

# Night Light



YOUR NATURAL HEALTH MAGAZINE

First Edition

**Organic  
Food  
Club**

**Liver  
Cleansing  
Recipes**

**Free  
Classes**

**Saturday  
Seminars**

**Super  
Affordable  
Therapies**



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Spring 2014

# Need to Feel Happier? Clean the Liver...

By Amy Jo Howard ND

Rhythms are an important part of life. The heart has a rhythm, breathing has a rhythm, the flow of our spinal fluid has a rhythm, and even the progression of our daily activities has a rhythm. When one of these rhythms becomes out of sync, we often feel it in some way, whether physically or emotionally, or both.



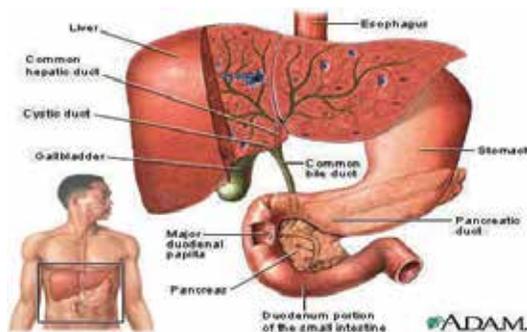
In natural health, Spring brings awareness to the rhythm of Wood energy. The element Wood conveys to us an energy that allows adaptability, flexibility, the ability to set and achieve goals, to make quick decisions, and to have stable health. When we do not have a balance of the Wood element in our lives because of stress, poor diet, environmental toxins, negative thoughts and attitudes, lack of exercise, and other stressors, this energy does not flow through us. In turn, the stagnant energy creates reactions of anger, resentment, frustration, irritability, quick tempered-ness, and bitterness. These emotional blockages affect the function of the liver.

The liver has over 5,000 functions in the body, including regulating bile secretion for breaking down fats, removing waste products and bacteria from the blood, detoxifying the body from prescription drugs and other substances, storing key vitamins and minerals, regulating blood clotting, converting glucose into glycogen for energy storage, and pro-

ducing cholesterol. When the liver becomes congested, symptoms such as headaches, dizziness, dry eyes, tendonitis, menstrual pain, digestion issues, difficulty sleeping, low energy, aches and pains, and more can result.

One thing to take note of is that the liver regenerates between 1-3 a.m. So, if you are staying up too late at night, you are not allowing the liver time to regenerate, and if you are waking up between these times, your liver is trying to tell you that it needs some attention.

Also, we need to consider the number of environmental toxins to which we are exposed to that stress the detoxification pathways of the liver and increase our likelihood of dis-ease states. These toxins include industrial poisons,



heavy metals like mercury, lead, and cadmium, electromagnetic pollution, irradiation of foods, genetically modified foods, and other dyes and chemicals in our food, water, and air. This is why it is important to eat local, organic foods, to drink pure water, and to take some time to do deep breathing. Minimizing cell phone, computer, wi-fi, heavy metal, and chemical exposure will also benefit your health. So, if there are any angry or irritable inhabitants in your house, spring cleaning includes the liver, and there are lots of natural remedies that are helpful.

# ..Reducing Irritability and Grumpiness



**Herbally**, consider Liver Cleanse Formula, Gall Bladder Formula, Chinese Mood Elevator, Chinese Liver Balance, Chinese Blood Build, and of course, Dandelion tea.

The **Essential Oil Blends** Juva Cleanse and Juva Flex are fantastic to use aromatically and topically.

**Homeopathic Remedies** to address the liver include Chelidonium, Lycopodium, Nat sulph, and Nux vomica.

Working with the meridians, or the energy pathways, for the liver and gallbladder will aid in restoring energy flow to those organs and the body areas that they affect. To trace the Gallbladder Meridian, place your fingertips outside of your eyes on both sides of your body. Now, begin moving your

fingertips up over your head, down your back and legs, and down to the outside of your fourth toes. To trace the Liver meridian, place your fingertips on the outside of the big toes on both sides of your body. Now, move your fingertips up the front of the body, ending when you reach your ribcage. It is best to trace each meridian pathway three times, tracing on both sides of the body.

