

The Practice of Functional Herbalism

Functional herbalism has long been practiced without a name. It is the invisible art of meeting one's basic needs in order to function well. It has traditionally been the job of mothers, wives, and other wise women healers. As a rule, we have no intention of replacing doctors or using Herbs to practice medicine. We do not use Herbs as drugs, we see them as nourishment, management, and gentle guides to nudge us back towards the path of health.

Most of the medicine practiced by doctors and the current medical profession is considered allopathic medicine or allopathy, meaning that diseases or pathologies ("that which causes suffering") are treated by producing a condition incompatible with or antagonistic to the condition to be cured or alleviated. Anti-inflammatories and antibiotics are two examples of this. Alternative medicine tends to say the same thing, but uses alternative methods (such as herbs or diet) instead of drugs.

We consider most of the tactics used by allopathic medicine to be control tactics, categorizing them under the headings of: Control, Add, Avoid, Suppress, and Kill-though many methods or medications can do more than one of these things at a time. While we recognize that you can keep a problem under control by use of force, coercion, and manipulation, like relationships, it won't actually solve the underlying issues. These methods can be truly life-saving heroics and we are grateful to have them as an option when they are necessary, but there are many cases where they simply don't work.

We are trying to meet the body and the skin where it at and assist it, or encourage it to keep moving in the direction it's already trying to go to. We are not trying to work against it. This type of equanimity is not the same thing as "balance", which keeps you constantly at the edge of imbalance. Equanimity comes from getting all of the basic needs met in order to function properly. You can't do it in one hour or one day or with one product or lifestyle change. The first step moving in the direction the body is already heading towards, believing that it knows what it's doing in order to heal you.

We don't consider symptoms to be just a sign, or a way that the "body is telling you that something is wrong". We recognize the symptoms as a process that the body is actively (and purposely) doing in order to resolve the problem. Perhaps the symptom is actually the cure.

Wisdom backed by science. Science backed by wisdom.

Science says that suppression can make something look healthy stopping the body's immune responses such inflammation or histamine action. Wisdom says perhaps that is not a good idea.

All of our ideas are based in traditional wisdom and our practices are backed by science.

Critical Analysis of Conventional or Allopathic Protocols

These tactics may be necessary for accute and medical situations and it's a great thing that we have them in our toolbox for when they are needed, but relying on Control, Avoid (or Add), Suppress, and Kill Tactics alone cannot restore health.

	Conventional Therapies may say:	Alternative Therapies may say:	What is an innate problem with this approach?	So we say:
Control	If it's oily, dry it out. If it's dry, oil it up.	"Keep it in balance"	You are constantly holding back the floodgates. If you let go for one moment, everything goes OUT OF CONTROL!	Believe that the body knows what is best and support it in doing that with daily habits that get all of it's needs met.
Avoid	You have an allergy to _____. Stay away from it. (This is good advice, but hard to follow! Don't purposefully expose yourself to something you react to!)	Your body can't handle something so stay away from it.	You cannot avoid all things that may bother you. Restrictive diets lead to depletion and loss of functionality.	Build up internal strength so that the body can tolerate exposure to more irritating substances. Avoiding things that are truly toxic or create a hyper-reactive (allergic) response.
Add	You are missing something, Here's a drug that replaces it.	You are missing something, Here's a supplement.	Suppliments don't resolve the issue	Improve the body's ability to get what it needs from your food.
Suppress	We don't know why your body is reacting in that way. Here's a drug that stops it and makes it look healthy, even when it is not.	"Your body is trying to tell you something is wrong." Here's an herb that will soothe it while you avoid what irritates you, take these supplements and keep it in balance.	The body is doing it because it is actively trying to HEAL you (not simply sending a message), and we are stopping the body from doing that and making the body more susceptible to disease You can't keep it down forever.	SUPPORT the skin's natural process and nourish the body's health while you gradually release the suppression. Take measures to NOURISH the body and address the dysfunctions or deficiencies that resulted in the initial suppression.
Kill	Something outside your body is causing this problem and we must destroy it. Your cells are misbehaving, we need to change what they are doing or remove them to make them fall in line.	Something outside your body is causing this problem and we must destroy it by using strong herbs like they are drugs. Your cells are misbehaving, we need to cleanse or exfoliate deeply.	You can kill the outside invaders all you like, but there will always be more--plus most of these tactics also destroy the integrity of the skin and leave you more open to further damage.	Build up the body's defensive line and improve the functioning of the immune system so that it can defend itself and take care of any "invaders" that it will be exposed to.

***DO NOT stop taking any medication without the specific OK of your prescriber.

Remember, this is an "and/in addition to" paradigm--you can use our methods to nourish and build up your heath while work within CAASK.

