

“Live Long & Prosper” Herbs & Life-Ways for Elders Women’s Herb Conference 2017

“The art of living well and the art of dying well are one.” - Epicurus

The great intent of Ayurveda, Traditional Chinese Medicine and other Traditional Medicines is not to just treat illness, nor even imbalances, but to promote vitality & longevity and so offer the possibility of living a good and meaningful life.

To use herbs when you are sick is like digging a well when you are thirsty. Chinese proverb

The Elder Sage: a vital & active community member

The worldwide research among traditional peoples of the Dr. Weston Price in the 1930’s shows elders in indigenous communities regularly lived long and well continuing to contribute to family and community.

How can we live now for health & vitality later? Some elder advice:

- Li Ching Yuen, herbalist & martial artist who may be the worlds longest lived person -197 yr or more: *“Keep a quiet heart; Sit like a tortoise; Walk sprightly like a pigeon; Sleep like a dog.”* He lived off a diet of herbs including Ling zhi, goji berry, wild ginseng, he shou wu and gotu kola and rice wine.
- Centenarian Advice: the Delaney Sisters: *“We start our day by drinking a full glass of water, followed by a teaspoon of cod liver oil and a whole clove of garlic. Breakfast is our most important meal. It’s our biggest meal of the day, and we eat it right after we do our exercises. (We started doing yoga 40 years ago.) We have a scrambled egg each, a hard roll and fruit, along with a bowl of oatmeal. I mean home-cooked oatmeal, not that instant stuff. We have a good meal at midday. Northern folks call that lunch. We Southern gals call it dinner. We eat chicken or beef - although we love fish, we don’t eat it much today. We worry about its being contaminated. In the evening, we make ourselves a big vanilla milk shake. It’s not good to eat your big meal toward the end of the day.”*
- Adele Dawson herbalist elder: *“One must choose very carefully... one’s parents.”*

Epigenetics: We inherit the life force & life-ways of our ancestors.

- The egg that becomes us, is formed in the body of our grandmother.
- In Traditional Chinese Medicine, **Kidney Jing**, our primal life force, is *inherited from our parents*. Our **Jing** quality determines genetic predisposition. It is spent through life stresses, but *Acquired Jing* can be attained from good food and water, herbs and life practices.
- Similar to **Vital life force** in constitution in Traditional Greek European Medicine
- Similar to inherited ‘fault’ doshas in Ayurveda and miasms in homeopathy
- New research demonstrates what many experience; we also inherit our family’s (unprocessed) trauma.

Preserving our Vital Life Force

“If I knew I was going to live this long, I’d have taken better care of myself.” Eubie Blackie 1883-1988

- Pre-conception nutrition and beyond: giving our children strong constitutions, healthy immune systems, microbiome and strong bones (Mothers 2nd chance to build bones – after birth)
- Convalescence: after illness, birth (& menses)
- Good living, healthy food & water, exercise, sleep, sunshine & nature
- Address ailments before they advance: incl. muscular-skeletal aches -- and also emotional traumas

Our Seniors: dumping grounds for drugs?

- Statins
 - Proton pump inhibitors
 - Flu shots
 - SSRI’s
 - Blood pressure lowering drugs
- We are creating needs for drugs where there is no need.* These drugs all have serious side effects which call for other drugs to be prescribed and creating *drug diets for seniors*.

Preparing for our Elder Years

“Grow old with me ... The last of life for which the first is made...” –Robert Browning

- Modern concern – protection from toxins ***Our grandparents were born into an organic world!***
- Develop & preserve healthy digestion & microbiome
- Preserve our primal energy • Herbal tonics and adaptogens
- Sleep - our natural restorative • Process emotions and trauma • Engage with and enjoy life!

