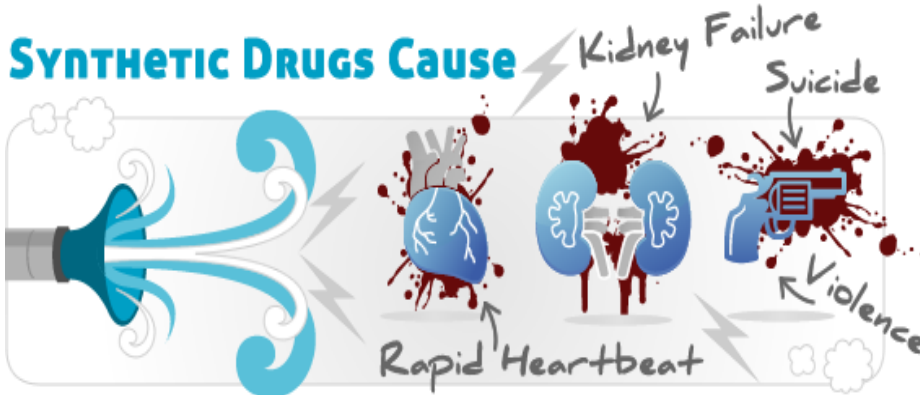




# Wolastoqewiyik Healing Lodge Support & Prevention Newsletter



## SYNTHETIC DRUGS Cause



Volume 3, Issue 6

December, 2015

Inside this issue:

## DESIGNER DRUGS — A RISKY EXPERIMENT

To understand what synthetic marijuana and Bath Salts are, and how they came to exist, you have to know what a “designer drug” is. A designer drug is a synthetic (chemically made) version of an illegal drug that was slightly altered to avoid having it classified as illegal. It is essentially an experiment by a chemist done to create a new drug that can be sold legally (on the Internet or in stores), allowing dealers to make money without breaking the law. As law enforcement catches up with new chemicals that are so created and makes them illegal, manufacturers devise altered versions to steer clear of the law. So the cycle repeats. Some of these drugs are sold over the Internet or in certain stores (as “herbal smoking blends”), while others are disguised as products labeled “not for human consumption” (such as “herbal incense,” “plant food,” “bath salts” or “jewelry cleaner”) to mask their intended purpose and avoid health and safety rules. Due to the constantly growing number of chemicals that are developed, designer drug users have no way of knowing what the drugs they take might contain. Further, as a small modification made to a known drug may result—and often does—in a new drug with greatly different effects, users cannot predict the impact on health from the substances they experiment with. In the United States, some 200 to 300 new designer drugs were identified between 2009 and 2014, most of them manufactured in China. More than 650 new designer drugs have flooded into Europe in the past ten years. Some contain chemicals that have still not been completely identified, and whose effects on the human body and mind are unknown.

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Drug information resource: “The Truth About Drugs”; from The Foundation for a Drug-Free World and The National Institute on Drug Abuse

## SYNTHETIC MARIJUANA NOT A "NATURAL HIGH"

Synthetic marijuana, most commonly known as Spice or K2, is a mixture of herbs and spices that are sprayed with a chemical with similarities to THC, the mind-altering ingredient found in marijuana.

Synthetic drugs such as Spice and K2 are often falsely advertised as “safe,” “natural” and “legal” highs. The truth is that they are technically not legal and are definitely not natural or safe. Chemical analysis have shown that, in all cases, the active ingredients in these drugs are synthetic chemicals with dangerous toxic effects. Beyond that, because the chemical composition of products sold as Spice or K2 is unknown, users have no idea what chemicals they are putting into their bodies or what the effects will be. And, as herbs and spices can be sprayed unevenly, the potency can vary wildly.

Synthetic marijuana has the appearance of dried leaves and is often sold in small, silvery plastic bags as “herbal incense” or “potpourri.” It is also advertised in liquid form for use in vaporizers.

It is often smoked in rolled joints, pipes or e-cigarettes, and some users make it into a tea or use it in brownie recipes. It has also been taken in vaporized form through the nose or in liquid form.

