Quality In Personal Care – Interview with a Purist

Conscientious Product Selection

Every day, it seems, more and more products offering health and healing are introduced into the marketplace. It takes considerable energy just to keep track of it all. New companies are springing up like dandelions—and herbs and nutritional products can now be found on the internet, as well as in grocery, discount, and even some convenience stores. Many businesses are vying for a piece of the “alternative” health care dollar. As with most areas of life, however, not all manufacturers and suppliers of herbs and other nutritional products are in the same league. Finding what you are looking for is not simply a matter of finding the lowest price. How something is sourced and prepared is crucial to receiving the therapeutic benefits from what you are seeking.

What quality, potency and expertise are you receiving in return for your hard-earned green energy? Some manufacturers are primarily creating “products”; they are less concerned with efficacy and ecological considerations than offering the moment’s supplement superstars. Marketing, profit margin, and volume are their primary concerns. Quality of herbs and nutrients and associated issues relating to personal and planetary health are low on their list of priorities, if even present on the screen. These are the companies we try to avoid supporting here at Radiance.

We seek to buy from manufacturers who are knowledgeable and dedicated, who represent integrity and commitment to the field. Most of the suppliers or formulators that we deal with—for liquid extracts, capsules, and bulk herbs—are dedicated, who represent integrity and commitment to the healing potential of the products thus created.

With increasing pressure on plant populations, it is crucial to support those who are working consciously and responsibly with this reality and who are creating viable markets for those crafting livelihoods based on models of sustainable harvest/agriculture, and appropriate processing technologies. We regularly communicate our local community’s ethical standards and ecological sensibilities to the people with whom we do business. Over the years we have seen significant strides made in product quality, testing, labeling, sourcing disclosure, packaging, encapsulation, shipping materials, and so on. There remains, however, more progress to be made—and conscientious retailers keep the pressure on the marketplace to keep the big picture of human / ecosystem / planetary health in view.

By making your herb and nutrient purchases at Radiance you are contributing to this effort with your dollars. We are not perfect in our efforts and there is always another level to be attained. But please know that we will continue to do our best to work with kindred spirits in this ever-expanding field so that you may rely on the goodness of what you find on our shelves—and the business attitudes which frame success in terms of the health of whole systems.

by Carol Trasatto, Herbalist.

Why is it that some body care lines which customers have used for years are being phased out? I think Radiance customers have long trusted that we have researched the quality, sourcing, and ingredients of our products. In the past we’ve carried products from that. Many provide products directly to practitioners making and business activities emerging naturally with—for liquid extracts, capsules, and bulk herbs—are the field. Most of the suppliers or formulators that we deal with—are knowledgeably processed using food-grade solvents. All of them and so is our Mother Earth.

Why is it that some body care/household chemicals are: DEA, TEA, MIA (the ethanolamines), parabens, acetates, SLS (Sodium laurel or laureth sulfates), petroleums, petrolatums, phthalates (DBP, DEP), glycols, ureas, BHA/BHT, caromers, aluminums, metals, talc, mineral oils, paraffin and artificial fragrances and colorants.

What level of pollution occurs in order to produce and use these chemicals? These are ethical and ecological questions we must ask!

Where can the public find this information for themselves? Here at Radiance we have a binder in our reference library with information about chemical ingredients and health considerations around clean living. Some additional sources are:

• www.safecosmetics.org
• www.ewg.org
• www.chemicalbodyburden.org
• www.nospray.org
• www.thinkbeforuyoupick.org
• www.eco-labels.org

I’ve heard you speak of “buzzwords”; often times larger corporations use these to represent a healthy approach in the creation of their products. How can our clients sift through the claims to find the products which are truly natural? When a product says “Paraben Free” or “PG (propylene glycol) Free” these claims may not always reflect the purity of the entire product. Recently I found a product with a new label stating “Paraben Free”. When I looked further into the ingredients list I found a newly added ingredient spelled out, “triethanolamine” a.k.a. TEA. In my opinion this is even worse than parabens! So I always read the entire ingredient list when a label throws out these buzzwords (currently “paraben” being the most popular). If I don’t know what an ingredient is, I question it and look it up.

