

# ‘Experiencing nature is important for our well-being’

## ■ HERBS

Continued from Page A6

Chumash healing practices.

“As a pharmacologist, he knows the chemical composition of the plants and how those relate to compounds used in manufactured drugs,” Mr. Kaufer said. “He’s studying native plants in his laboratory for that reason ... He also knows the history and uses of native plants and their traditional applications.

“No one else in the world has that combination of experience.”

Mr. Adams, 60, told the News-Press just before the walk began that his family has a history of using American Indian healing traditions.

“Growing up, that’s what my family always turned to. I went into pharmacology because, in my opinion, it has always been the study of plant medicine, and when I got my Ph.D., I started looking around for an Indian to teach me about native plants.”

Mr. Adams found Cecilia Garcia, a Chumash healer who was born and raised in Los Angeles and lived in Ensenada, Mexico, until her death in 2012. Ms. Garcia learned the practice of natural healing from her grandparents. In 1998, Mr. Adams became her student. The two went on to co-author “Healing with Medicinal Plants of the West” (Abedus Press, \$17.95).

During the four-hour walk, Mr. Kaufer and Mr. Adams identified and discussed the medicinal uses of more than 25 species of native plants along with several species of non-natives. Some in the 20-strong group photographed the plants while others jotted down notes.

“This is the fourth hike we’ve done with Lanny,” said Ayia Smith, 27, who moved to Ventura from Washington state about a year ago and was joined on the walk by her husband, Matt, 31.

“Learning the local plants and ecology helps anchor me to a new area, and Lanny seems to know this area and the environments here intimately,” said Mrs. Smith, a budding herbalist. “So we’re always checking to see what hikes he has coming up and this one caught my eye because I really want to get to know the medicinal plants in the area.”

At right, the leaves of miner’s lettuce, *Claytonia perfoliata*, can be applied as a poultice for arthritis pain. At far right, chewing on the leaves of California bay, *Umbellularia californica*, can help to relieve toothache.



BRETT LEIGH DICKS / NEWS-PRESS PHOTOS

The group was given a wealth of information about the plants they encountered.

“This is purple sage, *Salvia leucophylla* ... I’m going to pass it around and I want you to rub it on your fingers and then smell them because it smells wonderful,” said Mr. Adams at another stop along the walk. “It’s a wonderful plant for the treatment of pain.”

“We typically treat pain with NSAIDS (non-steroidal anti-inflammatory drugs) like ibuprofen and naproxen, but they cause ulcers. Here we have a branch of purple sage, so you would get a bunch of these and put them in 2 or 3 quarts of water in a container and then put it in the sun. Add a leaf of white sage and then soak your feet in it for about 20 minutes. Sage contains monoterpenoids — they give the plant its scent and those fragrances are all pain relievers.”

The uses Mr. Kaufer and Mr. Adams offered for the plants they identified ranged from important dietary supplements to fever reduction, pain and stress relief, and insect repellents.

Mr. Adams said the flowers of blue elderberry, or *Sambucus nigra*, can be used in a tea to help relieve cold and flu symptoms; the leaves of California

bay, or *Umbellularia californica*, can be chewed to soothe toothache or made into a tea to reduce diarrhea; and the scent of coastal sagebrush, or *Artemisia californica*, can be used in aromatherapy to instill a sense of calmness while a decoction, or extraction, of the leaves and stems can be used externally for colds, asthma and arthritis.

While this hike delved into one specific aspect of local plants, Mr. Kaufer said the importance of native species and their protection, along with that of the lands that support them, is something that should be of interest to everyone.

“Going out and developing an appreciation of nature and beginning to understand the natural cycle and the value of that is of great importance,” he said. “When people have no knowledge of something, they have no vested interest in it.”

Mr. Adams, he said, showed the group just some of the many ways we all have a vested interest in native species and the wilderness they live in.

“Going out and experiencing nature is important for our well-being — and not just our physical well-being — our mental and emotional one, too.”

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## IF YOU GO

James Adams, an associate professor of pharmacology and pharmaceutical science at USC and expert in plant-based Chumash healing practices, will join herbalist Lanny Kaufer 9 a.m. to 1 p.m. May 16 for a Medicinal Plant Walk beginning at Tucker’s Grove Park in Goleta, continuing along San Antonio Creek Trail. Cost is \$35.

Mr. Kaufer will hold an Edible and Medicinal Plants of Ventura County field study day with special guest Tellur Fenner, clinical herbalist/educator, 10 a.m. to 5 p.m. this Saturday in the Los Padres National Forest near Ojai, carpooling from the Maricopa Plaza parking lot in Ojai. Cost is \$55.