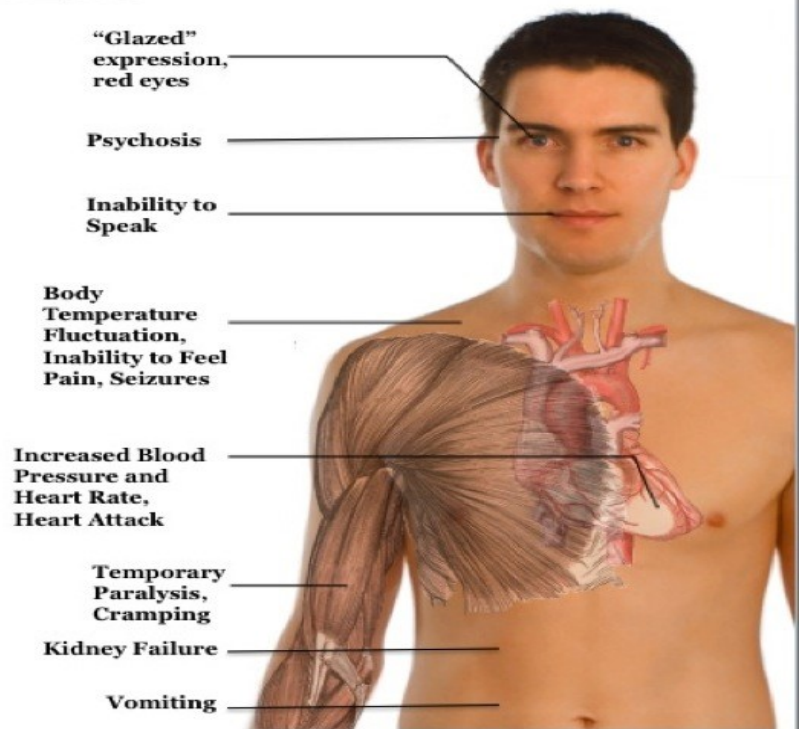
### SYMPTOMS OF SYNTHETIC MARIJUANA USE

#### OVERALL SYMPTOMS

- Increased Agitation
- Paranoid Delusions
- Depression
- Hallucinations
- Exaggerated Thoughts of Suicide
- Feeling of Impending Doom
- Panic Attacks
- Heart Attacks

**Please Call 911 IMMEDIATELY if you suspect someone has used Synthetic Marijuana!**

**Many of these symptoms may be life threatening and may change suddenly.**





## WHAT ARE BATH SALTS?

Chemicals sold as “Bath Salts” are not bath salts used in a tub, but toxic drugs whose effects are unpredictable. Many of the substances in these drugs were banned in the U.S. because of their harmful effects, and dealers use Bath Salts and other names to get around the law. They are also falsely advertised as “plant food,” “jewelry cleaner,” “phone screen cleaner,” and labeled “not for human consumption” to escape arrest by law enforcement.



Bath Salts don't refer to any single drug, but rather a group of similar substances, chemically-made versions of a type of drug found in the Khat plant, an evergreen shrub from East Africa and southern Arabia. In the same way that Spice and K2 are referred to as synthetic marijuana, Bath Salts are referred to as synthetic stimulants. They can also cause hallucinations like that of LSD. Bath Salts often contain a varied mix of chemicals, so even if the packaging looks the same, one never knows what the product actually contains. It is usually sold in powdered form in small plastic or foil packages. It can be white, off-white, yellow or brown and may also be sold in capsules or tablets, or in small jars in liquid form. Users have reported snorting or injecting it, or mixing it with food or drink. This can include “bombing” it (swallowing it wrapped in cigarette paper), taking it rectally, inhaling it using a vaporizer or smoking it.

## BATH SALTS SHORT-TERM EFFECTS

There have been many instances of users experiencing violent, psychotic and life-threatening episodes after using "Bath Salts."

- Effects on the Mind:
  - Uncontrollable craving for the drug
  - Insomnia
  - False euphoria rapidly evolving into paranoia
  - Nightmares
  - Depression
  - Severe agitation
  - Hallucinations and delusions
  - Self-harm
  - Suicidal thoughts or suicide
  - Psychosis
  - Violent behavior
- Effects on the Body:
  - Skin rash
  - Mephedrone stink (the person smells like mephedrone, a drug used in Bath Salts)
  - Skin-crawling sensation
  - Excessive sweating
  - High fever
  - Loss of appetite
  - Sexual dysfunction
  - Nosebleed and "nose burns"
  - Pain at the back of the mouth
  - Ringing or buzzing in the ears
  - Excessive grinding of teeth
- Muscular cramping or tension
- Numbness/tingling
- Dizziness
- Blurred vision
- Rapid involuntary movement of the eyes
- Nausea and vomiting
- Chest pains and heart attacks
- Headaches
- Seizures
- Brainstem herniation (increase of pressure inside the skull that can cause death)

## BATH SALTS LONG-TERM EFFECTS

The harm caused by Bath Salts can be long-term and permanent, including:

- ☐ Increased blood pressure and heart rate
- ☐ Kidney damage and failure
- ☐ Liver damage
- ☐ Breakdown of skeletal muscle tissue (muscles that bring about the movement of the bones of the skeleton)
- ☐ Brain swelling and brain death
- ☐ Death



## BATH SALTS LONG-TERM EFFECTS

A 2013 study found that one of the main substances used in Bath Salts, known as MDPV (3,4-methylenedioxypropylamphetamine), was highly addictive—possibly more so even than meth (methamphetamine), one of the most addictive drugs around. Bath Salts were linked to nearly 23,000 emergency department visits in the United States in 2011. Another study in the Mid-western United States found that more than 16 percent of patients sent to hospital emergency rooms due to Bath Salt abuse were in critical condition or died.

