



Sage Health Center

497 Ritchie Hwy Severna Park, MD 21146
410-544-5155



**ACUPUNCTURE & MASSAGE THERAPY CLINIC
NUTRITION & HERBAL MEDICINE
COMMITTED TO YOUR GOOD HEALTH | ROOTED IN FAITH**

HOURS:

Monday – Friday:
10:00 AM – 7:00 PM
Saturday:
10:00 AM – 3:00 PM
No Sundays

SERVICES:

Acupuncture Clinic:
by Appointment

Medical Therapeutic Massage:
by Appointment; limited walk-in available

Nutritional Coaching & Weight Management: by Appointment

Herbal Education Classes:
www.sagehouseherbs.com

Omega -3 essential fatty acids have been used in over 8,000 clinical trials. They have been shown to support heart health, pregnancy and infancy, inflammatory conditions, mental health and behavioral disorders, vision, etc. and prevention-survival of chronic disease conditions (cancers, type II diabetes, & heart disease).

NORDIC NATURALS HAVE BEEN SPECIFICALLY USED IN CLINICAL TRIALS.

First week of JULY 2013

Here's To Your Summer Health

“The three months of summer are the season of luxurious growth and all things become fruitful. To accord with the season, go to bed late and wake up early; try to stay cheerful and avoid getting angry. Be as lively as a blooming plant to keep your qi in good circulation.” ~ The Yellow Emperor’s Classic of Internal Medicine



These ancient words of wisdom accord pretty well with common sense and point to one of the major strengths of Oriental medicine: living in sync with the seasons. This section of the ancient text is interesting because it gives a variety of lifestyle advice for each season.

When we adapt our lifestyles to the change of the seasons, it helps our immune system keep up with the change in temperature and weather.

Avoid The Pitfalls Of Outdoor Activities Under The Sun

According to Wu Xing (pronounced “woo shing” and translated as “five phases” or “five elements”) theory, summer is associated with fire and like fire, summer certainly is hot. Most people associate the hot summer months with fun in the sun, vacations, and outdoor BBQs.

During summer, we all want to get outside and get active. While that is great and very healthy, there are a couple of potential pitfalls which can be very easily avoided.

**15% Off coupon
with purchase of
\$50.00 or more**

(expires August 15, 2013 -
one per customer)

**20% Off Coupon
with purchase of
\$100.00 or more**

(expires August 15, 2013 - one per
customer)

Stay Hydrated

The first major danger in summer is dehydration; you need to make sure you're drinking enough water. To figure out how much you need, take your body weight in pounds, divide that by two and that's the number of ounces you need. If you are being very active in the heat, you need even more. The abundance of water rich summer fruit is another way to stay hydrated.

If you don't stay hydrated, you run a greater risk of getting heat stroke, signs of that are dizziness, fainting, and extreme sweating. If this happens it is imperative to get enough water and electrolytes into your system and to seek medical attention as soon as possible. There are also traditional herbal formulas in Oriental medicine which can help prevent this sort of condition and help you recover from the after effects if you were affected by a heat stroke.

Avoid the week-end Warrior Syndrome

Another of the sort of thing I see a lot in my practice in the summer is the weekend warrior syndrome. A lot of people have been sitting around all year being mostly inactive. In the summer, they suddenly want to get out and be active in the quest for the perfect beach body. This extreme and inconsistent approach to fitness inevitably leads to injuries; and while it is unfortunate that people injure themselves, acupuncture is a fantastic way to speed the healing process.

Here's my tip to limit the risk of injury: Including regular exercise into your lifestyle will not only keep you in shape for the summer, but it will help prevent the kinds of injuries associated with start-and-stop activity. I often recommend exercise like stretching, tai chi, and qi gong to my patients.

Refreshing Summer Salad

Lastly, eating healthy in the summer can add to your overall well-being and keep you hydrated.

This **recipe** for a delicious salad is an example of a healthy summer dish. The ingredients of this salad are all very water rich and can help beat the heat.

One medium tomato, coarsely chopped

Two Persian cucumbers, coarsely chopped
½ cup watermelon, coarsely chopped
3 oz. crumbled feta cheese
½ bunch fresh mint
1 Tbs. jalapeno, minced
Dressing:
2 Tbs. olive oil
1 ½ Tbs. lime juice

**Combine all ingredients, add dressing. Serve & enjoy!
Here's to your healthy summer!**

Living Right: Healthy Habits for Summer



This summer, take advantage of the longer days and start integrating some healthy habits into your daily

routine. Work more fresh fruits and vegetables into your diet and safely take advantage of the warmer temperatures and increased sunlight. Here are some ideas for staying healthy and active.

