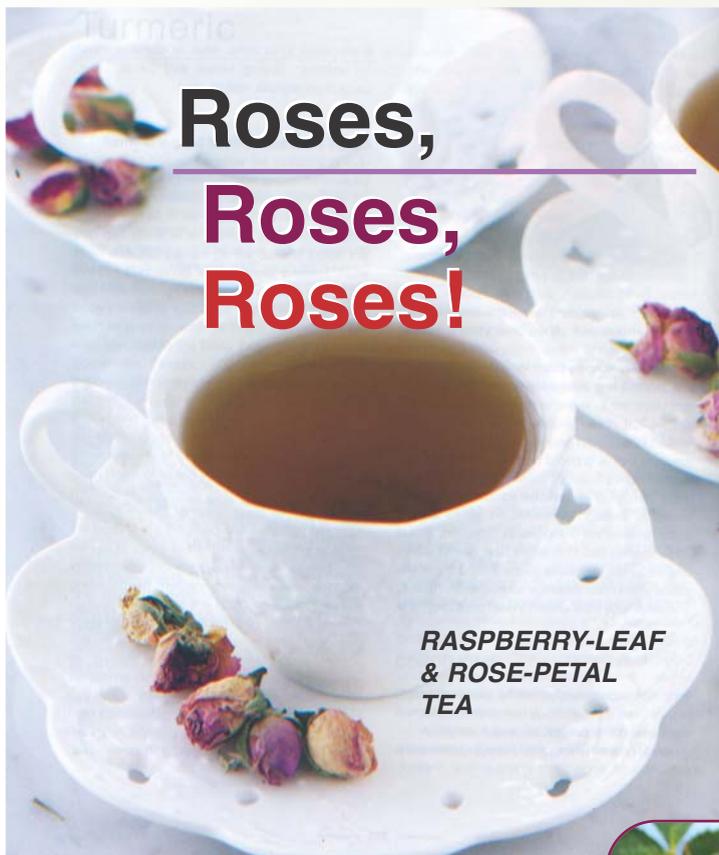


Marlenea La Shomb, N.D., LMT



# Roses, Roses, Roses!

RASPBERRY-LEAF  
& ROSE-PETAL  
TEA

Beautiful by nature, roses delight the senses: visual, touch, scent and taste. Yes, taste! This edible flower is used as oils, essences and food. Organic, wild-crafted rose petals can be put in salads, and in side dishes. Yet roses are best known for their rose hips in tea. (They grow in my garden and the deer love them too!)

One cup of rose-hips tea has more whole-food vitamin C in it than a whole bag of California oranges that have been sprayed, picked, stored and gassed to make them turn orange. Most recently, I have been using powdered rose hips found at my local health-food store. It is very versatile and a wonderful cell food. It mixes easily into a fruit salad, fresh juices and smoothies, and apricot-coconut-nut balls. Be creative and enjoy roses all year long!

Anthony William, author of *Life-Changing Foods*, writes the following about roses and offers a couple of his favorite recipes. Williams says that vitamin C plays a critical role in our survival here on earth, which is why you want rose hips in your life. It is the most bio-identical and bio-available form of vitamin C in existence—the most usable form for our bodies. It is an anti-inflammatory, more so than from other sources. It also boosts the immune system and is a helpful catalyst for battling virtually any type of infection, viruses, bacteria, yeast, molds, and other unwanted fungi, like toenail fungus. Williams goes on to explain how it is crucial for a person who suffers from irregular heartbeats



and is amazing for alleviating urinary tract infections and skin conditions. Rose plant roots go deeper into the soil, drawing up nearly every type of mineral, including critical silica (for strengthening hair, nails, teeth, bones, etc.).

## EMOTIONAL SUPPORT & SPIRITUAL LESSON

Bring in rose hips to block out the naysayers, including your own mind, so you can pursue your path peacefully. The fleeting beauty of roses gets a lot of attention. What about when the petals drop away? It isn't cause for melancholy, or reflection on how we're at the mercy of time—it's cause for celebration! That big, showy, fragrant blossom was just the invitation; the party really gets started once the rose fades and the flower fruits. The rose hip begins to ripen. The same is true of people. Getting older isn't a reason to mourn—our younger years are just the

beginning. As we age, and our experience grows, we gain our real value, fruitful wisdom, that we can share and use to nourish each other. What else in your life are you writing off as an end, when really it's a beginning?

## ROSE-HIP TIPS

♥ The rose hip is the rose's soul. Before you brew rose-hip tea, set the serving of dried rose hips you intend to use in the sun for five minutes, no more. This will activate

the rose hip's most powerful memory of swaying in the wind and basking in the sun on a perfect August day, which enhances the soul of the rose, so it can pass on its maximum potency to you.

♥ Once you've made your tea, add a squeeze of lemon and some raw honey to make the vitamin C content highly active.

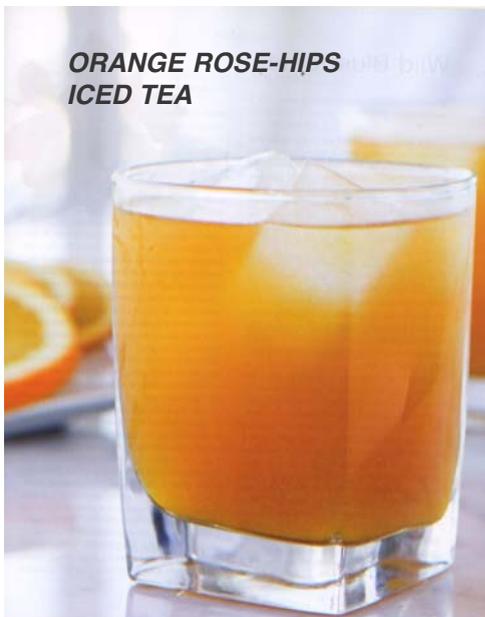
## RASPBERRY-LEAF & ROSE-PETAL TEA

Seeds, leaves, and petals align in this delicious tea. As you sip it, envision an alignment of your own, where your reproductive system and the rest of your body become one.

- 2 tablespoons raspberry leaf
- 8 cardamom pods (or powder equivalent)
- 2 teaspoon dried rose petals or buds

Mix all the ingredients together in a small bowl. Boil 4 cups of water. For each serving of tea, use one teaspoon of the blend in one cup of hot water. Steep for 5 minutes or more.

### ORANGE ROSE-HIPS ICED TEA



### ORANGE ROSE-HIPS ICE TEA

Makes 2 cups.

When you have a spare moment to wind down, turn your mind to rose hips, and brew up a batch of this sweet, light, and refreshing iced tea. As you take time to enjoy it on your own or with a companion, bask in the drink's benefits and the simple pleasure of nourishing yourself.

- 2 teaspoons dried rose hips
- 1/2 cup orange juice

Boil 2 cups of water. Steep the rose hips for 5 minutes or more. Place the tea in the refrigerator to cool, and then add the orange juice.

Optional: Pour tea into an ice-cube tray, adding a rose to each cube. Freeze, then add cubes to orange juice!

If stronger, more medicinal teas are desired, use two teaspoons or up to one tablespoon of the above per serving. ■

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