The adverse effects of MDPV can last as many as six to eight hours after use; it has been reported to cause prolonged panic attacks, psychosis and deaths.

## WHAT IS N-BOMB?

N-BOMB, commonly referred to as “N-bomb” or “Smiles,” is a powerful synthetic hallucinogen sold as an alternative to LSD or mescaline (a hallucinogenic drug made from a cactus plant). There are several variations of this drug, but 25I-NBOMe, often shortened to “25I,” is its most abused and potent form. Effects of only a tiny amount of the drug can last for up to 12 hours or longer.

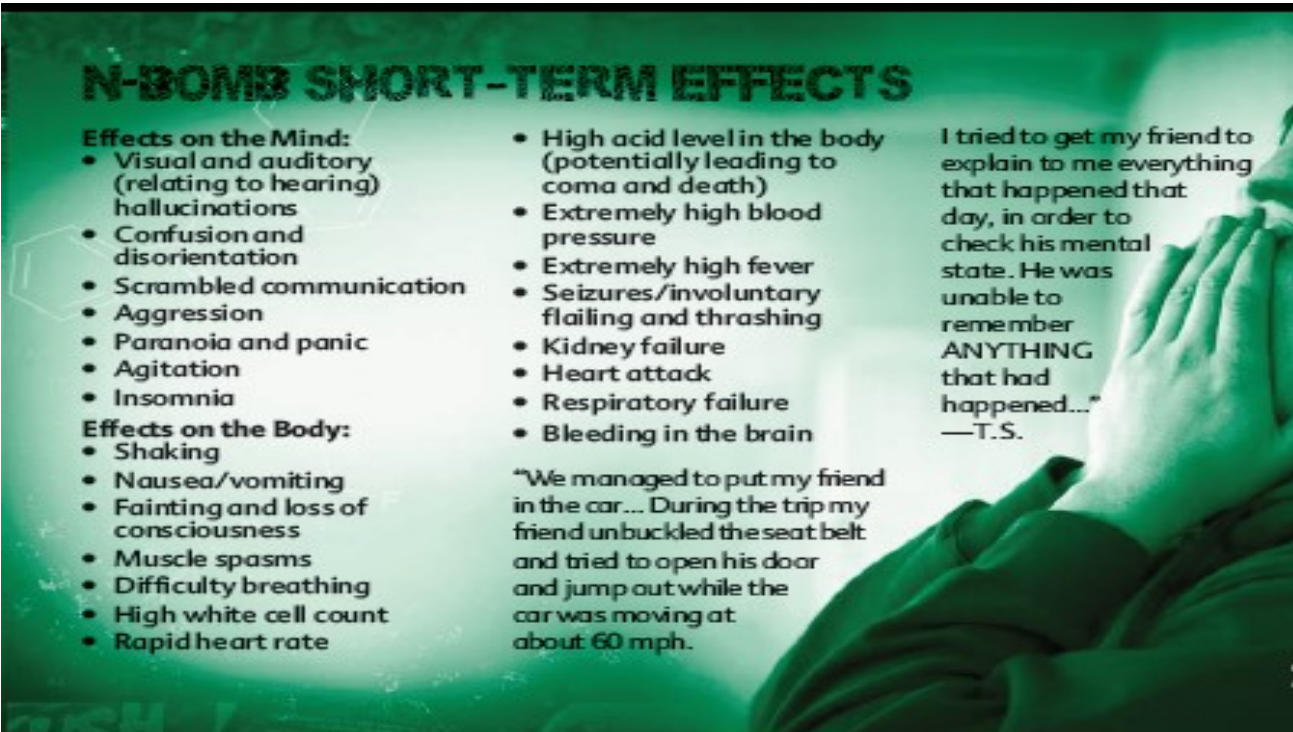
N-bomb creates a hallucinogenic effect similar to LSD at extremely small dosages. Users report the negative effects and after-effects of the drug are worse than that of LSD. It also mimics the effects of methamphetamine.

A dose of 750 micrograms, considered an average to high dose, is about the size of six small grains of regular table salt.

N-bomb is sold in liquid or powdered form or on soaked blotter paper. It has a strong bitter metallic taste, and some dealers add mint or fruit flavoring to the liquid and blotter varieties. As N-bomb creates no effect if swallowed, users place it under their tongue, where it gets absorbed. Some users inject it, smoke the powdered form, breathe it through the nose, vaporize and inhale it, or insert it rectally. Any of these uses are dangerous as only a few grains produce an effect, and it is extremely easy to overdose—with sometimes fatal consequences.

N-bomb is so toxic that it requires a filter mask, gloves and glasses while handling it. This is also a problem for law enforcement officers, as they can get a fatal overdose simply by not wearing protective gear when collecting drug evidence from a suspect.

