



# The Castle Pines CONNECTION



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1/28/14

*Submitted by The Castle Pines Village Garden Club*



*Linda B. White, M.D.*

The Castle Pines Village Garden Club invites all to join from 10:30 a.m to 11:30 a.m. on Friday, February 7 at the Country Club of Castle Pines for an exciting guest speaker who will discuss herbal medicinal remedies.

According to presenter Linda B. White, M.D., our ancestors relied upon herbs to restore and maintain health. White maintains that we have the ability to grow many medicinal plants in our own backyards and indoor pots, and turning the plants into medicine is simple.

Learn how to make a gypsy cold tea, elderberry syrup to fight influenza, Echinacea tincture to counter the common cold, an immune system enhancing soup, and calendula salve for scrapes, gardeners' hands, and chapped lips.

For more than 30 years, White has studied and used medicinal plants. She developed and taught the herbal medicine classes for the Integrative Therapies Program at Metropolitan State University of Denver.

White is the author of many magazine articles on natural health, she's the author of "Health Now: An Integrated Approach to Personal Health," the co-author of "Kids, Herbs & Health," and "The Herbal Drugstore." She also contributed to National Geographic's "Complete Guide to Natural Home Remedies" and its "Guide to Medicinal Herbs." Her newest book "500 Time-Tested Home Remedies and the Science behind Them" was published in December, 2013.

Please come for the presentation and stay for lunch at the Country Club, located at 6400 Country Club Drive. Your cost, which includes a beverage, is \$20. Contact Terri Sundermann by [e-mail](#) for more information.

Additionally, The Castle Pines Village Garden Club is looking for a master gardener. The master gardener program is administered by CSU. Master gardeners are trained by their respective counties and then give back required volunteer hours each year in various ways for the county to keep up its credentials. Contact Pamela Elston by [e-mail](#) if you are interested.

These herbs aren't  
just for cooking –  
herbal medicinal