. She is the founder of the healthy living blog *Body Unburdened* ([www.BodyUnburdened.com](http://www.BodyUnburdened.com)) and the author of *Glow: The Nutritional Approach to Naturally Gorgeous Skin*.

A person is relaxing on a windowsill, holding a blue and white polka-dot mug. The person is wearing light blue leggings and is sitting on a wicker chair with a beige blanket. The window behind them shows a view of green trees and a heart-shaped decoration hanging on the glass. The text "Recognizing Chronic Fatigue Syndrome" is overlaid on the image in a dark green, handwritten-style font.

# Recognizing Chronic Fatigue Syndrome





Learn how to spot the signs of chronic fatigue syndrome, differentiate the illness from common exhaustion, and treat the symptoms of this life-altering diagnosis.

BY MELANI SCHWEDER

*I couldn't take* a shower without running out of breath. I couldn't lift my head from the pillow without a nauseating dizzy spell. Walking to the mailbox put me on the couch for two consecutive days. Within a few short weeks in the summer of 2009, I went from being a full-time student, researcher, and athlete to a shaky, exhausted mess. My fatigue and other symptoms were so crushing, I was forced to bow out of grad school, take disability leave from work, and let go of my previously active life.

Several months dragged by before I was officially diagnosed with chronic fatigue syndrome (CFS), sometimes called myalgic encephalomyelitis (ME). Before my own personal experience with this debilitating illness, I didn't know much about it. I thought that people who had it were just "more tired" than usual. Perhaps they were suffering from overtraining, or burnout from the never-ending stress of life. But in reality, ME/CFS is its own monster, with a whole host of long-lasting symptoms but very little acknowledgment within the medical community.

## What is chronic fatigue syndrome?

Even well into 2018, the clinical understanding of ME/CFS is limited; there's still no agreed-upon etiology for this illness. In fact, the definition of chronic fatigue syndrome from the Mayo Clinic is "a complicated disorder that can't be explained by any underlying medical condition." The fatigue felt by those experiencing the illness may worsen with any physical or even mental activity, and it isn't eased with rest.

One of the frustrating aspects of ME/CFS is the wide variation of patient presentations, making it hard to diagnose and even harder for people to take seriously. I know that my experience, symptoms, and healing process are unique to me, and my story isn't the same as many others who live, or have lived, with ME/CFS. For me, it was a sudden onset of dozens of symptoms at once — an acute, disabling disease that morphed into a chronic one. Others with ME/CFS might go through a slow

decline, descending over weeks or months into the pit of fatigue, aches, brain fog, and other life-altering problems.

With its many different symptom profiles and onset styles, ME/CFS is a serious issue in our country today. It's been estimated that more than 2 million Americans have ME/CFS, and about 90 percent of them haven't been diagnosed. This illness affects twice as many women as men, and it's most common among people over 40 years of age. But while one study suggests a relationship between ME/CFS and social risk factors, overall, ME/CFS seems to strike without preference for race or educational background. From an economic standpoint, we're losing more than \$9 billion every year in productivity due to ME/CFS, and those who are diagnosed with this illness report greater psychological distress and have higher rates of unemployment than those who don't meet the diagnostic criteria.





# Are You experiencing CFS?

It's important to distinguish ME/CFS from "typical" fatigue, burnout, or even chronic fatigue as a symptom of another condition entirely. While there's still some debate as to the diagnostic criteria for ME/CFS, many physicians turn to the Centers for Disease Control and Prevention (CDC) for their guidelines when confronted with overtired patients. In order for a patient to receive an official diagnosis of chronic fatigue syndrome, they must be experiencing a drop in regular activity levels due to severe fatigue that has lasted more than six months; worsening ME/CFS symptoms after regular physical or mental activity; and trouble falling or staying asleep.

In addition, a patient must either have significant impairment of short-term memory or concentration; or they must experience dizziness, faintness, or weakness when standing or sitting upright in order to be diagnosed with ME/CFS. And that's not to mention the plethora of other common symptoms that might accompany the illness.

Despite a lack of identified causes for ME/CFS, researchers have found many potential leads from laboratory and medical studies. In control studies of patients who meet the diagnostic criteria for ME/CFS, the following pathologies have been shown:

- ✱ Reduced diversity and altered composition of the gut microbiome
- ✱ Hypometabolic response to stress, linked to mitochondrial dysfunction
- ✱ Abnormal levels of immune cells, particularly natural killer (NK) cells
- ✱ Chronic or reactivated infection with viruses such as Epstein-Barr virus (EBV)
- ✱ Elevated oxidative stress, particularly following physical activity
- ✱ Infection with bacteria such as *Borrelia burgdorferi*, or *Mycoplasma* species

In my personal experience, ME/CFS appeared as a chronic infection with EBV (which is known to target nerves and organs like the liver and thyroid) that causes many of my symptoms. I've also been diagnosed with Lyme disease, fibromyalgia, and postural orthostatic tachycardia syndrome (POTS); these diagnoses often go together, and in my belief, are just different ways of describing the same thing.



Eat natural, whole foods.

Treat yourself with kindness.



Drink helpful herbal tea.

## How can you feel better?

As I mentioned, there is tremendous variety in the underlying origins of relentless fatigue, joint/muscle pain, dizziness, brain fog, and sleep problems. Regardless of the exact cause, however, there are things that you can do to feel better and help your body heal from ME/CFS.

When I was first diagnosed many years ago, I wish someone would've told me that there was hope for healing and steps I could take to empower myself to get well. I learned a lot by trial and error and by imitating the lifestyles of others who have recovered from ME/CFS. Nowadays, I focus much of my own health coaching practice on helping people like the person I was all those years ago. There are dozens of different strategies that may help with ME/CFS and related illnesses, but I consider these to be some of the most important:



### \* ADDRESS ANY CLINICAL FINDINGS WITH YOUR HEALTH CARE PROVIDER.

Consider treating underlying infections or hormone imbalances, and don't be afraid to take medication if and when it can improve your quality of life.

### \* ELIMINATE ALLERGENIC AND PROCESSED FOODS.

For me, this means avoiding foods containing gluten, dairy, eggs, canola oil, MSG, and soy products. A rule of thumb for making the switch to whole, unprocessed foods: Your ingredients shouldn't have ingredients!

### \* FOCUS ON NATURAL, COLORFUL, WHOLE FOODS.

There's little better than fresh fruits, raw veggies, pastured or grass-fed meats, and healthy fats such as coconut and avocado. Big juices, smoothies, and salads are my go-to choices.

### \* BE MINDFUL OF STIMULANTS.

Coffee, energy drinks, and other caffeine sources can exacerbate ME/CFS symptoms. Not only can these strain the adrenal glands, but they can also interfere with sleep, which is critical to the healing process.

### \* CONSIDER HERBAL MEDICINE.

My own healing accelerated after I added supportive herbs to my routine, especially adaptogens. Some of my favorite herbs for ME/CFS include ashwagandha, eleuthero, rhodiola, holy basil (tulsi), reishi mushroom, licorice root, and gotu kola. I make my own tinctures with many of these herbs, and I also incorporate herbal tea into my daily life.

### \* REDUCE THE TOXINS IN YOUR ENVIRONMENT.

There are dozens of potentially dangerous

ingredients in household products, including cleaners, detergents, cosmetics, and more. Check your labels for contents like phthalates, parabens, dioxins, triclosan, chlorine, perchloroethylene, formaldehyde, and Teflon coatings. Switch to safe, natural brands, or make your own. The Environmental Working Group is a reliable and helpful resource; learn how they judge cosmetic safety on Page 56, or discover their most highly rated cleaning products at [www.MotherEarthLiving.com/Greenest-Cleaners](http://www.MotherEarthLiving.com/Greenest-Cleaners).

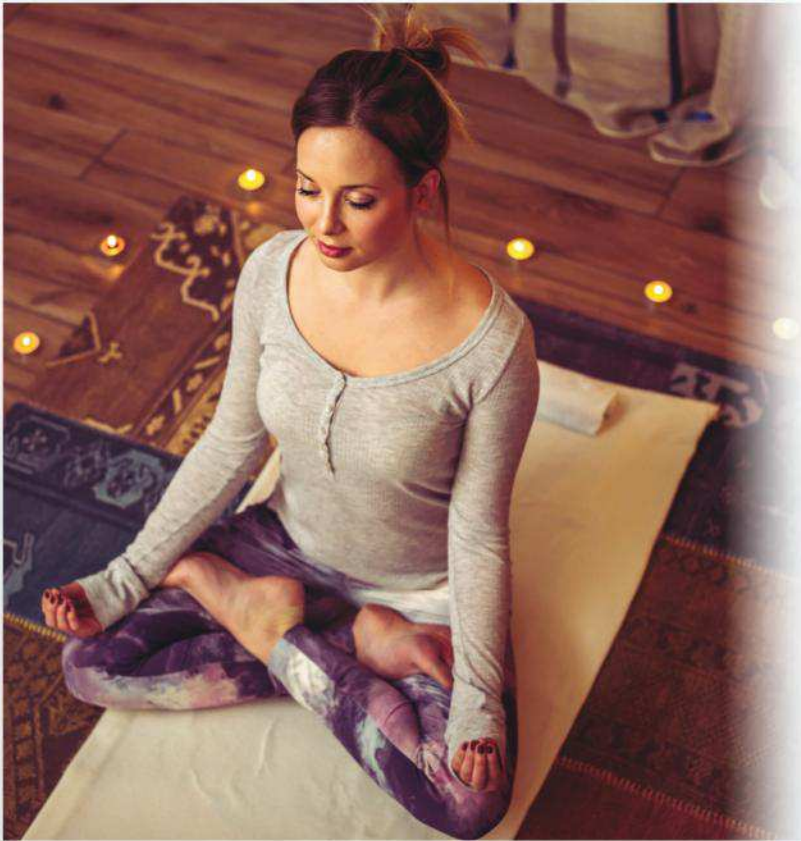
### \* DON'T UNDERESTIMATE THE POWER OF YOUR MIND AND SPIRIT IN HEALING YOUR BODY.

Notice the way you talk to yourself, as well as any limiting beliefs you hold. Find a spiritual practice that works for you. Work with a therapist or counselor. Treat yourself with kindness, always.

If you're dealing with ME/CFS, or suspect that you are, know that you're not alone, and that you can feel better. Invest in the right tools to bolster your body's inherent healing capabilities, and remember to start where you are, taking it one day at a time.



## Hands-on healing



Living with an illness like ME/CFS can be frustrating and isolating, and I recommend doing as much research and networking as possible to find a supportive community and take your healing into your own hands. I've had luck, as have many of my clients, with holistic clinicians like naturopaths, herbalists, and integrative or functional medicine doctors. There are also local meetup groups and online support groups that can offer camaraderie and encouragement for those with ME/CFS.

Below, I've listed some of the resources I've found most helpful, from medical professionals to online communities.

