

# The Herbal Path

## A NATURAL PHARMACY

Feedback on the  
newsletter is  
always welcome.

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

## The Immune Power of Medicinal Mushrooms

By Andrew Hocek, CNC

With Cold & Flu Season just around the corner, everyone is looking to fortify their bodies with immune enhancing dietary supplements to ward off disease and forgo the misery of winter illness. Many people have traditionally looked to vitamin C and herbal supplements like Echinacea during the winter season. However, medicinal mushrooms are growing in popularity due to their unique and effective immune enhancing properties. Research has shown medicinal mushrooms, like Reishi and Maitake, to be incredible immune enhancers, not only for bacteria incursions to our bodies, but for viruses and yeasts alike. As you'll see, the Fungal Kingdom that medicinal mushrooms are a part of can be fascinating allies in maintaining and bolstering our natural immune defenses.

It is estimated that we share about 33% of the same DNA structure with medicinal mushrooms while sharing only about 10% DNA similarity with the Plant Kingdom. Interestingly, it seems that many of the pathogenic organisms (viruses, bacteria, yeasts) that attack mushrooms also have an affinity for attacking humans. This is not so with humans and plants where most of the pathogens that attack plants rarely are problems for humans. It seems logical then, that since mushrooms have been around for millions of years longer than humans, perhaps the potent medicines they developed to protect themselves from these pathogens of illness could be of benefit to humans.

The key class of immune-enhancing compounds found in medicinal mushrooms are polysaccharides. Studies have shown immune enhancing and anti-tumor effects through the use of polysaccharides found in medicinal mushrooms, (Institute of Evolutions, Israel, PMID#12436306). These compounds are abundantly found in medicinal mushrooms and are secreted on the outer portion of mushroom flesh to repel and kill off pathogenic organisms. There are many different polysaccharide complexes created by medicinal mushrooms with a variety of benefits to humans. Besides enhancing immune activity, research has shown polysaccharide compounds to be beneficial in many health areas including: calming overactive immune activity (autoimmune disease), rebuilding nerve and brain tissue, reducing allergy symptoms, boosting energy, heart health, blood sugar regulation and much more.

There are many great medicinal mushroom formulas available at your local health store. When choosing a complex be sure you are getting the "whole" mushroom. Many mushroom formulas only use specific parts of the mushroom deemed most valuable or only include the fruit body (hoods and stems). To get the full benefit from a medicinal mushroom formula make sure it contains

the fruit body parts, along with the mycelia (similar to a plants root system), and growth media extract. All three parts have greater medicinal benefit when used together versus only using one part by itself. In this way you'll also get a broader range of polysaccharide complexes to address your health needs.

Besides getting a "whole" mushroom complex look for formulas that are grown in such a way to insure efficacy. One of the most important things to look for are mushroom complexes that are certified organic. Mushrooms are much like sponges and can soak up heavy metals from the ground and copious amounts of acid rainfall from highly polluted areas. On the other hand, buying a medicinal mushroom complex that is certified organic will indicate that the growing media is at least free of chemical toxins, while many times offering enhanced nutritional quality over conventionally grown mushrooms. This most often occurs due to the use of quality natural fertilizers and growth media when growing to certified organic standards.

The next thing to look for is a Certified P-Value. Having a Certified P-Value ensures that a medicinal mushroom or complex has not been cloned more than 10 generations. For most mushrooms, after cloning more than 10 times tends to weaken the quality of the mushroom. With Certified P-Value you can be assured that the medicinal mushrooms are always at their highest quality and retain nutritional integrity.

Lastly, you'll want to look for mushroom blends. Research has shown that when a mushroom has a certain medicinal benefit to humans its benefit is enhanced when the mushroom is compounded together with other mushrooms. A recent study showed that a 16 mushroom blend increased natural killer cell activity 400% as compared to 300% when using only a single species of medicinal mushroom, (Stamets, International Journal of Mycology, 2003).

Medicinal mushrooms have much to offer us when we consider natural supplements for our immune health. If you are considering a medicinal mushroom product, the Herbal Path staff will be able to help you with your selection. You will also find up-to-date books and literature on the topic. So when preparing your winter season shopping list for immune supporting supplements, don't forget medicinal mushrooms. Your health is worth it!

Andrew Hocek is Eastern Regional Manager for New Chapter, Inc.

**If people let government decide what foods they eat and what medicines they take, their bodies will soon be in as sorry a state as are the souls of those who live under tyranny. -Thomas Jefferson**

### NORTH HAMPTON STORE HOURS

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 STORE HOURS

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.

