



NOVEMBER/DECEMBER 2025

Sunrise, Sunset

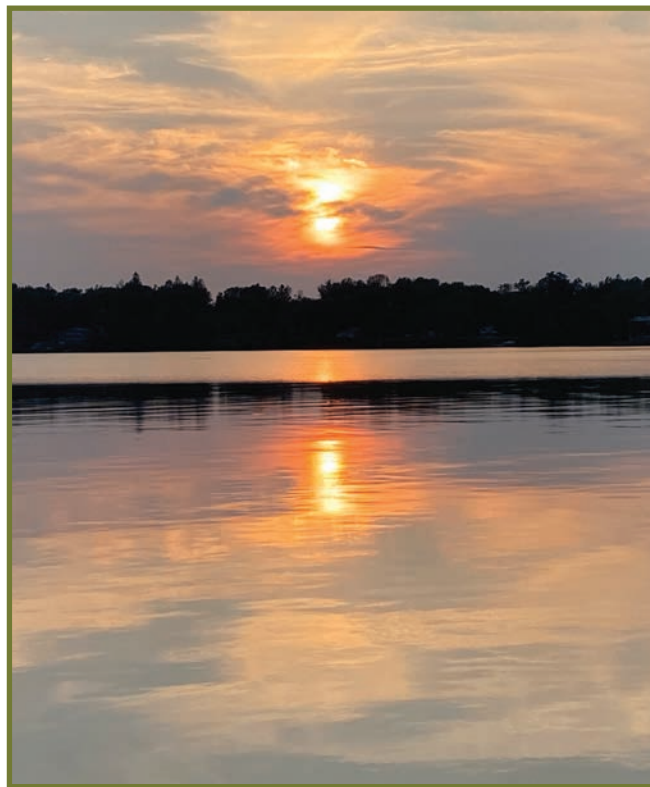
The song "Sunrise, Sunset" written by Sheldon Harnick and Lewis Bock Jerrold, and made famous in the musical *Fiddler on the Roof* and its parody in *The Lion King*, references these daily celestial events as markers in the passage of time.

Swiftly flow the days
Swiftly fly the years
One season following another
Laden with happiness and tears

One of the things I've come to really appreciate about the opportunity to live on a boat for months at a time is just how precious are these moments. Most boaters appear to be equally mesmerized judging by how many texts I receive from folks who've captured them in photos and sent them along, demonstrating that the moment was savored and worth sharing.

Perhaps it's due to the fact that aboard a boat, one is often awake at the break of dawn as the sunrise unravels its glory, holding our attention and inspiring awe. Perhaps it's the slower pace of living aboard that allows us to really cherish these moments and not take them for granted. Perhaps, because sunrises and sunsets are more spectacular over water, they better capture our attention and hold it for just a bit longer than we otherwise might allow.

It's not just boaters of course. Many who live by or visit beaches or lakes experience the same thing. Their albums of vacation photos include quite a few sunrises and sunsets, some frozen in time in silver frames on their mantels. We know some folks who make the twice-daily walk to the beach to experience both episodes, frequently accompanied by a cup of coffee in the morning or a glass of wine in the evening.



It is true that sunrises and sunsets are often prettier on the water. This is attributed to: the water's surface providing a reflective mirror, doubling the visual impact; the water droplets in the air scattering light; the clouds intercepting and reflecting the sun's rays, making the colors even more intense and vibrant; and the unobstructed view over a large body of water with fewer land-based obstructions providing a longer horizon, creating a more expansive and dramatic visual effect. Whatever the reason or reasons, they command our gaze – and our reflections.

Savoring a sunrise is about intentionally experiencing the beauty of a new day while cultivating mindfulness, gratitude and calm. It involves slowing down, appreciating the sensory details like colors, the warmth,

and the sounds of the morning, engaging the senses to heighten the experience. Recognizing the ephemeral nature of the sunrise can make the moment feel even more precious and worth savoring.