### ✧ MEDICAL PROFESSIONALS

Dr. Bill Rawls  
[www.RawlsMD.com](http://www.RawlsMD.com)

Dr. Sarah Ballantyne, Ph.D.  
[www.ThePaleoMom.com](http://www.ThePaleoMom.com)

Dr. Jacob Teitelbaum  
[www.EndFatigue.com](http://www.EndFatigue.com)

Anthony William  
[www.MedicalMedium.com](http://www.MedicalMedium.com)

### ✧ ONLINE

Phoenix Rising Forums  
[www.Forums.PhoenixRising.me](http://www.Forums.PhoenixRising.me)

The Solve ME/CFS Initiative  
[www.SolveCFS.org](http://www.SolveCFS.org)

### ✧ FACEBOOK COMMUNITIES

Myalgic Encephalomyelitis & Chronic Fatigue Syndrome (ME/CFS)  
<http://bit.ly/2Grh7ox>

Medical Medium Members Only  
<http://bit.ly/2GIOwRI>

### ✧ OTHER INFORMATION

The recent documentary *Unrest*  
[www.Unrest.Film/watch](http://www.Unrest.Film/watch)



Reishi mushrooms are adaptogens, key herbs for energy, vitality, and immunity.

Melani Schweder is a certified health coach and reiki master/teacher based in Denver, Colorado. Her personal experience has given her tremendous passion for helping others struggling with chronic illness. She works with clients to help them tap into their body's inherent healing mechanisms, and gives them the tools they need to feel whole again — mind, body, and soul. Connect with her at [www.ABrighterWild.com](http://www.ABrighterWild.com) or on social media @ABrighterWild.

# Hydrosols



## Where Aromatherapy & Herbalism Meet

Rose water and witch hazel barely scratch the surface. Use home-grown plants and a simple stovetop method to make steam-distilled aromatic waters that can be used for cooking, healing, and cleaning.

BY HANNAH KINCAID



Hydrosols are making a comeback, and for good reason. Safer and more sustainable than essential oils, more potent than herbal teas, and easy to make at home, these steam-distilled aromatic waters offer a nearly unlimited number of benefits and uses. The most common commercially available hydrosols are rose water and witch hazel, although store-bought versions are often diluted with alcohol or other preservatives to extend their shelf life. By making your own hydrosols — or buying high-quality bottles from artisan distillers — you can experience an incredible array of pure aromatic waters, including chamomile, lavender, mint, cinnamon, and myrrh. These liquid aromatics can be used as a natural room freshener or perfume; incorporated into a vast array of recipes, including pastries, sorbets, syrups, and cocktails; mixed into homemade body care products; poured into baths; added to neti pots or sinus steams; and even used in a cleaning regimen to spray countertops and freshen linens.

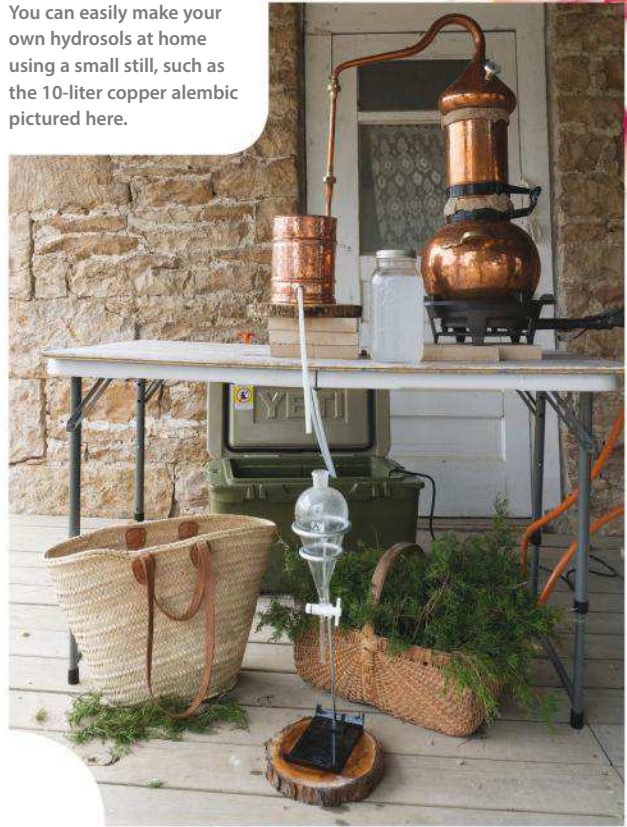
### What Are Hydrosols?

Hydrosols (called “hydrolats” in Europe) are made by distilling fresh plant material in water. This is the same general process used to make essential oils; however, industrial essential oil distillers use much larger stills and much more fresh plant material than what’s available to home gardeners. Of equal importance, essential oil distillers perform a hot and fast distillation and then turn off their stills as soon as they’ve captured enough product.

Hydrosol distillers, on the other hand, favor a long and steady distillation so the hydrosol’s top, middle, and low notes all have a chance to come through the still and merge into a complex finished product. This is why you shouldn’t buy hydrosols that are a byproduct of essential oil distillation; they won’t include as wide a variety of notes and complexities as



You can easily make your own hydrosols at home using a small still, such as the 10-liter copper alembic pictured here.



those hydrosols distilled solely for their own purpose. When purchasing, favor “steam-distilled” hydrosols or floral waters sold by companies with a close relationship to their producers; avoid products labeled as “floral water” that are only essential oils added to water. (See “Resources” on Page 55 for a list of reputable hydrosol vendors.)

### Therapeutic Uses of Hydrosols

Hydrosols not only smell divine, they also carry a wide array of physically, mentally, and emotionally healing constituents. I approached hydrosols from an herbalism background and was pleasantly surprised to learn that a plant’s benefits are similar in hydrosol form to what they would be in a tea, tincture, or compress. For example, plantain poultices work wonders on bug bites and stings, and spraying a plantain hydrosol on a bug bite provides similar relief. Chamomile tea is a relaxing nervine that makes a soothing bedtime drink; diluting a few teaspoons of chamomile hydrosol in a cup of warm water or herbal tea (or adding a few ounces to your bath water) lets the plant’s relaxing properties wash over you.

Unlike essential oils, most hydrosols are safe to ingest, if diluted. They’re also safe to use with and around young children. When changing a baby’s diaper, for example, you can dip cleansing wipes in a 50-50 solution of hydrosol and water. Alternatively, you can spray a few mists of hydrosol on a baby’s bum between diaper changes. During bath time, add 1 to 3 teaspoons of chamomile hydrosol to an infant’s bath water to help encourage restful sleep.

## Hydrosol Monographs

Dozens of hydrosols are available, and all of them lend unique properties and benefits. The following hydrosol profiles focus on plants that gardeners in the United States and Canada can grow at home and process themselves using either the stovetop method (detailed on Page 54) or a small still.

**\* CUCUMBER** (*Cucumis sativus*): That's right, hydrosols can be made from fruits, including cucumbers, lemons, and limes! Cucumber hydrosols have a refreshing, cooling aroma that makes a lovely and crisp natural perfume. Use cucumber hydrosol as an after-sun spray, particularly in the heat of summer months, or as a cooling mist during menopausal hot flashes. Try soaking a few cotton pads in cucumber hydrosol and then placing them over your eyes for a luxurious home spa. In the kitchen, mix a few tablespoons with a splash of gin or a few cups of sparkling water for a refreshing summer drink. You could also spritz it on a garden-fresh salad to add a crisp and refreshing bite.

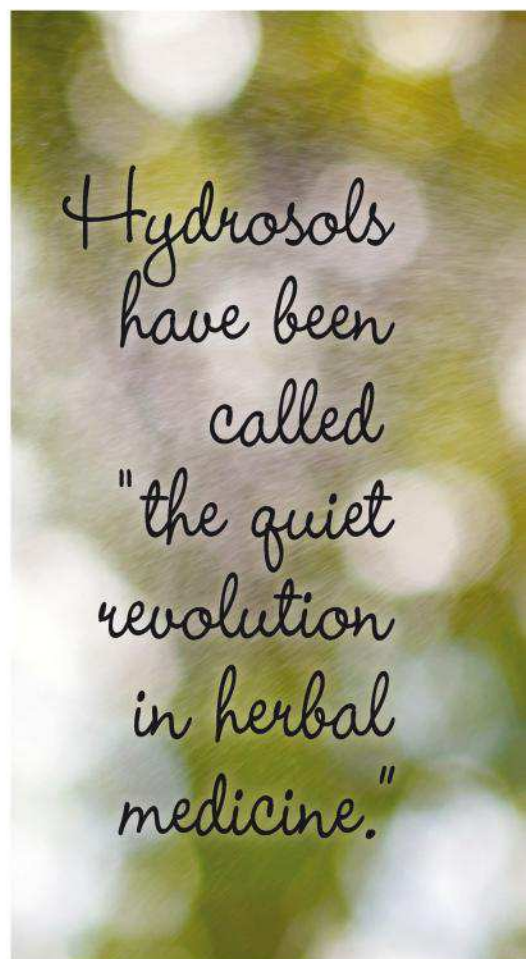
**\* LAVENDER** (*Lavandula angustifolia*): Lavender hydrosols are calming and soothing, which is why many people spray them on bedding or add them to bath water to help unwind after a long day. Lavender helps soothe headaches and insomnia, and the hydrosol can be used topically to ease itchy bug bites or painful burns. In the kitchen, lavender hydrosol goes well with fruit salads and desserts, including sorbet and flan.

**\* LEMON BALM** (*Melissa officinalis*): Lemon balm hydrosols help calm the nervous system to ease symptoms of depression, anxiety, and insomnia. It's particularly effective for soothing anxious, worked-up children. It also aids digestion and helps relieve both cramps and flatulence. Because it's an antiviral, you can apply lemon balm

hydrosol to mouth sores related to the herpes virus. Lemon balm's gentle anti-inflammatory properties make it a versatile topical spray for skin irritations, ranging from bug bites to razor burn to cradle cap. Lemon balm hydrosol has a slight citronella-like scent that works well when used as the base for homemade bug sprays.

**\* PINE** (*Pinus* spp.): Which pine species are available will depend on where you live, but no matter which species you use, it's wonderful that this evergreen is available to distill year-round. Energizing and uplifting, pine hydrosol is an excellent expectorant and decongestant that can help ease coughs, asthma, and bronchitis. Try adding pine hydrosol to a sinus steam or neti pot. It can also help ease muscle pain and stimulate circulation, making pine hydrosols great additions to warm bath water or topical compresses. For culinary use, see the recipe on Page 53. Pine doesn't grow in the wild near my home, so instead I distill Eastern red cedar (*Juniperus virginiana*) foliage and use the hydrosol externally. You can distill a number of conifers, but research their safety before diving in.