As N-bomb has been sold under names of other drugs, users may apply the dose of the drug they believe they are taking, which can result in a fatal overdose.



### N-BOMB SHORT-TERM EFFECTS

**Effects on the Mind:**

- Visual and auditory (relating to hearing) hallucinations
- Confusion and disorientation
- Scrambled communication
- Aggression
- Paranoia and panic
- Agitation
- Insomnia

**Effects on the Body:**

- Shaking
- Nausea/vomiting
- Fainting and loss of consciousness
- Muscle spasms
- Difficulty breathing
- High white cell count
- Rapid heart rate

- High acid level in the body (potentially leading to coma and death)
- Extremely high blood pressure
- Extremely high fever
- Seizures/involuntary flailing and thrashing
- Kidney failure
- Heart attack
- Respiratory failure
- Bleeding in the brain

“I tried to get my friend to explain to me everything that happened that day, in order to check his mental state. He was unable to remember ANYTHING that had happened...”  
—T.S.

“We managed to put my friend in the car... During the trip my friend unbuckled the seat belt and tried to open his door and jump out while the car was moving at about 60 mph.”

## N-BOMB LONG-TERM EFFECTS

In some users, N-bomb causes persistent and severe anxiety and depression that may last for months or years. It shows up as visual hallucinations in the form of trailing colors, widely distorted visual images, and color flashes.

Use of N-bomb can also result in kidney failure or death.

One 18-year-old male user was hospitalized with seizures after his first-time use. Doctors were unable to stop the seizures, and he spent four days in a drug-induced coma.

An 18-year-old man in Minnesota bought a drug without knowing that he was actually purchasing 25I-NBOMe. He sold some to his "friends," they took the drug together and one of the friends began "shaking, growling, foaming at the mouth" and smashing his head against the ground, according to witnesses. He ultimately passed out and died. The young buyer/dealer was charged with murder.

A 21-year-old man in St. Louis, Missouri, had a similar experience. After taking the drug, his limbs suddenly began to flail around and he started ripping accessories from the car he was riding in. He died shortly thereafter.

## The Truth About Drugs

The number of drugs available continues to grow. Because there are no official controls over the manufacturing of street drugs, it is very hard to know what they contain, how toxic they are, and what effects they can have on the body.

Drugs are essentially poisons. In addition to their physical effects, many drugs have another liability: they directly affect the mind. They can distort the user's perception of what is happening around him or her. As a result, the person's actions may be odd, irrational, inappropriate and even destructive.

Drugs block off all sensations, the desirable ones with the unwanted. So, while providing short-term help in the relief of pain, they also wipe out ability and alertness and muddy a person's thinking. Medicines are drugs that are intended to change something about the way your body is working to try to make it work better. Sometimes they are necessary, but they are still drugs: they act as stimulants or sedatives and too much can kill you. So if you do not use medicines as they are supposed to be used, they can be as dangerous as illegal drugs.

**If you want to quit or know someone who does, then get in touch with the Healing Lodge. (506) 273-5403**

**BELIEVE YOU CAN AND YOU'RE HALF WAY THERE.**

# **Traditional Medicine Talk & Such...**

**By: Loretta Perley**

## **Medicine Gathering Grounds to be Sold Off!**

There are medicines that grow in certain areas that don't grow anywhere else. The land in question for the land-claim is one of those places. I've gathered medicine there. Unfortunately, big logging trucks belonging to "Crabbe" were driving through those same woods really fast. They were in a rush to harvest our trees, yet again. How many times in the last hundred plus years have those trees been harvested by non-native (non-Indian) owned companies? The government hasn't even addressed the "loss of use" there. And how about the minerals in the ground. Has anyone even considered them? And the potential wind energy above ground that hasn't been tapped into.

Tobique will be getting 39,000,000 for this generation, but what about the next seven generations? Let's see, 20% of 39,000,000 to buy more land. We have 10,000 acres that is being sold for pennies. When Tobique buys land, it will be at top dollar rates.

Because of my connection to the land, I will vote "No" on the referendum. If anyone needs money that badly, I suggest you get a job for six months because what you earn will be equivalent to your pay-out for the sell-out. 13,500.00 is not a lot of money for what is being lost. Once the deal is signed, we will be blocked-out forever. That is so sad. I used to pick medicines there, but if the deal goes through, that will be it, no more! And you will have done it to yourselves. I hope you all live to a ripe old age just so you can see firsthand the result of your actions.