What are our healthiest options? Alaffia, Wild Carrot, Aubrey Organics, Pangea Organics, Dr. Hauschka, Weleda, Earth Mama Angel Baby, . . .
Awakening Beauty: The Dr. Hauschka Way
Wednesday May 9, 6-8 pm
Recognizing the vital relationship of beauty and health, we will explore ways in which we live, feel and look—offering ways to help us restore balance and rhythm to our lives. As we question some of our contemporary notions of beauty, this class encourages us to find and nurture authentic, lasting beauty within ourselves. Kerri Ward Merrill, certified Dr. Hauschka Skincare Practitioner and Calista Ward, Radiance Body Care Buyer will be presenting this event. Kerri has recently returned from her second trip to Germany for an international Dr. Hauschka Conference and will share pictures of the gardens and other information she has gained. A special discount coupon will be given to those who attend for use on Dr. Hauschka skincare products. Space is limited, so please register early.
Cost: $15 per person
To register: Call Radiance at 360-357-5250

Ongoing Classes
Breastfeeding Classes
Sarah Huntington, MPH, IBCLC, CD (RNC)
Lactation Consultant and Doula
Sarah Huntington is a lactation consultant and doula whose current practice is informed by having practiced at one birth midwifery for eight years. Her classes are filled with information and time for your questions, as well as a chance to share your community of other families with babies. We will also review some of the natural remedies that may be helpful to you as a breastfeeding and care for your baby. Meet other breastfeeding moms! Get the support you need when you haven’t thought to ask yet! Bring your partner or a supportive family member!
Preparining to Give Your Baby the Best:
Basics of Breastfeeding for Pregnant Moms
Tuesdays: April 3, May 1, or June 5
7-9 pm
This class is for pregnant families who will be breastfeeding a baby for the first time, as well as for families with a past experience. In a supportive and fun environment, we will explore the basics of how to get started with breastfeeding. You will learn when your baby is nursing well, what to expect in the first days and weeks of breastfeeding, and the basics of the intricate anatomical, hormonal, and emotional dance that breastfeeding is.
Cost: $15-35 per family, sliding scale
To register: Contact Sarah at 360.357.3803 or visit her website at www.sarahdoulacoma

Breastfeeding Your Baby in the First Year
Tuesday, April 17
This class is for families with babies, newborn through a year old. With our babies present, we will explore the challenges and joys of breastfeeding through the first exciting year of life. Topics may include: sleep, nursing the mobile baby, weaning the breastfeeding baby, other children, starting other foods, weight gain, and nursing into the toddler years. Check Sarah’s website for possible summertime offerings of this class.
Cost: $15-35 per family, sliding scale
To register: Contact Sarah at 360.357.3803 or visit her website at www.sarahdoulacoma

What Do Doulas Do?
Tuesday, March 20 or Tuesday, May 15
7-9 pm
In this informative session, we will discuss the value and joy of having a doula at your birth or with you in the postpartum period. Doulas are professionals who provide emotional, informational, and physical companionship to a mom, complementing support she may have from her partner and family. Pregnant or considering becoming pregnant? Bring a partner or friend and learn about how a doula may be just what you need when your baby is born.
Cost: None
To register: Contact Sarah at 360.357.3801

 Seeking Young Women Entering the Moontime
If you are such a woman, on the threshold of your life-long menstrual journey, or the mother of such a young woman, please take note—We are planning to offer counseling circles to give young women the benefit of what we have come to know about how to help a woman’s body in a way free from pain and distress during the fertile years. We will create a sacred, confidential circle in which any topic may be discussed. All questions and concerns will be welcomed. We will discuss the ways in which our choices around foods and lifestyle affect the health of the skin, our emotions, and our experience around moontime. Some safe plant medicine to support teenage health and long-term ease will be discussed.
If you are a group of six or more friends who would like to arrange for a circle, please contact Carol Trasatto directly for more information. Phone 360.705.1430 or e-mail her at blstara@reachone.com

Our Health as Women: Perspectives and Approaches
Due to family obligations that require her to travel to the east coast on short notice sometime this Spring, Carol is unable to schedule this six-session class as originally planned. She appreciates all the interest that has been expressed and intends to offer this series in the coming Fall, beginning in late September or early October. Contact Carol directly for more information or to request a flyer outlining this program: phone 360-867-9177, or Carol Trasatto at 705-1430.

