

Jean's Greens

2017



Herbal Tea Works & Herbal Essentials

(518) 479-0471

www.jeansgreens.com

Gifts for you and yours

Our new retail location is in an historic building located on the shore of the Hudson River in Troy, NY. This building saw the first printing of "T'was The Night Before Christmas" in 1823.



Our very own Elderberry Tonic for seasonal support Page 5



Tea Bags, Loose Teas and Tea Accessories Pg. 2-4



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Hand made mugs Page 29

Follow us on Facebook and Instagram



Greetings from Jean's Greens


Truth be told, almost all of us resist change—especially when we like what we have now. Why change? Why do something different? Let's stay with what's working, right? But sometimes it comes, anyway. 2016 was such a year for Jean's Greens. We loved our shop on Columbia Turnpike; it was home for thirteen years, after all. We knew where everything was, we knew the local bakeries and post offices, we knew our neighbors on the road. It was home. But on June 1st, our landlord let us know he needed our space to expand his business. We had ninety days to find a new home. Talk about change! New location, new space, new shelving, systems and routines—not to mention packing, moving, organizing and changing our address with countless suppliers and vendors. It wasn't easy. But we did it. Now we are enjoying being a part of this vibrant community here in downtown Troy and we hope that by visiting us in our new location you too will discover the unique shops, places to eat, the events offered, the farmer's market or just a walk along the river.

One thing that hasn't changed, however, is our commitment to you, our partners and friends. We will continue to share with you the very best in herbal products, teas, gifts and supplies. We are committed to giving you the best possible service and sharing with you the goodness that nature gives us. If you happen to be in Troy, stop by and see our new home. We'd love to show you around and welcome you to the new/old Jean's Greens!

Green blessings,
Holly Applegate

Our Products

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 Indicates a new product.

HOW TO FIND US: From the South: 787 north to Green Island Exit (exit 8), right at end of ramp, right over Green Island bridge, right on River St, right again on River St. #225 on the right; From the North: Rt 87 South to Route 7 east, Take exit toward downtown, merge onto 6th Ave, right on Federal St., left on River St (do not cross bridge) then right onto River St, #225 is on the right; From the West Route 7 east, Take exit toward downtown, merge onto 6th Ave, right on Federal St., left on River St (do not cross bridge) then right onto River St, #225 is on the right

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Retail Store Hours and Holiday Hours

Tues - Fri 10-5, Sat 10-3

Closed August 25th - September 4th

for conference and vacation and

December 24th- January 2nd

Please understand that we cannot provide you with medical advice, information about herb/drug interactions or help with questions regarding illness or injury. We suggest that you consult your health care provider or a licensed practitioner for assistance with these types of questions. Information & products in this catalog and on our web site are not intended to treat, cure, prevent or diagnose any disease and none of the statements have been evaluated by the Food and Drug Administration.

Herbal Tea Works!

Caffeine-free herbal teas, made from fresh dried,
organic and wildcrafted herbs.

2 cups Loose Tea - \$7.25 - Package of 30 T-bags - \$7.50
Individual T-bags - 25 cents each

Abdo-Mends . . . Soothe gastric distress and restore internal balance with this traditional blend. *Marshmallow root, Oatstraw, Plantain, Meadowsweet, Catnip, Peppermint, Licorice root, Lemon Balm.*

Bend Blend . . . This blend is traditionally used to enhance freedom of movement and soothe painful joints. *Dandelion root, Burdock root, Chicory root, White Willow bark, Red Clover, Nettle, Alfalfa, Parsley.*

Bright Idea . . . A special blend of herbs historically used to restore vitality and mental awareness. *Ginkgo, Gotu Kola, Lemon Balm, Peppermint.*

Dem Bones . . . A tasty blend of calcium-rich herbs to supplement your diet. *Hawthorn berry, Nettle, Oatstraw, Chamomile, Peppermint, Licorice root, Horsetail, Alfalfa, Marshmallow root.*

Face It . . . Beauty is not just skin deep! This traditional Mexican blend is used daily to improve skin from the inside out. *Burdock root, Figwort, Oatstraw, Sarsaparilla root, Yellow Dock root, Licorice root, Stevia.*

Fizzle Frazzle . . . Unwind after a stressful day with this relaxing, aromatic blend. *Lemon Balm, Chamomile, Lavender, Oatstraw, Rose petals, Chrysanthemum.*

For Your Eyes Only . . . Use a moistened T-bag as an eye pack, or make an infusion to use as eyewash and/or drink for irritated eyes. *Bilberry, Chickweed, Calendula, Lavender, Goldenseal leaf.*

Hearts Ease . . . Nourishing, toning and soothing for the heart and circulatory system. *Hawthorn berry, Oatstraw, Linden flower, Nettle, Spearmint, Hawthorn leaf & flower, Motherwort.*

Lemon Lift . . . A tasty, cooling, hot weather beverage. Good year round to reduce fevers and indigestion. Yummy hot or cold. *Lemongrass, Lemon Balm, Lemon peel, Lemon Verbena, Stevia.*

Loosen Up . . . Traditional blend used to calm the nerves and body, loosen tight joints & muscles. Popular with chiropractors. *Meadowsweet, Chamomile, Lemon Balm, Marjoram, Passion Flower, Lavender, Oatstraw, Spearmint, Stevia.*

Mandala Centering Tea . . . A delicious blend which will assist with stress relief, centering and cleansing. *Spearmint, Orange peel, Dandelion leaf, Lavender, Lemon Balm, Roses.*

A Peaceful Place . . . A delicious relaxing blend. Perfect at day's end for peace of mind. Created for the Wellness Center in Clifton Park, NY. *Oatstraw, Lemon Balm, Chamomile, Spearmint, Lavender, St. Johnswort.*

Phlemonade . . . Be kind to your lungs. Therapists use these herbs to reduce coughs & deep lung imbalances. *Wild Cherry bark, Coltsfoot, Echinacea root, Elecampane root, Peppermint, Pleurisy root, Licorice root, Mullein.*

Pollution Solution . . . A refreshing blend of herbs that enhances your immune system and cleanses your body of environmental toxins. *Elder flower, Rosemary, Dandelion leaf, Cleavers, Peppermint, Cinnamon, Echinacea leaf, Red Clover.*

P.P.T. . . . Give your kidneys a treat with this blend traditionally used to cleanse and nourish. *Dandelion leaf, Pipsissewa, Cleavers, Chickweed, Ginger root, Horsetail, Cornsilk.*

Smooth Moon . . . Special blend which helps restore menstrual balance and soothe discomfort. Use frequently during menses. *Red Raspberry leaf, Squawvine, Nettle, Oatstraw, Lemon Balm, Catnip, Red Clover, Cleavers, Yarrow, Mugwort*



Sunnyside Up! . . . Keep your spirits on the light side. *St. Johnswort, Peppermint, Lemongrass, Hibiscus, Lavender, Ginkgo, Rosemary, Stevia.*

Sweet Slumber . . . Slip into dream time with a cup just before bed. *Chamomile, Catnip, Passion Flower, Lemon Balm, Valerian root, Marshmallow root.*

Vitamins . . . Refreshing, naturally sweet blend of herbs high in nature's own vitamin C supplements. Delicious hot or iced! *Rosehips, Hibiscus, Orange peel, Spearmint, Cinnamon, Lemongrass, Stevia.*

Women's Blend . . . Daily tonic good for women of all ages, but especially during pregnancy and throughout the childbearing years. *Nettle, Red Raspberry leaf, Red Clover, Oatstraw, Spearmint.*

Z-Z-Z Tox . . . Relaxing, healing, cleansing, detoxifying blend of herbs. *Yarrow, Chamomile, Peppermint, Skullcap, Elder flower, Catnip, Parsley, Goldenseal leaf, Valerian root, Stevia.*

T-Samplers

Presented in an attractive gift box for you to sample, or for a friend.

T-Starter Kit . . . \$11.00
Select 4 loose blends - 1/2 cup per blend. Boxed with brewing directions & stainless strainer.

T-Bag Sampler . . . \$10.00
Select 6 favorites for yourself or loved ones. Contains 6 varieties, 5 T-bags each.

Stress Relief Sampler . . . \$10.00
Feel the tension disappear with each cup! 5 T-bags each of *Abdo-Mends, Fizzle Frazzle, Hearts Ease, Loosen Up, Mandala Centering Tea, Sunnyside Up!*

Traveler's Sampler . . . \$10.00
A special selection of 6 blends for the road-weary! 5 T-bags each of *Abdo-Mends, For Your Eyes Only, Loosen Up, Phlemonade, Pollution Solution & Sweet Slumber.*

Special Blend?

Let us do it for You!

We will blend your own special blend or one advised by your practitioner in our lab according to your instructions!

Minimum order: 1 lb., \$27.00

Loose Only Teas

2 Cup Package - \$7.25

Ah-Hem! . . . A tasty blend of herbs to soothe and clear your throat. *Licorice, Slippery Elm, Marshmallow root, Ginger root, White Oak bark, Cinnamon.*

Bliss Tea Blend . . . Find your center, clear your mind, nourish and support your nervous system and rest easy with this delicious blend. *Milky oat tops, Skullcap and Tulsi (Sacred Basil).*

Chill Chaser . . . Our Chai Tea. Warm up with a delicious blend of spices. Add milk and/or honey to taste. Now available decaffeinated. Please specify when ordering. *Orange Pekoe Tea, Cardamom, Cinnamon, Ginger root, Nutmeg, Cloves, Coriander, Cayenne.*

E-Z Transition . . . Traditional tonic formula for women in menopause. *Sarsaparilla root, Orange peel, Vitex, Dandelion root, Ginger root, Cinnamon, Wild Yam, Licorice root, Dong Quai.*

Herbal Magic Tea . . . A soothing blend of herbs from traditional magic and folklore. A perfect accompaniment to relaxation or spiritual meditation. *Skullcap, Hyssop, Peppermint, Linden, Lavender, Elderflower & Rosemary.*

Women's Nursing Blend . . . A blend of herbs traditionally used by nursing mothers to enhance their milk supply. *Fenugreek Seed, Fennel Seed, Oatstraw, Alfalfa & Blessed Thistle.*

Smoke-Less Tea . . . A calming, cleansing blend to help you kick the habit. *Milky oat tops, Mullein, Red Clover, Skullcap, Lemon Balm, Lobelia.*

Tea Accessories

Tea Press . . . \$28.00 - 4 cup.
\$36.00 - 6 cup
Sturdy tempered glass press with steel mesh strainers.



Tea Infuser . . . \$3.50
Stainless steel mesh infuser with spring hinge handle. Ideal for brewing a single cup.

Tea Ball . . . \$3.50
Stainless steel mesh tea ball. Conveniently brews a pot of tea.

Tea Strainer . . . \$9.50
Stainless Steel strainer to easily brew a single cup or an entire pot of tea.

Black and Green Organic Teas

FT- Certified Fair Trade

Assam Tea - full bodied tea from the Assam region of India (FT) \$9.50/4 oz.

Earl Grey - flavored with bergamot oil; available decaffeinated.(FT) \$9.50/4 oz.

Green Bancha - steamed, untoasted green leaf produced later in harvest season; less caffeine than other green teas. \$10.00/4 oz.

Green Sencha - handpicked at the peak of flavor high in the mountains of Japan, steamed to retain color and flavor. \$13.00/4 oz.

Gunpowder Green - pinhead gunpowder, tightly rolled pellets which "bloom" gracefully in hot water. (FT) \$8.50/4 oz.

Irish Breakfast - invigorating "wake-up" blend. (FT) \$9.00/4 oz.

Jasmine Tea - green tea infused with the fragrant scent of jasmine flowers. (FT) \$10.00/4 oz.

Mango Ceylon - light and sweet with the essence of mango and marigold petals. (FT) \$11.75/4 oz.

Orange Pekoe India FOP - classic, light, brisk; available decaffeinated. (FT) \$8.50/4 oz.

Pu'erh Tea - dark fermented tea from Yunnan province (FT) \$12.00/4 oz.

Rooibos Tea - "red tea" high in antioxidants & completely caffeine free. (FT) \$7.50/4 oz.

Se Chung Oolong Tea - semi-fermented and fired leaves produce this aromatic tea from China. (FT) \$10.50/4 oz.

Vanilla Rooibos - all the benefits of Red Rooibos with organic vanilla aroma and flavor. Delicious! (FT) \$14.50/4 oz.

Woodland Essence Restorative Herb Powder

A deeply nourishing and supportive blend of herbs designed to enhance overall health and well-being, with an emphasis on immune and endocrine systems. Use to increase vital energy, tone and calm the nervous system, strengthen the lungs, and build the blood.

Take over a period of time to feel vibrant and restored. Contains: *Organic roots of Eleutherococcus senticosus, Ashwagandha, Astragalus, Codonopsis, Fo-ti, Shatavari, Ginger and Organic Hawthorn berries.*
By Woodland Essence. 4 oz. Jar ... \$17.00

Special Beverages

Four + One

Concentrated Formula! In its original form it was commonly known as Essiac. Practitioners and herbalists have found the brew to be a nontoxic way to stimulate the self-healing capability of the body. Our formula contains the basic four ingredients: *Burdock Root, Sheep Sorrel, Slippery Elm, and Turkey Rhubarb Root* plus we've added *Red Clover* which has been historically used as a blood purifier. Recommend 1oz. diluted with water twice per day on an empty stomach.

1 pint \$12.00

1 case (12) Save \$18\$126.00

4 oz. Dry Mix (to make your own) \$10.00

Jean's Greens Super Green Drink

Jean's Greens is in the process of formulating a green drink comparable to Rachel Jean's. Please call us for further information on availability.



Other Beverages

Coffee: A variety of organic and fair trade blends by *Deans Beans*. \$8.00/1/2 lb. Call for selection.

