

PLANT-BASED MEDICINE FOR HEALTH, HOPE & HAPPINESS



Be a part of the **NEW** Plant Medicine section! Due date **June 5** for July issue.
Ask us about sponsorships, special ads and listings.
Check the Calendar for Plant Medicine classes and workshops.

PLANTS TALK Discover Their Secret Language

by April Thompson

While flowers are known to lean toward light, a growing body of research is demonstrating plants also respond to sounds and scents—and then herald the news to their neighbors. Far from being passive life forms, members of the plant kingdom are adept at interacting with their environments and with each other.

“Plants don’t have specialized sense organs, but like animals, plants are very capable of sensing their environment.

They perceive cues, weigh different alternatives and allocate resources in very sophisticated ways,” says Richard Karban, professor of entomology at the University of California at Davis and the author of *Plant Sensing and Communication*.

Better Living Through Chemistry

Early evidence of plant communication was discovered by accident, according to Jack Schultz, senior executive director of

research development at the University of Toledo, in Ohio. “In the 1970s, researchers began to notice plants under attack respond by increasing defensive chemistry—things that make a plant distasteful or toxic to predators,” he says. Researchers noticed that control plants also seemed to respond to their neighbors being attacked.

Since then, Schultz, Karban and other investigators have discovered that plants emit complex profiles of odors in the form of volatile compounds that can be picked up by other plants, as well as insects. Studying sagebrush in the Sierra Nevada mountains, Karban found that plants under duress emit chemical cues that trigger nearby plants to increase their defenses.

These odors vary with the type of threat and time, working to attract pollinators during the day and fending off

PLANT-BASED MEDICINE

Accelerate Healing with Herbal Gel



Mr. Frank can be reached with questions at stevef@NaturesRiteRemedies.com

His blog can be found on www.MyNaturesRite.com

I am constantly being asked what product I would recommend for supporting healing after surgery or for dealing with an impact-bruise or for helping a fracture or sprain.

The answer is the same... Bruise, Strain & Tear Repair (aka BST). If you twisted an ankle during a tennis match and damaged some soft tissue... BST. If you just had surgery and want to heal faster... BST. If you jumped off a building and damaged your heel...BST... and perhaps counseling. Are you sensing a common thread here? If you damage something it will heal better with BST.

“Why is that?” you say. Well, it’s the Trinity of Healing Unity. There are three powerful healing herbs that work so well together that they form what I like to call, “The Trinity of Healing Unity” as they will unify separated bone or tendon and heal micro-tears in tissue better than anything else on the planet. These three herbs are Comfrey, Arnica and Rosemary. The Comfrey is known for its ability to increase the activity of fibroblasts. These are the little collagen factories that build restorative tissue. You need to produce more collagen to repair skin, bone and tendon or ligament tissue. Pour on the Comfrey and turn-up the fibroblasts. The Arnica supports healing tissue and contains enzymes which digest the micro-clots that can block access to the region. Pour on the Arnica and “let

the healing begin”. Rosemary improves the flow of peripheral vasculature which allows the vital building blocks of new tissue to be delivered more easily to the construction site. Pour on the Rosemary and get the supplies to the site.

Of course there are support herbs and vitamins that help immensely with the recovery such as vitamins A, C, and E to reduce scar tissue formation. Willow reduces the pain of the injury without reducing the all-important inflammation signal that maintains the healing process. Witch Hazel relaxes muscle fibers so that residual trauma doesn’t put excess strain on healing regions.

And all of these herbs... They’re in Bruise Strain and Tear Repair. Indeed, BST is the BeST thing to use on any recovery from injury or surgery. It’s just that simple.

Steve Frank is an Herbalist from the Front Range of Colorado with many years of experience in treating musculo-skeletal injuries with indigenous plants and herbs. He has studied the actions of these natural remedies in the clinic and the laboratory so that he can bring you the best that science and ancient wisdom have to offer. ■

YOU GIVE YOUR ALL ON THE COURT.