### DOVER HOLIDAY HOURS

**November 23:**  
9:30 a.m. - 5:30 p.m.  
**Thanksgiving Day:** Closed  
**November 25:**  
10 a.m. - 6 p.m.  
**December 23:**  
9:30 a.m. - 6 p.m.  
**December 24:**  
9:30 a.m. - 3 p.m.  
**Christmas Day:** Closed

### NORTH HAMPTON HOLIDAY HOURS

**November 23:**  
9:30 a.m. - 5:30 p.m.  
**Thanksgiving Day:** Closed  
**December 24:**  
9:30 a.m. - 3 p.m.  
**Christmas Day:** Closed

### Testimonial...

I woke up one night with a sebaceous cyst, the size of a golf ball, moving up and down my spine. I had vision problems and trouble using my arm. The doctors wanted to do surgery that day and prescribed a strong antibiotic. After one pill I had uncontrollable shaking for two hours. I stopped the antibiotics and topically applied Lumina's Cellfood drops undiluted three times in five minutes, then four times a day for 3 days. The first day the redness was gone and the swelling was dramatically reduced. By the fourth day the cyst was barely noticeable. All my symptoms were relieved and I returned to work. The whole experience was so unusual my doctor has it all on video!

A. Rossop, Lebanon, ME

# FREE LECTURE SERIES at the Herbal Path, Dover

The goal of the natural health community is to encourage the awakening of our inherent knowledge, power and heart through education, opportunity & application.

Pre-registration is your best assurance.

Call The Herbal Path at (603) 740-8400

## Angels, Life Purpose & Healing

Tuesday, November 29, 7-9pm

Again Tuesday, January 3, 7-9pm

Presented by Anne Kellogg

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.

## Reiki Circle

Tuesday, December 6, 7pm - 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.

## Practitioner Potluck Dinner: New England Seacoast Holistic Health Association Monthly Meeting

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 Heather Cate at 603-969-3608.

## HOLIDAY HOLISTIC HEALTH FAIRS

### A GIFT FOR YOU!



Relax and Enjoy a generous sampling of the artistry of local practitioners, for free!

No registration necessary

### Thursday, December 1, 7-9pm

- Lynne Donnelly, CST, is offering accupressure
- Erica Rock, Reiki and Shamballa teacher and practitioner shares her expertise
- Gayle Perkins, Polarity Practitioner, Reiki Master, CranioSacral Therapist, Energy Medicine Practitioner shares her expertise
- Donna Packard, Transformational Breath Facilitator is doing "Guided Breath Meditation"
- Susan Burdick, Polarity Therapist, NRMT, MRT in Usui and Shamballa is offering "Moving You Forward with Tarot"
- Chad Bradbury, LMT is offering chair massage
- Rejuvenations Professional Massage, LLC of Stratham, NH is offering chair massage
- Megan Donahue, independent jeweler, will be selling her splendid creations.

### Friday, December 9, 7-9pm

- Susan Burdick, Polarity Therapist, NRMT, MRT in Usui and Shamballa is offering "Balancing Your Energy Through Polarity"
- Ed Lane, Hypnotherapist, EFT practitioner will share his specialties
- Gi Indoccio, M.A., Clinical Hypnotherapist, Reiki Master Teacher, Certified Life Coach offers her specialties
- Deborah Ayer D.C., N.S.A. of Wellspring Chiropractic in Dover, NH will be demonstrating Network Chiropractic
- Kara Hayes, NHD of Crosser Chiropractic in Rochester, NH will be offering mini Irridology sessions
- Chad Bradbury, LMT of Chad's Mobile Massage is offering chair massage
- Rejuvenations Professional Massage, LLC of Stratham, NH is offering chair massage
- Megan Donahue, independent jeweler, will be selling her splendid creations.



## NOVEMBER SALES

Sales Good from  
November 17-30

Oshadhi Authentic and  
Genuine Aromatherapy

### 20% OFF

THE FOLLOWING THREE OILS

- **Breathe Clear** is a synergistic blend of firs. It's useful for coughs, colds, bronchitis and flu.
- **Peppermint** oil helps with digestion problems, nausea and motion sickness. It is also useful for colds, flu, bronchitis and coughs.
- **Cinnamon Leaf** in a diffuser creates a stimulating, purifying atmosphere that steadies the nerves and invigorates the senses.

New Chapter vitamins,  
minerals and CoQ10

### 15% OFF

This sale includes your favorite New Chapter Multiple Vitamin and Mineral Supplements like Every Man, Every Woman and Tiny Tabs.