Buy Locally: With the sharp increase of farmers markets in recent years, it's easier than ever to find locally grown fresh produce. Visit a market near you to shop for a week's worth of salad ingredients, fruits for a healthy dessert, or a side vegetable for your next weekend barbeque. Buying locally ensures your produce is packed full of fresh nutrients, and it's better for the environment. New farmers markets seem to be popping up all of the time.

Get Moving: Regular exercise is an essential component to health and wellness. Don't wait until it's too late to make the most of the warmer temperatures and longer days. Swim some laps at your community swimming pool, plan a hike and explore the natural scenery near you, or ride your bike instead of driving to complete small errands. But, be sure to.

Protect your skin. Being outdoors is great, but you should make sure you're taking care of your skin. The message has never been that the sun is the enemy. After all, sunlight is a major source of Vitamin D. But, you need to take precautions and protect your skin. If you're going to be outside for extended periods of

time, wear a hat and other protective clothing. When possible, avoid the midday sun, doing the work you need to do outside before 10 a.m. or after 3 p.m.

How a Massage Therapist Can Help You This Summer:

If it has been a while since you swam, you may experience some muscle strains following your first dip in the water. The key is not to overdo it in the first place, but if you just cannot help but show off for the beach bunnies, you may pay the price. While they are off enjoying a game of volleyball with guys who have six-packs, you will be writhing around in pain on your towel.

A massage therapist can work out those knots and relax tight muscles, getting you back on the beach in no time. For that tension that lies beneath the surface, a deep tissue massage may be necessary. If you have never had one of these before, prepare yourself. This is a feeling unlike any other and for some it is a bit painful. The discomfort should quickly subside and the result is pure bliss.

Summer means the kids are out of school and that can increase the stress level of any parent who stays at home. When the neck begins to feel like one big knot, it is time to schedule a massage. Request an aromatherapy treatment designed for calming and relaxation. Though the relief is only temporary, it is well worth it. Having a de-stressing massage performed every few weeks in the comfort of home will make summer break a pleasant experience.

There are plenty of outdoor sports to enjoy this season such as water skiing or taking a ride on the wave runner. Anyone can get tense zooming along behind the wheel of small watercraft, especially on the open seas. The first stop after lunch at the local crab shack should be to the massage therapist to work out any sports-related injuries.

Having fun in the summer often results in minor strains, pulls, and other muscular discomfort because we are exercising in different ways. A massage therapist can address these various issues and get us back into top shape. There are only so many warm days ahead so we need to make the most of them.

First time at Sage Health Centre for massage?

\$49.95 1 Hour Deep Tissue Massage

*First Time Clients Only. Session includes consultation & dressing time. Offers may not be combined. ©2013 Sage Health Centre. USA Citizen Independently Owned & Operated

Try our **\$99.99** "Signature Refresher Special"
1/2 hour massage + an Acupuncture Session, or if you need more a 1 hour massage + an Acupuncture Session for **\$129.99**

10 Foods for Great Summer Nutrition



With so much delicious produce available during the summer months, it should be a snap to get your recommended daily servings of fruits and veggies.

A slice of watermelon. A handful of berries. A glass of iced tea. These are all classic summertime foods, and as it turns out, they're also great choices to keep you healthy.

Eating more fruits and vegetables will help prevent you from developing any vitamin and mineral deficiencies (which are rare in the U.S.) but these are foods that also contain antioxidants and phytonutrients -- compounds that may also help protect you against heart disease, stroke, diabetes, cancer, high blood pressure and obesity, among other conditions.

Fruits and vegetables are well-represented on our list, not only because of their health benefits, but also because they're in-season during the summer months. If you're like most Americans, though, you're only eating three servings of fruits and vegetables every day. That's not enough -- you need five or more -- especially when summer is the season for an abundance of fresh produce. Take a few tips from our list for fresh, light and nutritious foods -- many you won't even need to heat up (a plus when it's steamy outside).

10:
the power
blueberry: Not
serving of



Blueberries: Behold contained in the tiny only does just one blueberries contain

almost one-quarter of your recommended daily vitamin C needs to help support a healthy immune system, emerging research also suggests that blueberries may be helpful in protecting you from a

variety of maladies. Blueberries may reduce the risk of developing harmful plaques in your arteries, which in turn reduces your risk of suffering a heart attack or stroke. Another recent study found that polyphenols - that's the thing in blueberries that gives them their color -- may help keep bones healthy. The antioxidants in blueberries may also help reduce the risk or slow the development of neurodegenerative diseases and help keep blood sugar levels under control.