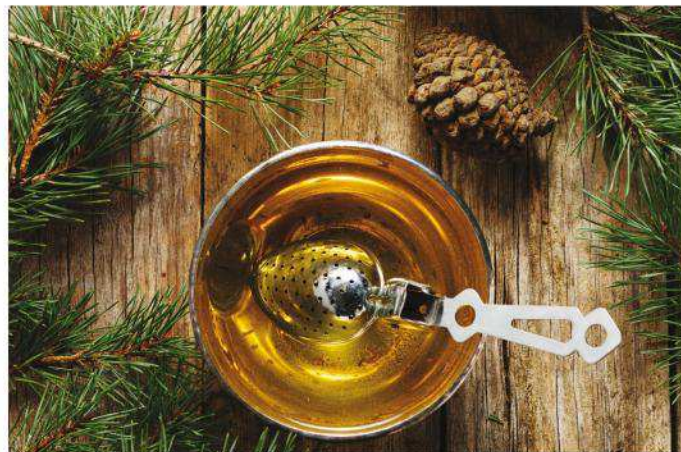
**\* ROSE** (*Rosa* spp.): Spritzing rose hydrosol directly on your face may be one of the greatest joys in life. This floral water smells almost exactly like a fresh rose, and its uplifting, joyful, and heartwarming scent makes it an ideal ally for those dealing with depression and grief. After you taste a true, steam-distilled rose hydrosol, you'll instantly question why you ever dealt with the low-quality and artificially flavored



rose waters available in most stores. Rose hydrosol is a hormone balancer recommended for all ages; I dilute a few teaspoons in water to help ease cramps and other symptoms of premenstrual syndrome (PMS). Topically, rose hydrosol is ideal for dry, mature, and sensitive skin (see "Rosemary's Perfect Homemade Face Cream" recipe, Page 55). Add it to clay face masks, or use it to replace your store-bought toner. Rose water has a long history of culinary use and is divine when stirred into dairy products, spritzed on fruit, or mixed into desserts and pastries, such as baklava. Instead of making a mimosa, try diluting a few teaspoons of rose hydrosol in champagne.

**\* YARROW** (*Achillea millefolium*): You can also use hydrosols made from non-aromatic plants, including yar-





| RECIPE |

**DOUGLAS FIR COCKTAIL**

Douglas fir (*Pseudotsuga menziesii*) is in the pine family, and its hydrosols have expectorant, antibacterial, vulnerary, and decongestant properties.

This uplifting and energizing cocktail will taste delicious any time, and it will double as a beneficial tonic if you're beginning to experience the symptoms of a cold or flu.

*Yield: 1 serving.*

- 1 to 2 shots gin**
- 4 tbsp Douglas fir hydrosol**
- 1 tbsp sweetener of choice (honey, maple syrup, agave, or sugar)**
- Squeeze of lemon**

Combine the above ingredients, and garnish with a lemon slice or a sprig of Douglas fir.

*This recipe is courtesy of Leslie Lekos, owner of Wildroot Botanicals.*

row, plantain, and nettle. Although they lack the scent profile associated with other plants, they still carry physically and emotionally healing properties. Yarrow is a particularly effective wound healer that can be sprayed on cuts and bruises, varicose veins, eczema, and hemorrhoids. Mentally, yarrow hydrosol is stimulating and energizing; it's considered a protective hydrosol that you can use in a similar manner to sage or cedar smoke cleansing sticks. Rather than burning sage to cleanse a space (especially as some species are at risk), try spraying yarrow hydrosol.

These descriptions barely scratch the surface of hydrosols. Home gardeners who are interested in making their own can also experiment with basil, holy basil, clary sage, peppermint, thyme, rosemary, oregano, calendula, comfrey, elderflower, and rose geranium.

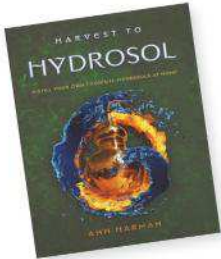


**HYDROSOL VIDEO AND PODCAST**

We sat down with Liz Fulcher, owner of the Aromatic Wisdom Institute, to record a podcast about hydrosols. Liz also filmed a video about how to use a copper still for hydrosol production with her husband, James Fulcher, owner of Copperstills.

Listen to the podcast, watch the step-by-step video, and explore more of our hydrosol resources at [www.MotherEarthLiving.com/Hydrosols](http://www.MotherEarthLiving.com/Hydrosols).

Are you looking...  
for a guide to homemade  
hydrosols?



➔➔ *Harvest to Hydrosol* by Ann Harman is the go-to resource for anyone who wants to start distilling their own exquisite hydrosols at home. This timeless work first dives into the historic background of distilling, detailing how the oldest still discovered to date is almost 4,000 years old. Harman goes on to explain exactly how to set up a still to make high-quality, sanitary hydrosols, and she discusses the importance of sourcing fresh spring water and ethically harvested plant material. The second half of the book includes detailed monographs for a number of plants used in hydrosol production, followed by a short chapter about how to use your hydrosols at home in forms ranging from facial toners to drinking waters. Aromatherapists will appreciate the GC/MS reports of various hydrosols, which record the percentage of chemical families (sesquiterpenols, monoterpenols, oxides, etc.) found in a number of commonly available hydrosols.

We're proud to offer this book at [www.MotherEarthLiving.com/Store](http://www.MotherEarthLiving.com/Store).

## Making Hydrosols on the Stove

If you're interested in making your own hydrosols, you can start with a simple stovetop method. After you fall in love with the ancient alchemical process, you may consider graduating to a still, which can be made from copper, glass, or stainless steel and will result in a more efficient distillation. Copper is the top choice for many home distillers, because the metal binds with sulfur and yeast to form a sweeter hydrosol that doesn't need to age before being used.

For this recipe, use a 12-quart lidded saucepan and a convex lid (a glass lid is ideal, so you can see what's going on inside the pot). You'll also need 2 small, sturdy, heat-safe bowls, such as ramekins or ceramic or glass cereal bowls—if you only have a single bowl, a heat-safe glass measuring cup will work well for the second bowl. You can use this method to create hydrosols from a wide variety of fresh flowers or herbs, such as orange blossom or lavender.

**6 cups fresh rose petals**  
**About 6 cups water**  
**Large resealable plastic bag filled with ice cubes, plus more ice cubes as needed**

1. Gently shake the flowers to remove any dirt or insects.
2. Place 1 heat-safe bowl upside down in the center of the saucepan.
3. Arrange the rose petals around the sides of the bowl.
4. Pour just enough water into the pan to cover the rose petals; the water level should remain below the top of the bowl.
5. Balance another bowl (right-side up) on top of the first bowl; this is what will catch your rose water.
6. Cover the pot with the lid flipped upside down.
7. Bring the water to a simmer over medium heat. After it starts to simmer, put the bag of ice on the center of the inverted lid.
8. Adjust the heat if necessary to maintain a gentle simmer.
9. When the ice cubes in the bag melt, pour out the water and add new ice cubes before replacing the bag on the saucepan lid. As the steam rises inside the pot, it will condense on the underside of the cold lid and drip into the open bowl.
10. Peek inside the pot occasionally; when you have about 1 cup of rose water in the bowl (which will take approximately 1½ hours), turn off the heat. Let cool.

11. Uncover the pot, and carefully lift out the bowl of rose water.
12. Using a funnel, transfer the rose water to a sterilized bottle. Use immediately or store in the refrigerator for up to 6 months.

*These instructions are excerpted with permission from Wild Drinks and Cocktails by Emily Han. Courtesy of Fair Winds Press, an imprint of The Quarto Group.*







## Hydrosol Resources

### STEAM-DISTILLED HYDROSOLS

- \* Aromatics International  
[www.Aromatics.com](http://www.Aromatics.com)
- \* Boswellness  
[www.Boswellness.com](http://www.Boswellness.com)
- \* Nature's Gift  
[www.NaturesGift.com](http://www.NaturesGift.com)
- \* Pompeii Organics  
[www.PompeiiOrganics.com](http://www.PompeiiOrganics.com)
- \* Stillpoint Aromatics  
[www.StillpointAromatics.com](http://www.StillpointAromatics.com)
- \* Wildroot Botanicals  
[www.Etsy.com/Shop/Wildroot](http://www.Etsy.com/Shop/Wildroot)

### DISTILLING EQUIPMENT

- [www.CopperStills.com](http://www.CopperStills.com)
- [www.OlympicDistillers.com](http://www.OlympicDistillers.com)
- [www.Copper-Alembic.com](http://www.Copper-Alembic.com)

### WEBSITES

Both the Aromatic Wisdom Institute ([www.AromaticWisdomInstitute.com](http://www.AromaticWisdomInstitute.com)) and The School for Aromatic Studies ([www.AromaticStudies.com](http://www.AromaticStudies.com)) offer excellent and in-depth online hydrosol courses.

The Circle H Institute ([www.CircleHInstitute.com](http://www.CircleHInstitute.com)) offers analysis and abstracts of hydrosol studies performed worldwide. The information is only available to paying members, and the website is run by Ann Harman, author of *Harvest to Hydrosols*.

### | RECIPE |

#### ROSEMARY'S PERFECT HOMEMADE FACE CREAM

This is my favorite way to incorporate hydrosols into homemade body care products. This cream, developed by herbalist and author Rosemary Gladstar, is decadent in its own right, and the hydrosols take it to the next level. Rose hydrosol works well in this recipe, as would lavender, rose geranium, calendula, or even cucumber.

#### WATERS

**2/3 cup rose hydrosol (or another hydrosol of your choice, or distilled water)**

**1/3 cup aloe vera gel**  
**1 or 2 drops essential oil of choice**  
**Vitamins A and E, as desired**

#### OILS

**3/4 cup apricot, almond, or grapeseed oil**  
**1/3 cup coconut oil or cocoa butter**  
**1/4 tsp lanolin**  
**1/2 to 1 ounce grated beeswax**

**1.** Combine the waters in a glass measuring cup. (You can use tap water instead of hydrosol or distilled water, but it will sometimes introduce bacteria and encourage the growth of mold.) Set aside.

**2.** In a double boiler over low heat, combine the oils. Heat them just enough so they melt.

**3.** Pour the oils into a blender and let them cool

to room temperature. The mixture should become thick, creamy, semisolid, and cream-colored. This cooling process can be hastened in the refrigerator, but keep an eye on it so it doesn't become too hard.

**4.** After the mixture has cooled, turn the blender to its highest speed. In a slow, thin drizzle, pour the water mixture into the center vortex of the whirling oil.

**5.** After you've added about 3/4 of the water to the oils, listen to the blender and watch the cream. When the blender coughs and chokes and the cream looks thick and white, like buttercream frosting, turn off the blender. You can slowly add more water, beating it in by hand with a spoon, but don't over-beat! The cream will thicken as it sets.

**6.** Pour into cream or lotion jars. Store in a cool location.

*Excerpted from Rosemary Gladstar's Herbal Recipes for Vibrant Health. Used with permission from Storey Publishing.*





# Cruelty-Free, Nontoxic *Makeup*



Be kind to your skin — and  
our planet — by  
choosing ethical,  
eco-friendly cosmetics.

BY HALEY CASEY







GETTY IMAGES/EVERYDAYPLUS; TOP: ADOBE STOCK/KONSTANTIN YUGANOV



# On

average, we use 10 personal care products each day: soap, toothpaste, deodorant, lotion, lip balm, perfume, cologne, and more. For many people, personal care also includes cosmetics — a category that comprises a slew of products all its own. Cosmetics are designed to give staying power to the looks we want to achieve. Each is applied in the morning, often reapplied in the afternoon or evening, and not washed off until bed.