As you can see, liver health is very important to your optimal health, and Spring provides a great opportunity for cleansing the liver and bringing the body back into homeostasis. So, if you are looking to feel happier, healthier, and better than ever, clean your liver! Consider scheduling an appointment for a health consultation with one of the naturopaths at Herbs, Etc. to help personalize your liver cleansing program.



**Spring is  
the Liver &  
Gall Bladder  
Season!**

**Are you  
Ready for  
Spring?**

## Liver Cleansing Recipes

### **Egyptian Liver/ Gallbladder Flush**

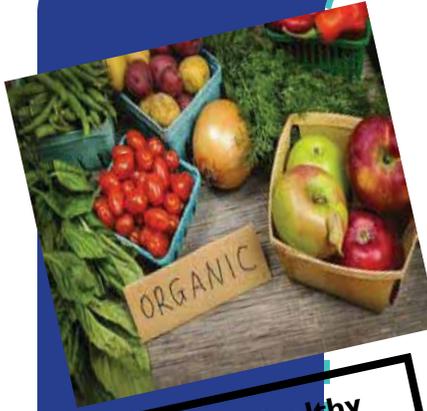
3 oz. fresh lemon juice  
3 oz. pineapple juice  
3 oz. olive oil  
Blend all together in a blender.  
Drink the full glass first thing in the morning on an empty stomach.  
Wait about 20 minutes before eating, then follow your daily routine.  
Do this flush for the last 5 days of the month for 3 consecutive months.  
This flush is even better if done before/during/after the full moon!

### **Beet Salad**

1 cup raw beets, finely  
grated or chopped  
2 Tbsp. cold-pressed, extra  
virgin olive oil  
Juice of ½ lemon  
(organic is best)  
Crushed garlic to taste  
(optional)  
  
Whisk the olive oil and  
lemon juice together and  
mix with the grated beets.  
Eat 1 – 2 Tbsp. of this salad  
daily, with other food, much  
like a condiment!

### **Liver Loving Foods**

Eat an abundance of:  
broccoli, Brussels sprouts,  
cabbage, kale, cauliflower,  
artichokes, squash, pumpkin,  
sweet potatoes, yams, green  
beans, carrots, beets  
(beetroot), celery, cucumber,  
eggplant, garlic, ginger,  
kohlrabi, mustard greens,  
okra, onion, parsley &  
chives.



**NCC Brings Healthy Food and Affordability Together!**

## Discount Organic Food Club Begins

It's not a co-op: that requires time, board members and more than most of us have energy for! Quite to the point, we are getting together to save money on good food and make it more accessible and support Michigan and other good food growers. The NCC has researched great food sources and using the strength of multiple people buying, received

a discount for us all. We will order **by the 14th** of each month, and the pick up will occur at **herbs etc**, 503 E. Broadway St. in Mt. Pleasant, the **4th Saturday** of each month!

So far, we have a Michigan turkey farm, beef farm, organic apple and honey orchard, berry farm, nuts, beans, flour/grain, grass fed cheese products, coconut products, local produce,

greens year round, Redman salt and more! Please join us for a start up information meeting and to get your order booklet to see your options. **The introductory meeting will be Saturday, March 29, at 6 p.m., and should only be one hour.** If you cannot attend, you will still be able to place orders or ask questions with Deb Porter our amazing volunteer 989-854-0317.

**WE ARE A COMMUNITY**



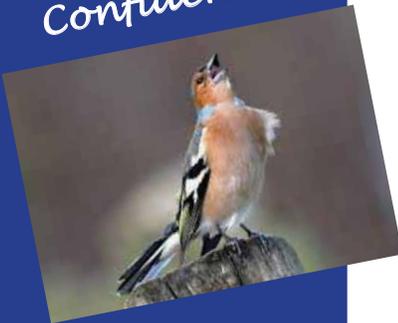
The Naturopathic Community Center has been sharing the vision of a healthier and greener world with the Mt. Pleasant community for several years now. Our efforts to be the source for natural health information and events in our community could not have been made possible without generous donations from members and supporters like you. A membership with

## NCC Membership is Only \$5

the NCC is only \$5 per year and helps support the NCC's free classes on a variety of topics, including natural health, cooking, wilderness survival, meditation, and dance, as well as CSA's, and other great events and educational opportunities. Membership also allows you access to rent the rooms or the apartments at the NCC. This space provides private bed-

rooms, bathrooms, and a kitchen available to prepare your own meals. It is ideal for executive rentals, get-aways, and more. These rooms are available during the week and some weekends. Sign up or renew your membership today to help us continue to provide these great events and opportunities.