Dandy Blend 7.0 oz. \$11.50; 14 oz. \$19.95; 2 .lb. \$32.95; One Cup Sample Packs 3/\$1.25; Box of 25 \$10.00 Delicious! Instant dandelion beverage roasted to release the bitter substances, beneficial to liver and blood. Sweetened with fructose. Enjoy hot or cold.

Woodland Wake-up! 6 oz. \$9.00
A robust Chaga beverage with a rich & mellow taste. Excellent herbal coffee substitute or wonderful mixed with your favorite coffee. *Roasted Dandelion root, Orange peel, Chaga Mushroom, Cinnamon.*

Healthy Edibles

Bee Pollen . . . 4 oz. \$11.00; 8 oz. \$14.00
One of nature's most nutritionally balanced foods. Organic.


Cranberries . . . 8 oz. \$6.50
Sweetened dried organic cranberries.
All organic Cranberries, Evaporated Cane Juice & Sunflower Oil.
From Fairland Farm.


Crystallized Ginger . . . \$2.20 per oz.
Sugar coated certified organic ginger cubes; warming and delicious.

Elderberry Tonic . . . 4 oz. bottle \$12.50
Delicious, warming winter tonic for people of all ages. *Elderberry/brandy extract with Ginger syrup and Lime.*
Lovingly made by *Jean's Greens*.

Han's Honey Loquat Lozenges ... 13 pieces \$4.50. A traditional Chinese formula, a unique throat soother.
Glucose, Sugar, Loquat, Fritillary, Honey, Madarin Peel, Apricot Kernel, Licorice, and Menthol.

Hot Cocoa Mix . . . 12 oz. \$9.50
A rich delicious blend of *Fair Trade Organic Cocoa powder, Organic Sugar and Organic Non-fat Dry Milk.*
From Dean's Beans.

 Honey Matcha Tea Shots . . . 6 oz. Jar \$15.00. Whole plant formulation blended in raw honey. Convenient to eat off the spoon or in tea or coffee. Can also be used in smoothies or recipes. Gluten free, caffeine free. Choose from: *Ache Ease (inflammation), Allergency (allergies), Sleepy (support for sleep), Tummy Love (digestive balance), or Well Being (immune support).* *From Mockingbird Meadows Farm.*

 Ryan's Kelp . . . 1 oz. \$5.00
High quality kelp that is hand harvested by Ryan Drum on the San Juan Islands off the coast of Washington state. Excellent source of essential minerals.

Wildflower Honey . . . 1 lb. \$8.00
Organic Adirondack foothills wildflower, forest and field blend.
Honey with Cinnamon \$8.75 1 lb.

Zesty Seas . . . 2 oz. shaker bottle \$6.50
Jean's own blend of *Dulse, Kelp, Nettle seed, Garlic granules & ground Sesame seed.*

Herb & Spice Blends

Prices are per ounce

CO = Certified Organic SF = Salt Free

Chili Seasons: chili pepper, cumin, oregano, garlic. CO/SF.....2.00

Curry Powder: turmeric, coriander, cumin, fenugreek, cayenne, white pepper, yellow mustard, ginger, cinnamon, cardamom, cloves, nutmeg. CO/SF.....2.00

Fajita Seasons: black pepper, onion & garlic powder, cumin, coriander, lemon peel, oregano, parsley, cayenne. CO/SF.....2.00


Garam Masala: cardamom, cinnamon, clove, cumin, white pepper, coriander. CO/SF.....2.50

Gumbo File: sassafras leaf powder. SF.....2.50

Herbs de Provence: basil, rosemary, thyme, parsley, marjoram, lavender and tarragon. CO/SF.....1.95

Italian Seasons: oregano, basil, garlic, marjoram, rosemary, sage, savory. CO/SF.....1.95

Lemon Pepper: black pepper, onion, garlic, lemon peel, rosehips, celery seed, orange peel, citric acid, turmeric, savory, parsley, lemon oil. CO/SF.....2.00

 Thai Seasons: chili powder, lemongrass, star anise, coriander, garlic, lemon peel, ginger, onion, basil, cumin & cinnamon CO.....2.00

Pumpkin Pie Spice: cinnamon, ginger, allspice, clove, nutmeg. CO/SF.....2.50





An Herbal Remedy series fresh from the country, devoted to preserving traditional methods of herbal wisdom, brought to you by Dina Falconi and Jean's Greens.

What we can't grow or find, we get from reputable sources of organic growers and wildcrafters. We carefully harvest each plant at peak potency and process them individually. We make simple extractions with varying spring water / organic grain alcohol ratios for optimal results.

We deeply love the spirit of the plant world and believe in Earth Energy as a form of healing. This energy goes into every bottle. Earthly Extracts offers you an opportunity to experience this Earth connection and begin the process of natural healing.

1 oz. - \$12.00

2 oz. - \$22.00

4 oz. - \$40.00

Breath of Joy ... Allergy and sinus relief. *Eyebright, Goldenseal root, Osha root, Goldenrod, Nettle seed, Horseradish.*

Clear Mind ... Maintain mental clarity. *Ginkgo leaf, Gotu Kola leaf, Milky oat tops, Lavender flower.*

Defense Formula ... For immune system support. *Echinacea angustifolia and purpurea, Goldenseal root, Spilanthes, Prickly Ash bark, Calendula.*

EZ Does It ... Stress relief. *Milky oat tops, Chamomile, St. Johnswort, Skullcap, Lemon Balm.*

Feverfew Remedy ... For headaches. *Feverfew, Blue Vervain, St. Johnswort, Chamomile, Meadowsweet, Lavender.*

Flu Away ... Colds, flu, and fevers. *Elder flower, Yarrow, Boneset, Catnip flowering tops.*

Love Potion - Female Toner ... Nourishing and revitalizing. *Vitex berries, Raspberry leaf, Burdock root, Roses, Damiana leaf.*

Love Potion - Male Toner ... Nourishing and revitalizing. *Saw Palmetto berries, Licorice root, Damiana leaf, Raspberry leaf, Ho Shou Wu root, Ginseng root, Vanilla bean.*

Mellow Moon ... Menstrual discomfort. *Skullcap, Crampbark, Mugwort.*

Move With Joy ... More flexibility and less pain. *Devil's Claw root, Yucca root, Sarsaparilla root, Prickly Ash bark, Burdock root, Dandelion root.*

Mullein Plus ... Deep lung congestion. *Mullein leaf, Marshmallow root, Elecampane root, Astragalus root, Bee Balm, Lobelia.*

Peaceful Pulse ... Heart tonic. *Hawthorn berry, Ginkgo leaf, St. Johnswort, Motherwort, Skullcap.*

Piss Bliss ... Soothing & cleansing. *Uva Ursi, Saw Palmetto berries, Marshmallow root, Cornsilk, Goldenrod.*

Root Tonic ... Rebuilds liver health. *Yellow Dock root, Burdock root, Dandelion root, Artichoke leaf, Milk Thistle seed.*

Women's Liberty ... Menopausal formula. *Black Cohosh root, Vitex berries, Motherwort, Mugwort.*

Zzz's ... Encourages sleep. *Hops, Chamomile, Skullcap, Catnip, Meadowsweet, Valerian root.*

Simple Extracts

1 oz. \$11.00 2 oz. \$20.00

Extracts provided by various
Northeast Herbalists
and Jean's Greens.

Extracted in pure
organic grain alcohol.

Made from freshly harvested herbs
unless indicated: d-dried

This is a partial list - Call us if you
have a special need.

Some extracts may be available in
Glycerites - please ask.

Astragalus - d
Black Cohosh root
Black Walnut hull
Blue Vervain
Boneset
Burdock root
Calendula
California Poppy
Catnip
Chickweed
Cleavers
Coltsfoot
Dandelion root
Dandelion leaf
Echinacea purpurea Plus
Elder berry
Elder flower
Elecampane root
Feverfew
Ginkgo
Goldenrod
Gravel Root
Hawthorn leaf & flower
Hawthorn berry
Hops
Lady's Mantle
Lemon Balm
Lobelia
Meadowsweet
Milk Thistle - d
Motherwort

Simple Extracts continued

Milky oat tops
Red Clover blossom
St. Johnswort
Shepherd's Purse
Skullcap
Teasel root
Tulsi Basil
Valerian root
Vitex - d
Wormwood
Yarrow
Yellow Dock root

American Ginseng \$15.00
Goldenseal root \$14.00

Mushroom Extracts From Woodland Essence

1 oz.. - \$13.00 2 oz.. - \$24.00

*Alcohol & water
concentrated extracts*

Chaga Extract . . . A woody tree
mushroom known to promote
internal balance.

Reishi Extract . . . Wildcrafted
mushroom proven effective for a
wide variety of disorders.

Shitake Extract . . . Supports
cardio vascular function.

Five Mushroom Extract . . .
Double extraction of *shitake*,
reishi, *chaga*, *maitake*,
and *turkey tails*.

***We carry additional extracts
from Woodland Essence,
please call for selection.***

Elixers, Syrups and Tonics

Passion Chocolate Herbal Elixer. . .
4 oz. \$15.00 Passion has been formulated to stimulate sexual vitality. Featuring Maca Root, a nourishing botanical that promotes hormonal balance, sexual well being and stamina. *Unfiltered Pacific Northwest honey, Fair trade Cacao powder*, Maca root, Muira Puama bark*, Damiana leaf, Catuaba bark, American Ginseng root*, Nutmeg*, Grain alcohol* & Water. *Certified Organic. Formerly by Terra Firma, now provided by Mountain Rose Herbs.*

Adapt Chocolate Herbal Elixer . . .
4 oz. \$15.00 Adapt has been formulated to induce harmony and balance amidst life's everyday stress. Features Reishi mushroom which is an adaptogenic botanical that strengthens and supports the body's immune system. *Unfiltered Pacific Northwest honey, Fair trade Cacao powder* Reishi mushroom*, Chaga mushroom, Eleuthero root*, Schisandra berry*, Organic Grain alcohol* & Water. *Certified Organic Formerly by Terra Firma, now provided by Mountain Rose Herbs.*

Rhapsody Chocolate Herbal Elixer. 4 oz.
\$15.00 Rhapsody is a delicious blend formulated to promote relaxation and euphoria. Featuring Kava Kava which is an anti-anxiety botanical that produces a brief numbing sensation on the tongue. *Unfiltered Pacific Northwest honey, Fair trade Cacao powder*, Kava Kava root*, Maqui berry*, Grain alcohol* & Water. *Certified Organic. Formerly by Terra Firma, now provided by Mountain Rose Herbs.*

Ginger Syrup . . . 4 oz. \$15.00
Delicious taken alone or in tea. A great traveling companion. *Contains pure unfiltered honey & fresh organic Hawaiian ginger root extract. Contains 5% certified grain alcohol by volume. Formerly by Terra Firma, now provided by Mountain Rose Herbs.*

Aphrodite's Syrup . . . 4 oz. \$15.00

This blend is chock full of aphrodisiac herbs. Use on ice cream, in coffee or by itself. *Contains unfiltered honey and respectfully harvested wild herbs: Damiana leaf, Cinnamon bark, Kola nut powder, Kava Kava root, Rosehips & Vanilla extract. Contains 5% organic grain alcohol by volume. Formerly by Terra Firma, now provided by Mountain Rose Herbs.*

Root It Away Osha Syrup. . .
4 oz. \$15.00 This is our most potent & fast acting herbal cough syrup. Designed to cut through the thickest phlegm and get right to work on stubborn coughs. Can be taken alone or in tea as needed. *Contains unfiltered Honey and the following organic and respectfully wild harvested herbs: Elecampane Root, Osha Root, Marshmallow Root, Horehound Leaf, Mullein Leaf and Fennel Seed. Contains 5% certified organic grain alcohol by volume. Formerly by Terra Firma, now provided by Mountain Rose Herbs.*

Herbal Tonics by Jean's Greens

Elderberry Tonic . . . 4 oz. bottle \$12.50
Delicious, warming winter tonic for people of all ages. *Elderberry/brandy extract with Ginger syrup and Lime.*

Herbal Tonics from Roots Remedies

Energy Tonic . . . 4 oz. \$12.99
Vitality by the spoonful. A delicious way to replenish a stressed, depleted body. *Black Currant juice, American Ginseng root, Organic Oat tops, Raw Honey.*

Sleep Tonic . . . 4 oz. \$12.99
Slumber by the spoonful. Non habit forming with no groggy side effects. *Blueberry Juice, Organic Lemon Balm, Organic Valerian, Organic Linden Flower, Organic Skullcap, Raw Honey.*

Stress Tonic . . . 4 oz. \$12.99
Support by the spoonful. Calming, restorative, uplifting. *Black Currant Juice, Organic Lemon Balm, Organic Skullcap, American Ginseng, Honey.*

Health and Beauty

After the Sun Creme

2 oz. \$12.00 Replenish sun damaged and older skin. *St. Johnswort flowers in olive oil with Jasmine and Lavender essential oils.*
By Woodland Essence.

All Purpose Salve

1 oz. \$5.50 Use for almost anything from rashes to bug bites, burns, wounds, inflammation, and more. *Olive oil infusion of fresh Plantain, Comfrey leaf, St. Johnswort and Calendula thickened with Beeswax.* By Jeans Greens.

Birch Velvet Face and Body Creme.

2 oz. \$12.00 Silky smooth and luscious! Good for unique skin conditions and dry skin. By Woodland Essence.

Blue Chamomile Face Cream

1.5 oz. \$9.00; 3.6 oz. \$16.50 Rich nourishing moisturizer made from an infusion of herbs selected for their skin enhancement properties, blended with all natural oils, *Rosehips and Chamomile essential oils.* By Jean's Greens.

