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# The Herbal Path's Newsletter for Healthy Living

## February 1-28, 2006

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



# The Herbal Path

## A NATURAL PHARMACY

Feedback on the newsletter is always welcome.

*"We're dedicated to your health, Naturally!"*

**NORTH HAMPTON**  
181 Lafayette Road  
**(603) 379-8400**  
Mon-Fri 9:30 a.m. to 6 p.m.  
Saturday 9:30 a.m. to 5 p.m.  
Sunday 10 a.m. to 4 p.m.

**DOVER**  
839 Central Avenue  
**(603) 740-8400**  
Mon-Fri 9:30 a.m. to 7 p.m.  
Saturday 10 a.m. to 6 p.m.  
Sunday 11 a.m. to 5 p.m.

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## Matters of the Heart: A Chinese Medicine Perspective

By Ed Hubbell, L.A.C., MSOM

**W**e are approaching the "Season of the Heart", epitomized by St. Valentine's Day and its attendant Cupids, chocolate and "arrows through the hearts." Using this as a springboard I thought it appropriate to launch into one of my favorite topics – the energetics of the heart, with complimentary herbs from the West, the East and a famous classical Chinese herbal formula.

In the framework of traditional Chinese Medicine, when one speaks of a bodily organ system (in this case - the heart), it is viewed in the perspective of the energetics involved, not the organ itself. In the case of the heart it is thought that the "spirit" is housed there, hence disturbances or imbalances are manifested as palpitations, anxiety, forgetfulness, disorientation and insomnia. These would be symptoms exhibited by a deficient condition. An excess condition could have symptoms of being overstressed, manic behavior, bad temper and agitation.

In reality however, the clinical presentations of disturbances of the "spirit" are usually complex and invoke aspects of both deficiency and excess. A combination of strategies is therefore utilized in most cases.

Two Western herbal supplements readily available that strengthen and nourish the heart are CoQ10 and Hawthorn. They both have been used successfully for some time; hawthorn particularly for its effectiveness in dealing with Chronic Obstructive Pulmonary Disease (COPD). The applicable Chinese herb is Shan Zha.

The Herbal Path carries a line of Chinese Herbal formulas by Secara, formulated by noted herbalist Christopher Hobbs, L.Ac. This is a well thought out group of quality formulas. The applicable formula for this discussion is "Tian Wang Bu Xin Dan Plus" which translates into "Emperor of Heaven's Special Pill to Tonify the Heart." It includes 13 Chinese Herbs, Hawthorn leaf and flower and Juniper berry (hence the plus). Some of the more recognizable herbs included are ginseng, rehmannia and angelica root. The actions of this formula nourish the Yin and blood, tonify and nourish the heart and kidney, clear

heat and calm the mind. The symptoms this formula treats include irritability, palpitations with anxiety, fatigue, insomnia with restless sleep, inability to think or concentrate, forgetfulness and night sweats. With the appropriate presentation, this formula may be used in treating such biomedically-defined disorders as heart disease, menopausal syndrome and chronic urticaria. It is especially useful for patients who have taken tranquilizers or sleeping pills for so long that they have ceased to have any effect.

As with any supplementation, it is always advisable to consult with your trusted health care provider as to the appropriateness for your particular situation. Also, it is always important to monitor the specific effects a supplement is evidencing in your body. Remember that everyone's body is totally unique, like a snowflake. What is good for one is not necessarily good for another. You are the ultimate judge as to what is working and what is not!

Ed Hubbell is a Nationally board certified acupuncturist with an active healing practice in Greenland, NH. He can be reached for consultation by calling (603)-436-6579.



*We're staffed with heart!*

## How Can We Help You at the Herbal Path?

The Herbal Path stands out in the field of nutritional supplement retailing by staffing with two registered pharmacists, Ron Stock, R. Ph., owner, and Greg McCrone, R.Ph. and herbalist, with forty years combined experience in pharmacology. Both have studied extensively in the areas of nutritional supplementation, pharmacokinetics and pharmacognacy. These pharmacists are seasoned educators and have an exceptional knack for applying knowledge in assisting people in experiencing a higher quality of life.