**Boost Your Confidence**



## Change Your Voice

Do you have trouble expressing yourself? Do you struggle with throat or thyroid issues? Come in for a Voice Lesson at Herbs, Etc. Even if you have no aspirations to be a Broadway singer, voice lessons will open your throat

energy center (chakra) and restore balance to any physical ailments pertaining to the throat area as well as boost confidence and assist you in voicing your concerns and speaking up for yourself. Darryl Pitts has been teaching voice and music lessons for many years

and is a gentle, approachable, and encouraging teacher. In your sessions, he will help you find your voice and allow you to discover the healing power of sound. Call Herbs, Etc., (989) 773-3636 to make an appointment today!



# What is God Move Over?

It's Worse Than We Thought, by S. A. Nickerson



Over the last decade, as genetically modified, or GMO, foods have increasingly taken over our food supply, we've been learning more about their dangers to our health. Now, one courageous doctor is pointing to mounting evidence that leaves no doubt — *GMO foods are even worse than we were told.*

As this respected doctor points out in a riveting article, no long-term human studies have ever supported GMO safety. Shockingly, the World Health Organization only requires a mere 90 days of testing to claim that GMOs are safe. Well, no one dies from smoking cigarettes within 90 days of starting to smoke, either!

Yet while lifetime studies still have not been done on humans, scientists have done these studies on animals — and what they found is stunning. Lab mice fed just a 33 percent GMO diet begin developing aggressive cancers (particularly breast cancer), liver failure, and kidney failure.

Shockingly, 50 percent of the males and 70 percent of the female animals on the GMO diet succumbed to early death at an age equivalent to 40 to 50 human years.

While more people have begun to fight back against GMOs, the big GMO companies spend millions of dollars to defeat laws that would require GMO labeling. Quite simply, these big companies know that GMO crops are cheaper to grow, and therefore, more profitable.

In the meantime, many health experts now warn us to take the only positive action available to protect our health — avoiding GMOs as much as humanly possible. But considering the fact that GMOs are hidden in over 30,000 food products, that is not an easy task.

Fortunately, one courageous doctor has stepped up to the plate. Dr. Russell Blaylock, one of America's leading medical researchers and nutritionists, has create a video that explains the hidden health hazards of GMOs. Dr. Blaylock will show you how to protect your family from GMOs and their dangers — aisle by aisle at the grocery store.

Dr. Blaylock's new video presentation exposes how GMO ingredients and other harmful additives are hidden on labels under safe-sounding names. In fact, you'll see some of the actual labels and find out what to watch for.

And those stickers pasted onto fruits and vegetables? Using real examples, you'll learn a simple way to tell the difference between GMO produce that may also be packed with harmful pesticides and herbicides and produce that is safe and natural.

Travis Davis, health publisher at Newsmax, previewed Dr. Blaylock's presentation for our readers and reports: "GMOs enter your body through thousands of packaged and canned food products, through fresh produce, and through the meat, chicken, and fish you eat. The expert help Dr. Blaylock offers in this video reveals everything you need to know to avoid GMOs at the grocery store as well as restaurants."

Since the introduction of GMO foods, many cancers and other diseases have skyrocketed in humans. Can this really be a coincidence? Please use the information available in this video, to help protect your own health — and the health of your family.

Renowned former neurosurgeon Russell Blaylock, M.D., left conventional medicine after decades of practice to concentrate on nutrition and disease prevention. He is the author of several health books and medical editor of **The Blaylock Wellness Report**.