Calendula Face Lotion

4 oz. cobalt pump bottle \$14.00. For mature skin, a light and silky nourishing, unscented lotion. Contains healing *Calendula oil* with *Lemon Balm hydrosol & Shea butter.* By Birch Moon Herbals.

Chaga Creme

2 oz. \$14.00 A rich and fragrant creme that addresses various skin anomalies; improves skin tone; deters rashes and skin discoloration. By Woodland Essence.

Good Earth Lotions

4 oz. \$8.00 This lotion is loaded with soy protein. It will leave your skin feeling silky and smooth. Absorbs wonderfully with no sticky residue. *Choose from Patchouli, Lemon Verbena, Lavender, Rosemary Mint or Sweet Basil Vanilla.*
By Good Earth Soap.

Eye Toner Cream

15 ml. \$12.00 A delightful blend of herbs, oils and cucumber water. Absorbs easily and helps puffiness around the eyes without masking your natural glow.
By Solstice Herbals.

X~ema Cream

2 oz. \$12.00 An incredibly soothing blend of herbs to help ease the itch of eczema. Helps to heal inflamed, dry skin.
By Birch Moon Herbals

Honey Blossom Face Scrub

4 oz. \$10.00 Exfoliating cleanser for skin. Made with raw, local honey, ground apricot kernels, oats, white clay and a blend of herbs to heal, cleanse and soothe the skin. Excellent for any skin type.
By Solstice Herbals.

Kathy's Healing Lotion

5 oz. \$12.00 8 oz. \$19.98 16.5 oz. \$39.98 This 100% organic lotion is amazing for severely dry skin. As an overall hand and body lotion, it softens your skin, stops itchy skin, heals, nurtures, soothes and works all day, even after you wash.
By Kathy's Family.

Lavender Cream

2 oz. \$12.00 A rich, super moisturizing cream for dry cracked hands, face, feet and body. Healing *Calendula oil* and calming *Lavender* in perfect combination. On your face, a pea sized amount is all you need for all day softness and protection. Unscented is also available. By Birch Moon Herbals.



Olive Facial Essential Oils

1 oz. \$43.00 A new product formulated by author Stephanie Tourles for *Healthy Harvest*. Two formulas available:
#1 Tuscan olive oil with essential oils of *lavender, geranium, myrrh & palmarosa.* #2 Tuscan olive oil with essential oils of *lavender, frankincense & sandalwood.*

Spruce Cream

2 oz. \$12.00 A supermoisturizing cream for dry cracked hands and feet. Calendula oil is very healing. Calendula oil is very healing. Spruce is uplifting and clears the head. Enjoy!
By Birch Moon Herbals.

Wild Rose Face Cream

2 oz. \$13.00 Luxurious, rich and sensual, Wild Rose is truly food for the skin. High in essential fatty acids, aids in rebuilding skin. By Holly Farms.

Health and Beauty

Hair Care

Heat and Treat

2 oz. \$10.00 Herbal liniment used to soothe and warm sore muscles, sprains, bruises and joints. Contains fresh infused oils of *St. Johnswort & Arnica* enhanced with essential oils. *By Jean's Greens.*

Penetrating Joint Comfort Salve

3.5 oz. \$16.50 Massage this fragrant salve into aching joints to bring warmth, comfort and flexibility. *Organic and wildcrafted herbs with emu oil, flower essences and essential oils.* *By Woodland Essence.*

Warming Muscle Balm

3.5 oz. \$16.50 A fragrant, relaxing balm to soothe strained and sore muscles, releasing tension and cramping. Organic and wildcrafted herbs with essential oils and flower essences added. *By Woodland Essence.*

Sage Blue's Breast Balm

2 oz. \$12.00 Formulated with flowers and oils that penetrate deeply to stimulate lymphatic flow and release toxins. Breast massage instructions included. *By Jean's Greens.*

Sage Blue's Love Balm

2 oz. \$12.50 Slippery and wild body lubricant. Mild pleasant scent - does not leave a greasy residue. Do not use with latex products. *By Jean's Greens.*

Project A Arnica Cream

4 oz. \$20.00 Relief from joint and muscle pain and inflammation. Helpful with bruising. *By RAD. (a locally owned company)*

Sweet Dream Balm

1/4 oz. \$5.00 Massage a little of this salve into your temples as you slip into dreamland. Great bedtime ritual for children. *By Jean's Greens.*

Special Care for Lips

Lip Balm Sticks

.15 oz. \$3.50 Soothes and protects. Call for our current selection. *By Birch Moon Herbals, Bonaturale or Holly Farms.*

Soothing Touch Lip Balm

.25 oz. \$4.00 Soothes and protects. Choose from Coconut Lime, Grapefruit, Pomegranate, Vanilla Rose, or Unscented *By Soothing Touch*



Shampoo Bars

Conditioning natural shampoo in a solid bar. Cleans the hair and scalp without stripping away natural protective oils. Choose from *Chamomile & Citrus*, *Rosemary & Lavender*, or *Nettle*. Certified organic and vegan. 5.8oz bar for \$9.95 *By Chagrin Valley Soap & Salve Co.*



Dry Shampoo

For a quick fix in between shampoos, helps your hair to look clean and smell fresh. Choose from Light Hair or Dark Hair. Certified organic and vegan. 4.5oz for \$18.50. *By Chagrin Valley Soap & Salve Co.*



Hair Balm

Leave in conditioning treatment. Choose from Creamy Shea or Coconut Primrose. 2 oz. \$13.99. Creamy Shea for dry, over processed, coarse or textured hair. *Organic Virgin Shea Butter, Organic Babassu Oil, Organic Almond Oil, Organic Jojoba Oil.* Certified organic and vegan. Coconut Primrose for all hair types, promotes healthy hair and scalp. *Organic Virgin Coconut Oil, Organic Evening Primrose Oil, Organic Jojoba Oil, Organic Beeswax.* Certified organic and vegan. *By Chagrin Valley Soap & Salve Co.*

Kathy's Prairie Hair Therapy

These hypo-allergenic and fragrance free products can be used on all hair types. Nurtures your hair and adds body and shine. 100% Organic Shampoo for \$19.75/8oz and 88% Organic Conditioner for \$19.75/8oz.. *By Kathy's Family.*

Rainbow Henna

\$1.75/ oz. Organic and without additives. Choose from; Neutral, Blonde, Marigold Blonde, Strawberry Blonde, Copper, Light Brown, Medium Brown, Dark Brown, Burgundy, Mahogany, Sherry, Red, or Black. Ask for our Free Henna Fact Sheet.



Cedar & Citrus Beard Oil & Balm

1 oz. Oil \$12.00 2 oz. Balm \$12.00 Moisturizing oils that are hydrating to the skin and help soften and tame the beard. *by Good Earth*

Special Care for Acne

Kryptonite Acne Cream

1.2 oz. \$25.00 Crafted with the finest all-natural ingredients for a highly moisturizing, quickly absorbing, blemish cream. Soothing and helpful with acne. *Reishi Mushroom Extractions, Matcha Tea, Calendula, Green Clay, Hops, Essential oils of White Grapefruit, Bergamot and Tea Tree.* By RAD.

Kryptonite Soap

6 oz. \$10.00 For skin detox and acne. Improves complexion without drying out skin. *Infused with Reishi Mushroom extractions, Matcha Tea, Calendula, Green Clay and Essential oils of Tea Tree, Bergamot and Grapefruit.* By RAD.

Pimple Juice

1 oz. \$5.50 or 2 oz. \$10.00 Don't squeeze! Apply Pimple Juice directly on blemish with a cotton ball. Just a little dab is all you need of this herbal combo in Witch Hazel. *By Jeans Greens.*

Green Goddess Mask

2 oz. \$12.00 A 20 minute all natural creamy face treatment. Removes residue from pollutants and makeup. Revitalizes the complexion. Great for problem skin, enough for over 10 facials. *By Jean's Greens.*

Special Care For The Great Outdoors

Buzz-Off!

2 oz. \$7.00 Jean's secret formula of Witch Hazel with essential oil blend. Spray bugs away! *By Jean's Greens.*

No-Swat Solid

1 oz. Solid \$5.50 An all natural oil-based insect repellent that really works. Safe for children, adults & pets. Should not be used by pregnant women. *By Jean's Greens.*

Itch Re-leaf

4 oz. \$10.00 An herbal spray to soothe "itchies". *Jewelweed, Mugwort, Plantain, Comfrey, Sweet Fern & Witch Hazel bark in Witch Hazel extract,* preserved with 25% pure grain alcohol. *By Woodland Essence.*

Herb Hill Salves

Gretchen Gould's hand-crafted salves made from the oil of fresh plants grown on Herb Hill, Rensselaerville, NY.

List of ingredients available upon request.

1 oz. creme jars \$6.50 each

Anti-X A special formula for patients who suffer skin burns.

Bursa Balm Soothing balm for the bursitis sufferer.

Calendula Plus Traditional blend used for inflamed or itchy skin.

Calm Balm Especially formulated for women to ease tension.

Chest Rub Warms congestion of the lungs, soothes coughs.

Chick Epoxy Formulated for the itchy outbreaks of chicken pox; also effective for eczema.

Cuti Cure Strengthens nails & softens cuticles.

Flim Flam Jam A stimulating anti-inflammatory to aid circulation & ease arthritic joints.

Foot Warmer Encourage circulation to your extremities.

Fungal Jumble Addresses fungal based nail/foot problems.

Kava Kava Compound Muscle relaxer, for menstrual cramps too!

Meadowsweet Pure Meadowsweet salve - put right where the pain is . Use every 4 hours in small doses.

Preparation "P" Soothing hemorrhoid relief.

Soothe 'N Comfort Pain killing herbs, can be used for any discomfort.

Snooze Eze Use this and drift off into a relaxing sleep.

St. Johnswort A relaxing "simple" to rub on muscles that ache or spasm.

Temple Rub To ease fatigue & headache.

Workout Wonder A wonder for overused muscles and tired bodies.

You're So Vein Formulated to ease discomfort of varicose veins and aid circulation.

Health and Beauty

Soaps

Enjoy a relaxing bath

Milk Bath Soak

2 oz. pkg. \$2.50; \$16.00/ lb. Pamper the Green Goddess in you! As you sink into the warm water, inhale the fragrant essential oils while the milk's calcium pampers your skin and psyche. *By Jean's Greens.*

Milk Bath with Rose Petals

2 oz. pkg. \$2.50; \$16.00 per lb. Ancient Babylonian formula to pamper your body and put you in the mood for love. Fragrance and beauty combine to make skin soft as silk and rose-scented. Goat Milk, Rose Petals, Dead Sea Mineral Salts, & Essential Oils. *By Jean's Greens.*

Mineral Salts Mustard Bath

2 oz. pkg. \$2.50; \$16.00 per lb. This therapeutic blend utilizes the warmth of mustard to open pores and release toxins. Leaves your skin feeling soothed and refreshed. *By Jean's Greens.*

Body Polishes

4 oz. \$11.95 Gentle enough to use daily, these scrubs exfoliate the skin and encourage skin cell regeneration. Organic ingredients of *Lavender, Rose or Cocoa Vanilla.* *By Tranquil Spirit Wellness.*

Body & Massage Oils

Jean's Greens Magic Massage Oil

4 oz. amber bottle \$12.50 A perfect blend of therapeutic and healing oils with a special infusion of freshly harvested St. Johnswort. Leaves your skin feeling silky smooth.

Organic Bath, Body & Massage Oil

4 oz. \$4.99 Sooth and moisturize with this unique Ayurvedic blend of 6 carrier oils. Delicately scented with essential oils or unscented and made with herbal infusions. Choose from *lavender (relaxing), Peppermint Rosemary (muscle comfort), Sandalwood (rich & exotic) or Nut Free Lite (unscented).* *by Soothing Touch*



French Bath Soap

200g bar \$6.00; 150g round \$4.50
Pure vegetable soap, enriched with shea butter for long lasting soap with abundant creamy lather. Scents distilled in the city of Grasse in the south of France. Choose from *Ginger Orange, Lavender, Lemongrass, Ocean & Seaweed, Vanilla Oatmilk or Lychee Rose.* *Imported by Echo France.*


Holly Farms Soaps

3.5 oz. Bar \$3.75 Hand made soaps with 100% vegetable oils. No artificial dyes or chemical preservatives. Choose from; *Mountain Sage, Nutmeg-Orange, Northwoods, Cinnamon-Spice, Seaweed Scrub, Patchouli-Lime, Wild Blueberry, Lilac, Lemongrass-Clove, Lavender-Poppyseed or Almond Oat Scrub.* *By Holly Farms.*

RAD Natural Body Bars

Suitable for all skin types, made of all natural ingredients that will not strip skin of it's natural oils.

