



May 2016 Newsletter

Special points of interest:

- Tuesday, May 10th, 5% Day goes to the non-profit Splore! 5% of the daily sales will be donated.
- Saturday, May 14th, 6pm-9pm, at Moonflower library, Moab Art Walk will show Jewelry, Art and Hoops by Elizabeth Ross of Silver Bear Boutique.
- Tuesday, May 17th, from 5:30-7pm, Join Dr. James Ferro for a free Moonflower class about why we have stress and techniques for managing stress.
- Tuesday, May 17th, from 5pm-8pm, the board will meet at the Grand County Library.
- The Farmers Market runs April 21st – October 20th, every Thursday from 4:30pm -7pm at Swanny City Park.

Spring into Balance

Spring is a time to for growth and like the garden, the body must be nourished.

Herbalist and owner of Sundial Medicinals, Emily Stock, welcomed the season with “Spring into Balance,” a class centered on physical and environmental changes that come with the changing seasons.

From a holistic perspective, each spring the Chinese calendar cycle starts and this year we enter the Fire-monkey.

“Have you noticed shifts in priorities and patterns around you?” Stock asked.

Changes are happening!

The creation or Chin cycle shows wood to be the



Stock discusses seasonal affects

element of spring, followed by summer element fire, late summer element earth, fall element metal, winter element water and back again to spring ele-

ment wood.

Wood symbolizes a universal soul, not the soul of an individual, but more collective functions and movements.

According to the Chinese cycle, the liver is ruled by wood. With the change in season to spring, the liver is susceptible to problems. Directly or indirectly everything is connected to the liver, Stock said. The liver is connected to the nervous system, digestive system, immune system, hormones; it filters and processes toxins in the blood flow to the heart.

The liver will reflect

Liver continued on pg 2 →

Don't get Trumped by Mars

In Astrologer Nancy Kurtz’s “Red Planet in Retrograde” class a small intimate group of budding astrologers delved deep into Presidential contender Donald Trump’s Astrology Chart, just to start.

Kurtz took the time to explain how the chart is laid out with 12 houses, 12 signs, 4

sectors (directions). The numbers will determine if the aspect relationship with planet is harmonized or conflicting, she said.

The class came to find out why Mars going into retrograde affects people’s charts. Mars is the planet of making war and exercising will.

This planet will be in retrograde from February 18th thru June 29th. It enters retrograde every couple of years.

During April 17th Mars will appear to be going backwards. This will bring changes. Those who usually think about others will start

Mars, continued on pg 3 →

Bring Balance to the Liver

Liver continued.

through the eyes. Yellow eyes or red eyes show toxins or dryness, which also affects the liver.

The emotion of the unhealthy liver is anger, frustration and a lack of creative power.

During the winter cycle, people should nourish their cells, mucus membranes, eat meat, minerals and build up our stores, Stock said. Winter is primal.

Spring is about moving energy into growth, she said.

Stock explained allergies that come in the spring are often from the male pollen digging into the mucosa causing irritation, not an allergic reaction. A person needs to nourish the mucosa, she said.

During spring watch out for nutritional deficiencies that will lead to toxic imbalances.

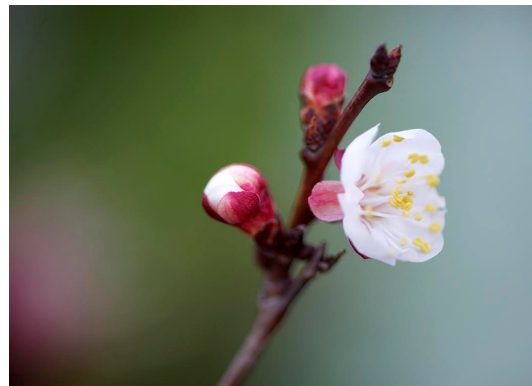
Vitamin D is usually lacking in a person's diet, she

said. During spring people become most depressed from having a lack of Vitamin D. This vitamin should be supplemented with a daily allowance of 10,000 IU, Stock said.

Bones, tendons, ligaments, hormone imbalances, depression, immune system, hay fever allergies and food intolerances can all be caused by lack of Vitamin D.

Minerals are more complex than we ever imagined. People need all the minerals to be sufficient in order for one mineral to be absorbed. If one mineral is missing, others will not be absorbed. Stock suggests eating wild greens and herbal teas and even using trace mineral complex if food selection doesn't provide the minerals needed.