7: (Iced)

Put down your sugar-laden soda and pour yourself some tea. And make it green. Green tea is packed full of healthy antioxidants, similar to those found in blueberries, grapes and pomegranates, and it's those antioxidants that help keep us healthy.

Iced or hot, help reduce sorts of health including stroke and According to a the Archives of



green tea may your risk of all problems, obesity, diabetes, heart disease. study published in Internal Medicine,

people who drink about 3 cups of green tea daily had a 46 to 65 percent decrease in their risk of developing hypertension [source: Harvard Women's Health Watch]. And while additional real-world studies need to be conducted, drinking two cups of green tea every day shows promise in reducing the risk of developing certain cancers, including prostate, colorectal and lung cancers, among others.

Don't Overlook Black Tea: Drinking three cups of black tea every day also has health benefits. Black tea has been found to reduce levels of bad cholesterol while boosting levels of good cholesterol. Drink 3 cups a day for about six months, and you may also find it helps lower your blood pressure (or reduces the risk of developing high blood pressure).

6: Leafy Greens: There is a leafy green available for eating no matter what the season. While collard greens, kale and mustard greens are best during the autumn and winter months when they are in season, there are plenty of leafy greens that are easy to grow in your summer garden. Beet greens, dandelion greens, spinach and Swiss chard are all in



season throughout the spring and summer months, as are lettuce and salad greens such as arugula, red and green leaf lettuce, romaine, and watercress. Greens are full of the cell-protecting and repairing antioxidants vitamins C and A, and contain protein and iron, as well as B vitamins and fiber. They also contain a lot of water, which will help keep you hydrated during hot summer days. And when it comes to eating your greens, you really can't go overboard -- they're low in calories, low in sodium and are naturally cholesterol-free. Not only do they make a great salad -- whether as a side or star of the meal -- don't be shy about throwing them into a blender for a green smoothie.

5: Beans and Legumes: Despite the U.S. Department of Agriculture's (USDA) recommendation that we eat at least 3 cups of beans and legumes in our weekly diets, Americans are barely consuming just 1 cup per week, which is tragic because beans and legumes are nutritional forces of nature [source: Johns Hopkins]. Beans and legumes such as black beans, black-eyed peas, garbanzo beans, kidney beans, lentils and soybeans are good sources of antioxidants for cell health, as well as B vitamins, folate, calcium, iron, potassium and protein. They're also full of fiber. For example, Garbanzo beans (also called chickpeas, and the main ingredient in hummus) contain as much as 12.5 grams -- that's just shy of half an ounce -- of fiber in just 1 cup of cooked beans. If that sounds like a lot of fiber, it is; it's roughly half of your fiber intake needs for just one day [source: The World's Healthiest Foods]. Beans and legumes contain high levels of soluble fiber, a type of fiber associated with heart health, lower cholesterol levels, blood sugar regulation and weight loss.

4. Bell Peppers: make a colorful addition to a snack, salad or meal, but there's more to this crunchy fruit (yes, bell pepper is technically a fruit, rather than a vegetable) than meets the eye. Sweet bell peppers are low in calories and high in vitamins. One-half of a cup of green, red or yellow bell peppers contains more than 230 percent of your recommended daily vitamin C intake, and only 20 calories [source: McDonald].



Bell peppers also contain phytochemicals called carotenoids. Carotenoids give peppers (and other fruits and vegetables such as carrots, pumpkins and tomatoes) their bright red, orange and yellow color -- and a diet high in carotenoid-dense foods has been associated with reducing the risk of developing

cardiovascular disease, age-related eye diseases such as macular degeneration, and some cancers, such as potentially promising activity against lung and prostate cancers [source: Linus Pauling Institute].

3: Mangoes:

high in vitamins A cup of sliced you've covered percent of your recommended vitamin A (which



Mangoes are and C. Eat one mangoes, and about 25 daily intake of is good for your

eyesight) and about 75 percent of your daily vitamin C needs (which is good for your immune system). They're also high in fiber (which will help keep you feeling full longer), high in potassium (which helps with heart health), and low in calories, fat, sodium and cholesterol [source: McDonald, Medical Daily]. There are also early findings that mangoes may be helpful in reducing body fat and blood sugar levels.