New Chapter vitamins and minerals are made from organic ingredients and are easy to digest because they are cultured whole food.

Herb Pharm  
all Echinacea products

### 20% OFF

This includes Super Echinacea liquid and capsules and Children's Echinacea Glycerite

## Testimonials...

Since 1976 I've been a Type II diabetic with high blood pressure. New Chapter's CinnamonForce has helped my blood pressure tremendously and my glucose levels now never get over 99!  
J. Cyr, Rye, NH

My children and I held a yard sale for the Red Cross disaster relief for three days. My lips got toasted from the sun so badly they were swollen, blistered, and in a lot of pain. Oh, it was horrible. A pharmacist's recommendations just made it worse. A friend recommended I go to the Herbal Path and get some hypericum oil. You had a wonderful employee there who explained the product. I put the oil on in the car and within three hours there was no pain. Within a week they were healed completely. You actually saw it healing. It was like a miracle. They looked like lips instead of a bunch of scabs. I am going to send my brother who has terminal cancer some oil to help with his dehydrated lips.  
P. Normand, N. Berwick, ME

THE HERBAL PATH STAFF WISHES YOU AND YOURS A WORLD FILLED WITH PEACE, JOY AND LOVE.

# Know Your Ginseng

Scott Cormier, Dipl. OM, L.Ac. – Staff Acupuncturist and Herbalist

The three most popularly used species of ginseng are Asian ginseng (panax ginseng), American ginseng (panax quinquefolium) and tienchi (panax notoginseng). Asian ginseng has a special place in the Chinese pharmacopoeia. The name panax is derived from the Greek word for "all healing," as in panacea. Asian ginseng has special properties for rescuing the dying by preventing heart collapse, tranquilizing the spirit and generating fluids. In Traditional Chinese Medicine (TCM), Asian ginseng is a general tonic for 'invigorating qi' and is used in many prescriptions for a multitude of conditions. Ginseng is not, however, by itself good for the same multitude of conditions, and this creates a misunderstanding. Asian ginseng's benefits vary depending on the herbs it's combined with. Asian ginseng is particularly good for people of advanced age or debilitated state. It is used in formulas for general weakness, fatigue, anemia, diabetes, chronic fatigue syndrome, fibromyalgia, impotence and infertility. There are various grades of ginseng, depending on the region grown, as well as the size and appearance of the root; prices will vary substantially based on this. Steaming the ginseng root makes Red Ginseng or Korean Ginseng, giving it a reddish brown appearance and a more tonic affect.

Asian ginseng enhances phagocytosis and non-specific immunity. Ginseng helps the body adapt to stress, and can reactivate the pituitary and adrenal systems. In animal experiments, ginseng has been shown to stimulate protein synthesis, and to suppress the growth of cancer cells. Asian ginseng is not traditionally used for children, unless they are exceptionally weak. It is contraindicated for excess conditions such as fever, irritability, facial flushing, nosebleeds and digestive cramping and bloating. It is also not traditionally used for people with parasitic infections. It should not be used along with other stimulants, such as caffeine or ephedra.

Codonopsis pilosula, more commonly known as 'poor man's ginseng', has the identical properties as that of Asian ginseng. However, it is not a ginseng and a substantial amount more of Codonopsis is needed to elicit the same effects as that of Asian ginseng.

American ginseng typically grows on the eastern coast of Canada and the U.S. It has an anti-stress effect similar to Asian ginseng, with several important differences. First, while Asian ginseng is considered warming in TCM, American ginseng is cooling, making it more suitable for patients who are physically robust, and have symptoms like afternoon fevers, dry cough and digestive disorders. It is also more effective for the treatment of diabetes than that of its cousin Asian ginseng.

Tienchi, panax notoginseng, is a relative of ginseng called san qi in TCM. In Chinese Medicine is primarily used to increase blood circulation, especially in the treatment of injuries due to trauma, surgery or cancer.

There are, however, 23 other herbs that have ginseng in their common name and are not true ginseng but have similar properties as Asian ginseng, the more common known are 'Siberian Ginseng' (eleutherococcus senticosus), 'Tibetan Ginseng' (rhodiola rosea) and 'Indian Ginseng' (withania somnifera).

'Siberian Ginseng', more commonly called Eleuthero, is an 'adaptogen' and has been used in China as a tonic for invigorating qi for more than 2,000 years.