With the exception of eight chemicals and additives banned by the Food and Drug Administration (FDA), cosmetic manufacturers in the United States are free to use any ingredient in their products without mandatory safety testing, ingredient reviews, or government approval. This includes known carcinogens, such as formaldehyde, and chemicals proven to cause reproductive harm, such as parabens and phthalates. Imagine the hundreds of beauty companies in the nation operating under these lax standards; for comparison, the European Union has banned more than 1,300 chemicals from cosmetics.

The root of the problem is that our cosmetic companies regulate themselves. They can join the Voluntary Cosmetic Registration Program (VCRP), allowing the FDA to evaluate their personal care products that are on the market. However, as the title suggests, companies don't *have* to register in order for their makeup to become widely available. Even within these procedures, actions aren't as strict as we might believe. For example, there is a Cosmetic Ingredient Review panel (CIR) that can use the VCRP to assess ingredient safety, but since its inception 36 years ago, the CIR has used this information to ban only 11 ingredients from makeup.

Manufacturers aren't even obligated to register their cosmetic establishments with the FDA. Under the Federal Food, Drug, and Cosmetic Act (FD&C Act) the FDA can inspect cosmetic establishments "at reasonable times, in a reasonable manner, and without prior notice," but it doesn't have the authority to recall harmful cosmetics. The exceptions are only when a cosmetic is adulterated or misbranded. An





unknown chemicals, and dozens of non-animal tests have been scientifically validated for use and offer accurate, efficient safety results.

The European Union, Switzerland, Israel, India, and Norway have all banned the sale of cosmetics tested on animals, so such measures are clearly possible. However, though mounting evidence suggests that animal testing isn't always reliable or predictive of human outcomes, the FDA and FD&C Act have yet to regulate this experimentation in the United States, or to dispose of the practice altogether.

### What Can We Do?

Despite what I now know about the cosmetic industry and the harm it can cause, I still feel more confident, put together, and ready for my day after applying makeup. So, if you're like me and not ready to cut makeup from your life, and you don't have the time or desire to make it yourself, what can you do to stay safe?

One of our most trusted resources at *Mother Earth Living* is the Environmental Working Group (EWG), and it has analyzed the ingredients on cosmetic labels and brand websites against the best available information from dozens of toxicity and regulatory resources. Through this

“adulterated” cosmetic violates the FDA standards involving its composition, and “misbranded” refers to an improper label or deceptively packaged product.

“Misbranded,” however, doesn't cover the false use of terms such as “natural,” “organic,” or even “hypoallergenic,” which are often deceptive when used on makeup labels. Neither FDA regulations, the FD&C Act, nor the Fair Packaging and Labeling Act define the term “organic” in cosmetics. Similarly, cosmetics labeled “hypoallergenic” don't have to substantiate the claim with the FDA, and no federal standards govern the term. The FDA once tried to establish definitions for these words, including “natural,” but its actions were overturned in court. As a result, companies can use the terms as desired, and although they have marketing value, dermatologists say these words have very little meaning in cosmetics.

Perhaps all of this is more concerning with cosmetics than with other personal care products because makeup is designed to stay on our faces all day. In fact, makeup lasts so long because it doesn't remain on the surface of the skin. The ingredients frequently contain enhancers designed to penetrate — and they do. Scientists have found many common cosmetic ingredients in human tissues, including phthalates in urine, parabens in breast tumor tissue, and musk ketone (a synthetic fragrance ingredient) in human fat and breast milk.

Beyond all these negative discoveries, there's also an ongoing issue of ethics within the cosmetic industry. While animal testing isn't mandatory for makeup to be sold in the United States, many major beauty brands still perform painful, inhumane tests on animal subjects to determine ingredient safety. They claim this testing must be performed to measure the safety of chemicals. Obviously, releasing untested, potentially hazardous ingredients into everyday products would be dangerous. However, thousands of ingredients with long histories of safe use could be substituted instead of new,

10  
The number of potentially hazardous personal care products the average person uses each day.





## Ethical, Safe, & EWG-Verified

research, it has created its Skin Deep Cosmetics Database ([www.EWG.org/SkinDeep](http://www.EWG.org/SkinDeep)). Here, it rates personal care products based on known and suspected hazardous ingredients, as well as the amount of data available about these ingredients. Altogether, the EWG has rated more than 74,000 products from more than 2,100 brand names in 130 different personal care categories.

Lucky for us, these ratings have turned up plenty of safe, transparent makeup companies that offer a variety of non-toxic products. We've compiled a list of some EWG-verified cosmetics (those that scored high in both data availability and safety) that are also approved as cruelty-free by either People for the Ethical Treatment of Animals (PETA) or Leaping Bunny. If you're looking for replacements for the makeup you currently own, this is the place to start!

While a few brands stood out based on our criteria, there are certainly companies not listed in this article that provide quality, safe, and ethical products. If you're searching for new personal care products, don't be afraid to check out Beautycounter, C'est Moi, Coastal Classic Creations, and other companies to find the best option for you and your skin! >>



### POWDER CONCEALER

- \* MINERAL FUSION Concealer Duo, all shades
- \* REJUVA MINERALS Concealer Powder, all shades



### LIQUID CONCEALER

- \* MINERAL FUSION Liquid Mineral Concealer, all shades
- \* PAUL PENDERS Hand Made Cover-Up Stick, all shades
- \* W3LL PEOPLE Bio Correct Multi-Action Concealer, all shades



### BRONZER/BLUSH

- \* MINERAL FUSION Blush/Bronzer Duo, all shades
- \* REJUVA MINERALS Multi-Purpose Pressed Powder for Face, all shades
- \* W3LL PEOPLE Bio Bronzer Powder
- \* W3LL PEOPLE Bio Bronzer Stick



### POWDER FOUNDATION

- \* MAIA'S MINERAL GALAXY Mineral Foundation, all shades
- \* MINERAL FUSION Pressed Powder Foundation (Cool 1, Cool 2, Neutral 1, Neutral 2, Warm 1, Warm 2, Warm 3, Olive 1, Olive 2, Olive 3, Deep 1, Deep 3)
- \* REJUVA MINERALS Luminous Crème Foundation, all shades
- \* REJUVA MINERALS Natural Look Pressed Powder Foundation, all shades



### LIQUID FOUNDATION

- \* MINERAL FUSION Liquid Mineral Foundation, all shades
- \* MINERAL FUSION Sheer Tint Mineral Foundation, all shades
- \* PAUL PENDERS Hand Made Moisture Foundation, all shades
- \* W3LL PEOPLE Narcissist Foundation Sticks, all shades



### MULTIPURPOSE

- \* MINERAL FUSION 3-in-1 Color Stick, all shades
- \* REJUVA MINERALS Multi-Purpose Pressed Powder for Eyes & Face, all shades
- \* W3LL PEOPLE Nudist Multi-Use Cream Stick, all shades



## Ethical, Safe, & EWG-Verified

### Your Current Cosmetics

If you already own makeup with high-hazard ingredients, or if replacing all of your current products would be too expensive, use up what you have. While not ideal, short-term use of a product that contains fewer skin-friendly ingredients rarely causes an immediate problem; rather, what's risky is a lifetime of exposure to the same hazards. After the product container is empty, you can recycle it and choose a safer alternative.



The risk that short-term use of a cosmetic poses to you is not as hazardous as the risk to the environment when makeup is rinsed down the drain or dumped in a landfill, as water pollution from cosmetic ingredients is a growing concern. If your products contain high-hazard ingredients and you don't feel safe using them until their end, try contacting your local disposal center to find out whether they accept cosmetics as household hazardous waste.

While revamping an entire lineup of makeup might appear daunting, it doesn't have to be. Take your products one at a time, do research to discover which are most unhealthy, and replace at your own pace. After you're comfortable with the safety of the products you use, it will be simple to continue making more informed and eco-friendly choices in the future. Your skin will thank you!

Haley Casey is an editor at *Mother Earth Living*. In addition to a garden and an arsenal of home-made cleaning products, she now has plans to revamp her cosmetic lineup with eco-friendly and DIY options.



#### EYE SHADOW

- \* MINERAL FUSION Eye Shadow, all shades
- \* MINERAL FUSION Eye Shadow Trio, all shades
- \* SALLY B'S SKIN YUMMIES B Smudged (Smokey Blue, Smokey Brown, Smokey Charcoal)



#### MASCARA

- \* MAIA'S MINERAL GALAXY Natural Mascara (Black, Brown)
- \* MINERAL FUSION Waterproof Mineral Mascara, all shades
- \* PAUL PENDERS Hand Made Nourishing Mascara, all shades
- \* REJUVA MINERALS Mega Lash Lengthening and Thickening Mascara, all shades
- \* W3LL PEOPLE Expressionist Mascara, all shades

#### EYELINER

- \* MAIA'S MINERAL GALAXY Mineral Eye Liner (Antique Bronze, Dark Chocolate, Kohl, Midnight Blue)
- \* MINERAL FUSION Liquid Mineral Eyeliner, all shades
- \* W3LL PEOPLE Expressionist Liquid Eyeliner
- \* W3LL PEOPLE Hypnotist Eye Pencil (Black, Brown, Plum)



#### MAKEUP REMOVER

- \* BE GREEN BATH & BODY Makeup Remover
- \* GRAYDON SKINCARE Aloe Milk Cleanser
- \* ORGANIC TO GREEN Liquid Coconut Oil (Lemon, Ginger, Jasmine Ylang-Ylang, Rose, Vanilla Chamomile)
- \* REJUVA MINERALS Botanique Naturels Cranberry Fruit Makeup Remover Pads



#### LIPSTICK

- \* MAIA'S MINERAL GALAXY Liquid Lipstick (Beloved, Butterscotch, Cherish, Crush, Emotional, Knock, Natural, Pagan, Rage, Romance, Sensitive, Sweet, Tense, Wicked)
- \* MINERAL FUSION Sheer Moisture Lip Tint, all shades
- \* PAUL PENDERS Hand Made Cream Lipstick, all shades
- \* REJUVA MINERALS Pur' Lips Lipstick, all shades



#### LIP GLOSS

- \* MINERAL FUSION Lip Gloss, all shades
- \* SALLY B'S SKIN YUMMIES B Glossy Lip Gloss, all shades





## Ingredients to Avoid

**A handful of compounds repeatedly appear in the ingredients lists of the EWG's lowest-rated cosmetics. If you're shopping for new products, or simply verifying the safety of those you already own, try to avoid the following:**

- \* Amylcinnamaldehyde
- \* Benzyl salicylate
- \* Butylparaben
- \* Cinnamyl alcohol
- \* Fragrance
- \* Geraniol
- \* Hydroxycitronellal
- \* Lilial
- \* Lylal
- \* Propylparaben
- \* Retinyl palmitate

If you're worried about the toxicity of chemicals not included on this list, search the Skin Deep Cosmetics Database for the safety rating of specific ingredients to learn the risks they may pose to your health.