**Editor's Note: This video blows the lid off the GMO controversy and exposes little-known dangers. Plus, you'll see exactly how to avoid GMOs in their many hidden forms, in grocery stores and in restaurants.**

This was a great article sent in from Laura Fidler. You can look up Dr. Blaylock's new video on the internet.

# Tuesday Teachings

For 19 years, we have brought you free Tuesday night classes with the theme of empowering yourself through the knowledge and wisdom of Natural Health. This great tradition continues in March with new topics, more teachers, and more fun than ever before! The classes have been upgraded, samples are available, hands on experience is encouraged and seating is available for up to 60 people. Below is the entire 2014 schedule! Classes start at 6:30 pm and last approximately one hour. There is no need to sign up, just show up. We've even brought Dr. Baker back to offer a special series of 5, \* two hour lectures, on Sex and Intimacy. Again, the class is free, snacks are provided, instructor donations are accepted but not expected!

**March 11** How to Have a Proper Tea Party:

The etiquette and making of truly good tea!



**March 25** Looking Radiant: Organic skin

care and repair for problematic and mature skin

**April 8** Looking and Feeling Fit with

Stretching: How to become a pretzel



**April 22** Childhood Immunizations Using Homeopathy:

How to use homeopathics instead of vaccines

**May 6** \*Sex and Intimacy Naturally I: Sexual Drive,

Energy, Vitality, Erectile Dysfunction & Frigidity

**May 20** Every Note in Your Voice is Tied to An

Organ and Its Function, Learn the Connection!

**June 3** \*Sex and Intimacy Naturally II:

Intimacy Through Communication



**June 17** The Secret Treasures of Herbs Etc.: Special

recipes for difficult ailments, including how to make your own medicine cabinet

**July 1** \*Sex and Intimacy Naturally III: Understanding

Your Partner's Personality Inside and Outside the Bedroom



**July 15** Iridology: How your eyes reveal the health of your body and mind



**July 29** \*Sex and Intimacy Naturally IV:

The Art and Grace of Seduction

**August 12** Colon Therapy: How to quickly improve digestion, colon elimination, slim down, and feel incredible



**August 26** \*Sex and Intimacy Naturally V:

Bringing Back the Magic Through Creativity

**September 9** Using Music to Heal Emotions, Repair Nerves, Improve Sleep and More

**September 23** Your World According to Your Cells: View your immune system in action, check out bacteria, viruses, parasites and the longevity of your red blood cells through the microscope

**October 21** Flower Essences, How to Treat Emotional States without Drugs: Running a peaceful household, temper control, anxiety relief and more



**November 4** Combining the Tools of Meditation and Massage to lead a life of peace, joy, and happiness



# Saturday Seminars

These classes are open to the Public, Natural Health Professionals, Massage Therapists, and anyone who desires to gain an in-depth understanding of natural health. Classes are held from 9 a.m. to 5 p.m. with a one hour lunch on your own. The cost is \$89 for a one-day class and \$178 for a two-day class. Registration and payment is preferred at least two weeks prior to the class. **Purchase 5 seminars and get the 6th one free!** For more information, visit us at [www.naturopathicinstitute.info/ncc](http://www.naturopathicinstitute.info/ncc)

**April 26** - Massage Therapy Smorgasbord: The tools that take a massage from good to great  
Instructor Erica Marsden, MT



**May 3** - Dr. Richard Olree's Newest Discovery: Meridian Acupressure Points tied to Amino Acid and Micro Minerals to Create Regeneration and Disease Remediation

**May 31** - Naturopathic Understanding of Pharmaceutical Pathways in the Body Phase I (repeated from 2013)  
by Jackie Featherly, ND

**June 7** - Curds and Whey: Make Your Own Yogurt, Butters, Cottage and Other Cheeses  
(a hands on class) by Jennifer Wilkins, NP



**June 28** - Healing Traumatic Births for Doula's & Parents by Heather Dexter, ND

**July 26** - CranioSacral in the Mouth - TMJ, Migraines, Tooth and Jaw, The Truth about Braces and Oral Devices/Surgeries by Amy Jo Howard, ND