An 'adaptogen' is an innocuous substance that causes minimal disorders of an organism's function, it must have a 'nonspecific action' that normalizes body functions, no matter what the condition or disease. In TCM eleuthero is used to normalize body functions, restore vigor, support physical and mental endurance, improve health, promote vitality, promote a good appetite, restore and enhance immune system function, and help to assure a long life. Generally it serves as a preventive medicine and general tonic.

'Tibetan Ginseng', or Rhodiola, and more specifically rhodiola rosea since there are 17 varieties of Rhodiola, has been the most researched and found to be the most beneficial. Traditional folk medicine used R. rosea to increase physical endurance, work productivity, longevity, resistance to high altitude sickness, and to treat fatigue, depression, anemia, impotence, gastrointestinal ailments, infections, and nervous system disorders.

'Indian Ginseng', more commonly known as Ashwagandha, is not related botanically to Asian ginseng (it's closer to potatoes and tomatoes), but because its traditional uses are similar is referred to as a ginseng. Like Asian ginseng, ashwagandha was thought to be a "tonic herb" capable of generally strengthening the body. Traditionally ashwagandha has been used in hopes of prolonging life, improving overall health, enhancing mental function, increasing fertility and libido, augmenting physical energy, endurance and stamina, strengthen the immune system and preventing infections and to nurture the nervous system, counteract anxiety and stress to promote a calm state of mind. In addition, as its species name 'somnifera' suggests, ashwagandha has been used traditionally for inducing sleep.

*Scott Cormier, Dipl. OM, L.Ac. is a Licensed Acupuncturist and Herbalist and maintains a practice in Exeter and can be reached at 603-775-0008*

## Cold and Flu Got You Down?

Scott Cormier, Dipl. OM, L.Ac. – Staff Acupuncturist and Herbalist

Externally contracted wind-heat disorders are characterized by fever, sweating, a slight aversion to wind or slight chills, headache, thirst and a sore throat. There may also be a cough or redness of the eyes. Among the four level differentiation of the patterns of disease, this presentation corresponds to the protective level, the wei qi, which is the most superficial.

Herbal Cold & Flu Relief from Secara is great for treating people with a fever, slight or no chills, a sore throat, upper respiratory infection, influenza, bronchitis and in the treatment of rashes. The above symptoms show that there is an early stage warm febrile disease that enters the body through the nose and mouth and attacks the Lung. Depending on how much the protective qi is involved, heat in the superficial aspect of the Lung results in fever and more importantly a sore throat. The sore throat is important, which helps differentiate between a warm febrile disease and a cold induced disorder that manifests with a stiff neck, and would merit the use of a different formula.

**Women who are pregnant or lactating should avoid this product.**



**DECEMBER SALES**  
Sales Good from December 1-31

**Eclectic Institute**

**15% OFF**

**THE FOLLOWING IMMUNE SUPPORTING PRODUCTS**

- Immune Support 45 caps
- Elderberry Red Root Throat Spray 1oz
- Sambucus Chewable 30 and 90 tabs for Children with Elderberry and Vitamin C
- Echinacea Chewable 30 and 90 tabs for Children with Echinacea and Vitamin C

**Flora**

**15% OFF**

**ALL UDO'S OIL BLEND LIQUID AND CAPSULES**

**Pure Essence**

**EVERY PRODUCT ON SALE AT**

**20% OFF**

**Renew Life Formulas**

**15% OFF**

**ALL DIGESTIVE ENZYMES ARE**

DigestMore, DigestMore Ultra, ParaZYME, GasStop, LactoZYME and CandiZYME

**New Chapter**

**15% OFF**

**THE FOLLOWING 3 ITEMS**

- Ginger Force 60 caps
- Digestion Ginger Syrup 4 fl. oz.
- Smooth Food 2 100 caps



**NORDIC NATURALS**  
Pure and Great Tasting Omega Oils

**Every Product on Sale at 15% OFF**

Your premier source for pure and great tasting omega oils

# DOVER CLASSES, PROGRAMS, & WORKSHOPS

## Herbal Gift Making Workshop

Presented by **Cindy Hebbard, Herbalist and Educator**  
**2 Wednesdays, November 30 and  
December 7, 2005 6:30 to 8:30pm**  
**\$90 includes a \$30 materials fee, paid at the door.**

Herbal products smell great and make excellent gifts. In each of these classes, we will produce several different herbal products that may be given away or enjoyed by your family and guests. We'll make things for all ages, including: Eye pillows and dream pillows, herbal vinegars and meat rubs, tea gift baskets and more herbal gift ideas.