Lighten Up! Cleanse and Renew
Springtime is a perfect time to pause and give your body the chance to detoxify and rest from the heavier foods and lifestyle habits that the damp, wintry weather brings. Make the most of your fast or cleanse—join us for the eight-week cleanse and renew series in the coming Fall, beginning in late September or early October.
Cost: $30 for either class or $50 for both classes, if prepaid by March 21.
To register: Call Radiance at 360-357-5250

Choosing the Cleanse That’s Right for You: Approaches and Herbal Support
Wednesday, March 28
6:30-9:30 pm
No single cleansing technique suits every constitution or health situation. In this class we’ll discuss how to determine what approach might be best for you, our individual, current level of vitality, and dietary and lifestyle habits. In addition, numerous plant medicines, also known as herbs, cleanse the body’s natural systems of detoxification and elimination—as well as the most beneficial ways to prepare and utilize these herbs. Whether you’re returning from exotic travels or want to change unhealthy habits or ways of thinking, we’ll lighten your spirit through the use of nutritive and relaxing herbs. Come outdoors and celebrate Spring in our environment; they hold the medicine of right choice and opportunity. For more information: phone 360-705-1430 or e-mail her at blstara@reachone.com

Fresh Foods to Detox and Renew
Wednesday, April 11
7-9 pm
Take a tour through cleansing food options: the celebrated master cleanse, fresh organic juices, raw and living foods that will surprise and delight your senses. The vibrant foods to be discussed and sampled in this class will inspire your sense of possibility. Lots of resources from Judy Scott, resident raw foods Haven.

April Classes
Gracefully Aging with Facial Gynmatrics
Wednesday, April 4
4-6 pm
Our face mirrors the rhythms and activities of our body and tells a story of health and stress. In this class learn how to actively strengthen and train your facial muscles to achieve their best possible condition. This active care of the face can lead to...
Spring Classes & Special Events 2007

- The stimulation of lymph flow
- The enhancement of circulation
- The vitalization of all tissue
- Firming and rejuvenation

By keeping our skin responsive and facial muscles firm, we can counteract the independent loss of firmness in a more natural way. Simple and effective short exercises will be demonstrated and experienced. Taught by Kerri Ward Merrill, licensed holistic esthetician.

Cost: $25
To register: Call Radiance at 360-357-5250

Changming Woman: Flourishing through Menopause
Saturday, April 7
11 am-3pm

Spending an afternoon exploring ways to navigate mind changes (and herbal medical advice?) without losing your mind, your job or your relationships. We will discuss ways to work the waves of body/mind changes and challenges so that you may benefit from them rather than be overwhelmed. The Change can offer a deep opportunity to rescript your health and your emotional experience so that the next phase of life is not a "withholding" that is even more beautiful expression of your whole self. Herbs, foods, essential oils, flower essences, and herbal approaches can be of great assistance in dealing with this powerful transition. Please join us this spring to learn with lots of specifics to help guide you on.

There will be an assortment of tasty supportive foods to enjoy. Taught by Joan Aitken, crater Carole Trastao, herbalist and changing woman.

Class size is limited so please register early. Cost: $45 (includes supplies and many handouts. $65 each if two friends register and pay at same time.
To register: Call Radiance at 360-357-5250

Vibrational Healing and Energy Anatomy
Saturday, April 21
10 am-3pm

This unique whole-body learning format features lecture, dialogue, journaling, facilitated energy work, soul-embodyment meditation, and group-partner exercises. Psychic Hygiene, Vibrational Energy, Body Symbols, and Quantum Healing will be covered. An ever more beautiful expression of your whole self.

Cost: $10
To register: Call Nancy at 360-786-1195

Clutter Clearing
Sunday, April 15
2-4pm

Our clutters speak to us, but exactly is it saying? This presentation covers the basics of clutter clearing, and the feng shui principles related to clutter. Clearing represents ways to kind of energy. You'll learn how clutter holds you back; how you can create fun and profitable to live up. Nancy Sullivan, a local therapist who has done feng shui and clutter clearing for decades offers practical techniques with humor and inspiration.

Cost: $10
To register: Call Nancy at 360-786-1195

Homeopathy: An Integral Form of Healing
Tuesday, April 24
7-9pm

I keep practicing homeopathy because it works, and brings a remarkable depth of healing in mind-body-spirit. Homeopathy is about as integral of wholistic as you can get. It helps people heal from diseases as diverse as autism to auto-immune, low level depression to multiple scleroses. However, I feel concerned that there is not enough understanding of its principles and the complexity of choosing a remedy, people aren't getting the results that are possible so I have started teaching homeopathy. In this class you'll get a glimpse into this fascinating field of healing and be inspired about the beauty of the healing power of the mind. This can be brought forth with good homeopathy.

Cost: $15
To register: Please register by April 17 via email (pky@olywa.net) or by calling Patricia at 360-866-6974.