Once you have gone down the road of **Suppression** you have only two options:

THIS DOES NOT ALWAYS WORK

Continue the Suppression

Sometimes supression is completely necessary and desired!
*Do not stop your suppressive medications without working closely with a trusted medical provider

- The suppression forces the problem underground and it may reappear in a different place or even body system.
- The suppression stops working and you go looking for another way to suppress.
- The immune system gives up on trying to heal you. Scary.

Suppression leads to more suppression.

Suppression does not resolve any underlying problems.

Even when it "works" it only makes it appear healthy when it is actually not funtioning as it is meant to.

The body will contiune to struggle and work against the suppression while the suppression is struggling to work against what the body (immune system) is doing to heal the body.

THIS IS NOT ALWAYS EASY

Release the Suppression

THIS PART IS NOT PLESANT THIS PART TAKES DEDICATION

When you stop suppressing the immune system:

The uneven texture, bumps and inflammation that were being suppressed before are no longer being suppressed and the immune system actually starts working to resolve the issue.

Problems that were suppressed from long, long ago come back to haunt you and will need time to be released and sesolved.

Resolve the Issue

Take measures to NOURISH the body and address the dysfunctions or deficiencies that resulted in the initial problem.

SUPPORT the skin's natural process and nourish the body's health while you gradually release the suppression.

Healthy skin requires NOURISHMENT & SUPPORT

We consider a suppressive product to be one that makes the skin or body "appear" healthy by telling the immune system to not function by halting it's efforts to heal you.

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If the body's
BASIC NEEDS
are not met, there will be dysfunction.

All types of healthy skin resemble each other, but unhealthy skin is unhealthy in its own way.

The Anna Karenina principle describes a situation a deficiency in any one of a number of factors dooms it to failure. Consequently, a successful endeavor is one where all of the basic needs are being met, and deficiencies are avoided. The name derives from Leo Tolstoy's book Anna Karenina, which begins: "Happy families are all alike; every unhappy family is unhappy in its own way."

This idea may begin to explain why everyone's path is unique in terms of regaining healthy, happy skin as there are many pieces that need to come together. Looking at it from this direction gives us a firm foundation in identifying which of the skin's actual NEEDS are not being met by looking at what is going wrong.

The way Brooklyn Herborium's approach is different is the reason it why works: We don't push against the tide, we support what the body is trying to do in order to heal itself while providing the basic needs the skin has to have met in order to function well. By going with the body (traveling the path of least resistance) results are easier to obtain, more pleasant to achieve, and can result in healing and supporting the entire being instead of just the skin.

What IS Healthy Skin Anyway?

Though it is difficult to define what makes up healthy skin, we usually make assumptions at a glance on how healthy the skin is. Healthy skin just seems glowy and fresh and...healthy. It just functions well. Much of the time, however, products or drugs are being used in order to make the skin appear to be healthy when it isn't. In this case, the skin seems fine—or even "under control", but never quite healthy.