Fish oil is also an important Omega 3, helping



Cherry Blossom

the liver, mucosa, hormones and inflammation. Omega 3s can be found in salmon or sardines and fish oil supplements. Also, by eliminating Omega 6s, which are found in vegetable oils (not coconut or olive oil) a person will find balance because Omega 6 wipes out the Omega 3. Don't eat Omega 6 fried foods if you want to keep the Omega 3s, Stock said.

Stock concluded the class by listing herbs that help with lost creative power, and describing the best way to extract minerals from roots, bitters, alteratives and nutritives.

The liver needs nutrification more than detoxification, Stock said, while discussing juicing. Juicing shocks the pancreas with sugars; Stock suggests fiber rich smoothies over juicing.

Emily's Favorite Smoothie:

1 bunch parsley

2 leaves chard

A hand full of spinach and garden greens

1/2 pineapple juice

1/2 water

Pineapple and Papaya juices are the only ones she suggests mixing with vegetables because of their digesting enzymes, other fruits mixed with foods will cause putrefaction. It is important to eat fruit on an empty stomach and allow time for digestion.

Farmer's Market Double Food Bucks

Double Up Food Bucks program, through a grant, doubles the value of federal nutrition assistance spent at Thursday's Moab Farmer's Market, helping people bring home more locally grown fruits and vegetables.

The wins are three-

fold: low-income consumers eat more healthy food, local farmers gain new customers and make more money, and more food dollars stay in the local economy.

Head down to the Farmer's Market with an EBT card and tell them you want to buy \$10 in produce, they will

match it, now you have \$20 in fresh local produce!!!



DOUBLE UP FOOD BUCKS

Red Planet in Retrograde

Mars continued.

thinking about themselves. Priorities may shift when people think about their motivations.

While Mars will be in retrograde in Sagittarius, which rules over ecology and education, "I see people thinking a lot about environment and education," Kurtz said.

"What is for the greater good, will be on people's minds," she said.

Kurtz said the Mars retrograde could have a good effect. Answers to questions like "When things aren't working, what should we do?" will come with answers Kurtz said.

"People will have

their bull detectors on and hypocrisy will be exposed."

During the retrograde plans might not work out,



Astrologers in the making.

"Don't hit against a wall, come up with a new and better plan," she said.

The retrograde will bring up the past, this is time to tie up loose ends, Kurtz said. A lot of energy will be

going around; people around you will express different views.

Donald Trump will play a part in changing our culture, Kurtz said. He will experience relationship problems, but probably not with his kids. He is close with them. It is all about Trump. He thinks big and creates a fantasy of the president's job. If he was to be president, it could be dangerous for him, Kurtz said.

We will have to wait and see.

"What is for the greater good, will be on people's minds," Kurtz said.

Meet Mandy Brown!



If you were immortal for a day, what would you do?

"Go swimming with the other mermaids!"

If you were reincarnated as a animal/drink/ice-cream flavor, what would it be?

"A bird, a large bird, a free bird."

The best part of waking up is?

"Being present with the ones I love in the sunshine."

What is your least favorite food?

"Fast" food or food that has no vibrancy or life force. Food that has been prepared only for benefits of convenience and profit."

Lifeline Pricing Brings Affordable Shopping

The idea of the Lifeline Program is to have organic and natural food selections that are affordable for everyone.

The Lifeline program is designed to provide a selection of natural food products throughout Moonflower Community Cooperative priced lower than what they would be with our standard product mark-up.

Lifeline pricing will be the same as special order pricing. Special order discounts on cases or bulk quantities has been the primary way we help folks get their food at a lower cost. The Lifeline Program extends a similar savings

of a 1.15 markup to people on a regular bases. Just look for the yellow tags and you will see the savings!

The focus will be on basic, organic non-processed food. It will include items suitable for gluten-free and low salt diets, and for diabetics.

Save while buying staples for your home cooking. Rolled Oats, Brown Rice, Soymilk, Strawberry Spread, Tortilla chips, oranges, bananas, whole grain noodles, salsa, grass milk, cereal, eggs, local yogurt and the list goes on!

Take a moment

the next time you are the store to look at the Co-op News board and check out the Lifeline display board that shows all the amazing affordable products Moonflower has added to the Lifeline Program.

Happy Shopping!



Lifeline Program list