Preserving our Vital Life Force *Particular concerns of elders:*

- Memory & Brain function (*#1 biggest fear*) • Emotions (*depression & anxiety*) • Digestive function
- Food & Nutrition (*a pathway to deliver herbs*) • Heart & Circulatory function • Sleep
- Muscular Skeletal function (*Movement & exercise are essential for longevity*)
- Caregivers • Hospice care • Life remembered • Peaceful natural death

Dosing & Formulating for Elders *Dose considerations for elders:*

- Frail and light – low dose! (Vata constitution) Consider ‘energetic doses’ in general
- Formulate with absorption enhancing herbs
- Seek to put remedies in foods: Food-type tonic herbs can be in larger doses
- Consider multiple drugs – drug-drug interactions (most common) & possible drug–herb interactions

a few Tonics to support the life force

Ginger: Consider ginger in formulations for elders: Help absorption of formulas

- Warms the digestion Warms the body enhances circulation • Anti- inflammatory anti-pain

Trikatu (ginger, long pepper black pepper): Ayurveda formula used to enhance absorption of other remedies

Reishi – revered *‘mushroom of immortality’* • Calms the spirit; engenders serenity • Qi & blood tonic • Nervine, adaptogenic, gentle • Soothes anxiety, melancholy, mild depression, stress • Promotes sound sleep • Weakness, chronic fatigue, • Hypotensive, cardio-tonic, anti-cancer • Liver & lung tonic

Sage: *He who eats sage in May, Will live for aye. (i.e. forever) -European proverb Why should a man die, whilst sage grows in his garden? -Latin, Arabic, old English proverb*

- for “sage-ing” instead of ageing • Brain function: memory, dementia, Alzheimer's
- Bone density building • Enhances fat digestion & absorption, carminative stimulates appetite
- Supports lipids in body: for dryness of skin, hair, mucosa and tendons
- Menopause: ‘Helps body shift for ovarian estrogen levels to adrenal maintenance levels’ (Wood); night sweats with fever. • Infectious diseases, antimicrobial

Hemlock flower essence

Tsuga canadensis [Woodland Essence]
Easing one through the process of change and personal transformation.
For guiding one through a shift in awareness/ consciousness. Support through the changes that are ahead – personal and planetary

Digestion: Better with (Warming) Bitters

Long term use is cooling! Balance with warming bitters & carminatives.

For elders formula should be warming!

Angelica root: • enhances digestion/ assimilation •relieves gas, nausea •‘blood building’ • moves lung stagnations • antimicrobial • ‘protective energy’

Fenugreek seed: *If you knew the value of fenugreek you would buy it with gold -Arab proverb*

• binds with endotoxins in the gut, increasing their excretion • mucilaginous: soothes inflamed gut; relieves constipation • lowers triglyceride & cholesterol levels • regulates blood sugar levels (Anti-diabetic)

Turmeric • mildly warming bitter as well as a carminative • anti-inflammatory, antitumor, hepato-protective, gastro-protective • helps heal the gastric mucosa • cholagogue & choloretic, promoting fat digestion and elimination of wastes by phase II liver pathways. • fat & pepper aid absorption (Curry meal (fat, carminative spices with food)

A few other Bitters to consider: •Agrimony •Artichoke lf. • Blue Vervain • Burdock rt. • Centaury • Chamomile (long infusion) •Dandelion rt. •Burdock rt. •Gentian • Bitter Orange •Yarrow •Yellow Dock

Calming Carminatives

Fennel • Poor appetite and digestion • Upper G.I. Excess • relieves indigestion, colic and cramps • reduces flatulence and bloating and water retention • Mental fatigue, nervous tension, • Spasms, muscle tension/cramps • *Tridoshic remedy* for the digestion. It improves *agni* without aggravating *pitta* and sooth inflammatory gut conditions (especially when combined with licorice). It also clears *ama* (toxins), regulates *apana vata* (downward movement of food in digestive tack)

‘**Wise Water**’ 3 Seed Tea of **Fennel, Coriander** (Helps eliminate toxic chemical &wastes through kidneys) & **Cumin** (Helps one absorb and use nutrients). *Infusion of whole seeds 20 min+*