Peace Body Bar 6 oz. \$8.00

 *Vanilla and Patchouli*

Sweet Slumber \$8.00

Lavender

Take Hemp and Hippie 6 oz. \$8.00

Sandalwood

Chaga Body Bar 6 oz. \$10.00

Orange, Tangerine, Clementine and Patchouli


Moon Rock 6 oz. \$10.00

Activated Charcoal, Black Current Seed Oil

Kryptonite 6 oz. \$10.00

Calendula, Reishi, Matcha, Bergamot, Grapefruit and Tea

Tree

 *Highly Caffeinated Exfolient Bar 6 oz. \$10.00*

Extraction of Death Wish coffee and ground coffee beans

Treats for your Feet

Happy Feet

3 oz. shaker \$5.50 A specially formulated foot powder to keep away the bacteria that cause odor and fungus. *By Jean's Greens.*

Peppermint Foot Cream

2 oz. \$12.00 Peppermint essential oil and flower essence awaken, refresh and cool. A wonderful after shower treat. *By Birch Moon Herbals.*

Health and Beauty

General Health and Beauty Aids

Baby & Mom Care

Amazing Tooth Powder

1 oz. \$12.00 Feel the tingle with this natural and organic alternative dentifrice. Organic *Horsetail, Spilanthes, Zeolites, Aztec Clay, Baking Soda, Stevia, Cloves, Myrrh and Peppermint Essential Oil.* By *Rose Bear Medicinals.*

Herbal Gum Rinse

1 oz. \$11.00 2 oz. \$20.00 Tones and strengthens gums, and freshens breath. Prepared with *Echinacea purpurea, Spilanthes leaf and flower, White Oak bark, Calendula flowers, Plantain leaf and Myrrh gum extracted in organic grain alcohol and distilled water with Bloodroot extract and essential oil of Peppermint added.* By *Woodland Essence.*

Herbal Throat Spray

1 oz. \$11.00; 2 oz. \$20.00 A soothing and antiseptic blend for tender throats. Fresh whole plant *Echinacea purpurea, Usnea lichen, Sage, Thyme, Hyssop leaf, Licorice root, Goldenseal root, Myrrh resin and Propolis.* With essential oil of either peppermint or orange added. Please indicate your choice. By *Woodland Essence.*

Deodorant Spray

All natural effective deodorant spray with antimicrobial and aromatic properties suited for men or women. Choose from: Woodland Scent 2 oz. \$8.00 Vanilla Sage 2 oz. \$9.00. By *Falcon Formulations.*

Hand Sanitizer

1oz. \$3.95 Safe and effective, emollient and sanitizing with no chemicals or alcohols to dry skin. Unscented, or with essential oils of Lavender, Peppermint or Orange. By *Bonaturale.*

Super Wound Wash

1 oz. \$12.00; 2 oz. \$22.00 A strong extract blend of roots, leaves and flowers traditionally used for various skin conditions. Contains *Calendula, Hypericum, Echinacea, Comfrey root & Usnea lichen* in 50% alcohol. By *Woodland Essence.*



Baby Powder

3 oz. \$6.00 Powdered flowers for your baby's sweet sensitive skin. Mild, calming scent. By *Birch Moon Herbals.*

Calendula Baby Lotion

6.8 oz. \$16.00 Moisturizes and soothes a baby's delicate skin. Easily absorbed, leaving the skin soft and supple. Ideal for adults with sensitive skin. By *Weleda.*

Calendula Shampoo & Body Wash

7.2 oz. \$13.50 Delicately cleans and softens a baby's hair and skin. Gentle on the eyes. Formulated with the mildest plant based cleansers. Ideal for the gentle care of sensitive adult skin. By *Weleda.*

Diaper Salve

1 oz. Travel Tin \$6.00, 2 oz. \$9.00, 4 oz. \$17.00 Fast recovery from diaper rash. Soft for easy spreading. Calendula and Comfrey infused Olive oil, Beeswax, Lavender and essential oil. By *Birch Moon Herbals.*

Fairy Mist

1 oz \$7.00 Soothing for children when nothing else seems to work. Contains *Lavender* and flower essences. By *White Buffalo Herbs.*



Postpartum Sitz Bath

A soothing and comforting blend of herbs traditionally used to support postpartum healing. Includes one reusable muslin bag. *Comfrey leaf, Plantain, Lady's mantle, Calendula, Lavender and Yarrow.* 2 cups \$9.00

Aromamists

By White Buffalo Herbs

These aromatherapy sprays are effective and lovely using all organic ingredients, in blue cobalt glass spray bottles.

1 oz. \$7.00 4 oz. \$20.00

Allergy Relief: Said to relieve allergy symptoms. Spray a bit on hankie or face to relieve itchy eyes, runny nose, puffy face. *Lavender, German Chamomile and Lemon Balm*

Aphrodesia: Earthy scent, contains Patchouli and is said to elevate mood and act as a sexual stimulant.

Arthritis Relief: Said to provide topical relief for arthritis pain. *Boswellia, Lavender, Helichrysum & Peppermint*

Clarity: Grounding. Helps overcome panic, quickens the senses, calms mental fatigue and stress. *Clary Sage*

Concentration: Traditionally used to increase concentration, highly improve focus and observation. Has been used to discourage appetite. Clean, citrus smell. *Organic Basil, Bergamot, Lavender and Grapefruit*

Flash Relief: Traditionally used during menopause to relieve hot flashes. *Clary Sage, Geranium, Lemon and Sage.*

Flu Relief: Relieves headaches and aids congestions. A great germ killer! *Eucalyptus & Lavender*

Lavender Calm: Helps headaches, nervousness and irritability. Also relieves stings, itchiness and sunburn. Sweet and fresh. *Lavender*

Rose Comfort: Opens the heart. Emotionally comforting and supportive. Traditional love potion. Smells like a fully open rose. *Turkish Rose*

Tranquil-ez: A flowery synergistic blend that is said to relieve anxiety and stress. Helps you cope! *Lavender, Palmarosa, & Rose Geranium*

Wise Woman: Helps to relieve exhaustion and mood swings generally associated with menopause. *Lavender, Clary Sage, Rose Geranium & Bergamot*

Woodland Spirit: Evokes the glorious smell of balsam boughs and shaded woodland glens. Redolent of the holidays. *Organic Balsam*

Spritzers

by Birch Moon Herbals

Made with distilled water, hydrosols, pure essential oils and flower essences.

2 oz. glass spray bottles . . . \$7.00 each

Four Thieves Protection: Essential oils of *Clove, Cinnamon, Lemon, Eucalyptus, Rosemary, Tea Tree and Yarrow flower essence*. Helps fight off viruses, mold and bacterial infection. Legend says it was used by thieves during the bubonic plague. Avoid when pregnant.

Relaxing Mist: *Chamomile* hydrosol with *Lavender and Sweet Orange essential oils* to calm and relax nerves. Rescue remedy for stress, trauma, shock.

Sunshine: *Grapefruit, Tangerine and Lemongrass with Lemon Balm* hydrosol for the winter blues or any time a spirit lifter is needed! *Witch Hazel flower essence* sends a warm glow and hope in time of doubt and anxiety. *Spikenard* is for "Dancing gracefully through life's challenges" (Woodland Essence description).

Sweet Dreams Mist: Spray your children's rooms with this before bed to ward off monsters! Contains *Chamomile and Lavender* to calm and induce a peaceful sleep, *Aspen flowers* for unknown fears.

Aromatherapy Roll-Ons

by Tranquil Spirit Wellness

Made with the finest organic and natural botanical ingredients. 10 ml. each.

\$10.99 Peace: Lavender.

\$10.99 Love: Rose geranium and lemon.

\$9.99 Bliss: Lemon, lime, grapefruit, tangerine and orange

\$9.99 Fields: Lemongrass, ginger and lemon.

\$9.99 Passion: Patchouli, spearmint, orange and spruce.

\$9.99 Energy: Spearmint, peppermint, spruce and lime

\$12.99 Spirit: Frankincense, myrrh, cedarwood and sage

\$12.99 Balance: Ylang ylang, clary sage, cypress, sage and rose geranium

\$12.99 Focus: Lemon, lemongrass, frankincense, rosemary and basil



TRANQUIL SPIRIT
WELLNESS

Woodland Essence

Woodland Flower Essences are liquid potentized extracts

that hold the vibration of the forest.

1/2 oz.. bottle - \$9.00 Set of 9 - \$65.00

TREE FLOWERS

- Aspen, Quaking: Fearlessness in the face of the unknown.
Balsam Fir: Clarity, groundedness with inspiration.
Black Birch: Sharing one's essence without fear.
Black Cherry: Encourages creativity and artistic expression.
Golden Birch: Brings light, understanding, hope in times of despair or depression. Enhances meditation and mental clarity.
Red Cedar: Courage, wisdom.
Flowering Dogwood: Simple elegance.
Hawthorn: Protection of the heart.
Hemlock, Eastern: Guiding through a transition.
Larch: Releasing self doubt.
Linden: Calming emotional turmoil.
Red Maple: Life affirming vitality.
Sassafras: Self love.
Scots Pine: Guidance on the right path.
Sugar Maple: Nurturing. Sweetness of life.
White Ash: Core integrity. Standing in one's truth.
White Cedar: Protecting and purifying. Releases negativity.
White Pine: Stability, balance in thought and action.

FOREST FLOOR FLOWERS

- Dwarf Ginseng: Integration.
Gaywings: Joyful purpose.
Goldthread: Appreciation.
Painted Trillium: Understanding effects of choices.
Purple Clematis: Support for deep hurt.
Starflower: Protection from negative influences.
Uva Ursi: Nurtures the feminine, creativity.
Wild Lily of the Valley: Lighten up!
Wild Sarsaparilla: Perseverance and endurance in times of struggle.

SHRUB FLOWERS

- Arrowwood: Purity of intent.
Barberry: Accepting all aspects of life.
Beach Plum: Appreciate finest essence of life.
Elder: Magic and mystery. Protection.
Hobblebush: Relax, enjoy and let go.
Mountain Laurel: Clarity in time of confusion.
Ocean Rose: Opening to joy and abundance.
Wild Azalea: Confidence.
Wild Rose: Balance.
Witch Hazel: Uplifts the spirit.

AT RISK WOODLAND FLOWERS

Endangered native medicinal plant flower essences hold the plant spirit without risking the life force.

- American Ginseng: Vitality.
Accepting personal power.
Black Cohosh: Courage in healing past experience.
Blue Cohosh: Sexuality as sacred.
Graceful aging.
Bloodroot: Embracing one's inner light.
Goldenseal: Clarity to make room for new experiences.
Pink Lady Slipper: Creative expression of inner purpose.
Spikenard: Dancing gracefully through life's challenges.
Trillium: Peaceful centeredness.
Wild Ginger: Grounded and rooted.
Connecting with nature.

CHAKRA FLOWER ESSENCES

- Birth: Healing all experiences with the birth process.
Creating: Creativity, enhances belief in oneself.
Interfacing: Maintaining self in relationship.
Heart: "I am enough!" Understanding and compassion.
Opening: Spiritual guidance and inner wisdom.
Throat: Finding one's voice.
Knowing: Accessing and trusting one's intuitive abilities.
Crown: Calms emotional stress.
Fountain: Healing separation from Spirit. Realization of Oneness.

Vibrational Essences

1/2 oz.. bottle - \$6.95

Like flower essences but made from the land and environment *By MoonWise*

Letting Go Essence - Made on Plum Island in Massachusetts. It allows you to let go of the past, especially past life issues that are affecting your life now. Go forward without guilt or longing and achieve your potential in this lifetime.

Joy Essence - Made at Misty Meadows in Lee New Hampshire. It brings peace and joy to a heart that has formed a crust around it and needs a safe place to be. It is also good for when you are away from the land and have a longing to be out in nature.

Ancient Ones Essence - Made at Misty Meadows in Lee New Hampshire with the help of the Ancient Ones, still dancing in the shadows of the woods and groves, waiting to help us remember our true path. Use this essence to help you remember their teachings and bring you closer to the power, vibrations and joy of the earth. Helps to bring forth the forgotten path.

Capsules and Tablets

500 mg. capsules sold in bottles of 100 unless otherwise noted

Andrographis

100 450 mg capsules \$14.00

Wild harvested bark from Peru, also part of LB Core Protocol. *By Green Dragon Botanicals.*

Anti Yeast Formula

\$12.50 Herbal blend for treatment of yeast infections. *Goldenseal root, Echinacea, Pau D'Arco, Slippery Elm, Myrrh Gum, Black Walnut hull.*

Cat's Claw

100 375 mg capsules \$16.00

Organic herb from India, also part of LB Core Protocol. *By Green Dragon Botanicals.*

Cold Care Caps

\$12.50 Cold weather's coming, don't be caught unprepared. *Slippery Elm, Goldenseal, Echinacea, Myrrh, Ginger, Cayenne.*

Empowered Milk Thistle

\$15.00 Each capsule contains 150 mg. *Milk Thistle extract and 350 mg. powdered Milk Thistle.*

E-Z Transition Caps

\$12.50 An endocrine tonic formula for women in menopause. *Black Cohosh, Kelp, Spirulina, Motherwort, Wild Yam, Yellow Dock, Vitex, Sarsaparilla, Licorice, Ginger.*

Five Mushroom Formula

\$23.00 Contains 125 mg. *Coriolus extract, 125 mg. Cordyceps extract, 100 mg. Maitake extract, 75 mg. Reishi extract, 75 mg. Shitake extract.*

Japanese Knotweed

\$25.00 /100 500 mg. Wild harvested whole root from the Northeastern US. Japanese Knotweed has been used for healing by the people of Asia for thousands of years. *By Green Dragon Botanicals.*

Immune Booster Caps

\$22.00/100 500 mg

Yu Ping Feng San (10:1 Extract), Huang Qi (Astragalus Membranaceus Root), Bai Zhu (Atractylodes Rhizome), Fang Feng (Ledebouriella Root), Astragalus Extract Powder (Astragalus Membranaceus Root) (4% Polyphenols), Shitake Extract Powder, (Lentinula Edodes Fruiting Body) (6% Polysaccharides), Reishi Extract Powder (Ganoderma Lucidum Fruiting Body) (10% Polysaccharides)

LB Core Protocol

336 capsules or 4oz. extract \$42.00 Formula based on recommendations in Stephen Buhner's *Healing Lyme. Japanese Knotweed, Cat's Claw bark, Andrographis herb, Dandelion herb & Sarsaparilla.* *By Green Dragon Botanicals*

Low Chol Caps

\$12.50 Special formula for reducing cholesterol. *Hawthorn berries, Yucca root, Prickly Ash, Oats, Yarrow, Dandelion root, Burdock, Turmeric.*

NOAH Caps

\$12.50 Popular formula to help build strong bones and healthier hair & nails. *Nettle, Oatstraw, Alfalfa, Horsetail.*

Nutri Caps

\$12.50 Excellent all purpose daily supplement. *Spirulina, Nettle, Alfalfa, Kelp.*

Perfect Calm 72 tablets \$41.95

Organic whole food multivitamin. Addresses daily stress, supports calm & overall well being. Can be taken on an empty stomach. *By New Chapter.*

Perfect Prenatal 48 tablets \$28.95

Organic whole food multivitamin to promote a healthy pregnancy & baby. Can be taken on an empty stomach.