In our health-challenged society many products, diets and programs become sensationalized leaving the consumer confused and distrustful. At the Herbal

Path, the pharmacists take the time listen to your needs, tell you what products are reliable and likely to help you, and answer your drug interaction concerns.

Our pharmacists, and all the talented staff at The Herbal Path, are committed to guiding you along the path, the natural "Herbal Path", to sustained health and wellness. Personal consultations can be scheduled with our pharmacists, holistic nurse educator, herbalists, certified Life Coach and Personal Fitness Trainer. We also offer many educational opportunities through workshops and an on-going complimentary lecture series.

We look forward to seeing you soon!

Cyan Magenta Yellow Black

# LECTURE SERIES at the Herbal Path, Dover

## Reiki Circle

Tuesday, February 7, 7 - 8:30pm

Join us for an evening of peace and relaxation. Practitioners and newcomers are welcome. This Reiki circle will continue to meet the 1st Tuesday of each month.

## Natural Health for Seniors

Thursday, February 9, 7pm - 8:30pm

W/Douglas MacKay, ND

Did you know that a 2004 study showed that if Americans over age 65 took multi-vitamins every day, the United States could save \$1.6 billion in Medicare expenses over 5 years? Preventing health problems and chronic disease is one of the few known ways to stem rising health care costs. However, the current medical model is dominated by the notion that aging is a disease process and expensive drug-based solutions are the only answer. This lecture will cover simple and natural ways seniors can optimize health and increase vitality.

*Douglas MacKay, ND of Makai Naturopathic Center in Dover is a licensed Naturopathic Doctor practicing family and preventive medicine. Dr. MacKay is a published author, a frequent radio-show guest and international lecturer.*

## \$\$\$ - Muscle Testing and Flower Essence Workshop

Saturday, February 11, 9:30 - 4:30 (1 hour lunch)

Presented by Maureen Cooper

Cost: \$90

In this first half of the workshop, we will learn how to muscle test another person utilizing the anterior deltoid muscle, which is a simpler and gentler method of muscle testing than most people are aware of. Partners will work with one another to achieve the bravery and assurance needed to use this form of muscle testing successfully.

In the second half of the workshop, we will look deeper at flower essence use and the little known benefits of long term flower essence use. Partners will then muscle test each other to identify a unique "constitutional remedy" for each attendee to take home.

Pre-registration is required. Contact Maureen Cooper directly to pre-register at 603-749-2210 or by emailing pureintentions@comcast.net.

## Practitioner Potluck Dinner New England Seacoast Holistic Health Association

Every Third Thursday of the Month at the  
Dover Herbal Path, 6:30- 8:30pm

The monthly practitioner potluck has evolved into the New England Seacoast Holistic Health Association or NESHHA for short. Meetings begin with a potluck and networking period followed by a presentation and/or hands-on demonstration of a healing modality, a small business meeting and time for committees to update their progress. If you are not already receiving an e-mail notification, or know others that may be interested, please contact Ron Stock at 603-740-8400.

## Indoor Mold: Preventing It, Fighting It, and Overcoming It

Saturday, February 18, 11am - 12:30pm

W/Don Kielbasa, industrial engineer, building contractor

Take a look at the myths and facts on indoor mold. What it is, how it grows, and how it spreads. Learn what the government can't tell you, potential health risks and concerns, and mold damage vs. protecting your investment. Understand the different techniques for removal and testing.

*Don Kielbasa is an industrial engineer with 30 years experience in commercial and residential building construction and design. He recently teamed up with IAQM-NH (Indoor Air Quality Management of New Hampshire) and will be sharing his first hand experiences and ongoing research into this growing public concern. Reach Don at 888-600-4276 (KAQM), or by email at don@IAQM-NH.com*

## "The Real Flu Virus Remedy"

February 21, 6:30 - 8pm

W/Tony Lebro, DC, CRA Clinical Nutrition

The "Flu Pandemic" of 1918 struck fear into the world population. Today it is not much different. The pharmaceutical/medical establishment and the media who rely on the advertising dollars of these huge conglomerates do not focus on health, but on sickness, fear and ratings. Every day we hear another report about the possibility of a flu outbreak or epidemic.