A gentle tonic recommended as a daily drinking water, but also powerful support to cleansing protocols. Ayurveda tradition advises drinking ‘Wise Water’ consistently for 3 months to clear the system of toxins

Wood Betony • mild bitter, aromatic, gentle astringent • Digestive system tonic: strengthens and restores tone to the solar plexus in particular and digestive track tissues in general. • a general harmonizing effect on digestive system • grounding tonic nervine (*See below for info on its head and nervine actions*)

Catnip • a calming carminative particularly indicated for those who hold emotions in @ stomach

Stimulate Gastric HCL (*No need to drop acid!*)

Carminatives enhance digestion and relieve dyspepsia (nausea, gas, belching and digestive rumbles)

Ginger root • warming, stimulating digestive • promotes circulation, expectoration and diaphoresis • antiemetic for nausea, vomiting, and morning sickness. • enhances digestive function • relieves gas, diarrhea, and food poisoning • inhibits H pylori overgrowth

Orange peel • premier herb for increasing gastric HCL production • promotes “digestive fire” • relieves gas, nausea, vomiting, and digestive rumbles. • a nicely balanced formula from David Winston: Dandelion root Orange Peel, Angelica, Artichoke leaf (DOPAA)

Prickly Ash bark • enhances digestion and circulation • increases absorption of the entire formula (even small amount) • sialagogue, helpful for dry mouth many elders experience from pharmaceutical side effects

• **Salt** • **Raw honey** • **Probiotic vegetables** (& fermented vegetable juice)

Juniper Berry [*Use in small doses and in formulation, long term use of larger doses can be harsh and irritating to a fragile body*] • warming, stimulating digestive • Promotes circulation, expectoration & diaphoresis. • Enhances digestion • Antiemetic for nausea, vomiting • Relieves gas, diarrhea, and food poisoning • Inhibits overgrowth of H pylori in stomach • **Elders** ‘with poor digestion and scanty urine’ • **Elders** with cold/ depressed or stagnant tissue state • Immune enhancement anti viral. • Rheumatoid arthritis, painful swollen joints, lumbago, sciatica, and muscular rheumatism -the infused oil externally • increases elimination of metabolic wastes & promote vital force • A berry a day during cold season protects from colds & infections.

Virtually all cooking spices are carminatives. Most have the added benefits of being antiviral, antimicrobial, antioxidant and anti-inflammatory. **Bold particularly helpful for elders** *inhibits H pylori •Allspice •Aloe •Anise Hyssop (also aids damp conditions) •Anise seed • Basil •Calamus •Caraway •Cardamom •Cayenne* •Cilantro •Chamomile •**Cinnamon*** •Cloves •Coriander •Cumin* •Dill seed •Fennel seed •Galangal* •**Ginger*** •Juniper berry •Lavender •**Lemon balm** •Monarda •Nutmeg* •Oregano* •**Orange Peel**• Mints •Pepper •**Rosemary** •**Sage***(also aids digestion of fats)• Sassafras •Savory •Spicebush leaf/bark •Thyme •Turmeric

Digestive enzymes: If bitters & carminatives are used, it is rarely necessary. Supplementing enzymes may down regulate our own endogenous production of digestive enzymes

Antacids Pose Unique Dangers for Seniors!

“Antacid drugs like Zantac, Pepcid, Prevacid Nexium are among the most widely prescribed medications in the world. However physicians...are warning seniors of serious side effects associated with the drugs, especially as you get older...“They do have significant side effects, especially in older patients,” Dr. Logan
Antacids: increased risk of gastrointestinal infections, antibiotic resistance, severe diarrhea, osteoporosis
PPIs: increased **risk of pneumonia**; increased risk of infection with C. difficile bacterium, (which is resistant to many antibiotics and causes serious diarrheal illness), increased *risk of bone fractures from osteoporosis. (possibly due to the lower stomach acidity reduces the ability to absorb calcium)* [NYT 2010](#)