In the meantime if anyone requires some medicine from a Medicine Person, remember that there are protocols for asking for medicine. You must approach the Medicine Person in a sober state and offer them something of value. This could be a pack of pipe tobacco that we use for smudging and offerings. It could be something you made like food or a craft. It could be a service like shovelling, gardening, or computer work. If the Medicine Person feels they can help you, he or she will accept the gift and prepare your medicine. My preparations include driving somewhere to gather the medicine, buying oils, bees wax, alcohol, and such to prepare it. And maybe purchasing jars and /or bottles to store the medicine in. Then you have to direct the medicine as to what you want it to do. It's quite a lengthy process. At every step of the way, I have to show respect to my medicines by storing them properly. Cleaning them soon after they are gathered and allowing them to dry if they are to be stored for any length of time.

It is always good to consult with your family doctor if you are sick. Recently, many of our prescription medicines have not been covered. I suspect this will only get worse. Having Medicine people in our community is an asset that should be encouraged. Someday our/ your lives may very well depend upon it.

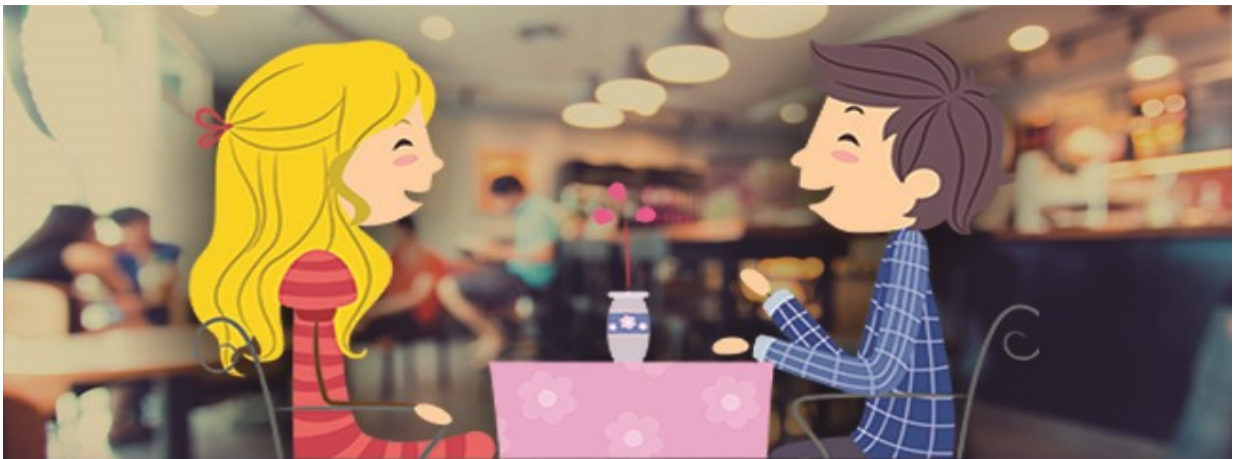
**Ahpj-edj**  
**Loretta Perley , CACII**

# Relationships: It Feels Like Love, But Is It?

By SOS Safety Magazine July 6, 2015

Sometimes it feels impossible to find someone who's right for you — and who thinks you're right for him or her! So when it happens, you're usually so psyched that you don't even mind when your little brother finishes all the ice cream or your English teacher chooses the one day when you didn't do your reading to give you a pop quiz.

It's totally normal to look at the world through **rose-colored glasses in the early stages of a relationship**. But for some people, those rose-colored glasses turn into blinders that keep them from seeing that a [relationship isn't as healthy](#) as it should be.



## What Makes a Healthy Relationship?

Hopefully, you and your significant other are **treating each other well**. Not sure if that's the case? Take a step back from the dizzying sensation of being swept off your feet and think about whether your relationship has these seven qualities:

- **Mutual respect.**

Does he or she get how cool you are and why? (Watch out if the answer to the first part is yes but only because you're acting like someone you're not!) The key is that your BF or GF is into you for who you are. Does your partner listen when you say you're not comfortable doing something and then back off right away? Respect in a relationship means that each person values who the other is and understands the other person's boundaries.

- **Trust.**

You're talking with a guy from French class and your boyfriend walks by. Does he completely lose his cool or keep walking because he knows you'd never cheat on him? It's OK to get a little jealous sometimes — jealousy is a natural emotion. But how a person reacts when feeling jealous is what matters. There's no way you can have a healthy relationship if you don't trust each other.



- **Honesty.**

This one goes hand-in-hand with trust because it's tough to trust someone when one of you isn't being honest. Have you ever caught your girlfriend in a major lie? Like she told you that she had to work on Friday night but it turned out she was at the movies with her friends? The next time she says she has to work, you'll have a lot more trouble believing her and the trust will be on shaky ground.

- **Support.**

It's not just in bad times that your partner should support you. Some people are great when your whole world is falling apart but can't take being there when things are going right (and vice versa). In a healthy relationship, your significant other is there with a shoulder to cry on when you find out your parents are getting divorced and to celebrate with you when you get the lead in a play.