## LECTURE SERIES-DOVER

The goal of the natural health community is to encourage the awakening of our inherent knowledge, power and heart through education, opportunity and application. Pre-registration is your best assurance. Call the Herbal Path (603) 740-8400.

How do these epidemics really happen? Is it just bad luck to catch a terrible virus? Or do we set ourselves up by being environmentally polluted and nutritionally deficient?

Nutritional Deficiencies Put You at Risk for Flu: There is no doubt that nutritional deficiencies put us at risk for the flu and every other bug that comes along! Now we can find out how. Nutritional deficiencies increase susceptibility to infection which means that every little bug that comes along takes hold and makes you ill. They can also allow much worse illnesses to develop in the body. Dr. Lebro will also be performing a zinc test to see if others are zinc deficient!

*At the Lebro Center for Well Being in Kittery, ME we treat the person, not the disease.*

*We treat the cause not the effect. 800-610-1199*

## Using Polarity To Access Your Energy

Wednesday, February 22, 6:30 - 8pm

W/Susan Burdick

Susan will demonstrate the art and science of balancing your energy systems with Polarity. Gentle finger pressure on acupuncture points is combined with gentle stretching to allow the energy channels to the body's organs to open. With interactive experience you will take home the knowledge and ability to balance and maintain your own system and relieve common complaints such as sinus congestion and insomnia. Wear comfortable clothing.

*Susan Burdick is nationally registered and NH State licensed in Polarity/massage. She is a teacher of Usui and Shamballa Reiki. She now offers Lomi Lomi, an ancient form of massage from the temples of Hawaii. 603-205-7500*

## Emotional Freedom Techniques

Thursday, February 23, 6:30 - 8:30pm

W/Lynne Donnelly

What if there was a technique that could free you from unwanted emotions, traumatic memories, cravings or phobias

## Valentine's Health Fair



Wednesday, February 15, 7-9pm  
In the Dover lecture area upstairs

*Spend this relaxing evening together with the one you love. Sample the gifts of these skilled holistic professionals with 20-minute bliss-filled complementary sessions. No reservations are necessary.*



**Susan Burdick**, Usui and Shambella master teacher, registered massage and Polarity practitioner: From the temples of ancient Hawaii - Lomi Lomi, known as Ke Ala Hoku, or Pathway to the Stars, weaves light into your being. Indulge your spirit with this ancient massage experience.

**Barbara Stamm, M.Ed.**, certified hypnotherapist of Kaleidoscope East Hypnosis Center: Discover the Power Within during a private session.

**Sally Beaven Elsassner, M.S.** (Transpersonal Facilitator): Be Your Valentine. Give yourself the gift of deep relaxation and inner peace with a 20 minute visualization.

**Mark Crosser, DC** demonstrates a new chiropractic methods called KST. An adjusting instrument is utilized for the treatment, including cranial adjustments for symptoms that previously wouldn't respond to conventional chiropractic care.

**Diane Crosser:** Holistic Nutrition through Whole Foods Preparation and

Education. Diane offers whole foods cooking classes, instruction on menu planning to promote a well-balanced diet. She offers home visits for pantry makeovers and personal or group cooking instruction. Tasty samples will be offered.

**Gi Indoccio, M.A.**, Clinical Hypnotherapist, Reiki Master Teacher and Certified Life Coach offers her expertise in a private setting.

**Keith Spaulding, ND, LAc** will treat your discomforts with acupuncture and a delightful bedside manor.

**Megan Hales** of Rejuvenation Professional Massage, LLC of Stratham, NH: Megan has a real gift with chair massage.

**Gayle Perkins**, Polarity Practitioner, Reiki Master, CranioSacral Therapist, Energy Medicine Practitioner shares her expertise on the table.

**Anne Kellogg**, Certified Spiritual Consultant from the Americana Leadership College. Anne has presented many public lectures and workshops at the Herbal Path on how to communicate directly with your angels, become your own best psychic, and open your heart to the power of love." One-on-one session.

**Ed Lane**, Hypnotherapist, EFT: Recharge Your Batteries With Hypnosis Relax and relieve stress in this 30 minute private session.