Canceling Constipation

- **Bowel Function** and digestive function diminishes as we get older.
- The lack of HCL and bile salts creates a tendency towards slow transit time and constipation.
- **Many medications can also contribute to constipation (iron supplements, morphine, sedatives)** and dysbiosis (antibiotics).
- A diet rich in soluble fiber, (*but not fiber supplements!*), adequate water, bitters and physical movement go far to offset this problem. Also Magnesium!
- Avoid using stimulant laxatives on a regular basis as they can cause bowel dependence (this includes Senna, Cascara Sagrada, Buckthorn bark, and Rhubarb root). But these herbal laxatives *are much better and gentler* than pharmacological laxatives!
- Gentle aperients good for tonic use: Yellow dock, Artichoke leaf & Triphala (also Artichoke lf, Dandelion rt, Allspice, Culvers root)
- Bulk laxatives: Psyllium seed, Flax seed, Slippery Elm, Marshmallow, Agar, Pectin, Chia seed, Guar gum. Always be sure to drink plenty of fluids when taking bulk laxatives. • Magnesium (*again!*)

Memory & Brain

"Older people have much more information in their brains than younger ones, so retrieving it naturally takes longer"
 The brain has amazing neural plasticity, but needs to be used/ challenged to develop new dendritic connections.

The Brain that Changes Itself by Norman Doidge

- *If you don't use it, you'll lose it!* Passive TV watching doesn't hook the brain.
- ★ Being responsible for one's own care & others ★ Playing (learning) games with children
- ★ Meaningful new activities (*not just Crosswords Scrabble*)
- ★ Learn new skills ★ Memorize poetry ★Alter routines (a little) ★Travel (a little)

Brain function is the lens of consciousness, but consciousness is more than brain function

Importance of coma and unconsciousness and other threshold experiences as we prepare for death

Staying Active for Mind & Body

- Have things to do! As with the brain: *If you don't use, it you lose it!*
- **Practice balance & flexibility** (Tai Chi particularly excellent)
- Exercise: Mixture of types (gentle aerobic, flexibility, muscle strengthening)
- Classes are particularly great for elders for community
- Solomon seal as a nutritive tonic for drying Muscular skeletal system (& lungs)

Sleeping Well for Mind & Body

Seniors more often experience nocturnal awakening, early morning awakenings, and non-refreshing sleep.

- **Circadian rhythm disruption:** Rhythms of life essential • Avoid (long) napping?!
- Lack of growth hormone • Boredom & anxiety factors
- Consider possible B12 deficiency if difficulty sleeping (Help stomach acid as well as diet)

a few Herbs:

- Reshi! • Ashwaganda • adaptogens to have the energy to sleep – rhodiola in morning
- Valerian (fresh root extract) • Hops • Passionflower • Lavender (essential oil diffused in air)
- Amalaki (amla) • Nutmeg • Red poppy • Chamomile • Skullcap

Nootropics to Enhance Brain Function

Nootropics Herbs that enhance cerebral function & circulation, and in so doing enhances memory, focus and concentration

Rosemary "*Rosemary for remembrance*" • Long history enhancing memory focus & concentration

- Increases cerebral circulation & circulation in general • very rich in flavonoids, particularly Diosmin which significantly enhance structural integrity of small capillaries • helps prevent capillary bleeds in the brain • history of use with aneurisms • Also used for peripheral circulatory deficit: cold hands & feet, spider & varicose veins, peripheral neuropathy • highly antioxidant • Food preservative
- animal studies demonstrate inhibition of plaque formation in brain

