



JANUARY 22, 2009



## THE HERB SOCIETY OF AMERICA BATON ROUGE UNIT

MISSION: The Herb Society of America is dedicated to promoting the knowledge, use and delight of herbs through educational programs, research, and sharing the experience of its members with the community.

VOLUME II, NUMBER 2

### HERBS FOR HEALTH

Presented by: Al Himel

Owner of Our Daily Bread Organic Bakery and Health Food

- Learn health benefits of common culinary herbs and spices, including ginger, cayenne, and cinnamon.
- Herbal potencies and extraction techniques including Herbal Standardization and supercritical extraction.
- Synergistic herbal formulation.
- Uses and benefits of wild oregano oil, olive leaf extract, elderberry extract, and the several varieties of ginseng.

*The Baton Rouge Herb Study Group, organized in 1989, became the Baton Rouge Unit of the Herb Society of America, Inc. in October 1991.*

#### Officers:

*Rita Salman, Chairperson*

*Lori Mann, Vice-Chairperson*

*Kathy Mullin, Treasurer*

*Sondra Thornhill, Secretary*

To start getting healthier, **DRINK** more water and flavor it with fresh **HERBS**. You will get a taste of **'HERBAL WATERS'** at the meeting. You can make this **HEALTHY** drink from your herb garden.



A Special Thank You to **RITA** for hosting such a wonderful Christmas Party. The food was fantastic and everyone enjoyed themselves immensely!

#### HERB SOCIETY BOOKS:

- The Herb Society of America New Encyclopedia of Herbs & Their Uses, by Deni Brown
- The Herb Society of America's Essential Guide to Growing and Cooking with Herbs, edited by Katherine K. Schlosser.



The following regular monthly meetings are free, open to the public, and held at the Baton Rouge Garden Center at 7:00 PM unless otherwise noted.

February 26  
**BAY - Herb of the Year**

March 26  
**Native American Herbs**

April 23  
**Passionate Platter**

May 28  
**Eat your Flowers**

September 24  
**What's "Bugging you?"**

October 22  
**Craft**

The **HERB SOCIETY OF AMERICA, Inc.** was founded in 1933 for the purpose of furthering the knowledge and use of herbs.

\*The BR Garden Center is located at 7950 Independence Blvd.

QUESTIONS: Rita Salman, 225-291-5684 , ritasalman@cox.net

## Drinking Water and Health: What you need to know

The United States has one of the safest water supplies in the world. However, national statistics don't tell you specifically about the quality and safety of the water coming out of your tap. That's because drinking water quality varies from place to place, depending on the condition of the source water from which it is drawn and the treatment it receives.

There is a way to find information about your drinking water, if it comes from a public water supplier. Every community water supplier must provide an annual report to its customers. The report provides information on your local drinking water quality, including the water's source, the contaminants found in the water, and how consumers can get involved in protecting drinking water.

For more information visit the US Environmental Protection Agency website at:  
<http://www.epa.gov/safewater/dwh/index.html>

## Baton Rouge Water Company

---

The Baton Rouge Water Company operates 65 ground water wells in various sands of the Southern Hills aquifer system which underlie our service area. Water from these sands is of excellent quality with a natural low hardness concentration and is not subject to surface water influences. Our system is backed up by elevated storage tanks and diesel engines preventing widespread service outages if electrical service is interrupted.

<http://www.batonrougewater.com/indexfrhome.htm>

## H2O - Do You Know How Important It Is To Your Body?

Human beings can survive without food for thirty to forty days (about five weeks) but.....*without water, life would end in three to five days.*

The average person's body is composed of approximately 70 percent water. The body's water supply is responsible for and involved in *nearly every bodily process, including digestion, absorption, circulation, and excretion.* Water is also the primary transporter of nutrients throughout the body. Water helps maintain normal body temperature and is *essential for carrying waste material out of the body.* Therefore, replacing the water that is continually being lost through sweating and elimination is very important.

Quality water is *beneficial for virtually all disorders known to humankind. Bowel and bladder problems, as well as headaches, can be reduced by drinking water.* If not enough water is consumed, toxins can build up in the system, causing *headaches. Water flushes out these toxins.*

*Anxiety attacks, food intolerances, "acid stomach" and heartburn, muscle pains, colitis pain, hot flashes, and many other discomforts and disorders can be eased quickly by drinking a full glass of water.*

Without adequate water, we would *poison ourselves with our own metabolic wastes.* Because lung tissue must be moist to facilitate oxygen intake and carbon dioxide excretion, water is essential for *breathing.* Approximately ONE PINT of liquid is lost each day through *exhaling.* Consuming plenty of quality water can *slow the aging process,* and can *prevent or improve arthritis, kidney stones, constipation, obesity, glaucoma, cataracts, diabetes, hypoglycemia, and many other diseases.*

It is not expensive, and you should feel a difference quickly, but you must drink about ten full glasses of quality water (*80 ounces*) *daily.*

*-Taken from the book, "Prescription for Nutritional Healing" by, Phyllis A. Balch, CNC*

Raise money for your favorite charity or school just by searching the Internet or shopping online with GoodSearch - [www.goodsearch.com](http://www.goodsearch.com) (search for Herb Society of America in Kirtland, OH).