2: Tomatoes: Slicing 1 cup of raw tomato (about one medium-sized fruit) for your lunchtime salad gives you as much as 40 percent of your recommended daily intake of vitamin C and 20 percent of your daily vitamin A -- all for just about 35 calories and zero fat [source: McDonald]. What's not to love?

Tomatoes are a good source of vitamins A, C and E as well as folate and potassium. And in addition to being packed full of vitamins and minerals, studies also have found



tomatoes may be antioxidant, antithrombotic, anti-inflammatory and, potentially, anti-cancer powerhouses. They have heart-protective qualities, they help lower cholesterol levels (that's total cholesterol, LDL and triglycerides), and emerging studies find tomatoes also may help with keeping bones healthy.

1: Water: Water helps keep your body hydrated,



which is important for keeping all of your bodily systems working properly. It keeps tissues moist and cells healthy, and it helps remove toxins and waste. It helps the

body regulate temperature and helps prevent dehydration (even mild dehydration can negatively affect your energy levels).

How much water is enough? It's going to depend on your lifestyle, your habits and how your individual body works, but the Institute of Medicine suggests roughly 2 to 3 liters of total fluids every day (that's 2.2 liters or 9 cups for women and 3 liters or 13 cups for men every day) [source: Mayo Clinic]. Bored with water? Many fruits and vegetables add to your water intake while boosting your vitamin and mineral intake at the same time. Watermelon, radishes and zucchini, for example, all contain high amounts of water per serving -- more than 90 percent water by weight.

Organic is best especially for the berries.

If you are interested in a Nutritional Consultation, set on up today. 410-544-5155

A Nutritional Consultation

Nutrition plays a central role in the prevention and treatment of many diseases. Your consultation with a **Certified Nutrition & Wellness Consultant** will consist of an initial evaluation and regular follow-ups in hope of modifying your lifestyle. In addition, a personalized nutritional program is offered to help you obtain your objectives.

Why should I make an appointment with Certified Nutrition & Wellness Consultant?

Weight Loss

Your consultation with the nutritionist can help you lose weight in a healthy way. The nutritionist will offer an individualized approach that is tailored to your needs and will ensure long term results.

Cholesterol and Hypertension

Proper nutrition helps to decrease your risk of heart disease.

Digestive Problems and Diseases

Symptoms such as constipation, diarrhea, cramps, bloating, flatulence or gastric reflux may be associated and treated by adequate management of your diet. Intestinal diseases, such as Crohn's, ulcerative colitis, and irritable bowel syndrome, can also be managed by diet: your nutritionist will support you and answer your questions.

Diabetes, Glucose Intolerance and Hypoglycaemia
Proper nutrition is paramount in the treatment of diabetes, glucose intolerance and gestational diabetes. Your nutritionist will help you in the prevention of complications associated with diabetes.

Food Allergies and Intolerances

Have you been recently diagnose with a food allergy or do you believe you are intolerant to gluten or lactose? Consult a Certified Nutrition & Wellness Consultant to ensure you are meeting your dietary needs.

Active Lifestyle

Are you too busy to eat? Come get information on how to maximize your diet.

Pregnancy and Breastfeeding

Congratulations, you're pregnant! Consult a nutritionist to ensure you are eating the best diet for your baby.

Sports

You are very active and want to improve your sport performance? Consult a Certified Nutrition & Wellness Consultant for a personalized meal plan.

Women's Nutrition

From adolescence to menopause, women's nutritional needs adapt and evolve throughout their lifespan. Your Certified Nutrition & Wellness Consultant can assist in the prevention of iron deficiency, osteoporosis, or problems associated with menopause.

Vegetarian or Vegan

Be sure that you are satisfying your protein, iron, vitamin B12, calcium and other nutritional needs.

Your Initial Consultation

Your Initial Consultation consists of three 1/2 hour appointments:

1. Gathering and compiling your individual biological data using any recent blood work you have, urine analyses, and saliva pH testing, all of that information is processed and tabulating for your bio-individual plan.
2. The second appointment will be spent going over the information with you and giving you your first eating plan, and answering any questions you might have. The eating will be followed for a period of two weeks. Our goal is to help you find and maintain balance and pleasure through healthy eating.

Think Food First, Then Supplements

Vitamins and other dietary supplements are not intended to be a food substitute. They cannot replace all of the nutrients and benefits of whole foods.