Wood Betony (*Stachys Officinalis*) "*Betony is good, whether for man's soul or for his body.*" – *Apuleius Platonius* (c.550-625) • Broad acting panacea and tonic for general weaknesses "A harmonizing restorative" "For when you don't feel quite well but are not sure of the problem." • Tropic restorative to the nervous system and tissues, especially with weakness and deficiency • for general deficient circulation in the brain • Memory and concentration: "*improves circulation much like Ginkgo, but more effective*" • nourishing and building the vital energy with regular use. • Alleviates tension and migraine headaches (prevention and acute treatment) • Insomnia, caused by anxiety and tension and repeating thoughts. *It's invigorating, tonifying, and nervine properties combine to make it a wonderful herb for the elderly and those recovering from long illness.* • Grounding Incarnating energy - helps us be here • Digestive system tonic: strengthens and restores tone to the solar plexus in particular and digestive track tissues in general

Ginkgo lf. • enhances blood supply to brain improving mental functioning • reduces atherosclerotic plaques in blood vessels

Lemon Balm • Studies confirm enhancing cerebral function and mildly enhancing memory • Enhances mood • both relaxing and stimulating actions • antiviral • carminative

Lavender • Nervine • calming • significant antioxidant activity • Study in retirement home of essential oil diffused in eve. confirms it significant aid in sleep

Sage • Significant amount of thujone essential oil • Studies show powerfully inhibits the formation of atherosclerotic plaque in the brain • Powerfully antioxidant like rosemary • balance fluids in body • carminative

Holy Basil • Adaptogen • Reduces effects of stress (*stress has a huge effect on ability to remember*) • Acts through HPA axis to aid regulation of the endocrine, immune, nervous systems

- Interface between sympathetic system and adrenal (*fight or flight*)

Periwinkle (*Vinca major/minor*) • enhances the ability of the brain to utilize oxygen and glucose thus stimulating brain function • Ancient (stone-age) European plant use –speculated shamanic • **LOW DOSE**

Nettles • a rich source of choline and acetyl choline "*If a man is forgetful and would be cure of it, let him crush out the juice of the stinging nettle, and add some olive oil, and when he goes to bed, let him anoint his chest and temples with it, and do this often, and his forgetfulness will be alleviated.*" -Hildegard de Bingen • Note nettles in drying and should be formulated with mucilaginous herbs for elders

Cinnamon • Antioxidant • Enhances peripheral circulation • Improves ability to utilize insulin • 'Moves' blood • Useful for Renaud's syndrome

Turmeric • inhibits cerebral plaque formation • antiinflammatory

Saffron • for neural inflammations • helpful for Tinnitus • excellent source for water soluble mixed carotenoids • stimulates cannabinoid system

• **Bacopa** (*Bacopa monnieri*) • **Rhodiola** • **Chinese Polygala root** (*Polygala tenuifolia*)

• **Blueberry** (*Vaccinium spp.*) • **Gotu Kola** (*Centella asiatica*) • *Nyssa*

Some supplements including Phosphatidyl Serine (PS), DHA (from fish oil), B-complex and Acetyl-L-carnitine have all shown benefits for enhancing memory and cognitive function. A new study found low levels of vitamin D were associated with increased dementia and cognitive decline.

a few Nervous System herbs for Elders

Nerve tonics • Wood Betony (*Stachys Officinalis*) • Oats • Skullcap • Vervain • St. Johns Wort • Linden
Relaxants • Chamomile • Linden • Lavender • Black Cohosh • Lemon Balm • Passion Flower
 • Valerian • Hyssop • Motherwort
Antidepressants • Rosemary • Rose • Mimosa • Lavender • Hawthorn • St. John's Wort

Tonics & Strengthening Stimulants for Heart

Garlic • Prevents build-up of cholesterol in the blood • lowers high blood pressure • anti-microbial
Linden • relaxing action upon the circulatory system • aids high blood pressure and arteriosclerosis.

Hawthorn • heart tonic (engages the heart) • strengthens cardiac function • lowers blood pressure /hypertension • calms the mind

Motherwort • heart tonic • strengthening without straining • use when there is anxiety & tension.