By New Chapter.

Turmeric Caps 600 mg. \$10.50 Turmeric promotes the body's natural healthy inflammation response.

By Jean's Greens

Women's Power Caps

\$12.50 A good daily supplement for the busy woman. *Dandelion root, Spirulina, Burdock, Dong Quai, Astragalus & Yellow Dock.*

Ayurvedic Tablets

By Banyon Botanicals

Ashwagandha

90 tablets \$20.95 Rejuvenating for vata and kapha. Promotes vitality and strength. General adaptogen for stress, promotes relaxation and sound restful sleep.

Triphala

90 tablets \$17.95 A balancing formula for detoxification and rejuvenation. Supports healthy digestion and absorption. Natural antioxidant. *Amalaki, Bibhitaki, Haritaki.*

Flower Essence Services

1 oz. bottles \$14.80

Five Flower Formula - Hand prepared formula using the same plant species and methods of the emergency combination of Dr. Edward Bach.

Yarrow Environmental Solution - Used to strengthen the life force when one is exposed to environmental stresses and pollutants.

Self-Heal Flower Essence - Addresses the core issue of all healing work, the inner commitment to be well. May be taken from the bottle or mixed in water.



Flourish Formulas by Flower Essence Services 1 oz. spray \$14.80
Blends of flower essences with highly diluted food grade essential oils.

Fearless when challenged by fear, anxiety or panic.

Illumine - Helps to transform discouragement and depression.

Grief Relief - Solace in times of sorrow and searching.

Sacred Heart- Integrates heart strength and compassion in relationships.

Homeopathic Remedies by BOIRON

Made by BOIRON, a company recognized for its purity and high quality standards.

Each bottle of 30C pellets - \$8.50

Aconitum napellus
Allium cepa
Antimonium tartaricum
Apis mellifica
Arnica montana
Arsenicum album
Bryonia alba
Carbo vegetabilis
Chamomilla
Gelsemium sempervirens

Hamamelis virginiana
Hypericum perforatum
Ignatia amara
Ipecacuanha
Kali bichromicum
Kali phosphoricum
Lachesis mutus
Ledum palustre
Lycopodium clavatum
Magnesia phosphorica

Natrum muriaticum
Nux vomica
Pulsatilla
Rhus toxicodendron
Ruta graveolens
Sepia
Silicea
Sulphur
Symphytum officinale
Thuja occidentalis

We also offer Smart Guide descriptive folders to help you make your selections \$1.50 ea.

More Boiron Blends and Formulas

Acteane 120 tablets \$24.50
Relieves hot flashes, night sweats, irritability, hormone free, soy free.

Acidil 60 tablets \$14.50 For
relief from indigestion, heartburn and upset stomach.

Arnica Gel 1.5 oz. tube \$9.50
More of the active ingredient than the ointment. Now in a cool, soothing gel.

Calendula Gel 1.5 oz. tube \$9.75
For cuts, scrapes, and burns. Non-greasy for quick skin absorption.

Chestal 6.7 fl. oz.. \$14.00
Relieves coughs due to minor throat and bronchial irritation. Helps loosen mucus to make coughs more productive.

Children's Chestal 6.7 fl. oz. \$14.00
Same great cough relief in a formula especially for children. Not recommended for children under 2 years of age.

Optique Eye Drops 10 sterile doses \$9.75
For temporary relief of minor eye irritation due to fatigue or airborne irritants. Soothes red, dry, itchy, burning or tired eyes.

Oscillococcinum 6 dose pkg. \$18.50 Very effective when used at first sign of the chills, aches and fever of the flu.

Sabadil 60 tablets \$14.50
Temporary relief of symptoms of hay fever or upper respiratory allergies.

Sinusalia 60 tablets \$15.00
Temporary relief of congestion and pain due to inflammation of the sinuses.



For Our Animal Friends



Animal Relief Formula ...

1 oz. \$14.80 Calming and comforting for animals in transition or coping with trauma. Available as essence or a spray mist. *By Flower Essence Services.*



Bug Repellent Shampoo...

4 oz. \$9.50, 8 oz. 16.50, 8 oz. w/tick repel \$19.50. Leaves small amounts of essential oils in fur to ward off biting insects. *Castile soap with Hemp, Eucalyptus, essential oils of Lemon, Rosemary and Wormwood. Also contains Jojoba oil, citric acid and vitamin E. By Bonaturale.*



Fresh Fur Dry Dog Shampoo ...

4.5 oz. Bottle \$18.99 Absorbs excess oils, leaves coat clean and shiny. Soothing and deodorizing. *By Chagrin Valley Soap & Salve Co.*

Goldenseal/Echinacea Blend. . .

1 oz \$15.50 A balanced blend of *Echinacea purpurea, Goldenseal, Alfalfa, Garlic, Blue-Green Algae*. Optimizes immune support while toning natural body functions. This glycerin based formula uses organically grown or ethically wildcrafted herbs. Recommended by veterinarians. *By Animal's Essentials.*

Canine/Feline Mix ...

2 oz. \$10.95, 4 oz. \$18.95. Seventeen ingredients to promote the nervous system, blood vessel integrity, tissue, skin, nails and a shiny coat. Purifies the blood, cleanses the body of heavy metals, expels worms and wards off biting insects. 1/4 tsp., per 20 lb. pet. *By Bonaturale.*

Herbal Ear Drops ...

1/2 oz. \$5.50 Helps with imbalances in the ear canal. For people and their pets. Combination of *Calendula, St. Johnswort, Mullein and Garlic Oils*. *By Jean's Greens.*

Catnip Sleeping Mat ...

\$15.00 Colorful cotton mat filled with organically grown catnip and polyester quilt batting. Generous 14" X 20" size. Washable and refillable. *By Fields for All Thyme.*

Mycro Triplex ...

1 oz. \$15.50 An antioxidant tonic used to support natural immune function. *Maitake mushrooms, Reishi mushroom and Cordyceps*. *By Animal's Essentials.*

Detox Blend ...

1 oz. \$15.50 Use over an extended period of time to assist metabolic functions during acute or chronic cases of allergy or systemic imbalances related to liver dysfunction or excess toxicity. This glycerin based formula uses organically grown or ethically wildcrafted herbs *Burdock, Dandelion, Milk Thistle, Red Clover, Alfalfa & Licorice* in a tonic formula. *By Animal's Essentials.*



Seasonal Allergy Support ...

1 oz. \$15.50 Support for seasonal and occasional allergies. Helps maintain normal histamine levels. Glycerin based formula of *nettle, licorice root and burdock root*. *By Animal's Essentials.*

Dog/Pet Shampoo Bar ...

3.8 oz. bar \$6.99 Creamy coconut milk cleans and soothes dry skin. Unscented for sensitive skin. Perfect for all pets. *By Chagrin Valley Soap & Salve Co.*



Tinkle Tonic ...

1 oz. \$15.50 An anti-inflammatory, soothing and tonifying combination of *Couchgrass, Echinacea purpurea, Marshmallow, Dandelion and Horsetail*. Designed to disinfect, soothe and protect the urinary tract without irritating the kidneys. This glycerin based formula uses organically grown or ethically wildcrafted herbs. Especially good for cats. *By Animal's Essentials.*



Fido Derm Herbal Spray ...

4 fl. oz. \$11.50 Fast itch-relief and quick healing to hot spots, abrasions, sunburn, flea and insect bites & fungal or bacterial infections of the skin. This glycerin based formula uses organically grown or ethically wildcrafted herbs. *Aloe Vera juice, Calendula extract and essential oils of Tea Tree, Lavender and Carrot Seed*. *By Animal's Essentials.*



Tranquility Blend ...

1 oz. \$15.50 A balanced combination of four calming nerve tonics for acute anxiety disorders. This glycerin based formula uses organically grown or ethically wildcrafted herbs. *Valerian, Skullcap, Oatstraw and just the right amount of Hops*. *By Animal's Essentials.*

Jean's Jars

Price Shown is per Dozen - Individual Jars Available at 1/12 Case Price
5 Dozen Maximum per Order per Jar Type

Glass Cream Jars

Pretty round jars, white caps

1 oz.....	\$16.25
2 oz.....	16.75
4 oz.....	18.50



Glass Hex Jars

Hexagonal wide mouth jars, gold twist, heat seal-able caps

1.5 oz.....	\$17.25
3.6 oz.....	18.25
6 oz.....	21.75



SPECIAL ORDER IN SHOP ONLY

Storage Jars . . . 1 pint, 1/2 gallon, 1 gallon
Call for price and availability

Plastic Lotion Bottles

Translucent plastic, low density, narrow mouth, white flip-spout caps

1 oz.....	\$15.75
2 oz.....	14.25
4 oz.....	14.75
8 oz.....	15.50
16 oz.....	18.50



Plastic Cream Jars

Unbreakable white, wide mouth containers

1/4 oz.....	\$10.75
1 oz.....	16.25
2 oz.....	17.25
4 oz.....	17.50



Glass Spice Jars

Standard round 2" jars, shaker insert and white cap.
3.5 oz.\$19.25/dozen.



Lipstick Tubes

White plastic. Great for lip balm or solid perfume!.....\$9.75 / dozen

Inhalers

For use with your favorite fragrance or blend. Includes base tube and cover, cotton wick and bottom plug.....\$22.75 / dozen

COLORED GLASS

Amber ...*Boston rounds*

black polyseal cap glass droppers

1 dram vial	\$12.75	\$20.00
2 dram vial w/ lined cap.....	12.75	
1/2 oz..	14.75	18.50
1 oz.....	15.50	18.75
2 oz.....	16.50	19.25
4 oz.....	18.75	25.25
8 oz.....	21.75	



Cobalt Blue ... *Boston rounds*

black polyseal cap glass droppers

1/2 oz.....	\$18.75	\$21.75
1 oz.....	20.00	23.00
2 oz.....	21.75	24.75
4 oz.....	24.75	30.75



Spray Misters & Pumps sold separately. Please see page 20

Do It Yourself Supplies

All those little extras that complete your "must have" list. Priced per dozen.

OTHER CONTAINERS

Labelstick tins . . . Pretty silver tins with attached label on cover.

1/4 oz. \$12.25/dz.

1/2 oz. 12.75/dz.

1 oz. 14.25/dz.

2 oz. 16.25/dz.



Powder Cylinders ... White foil lined cardboard. Holds 4 oz. by volume, weight varies w/product. Closeable shaker top.

4 oz. \$18.00/dz.

Spray Misters ... \$13.00/dz.

Small fits 1 & 2 oz.. amber or cobalt glass bottles & 1 oz.. plastic lotion bottles.

Large fits 4 oz.. cobalt glass bottles & 2, 4, or 8 oz.. plastic lotion bottles.

Pumps.....\$13.50/dz.

Fit same sizes as Large Spray Misters.

Glass Droppers Only - request by size

1/2 oz.\$8.75/dz.

1 oz. 9.00/dz.

2 oz. 9.50/dz.

4 oz. Amber12.75/dz.

4 oz. Cobalt12.75/dz.

Caps Only ... Fit Amber & Cobalt

Boston Rounds

1/2 oz., 1 oz. & 2 oz.55 ea

4, 8 oz.60 ea

4 oz. cobalt..... .60 ea

CAPSULES

Minimum 100 caps per order

Gel Caps '0' (250 mg.)04 ea

Gel Caps '00' (500 mg.)05 ea

Gel Caps 1000 '00' caps 32.00

Veggie Caps '0'05 ea

Veggie Caps '00'06 ea

Veggie Caps 1000 '00'45.00

Capsule Machine "0" or "00"23.00

BAGS & SEALS

Press & Brew T-bags w/instructions

Small (2.25 x 2.25) 100 or more08 ea

Large (4.5 x 5.5) 50 or more15 ea

Culinary Bags, muslin (5"x 3")60 ea.

Cello Lined Bags (brown, 1/2 lb..) .. .45 ea

Shrink Seals - 1 & 2 oz.. size04 ea

Shrink Seals - 4 oz.. size06 ea

Cheesecloth unbleached cotton;

2 sq. yds. 5.50

CLAYS

Bentonite (medicinal) \$14.00 lb.

White Cosmetic (Kaolin) 13.00 lb.

French Green (food grade)18.00 lb.

Red Clay (Morocco) 21.00 lb.

USEFUL ADDITIVES

Activated Charcoal1.75 / 1 oz.

Aloe Gel (organic)1.90 / 4 oz.

Aloe Gel (organic) 6.50 / pint

Aloe Powder (organic) 2.00 / oz.

Apple Fiber Powder (organic) 1.35 / oz.

Apple Fiber Powder (organic) 15.00 / lb.

Arrowroot Powder (organic) 1.39/ oz.

Arrowroot Powder (organic) 18.00 / lb.

Beeswax 1.50 / oz.

Beeswax15.00 / lb.

Benzoin Gum Powder2.25 /oz.

Carnuba Wax (organic) 2.75 /oz.

Castile Liquid Soap (organic) . . . 12.00 / pint

Dead Sea Mineral Salts.85 / oz.

Dead Sea Mineral Salts10.00 / lb.

Diatomaceous Earth (food grade) . .14.00 / lb.

Grapefruit Seed Extract 8.50 / oz.