- **Fairness/equality.**

You need to have give-and-take in your relationship, too. Do you take turns choosing which new movie to see? As a couple, do you hang out with your partner's friends as often as you hang out with yours? It's not like you have to keep a running count and make sure things are exactly even, of course. But you'll know if it isn't a pretty fair balance. Things get bad really fast when a relationship turns into a power struggle, with one person fighting to get his or her way all the time.

- **Separate identities.**

In a healthy relationship, everyone needs to make compromises. But that doesn't mean you should feel like you're losing out on being yourself. When you started going out, you both had your own lives (families, friends, interests, hobbies, etc.) and that shouldn't change. Neither of you should have to pretend to like something you don't, or give up seeing your friends, or drop out of activities you love.

- **Good communication.**

You've probably heard lots of stuff about how men and women don't seem to speak the same language. We all know how many different meanings the little phrase "no, nothing's wrong" can have, depending on who's saying it! But what's important is to ask if you're not sure what he or she means, and speak honestly and openly so that the miscommunication is avoided in the first place. Never keep a feeling bottled up because you're afraid it's not what your BF or GF wants to hear or because you worry about sounding silly. And if you need some time to think something through before you're ready to talk about it, the right person will give you some space to do that if you ask for it.



## What's an Unhealthy Relationship?

A relationship is unhealthy when it involves **mean, disrespectful, controlling, or abusive behavior**. Some people live in homes with parents who fight a lot or abuse each other — emotionally, verbally, or physically. For some people who have grown up around this kind of behavior it can almost seem normal or OK. It's not! Many of us learn from watching and imitating the people close to us. So someone who has lived around violent or disrespectful behavior may not have learned how to **treat others with kindness and respect** or how to expect the same treatment.

Qualities like **kindness and respect are absolute requirements for a healthy relationship**. Someone who doesn't yet have this part down may need to work on it with a trained therapist before he or she is ready for a relationship. Meanwhile, even though you might feel bad or feel for someone who's been mistreated, you need to take care of yourself — **it's not healthy to stay in a relationship that involves abusive behavior of any kind**.

## Warning Signs of an Unhealthy Relationship

When a boyfriend or girlfriend uses verbal insults, mean language, nasty put-downs, gets physical by hitting or slapping, or forces someone into sexual activity, it's a sign of verbal, emotional, or physical abuse.

### Ask yourself, does my boyfriend or girlfriend:

- Get angry when I don't drop everything for him or her?
- Criticize the way I look or dress, and say I'll never be able to find anyone else who would date me?
- Keep me from seeing friends or from talking to any other guys or girls?
- Want me to quit an activity, even though I love it?
- Ever raise a hand when angry, like he or she is about to hit me?
- Try to force me to go further sexually than I want to?

These aren't the only questions you can ask yourself. If you can think of any way in which your boyfriend or girlfriend is trying to control you, make you feel bad about yourself, isolate you from the rest of your world, or — this is a big one — harm you physically or sexually, then it's time to get out, fast. Let a trusted friend or family member know what's going on and make sure you're safe.

It can be tempting to make excuses or **misinterpret violence, possessiveness, or anger as an expression of love**. But even if you know that the person hurting you, loves you, it is not healthy.

**No one deserves to be hit, shoved, or forced into anything he or she doesn't want to do.**

## Are Some Relationships So Difficult?

Ever heard about how it's hard for someone to love you when you don't love yourself? It's a big relationship roadblock when one or both people struggle with self-esteem problems. Your girlfriend or boyfriend isn't there to make you feel good about yourself if you can't do that on your own,. Focus on being happy with yourself, and don't take on responsibility of worrying about someone else's happiness.

What you feel that your girlfriend or boyfriend needs too much from you? If the relationship feels like a burden or a drag instead of a joy, it might be time to think about whether it's a healthy match for you. Someone who's not happy or secure may have trouble being a healthy relationship partner.

Also, intense relationships can be hard for some teenagers. Some are so focused on their own developing feelings and responsibilities that they don't have the emotional energy it takes to respond to someone else's feelings and needs in a close relationship. Don't worry if you're just not ready yet. You will be, and you can take all the time you need.

Ever notice that some teen relationships don't last very long? It's no wonder— you're still growing and changing every day, and it can be tough to put two people together whose identities are both still in the process of forming. You two might seem perfect for each other at first, but that can change. If you try to hold on to the relationship anyway, there's a good chance it will turn sour. Better to part as friends than stay in something that you've outgrown or that no longer feels right for one or both of you. And before you go looking for love from that hottie from French class, respect your current beau by breaking things off before you make your move.

Relationships, can be one of the best—and most challenging—parts of your world. They can be full of fun, romance, excitement, intense feelings, and occasional heartaches, too. Whether you're single or in a relationship, remember that it's good to be choosy about who you get close to. If you're still waiting, take your time and get to know plenty of people.

