

MANDALA NEWS.....



Summer 2010

Greetings Everyone!

This has been a very active time in the garden, we have had so much heat and sunshine this summer! This year I have grown many new medicinal herbs in the garden, there have been many new surprises and exciting observations. The brilliant blue flowers of Borage attracted many bees that helped in the pollination of other plants, and in creating a more plentiful harvest of vegetables and herbs.

Plant medicine is one of my greatest passions. I saw a wonderful documentary this summer that I would like to share. The title of the film is Numen. The website for the film is www.numenfilm.com. I encourage everyone interested in plant medicine to purchase or rent the film. Many of the topics presented in the film are near and dear to my heart and practice. In an ever changing world inundated with complexities, change and information it feels important that we simplify our lives, work more closely with the cycles of nature, and honor and work with the plant world.

In my practice, I am prescribing more formulas, single herb tinctures and flower essences than in previous months and years. Many of my patients integrate herbal formulas with flower essences and report significant shifts in their health and feelings of well being. When I prescribe formulas I explain which herbs are in the formulas and how they work. Sometimes I prescribe just one herb, sometimes several approaches are taken with different herbs or traditional Chinese herbal formulas. For anyone interested in learning more about my practice or scheduling an herbal consultation I may be reached by phone at (516)-477-1471.

Wishing everyone a very sparkly summer!!!

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