Cherishing sunsets provides similar benefit. As they occur at the days' end, we tend to linger a bit longer after that prismatic flash of green light. At sunset, we tend to be less hurried or less anxious to run in the calendar races that start our days. We are more ready to relax. At these times, we allow ourselves to take a bit more time to appreciate the beauty of the moment, listen to the sounds around us, like the wind, the birds, or the lapping water, and feel the air as it tickles our skin.

Savoring sunrises and sunsets helps us to appreciate the simple and routine wonders that are always around us. And, though fleeting, they are forgiving – if we miss one, we know there will be another tomorrow to enjoy.

PARASITES AND THE PARASITE CLEANSE

Parasitic infections are more common than you might think and can lead to a range of health problems, including gastrointestinal issues, nutrient deficiencies and weakened immune function. Parasite cleanses aim to eliminate these unwanted organisms using natural compounds, dietary modifications and lifestyle changes.

Parasites are organisms that inhabit or feed on a host organism, relying on it for nutrients at the host's expense. While most parasites reside in the gastrointestinal tract, they can also migrate to other body parts, such as the liver, lungs, muscle tissue, and even the brain. Parasites can be contracted through consuming contaminated food or water, poor hygiene practices, contact with infected individuals, or bites from insects such as mosquitos, ticks, or flies.

The health issues caused by parasites depend on the type of parasite, the part of the body they infect, and the host's immune system. Symptoms can vary widely, ranging from mild gastrointestinal discomfort to nutritional deficiencies, chronic illness and even severe organ damage. Common symptoms of a parasitic infection include abdominal pain, gas and bloating, diarrhea, constipation, fatigue, rashes and itching.

Several methods exist to help cleanse parasites from the body, with some proving to be more effective than others. The most effective parasite cleanse integrates

natural remedies like wormwood and black walnut hulls with dietary modifications and lifestyle changes. Additionally, incorporating probiotics and following a low carb diet while practicing intermittent fasting can further support the immune system and help minimize the risk of a parasite infection.

A parasite cleanse is one of the most common and readily available remedies. The effectiveness of parasite cleanses varies and can be influenced by several factors, such as the individual's immune system and the type of parasitic infection. A well-planned parasite cleanse is generally safe for most people. It's always a good idea to consult a healthcare professional for personalized advice before starting a parasite cleanse. Severe parasitic infections may require additional medical intervention.

Herbs such as wormwood, black walnut hulls, clove, garlic, and oregano oil have a long-standing history in traditional medicine for combating parasitic infections. Wormwood, also known as *Artemisia annua L.*, is a rich source of artemisinin, shown to be effective against a wide range of parasites. Wormwood should rarely, if ever, be taken alone and only under the guidance of a health care practitioner. That's why Southern Herb only sells wormwood as a blend in combination with other herbs. Black walnut hulls are rich in juglone, a powerful natural compound toxic to parasites. Beyond its antiparasitic qualities, juglone offers other significant health benefits.*

In addition, essential oils derived from herbs such as clove, thyme, oregano, and basil have long been recognized for their potential to eliminate parasite eggs and larvae. The Thieves® Blend from Young Living and the Banditos blend from Kate's Magik contain blends of these effective oils. Probiotics when consumed in sufficient amounts, provide various health benefits and may help defend the body against certain parasitic infections.* By restoring balance to the microbiome and reinforcing the intestinal barrier, probiotics can enhance the body's immune response and promote faster recovery from parasitic infections.

Left untreated, certain aggressive parasitic infections can lead to severe symptoms such as dehydration, malnutrition, or organ damage. Therefore, it's critical to consult a healthcare professional if you suspect you have a parasitic infection or developed unexplained health issues, especially after traveling to high-risk areas. Early intervention is key to preventing complications of a parasitic infection and ensuring effective treatment.

PARASITE CLEANSE PRODUCTS ON SALE.