For more information about Mr. Kaufer’s Herb Walks or to register, visit [www.herbwalks.com](http://www.herbwalks.com).

# Some parents, doctors confounded by reversal of advice on peanut allergies

By ANYA SOSTEK  
TRIBUNE NEWS SERVICE

PITTSBURGH — As a nurse, Amber Williams was well aware of the medical recommendations for starting her daughter on solid foods. She waited until Sienna turned 1 to give her milk, and was planning to wait until age 2 to introduce eggs and age 3 for peanuts.

But when Sienna was about 20 months old, her godmother gave her a bite of a peanut granola bar while babysitting. Welts broke out on her skin. Her blood pressure crashed. By the time she arrived at Children’s Hospital of Pittsburgh of the University of Pittsburgh Medical Center in an ambulance, her throat was so swollen that a tube couldn’t fit inside.

“I did exactly what the American Academy of Pediatrics told me to,” said Ms. Williams.

A study released recently casts doubt on the advice once given to parents of children like Sienna, now 8, to delay introducing peanuts well into toddlerhood.

The study, conducted in the United Kingdom and published in the New England Journal of Medicine, followed 640 children deemed high-risk for developing peanut allergies. One group was given peanut products between 4 months

and 11 months old, and continued to eat them three or more times per week. The other group wasn’t given peanuts at all.

By the time the children were 5 years old, 3.2 percent of those who had eaten peanuts from an early age developed an allergy, versus 17.2 percent of those who had not.

The study, known as the Learning Early about Peanut Allergy (LEAP) trial, has been highly anticipated. “It’s a study we’ve all known about for the last five years and we’ve been eager to see the results,” said Todd Green, an allergist and immunologist at Children’s Hospital of Pittsburgh.

Allison Freeman, an allergist with the Allegheny Health Network, was in the audience at the American Academy of Allergy, Asthma and Immunology conference in Houston recently where the study was presented. The conclusions drawn from the study — that introducing peanuts early can actually help prevent allergies — are completely contrary to the theories espoused by doctors, including Dr. Freeman, in the 1990s and early 2000s.

“We went crazy 20 years ago telling parents to avoid feeding these allergenic foods to their newborns — moms even went to the extent of avoiding it during pregnancy and

breastfeeding,” she said.

At the time, she said, doctors were looking for answers not necessarily to the problem of peanut allergies but to rising asthma rates, a condition often associated with peanut allergies. On the theory that children would better be able to handle peanuts if their immune systems and gut were given more time to mature, they urged parents to wait before feeding them the legumes. The AAP formally recommended in 2000 that parents wait until children turn 3 to first try peanuts.

But since that time, the number of peanut allergies has risen sharply. One study found that the rate of peanut allergies in the U.S. has more than quadrupled, jumping from 0.4 percent in 1997 to more than 2 percent in 2010.

“It has become a societal problem,” said Dr. Freeman. “These families can’t go to a restaurant, can’t go to a birthday party, can’t trust the school system.”

The prevalence isn’t hard to spot: Day-care centers are regularly peanut free, for example, and some local elementary schools ban all snacks in the classroom that aren’t pre-packaged. The popular line of American Girl dolls sells, for \$28, an “allergy-free lunch,” complete with berry smoothie, medical bracelet and toy allergy syringe.

# Generations

Girl Scouts aim to boost cookie sales with a drive-thru

SALEM, N.H. — Taking a page from successful fast-food restaurants, a New Hampshire Girl Scout troop is seeking to boost its cookie sales by offering a drive-thru option.

Troop 12115 in Salem is selling cookies Sunday at a vacant warehouse property on heavily trafficked Main Street.

The troop has sold 1,200 boxes so far and hopes the drive-thru will help Scouts reach their goal of 5,000 boxes sold.

Troop leaders tell WMUR-TV the annual cookie sale program not only satisfies customers’ love of the distinctive cookies, but teaches Scouts valuable business and people skills.

— Associated Press

Ringling Bros. phasing out iconic elephant acts by 2018

TAMARA LUSH  
ASSOCIATED PRESS

POLK CITY, Fla. — The Ringling Bros. and Barnum & Bailey Circus will phase out the show’s iconic elephants from its performances by 2018, telling The Associated Press exclusively that growing public concern about how the animals are treated led to the decision.

Executives from Feld Entertainment, Ringling’s parent company, said the decision to end the circus’s century-old tradition of showcasing elephants was difficult and debated at length. Elephants have often been featured on Ringling’s posters over the decades.