Soapmaking with Unrefined Oils
Sunday, April 29
1-4pm

This hands-on course introduces the benefits and properties of using single butters and virgin coconut oil in their natural status to make cold-processed soaps. We will also cover the basics of Mehndi: choosing ingredinets, safety, and personalizing your creations. Students will take home their soaps after they have fully cured. All materials are supplied.

Class size is limited. Taught by Prarie Rose Hyde of Alaflfa and Kerri Ward Merrill.

Cost: $45 (includes materials)
To register: Call Radiance at 360-357-5250

May Classes


Plant Medicines and Body Systems

Wednesday: May 2, 9, 16, and 23
6-9pm

In this four-part class, we will be examining eight main body systems and the plant medicines that support them. The first half of each three-hour workshop will be devoted to reviewing the basic anatomy and physiology of two systems and the second half will be spent discussing specific plants that have affinities for these systems. This series is a great way to learn about practical herbal medicine and its uses. Hands-on experience will be provided for each body system and corresponding plant material. Taught by Corinne Boyer, herbal educator.

Cost: $125
To register: Call Radiance at 360-357-5250

Making CycleSense: Fertility Awareness for Natural Birth Control, Achieving Pregnancy and Reproductive Health

Thursdays: May 3 and 10
7-9pm

In this class we will learn to use fertility awareness, a method of charting the signs a woman’s body gives every day to identify times of fertility and fertility-free charting for a valuable life skill for women of all ages. It offers women an understanding of their bodies and their fertility, an understanding that can be used for natural birth control, achieving pregnancy or for fertility regulation or health. As a method of both control, fertility awareness is natural, safe, practically free, and as successful as all available methods.

The first class will explain fertility signals and charting. During the week between the first and second class you will chart your body and receive feedback on your own fertility signals. We'll discuss our observations and questions in the second class, participants may also share their own fertility signals. This class will be open to any student interested in using fertility awareness successfully.

Taught by Leilani Wong.

To register: Call Radiance at 360-357-5250

Luscious Food for the Skin

Saturday, May 5
11am-2pm

Poor diet certainly contributes to, and may even alleviate, the aging process. In this class we will consider foods, herbs, and nutrients that promote the health of your skin and the entire body. We will share recipes of foods and herbs that we will create skincare that is good enough to eat! Carolyn will provide snacks that are safe for diabetics, sugar-sensitive individuals, and gluten-free. Milk and honey cleanser, almond lotion, avocado and rose mask, and whipped cream delights. Come, have fun and enjoy this class! Taught by Kerri Ward Merrill, licensed/holistic esthetician and Carolyn Heiwit, certified nutritional therapist.

Cost: $45 includes all supplies ($40 each if two friends register and pay at the same time.
To register: Call Radiance at 360-357-5250

Basic Aromatherapy

Tuesday, May 8
6:30-9:30pm

In this workshop, experience essential oils first-hand. Learn about them, apply and contraindications of the oils. Understand how to spot high quality essential oils and how to use them. This workshop is for anyone interested in natural, personal use, people who want to be on in using essential oils in their homes/handmade products. Great class for body workers and massage therapists.

Cost: $45 (includes materials)
To register: Call Radiance at 360-357-5250

Cell Level Meditation

Saturday, May 12
9am-2pm

This is body-centered meditation that is deceptively simple and quite deep. When you enter into the body and experience what’s actually going on there, you give your body a kind of attention it loves and from which it benefits. The cells sing for joy, and they are restored to their natural state. Your mind can’t do this and, as you may have experienced, it may get in the way—so we have to give it something to do.

Come spend an afternoon learning a simple form of meditation that helps you with your body have this simple joy. Learn some tools to de-indentify with the mind so you won’t be fighting it. Then, some tools will be provided for you to practice real and satisfying, and can come forth and you get out of the way of your own healing—a natural state that waits to come forth. This class is taught by Patricia Kay, a student of Dr. Barry Grundy, a psychoneuroimmunologist. Patricia has worked with people individually to facilitate their healing process by joining with them in Cell Level Meditation-Ext. Limit: 10 participants.

Cost: $60
To register: Please register by May 5 via e-mail (pky@olywa.net) or by calling Patricia at 360-866-6974.

Homoeopathic First Aid

Sunday, May 13
1-5pm

After you've been inspired by what homeopathy can be brought forth with good homeopathy.

To register: Please register by April 17 via email (pky@olywa.net) or by calling Patricia at 360-866-6974.

Labyrinths: Ancient designs symbolizing the journey of the soul.