Lanolin (Anhydrous)2.25 / oz.

Myrrh Gum Powder 2.25 / oz.

PABA (powder)1.75 / oz.

Zinc Oxide Powder 2.25 / oz.

NATURAL FRAGRANCE WATER

Lavender, Orange Blossom, Rosewater

1 oz.\$1.75

4 oz.5.25

8 oz.8.75

16 oz.14.75

or \$2.75 per oz. for

Jasmine, Roman Chamomile,
Ylang Ylang

MORTAR & PESTLE

Classic Marble In White Or Black

3" \$19.00

4" . . . \$25.00

Sardonyx from Pakistan

2" . . . \$11.00

2 1/2" . . \$14.00

3" . . . \$20.00

4" . . . \$28.00

5" . . . \$45.00

See Mortar and Pestle

Photo on Inside Back Cover

Jean's Oils

Bulk Essential Oils

Aromatherapy Grade 2 oz. max. per oil
1/2 fl oz.

Basil, Holy	\$7.25
Basil, sweet	7.50
Bergamot.....	7.00
Cajeput	4.50
Camphor, white.....	5.50
Cardamom.....	42.00
Carrot Seed.....	12.50
Cedarleaf (Thuja), European.....	6.50
Cedarwood, Himalayan.....	5.50
Chamomile, Blue Hungary	45.00
Chamomile, Roman	45.00
Cinnamon, bark.....	20.00
Cinnamon, leaf	5.50
Citronella.....	5.50
Clary Sage.....	12.00
Clove Buds.....	7.50
Cypress.....	5.50
Eucalyptus, Australia	5.50
Fennel, sweet.....	5.50
Fir, balsam.....	7.50
Frankincense	15.50
Geranium.....	16.50
Ginger	12.50
Grapefruit, white.....	5.50
Juniper Berry.....	6.50
Lavender, French	8.00
Lemon	5.00
Lemongrass	5.00
Lemon Verbena	17.50
Lime, cp	7.00
Marjoram.....	6.25
Melissa, rectified	9.00
Myrrh	24.00
Nutmeg.....	6.50
Orange, bitter	6.50
Orange, sweet.....	6.50
Oregano.....	7.00
Palmarosa, sub. Rose Geranium	6.50
Patchouli, dark	8.00
Pennyroyal	5.00
Pepper, black.....	9.50
Peppermint	6.50
Pine Needle, Scotch	5.00
Ravensara	6.00
Rosemary, Spain	6.50
Rosewood.....	13.00
Sage.....	5.75
Spearmint	5.50
Spruce, black.....	12.00
Tangerine.....	5.50
Tea Tree.....	6.25
Thyme, white	11.00
Vetiver.....	9.00
Wintergreen.....	5.50
Yarrow.....	33.50
Ylang Ylang.....	10.50

Fragrance Oils

Honeysuckle.....	\$6.50
Jasmine.....	7.50
Lilac	6.50
Rose.....	7.50
Vanilla	6.75
Violet.....	6.50

Specialty Oils

Natural cold pressed oils for
cosmetic & medicinal uses.

Argan Oil (organic).....	\$8.75/oz.
Aloe Vera Oil	\$3.50/oz.
Apricot Kernel Oil	15.00/pint
Avocado Oil (organic)	25.00/pint
Castor Oil (organic).....	2.50/oz.
Cocoa Butter (organic).....	2.50/oz.
Coconut Oil (organic)	12.00/pint
Evening Primrose Seed Oil (org)	4.50/oz.
Fractionated Coconut Oil	14.00/pint
Grapeseed Oil.....	9.00/pint
Jajoba Oil	9.00/4 oz.
Neem Oil	3.75/oz.
Olive Oil, Extra Virgin (organic)	9.50/pint
Rosehip Seed Oil (organic).....	5.50/oz.
Sesame Seed Oil (organic)	13.00/pint
Shea Butter	4.50/2 oz.
Sweet Almond Oil (organic)	39.00/pint
Sweet Almond Oil	11.50/pint
Vegetable Glycerin (organic)	14.00/pint
Wheat Germ Oil (Vit. E unrefined)	12.00/4 oz.

Infused Oils

Specially made at Jean's Greens with fresh
plants organically grown and wildcrafted.

Infused in Organic Olive Oil.

Calendula, Chamomile, Comfrey Leaf, Plan-
tain or Yarrow.

\$5.00/oz. (4 oz. maximum)

Special Oils & Blends

By Jean's Greens

Arnica Compound

1/2 oz. \$5.50 All purpose injury oil.

From oil infusions of *Arnica*, *Calendula*,
St. Johnswort, with essential oils of
Rosehips and *Chamomile*.

Herbal Ear Drops

1/2 oz. \$5.50 Helps with imbalances in the
ear canal. For people and their pets.

Combination of *Calendula*, *St. Johnswort*,
Mullein & *Garlic* oils.

Rosemary Compound

1/2 oz. \$5.50 Massage gently over sinus area
or lightly into nostrils to relieve
congestion. *Essential oils of Rosemary*,
Eucalyptus, *Thyme* and *Lavender*
in *Apricot Kernel Oil*.

St. Johnswort Oil

\$6.00 per oz. For sunburn relief and a super
relaxing massage oil! 4 oz. maximum.

Essential Oil Burners

Call for our current selection
of styles and prices.

Herb List

Our herbs are high quality and require proper storage to retain their essence.

Store in glass jars away from heat and light.

Codes: o - organic; w - wildcrafted; gwc - grown without chemicals;

ch - Chinese; bk - bark; flwr - flower; lf - leaf;

rt - root; sd - seed; c/s - cut & sifted; pwd - powder; sl - slice; whl - whole.

Priced per ounce - multiply by number of ounces ordered

Minimum: 1 ounce - Maximum: 2 lb. each herb per order

*Available in 1/2 oz. quantities.

Prices & availability subject to change.

		1-8oz.	9-15 oz.	1 lb.
o	AGRIMONY c/s (Agrimonia eupatoria)	1.31	1.16	17.00
o	ALFALFA LF c/s or pwd (Medicago sativa)	1.39	1.23	18.00
w	ALKANET RT c/s (Batschia canescens)	1.75	1.60	24.00
o	ALLSPICE whl or pwd (Pimenta dioica)	1.56	1.41	21.00
o	ANGELICA RT c/s (Angelica archangelica).....	2.00	1.85	28.00
o	ANISE seed whl (Pimpinella anisum)	1.19	1.04	15.00
o	ANISE, Star Pods (Illicium verum)	1.81	1.66	25.00
o	ARNICA FLWR whl (Arnica montana)	6.19	6.04	95.00
o	ARROWROOT pwd (Maranta arudinacea).....	1.38	1.23	18.00
o	ARTICHOKE LF c/s (Cynara scolymus)	1.88	1.73	26.00
o	ASHWAGANDHA RT c/s (Withania somifera).....	1.81	1.66	25.00
o	ASHWAGANDHA RT pwd (Withania somifera)	1.81	1.66	25.00
o	ASTRAGALUS RT c/s or pwd (Astragalus membranaceus)	1.84	1.69	25.50
o	ASTRAGALUS RT sl (Astragalus membranaceus)	1.84	1.69	25.50
o	BASIL LF c/s (Ocimum basilicum).....	1.72	1.57	23.50
o	BASIL, TULSI (Ocimum sanctum).....	2.25	2.10	32.00
o	BAY LF whl (Laurus nobilis)	2.13	1.98	30.00
o	BILBERRY LF c/s or pwd (Vaccinium myrtillus)	1.56	1.41	21.00
w	BIRCH BK c/s (Betula alba)	1.25	1.10	16.00
o	BLACK COHOSH RT c/s or pwd (Cimicifuga racemosa)....	2.75	2.60	40.00
w	BLACK HAW BK c/s (Viburnum prunifolium).....	2.00	1.85	28.00
w	BLACK WALNUT HULL pwd (Juglans nigra).....	1.31	1.16	17.00
w	BLACK WALNUT LF c/s (Juglans nigra)	1.44	1.29	19.00
w	BLACKBERRY LF c/s (Rubus fruticosus)	1.19	1.04	15.00
w	BLACKBERRY RT c/s (Rubus armeniacus)	1.81	1.66	25.00
o	BLESSED THISTLE c/s (Cnicus benedictus).....	1.50	1.35	20.00
w	BLOOD RT c/s (Sanguinaria canadensis)	5.75	5.60	88.00
o	BLUE VERVAIN lf & flwr (Verbena hastata).....	1.50	1.35	20.00
o	BLUE VIOLET LF c/s (Viola tricolor)	1.63	1.48	22.00
o	BONESET LF c/s (Eupatorium perfoliatum)	1.69	1.54	23.00
o	BORAGE c/s (Borago officinalis)	2.00	1.85	28.00
w	BUCHU c/s (Agathosma betulina)	3.06	2.91	45.00
w	BUCKTHORN BK c/s (Rhamnus cathartica)	1.28	1.13	16.50
w	BUGLEWEED c/s (Lycopus americanus).....	1.81	1.66	25.00
o	BUPLEURUM RT c/s or pwd (Bupleurum chinense)....	2.75	2.60	40.00
o	BURDOCK RT c/s or pwd (Arctium lappa).....	1.69	1.54	23.00
w	BUTCHER'S BROOM RT c/s (Ruscus aculeatus)	1.39	1.23	18.00
o	CALAMUS RT c/s (Acorus calamus)	1.39	1.23	18.00
o	CALENDULA FLWR whl (Calendula officinalis).....	2.75	2.60	40.00
o	CALENDULA FLWR pwd (Calendula officinalis).....	2.44	2.29	35.00
o	CALENDULA PETALS (Calendula officinalis)	2.13	1.98	30.00
o	CALIFORNIA POPPY LF c/s (Eschscholzia californica) ..	2.56	2.42	37.00
o	CARAWAY SD whl (Carum carvi)	1.00	.85	12.00
o	CARDAMOM SD decorticated (Elettaria cardamomum).....	2.75	2.60	40.00
o	CARDAMOM SEED pwd (Elettaria cardamomum).....	2.75	2.60	40.00
o	CARDAMOM PODS (Elettaria cardamomum).....	2.63	2.48	38.00

w	CASCARA SAGRADA BK c/s or pwd (<i>Rhamnus pur.</i>)	1.56	1.41	21.00
o	CATNIP c/s (<i>Nepeta cataria</i>)	1.63	1.48	22.00
w	CATS CLAW BK c/s (<i>Uncaria tomentosa</i>)	1.28	1.13	16.50
o	CAYENNE pwd (40 M HU) (<i>Capsicum annum</i>)	1.25	1.10	16.00
o	CAYENNE pwd (90M HU) (<i>Capsicum annum</i>)	1.81	1.66	25.00
w	CEDAR TIPS Western, red (<i>Thuja plicata</i>)	1.50	1.35	20.00
o	CELANDINE HERB c/s (<i>Chelidonium majus</i>)	1.38	1.23	18.00
w	CHAGA MUSHROOM c/s or pwd (<i>Inonotus obliquus</i>)	3.06	2.91	45.00
o	CHAMOMILE FLWR whl (<i>Matricaria recutita</i>)	2.00	1.85	28.00
w	CHAPARRAL LF c/s or pwd (<i>Larrea tridentata</i>)	1.38	1.23	18.00
o	CHICKWEED c/s (<i>Stellaria media</i>)	1.69	1.54	23.00
o	CHICORY RT roasted granules (<i>Cichorium intybus</i>)	1.56	1.41	21.00
o	CHRYSANTHEMUM FLWR whl (<i>C. morifolium</i>)	2.63	2.48	38.00
o	CILANTRO LF c/s (<i>Coriandrum sativum</i>)	1.63	1.48	22.00
o	CINNAMON CHIPS 1/4" (<i>Cinnamomum cassia</i>)	1.13	.98	14.00
o	CINNAMON PWD (<i>Cinnamomum cassia</i>)	1.13	.98	14.00
o	CINNAMON stix - 2 ^{3/4"}	1.28	1.13	16.50
o	CLEAVERS HERB c/s (<i>Galium aparine</i>)	1.38	1.23	18.00
o	CLOVES whl or pwd (<i>Syzygium aromaticum</i>)	2.25	2.10	32.00
o	CODONOPSIS (<i>Codonopsis pilosula</i>) c/s	2.75	2.60	40.00
o	COLTSFOOT c/s (<i>Tussilago farfara</i>)	1.38	1.23	18.00
o	COMFREY LF c/s (<i>Symphytum uplandicum</i>)	1.38	1.23	18.00
o	COMFREY RT c/s or pwd (<i>Symphytum officinale</i>)	1.38	1.23	18.00
o	CORIANDER SD pwd or whl (<i>Coriandrum sativum</i>)	1.13	.98	14.00
o	CORNSILK c/s (<i>Zea mays</i>)	1.88	1.73	26.00
o	COUCHGRASS RT c/s (<i>Triticum repens</i>)	1.50	1.35	20.00
w	CRAMPBARK c/s (<i>Viburnum opulus</i>)	3.06	2.91	45.00
o	CUMIN SD pwd or whl (<i>Cuminum cyminum</i>)	1.50	1.35	20.00
w	DAMIANA LF c/s (<i>Turnera diffusa</i>)	1.63	1.48	22.00
o	DANDELION LF c/s (<i>Taraxacum officinale</i>)	1.69	1.54	23.00
o	DANDELION RT, raw c/s or pwd (<i>Taraxacum off.</i>)	2.00	1.85	28.00
w	DANDELION RT roasted granules (<i>Taraxacum off.</i>)	2.44	2.29	35.00
o	DEVIL'S CLAW RT c/s, pwd (<i>Harpagophytum procum</i>)	1.69	1.54	23.00
o	DILL WEED c/s (<i>Anethum graveolens</i>)	1.75	1.60	24.00
o	DONG QUAI c/s or pwd (<i>Angelica sinensis</i>)	2.38	2.23	34.00
o	DULSE LF GRANULES (<i>Rhodymenia palmata</i>)	1.94	1.79	27.00
o	ECHINACEA ANGUSTIFOLIA RT c/s or pwd	2.88	2.73	42.00
o	ECHINACEA PURPUREA HERB c/s	1.31	1.16	17.00
o	ECHINACEA PURPUREA RT c/s or pwd	2.50	2.35	37.00
o	ELDERBERRIES whl (<i>Sambucus nigra</i>)	1.75	1.60	24.00
o	ELDERFLOWER c/s (<i>Sambucus canadensis</i>)	1.88	1.73	26.00
o	ELECAMPANE RT c/s (<i>Inula helenium</i>)	1.69	1.54	23.00
o	ELEUTHERO RT c/s or pwd (<i>Eleutherococcus senticosus</i>)	1.50	1.35	20.00
o	EUCALYPTUS LF c/s (<i>Eucalyptus globulus</i>)	1.19	1.04	15.00
o	EYEBRIGHT HERB c/s (<i>Euphrasia officinalis</i>)	2.06	1.91	29.00
o	EYEBRIGHT HERB pwd (<i>Euphrasia officinalis</i>)	2.34	2.19	33.50
o	FENNEL SD whl (<i>Foeniculum vulgare</i>)	1.00	.85	12.00
o	FENUGREEK SD whl or pwd (<i>Trigonella foenumgræcum</i>)	1.00	.85	12.00
o	FEVERFEW c/s (<i>Tanacetum parthenium</i>)	1.94	1.79	27.00
o	FIGWORT c/s (<i>Scrophularia nodosa</i>)	1.50	1.35	20.00
o	FLAX SD whl (<i>Linum usitatissimum</i>)	.88	.73	10.00
o	FO TI pwd & c/s (<i>Polygonum multiflorum</i>)	1.69	1.54	23.00
w	FRINGE TREE BK c/s (<i>Chionanthus virginicus</i>)	2.88	2.73	42.00
o	GARLIC GRANULES (<i>Allium sativum</i>)	1.38	1.23	18.00
w	GENTIAN RT c/s (<i>Gentiana lutea</i>)	2.63	2.48	38.00
o	GINGER RT c/s or pwd (<i>Zingiber officinale</i>)	1.63	1.48	22.00
o	GINGER RT crystallized (<i>Zingiber officinale</i>)	2.20	2.04	31.00
o	GINKGO LF c/s or pwd (<i>Ginkgo biloba</i>)	1.56	1.41	21.00