Kroeger Herb Products' Parasite Cleanse products are on sale Southern Herb during the month of December. Additionally, Dr. Christopher's VF Syrup (formerly Herbal Parasite Formula) is also on sale in the month.

* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

New Products

ITEM	CT	WS	RET	ITEM	CT	WS	RET	ITEM	CT	WS	RET
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AST ENZYMES

DIGEST -GI EXTRA-STRENGTH

Formulated with a blend of digestive enzymes designed to break down dairy, legumes, cruciferous vegetables, proteins, and other foods. Supports nutrient absorption and provides relief from digestive discomfort.*

7778 60 caps 18.49 29.99

NATTOKINASE

This potent fibrinolytic enzyme promotes a healthy fibrin metabolism and contains NattoSEB®, which is resistant to the acidic condition of the stomach, maximizing efficacy.*

7779 60 caps 15.19 24.99

CEDAR BEAR NATURALES

GLOW & GROW

Helps nourish and strengthen your hair, improve blood flow to the scalp and nourish hair follicles.* *Horsetail, Oatstraw, Stinging Nettle Leaf, Red Raspberry Leaf, Alfalfa Leaf, Yarrow Flower, Turmeric Root, Black Peppercorn*

1672 2 oz. 19.77 32.95

LIVER CLEANSER

Helps to recondition the liver and blood. *Red Clover Herb, Burdock Root, Alfalfa Leaf, Sarsaparilla Root, Dandelion Root, Yellow Dock Root, Oregon Grape Root, Barberry Root, Buckthorn Bark, Prickly Ash Bark, Chanca Piedra Herb*

1677 2 oz. 19.77 32.95

MENOPAUSE SUPPORT

Helps relieve discomforts of menopause and helps support a woman's overall health and well-being throughout this transition in life.* *Cohosh Root, Chaste Tree Berry, Wild Bergamot Bee Balm, Ashwagandha Root, Holy Basil Leaf, Stinging Nettle Leaf, Chicory Root, Dandelion Leaf, Shatavari Root, Schisandra Berry, Lavender Flower*

1673 2 oz. 20.37 33.95

MOON CYCLE

Addresses and helps smooth menstrual cycles, lift mood and reduce discomfort and cramping, helping girls and women have more comfortable and healthier periods.* *Blessed Thistle Herb, Cramp Bark, Chaste Tree Berry, Red Raspberry Leaf, Cocoa Nibs, Devil's Claw Root, Damiana Leaf, Lavender Flower, Rose Bud*

1674 2 oz. 20.97 34.95

MULLEIN LEAF

Moistens and soothes irritated respiratory tissues.*

1679 1 oz. 10.17 16.95

OSTEO BUILD

Supports bone health by providing essential vitamins and minerals, supporting hormonal balance, cooling tissues, and enhancing calcium absorption and utilization.* *Chamomile Flower, Stinging Nettle Leaf, Dandelion Leaf, Basil Leaf, Red Clover Blossom, Horsetail, Oatstraw, Alfalfa Leaf, Sage Leaf, Devil's Claw Root, Black Cohosh Root, Chaste Tree Berry, Kelp Thallus*

1675 2 oz. 20.97 34.95

REPRODUCTIVE BUILDER

Helps nourish and strengthen the reproductive system, promote hormone regulation and support overall reproductive function and wellness before pregnancy.* *Ashwagandha Root, Holy Basil Leaf, Chaste Tree Berry, Shatavari Root, Dong Quai, Red Clover Blossom, Saw Palmetto, Red Raspberry Leaf, Black Cohosh Root, Cinnamon Cassia Bark, Licorice Root*

1676 2 oz. 20.97 34.95

SLEEP & CALMING

Helps calm nerves, reduce anxiousness, balance stress hormones, and promote deep, restful sleep.* *Kava Kava Root, Hoodia Cactus Leaf/Stem, Gymnema Leaf, Bladderwrack Thallus, Chickweed Herb, Mate Leaf, Black Walnut Hull, Uva Ursi Leaf, Stinging Nettle Leaf, Fennel Seed, Stevia Leaf, Ginger Root, Turmeric Root, Senna Leaf, Black Peppercorn*

1678 2 oz. 20.97 34.95

X-TRAX

AST ENZYMES – We have added the Digest Extra-Strength and Nattokinase from this supplier.