Found in cultures all over the world, labyrinths were created and used for many different reasons. Learn, explore, and discover some of the traditional meanings behind why people created these remarkable symbols; learn to how to use your own personal exploration, and consider why they have recently regained their appeal. Taught by Jennifer Goldman.

Cost: $10
To register: Call Radiance at 360-357-5250

Homeopathic First Aid

Sunday, May 20
2-4pm

Labyrinths: Ancient designs symbolizing the journey of the soul.

To register: Call Radiance at 360-357-5250

Advanced Aromatherapy

Tuesday, May 22
6:30-9:30pm

Take your aromatherapy study to the next level. Explore the chemical structures of essential oils and how they interact with the body. Learn more about precious oils and how to use them. Taught by Karen Olsen, LMP and certified aromatherapist.

To register: Call Radiance at 360-357-5250

June Classes

The History of Western Herbal Medicine in the U.S.
Wednesday, June 6
6-9pm

This is a workshop organized to illuminate the current state of herbal medicine in this country. As we look at the history of medicine, we can start to understand how we have ended up with so many integrative healing traditions. We will discuss the impact of Native American plant medicine, European herbs, folk medicine and the Eclectic tradition, among other significant approaches. We will also shed light on both the current industry and practice of herbal medicine.

To register: Call Corinne Boyer, herbal educator.

Cost: $25
To register: Call Radiance at 360-357-5250

Green Flower Essences for the Green Heart of Earth Healing and Healing Ourselves
Thursday, June 14
6-9pm

In this workshop we will focus on the “Green” flower essences, made from uncommon green flowers: Green Bells of Ireland, Green Scotian, Green Cross Gentian, Green Rain Orchid, Green Rose and Lady’s Mantle. These essences address our relationship to the earth and how we react in our hearts and bodies to the state of the earth at this time. Weather and thought formation, a personal time to be in touch with nature in the garden Green for each participant to take home. Bring an open heart and a quiet mind. Taught by Karen Lehmann, certified flower essence practitioner and comfort care therapist with Providence SoundHomeCare and Hospice.

Cost: $35 in advance ($40 at class)
To register: Call Karen at 360-943-8552

In Honor of Earth Day

April 20, 2007

Bring in Your Own Bottles and Receive 40% Off
Any Bulk Body Care Refills!
Includes Alaffia, Dr. Bronner’s, Pangea, Allua, Ecco Bella, Sombra, Giovanni and Radiance product lines.

Mehndi: Introduction to the Art of the Henna Body Painting

Sunday, April 28
2-4pm

Learn the art of Mehndi and how to apply the designs in your skin. Hear about the history of Mehndi and how to care for your Mehndi. You’ll have an opportunity to try a simple design. Participants will have the chance to practice using the Mehndi products that are available at Radiance. Taught by Joan Aitken, Mehndi artist extraordinary.

Cost: $20
To register: Call Joan at 360-493-8343
Storchenwiege baby wraps are Oeko-Tex 100 certified and are known for their durability, beauty and performance. This company has done homework on the anatomical and psychological placement of your baby while in this wrap. The fabric is woven in a way that is cozy for both parent and child. It can be used in various positions which are illustrated in the complimentary booklet. In the store we have a DVD for those who want another visual. This will absolutely be the best carrier that I have found. It will be cherished through generations of little cuties.

Calista Warden

**Vitamin and Mineral Nutritional Supplements**

Flora

**Flora**

Floradix Iron + Herbs: We added another option to our liquid iron selection. This version from Flora contains all the usual fruits, veggies and herbs plus a specially cultured nutritional yeast (Saccharomyces cervisiae) and wheat germ extract to provide B vitamins as well. In 8.5 oz. bottles and travel pack (10 bottles of 68 fl. oz./20 ml each).

Floradix Flavoral Iron + Herbs: Yes, these names are confusing. This is the product we’ve carried for years—yeast and gluten-free. Still available in the 8.5 oz. bottle, but we’ve brought in the travel pack as well. Great for trips and for those who only take iron for a few days each month.

Conscientiously Selected Gifts

Sunbeam Candles

“Spreading light with a prayer to unite!”

A portion of the sales profits for Peace Candles are donated to United for Peace & Justice and Doctors without Borders. These candles are made with soy, sunflower, beeswax, and other pure essential oils.

A Frame for the Future

Local artisan Bill Flemming salvages materials for his picture frames. These frames are handmade from wood salvaged and garbage plots, mostly milled old growth trees. Each frame is finished with limed oil and has NO VOCs. Glass comes from replaced windows, nails and screws from the trash of a garage and basement.

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