

Botanical Touch Newsletter June – August 2010

115 N. Sequim Avenue, Sequim, WA 98382

360-683-2050

www.botanicaltouchsequim.com

Welcome to our *first* **Botanical Touch Quarterly Newsletter**. Located in downtown Sequim, Botanical Touch is a small shop with a wide selection of herbs, teas and spices; combined very well with carefully selected supplements, vitamins, and wellness and beauty products for excellent health inside and outside.

Mini Bio's on Botanical Touch and the women who built it: Nicole Livengood and Ruth Cadden opened Botanical Touch, located in the "Heart of Sequim", in April 2009. Ruth has been a Sequim resident since her family discovered Sequim in the spring of 1969. Nicole is a third generation daughter of Sequim, coming from one of the original dairy families in the Sequim-Dungeness valley.

Bring in this 10% off coupon to use on your first, or on your next, visit to the shop. If you decide you can't use it, please pass it on to someone else that may want to.

We like to share...In addition to our new Quarterly Newsletter; we sponsor and teach free educational classes and demonstrations in the shop. We'll begin our own summer break at the end of June and fall classes will be on our website and the store September 2010. A sample list of recent past classes is currently available on our website, www.botanicaltouchsequim.com.

Featured Tea: Green Tea. Long known for it's anti-oxidant properties; additional medical studies and controlled test indicate drinking green tea 3 times or more daily can increase the rate that our bodies burn calories, and even assist with reversal of obesity. Green tea contains EGCG, believed to "rev-up" the fat burning effects of brown fat 4, a special fat that burns calories at a very high rate.

Featured Vitamin: Evening Primrose Oil rich in GLA (Gamma Linolenic Acid) has been found to provide relief from symptoms such as cramps, hot flashes, breast tenderness and moodiness associated with PMS and menopause.

Favorite tips from Nicole and Ruth to make your life a little easier.

If you are looking for clean, chemical free ways to keep fleas away from your pets. Try rubbing tea tree oil on your hands, then rub on your cat or dog. Cover your pet as well as you can and sprinkle some on their bedding and around carpets and furniture. Another natural remedy is a cedar branch under pet beds to help keep insects away.

**Tips from Ruth Cadden
Natural Health Care Advocate**

The answer to seasonal allergies could be right in your back yard. Nettles, besides being abundant in vitamins and minerals also has naturally occurring antihistamine properties. Nettles are best when picked in early spring, using the new baby leafs. You will want to use gloves when picking them, but once they are steamed, stir-fried like spinach, or made into a tea they are no longer a threat of stinging you.

**Tips from Nicole Livengood,
Certified Herbal Consultant**