**August 2** - How to Successfully Talk to Your Clients about Vaccines using Personality Based Approaches  
by Sarah Mokma NP, and Heather Dexter, ND



**September 6** - Making Your Own Herbal Remedies Part I by Suzy Sikora, ND

**September 27** - The Postpartum Process: Empowering Yourself and Your Clients to Embrace Life after Childbirth by Heather Dexter, ND

**October 4** - Making Your Own Herbal Remedies Part II by Suzy Sikora



**October 18** - Naturopathic Understanding of Pharmaceutical Pathways in the Body Phase II, Jackie Featherly, ND

**October 25** - Advanced Essential Oil Treatments for the Brain and Spine by Jan Doerr, ND

**November 1** - How Music, Color and Sound Therapy Can Beat the Blues, Anxiety and More  
by Darryl Pitts, Music Therapist



**November 15** - Naturopathic Understanding of Pharmaceutical Pathways in the Body Phase III by Jackie Featherly, ND

**December 6** - The Business of Being a Naturopath  
by Micah McLaughlin, NP



# Alumni Spot Light on...



***Julie Norton, a 2011 graduate from the Certified Naturopath program at NITE, and a Board Certified Naturopathic Doctor, can be found helping people with her naturopathic skills at The Herb Shoppe in Big Rapids, Michigan.***

“One Class Hooked Me!”

**Look Here Every Issue for NITE Graduates**

Previously employed by the City of Big Rapids for over twenty-seven years and working as an operator at the water plant in Big Rapids for a significant amount of that time, Julie hadn't always realized that she wanted to be a naturopath. She says that her mother had her doing a lot of natural things for a long time and wanted her to go to classes, but she never did. However, after her mom passed away, Julie

says she finally went to one of Bessheen's classes, and that “one class hooked me.” She says, once she got into it and saw how simple it was (though she clarifies that although the approach is simple, it's still not an easy path to follow), she knew it was what she



wanted to do. What's more is that Julie wanted to do something with her training and wanted to bring access to natural health to Big Rapids. She says that the power of flower remedies helped bring this into fruition. Be-

fore she opened her store, she was “being” Larch and taking it, wearing it, and using it in every possible way. Then, “I just went with it.”

On Mother's Day weekend, 2014, it will be the 5<sup>th</sup> anniversary of the opening of The Herb Shoppe. Julie says

her store has a very relaxing atmosphere, and she gets lots of compliments that people “just like to be here.” Her store carries a variety of Nature's Sunshine herbs, Young Living essential oils, homeopathics, flower remedies, books, and teas. The store also hosts an infrared sauna, Body Vibes, foot detoxes, massages, and natural health consultations.

# Julie Norton, ND and The Herb Shoppe

Some very popular items, Julie mentions, are the homemade gluten-free baked goods: two different kinds of muffins and chocolate chip cookies.

In her natural health consultations, Julie sees the need for people to learn the basics of nutrition, including gaining information about vitamins and minerals. A lot of people also look for help regarding detoxing, weight and glandular issues, parasites, and parasite cleansing. One of her favorite bodywork therapies to do is BEST (Bio Energetic Synchronization Technique). Julie has achieved the Elite Diplomat level in this technique which re-

leases emotions that are tied up in muscles. She feels that we can't get well if we don't connect our emotions to our health.

The motto that Julie uses in her work is: "The journey to better health begins with a single step." She relates that becoming a naturopath has opened her eyes to a whole new way of looking at things. Some of the biggest changes that have impacted her life are, of course, changing her diet and finding a new way of eating but also in connecting with people who need help. Further, she shares that her life has more peace and serenity; it has brought balance into



her life, and she "can't imagine ever going back to another way of thinking."

For current and future naturopathic students, she says that you can't do it half way; make it your life focus.

The Herb Shoppe is located at 209 N. Michigan Ave. in Big Rapids, and can be reached by phone at 231-527-1510 or visit the website at [www.herbshoppeonline.com](http://www.herbshoppeonline.com).



