

emotions, along with breathwork and Emotional Freedom Techniques (EFT), are also helpful to reduce chronic stress.

You can get to know yourself through books like, *Practical Iridology, Using Your Eyes to Pinpoint Your Health Risks and Your Particular Path to Well-Being*, by Peter Jackson-Main. Peter shows you how to understand, assess and heal by examining your eyes with simply a flashlight and a magnifying glass. You can study the original classic, *Iridology: The Science and Practice in the Healing Arts*, by Dr. Bernard Jensen, the original pioneer of Iridology in the U.S. for the past sixty years, and for a quicker read, you can get his 50-page primer on the subject: *Iridology Simplified: An Introduction to the Science of Iridology and Its Relation to Nutrition* (5th ed., 2011).

In closing, I'd like to share a quote from The Father of Medicine, Hippocrates: *"It is more important to know what sort of persons has the disease, than to know what sort of disease a person has."* ■

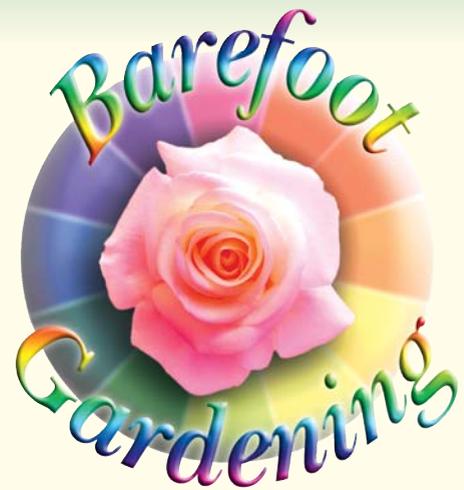
Spring Bare-Root Planting

Marlenea La Shomb

The anticipation brought on by the melting of snow and the smell of spring in the air draws my attention first to the strawberry bed. Where the deer and rabbits have dug in the snow to eat the leaves high in iron and chlorophyll, sometimes they pull up and kill the whole plant. I just fill in these bare spots with asparagus, onions, chives, parsley, or more strawberry plants.

This is the only time of year to purchase bare-root plants. I also tuck in violas, johnny-jump-ups and even pansies. All of these plants can handle spring snows and frost, grow in a variety of soil conditions and are excellent companions, growing well together. For more information on this subject, I highly recommend Louise Riotte's book, *Carrots Love Tomatoes*.

Along the walking path through my strawberry bed, I plant lettuce, spinach and chard. These plants will bolt (go to seed) in hot weather, making room for the new strawberry runners. In the most shady, moist corner, I make sure I have some mint, and on the outer border, I continue to add a couple more bare-root raspberry bushes—reds, blacks and goldens. Keeping in mind that, if the berries are edible, so are the flowers and leaves. Think raspberry tea, known for centuries to strengthen female reproductive systems. These can be



used fresh or dried for winter use for teas, smoothies and green drinks.

Some of the first wild edibles to come up are dandelions and stinging nettles. All parts of the dandelion plant are edible and it is most prolific during the spring rains, dying back in the heat of summer. Use the flower buds like capers along with the tender new greens in smoothies, salads, soups, and omelets and stir-fries. The sting in nettles is removed as soon as you put them in a hot broth or dry them. Wear leather gloves while harvesting the young leaves before the plant goes to seed. Both these plants are chock full of vitamins, minerals and protein needed for healthy bodies.

According to Mark Pedersen in his book, *Nutritional Herbology—A Reference Guide to Herbs*, every nutrient needed by the human body can be found in plants and herbs. Mark covers the folk history, uses, and nutritional profiles of these plants.

Mother Nature intended that we'd be well nourished! ■

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