	1-8oz.	9-15 oz.	1 lb.
o	GINSENG RT PANAX (<i>Panax quinquefolius</i>) *	15.00 / oz	
o	GINSENG RT PANAX pwd (<i>Panax quinquefolius</i>) * .	14.00 / oz	
o	GOLDENROD c/s (<i>Solidago canadensis</i>).....	1.13	.98 14.00
o	GOLDENSEAL LF c/s (<i>Hydrastis canadensis</i>).....	2.13	1.98 30.00
o	GOLDENSEAL RT c/s or pwd (<i>Hydrastis canadensis</i>)*	9.75/ oz.	
o	GOTU KOLA c/s (<i>Centella asiatica</i>).....	2.00	1.85 28.00
w	GRAVEL RT c/s (<i>Eupatorium purpureum</i>).....	1.94	1.79 27.00
w	GUARANA pwd (<i>Paullinia cupana</i>).....	2.06	1.91 29.00
w	HAWTHORN BERRIES c/s (<i>Crataegus laevigata</i>).....	1.28	1.13 16.50
o	HAWTHORN BERRIES whl or pwd (<i>Crataegus monogyna</i>)	1.38	1.23 18.00
o	HAWTHORN lf & flwr c/s (<i>Crataegus monogyna</i>).....	1.41	1.26 18.50
o	HIBISCUS FLWR c/s (<i>Hibiscus sabdariffa</i>).....	1.41	1.26 18.50
o	HOPS FLWR whl (<i>Humulus lupulus</i>)	3.06	2.91 45.00
o	HOREHOUND c/s (<i>Marrubium vulgare</i>).....	1.50	1.35 20.00
o	HORSE CHESTNUT c/s (<i>Aesculus hippocastanum</i>)....	1.38	1.23 18.00
o	HORSETAIL c/s or pwd (<i>Equisetum arvense</i>)	1.38	1.23 18.00
w	HYDRANGEA RT c/s (<i>Hydrangea arborescens</i>).....	1.63	1.48 22.00
o	HYSSOP c/s (<i>Hyssopus officinalis</i>).....	1.50	1.35 20.00
o	IRISH MOSS c/s (<i>Chondrus crispus</i>)	2.00	1.85 28.00
w	JAMAICAN DOGWOOD BK c/s (<i>Piscidia piscipula</i>)..	1.75	1.60 24.00
o	JUNIPER BERRIES whl (<i>Juniperus communis</i>)	1.50	1.35 20.00
gwc	KAVA KAVA RT c/s or pwd (<i>Piper methysticum</i>).....	3.06	2.91 45.00
o	KELP granules or pwd (<i>Ascophyllum nodosum</i>).....	1.06	.91 13.00
w	KOLA NUT pwd (<i>Cola acuminata</i>)	1.06	.91 13.00
o	KUDZU pwd (<i>Pueraria lobata</i>).....	1.43	1.28 18.90
o	LADY'S MANTLE c/s (<i>Alchemilla vulgaris</i>)	1.63	1.48 22.00
o	LAVENDER FLWR whl or pwd (<i>Lavandula officinalis</i>)	2.13	1.98 30.00
o	LEMON BALM c/s (<i>Melissa officinalis</i>)	1.88	1.73 26.00
o	LEMON PEEL c/s (<i>Citrus limon</i>).....	1.75	1.60 24.00
o	LEMON VERBENA LF c/s (<i>Aloysia citriodora</i>).....	2.00	1.85 28.00
o	LEMONGRASS c/s (<i>Cymbopogon citratus</i>).....	1.38	1.23 18.00
o	LICORICE RT c/s or pwd (<i>Glycyrrhiza glabra</i>).....	1.63	1.48 22.00
o	LINDEN flwr & lf c/s (<i>Tilia europea</i>)	2.25	2.10 32.00
o	LOBELIA c/s (<i>Lobelia inflata</i>)	2.75	2.60 40.00
w	LOMATIUM RT c/s (<i>Lomatium dissectum</i>).....	2.75	2.60 40.00
o	LYCII BERRIES whl (<i>Lycium chinense</i>).....	2.25	2.10 32.00
o	MACA ROOT pwd (<i>Lepidium meyenii</i>)	3.25	3.10 48.00
o	MARJORAM c/s (<i>Origanum marjorana</i>)	1.88	1.73 26.00
o	MARSHMALLOW RT c/s or pwd (<i>Althea officinalis</i>)..	1.75	1.60 24.00
o	MEADOWSWEET HERB c/s (<i>Filipendula ulmaria</i>)....	1.75	1.60 24.00
o	MILK THISTLE SD whl or pwd (<i>Silybum marianum</i>) .	1.63	1.48 22.00
o	MOTHERWORT HERB c/s (<i>Leonarus cardiaca</i>)	1.63	1.48 22.00
w	MOTHERWORT HERB pwd (<i>Leonarus cardiaca</i>).....	1.63	1.48 22.00
o	MUGWORT HERB c/s (<i>Artemisia vulgaris</i>)	1.50	1.35 20.00
o	MULLEIN LF c/s (<i>Verbascum thapsus</i>).....	1.38	1.23 18.00
o	MUSTARD sd or pwd (<i>Sinapis alba</i>)	1.19	1.04 15.00
w	MYRRH GUM pwd (<i>Commiphora myrrha</i>)	2.25	2.10 32.00
o	NETTLE LF c/s or pwd (<i>Urtica dioica</i>).....	1.63	1.48 22.00
o	NETTLE seed (<i>Urtica dioica</i>).....	4.31	4.16 65.00
o	NUTMEG pwd or whl (<i>Myristica fragrans</i>).....	2.88	2.73 42.00
o	OATS, MILKY TOPS(<i>Avena sativa</i>).....	2.25	2.10 32.00
o	OATSTRAW c/s (<i>Avena sativa</i>).....	1.38	1.23 18.00
o	OATSTRAW pwd (<i>Avena sativa</i>).....	1.56	1.41 21.00
o	OLIVE LF c/s (<i>Olea europaea</i>).....	1.19	1.04 15.00
o	ORANGE PEEL granules or c/s (<i>Citrus sinensis</i>).....	1.63	1.48 22.00
o	OREGANO c/s (<i>Origanum vulgare</i>).....	1.63	1.48 22.00

w	OREGON GRAPE RT c/s or pwd (<i>mahonia aquifolium</i>)	2.00	1.85	28.00
w	ORRIS RT peeled c/s or pwd (<i>Iris germanica</i>)	2.25	2.10	32.00
o	OSHA RT c/s (<i>Ligusticum porteri</i>)	7.00		limited supply
o	PAPRIKA pwd (<i>Capsicum annum</i>)	1.50	1.35	20.00
o	PARSLEY LF flakes (<i>Petroselinum crispum</i>)	1.50	1.35	20.00
o	PARSLEY RT c/s (<i>Petroselinum crispum</i>)	2.06	1.91	29.00
o	PASSIONFLOWER HERB c/s (<i>Passiflora incarnata</i>)	1.75	1.60	24.00
w	PAU D'ARCO BK c/s or pwd (<i>Tabebuia impetiginosa</i>)	1.19	1.04	15.00
o	PENNYROYAL HERB c/s (<i>Mentha pulegium</i>)	1.19	1.04	15.00
o	PEPPERCORNS rainbow blend	2.75	2.60	40.00
o	PEPPERCORNS whl black (<i>Piper nigrum</i>)	1.75	1.60	24.00
o	PEPPERMINT LF c/s (<i>Mentha piperita</i>)	1.50	1.35	20.00
w	PIPSISSEWA HERB c/s (<i>Chimaphila umbellata</i>)	1.75	1.60	24.00
o	PLANTAIN LF c/s (<i>Plantago major</i>)	1.43	1.28	18.90
w	PLEURISY RT c/s (<i>Asclepias tuberosa</i>)	2.25	2.10	32.00
w	PRICKLY ASH BK c/s or pwd (<i>Z. clava-herculis</i>)	2.00	1.85	28.00
o	PSYLLIUM HUSKS pwd or whl (<i>Plantago psyllium</i>)	1.19	1.04	15.00
o	PSYLLIUM SD whl (<i>Plantago ovata</i>)	1.19	1.04	15.00
o	RED CLOVER BLOSSOMS whl (<i>Trifolium pratense</i>)	3.38	3.23	50.00
o	RED CLOVER herb & blsm c/s (<i>Trifolium pratense</i>)	1.63	1.48	22.00
o	RED RASPBERRY LF c/s (<i>Rubus ideaus</i>)	1.69	1.54	23.00
w	RED ROOT c/s (<i>Ceanothus americanus</i>)	2.38	2.23	34.00
o	REHMANIA sl cooked or sl raw (<i>Rehmania glutinosa</i>)	2.38	2.23	34.00
o	REISHI MUSHROOM, RED sl (<i>Ganoderma lucidum</i>)	2.75	2.60	40.00
o	REISHI MUSHROOM, RED pwd (<i>Ganoderma lucidum</i>)	2.75	2.60	40.00
o	RHODIOLA RT c/s or pwd (<i>Rhodiola rosea</i>)	2.50	2.35	36.00
	ROSES, RED buds & petals (<i>Rosa centifolia</i>)	1.69	1.54	23.00
o	ROSES, RED petals (<i>Rosa centifolia</i>)	2.13	1.98	30.00
o	ROSEHIPS c/s (<i>Rosa canina</i>)	1.38	1.23	18.00
o	ROSEMARY pwd or whl (<i>Rosmarinus officinalis</i>)	1.38	1.23	18.00
o	RUE c/s (<i>Ruta graveolens</i>)	1.81	1.66	25.00
o	SAGE, CULINARY c/s (<i>Salvia officinalis</i>)	1.69	1.54	23.00
w	SAGE, WHITE whl (<i>Salvia apiana</i>)	2.13	1.98	30.00
o	ST. JOHNSWORT lf & flwr c/s (<i>Hypericum perforatum</i>)	2.00	1.85	28.00
w	SARSAPARILLA RT, Jamaican c/s or pwd (<i>Smilax ornata</i>)	3.06	2.91	45.00
w	SASSAFRAS RT BK c/s (<i>Sassafras albidum</i>)	2.63	2.48	38.00
o	SAW PALMETTO c/s or pwd (<i>Serenoa repens</i>)	2.06	1.91	29.00
o	SCHISANDRA BERRIES whl (<i>Schisandra chinensis</i>)	2.25	2.10	32.00
o	SEA SALT, coarse	.75	.60	8.00
o	SEA SALT, fine	.75	.60	8.00
o	SENNA LF whl (<i>Senna alexandrina</i>)	1.19	1.04	15.00
o	SESAME SEED, natural whl (<i>Sesamum indicum</i>)	1.00	.85	12.00
o	SHEEP SORREL c/s or pwd (<i>Rumex acetosella</i>)	2.00	1.85	28.00
o	SHEPHERDS PURSE c/s (<i>Capsella bursa pastoris</i>)	1.30	1.15	16.80
o	SHITAKE MUSHROOMS c/s (<i>Lentinula edodes</i>)	2.75	2.60	40.00
o	SHITAKE MUSHROOMS pwd (<i>Lentinula edodes</i>)	2.75	2.60	40.00
o	SKULLCAP c/s (<i>Scutellaria lateriflora</i>)	2.13	1.98	30.00
o	SLIPPERY ELM BK cotton cut or pwd (<i>Ulmus rubra</i>)	2.63	2.48	38.00
w	SOLOMON'S SEAL RT c/s (<i>Polygonatum biflorum</i>)	3.38	3.23	50.00
o	SPEARMINT LF c/s (<i>Mentha spicata</i>)	1.63	1.48	22.00
w	SPIKENARD RT c/s (<i>Aralia racemosa</i>)	2.38	2.23	34.00
o	SPILANTHES c/s (<i>Spilanthes acmella</i>)	2.38	2.23	34.00
gwc	SPIRULINA, KONA, HI pwd (<i>Spirulina platensis</i>)	2.75	2.60	40.00
o	STEPHANIA ROOT (<i>Radix stephaniae tetrandrae</i>)	1.49	1.34	19.99
o	STEPHANIA ROOT pwd (<i>Radix stephaniae tetrandrae</i>)	2.31	2.16	32.99
o	STEVIA LF c/s or pwd (<i>Stevia rebaudiana</i>)	1.69	1.54	23.00
	STEVIA EXTRACT 90% (<i>Stevia rebaudiana</i>)	6.50	6.35	100.00