**Julie offers the advice to "put your heart and soul into it."**

## Welcome New Instructors



*NITE is pleased to announce the addition of new members to its instructing staff. Please welcome:*

**Michelle Barber** is instructing in the Therapeutic Body Work Practitioner program. As a practicing massage therapist and naturopathic doctor, Michelle brings valuable experience and practical knowledge to the classroom.

**Heather Dexter** is bringing her background of teaching, science, and childbirth to Anatomy II and III, Glandular Symphony, and Naturopathy for

the Childbearing Years. Heather is a skilled doula and naturopathic doctor, and her passion for natural health comes through in her classes.

**Sarah Mokma**, a Natural Health Practitioner, is sharing her talent for working with the body's energy system in Meridian Work and Light Healing Touch class.

**Christina Roy** works as a massage therapist and Natural Health Therapist. She is gracing Body Work I, II, and III in the Natural Health Program with her skill, patience, and

enthusiasm for mastering the art of massage. **Suzy Sikora** is a naturopathic doctor and herbal master. You will enjoy her fun and educational presentations in Bach Flower Remedies class and in the NCC herbal classes.

**Jill Mattson** is a musician, writer, researcher and artist. She has an extensive background in sound therapy and color vibration. She lives in Pennsylvania and will teach the class of Color and Sound. Jill's books and music are available at Herbs etc.



## Dances of Universal Peace

Join Sister Marie Kopin for an opportunity to experience a number of healing practices in a unique way.

Healing of the body is imbedded not only in our physical and energetic bodies but in our loving connections with our creator and other people. The Dances of Universal Peace (DUP) are a world-wide movement offering a glimpse of these kinds of con-

nections leading to attainment of the Divine Presence. They blend chant, live music, and evocative motion into a living experience of unity, peace, and integration.

Sister Marie has been active in this movement since 1990 and is hoping to complete certification as a Dance Leader in the next 2 years. She is offering an opportunity for one

or more 'Dancing Buddies' to join her in study and practice of a variety of spiritual approaches through the DUP. If you are interested in finding out more about the Dances and how they have drawn on sacred phrases, scripture, and poetry of many spiritual traditions, please contact her at 989-772-9453.



# Massage Licensing November 2014

ATTN: Massage Therapists! New Michigan Law – All Massage Therapists are Required to be Licensed - Takes Effect November, 2014! Take advantage of grandfathering in for your Massage Therapist License. To complete the licensure process, visit the Michigan Department of Licensing and Regulatory Website: Under the Licensed Health Professions drop down, choose Massage Therapy, and click the GO button. Download the Massage Therapist Application Packet – it's

17 pages long, including all of the forms. Read carefully, especially each of the Methods by which you can become licensed by application (grandfathered). Based on the Method that best fits your current state of practice, follow the instructions. If you choose Method 5, then you will need to forward a copy of Section I, and the original forms of Section II, Section III and Section IV to: NITE, ATTN: Massage License Forms, 503 East Broadway Street, Mount Pleasant, MI 48858, for completion. There is

no charge for this service. Your materials will be sent directly to the Michigan Board of Massage Therapy within a couple days of receiving them in the office. If you have any questions regarding this process, please give us a call: (989) 773-1714.



## Oils for the Bedroom

The following aphrodisiac blends have been especially designed to work together to invoke, restore, or repair love and deepen passion.

**INTENS (Formula 1)** This preparatory blend lays the foundation for relationship by powerfully arousing and invigorating latent emotional warmth, physical desire and sexual response. It can be used by either a man or a woman to awaken a continuing stream of excitement.

*Caution: Use with care. These potent blends are best used when you are alone at night with your partner in the bedroom. Wearing it during the day in public places may incite a riot.*

**ESSENS (Formula 2)** This deeply sensual blend stirs the imagination, warming the heart and strengthening the flame of physical desire. It starts where INTENS ends. It was created to boost the effect of the first blend by deepening and opening communication between lovers, intensifying affect-

tion and the level of physical response. Unselfish kindness and caring for the other's well being is increased.

**EXTENS (Formula 3)** This highly complex blend was created specifically to heighten and enhance the power of the previous two blends. After you have used INTENS and ESSENS continually for three months, replace them with EXTENS for one month. This blend does not play any specific role by itself, it was created solely to work in concert with the other blends.