Please pre-register at The Herbal Path, Dover, 740-8400

## Herbal Cordial Making Workshop

**Wednesday, December 14, 2005, 6:30 to 8:30pm**  
**Cindy Hebbard, Herbalist and Educator**  
**\$70 includes a \$40 materials fee, paid at the door.**

Cordials are sweet herbal preparations that warm the heart, sooth the emotions, invigorate the spirit and encourage romance. In this class, we'll create several delicious flavored cordials, which may include Cherry Chocolate, Honey Herbs and Spice, Ginger Honey or Autumn Spice. Because alcohol is used in preparation, you must be over 21 years old to attend.

Please pre-register at The Herbal Path, Dover, 740-8400

## Angel Encounter Workshops

**Saturday, Dec. 3, 12 - 6**  
**Again, Sunday, January 8, 12 - 6pm**  
**Presented by Anne Kellogg**  
**Cost: \$95 (\$45 if you already have your 1001 Orientation Profile), no pre-requisites.**

A day of complete 2-way interaction with your guides on personal, business and relationship decisions. Ask a question, get the answer, 24/7. You will gain all the tools you need to communicate directly with your angels and to expand this ability all your life. Includes the spiritual 1001 Orientation Profile and a 33-page workbook. You will discover how many angels you work with and how each of these angels contacts you. Pre-registration is required. Contact Anne Kellogg directly to pre-register at 207-384-8353 or by emailing amk@alcworld.com.

## Testimonial...

I struggled with eczema most of my life, but now my skin is markedly improved since adopting the anti-candida regimen I learned of at the Herbal Path (an anti-candida diet, Renew Life's Candigone, Kyolic Garlic, and New Chapter's All-Flora probiotic). I also suffered recently with a bad cold that evolved into a painful sinus infection with facial pain and severe headache. In the past, bouts of this nature were treated with antibiotics. After taking one teaspoon an hour of Flora's Sambu Guard, my symptoms were relieved within 2 days.

J. Cooper, Portsmouth, NH



## Workshops coming in 2006:

### Anne Kellogg's Angel Encounter Workshop

**Sunday, January 8**  
(See description above.)

### Detoxification for Well Being

**Wednesdays: Jan. 18, 25 and Feb. 1, 2006,  
6:00 to 9:00pm**  
**Presented by Cindy Hebbard, Herbalist & Educator**  
**\$150 / 3 class program, or \$65 each class.**  
**Previous attendees: half price!**

All participants receive a packet including literature, products and samples. Door prize.

Toxins are everywhere! Learning to cleanse and detoxify is essential for good physical and emotional health for you and your family. This program gives you the opportunity to learn about and experience several safe, straightforward methods of detoxifying the liver, kidneys, colon, blood, skin, lungs and lymphatic system. This can support the body in repairing and rebuilding from most chronic illness and help prevent disease from occurring. Many of these cleansing techniques have been used successfully for centuries or longer. Enjoy using the gems gleaned here for a lifetime of good health!

**Class 1: The seven channels of elimination**  
**Class 2: Candida and parasite detoxification**  
**Class 3: Cancer and disease prevention for life!**

Please pre-register at the Herbal Path Dover, 740-8400. Space is limited.

### Ultimate Immune Strength

**2 Thursdays, January 12 and 19, 2006, 6:30 to 8:30pm**  
**Presented by Cindy Hebbard, Herbalist & Educator**  
**\$60 for 2 class series, paid at the door**  
**All participants receive a packet including literature and product samples.**

There are so many frightening news clips these days about deadly diseases that threaten our health and well being. The fear itself is likely more harmful than the predicted diseases. Attend this powerfully informative class and learn to use the right tools to strengthen your family's immune system to help prevent colds, the flu, EEE, bird flu and all the other future mutating pathogens. We do have a choice!

Please pre-register at the Herbal Path Dover, 740-8400. Space is limited.

# PRACTITIONERS OF THE DAY

**Here are real opportunities  
to treat yourself!**

**Chad Bradbury,**

**Licensed Massage Therapist**

Tuesdays in Dover November & December,  
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**

Wednesday, December 7 in Dover, 3 - 5pm  
Wednesdays December 14 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

Private, therapeutic  
massage sessions are now  
available at The Herbal  
Path with Chad Bradbury.  
Wednesday thru Friday.  
Call to schedule  
(603) 659-1222

**Earn Discounts  
when You Shop at  
The Herbal Path**

Save up to 10% on purchases at The Herbal Path with our Frequent Shopper Program. If you're spending an average of \$40 or more (12-month average), you're eligible for a discount of 4% - 10%. When you buy 3 or more of the exact same product, you'll receive 10% off (except sale items) everyday.