## The Risk of Parabens & Phthalates

**Although neither is restricted for use by the FDA or CIR, two chemical groups are of growing concern in personal care products: parabens and phthalates.**

Parabens are a family of preservatives used in makeup to keep harmful bacteria and mold from growing. While that's certainly a good thing, a growing number of studies have found that the parabens commonly used in cosmetics may disrupt hormones, lead to developmental disorders, and cause reproductive harm — particularly in men. The Centers for Disease Control and Prevention (CDC) found parabens in the bodies of almost all 2,500 subjects they tested in 2005. Even as evidence of the dangers of these chemicals mounts, the FDA has no special rules regarding the use of parabens in cosmetics.

Phthalates, or “plasticizers,” are used in hundreds of products, including vinyl, food packaging, after-shave, perfume, nail polish, and shampoo. The FDA says only one phthalate (diethyl phthalate) is commonly used in cosmetics today, and that there's no need for regulatory action. The CIR reaffirmed this with a 1985 finding of phthalate safety. However, studies indicate that phthalates damage reproductive systems, harm human development, and could be carcinogenic. In 2003, the CDC found measurable levels of phthalates in the general population of the United States, suggesting widespread exposure to the chemicals.

Although the full effects of both of these chemical groups are still being studied, choose personal care products and cosmetics that will help you avoid exposure.



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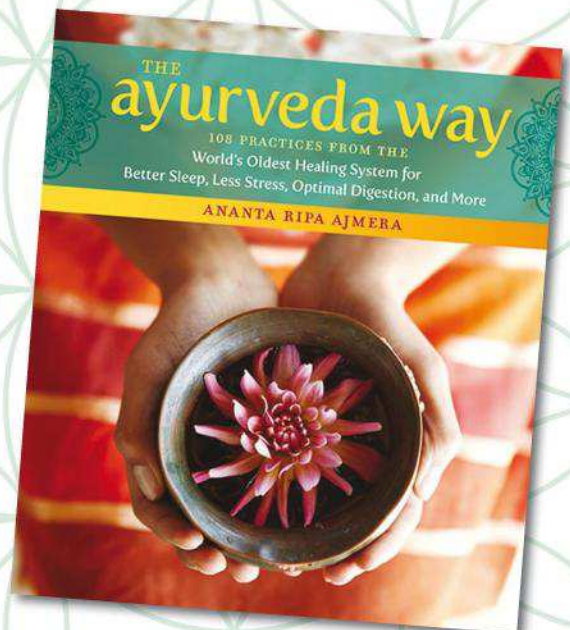
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## Wild Roses: History & Health Benefits

For truly carefree roses, look to North America's own flinty natives.

**IF ASKED** to describe the rose, our national flower, few would answer that it's one of the most indestructible plants in nature. Fewer would describe small, five-petaled, fragrant flowers and dense panicles of edible winter fruits. Our collective image of a rose is of jawbreaker-sized blooms on long stems, cut from plants on perennial life support. Such intensively hybridized roses, as different from their Asian and European wild relatives as a Shih Tzu is from a wolf, make



peerless bouquets. But hybridization robbed them of their fruit, their rampant vigor, and often their fragrance.

Our original national flower is another story. Nicknamed “Rose of America” during an expedition funded by French King Louis XVI, the prairie rose (*Rosa setigera*) produces fragrant clusters of about 15 flowers and rose hips with some of the highest concentrations of vitamin C of any fruit — potentially even higher than citrus. Along with about 18 other wild roses native to North America, it’s part of perhaps one of the world’s most important gene pools for rose gardeners and hybridizers. Among our wild roses are repeat-bloomers, climbers, dwarfs, groundcovers, and cabbage roses — types that are carefree in virtually any landscape, from bayou swamp to arctic tundra. These roses can be burned as part of meadow maintenance or weed-whacked to the ground. They are so tough that some species have even been tested as highway medians.



But the *pièce de résistance* that’s finally bringing these flowers back into the limelight seems to come specifically from their more than 35 million years in an evolutionary arms race against another native: rose rosette disease, an incurable plague ravaging North America’s rose gardens. Our native roses’ potential immunity may be the key to the long-term survival of all roses.

You can welcome these North American natives into your garden and then use them for culinary and

medicinal purposes, giving you not just a beautiful and fragrant flower, but one that you can add to your meals and home apothecary. You’ll be in good company, as this flower’s usage extends across continents and centuries.

### Historical Medicinal Uses for Roses

Across North America, Asia, Europe, and the Middle East, the rose has a long and extensive history of apothecary use. Radically different cultures independently discovered its usefulness for treating similar conditions.

Unlike Europeans, who preferred uniformity in their medicinal solutions, Native Americans used whichever rose species grew naturally in their area. They applied seed treatments externally to relieve muscle soreness; they concocted drinks made from roots for diarrhea, colds, and the flu; and they chewed leaves and then applied them as poultices for bee stings and burns. Long before vitamin C was discovered, they used rose hips to treat coughs, stomachaches, and sore throats, and to make healthy teas and jellies. Some tribes used these hips to help women go into labor, while decoctions of bark were used to ease childbirth.

In Asia, several wild and cultivated rose species have been used traditionally in medicine. Beach rose (*R. rugosa*) got the most play. Its seeds were used as a laxative, while petals induced sleep, soothed headaches, and assuaged painful menstruation. Blossoms were sniffed to improve blood flow and alleviate depression. Another Asian native, multiflora rose (*R. multiflora*), provided flowers to treat dysentery, malaria, and diarrhea. Its roots were used for diabetes, arthritis, and irregular menstruation. Extracts from chestnut rose (*R. roxburghii*) are still used today as antioxidant skin treatments, with the support of serious research that indicates any rose fruit can make effective skin care products. >>



Rose hips are an excellent source of vitamin C and can be incorporated into teas, jams, and even baked goods, such as muffins.



| LEARN MORE |

## A Selection of Native Rose Species

- \* **CAROLINA ROSE OR PASTURE ROSE** (*Rosa carolina*) is native from Quebec to Florida, and westward to Texas. One of the first roses to flower each spring, *R. carolina* has a striking dwarf habit with upright stems that often remain unbranched, forming a dense spreading mound over time. (Available at [www.PrairieMoonNursery.com](http://www.PrairieMoonNursery.com).)
- \* **CLIMBING PRAIRIE ROSE** (*R. setigera*) has a natural range that spans the East Coast from Quebec to Florida, extending west to at least Missouri and Texas. It's hardy to Zone 4 and is the only native climbing rose. (Available at [www.PrairieMoonNursery.com](http://www.PrairieMoonNursery.com).)
- \* **NOOTKA ROSE** (*R. nutkana*) is a West Coast native that grows wild from Alaska to California, and eastward into the Rocky Mountains. It produces the largest flowers of any native North American rose. (Available at [www.HighCountryRoses.com](http://www.HighCountryRoses.com).)
- \* **SWAMP ROSE** (*R. palustris*) is native from Quebec to Florida, and westward to Missouri. Despite its name, this rose is adapted to almost any soil type, from slightly submerged areas on the edge of water features to dry sandy soils. (Available at [www.PrairieMoonNursery.com](http://www.PrairieMoonNursery.com).)
- \* **WOODS' ROSE** (*R. woodsii*) is native from British Columbia to Mexico, and eastward to Iowa. A dense spreading shrub of up to 6 feet tall, this is a superb choice for woodland plantings. (Available at [www.HighCountryRoses.com](http://www.HighCountryRoses.com).)



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Before consuming rose hips, make sure the seeds, which are surrounded by irritating hairs, are removed.

But it was in Europe and the Middle East that “rose mania” was documented in herbal after herbal. The written Mediterranean tradition goes back to the Roman author Pliny’s *Natural History* in 79 A.D, where he documented 30 illnesses curable by roses. From Pliny, this mania progressed through Persian medical pioneers, such as Avicenna in the 10th century, and back to Europe during the early Italian Renaissance through translations of medicinal texts by Islamic authors. Just as Roman farmers tore out

their sustenance crops for rose fields to supply the lust for the flowers, apothecaries recommended roses for all manner of ailments. Many species were used, but it was the aptly named ‘Apothecary’s Rose’ (*R. gallica* var. *officinalis*) that became a guild symbol for French apothecaries in the 1800s. These early medical practitioners created formulas for various waters, oils, and powders that they used to treat scurvy, colds, poor digestion, constipation, fainting, heart palpitations, anxiety, and eye irritation, among dozens of other conditions. (Learn how to make rose water at home by turning to Page 50.)

Modern science has confirmed some of the traditional medicinal uses of roses. Since vitamin C was discovered in 1912, the ancient use of rose hips to treat colds has received validation and a lot of publicity—the U.S. Department of Agriculture estimates that rose fruit contains eight times the concentration of ascorbic acid present in general orange varieties. Rose hip products are now available in the health aisles of grocery stores

## | RECIPE |

### ROSE HIP AND APPLE MUFFINS

Rose hips add pretty pink speckles to these moist, fruity, wheat- and dairy-free muffins, which are delicious for brunch served with scrambled eggs or an omelet.

- 2 cups oat flour**
- 1 tbsp baking powder**
- 1 tsp ground ginger or cinnamon**
- ¼ tsp ground cardamom or nutmeg**
- ¼ tsp sea salt**
- ½ tsp stevia extract powder**
- ½ cup cut-and-sifted rose hips, pits removed**
- ¼ cup unsulfured raisins**
- ½ cup water**
- ¼ cup honey, sorghum syrup, maple syrup, or fruit juice concentrate**
- 2 eggs**
- 2 tsp melted coconut butter or sesame, hazelnut, or almond oil**
- 2 tsp pure vanilla extract**
- 1 large apple**

- 1.** Preheat the oven to 375 degrees Fahrenheit. Oil the muffin tins.
- 2.** Sift the oat flour, baking powder, spices, salt, and stevia into a large bowl. Stir in the rose hips and raisins.
- 3.** In a separate bowl, blend the water, syrup or honey, eggs, oil, and vanilla until smooth. Quickly blend into the dry ingredients.
- 4.** Halve, core, and grate the apple, then fold into the batter.
- 5.** Spoon the batter into the prepared muffin cups. Bake for 20 minutes or until the batter pulls away from the sides and a toothpick inserted in the center of a muffin comes out clean. Let the muffins cool in the tins, then run a knife around the edges to loosen.

Recipe courtesy of Rachel Albert-Matesz.





and in teas — even IKEA sells them. But the best way to get the unadulterated benefits is to consume rose hips fresh from the garden, because vitamin C degrades during processing.