COMPLEMENT YOUR HARD WORK WITH TWO TRAINING ESSENTIALS FROM NATURE’S RITE™.



GAME CHANGER

CAREER SAVER

🌿 Injuries happen. Bruise-Strain-Tear Repair™ Gel **supports healing** to get you back in the game.

🌿 When every extra effort counts, Muscle Honey™ Sports Gel helps you **work harder and recover faster.**

HERBAL WISDOM MEETS MODERN SCIENCE

These gels are water-decoctions of numerous herbal ingredients traditionally used for centuries to promote healing and performance. We’ve brought them to you in easy-to-apply transdermal gels so that you can apply them exactly where you need them. These remarkable products represent a new day in herbal sports enhancement and injury repair. **Start working with them today.**

WADA & NCAA Compliant.

Order online at MyNaturesRite.com or call 800-991-7088

enemies at night, Schultz says. A plant being eaten by an insect may release a chemical that attracts predatory insects looking for herbivore prey. “There is a clear adaptive advantage in attracting the ‘enemy of your enemy’, who can act as a bodyguard for the plant being attacked.”

Smells are just part of a plant’s multisensory life, says Heidi Appel, a professor in the Department of Environmental Sciences at the University of Toledo and one of Schultz’s collaborators. Appel’s research with collaborator Rex Cocroft, at the University of Missouri, demonstrates they’re listening for threats, too.

Her lab exposed plants from the mustard family to the sound of a caterpillar feeding, with control plants in silence or “listening” to a recording of the wind or other insects, and found that those vibrations didn’t effect the same defensive-priming response as that of the plant-munching caterpillar. “Plants have no special sense organs, so their sophisticated sense of hearing is very surprising,” says Appel.

Nature’s Networks

Karban’s lab isolated plants to determine that their chemical signals were transmitted by air rather than soil or root systems. Yet researcher Suzanne Simard, a professor of forest ecology at the University of British Columbia, in Vancouver, is digging into the underground connections, finding that trees are interacting with one another below the ground in complex ways.

Trees have a symbiotic relationship with fungi that’s built on a mutually beneficial exchange of nutrients, says Simard. This underground network links root systems of trees together, enabling them to exchange carbon, water and other nutrients in a kind of natural balance sheet. Simard discovered these networks had hubs—typically older “mother trees”—that can connect to hundreds of saplings and send them excess carbon that can quadruple their survival rates.

Simard also found that trees engage in “defense signaling” similar to plants, increasing their natural defenses in response to damage inflicted on their neighbors, but only if

We underestimate what plants can do because their communication is invisible to us.

~Heidi Appel

Plants have no special sense organs, so their sophisticated sense of hearing is very surprising.

~Heidi Appel



the mycorrhizal networks of fungi that aid in sending such messages are intact. Simard’s research seeks to understand how environmental threats like climate change and logging may further disrupt these communication networks.

Recognizing all of the communication that exists between plants, we might wonder if human words of encouragement can help them grow. Perhaps, but not for the reasons one might hope, says Appel. “Whenever we feel a sense of connection to another life form, we are more likely to take better care of it,” says the researcher. “We underestimate what plants can do because their communication is invisible to us. Yet we also have to be careful about overestimating their abilities. We need an understanding to be driven by science, and not wishful thinking.”

April Thompson is a freelance writer in Washington, D.C. Contact her at AprilWrites.com.

PLANT-BASED MEDICINE

Essential Oils as Medicine

Essential oils are highly concentrated extracts from flowers, leaves, bark, stems, roots, seeds, or fruit of aromatic plants. The liquid essence of plants are so powerful - one drop of peppermint EO is equivalent to 28 cups of peppermint tea.

