

WINTER HEALTH AT CHRISTMAS – FESTIVE HERBS

Mistletoe (*Viscum album*) is a herb native to Europe and Asia that is used by herbalists in a range of cardiac conditions, helping to treat problems such as high blood pressure, arrhythmias (unusual heartbeats) and anxiety. It is normally only available on prescription.

Milk Thistle (*Carduus marianus*) is rapidly becoming a herb associated with Christmas. It has been shown to help improve liver function and protect the liver from damage. These features make it ideal before and during a period of consumption of alcoholic beverages or rich fatty foods to help prevent or reduce hangovers and to protect the body.

Spices (*Ginger, Clove, Cinnamon*) are all associated with Christmas, from mulled wine to Christmas cake they help warm us up on a cold winter's day.

Bartram T, 1998. *Encyclopaedia of Herbal Medicine*. Constable: London.

Chevallier A, 2001. *Encyclopaedia of Medicinal Plants*. Dorling Kindersley: London.

CRYSTAL FAIR

15th & 16th December

Kendal Crystals will be at Woodland Herbs from noon on the Friday 15th December until 4pm Saturday 16th December selling a huge range of crystals for gifts, health, collecting or decorations.

"Some of the nicest best priced crystals in the UK"

Kendal Crystals can also arrange special requirements and offer mail order. Please contact us for details.



Christmas 2006 Special Offer

Spend £25 in the shop and get a free gift voucher for a 20 minute massage

Keep it for yourself or give it as a gift!

Valid for a head, neck and shoulder massage during January 2007.

Voucher valid during January. Terms and conditions apply, ask in store for details.

CHRISTMAS GIFTS at WOODLAND HERBS

There's something for everyone!

Along with **gift boxes** from Neal's Yard and Weleda, we also offer a free **gift wrapping service** to allow you to custom make boxes or baskets with anything in the shop.

Our unique **Make Your Own Kits** are suitable for young and old alike to make lip balms, bath scrubs or herbal teas.

We also have a fantastic range of **stocking fillers** include crystals from 50p, soaps for £1 and essential oils from £2.50.

Contraindications & Precautions

The contents of this newsletter are for information and education purposes and to assist in the use of herbs. It is not intended to replace the advice of a professional.

CHRISTMAS

As well as the herbal remedies discussed earlier, there are two herbs which are now entwined with the Christmas story.

FRANKINCENSE is a resin obtained from a tree (*Boswellia carteri*) which can be burnt as an incense using a charcoal block, an oil burner or on an open fire. It can also be used as an essential oil (the distilled oil) and is an ingredient in a number of facecare products including Neal's Yards Frankincense Nourishing Cream.

Christmas Ideas:

Frankincense essential oil	£5.50/10ml
Frankincense Resin	£60p / 25g
Neal's Yard Frankincense Nourishing Cream	40ml £12, 100g £20

MYRRH (*Commiphora molmol*) is another resin which is used a similar manner to frankincense. It is also used as a herbal tincture, often as a mouth wash to tone gums, or as a gargle for sore throats.

It can also be used in some skincare applications.

Myrrh essential oil	£5.00 / 5ml
Myrrh Resin	£60p / 25g
Myrrh Tincture	£2.40 / 50ml

NOW AVAILABLE

Anna's special Mulled Wine Spices

25 grams for £1

Simply add a couple of teaspoons to a bottle of red wine (or fruit juice mix) and gently warm. Add fruit if desired. Use with one of our empty teabags to filter out the bits!

Fruit juice recipe; 4 parts cranberry juice, 2 parts apple juice, 1 part orange juice.

Gift Voucher

This Voucher Entitles The Bearer To:



Why not buy a gift voucher for a therapy, a specific value or a selection

EXPIRES:

Herbal Dispensary & Complementary Centre
100 Woodlands Road, Glasgow G3 6HB Tel: 0141 564 3184

ISSUE NO:

Gift vouchers are available in the shop, by mail order or on our website. Value from £5.

NEW YEAR'S RESOLUTIONS #1

Appointment with a Nutritionist

£30 for one hour

Call 0141 564 3184 to find out what a nutritionist could help you with.

CHRISTMAS OPENING HOURS

23 Sat	9am to 5.30pm
24 Sun	CLOSED
25 Mon	Christmas Day CLOSED
26 Tues	Boxing Day CLOSED
27 Wed	9am to 5.30pm
28 Thurs	9am to 5.30pm
29 Fri	9am to 5.30pm
30 Sat	9am to 5.30pm
31 Sun	CLOSED
1 Mon	New Years Day CLOSED
2 Tues	CLOSED
3 Wed	9am to 5.30pm
4 Thus	9am to 8pm

Clinic appointments are available throughout the holidays.

Everyone at Woodland Herbs would like to wish all our customers a very Merry Christmas.