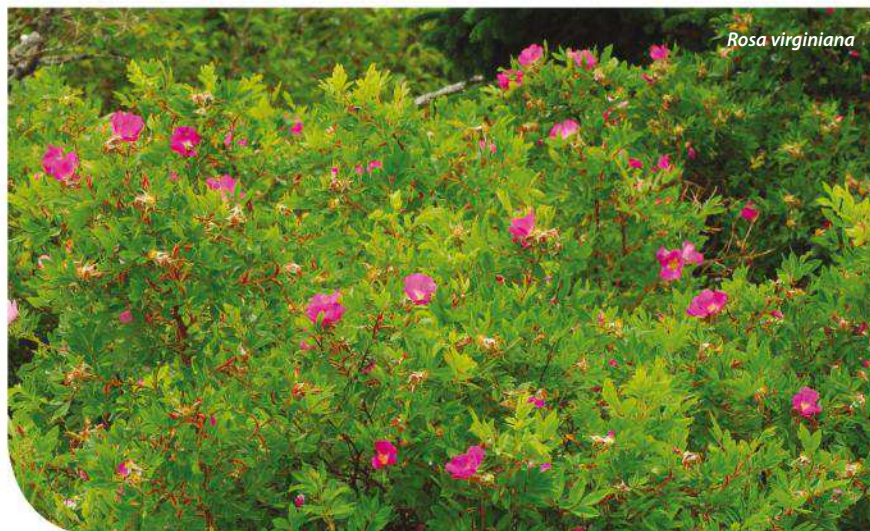
Vitamin C isn't the only discovery that partially validates historical apothecaries. Studies of rose oil in aromatherapy indicate that the Damask scent typical of wild roses around the world does reduce stress and depression, inducing measureable differences in breathing and blood pressure. Research also backs up rose hip powder's effectiveness in alleviating arthritic pain when taken as an herbal supplement. Other studies have experimented with new medicinal uses for roses. Extracts from *R. rugosa*, *R. acicularis*, and *R. davurica* have been found to possess strong anti-free-radical properties and are being investigated as preventative treatments for cancer.

For the home apothecary, there are a few caveats to experimenting with rose petals or fruits. The first and most important point is that plants intended for consumption shouldn't be treated with anything you wouldn't treat other edible crops with. The second is that rose hips are not simple to consume like the similar-looking cranberries or currants. The seeds are surrounded by tiny, nontoxic yet irritating hairs. In fact, these fibers are a common ingredient used by gag manufacturers in itching powder. So, just as pits must be removed from cherries, seeds must be removed from rose hips.

### Using Roses at Home

The most common rose species grown in the United States for hips and petals are the Japanese rugosa rose (*R. rugosa*) and the European dog rose (*R. canina*). Several native species also have large hips and well-scented flowers perfect for harvesting, such as the female climbing prairie rose (*R. setigera*) or the swamp rose (*R. palustris*).

There are myriad options if you want to experiment with roses at home, but start by using perennial favorites. Create



#### | HANDY HINTS |

### Caring for Native Roses

While native roses don't require any care, they will respond to it. Typical rose garden conditions such as irrigation, full sun, regular application of manure or compost, and heavily altered loam may encourage them to grow larger, produce more fragrant flowers, and repeat bloom better (the few that have the ability). If you plan to harvest flowers or fruits in fall or winter after they've been softened by a couple of hard frosts, make sure you don't spray with toxic chemicals or apply systemic pesticides or fungicides at any time.

homemade potpourri, rose jam, and teas. Put fresh rose petals on salad, in risotto, or in wine like the ancient Romans. Infuse liqueur with petals. Research Sweden or Turkey's rich history of cooking with roses. You can also try making the Rose Hip and Apple Muffins recipe on Page 66.

Harvest rose petals early in the morning, ideally before dawn, when the fragrance is most intense. To harvest rose buds, wait until the flower is about halfway open. If you harvest too early, the taste and fragrance will not be fully developed. You should be able to smell the fragrance before you pick them.

Rose hips should be harvested after a couple of cold frosts have softened them. Some species, like the Nootka rose (*Rosa nutkana*) require a longer ripening time to reduce their bitter flavor. If you do not plan to use petals

or hips fresh, decide how to preserve them before picking them. Rose petals should be dried on a screen in a dark, cool room to prevent excessive loss of the essential oils. Hips may be dried or frozen (remove the seeds first), though they'll become very leathery.

The most important thing is to have fun. North American roses may have a weighty role in the future of the genus, thanks to their potential resistance to rose rosette disease; they may likewise hold keys to human health. But perhaps what sets native roses apart for gardeners is that they're like great friends: They're there when you need them, but unlike most other roses, they ask for nothing in return.

Ben Whitacre has researched roses at the Arnold Arboretum of Harvard University, Mount Auburn Cemetery, the American Horticultural Society, and Monticello.

# Grow and Harvest Your Own Saffron

With its rich global history, medicinal usage, and prominence in regional dishes, saffron is a functional and surprisingly simple addition to your garden.



**A FIELD OF DELICATE,** purple flowers might not seem to be a likely source for one of the world's most expensive spices, but saffron is — if nothing else — full of surprises.

Saffron comes from the saffron crocus plant (*Crocus sativus*), and once harvested and dried it makes its way into a host of memorable dishes, from paella to risotto. It's a staple of Mediterranean, Spanish, and Indian cuisines, and it's also important to Swedish culinary traditions during the holiday season.

In addition to its prized value in cooking, saffron is known for its historic medicinal applications. Over the centuries, the spice has been used to treat an array of ailments, including depression, asthma, and heartburn, and it's even said to have some cancer-fighting properties.

Another benefit, for those who savor aesthetics: Saffron crocus is a beautiful flower that adds a burst of unexpected color to the autumn garden.

But let's turn to some numbers. Although it's difficult to calculate an exact figure, it's estimated that it takes more than 70,000 saffron crocus flowers to achieve a single pound of commercial saffron spice. That same pound, when sold, could cost hundreds if not thousands of dollars, depending on the market and quality of the saffron.

Surprised? Here's another number that you might not expect: The majority of the world's current saffron production — 85 percent of it, according to the Food and Agriculture Organization of the United Nations — takes place in Iran. Saffron is also grown in parts of Europe (Spain and Italy are notable examples), but production in the United States is insignificant by comparison.

With all of those factors in play, you might assume that a spice as valuable as saffron would be impossible to grow, an unattainable gardening dream. But growing and harvesting saffron at home is a goal that is well within reach. Learn how it's done, and reap the benefits of growing and using these beautiful blooms to enhance your garden and your food.

## How to Grow Saffron Crocus

At first glance, saffron crocus might not seem much different than other crocus plants you already have in your garden. But don't be fooled — your favorite spring-blooming crocus varieties, such as Dutch crocus (*Crocus vernus*), might be widely grown and recognized, but they aren't saffron.

Saffron crocus is a perennial that blooms in the fall and contains the



This paella dish deviates from meat-based versions and features fresh vegetables and saffron in each bite.



source of the saffron spice: three thin, orange-red stigmas. This trio of stigmas is the only edible portion of the saffron crocus plant; every other part, including the leaves and the blossoms, has been reported to be inedible and even poisonous.

Saffron crocus is propagated by corms (which are similar but not identical to bulbs, due to slightly different structures). In perfect conditions, each corm produces a flower, and each flower produces three saffron stigmas. It takes about 50 to 60 flowers to produce 1 tablespoon of saffron spice. Keep in mind, however, that over time the underground corms develop additional corms,



#### | RECIPE |

### VEGGIE SUPREME PAELLA

*Yield: 6 servings.*

- 3 tbsp extra-virgin olive oil**
- 1 handful green beans**  
(about 3 ounces), ends removed
- 1 small yellow onion,**  
peeled and diced
- 4 medium garlic cloves,**  
peeled and minced
- 1 small head or ½ large cauliflower,**  
chopped into florets
- 8 ounces shiitake mushrooms,**  
cleaned, stems removed, and sliced
- One 15-ounce can diced,**  
fire-roasted tomatoes (or 2 cups  
diced, fresh tomatoes)
- 1½ cups dry white arborio rice**
- 1½ tbsp smoked paprika (pimentón)**
- Pinch saffron**
- 1½ tsp kosher salt**
- 3½ cups vegetable broth**
- One 15-ounce can chickpeas,**  
drained and rinsed
- 1 large roasted red pepper**  
(freshly roasted or from a jar),  
thinly sliced

**1.** In a large skillet (at least 12 inches) or paella pan, drizzle a bit of olive oil and heat it over medium heat. Add the green beans and sauté for 2 to 3 minutes until bright green, slightly tender, and charred in parts; remove from the pan and set aside. Add 3 tablespoons olive oil to the hot pan, and sauté the onion until just translucent, about 4 minutes. Add the garlic, cauliflower, and mushrooms, and sauté for about 1 minute until the garlic is fragrant. Add the tomatoes with their liquid, and cook until all liquid is reduced, about 6 to 7 minutes.

**2.** Stir in the rice, smoked paprika, saffron, and kosher salt. Stirring constantly, cook for about 1 minute until the rice is well-coated. Add the broth and chickpeas and stir to combine. Arrange the green beans on top, slightly pressing them into the rice, then sprinkle the red pepper strips over the top. Bring to a simmer.

**3.** Allow the liquid to slowly absorb at a medium simmer, gently bubbling; do not stir. Avoiding stirring allows for a bit of crusty rice on the bottom and edges of the pan, while the remainder of the rice stays tender. Cook until the rice is al dente and all bubbling has stopped, about 25 to 30 minutes depending on the pan. Take care that the simmer is gentle; if the heat is too high, the rice on the bottom may burn. (If you're using a paella pan, place it across two stovetop burners and rotate it occasionally to make sure all sides cook evenly.) When the rice is done, remove from the heat and serve immediately.

*Excerpted from A Couple Cooks | Pretty Simple Cooking: 100 Delicious Vegetarian Recipes to Make You Fall in Love with Real Food by Sonja Overhiser and Alex Overhiser. Copyright © 2018. Available from Da Capo Lifelong Books, an imprint of Perseus Books, LLC, a subsidiary of Hachette Book Group, Inc.*

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## GARDEN PLANTS



Harvesting saffron is a careful process, but it can be a simple and enjoyable activity that results in a homemade spice supply.

which can later be divided and replanted to multiply your saffron crocus production in subsequent years.

Gardeners familiar with the traditional Dutch crocus know that it's an incredibly hardy plant that laughs in the face of cold temperatures and bravely blooms even in volatile spring weather. Saffron crocus, on the other hand, requires sun, heat, and dry conditions to thrive. Don't underestimate the importance of well-drained soil; saffron crocus corms are prone to rot if exposed to prolonged wetness.

Saffron crocus blooms in autumn in all Zones, but your location and growing Zone may influence your initial planting date. Nurseries ship saffron crocus corms at the appropriate time for late summer or early fall planting, and you'll want to plant your corms immediately upon arrival, as they're somewhat delicate. The general rule of thumb is to plant them six weeks before your first fall frost.

Plant your crocus corms in small groups, with each corm spaced approximately 3 to 4 inches away from the next. Aim for a planting depth of 2 to 4 inches, and plant each corm with the pointed end facing the sky. You can water the corms after planting, but after that it's best to limit watering until

the leaves begin to pop from the soil.

After your corms are planted, just sit back and wait. They probably won't bloom the first year, but you'll see foliage the following spring, which will die back, and the saffron flowers will form that fall.

It sounds easy, but as with any gardening endeavor, potential problems exist. Wet conditions, as noted, can prevent the corms from blooming, and cold temperatures — especially frost — can be damaging. Saffron crocus is considered hardy to Zone 6 (some sources say Zone 5), but care must be taken to protect the corms from frost. If you'd like to attempt growing saffron crocus in Zones 3, 4, or 5, you'll need to consider planting in containers so that the corms can be transported to a warmer location during winter months. Thick layers of mulch can also help to protect the planted corms from cold conditions, and can be used both indoors and outdoors.