**Meghan Donahue**, independent jeweler from Portsmouth, will be selling her dazzling artistry.

in a matter of minutes? And what if that technique also worked on physical issues like pain, headaches and allergies? Emotional Freedom Techniques, or EFT, sounds like magic, looks funny, but often works where nothing else will. Sometimes called emotional acupuncture without the needles, EFT uses fingertip tapping on acupuncture points to balance the energy in our bodies in relation to whatever we focus on. In this workshop we'll learn the basic technique that you can apply anytime, anywhere.

Lynne Donnelly, CST has been working with energy since 1979, first as a student and teacher of t'ai chi and qigong and later as a bodyworker using Craniosacral Therapy, acupressure and qi therapy. She has been teaching EFT for four years to a variety of groups -- from children to adults in their 70s, 80s and 90s, from individuals to groups of 75.

She has a private practice in Durham. 603-659-4400

### Angels, Life Purpose & Healing

Tuesday, February 28, 7-8:30pm

Presented by Anne Kellogg

This is an in-depth discussion on your natural ability to communicate directly with your team of angels, how to feel their presence, how to demystify the mystical and empower your life purpose. Several simple, powerful and fun techniques will be demonstrated on how to cleanse your aura, raise your vibration and enhance your innate psychic sensitivity to become your own best psychic, 24/7.

Anne Kellogg is a nationally recognized spiritual educator in angel communication and Certified Spiritual Consultant from the Americana Leadership College. She is a specialist in Technique Dynamics to enable the rapid unfoldment of your spiritual gifts. Anne can be reached at (207) 384-8353 or playsoul1@comcast.net if you desire more information.

## PRACTITIONERS OF THE DAY

Here are real opportunities to treat yourself!

### Chad Bradbury, Licensed Massage Therapist

Tuesdays in Dover, 1:30pm - 5:30pm

For muscle and joint pain, from frozen shoulder to jaw discomfort, Chad releases soft tissue adhesions using myofascial release and Shiatsu to stop damaging stress and speed tissue repair. Walk in or schedule at 603-659-1222. \$1 per minute

### Gayle Perkins, Polarity Practitioner, Reiki Master, CranioSacral Therapist, Energy Medicine Practitioner

Thursday, February 9 in Dover, 3 - 5pm

Thursday, February 23 in N. Hampton, 3 - 5pm

Experience a mini healing session where Gayle blends soothing techniques that feed, align and ground your subtle energy systems to help you navigate your busy life.

Your first 10 minutes are complimentary, \$1 per minute thereafter. 207-752-1281

## RENT A ROOM OVER THE HERBAL PATH, DOVER

Short, long-term or part-time rentals are available. Call Catherine for details at 603-740-8400.

# FEBRUARY SALES

Valid Thru the Month of February

## New Chapter

**15% off** C Food Complex 60, 90 and 180 tabs  
Nature's Remedy in its Most Active Form

## Barlean's

**15% off** the following two items:

Forti-Flax 16oz Natural Source of Fiber, Omega-3, and Lignans Omega Twin Flax & Borage Oil Supplement  
8 and 12 oz

## Rainbow Light

**15% off** Rainbow Light Multi Vitamins, including Just Once, Complete Nutritional System, Nutri Stars

## Oshadhi Authentic & Genuine Aromatherapy

**15% off** Eucalyptus Lemon and Eucalyptus Radiata

### Eucalyptus Radiata

Use during the day to uplift and energize while clearing congestion and boosting the immunity.

Best used during daytime

### Eucalyptus Lemon

Diffuse in a sickroom at night to calm, relax, and encourage sleep while fighting infection.

Best used at nighttime

## 20% OFF

All In-Stock Books All the Time

### Testimonials...

*I suffered a stroke three years ago, losing the entire right side of my body and requiring six weeks of recovery time. The doctors told me I wouldn't be able to work again. Already a believer in the benefits of Noni juice, I had a friend sneak it into my hospital room every day. Now with my recovery complete, I firmly believe the Noni was a major contributor.*

T. Michaud, Rochester, NH

*A hand specialist diagnosed me with osteoarthritis. My hands and feet had been aching and cramping terribly. On the recommendation of a friend I found relief in just three weeks by using only one Earth's Bounty Noni capsule, one New Chapter TurmericForce capsule and two Zyflamend PM capsules a day. I still can't believe the effectiveness!*

C. Fieldsend, Exeter, NH