BYPRO NUTRITION – The Dodecin product has been increased to 120 capsules per bottle now packaged in amber glass bottles, all while maintaining the current pricing!

CEDAR BEAR NATURALES – This manufacturer of highly acclaimed herbal tinctures has recently added quite a few products targeted for women's health issues which we have just launched.

A few of our suppliers are experiencing production delays with significant and prolonged out of stock situations. Among them -

GREEN FOODS – The True Vitality shakes are out of stock.

LIDTKE TECHNOLOGIES – Several of their products remain out of stock, including the new products added this year.

MOTHER EARTH MINERALS – The best-selling Minerals of Life, Essential Earth Enzymes and Healthy Balance remain out of stock at this time.

TOPICAL BIOMEDICS – The maker of the Topricin products continues to be out of production at this time.

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New Products

AST ENZYMES

DIGEST-GI EXTRA-STRENGTH
NATTOKINASE

CEDAR BEAR NATUREALES

GLOW & GROW
LIVER CLEANSER
MENOPAUSE SUPPORT
MOON CYCLE
MULLEIN LEAF
OSTEO BUILD
REPRODUCTIVE BUILDER
SLEEP & CALMING



Southern Herb Co., LLC

211 Talley Street

Troutman, NC 28166

APPLY
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November Specials

Kroeger Herb Products'

Complete Concentrates (15% Off)

165 Bilberry
1691 Cinnamon
176 Cranberry
169 Ginkgo Biloba
172 Milk Thistle

Flower Essence Services (FES)

Self Heal Creams (15% Off)

1476 Self Heal Cream 2 oz. tube
1184 Self Heal Cream 4 oz.
1185 Self Heal Cream 8 oz.

Quantum Health Skin Care (15% Off)

1024 Athlete's Foot Cure
1026 Herbal Skin Crack Cream
1027 Scar Reducer Cream

Eco-Dent Tooth Powders (15% Off)

7415 Original Mint
7416 Ex-Brite Whitening
7417 Tartar Guard

Celtic Sea Salt Light Grey Salt (15% Off)

606 ½ lb.
607 1 lb.
6061 8 oz. shaker

December Specials

Neem Aura Naturals (15% Off)

072 Neem Crème
073 Neem Hand and Body Lotion
086 Neem Seed Oil
087 NeemAura Skin Salve
080 Neem Leaf Extract
089 Neem Leaf Extract Triple
Strength
081 Neem Leaf Capsules

Kroeger Herb Products' Parasite Cleanse Products (15% Off)

002 Cloves
030 Rascal
040 Wormwood Combination
3002 Black Walnut Hull Tincture 1 oz.
3005 Black Walnut Hull Tincture 2 oz.
3004 Black Walnut Hull Tincture 4 oz.
6996 Wormwood Kit

Dr. Christopher Extracts (25% Off)

819 VF Syrup
(formerly Herbal Parasite)

Quantum Health Skin Care (15% Off)

1024 Athlete's Foot Cure
1026 Herbal Skin Crack Cream
1027 Scar Reducer Cream

Celtic Sea Salt Fine Ground (15% Off)

609 ½ lb.
610 1 lb.
6062 8 oz. shaker

Celtic Sea Salt

Flower of the Ocean Salt (15% Off)
612 1 lb.

Eco-Dent Tooth Powders (15% Off)

7415 Original Mint

Flower Essence Services (FES) (15% Off)

1408 Compassionate Care Giver