Talk about the qualities you value in a friendship and see how they match up with the ingredients of a healthy relationship. Work on developing those good qualities in yourself—they make you a lot more attractive to others. And if you're already a pair, make sure the relationship you're in brings out the best in both of you.

**If you are being abused seek help from any of the following sources:**

[Domestic Violence Hotline \(24/7\)](#) 1-800-799-7233

[Chimo Help Line](#) 1-800-667-5005

[Fredericton Sexual Assault Crisis Center](#) 1-506-454-0437

[Gignoo Transition House](#) 1-800-565-6878

[Kids Help Phone](#) 1-800- 668-6868

## **Resource Phone Numbers**

<b>Emergency – Police, Fire, Ambulance</b>	<b>911</b>
<b>Healing Lodge on-call phone</b>	<b>479 - 4957</b>
<b>CHIMO Help Line (24 hours)</b>	<b>1- 800- 667- 5005</b>
<b>Telecare (24 hours)</b>	<b>811</b>
<b>Kids Help Line (24 hours)</b>	<b>1-800- 668- 6868</b>
<b>Mental Health Mobile Crisis</b>	<b>1- 888- 667- 0444</b>
<b>RCMP Tobique</b>	<b>273-5003</b>
<b>RCMP non urgent</b>	<b>1- 800- 506- 1472</b>
<b>Probation (Marilyn Perley)</b>	<b>273- 4723</b>
<b>Fredericton Detox</b>	<b>1-506-452- 5525</b>
<b>Miramichi Detox</b>	<b>1-506- 623- 6175</b>
<b>Campbellton Detox</b>	<b>1-506- 789- 7055</b>
<b>Ridgewood Detox</b>	<b>1-506- 674- 4307</b>
<b>Gambling</b>	<b>1-800- 461- 1234</b>
<b>Perth Mental Health</b>	<b>273- 4701</b>
<b>Perth Mental Health (Lisa Goodine)</b>	<b>273-4701</b>
<b>Woodstock Mental Health</b>	<b>1- 888- 325- 4419</b>
<b>Tobique Child &amp; Family</b>	<b>273-5405</b>
<b>Neqotkuk Health Center</b>	<b>273-5430</b>
<b>Wolastoqewiyik Healing Lodge</b>	<b>273-5403</b>
<b>Norma Saulis</b>	<b>273-5461</b>
<b>Alison Sappier (Prevention )</b>	<b>273- 5425</b>
<b>Rob Brewer (Intake)</b>	<b>273- 5467</b>
<b>Mary Solomon (Family Violence)</b>	<b>273- 5541</b>
<b>Loretta Perley (Prevention)</b>	<b>273-5418</b>



# Drop-In Day Program



## Wolastoqewiyik Healing Lodge

Located at Tobique First Nation on Tilley Road  
13309 Route 105 E7H 5K1

**Monday - Thursday**

**1:30 - 3:30 PM**

Day program meetings will be on going information and support sessions on *Addictions* and *Mental Health*.

Come and join in, learn, participate and share knowledge on topics such as: Recovery, Anxiety Disorders, Self-Esteem, Coping with Stress, Depression, Seven Sacred Teachings, Grief and Loss, Relapse, and Talking Circles.

Interested? Join today!

*For more information about our programs, please call us at (506) 273 5403*

## Clean & Sober Meeting

Meetings are open to anyone who is looking  
to continue their healing journey through  
supportive group meetings.

Beverages and snacks are also provided.

**Monday 7:00 - 8:00 PM**

**Wolastoqewiyik Healing Lodge**

**Located at Tobique First Nation on Tilley Road  
13309 Route 105 E7H 5K1**

*For more information about our programs,  
please give us a call at (506) 273 5403*



# Healing Herbs, Medicinal Teas for Colds and Flu

Long before the advent of antihistamine tablets and specially formulated cold remedies, cold and flu sufferers turned to herbal teas to relieve their symptoms. Those homemade infusions were rich in vitamins, minerals and medicinal compounds. You can find commercial versions of these old-time remedies in most health food or natural grocery stores, or you can take a page out of the past and make your own. In the herbalist's pharmacopoeia, specific herbs address particular symptoms, so we asked the experts to share their favorite blends.

## Soothe a Sore Throat

A dry, scratchy throat often signals the onset of a cold, and over-the-counter syrups and lozenges just seem to sugarcoat the problem. Fortunately, nature provides some safe and easy-to-use alternatives. "Sore throats are greatly relieved by herbal tea," says Brigitte Mars, herbalist and author of *Healing Herbal Teas* (Basic Health Media, Winter 2006). As a first line of defense, Mars prescribes marshmallow root (*Althea officinalis*), an anti-inflammatory herb that's "wonderfully soothing on the throat." Unrelated to the gooey little campfire confections, this herb has a long, well-documented history of successfully treating irritated mucous membranes.