“There’s been somewhat of a mood shift among our consumers,” said Alana Feld, the company’s executive vice president. “A lot of people aren’t comfortable with us touring with our elephants.”

Within two hours of the announcement, animal rights groups took credit for the decision, saying that the pressure



ASSOCIATED PRESS FILE

Elephants perform at the Ringling Bros. and Barnum & Bailey Circus, at the Amalie Arena in Tampa, Fla. The Ringling Bros. and Barnum & Bailey Circus said it will phase out its iconic elephant acts by 2018.

put on the circus ultimately led to Ms. Feld’s decision.

“For 35 years PETA has protested Ringling Bros.’ cruelty to elephants,” Ingrid E. Newkirk, president of People for the Ethical Treatment of Animals, wrote in a statement. “We know extreme

abuse to these majestic animals occurs every single day, so if Ringling is really telling the truth about ending this horror, it will be a day to pop the champagne corks, and rejoice. ... If the decision is serious, then the circus needs to do it NOW.”

**Pot-Shots** BY ASHLEIGH BRILLIANT

Classic POT-SHOTS NO. 7470

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**METROPOLITAN THEATRES** Showtimes for March 10 ★ = NO PASSES

<b>FAIRVIEW THEATRE</b> 225 N FAIRVIEW AVE, GOLETA ★ <b>THE SECOND BEST EXOTIC MARIGOLD HOTEL</b> PG 2:00, 4:20, 7:00 <b>THE LAZARUS EFFECT</b> PG-13 1:50, 4:50, 7:15 <b>FIFTY SHADES OF GREY</b> PG 7:30 PM <b>THE SPONGEBOB MOVIE: SPONGE OUT OF WATER</b> PG 2:10 PM <b>AMERICAN SNIPER</b> PG 4:30 PM <b>PLAZA DE ORO</b> 371 SOUTH HITCHCOCK WAY, SANTA BARBARA <b>ZERO MOTIVATION</b> NR 2:20, 5:00, 7:45 <b>THE THEORY OF EVERYTHING</b> PG-13 4:40 PM <b>CITIZENFOUR</b> PG 2:00, 7:30 <b>METRO 4</b> 618 STATE STREET, SANTA BARBARA ★ <b>CHAPPIE</b> PG-13 2:30, 4:05, 5:20, 6:50, 8:10 <b>THE DUFF</b> PG-13 2:20, 7:30 <b>KINGSMAN: THE SECRET SERVICE</b> PG-13 2:10, 5:00, 8:10 <b>THE SPONGEBOB MOVIE: SPONGE OUT OF WATER</b> PG 5:10 PM	<b>PASEO NUEVO</b> 8 WEST DE LA GUERRA PLACE, SANTA BARBARA ★ <b>THE SECOND BEST EXOTIC MARIGOLD HOTEL</b> PG 2:00, 4:50, 7:35 <b>FIFTY SHADES OF GREY</b> PG 2:30, 5:00 <b>STILL ALICE</b> PG-13 2:10, 4:40, 7:25 <b>THE IMITATION GAME</b> PG-13 2:20, 5:20 <b>BIRDMAN</b> PG 5:00, 7:45 <b>CAMINO REAL</b> 7040 MARKETPLACE DR, GOLETA ★ <b>CHAPPIE</b> PG 12:10, 1:40, 3:00, 4:30, 5:50, 7:20, 8:45, 10:15 ★ <b>UNFINISHED BUSINESS</b> PG 12:30, 2:45, 5:15, 7:30, 9:45 <b>FOCUS</b> PG 12:00, 2:30, 5:00, 7:40, 10:10 <b>MCFARLAND, USA</b> PG 12:20, 3:20, 6:20, 9:15 <b>KINGSMAN: THE SECRET SERVICE</b> PG 12:50, 3:50, 6:50, 9:55	<b>ARLINGTON</b> 1317 STATE STREET, SANTA BARBARA <b>FOCUS</b> PG 2:45, 5:30, 8:00 <b>RIVIERA</b> 2044 ALAMEDA PADRE SERRA, SANTA BARBARA <b>MR. TURNER</b> PG 4:30, 7:45 <b>FIESTA 5</b> 916 STATE STREET, SANTA BARBARA ★ <b>UNFINISHED BUSINESS</b> PG 2:30, 5:30, 7:50 <b>A LA MALA</b> PG-13 2:10, 4:50, 7:30 <b>THE LAZARUS EFFECT</b> PG-13 2:40, 5:10, 8:00 <b>MCFARLAND, USA</b> PG 2:20, 4:40, 7:20 <b>AMERICAN SNIPER</b> PG 2:00, 5:00, 7:40
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