Rhodiola • adaptogen • cardiovascular tonic • mood elevating • Fatigue • Anxiety • Depression • Moodiness • Physical and • Mental Performance • Protects against the effects of stress, hypoxia, extreme temperatures, intense physical activity

A few more herbs for Elders

Solomon Seal • tonic and healing for tendons, cartilage and bones • promotes flexibility • “indispensable herb for the musculo-skeletal system” (Matt Wood)

Yarrow • “Master of the blood” • threat or stroke or aneurism • “Excellent styptic, heals deep wounds • use to treat bruises (always treat a bruise) • “for low (& high) Blood

Elder • elder for elders rather than flu shots for flus (& other immune building herbs)

Reishi • long-life tonic! (see above)

Eluethero for the effects of prolonged stress, depression, trauma, fatigue, insomnia, chemotherapy

Astragalus – TCM ‘wei chi tonic’ specific sagging chi (prone to bleeding where blood cant be held in the tissue, prolapse organs varicose veins) anti-oxidant activity; broad acting immune stimulant Used effectively to counteract side effects of cancer treatments. Also important if one enters hospital and exposed to infectious illnesses

Blueberry - Strongly antioxidant anti inflammatory Blood sugar lowering effects Inhibit and prevent arterial atherosclerosis

Foods for Elders

- Elder years are ‘Vatta’ period of life; Seek foods to balance Vatta.
- Warm (cooked) foods, avoid much raw foods
- Consider possibly allergies to dairy or gluten • Probiotic food & drinks!
- Pastured cultured Butter / ghee (butyric acid & Om 3)
- Coconut oil / milk (MFA reduces Alzheimer's effects) • Other healthy fats: Olive Oil...
- Sourdough whole grain (rye) bread, porridge with fats
- Pastured animals foods, liver • Berries! • Wild fish & shell fish (sardines & anchovies)
- Broth! • Kitchari (grains w/ fat & spices)
- Lower insulin levels: high-fat, low-carbohydrate diet with adequate amount of protein. (connected to benefits of intermittent fasting & calorie restriction)

Foods for Elders: Bone Broths

- A unique combination of amino acids, minerals and cartilage compounds.
- Quick recovery from illness & surgery, Healing of pain and inflammation
- Soothes GERD, healing for leaky gut, increased energy from better digestion
- Aids in the bio-availability of foods it is consumed with - a ‘protein sparer’
- Builds healthy cartilage, tendons, bones & skin. • Supplies amino acids that help the body detoxify
- Easiest food to assimilate – when other foods can't be a consumed!

Herbs to add to Bone Broths:

- Astragalus & Calendula (no discernable added taste) also turkey tails
- Bay leaves, parsley, onion, celery, lovage • Aromatics at end of simmer: thyme (rosemary, sage)
- ‘Deep Immune’ TCM Fu Ling formula: Medicinal mushrooms, Reshi, codonopsis, burdock
- Other more medicinal tasting herbs as needed: 1-2 tablespoons a day

Healing foods for elders & infirm *a few menu ideas*

- Herbal teas! • Herbal ‘Jello’
- Pre-soaked oatmeal cooked porridge with slippery elm (with coconut oil or butter)
- Broth simmered astragalus, calendula, ginger, turmeric, with garlic & carminative herbs added at end
- Daily bone broth soup with vegetables
- Liver & onions in green salad (French dish and tasty, with poached egg)
- Yogurt / kefir smoothie (but at room temp – not cold!) • Wild mushroom & burdock sauté
- Rose hip, Hawthorne jam / compote • Berries & coconut milk / cream
- Live culture food & drinks • Vit K2 rich foods

Supplements to consider for Elders *if food isn’t sufficient*

Co-enzyme Q10 promotes **optimum** heart function improving oxygenation of the tissues (Heart & offal is a rich source of coQ10)

Probiotics and digestive enzymes will aid the **diminishing** production of gastric juices and will restore the **balance** of bowel flora. The main goal should be to **improve** the nutritional state of the aging body and thus contribute to overall well-being.