"They can plug nutrition gaps in your diet, but it is short-sighted to think your vitamin or mineral is the ticket to good health -- the big power is on the plate, not in a pill," explains Victoria Y. O'Neill, RN, CNC. It is always better to get your nutrients from food, Theresa M. Girolami, M.Ac, Licensed Acupuncturist and Certified Nutrition & Wellness Consultant. "Food contains thousands of phytochemicals, fiber, and more that work together to promote good health that cannot be duplicated with a pill or a cocktail of supplements."

What Can Vitamin and Mineral Supplements Do for Your Health?

When the food on the plate falls short and doesn't include essential nutrients like calcium, potassium, vitamin D, and vitamin B12, some of the nutrients many Americans don't get enough of, a supplement can help take up the nutritional slack. Vitamin and mineral supplements can help prevent deficiencies that can contribute to chronic conditions.

Numerous studies have shown the health benefits and effectiveness of supplementing missing nutrients in the diet. A National Institutes of Health (NIH) study found increased bone density and reduced fractures in postmenopausal women who took calcium and vitamin D.

Beyond filling in gaps, other studies have demonstrated that supplemental vitamins and minerals can be advantageous. However, the exact benefits are still unclear as researchers continue to unravel the potential health benefits of vitamins and supplements.

Ms. O'Neill offers these tips to guide your vitamin and mineral selection: Think nutritious food first, and then supplement the gaps. Start by filling your grocery cart with a variety of nourishing, nutrient-rich foods. When in doubt, a daily multivitamin is a safer bet than a cocktail of individual supplements that can exceed the safe upper limits of the recommended intake for any nutrient. Choose a food based multivitamin that as a backup to plug the small nutrient holes in your diet. Are you a fast food junkie? If your diet pretty much consists of sweetened and other low-nutrient drinks, fries, and burgers, then supplements are not the answer. A healthy diet makeover is in order.

Take stock of your diet habits. Evaluate what is missing in your diet. Are there entire food groups you avoid? Is iceberg lettuce the only vegetable you eat? If

so, learn about the key nutrients in the missing food groups, and choose a supplement to help meet those needs. As an example, it makes sense for anyone who does not or is not able to get the recommended three servings of dairy every day to take a calcium and vitamin D supplement for these shortfall nutrients.

Respect the limits. Supplements can only fill in where your diet leaves off.

Most adults and children don't get enough calcium, vitamin D, or potassium according to the 2010 Dietary Guidelines. Potassium-rich foods, including fruits, vegetables, dairy, and meat are the best ways to fill in potassium gaps. Choose an individual or a multivitamin supplement and depending on your particular needs a calcium, magnesium and vitamin D supplement as a safeguard.

Should I Take a Fish Oil Supplement?

Definitely. The amount of actual scientific/medical studies done on fish oil is pretty huge, and the majority of its proposed benefits are legit and proven. And the benefits that might not be 100% proven yet? Most of them still look quite promising. So yes... more so than nearly all other supplements in existence, fish oil works.

Is It Safe? Are There Any Side Effects?

Fish oil supplements are pretty much **as safe as it gets**. Again, you have to realize that it's just the oil that's found in fish. It's not some crazy fat burner/muscle builder type product or anything like that. Yes, its benefits are impressive, but it's almost more of a food than it is a supplement. I mean, do you ask what the side effects are before eating some salmon? I didn't think so.

So, for the average healthy person, **it's virtually 100% safe** as long as you're not exceeding the optimal daily dosage (more on that in a minute).

Really, the only "side effects" I've ever heard of is a "fishy aftertaste" or "fishy burps." But, as long as you are using a **high quality brand** (Carlson's or Nordic Naturals), you won't ever have this problem.

3. The third appointment will be used as a follow-up to analyze how well you did and any adjustments needed. Depending on your health profile we will add additional appointments as needed.

The cost of the initial three sessions is \$99.00, which covers all lab fees and the three sessions.

Product Lines we Love and Trust

Nature's Plus. The Energy Supplements.



NORDIC NATURALS Professional



Class Schedule

Join Us for Our Next Round of Fun & Informative Classes

As always we get a lot of requests for classes, so we're going to list what we have to offer. If you're anywhere near Severna Park MD, we're local to you. We love doing classes and we enjoy meeting interested herbies and hunkering in together. Come and learn how you can use basic herbs in your spice cabinet for healing. We will cover medicinal & common culinary herbs such as

Rosemary, Sage, Thyme, Basil and Mint. We are looking forward to having a great time in the following classes &

Herbal First Aid Kit

Learn how to be prepared for many minor first aid situations that may arise during your summer fun. We will discuss the use of salves, sprays, and other preparations, and we will familiarize ourselves with local plants that grow in the area as well.

