

Herbal Infusions Nourishment from your Green Allies



Spend some time with the green allies of the plant world. Discover the treasures that grow in your back yard and near-by woods. Experience the natural healing properties of nature's medicine chest! Return home with jars and bags of herbs and a fresh knowledge of what your grandmother already knew!

Topics include:

- Differences between scientific, heroic & wise woman traditions.
- How to create in your own kitchen special herbal infusions
- Why you use infusions
- Where to find supplies
- Herbal wisdom
- Properties and uses of specific herbs



Which herb could you use for the following conditions?

- Allergies, high blood pressure, flu & colds, chronic headaches, muscle tightness, hormones, emotions, sexual sensitivity, vibrant hair, clear skin
- Calming relief of menopausal distress, sore joints, anxiety, energy loss
- Improve coordination, bone density memory, overall calmness & centeredness, anti-depressant, leg cramps, clear cholesterol from blood vessels, strengthen adrenals, reduce night sweats, has usable calcium, & more!
- Helps prevent cancer, immune system booster, strong bones & teeth, helps with breathing

Join us for the afternoon as we explore Herbal Infusions!

Sunday Dec. 4th, 2011 12 noon—2 pm

10605 Timberview Drive, Anamosa, Iowa

Offered for \$56

Register by calling 319-462-3599 or email mcrystal333@msn.com

Fee includes all materials, supplies & herbs for you to take home.

Please bring one glass quart jar and lid for yourself.

(you'll go home with your own herbal infusion)



Class Presented by Marcia Brandt & Joan Donovan