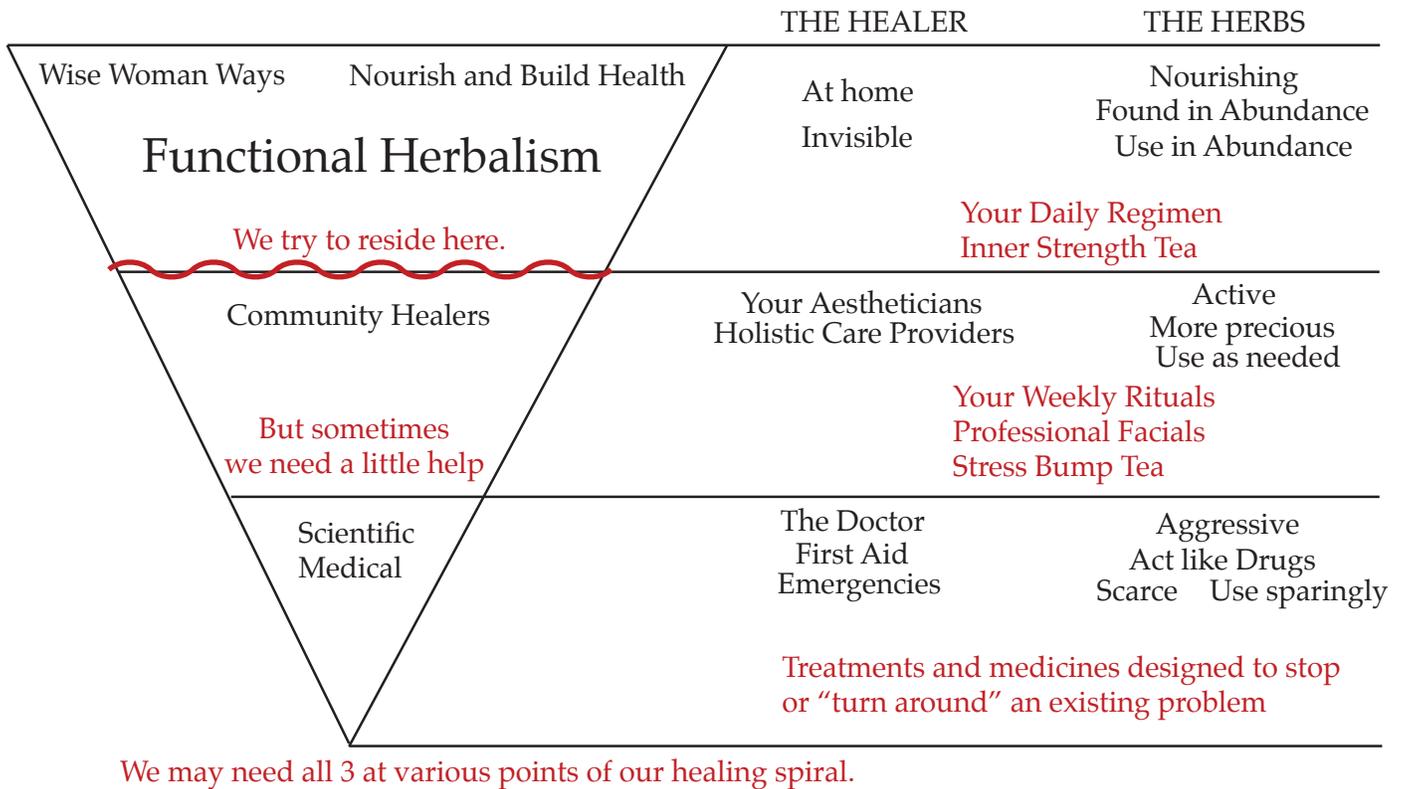
Healthy skin performs its seven basic functions reasonably well most of the time. If the skin is functioning at 80%, 80% of the time, that's functioning reasonably well. Incredibly Good Skin functions over 90%, 90% of the time. The great thing is, once we get the momentum rolling, unhealthy skin starts functioning better and better until it hits a tipping point—and then it's only a matter of continuing the process over time until it becomes incredibly good 90+% of the time.

What our products do: Regular use of our products in the manner that we recommend is meant to provide the skin with all of the basic needs that it can obtain topically, avoiding dysfunction due to oil/water deficiencies, cellular communication problems, or degradation of the defensive line (both the structural integrity and the biome.)

What our products do not do: Our products are not drugs, nor are they herbs pretending to be drugs. They are not meant to control the body, suppress its natural functions, or destroy anything.

This is why it is so very important to use diet and lifestyle to get as many of the basic needs met as possible. When the body's basic needs are not met, the body will not function properly. It takes an inclusive and diverse diet to get all of those needs met.

HERBS: A COMMUNITY OF HEALING



Consider herbs in terms of the strength of their actions and how prolific they are:

Herbs that are abundant in nature are usually Nourishing Herbs. These "weeds" can be used daily and we can think of them as food.

Community Healers are like condiments. They are useful, enjoyable and important to overall health, but utilized as needed and with care. These herbs and foods tend to be more cleansing and alkalizing.

Heroic herbs are aggressive herbs and should be used in acute situations and as First Aid. These are usually the herbs chosen in the Medical or Alternative Paradigms when we suggest that they are simply "Using Herbs as Drugs". Most of these herbs have CASK-type actions.

Our goal is to use the nourishing (abundant) herbs, foods, and rituals as the main staples of our daily life with gentle dips into cleansing and healing herbs on regular occasions and save the heroics for when they are truly necessary!

Don't Judge: We will most likely need all three types of healers in our life--especially as we travel through our healing spiral.

The **Between You & The Moon** Skincare products we hand craft at our Brooklyn Herborium Windsor Terrace Workshop as well as the lifestyle and diet we recommend are designed to...

1...be enjoyable Nourishment, Not Punishment

2...fulfill ALL of the skin's basic needs

This is what makes the products effective and able to provide real results.



If the body's
BASIC NEEDS
are not met, there will be dysfunction.

Cells have both hydrophilic & lipophilic needs.

We need both oil & water in ample quantities introduced in a way the cells can understand, accept, and utilize them.

OIL & WATER

NOURISH & REPLENISH OIL + MINERAL MIST (the physical bond)

NO EVIL (the precise match for the skin)

FACIAL STEAMER (the action of steaming)

Cells need specific amounts of a variety of minerals in order to communicate well.

Toxins and other non-useful substances "confuse" the cells.

Metabolism Lymphatic System
Immune System Function
Improve Digestion & Elimination

CELLULAR COMMUNICATION

Limit "Confusing and controlling" exposure & increase utilization of minerals.