When: Wednesday, July 23, 6:30 to 8pm

Friday, July 25, 6:30 to 8pm

Where: Sage Health Centre, 497 Ritchie Hwy, Severna Park, MD 21146 410-544-5155 to register

Class Fees: \$19.99 covers notes and materials.

Lip Balms & Salves

Homemade medicinal salves and lip balms are easy and fulfilling to make and the creative possibilities are nearly endless. What gives balms and salves their structure is beeswax. Beeswax is inherently medicinal and, when paired with herbs and quality carrier and essential oils, becomes alchemically healing. In this hands-on class we will create an herbal salve and a honey infused lip balm. We will discuss types of oils, methods of extracting herbs in oils, where to source products for your creations, necessary equipment and methods for creating your own balms and salves. Each participant will go home with recipes, an herbal salve and a lip balm.

When: Wednesday July 30, 6:30 to 8pm

Friday, August 2, 6:30 to 8pm

Where: Sage Health Centre, 497 Ritchie Hwy, Severna Park, MD 21146 410-544-5155 to register

Class Fees: \$19.99 covers notes and materials

Lotions, Potions & Creams

Learn to make decadent lotions and creams in your very own kitchen. This hands on class will give you simple techniques, tips and easy to follow recipes (including both beeswax and emulsifying wax). We will cover the differences between making lotions vs. creams. Participants will leave with sample of all lotions made in class.

When: Wednesday, August 14, 6:30 to 8pm

Friday, August 16, 6:30 to 8pm

Where: Sage Health Centre, 497 Ritchie Hwy, Severna Park, MD 21146 410-544-5155 to register

Class Fees: \$19.99 covers notes and materials

Respiratory Health

The respiratory system gets overwhelmed easily. It is important to take good care so a little congestion doesn't turn into something more serious. Learn to make a respiratory rub, herbal steams and healing teas, which

workshops!

will help to keep you breathing clearly. Join Theresa Girolami, M.Ac. L.Ac. for this special class.

When: August 21, 6:30 to 8pm

Friday, August 23, 6:30 to 8pm

Where: Sage Health Centre, 497 Ritchie Hwy, Severna Park, MD 21146 410-544-5155 to register

Class Fees: \$19.99 covers notes and materials

Herbal Tincture Making Class: Advanced Methods

This class explores hands-on how to make high quality herbal tincture preparations. Working mostly through dried herbs, we will investigate the why's and how-to's of tincture making, utilizing various solvents, including alcohol, glycerin, vinegar and water. Folkloric/traditional as well as scientific methods will be covered, as well as valuable medicinal information about the herbs used.

When: Wednesday, September 11, 6:30 to 8pm or

Friday September 13,

Where: Sage Health Centre, 497 Ritchie Hwy, Severna Park, MD 21146 410-544-5155 to register

Class Fees: \$39.99 includes notes & herbal preparations to take home (**retail value \$25**).

Brewing the Perfect Cup of Medicinal Tea

Theresa Girolami will be your guide in the fine art of blending and brewing therapeutic teas, with profiles of 45 common yet extraordinary herbs that encourage healing, nourish the body, build the immune system, lift the spirits, and just taste great.

When: Wednesday, October 8, 6:30 to 8pm

Friday, October 10, 6:30 to 8pm

Where: Sage Health Centre, 497 Ritchie Hwy, Severna Park, MD 21146 410-544-5155 to register

Class Fees: \$19.99 covers notes and materials.

Herbal Cordial Making

Participants must be 21 and over Cordial making is an ancient art that was first created by Italian apothecaries during the Renaissance. Cordials are elegant liqueurs that contain a base of a particular spirit steeped with medicinal herbs and spices. This historical art form has evolved throughout the ages and is a predecessor to many famous liquors and schnapps today. In this class, we will learn how to create cordials to invigorate the heart, revitalize the spirits, encourage appetite, settle indigestion and much more. Participants will leave with recipes galore and samples of their favorite cordials.

When: Wednesday, November 19, 6:30 to 8pm

Friday, November 21, 6:30 to 8pm

Where: Sage Health Centre, 497 Ritchie Hwy, Severna Park, MD 21146 410-544-5155 to register ***Class***
Fees: \$19.99 covers notes and materials.

All classes must be paid in advance to hold your spot. Classes are limited to 10 people, minimum 3 people.
410-544-5155 for reservations