	1-8oz.	9-15 oz.	1 lb.
o TARRAGON LF c/s (<i>Artemesia dracunculus</i>)	2.75	2.60	40.00
o THYME LF c/s (<i>Thymus vulgaris</i>)	1.38	1.23	18.00
o TURMERIC RT pwd (<i>Curcuma longa</i>)	1.38	1.23	18.00
o TURKEY RHUBARB RT c/s or pwd (<i>Rheum palmatum</i>)	2.00	1.85	28.00
w USNEA LICHEN whl (<i>Usnea barbata</i>)	3.06	2.91	45.00
o UVA URSI LF c/s (<i>Arctostaphylas uva ursi</i>)	1.75	1.60	24.00
o VALERIAN RT c/s or pwd (<i>Valeriana officinalis</i>)	2.50	2.35	36.00
o VANILLA BEANS whl (<i>Vanilla plantifolia</i>)	4.50 each		
o VITEX BERRIES whl or pwd (<i>Vitex agnus castus</i>)	1.38	1.23	18.00
o WHITE OAK BK c/s (<i>Quercus alba</i>)	1.25	1.10	16.00
o WHITE WILLOW BK c/s (<i>Salix alba</i>)	1.63	1.48	22.00
o WILD CHERRY BK c/s (<i>Prunus serotina</i>)	1.38	1.23	18.00
o WILD LETTUCE HERB c/s (<i>Lactuca virosa</i>)	1.63	1.48	22.00
w WILD YAM RT c/s or pwd (<i>Discorea villosa</i>)	2.63	2.48	38.00
w WITCH HAZEL BK c/s (<i>Hamamelis virginiana</i>)	1.69	1.54	23.00
w WITCH HAZEL LF c/s (<i>Hamamelis virginiana</i>)	1.50	1.35	20.00
o WOOD BETONY HERB c/s (<i>Stachys officinalis</i>)	1.69	1.54	23.00
o WORMWOOD c/s (<i>Artemesia absinthium</i>)	1.63	1.48	22.00
o YARROW flwr c/s (<i>Achillea millefolium</i>)	2.00	1.85	28.00
o YARROW flwr pwd (<i>Achillea millefolium</i>)	1.50	1.35	20.00
o YELLOW DOCK RT c/s or pwd (<i>Rumex crispus</i>)	1.63	1.48	22.00
o YERBA MATE GREEN c/s (<i>Ilex paraguariensis</i>)	1.63	1.48	22.00
w YERBA SANTA LF c/s (<i>Eriodictyon californicum</i>)	2.00	1.85	28.00
w YOHIMBE BK c/s (<i>Corynanthe yohimbe</i>)	1.50	1.35	20.00
w YUCCA RT c/s or pwd (<i>Yucca glauca</i>)	1.41	1.26	18.50



Ayurvedic Powders

o ANDOGRAPHIS (<i>Andographis paniculata</i>)	1.81	1.66	25.00
o ARJUNA (<i>Terminalia arjuna</i>)	1.81	1.66	25.00
o ASHWAGANDHA (<i>Withania somnifera</i>)	1.81	1.66	25.00
o BACOPA (<i>Bacopa monniera</i>)	1.94	1.85	28.00
o BOSWELLIA (<i>Boswellia serrata</i>)	3.06	2.91	45.00
o BRAHMI (<i>Centella asiatica</i>)	1.81	1.79	27.00
o SHARDUNIKA (<i>Gymnema sylvestre</i>)	1.81	1.66	25.00
o SHATAVARI (<i>Asparagus racemosus</i>)	1.81	1.66	25.00
o TULSI (<i>Ocimum sanctum</i>)	2.12	1.97	30.00
o TRIPHALA (blend)	1.63	1.48	22.00


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Worthy Organizations

Jean's Greens is a member of these organizations and we invite you to consider becoming involved through membership and support.

United Plant Savers is a nonprofit membership organization dedicated to the conservation and cultivation of at-risk native medicinal plants. Their mission is to conserve and restore native medicinal plants and their habitat in the United States and Canada. Through research and education, UpS works to ensure an abundant renewable supply of medicinal plants for future generations. To contact UpS, use their web site at www.unitedplantsavers.org, their phone, 740-742-3455, or write to them at P.O. Box 147, Rutland, OH 45701

The Northeast Herbal Association (NEHA) started in 1991, when a group of Northeastern herbalists came together to exchange ideas, knowledge, resources and to lend each other support. This tradition continues today. Their web site offers a place to post classified ads and calendar listings. Members receive an annual directory - a way to link members and their area of expertise. Through membership dues they award environmental/ educational grants and grants to benefit children. I invite you to visit the NEHA web site, www.northeastherbal.org and become a member!

Gifts

More information on inside covers

Candles: Please see page 31.

Cards:

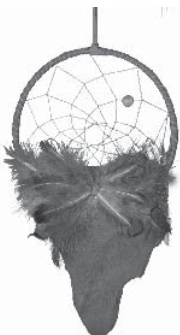
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3" \$15.00, 4" \$20.00, 5" \$28.00, 6" \$32.00.
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Designs by Christopher Miller
These hand-cast original designs look lovely on a wall or door & can be hung inside or out. Approximately 3" in diameter. Choose from: , Cheshire Cat, Fairy, Flora, Mermaid, Crescent Moon, Sun, Unicorn, Rabbit, Goose or Dolphin...\$8.00 each. Colors vary, please call for current selection. Pictured on inside front cover.



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8 oz. \$10.95

Available in Creme Brule, Lavender, Lemongrass, Lilac or Sweet Basil Vanilla

16 oz. \$14.95

Available in Grapefruit Vanilla, Nag Champa, Patchouli or Spicy Chai



Coventry Creations

"Handmade when the moon is right"



Affirmation Candles ...\$10.50 each
Focus your intentions to heal and empower. Your thoughts are the first step in creating the life you desire. Choose from *Angel, Grief, Healing, Meditation, Success, Guardian Protector or Tranquility.*

Blessed Herbal Candles ...\$12.00 each
Each candle is scented with essential oils whose action relates to the spiritual intent chosen for each special blessing. Choose from *Attraction/Love, Emotional Balance, Energy & Will, Happiness, Happy Home, Healing, Heart, Loves Enchantments, Needed Change, Problem Solving, Prosperity, Protection, Stability or Spiritual Cleansing.*

Blessing Kit Candles ...\$12.00 each
Three hand poured votive candles in focused combinations. Choose from *Calming, Dreams Come True, Happy Marriage, Home Blessing, Miracles, or Transition.*

Bee Hive Candles

Handcrafted Beeswax Candles

100% pure beeswax candles with 100% cotton wick, long lasting and hypo-allergenic. Made in the USA.

2" x 6" Pillar Candle	15.95
3" x 3" Pillar Candle	18.95
3" x 6" Pillar Candle	29.95
Votive (each)	3.00
Tea Light (6 pack)	8.50
8" Taper (2 pack)	9.95

Mini Charts

Laminated, full color, 6" x 9" charts
Select one as our gift to you with an order of \$100 or more or purchase for \$4.00 each

- Aromatherapy-Top 30
- Astrology Made Easy
- Ayurveda Made Easy
- Biodynamic Growing
- Dream Interpretation
- Easy Herb Growing
- Using Essential Oils
- Gardener's Know How
- Homeopathy
- Practical Feng Shui
- Reflexology- Foot
- Reflexology-Hand
- Seed Collecting & Saving
- The Seven Chakras
- Traditional Chinese Medicine

Ceremonials

Vibrational Sprays from Moon Wise

Aura Shield Spray . . . 2 oz. \$12.25
Use this spray to protect and strengthen or heal tears in your aura. Great to use in the workplace. *California White Sage base with essences of Yarrow and Stitchwort.*

Northeast Smudge Spray . 2 oz. 13.25
Made with plants of the Northeast that have been used for hundreds of years as smudge. *Sweet Fern, Juniper and White Pine base with essential oils and flower essences.*

Sage Lavender Spray . . . 2 oz. \$12.25
Use this vibrational spray to clear away stagnant energy and usher in peace and calm. *California White Sage base with Lavender.*

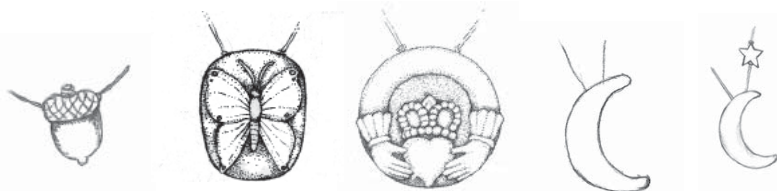
Sage Spray . . . 2 oz. \$12.25 Use this spray for peace and calm. *California White Sage*

Zelda's Smudge-its . . . \$10.00 each
Smudge sticks made with love and care by *Zelda Hotaling*. For all your smudging needs. Generously sized smudge sticks. Three choices of *cedar and sage* combined with *sweetgrass, lavender or mugwort*.

Liquid Smudge . . . 4 oz.. \$13.00
Refreshing scented spray in a blue cobalt bottle with mister. Especially good for the smoke sensitive. Blend of Cedar, Sage, Yerba Santa, Angelica & Borage.
By Wolf Howl Herbals.

More Ceremonials

- Cedar Tips Western Red1.50 oz.
- Copal Oro (Gold) pieces 2.50 oz.
- Dragon's Blood 3.50 oz.
- Frankincense Tears 2.50 oz.
- Myrrh Gum pea size 2.50 oz.
- Sweet Grass Braids 10.50 ea.
- White Sage whole 2.13 oz. or 30.00 lb.
- Abalone Shells9.00 ea.
- Charcoal Disc roll of 104.00 ea.











Handcrafted Bone Jewelry

designs by Christopher Miller

Made with cattle bone & black buffalo horn. Each piece is strung on a strong braided nylon cord joined with a reliable barrel clasp.

Colors: (W) Off-white (Bone) or (B) Black (Horn)

- | | | |
|--|---|--|
|  | Acorn.....25.00 (W&B) |  |
|  | Butterfly 42.00 (W) |  |
|  | Claddagh42.00 (W) |  |
|  | Crescent Moon18.00 (W&B) |  |
| | Crescent Moon & Star34.00 (W&B) | |
| | Crescent Moon & Star earrings.....34.00 (W&B) | |
| | Dolphin42.00 (W&B) | |
| | Dragon.....58.00 (W) | |
| | Heart.....18.00 (W) | |
| | Nautilus25.00 (W) | |
| | Oak Leaf.....26.00 (W) | |
| | Oak Tree.....58.00 (W) | |
| | OM32.00 (W) | |
| | Rose Bud.....38.00 (W) | |
| | Seahorse42.00 (W) | |
| | Scallop Shell25.00 (W) | |
| | Sea Star25.00 (W) | |
| | Shooting Star.....25.00 (W) | |
| | Wave.....42.00 (W) | |

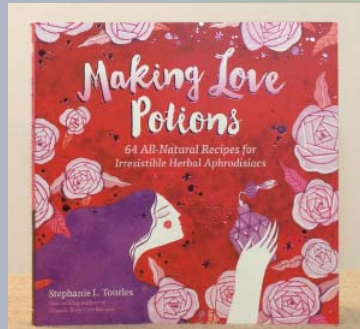


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Bee Hive Aromatherapy Candle Tins Page 31



Call for our current selection of mortar/pestle sets



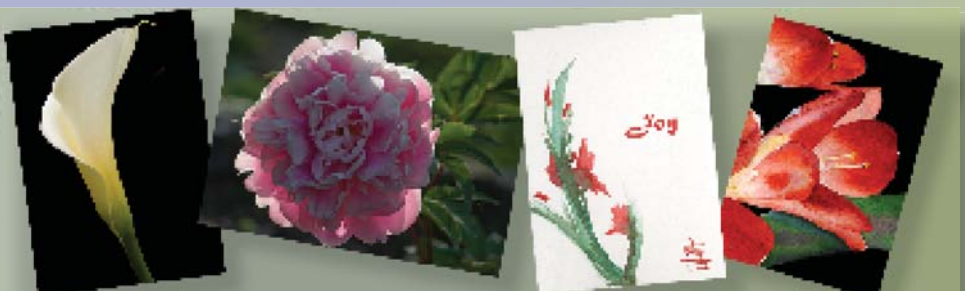
Honey Matcha Tea Shots Page 5



Aromatherapy Page 14



3 x 5 Art Cards by Patricia Murtha Friedman Page 29



5 x 7 Art Cards by Lynn Huntington Page 29



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