Ionic Adsorption: **ALL CLAY MASQUES**

Transdermal Mineral Absorption

**ALL MINERAL MISTS
INSTANT ALCHEMY
SOAK YOUR WILD OATS**

THE 1ST LINE OF DEFENSE

The SKIN is the GUTS turned inside out.

SKINestines?

NOURISH & REPLENISH
SOW YOUR WILD OATS
SEEDS OF CHANGE

STRUCTURAL INTEGRITY

Building Blocks Boost it's renewal capabilities
Prevent Cellular Degradation Protection

COW FART JUICE
BIOME REHABILITATION PEEL
FACIAL STEAMER (the herbs)

BIOME

Both Internal and External (Guts and Skin)
Probiotics & Prebiotics & Mangers

3 ...do no harm Limit use of: CASK (Control, Avoid / Add, Suppress, Kill)

Support, not suppress the body's ability to heal itself

Maintain the skin's pH, Biome and Structural Integrity

Shelf-Stable without any type of artificially antimicrobial preservative

Must maintain it's own stability (does not degrade or oxidize) when applied topically

No petroleum, parabens, animal testing, strip mining, pesticides, etc

Requirements For Healthy Skin

Lubrication and Hydration: to keep things running smoothly.
This means ample amounts of water with abundant fats (the most stable kinds)
in order to assimilate it and electrolytes to utilize it.

Utilize abundant fats.
Limit oils that are not naturally abundant.



Nourish & Replenish is made from stable oils that are infused with plant materials and blended with high quality seeds oils. When emulsified with our mineral-rich Mineral Mists, it makes a great system for transporting the qualities of the oils with the hydration and minerals from the Mineral Mists into the epidermis.

Drink enough water, but not too much.
The Body needs plenty of water to function well.
Too much water may deplete the body's minerals.

Cleansing with NO EVIL + Sow Your Wild Oats is a great way to pull out wastes that the are in compacted oil while keeping the moisture levels in great shape.

Cellular Communication Needs: In order for the cells to communicate well, the body must have a good balance of minerals at all times as well as proper metabolism for the elimination of wastes.

Good Digestion leads to better mineral uptake in the body

Make digestion easier on the body
Prepare the foods to be digested
Consume Mineral Rich Foods



Transdermal mineral absorption may be more effective than simply eating more minerals, especially when digestion is impaired.

Mineral Mists
Instant Alchemy
Soak Your Wild Oats

Good Elimination of the toxins and wastes that we are exposed to (or make!) every day relieves the skin of some its "Organ of Elimination" Duties as well as removes some of the "confusing" substance that may hinder good cellular communication.

Saturated fat and Soluble Fiber
(not more water & "whole grains")
An intact BIOME (see below!)
Lymphatic Movement

Clay Masks once a week are a great way of improving topical elimination by drawing things out (rather than drying them out!).
Limit or avoid Exposure to "confusing substances"

THE 1st LINE OF DEFENSE

The Body's Defensive Line is made up of both the structural integrity of the tissues as well as the BIOME (the microorganisms that inhabit the outside skin as well as every nook and cranny of the digestive system.)

Good structural integrity is built on good nutrition. Without the proper building blocks, the body finds itself tearing down walls that it needs in order to simply function day to day.

3 Normal, Balanced (usually cooked) meals a day
No Snacking
Regular Periods of Rest & Digest

Good nutrition includes a variety of nutrients and micro-nutrients from fresh, real foods. The body needs protein, fat and carbohydrates in order to function well. Vegetables are important for vitamins and micronutrients. Anything less than that will leave the body in a deficiency after a period of time. A skilled nutritionist can be helpful in determining your particular needs.



Daily Rituals

-Evening: Cleanse, Nourish
-Morning: Nourish, Protect

Many skin care products strip the skin and destroy its structural integrity from the outside in.

If we break down the skin's barrier more than we build it up, we will end up in a deficiency.

The Body (Including the Skin) Thrives on Consistency

When the body is well nourished and functioning well, it responds to small amounts of stress in a positive way. The key is to make it a little bit nervous and a little bit excited!

Appropriate Seasonal "detox" if needed
Occasional More "Cleansing" Meals
Antioxidant Fruits and Vegetables

Deeper Cleansing (such as peels or exfoliation)
Anti-oxidant renewal (Seeds of Change or Vita-C)

To keep your unique biome flourishing with benevolent microbes, it takes:

- The microorganisms, such as probiotics
- Something to feed those microorganisms, such as prebiotics or resistant starches
- "Managers" usually herbs the keep the bad guys in check.

Eat fermented foods
Enjoy Cooked and Cooled Starches regularly to feed the good guys
Cook with herbs that actively destroy pathogenic bacteria.

Biome Rehabilitation Peel
Cow Fart Juice
Avoid antibiotic soaps and sanitizers