Vitamins & Minerals Vitamins A, B complex (**B12**), C, D, E, K2, magnesium, zinc, selenium and flavonoids and Omega 3s. Food based supplements only Cod Liver Oil. Vit B12 is used for a host of functions particularly neurological and plays a vital role in melatonin production & is found to be particularly helpful for helping elders sleep

Avoid Fluoridated water Fluoride hastens aging. Fluoride is a powerful central nervous system toxin and adversely affects brain function even at low doses, and causes neuron death along with impaired memory and learning. Fluoride disturbs the antioxidant enzyme activities in the brain.

Foods for Elders: *healthful practices*

- Regular and home-cooked (not processed) meals.
- Easy to digest of prime importance; food sensitivities often flare up in elders
- Elders don’t need to eat much, needing less energy, but the same nutrients as younger people – nutrient dense food important
- Probiotics foods help digestion & immunity immensely.
- Flavor with healthy fats rather than sugar

Foods for Elders: *healthful practices*

- Address food allergies, digestive ailments, insulin resistance through diet.
- Animal foods & fish important because of concentrated nutrients & B12, but can be in smaller amounts
- Include herbs & tonics in food & drink as much as possible rather than supplements
- Food and meal times should be enjoyable! If they have favorite foods, look to find healthy versions of them. *Big dietary changes can be very stressful.*

Celebrating life, Preparing for death

"The end of life has its own nature also worth our attention." –Mary Oliver

Storey Corps - Great Questions <http://storycorps.org/great-questions/>

- How would you like to be remembered? • When in life have you felt most alone?

- What are you proudest of in your life? • Who has been the kindest to you in your life?
- Is there anything that you've always wanted to tell me but haven't?
- What are your hopes and dreams for what the future holds for me? For my children?
- What was the happiest moment of your life? The saddest?
- Who has been the biggest influence on your life? What lessons did that person teach you?
- What are the most important lessons you've learned in life?
- Who has been the most important person in your life? Can you tell me about him or her?
- If this was to be our very last conversation, what words of wisdom would you want to pass on to me?

Care for Caregivers Honoring the Grieving Process

Herbs for the heart: Hawthorne, rose **Adaptogens** for resilience & stress
a few flower essences:

Aster Blend: For people witnessing the transition of others; hospice workers.

Blessed Thistle: Helps one who is passing to feel a closer connection to God. Helps family members feel more the mystery and love associated with this process than the fear and sadness. hospice workers

Onion: For all stages of the grieving process, as well as for unresolved grief, unexpressed sadness, or reluctance or inability to cry.

Preparing for Transition

a few flower essence I commonly use to calm and create peace

Delta Gardens: **Angelica, ArchAngel (Moonlight Angelica), Indian Pipe, Indian Tobacco Black Currant, Golden Amaranthus, Boneset, Blessed Thistle, Aster Flower Essence Set**

Woodland Essence: **Pearly Everlasting, Eastern Hemlock**

Flower Essence Society: **Angel's Trumpet, Angelica, Bleeding Heart, Lavender**

Bach / Healing Herbs: **Walnut**

For age is opportunity no less
 Than youth itself, though in another dress,
 And as the evening twilight fades away
 The sky is filled with stars, invisible by day.

Henry Wadsworth Longfellow

In the woods a man casts off his years, as snake his slough
 and at what period soever of life, is always a child.

In the woods is perpetual youth"

- Ralph Waldo Emerson

Late Ripeness (excerpt)

Not soon, as late as the approach
 of my ninetieth year,
 I felt a door opening in me
 and I entered
 the clarity of early morning.
 One after another my former
 lives were departing,
 like ships, together with
 their sorrow.

And the countries, cities, gardens,
 the bays of seas
 assigned to my brush came closer,
 ready now to be described better
 than they were before.

-Czeslaw Milosz, Nobel-prizewinning Polish poet