Aromatherapy is the use of EO's for physical and emotional healing. Plants have aromas for protection, attraction and balance. They release compounds to act as antimicrobial agents against organisms that may threaten their survival. The flower makes the most attractive aroma and attracts bees and birds for reproduction. Floral oils are often libido-enhancing for humans too! Many essential oils help the body maintain balance - physically and emotionally. They reduce adverse physical symptoms and negative emotions while ramping up positive feelings too. Aromatherapy can arouse and strengthen vitality and self-healing powers, helping to provide the environment for removal of challenges and providing hope in natural solutions.

Contact Kim B. Farrington, HHP, CCAP at 720-810-7714 or Kim@KimFarringtonCCap.com. See ad page 23.



Legal Pot Lifts Junk Food Sales

Apparently, the fabled marijuana-induced "munchies" cravings don't have people reaching for carrots. A new study from the University of Connecticut found that shortly after Colorado, Washington and Oregon legalized recreational marijuana, increases in purchases were recorded in those states for potato chips (5.3 percent), cookies (4.1 percent) and ice cream (3.1 percent).

AROMATHERAPY

KIM FARRINGTON, HHP, CCAP

Root Wellness Studio, 2247 Federal Blvd. Denver
720.810.7714 / Kim@kimfarringtonccap.com
KimFarringtonccap.com



Aromatherapy provides natural solutions for common health concerns. Essential oils can increase emotional balance and well-being, and contribute to better overall health. Aromatherapy supports the structures and functions of the body, like the brain, heart, muscles and joints and respiratory and digestive systems. See how to incorporate Aromatherapy into any lifestyle, for real benefits. Book an appointment today. Book an appointment for 25% off an initial session.

Herbal Tranquility's Cannabis Cup

Hot Stoned Massage

the Body High

Cannabis Compress

www.herbaltranquilitymarijuanamassage.com

PLANT-BASED MEDICINE



PLANT-BASED MEDICINE



NATURE
IS Our Medicine

This section will include:

Education on all herbs and roots used as medicine; **Highlight** a specific medicinal marijuana strain and its properties/uses; **Spotlights** of LOCAL plant-based businesses, practitioners, and entrepreneurs.

Calling ALL:

- ✓ Herbalists
- ✓ Chinese Medicine Practitioners
- ✓ Medicinal Marijuana Doctors, Clinics, and Dispensaries
- ✓ CBD Oil Retailers and Distributors
- ✓ Essential Oil Retailers and Distributors
- ✓ Herbal Spa Treatments
- ✓ Growers and Markets



ASK US ABOUT SPONSORING
THIS SECTION!
303-770-1981

Marijuana Users Weigh Less Than Non-Users

The pudgy stoner in front of a coffee table covered with cheesy-pooofs bags and super-sugar-gobs cereal boxes is the image that comes to mind when we think of marijuana “munchies.” But according to a recent, three-year prospective study, marijuana users are less likely to gain weight over time than non-users.



Authors Dr. Alshaarawy and James Anthony reviewed data gathered on 33,000 subjects and found the surprising paradox, published in *International Journal of Epidemiology* March 16, 2019. Dr. Alshaarawy’s federally-funded research combines epidemiological methods and laboratory experiments to study cannabis use and cardiometabolic health.

“Over a three-year period, all participants showed a weight increase, but interestingly, those who used marijuana had less of an increase compared to those that never used,” said Dr. Omayma Alshaarawy. “We found that users, even those who just started, were more likely to be at a normal, healthier weight and stay at that weight,” she said. “Only 15 percent of persistent users were considered obese compared to 20 percent of non-users.”

Dr Alshaarawy warns against drawing definite conclusions or considering cannabis as a weight-loss aid. “It could be something that’s more behavioral like someone becoming more conscious of their food intake as they worry about the munchies after cannabis use and gaining weight,” she said. “Or it could be the cannabis use itself, which can modify how certain cells, or receptors, respond in the body and can ultimately affect weight gain. More research needs to be done.”

PLANT-BASED MEDICINE