### How to Harvest and Process Saffron

If you're growing saffron on a small scale, harvesting is nothing but a pleasant morning's work in order to achieve a more-than-ample return on your investment. But for commercial saffron farms with acres of individual plants,



the harvesting process requires the dedicated efforts of a hardworking team of harvesters who hand-pick the individual flowers and then hand-pick every saffron thread from the blossoms. Some believe this labor-intensive harvesting process is largely what commands the high price of saffron.

Harvesting saffron is a precise process, yet it's surprisingly simple. When the crocus blooms (which occurs during a short window in late fall), it's time to harvest. Select a warm and sunny morning for the task of harvesting. Pick each individual crocus blossom by hand, and then carefully harvest ("pluck," if you will) each blossom's trio of orange-red stigmas by hand or with tweezers.

Saffron in and of itself is a precious commodity; saffron that you've harvested with your own hands is doubly so, which is why you'll want to preserve

it carefully. Thankfully, drying saffron is another simple task. Scatter your fresh saffron threads in a thin layer over paper towels, and leave them in a dry and preferably warm place until they're completely dry (about one month). Store your thoroughly dried saffron in an airtight container, and keep it handy for use in your favorite dishes.

While undoubtedly a hands-on task, incorporating saffron crocus into your garden and harvesting its stigmas is an easy and rewarding process. Instead of turning to high-priced spice sellers, consider starting some saffron crocus plants yourself, and watch both your garden and your dishes come alive.

Samantha Johnson is the author of several books, including *The Beginner's Guide to Vegetable Gardening*. She lives in northern Wisconsin on a former dairy farm.



#### SAFFRON SOURCES

Ready to join the ranks of saffron enthusiasts? You can obtain saffron crocus corms from a variety of sources. A word of caution: Always be certain that you're ordering the correct corms. *Crocus sativus* is not the only autumn-blooming variety of crocus, but it's the only one that contains the edible stigmas.

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# Low-Maintenance Flower Gardens

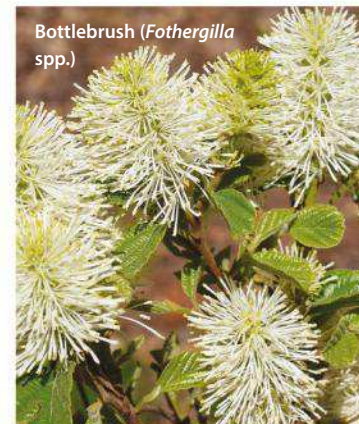
Discover time-saving design solutions and exceptional plants for creating easy-to-manage ornamental gardens.

**WE'RE BUSY;** we're aging; but we love gardening! Are you a gardener who doesn't move at the same pace as you once did? Are you swamped with job and family commitments? Are you a city dweller with a passion for plants but little space with which to work? I bet you fall into one of these categories; I fit into two of the three.

For years, I enthusiastically kept adding gardens to my landscape, but over time something changed. I felt as if I had become a slave to my gardens. Everyone loves flowers, but who can tend a garden that demands too much time and energy to look beautiful? And how do you incorporate environmentally responsible practices into this out-of-control picture?

Here are some of the steps I took to regain my sanity, shorten maintenance time, and renew my passion for gardening. Many more ideas are in my book, *The Right-Size Flower Garden*, where I detail even further how to create gardens that revolve around your needs and desires.

From plant choices to design solutions, gardening's endless possibilities make it an evolving and lifelong passion.



| GOOD TO KNOW |

## Shrub Search

Below is my shortlist of beautiful and easy-to-manage shrubs to consider as you transition to a more hassle-free garden.

### SPRING-BLOOMING SHRUBS WITH GORGEOUS FALL FOLIAGE:

- \* Bottlebrush (*Fothergilla* spp.)
- \* Carolina allspice 'Aphrodite' (*Calycanthus floridus*)
- \* Smooth witherod 'Winterthur' (*Viburnum nudum*)

### SUMMER CHAMPIONS:

- \* Abelia 'Ruby Anniversary' (*Abelia chinensis*)
- \* Butterfly Bush 'Purple Haze' and 'Miss Ruby' (*Buddleja* x)
- \* Ninebark (*Physocarpus opulifolius*)
- \* Summersweet or sweet pepperbush (*Clethra alnifolia*)

### GRAND FALL FINALE:

- \* Beautyberry (*Callicarpa americana*)
- \* Bluebeard 'Beyond Midnight' (*Caryopteris x clandonensis*)
- \* Bush clover 'Gibraltar' (*Lespedeza thunbergii*)
- \* Snowberry 'Proud Berry' (*Symphoricarpos albus*)



➔ **SAY GOODBYE TO NEEDY PLANTS.** You can ditch plants that are too much trouble or have never performed well in the garden. Many of you reading this are women. We tend to be nurturers and caretakers — and that’s good — but we need to draw the line on needy plants. No more making excuses for troublemakers. Grab the shovel, pop them out, give them to friends or the compost pile (unless they’re an invasive species), and celebrate one less hassle to deal with.



➔ **CHOOSE NATURALLY NATIVE.** Thankfully, native plants are becoming the norm in residential landscapes. Perhaps for some this is selfishly motivated, because natives require much less effort than foreign plants. Natives typically don’t need fertilizer, are drought-tolerant, are less bothered by deer and

other munching critters, and are usually long-lived. Most importantly, natives play a vital role for regional wildlife and in protecting biodiversity. Many of the shrubs mentioned in this article are native to North America. For lists of natives regional to your part of the country, visit the Lady Bird Johnson Wildflower Center ([www.Wildflower.org](http://www.Wildflower.org))

and The National Wildlife Federation ([www.NWF.org/NativePlantFinder](http://www.NWF.org/NativePlantFinder)).

➔ **CONTAIN YOURSELF, PLEASE!** Container gardening continues its upward popularity trend. Consumer demand for user-friendly containers has propelled the introduction of stylish vessels that are lightweight, can be left out year-round, and have revolutionary self-watering systems. I am a huge fan of Crescent Garden’s TruDrop System Self-Watering Planters (pictured left). My flower-filled planter remains nicely watered for a full six weeks before I step in to refill the reservoir. Not only am I freed from the daily hassle of watering, but my plants actually look better — they are spared the stress of under- or overwatering. Just remember that a plant’s water needs will vary depending on container location. >>

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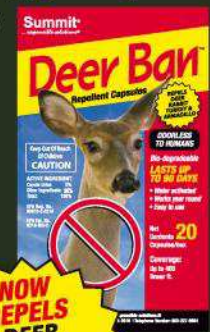


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➔ **MAKE FRIENDS WITH**

**FLOWERING SHRUBS.** For years, I was a perennial flower collector. I loved creating gardens filled with tried-and-true beauties as well as funky, unusual, eyebrow-raising specimens. Unfortunately, the reality is that most perennial flowers are demanding about water, fertilizer, and routine maintenance. I instead favor shrubs that strut gorgeous flowers and flattering leaves with little preening on my part. Plus, one shrub can efficiently hold court in a space that would require numerous clusters of perennial flow-

ers. In my garden, I replaced sweeps of perennial flowers with flowering shrubs. Some fussier or short-lived perennials swapped out were columbine, lupine, gaillardia, and scabiosa 'Butterfly Blue.' See Page 72 for a list of my favorite seasonal shrubs to grow instead of fussy perennial flowers.

Of course, many hydrangeas are also on my list of favorites. But "right-sizing" strategies call for compact varieties that fit nicely into small spaces or containers. Some top performers include the panicked hydrangea 'Little Quick Fire'® (*Hydrangea paniculata*), oakleaf hydrangea 'Ruby Slippers' (*H. quercifolia*), and smooth hydrangea 'Invincibelle Mini Mauvette'® and 'Invincibelle Wee White'® (*H. arborescens*). You might have noticed a popular group missing — mophead hydrangeas, also called bigleaf hydrangeas (*H. macrophylla*). This was not a senior moment on my part. These are inconsistent bloomers in Zones 6 or lower, plus they're water hogs and wilt in afternoon heat. Given my sustainable mindset, and my desire to conserve water and save money on water bills, they missed the superstar list.



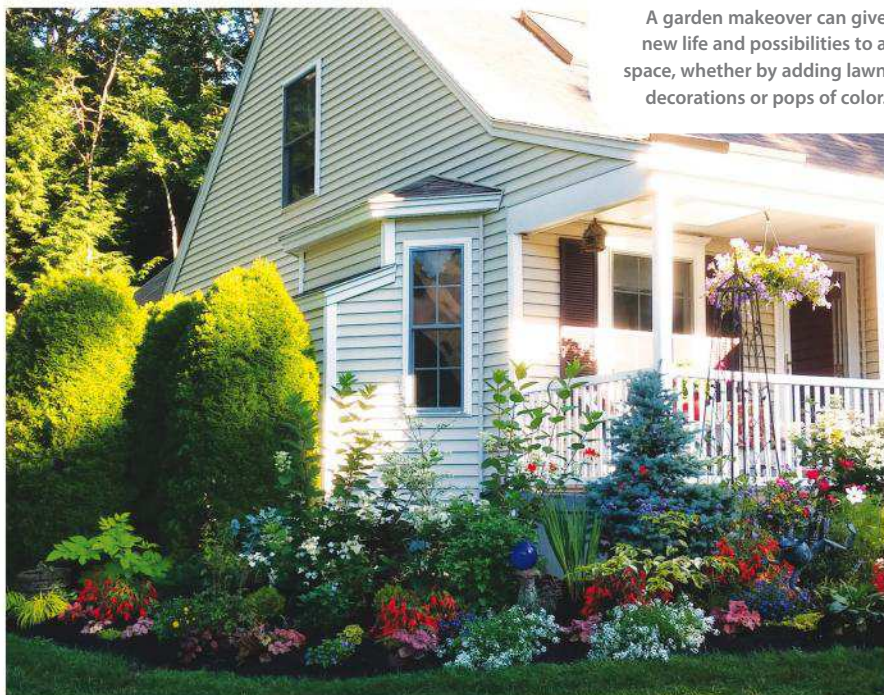
Foamy bells 'Hopscotch' (*Heucherella* x)

➔ **PRIORITIZE TIRELESS**

**PERENNIALS.** I have raised the bar for perennial flowers seeking a spot in my "right-size" garden. No part-time workers or deadbeats. Candidates must bloom six weeks or more without deadheading and thrive with minimum water or fertilizer — and they must be drop-dead beautiful. The exceptions to this rule come if foliage is the plant's primary attraction. Perennials with exceptional bloom endurance include black-eyed Susan 'American Gold Rush' (*Rudbeckia* x); threadleaf coreopsis 'Zagreb' (*Coreopsis verticillata*); cone-flower 'Cheyenne Spirit' (*Echinacea* x); cranesbill 'Rozanne' and 'Azure Rush' (*Geranium* spp.); and mountain fleece 'Firetail' and 'Golden Arrow' (*Persicaria amplexicaulis*).