**Heart to Heart (Formula 4)** You are in love, and you love life. The world is your playground, and you joyfully share with your beloved all of its pleasures. You are two beings drinking from the same cup of wine, gazing into each other's eyes and breathing as one. The very special blend deepens your union. Helpful to heal from relationship hurts past or present.

**Soul to Soul (Formula 5)** This blend represents the culmination of love at the highest level of union. It is very attractive and must be used for true and deep love and attraction! Do not use for early dating!

**Rendezvous** A sophisticated blend, an invitation to intimacy, kindling the warmth of emotional expression and stirring the desire for physical communication. It includes over 20 rare and precious oils such as Amber, Buddha Wood, Jasmine, Musk, and Neroli.

**Flirtation** Especially created for lovers to entice and excite while preparing the mood for romance and sensual evenings alone together. It is made from Bergamot, Cinnamon, Jasmine, Nutmeg, and 8 other essential oils known for their unique aphrodisiac properties.

True oils may not smell as good to the American nose straight from the bottle. They must be worn and allowed to mix with your chemistry to truly express themselves.



Try Uttati Oils  
Exclusively at  
herbs etc.



Your Ticket to Health

# The Super Affordable Therapy Room...

Located in our therapy room, this **Sauna** uses far-infrared heating elements that produce a deep, penetrating heat to help your body increase circulation, metabolism, and detoxification.

While you are sitting in the sauna, your internal thermostat immediately senses the rise in temperature, and signals are sent to the part

of the brain that regulates body temperature and metabolism. The blood vessels increase in volume and electrolytes induce evaporation and cooling. In the attempt to dissipate heat from the interior of the body, more blood is pumped. The sauna, therefore, creates a passive cardiovascular workout!

In addition, as more blood is moved through the circu-

lation, the lymphatic system is prompted to start dumping waste materials, increasing the body's detoxification process. Metabolism is also boosted.

Our sauna is made of specialized wood and is dry and much easier to breathe in than traditional moisture based saunas! Use it by itself or with a massage or body cleansing program.

## Affordable Health Care:

- Migun Bed 15 Minutes
- Vibration Therapy
- Sauna for One or Two
- Magnetic Bed
- Foot Detox
- Color/Sound
- One Month Unlimited
- Group Specials Available

## Migun Massage Bed

This bed incorporates the healing ability of jade, infrared heat, acupuncture spinal exercise, and massage!

**Migun** beds have been used all over the world for the past 15 years. Even within a short period of time, people have reported that health conditions improve faster than with any other

treatment tried before. "Clinical studies at the University of California, Irvine, and in other countries reveal that regular Migun thermal massage lowers cholesterol and blood pressure, improves circulation, strengthens immune system, decreases glucose levels for diabetes, reduces lactic acid,

increases lymphatic flow and reduces levels of acidity.

Experience relief from muscular aches and pains, headaches, arthritis, sinus problems and anxiety. It's been called the ultimate power nap! Enjoy a 15-30 minute head to toe massage like no other. We recommend up to 3x per week, starting at 15 minutes and building up.

## Vibration Therapy (All New Machines)



We've got brand new **Body Vibes!** They are wider, quieter, and have a more steady rhythm than before.

While standing on the body vibe machine, you begin to vibrate at a continuous rate. Whole Body Vibration Therapy works the body from inside out. It contracts and relaxes the muscles up to 50 times per second, thereby increasing blood flow through the entire

body and saturating cells with oxygen. There is also an increase in serotonin and Norepinephrine (neurotransmitters that make you calm and happy), increased T cells (important for the immune system) and an increase in Human Growth Hormone, Testosterone, and overall hormonal balance. Vibration Therapy decreases cortisol (the stress hormone), cellulite begins to break up, chronic injuries begin to heal, and damaged and

non-functional nerve cells begin to activate. Regular use of Vibration Therapy produces significant increases in bone density, reversing osteoporosis, increases muscle mass, loosens joints and muscles, and improves balance. Ten minutes on the Body Vibe is equal to 60 minutes of weight lifting or 3-4 miles of jogging. We have seen incredible results including major loss in inches in the waist, legs, and even the face and chin area. It's time to 'Ride the Vibe' and 'Shake it Off!'