James Duke, author of *The Green Pharmacy* (Rodale, 1997), recommends two other herbs for throat discomfort: slippery elm (*Ulmus rubra*), an antiseptic and anti-allergic agent that literally slips down the throat, and licorice root (*Glycyrrhiza glabra*). Antibacterial, antiviral and anti-inflammatory, licorice has been scientifically documented to break up phlegm, ease coughs and fight infections. A study at Bastyr University found that tea combining licorice, slippery elm and marshmallow is highly effective for reducing throat pain.

For sore throats accompanied by cold and flu symptoms, Mars suggests drinking stomach-soothing peppermint (*Mentha x piperita*). "It can lower a fever by helping you to sweat and release toxins naturally. It's antiviral and user-friendly," she explains. Mars also likes ginger (*Zingiber officinale*), which is "good for chills and aching muscles, and relieves nausea." For extra measure, she adds elder (*Sambuca nigra*), shown by research to keep flu viruses at bay.

## Breathe Easy

"When I have a difficult time breathing, I go for oolong because it opens up my lungs," says Sara Martinelli, tea blender and owner of The Boulder Dushanbe Tea House in Boulder, Colorado. Indeed, black tea like oolong contains powerful expectorant compounds that help clear mucus from deep within the chest. The caffeine it packs is also a powerful bronchodilator. To take the edge off the caffeine, Martinelli mixes in calming chamomile (*Matricaria recutita*), touted for its anti-inflammatory, antibacterial, antifungal, antiseptic and antispasmodic properties. She also adds liberal portions of rose hips (*Rosa canina*), which, she says, "are high in vitamin C and taste great." For a respiratory remedy that relies just on herbal ingredients, Martinelli concocts a brew of thyme (*Thymus vulgaris*), rosemary (*Rosmarinus officinalis*) and eucalyptus (*Eucalyptus globules*). Thyme has antiseptic properties that help heal infections, while rosemary contains disease-fighting compounds and eucalyptus cools inflamed tissues and eases congested lungs. She suggests sipping the tea or making a vapor tent by placing a towel over your head and breathing in the healing vapors.

## Do-It-Yourself Blends

Want to create your own cold and flu teas? To get a sense of a herb's individual flavor, begin with a simple tea steeped from a single herb such as echinacea (*Echinacea* var.), which Martinelli notes "is best used as a preventive before a cold strikes." Place two teaspoons in a tea ball or strainer and add to one cup of hot water; steep for 10 to 15 minutes and stir in honey. For more of Martinelli's tea blends, check out [www.boulderteahouse.com](http://www.boulderteahouse.com).

## Recipes

### Cold & Flu Fighter

(formulated by Brigitte Mars)

This spicy tea relieves swollen nasal passages and calms an upset stomach. Place an inch of the herbs in a quart jar. Fill with hot water and steep for two hours. Strain and refrigerate. Reheat whenever you need relief.

- 2 parts peppermint leaf
- 2 parts elder flower
- 1 part elder berry
- 1 part ginger root

### Respiratory Rescue

(formulated by Sara Martinelli)

Congested lungs will love this aromatic breath of fresh air. Place two teaspoons of the mixture in a strainer, add one cup hot water and steep for 10 to 15 minutes.

- 2 parts oolong tea
- 1 part rosemary
- 1 part chamomile
- 1 part rose hips

### Sore Throat Soother

(formulated by Deborahann Smith)

Steep two teaspoons of this soothing herb blend in a cup of hot water for quick throat relief. Licorice root also adds a sweetening effect.

- 1 part slippery elm
- 1 part licorice root
- 1 part marshmallow root
- 1 part anise (*Pimpinella anisum*)
- 1 part wild cherry (*Prunus virginiana*)



Read more: <http://www.care2.com/greenliving/healing-herbs-medicinal-teas-for-colds-and-flu.html#ixzz3rNRhu1cc>



## **Wolastoqewiyik Healing Lodge Support & Prevention Program**

Loretta Perley - Prevention - 273-5418  
Alison Sappier - Prevention - 273-5425  
Mary Solomon - Family Wellness - 273-5541

### **Services available in Prevention and Support include:**

- Day Program
- After-care for Clients graduating from Treatment
- SASSI Assessments
- Referrals for entering Treatment / Detox
- Out-patient Services
- Reiki treatments
- Auricular Acupuncture Treatments
- Prevention Programs offered in schools
- Community Workshops

### **Family Wellness:**

- Anger Management
- Healthy Relationship Building:
  - Conflict resolution
  - Problem solving and decision making
  - Discovering our Differences: Male & Female perceptions
  - Healing Shame
  - Handling Jealousy
  - Communication styles and How to communicate difficult feelings
  - Intimacy within a partnership relationship
  - Stress management
  - Understanding anger in ourselves and others
  - Sharing responsibilities in a committed relationship
- Violence and Abuse Prevention Program offered in Middle School and High School