➔ **CHOOSE NO-FUSS ANNUALS.**

I hate deadheading perennials. Make that double for annuals. At least perennials return the next season, which makes the time investment worthwhile, while annuals provide a beautiful flash before fading for the rest of the year. Despite this, I love the blasts of color they provide for months in my containers, window boxes, and gardens. See Page 75 for a list of enjoyable and self-cleaning (no deadheading) annual choices for your space. >>



A garden makeover can give new life and possibilities to a space, whether by adding lawn decorations or pops of color.

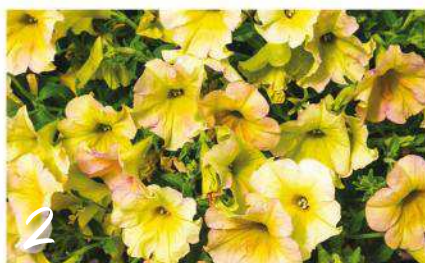




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## | GROW-IT-YOURSELF |

## Annuals to the Rescue

Allow me to introduce some no-deadheading annuals that tidy up after themselves and keep pumping out flowers.

**1 BUSH VIOLETS** (*Browallia speciosa*) grow in full sun to full shade and reach between 10 inches to 2 feet tall. With blue, violet, or white flowers, this heat- and drought-tolerant plant attracts hummingbirds while repelling deer.

**2 PETUNIA 'SUPERTUNIA® HONEY'™** (*Petunia x*) grows in full to partial sun and will reach between 6 and 12 inches tall. A heat- and drought-tolerant plant, it attracts hummingbirds and butterflies while providing excellent ground cover.

**3 SWEET ALYSSUM 'SNOW PRINCESS'®** (*Lobularia x*) grows in full to partial sun and reaches between 4 and 8 inches tall with trails to 24 inches. Fragrant, billowy white flowers bloom right into fall. This lovely white flower is heat-tolerant and attracts butterflies.

**4 BEGONIAS** (*Begonia spp.*) will grow in full sun or full shade and can reach more than 2 feet tall. They come in many colors; there are 1,400 named species and thousands of hybrids.

**5 VERBENA 'METEOR SHOWER'®** (*Verbena bonariensis*) grows in full to partial sun and reaches between 20 and 30 inches tall. Heat- and drought-tolerant, it doesn't aggressively reseed. It attracts butterflies and hummingbirds while remaining deer-resistant.

**6 WISHBONE FLOWER** (*Torenia fournieri*) prefers partial sun to full shade and reaches between 6 and 16 inches tall with trails up to 35 inches. Yellow, violet, blue, white, pink, and bi-color flowers are heat- and drought-tolerant. This plant attracts hummingbirds and repels deer.

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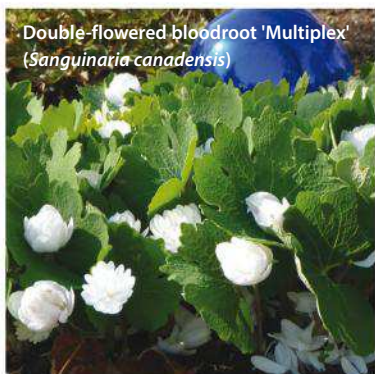
MagniLife® Pain Relieving Foot Cream is sold at Walgreens, CVS, Rite Aid, Target and Walmart, in the foot-care and diabetes sections. Order risk free for \$19.99 +\$5.95 S&H for a 4 oz jar. **Get a FREE jar** when you order two for \$39.98 +\$5.95 S&H. Send payment to: MagniLife NC-ML, PO Box 6789, McKinney, TX 75071, or call **1-800-657-5206**. Satisfaction guaranteed. Order now at [www.MDFootCream.com](http://www.MDFootCream.com)

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➔ **DON'T FORGET THE FOLIAGE.** Jazzy foliage is one of the heroes of low-maintenance gardening. Flowers are important for pollinators, but most only bloom for 4 to 6 weeks. Flashy foliage provides color for a much longer length of time. When I design high-impact, low-maintenance compositions for landscapes or containers, typically two out of every three plants have captivating leaves in addition to beautiful flowers.

➔ **KEEP YOUR FOCUS.** Another “right-sizing” strategy resulted from a comment by an award-winning designer strolling my property: “You have created an astonishing riot of color from plants, but my eyes need a rest. Build some inanimate focal points that provide a break and allow my eyes to take in a different medium.” My translation? More outside beauty with fewer plants equals less work!

I dug out some plants and put in decorative urns, birdbaths, metal sculptures, and other aesthetically pleasing objects, many of which had been recycled or repurposed.

Find inspiration for creating beautiful and planet-friendly gardens filled with instrumental plants that complement changing lifestyles and interests. Instead of feeling guilty or frustrated that you can't maintain the same garden pace, I encourage you to rejoice as you journey down the garden path of life with all its changes. There are still plenty of roses ahead to stop and smell — they're just varieties that need much less maintenance.

Kerry Ann Mendez is an award-winning speaker, garden designer, and author of four gardening books, including *The Budget-Wise Gardener*. For more about Kerry Ann, visit [www.PYours.com](http://www.PYours.com).

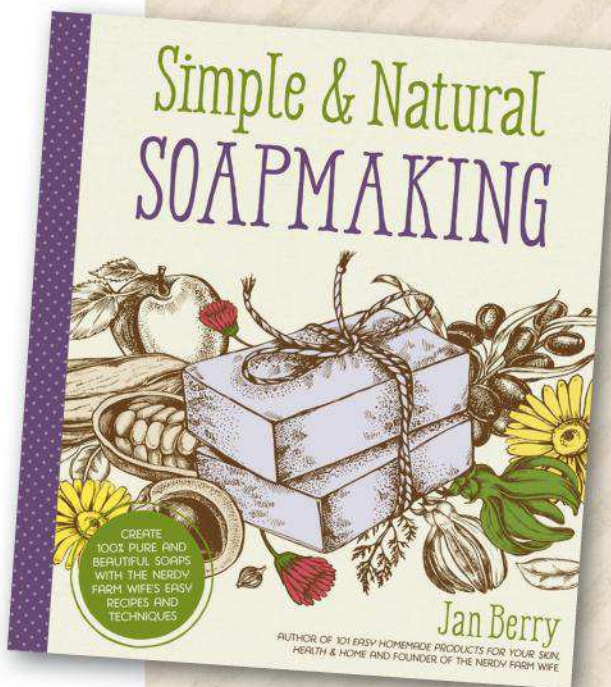
KERRY ANN MENDEZ (2)

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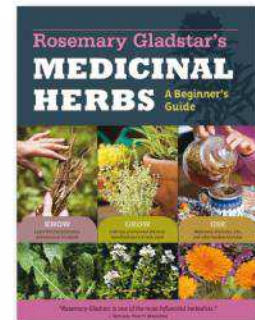
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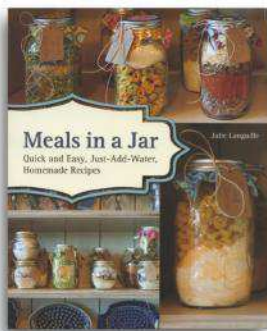
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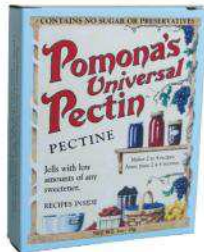
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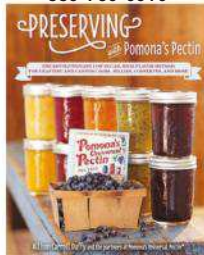


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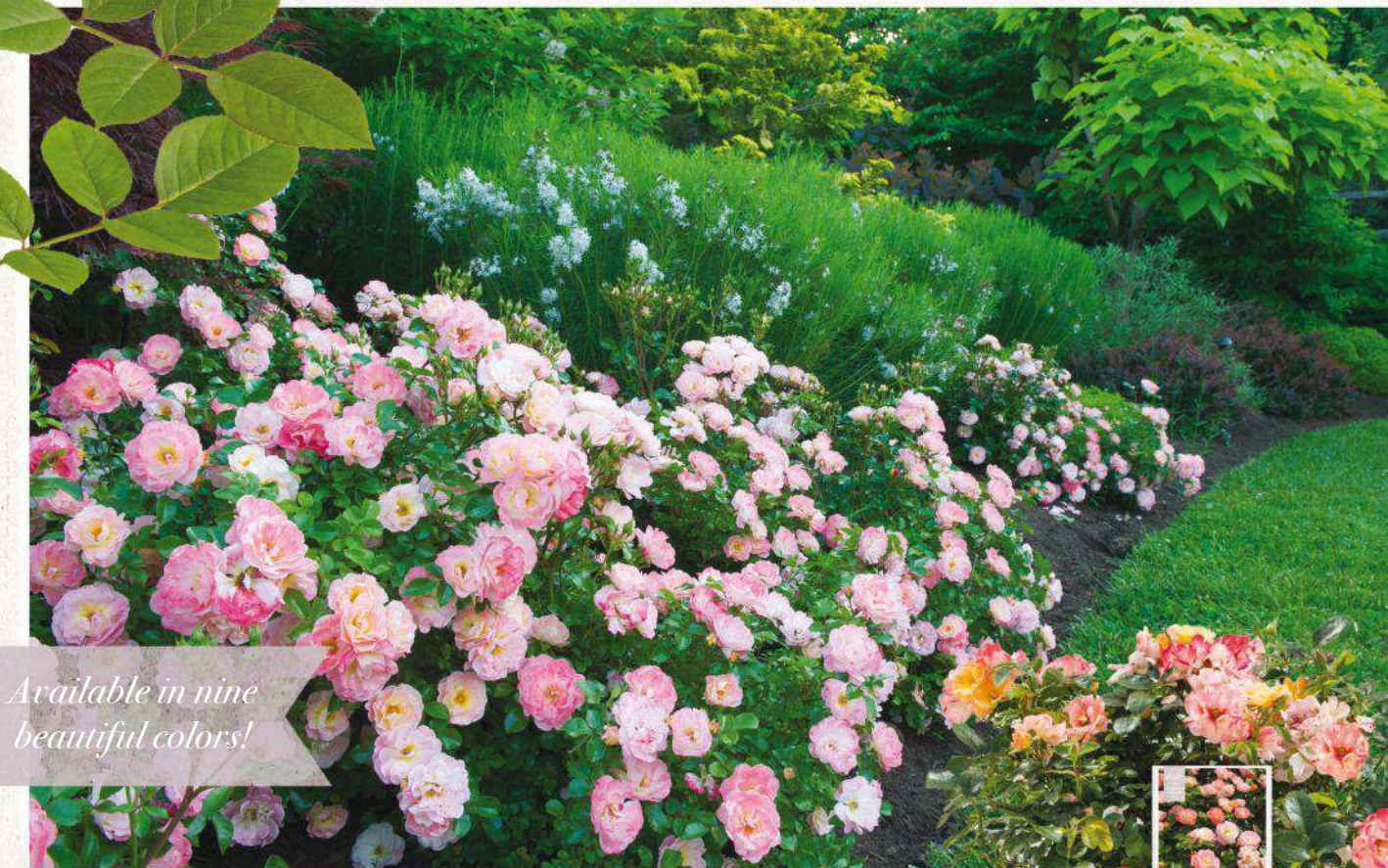
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