NIGHT LIGHT

# Offers 6 Great Therapies, 6 Days a Week!

This foot soak will increase circulation and detoxify your body. Simply sit in the comfortable chair, roll up your pant legs, and soak for 30 minutes! Because heavy metals and other toxins have a positive (+) charge, the **Detoxing Foot Soak** works by negatively (-) ionizing the water. This attracts and pulls the positively charged toxins out of the body. The greatest amount

## **Detox with Foot Soaks**

of release is not seen in the water, but rather in the increased toxins dumped into the normal channels of elimination over the next 48 hours. This therapy is excellent to use with any cleansing program, especially for heavy metals.

Clients who suffer from joint problems, brain fog, leg

aches, and poor circulation do very well with this type of therapy.



## **Color and Sound Therapy**

The body's organs all resonate at different frequencies, just as musical notes and color vibrations of light. Each organ of the body shares a corresponding color and musical note frequency. These therapies allow you to balance specific tissues within the body using color and sound vibrations.

**Color therapy** involves lying on a massage table as pre-determined colors of light are shined on specific body areas.

**Sound Therapy** involves

relaxing on a massage table and listening to interactive music of pre-determined frequencies that correspond to the concerns that you wish to work on. Both therapies can be combined into one session if you like.

When the body's organs are out of balance, they will not resonate at the optimal frequency, thereby causing dis-harmony or dis-ease! The best results are obtained by first having your voice analyzed by a very amazing computer system! The listening microphone deter-

mines which notes are within your voice/body and whether they are stressed or not. From there, a solution using both color and sound is arranged for a very personalized sound and color program.

The differences in notes in each person's voice vary tremendously and indicate various emotional states and patterns. What a great way to improve your physical, mental and emotional state...with color and sound!

**Every  
Body  
Organ  
Resonates  
at a  
Different  
Musical  
Note!**

## **Magnetic Bio-Photon Bed**

It is important to understand that everything in nature has a magnetic charge, including the human body. With all the electro-magnetic gadgets in use today—cell phones, computers, televisions, etc.—our natural magnetic charge can be altered.

**Magnetic therapy** restores the body's magnetism, reducing pain, restoring energy, improving proper immune system

function and bringing greater clarity and function to the brain and nervous system.

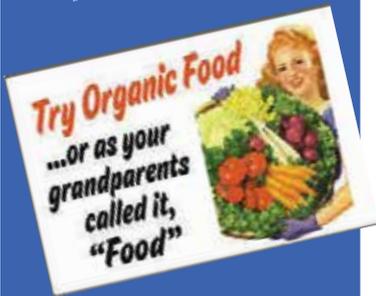
While lying on the magnetic bed, various herbal, oil, flower and supplemental remedies can be added to the gentle pulse frequency of the Bio-Photon that is plugged into the magnetic bed. Now, your magnetism is being restored, and your cells are being bathed in the frequency

of the herbs and other remedies the body needs for restoration and healing. This therapy can be used to improve every situation! The same inventor offers small personal devices for daily protection from electrical pollution.





See You This Summer at the Ranch!



NIGHT LIGHT

# Symbiosis Organic Sustainable Ranch

In 2004, Besshen, Christian and Noah started a mission to create an outdoor extension of the Naturopathic Institute and Naturopathic Community Center. After 10 years, that adventure has gone from a place for the family and students to camp, have survival classes and outdoor fun, to a developing and thriving place of learning and adventure.

The 72 acre ranch is a part of their family history and now, has a gorgeous pavilion, composting outhouses, a cottage, a cabin, sacred geometry

gardens, an orchard, an earth sheltered home and greenhouse as well as an earth shelter barn and more.

The farm grows every year with new projects of circle vegetable gardens, sacred geometry, and pastures for grass fed, chickens, turkeys, Scottish Highlander cattle, lambs, a donkey named Honkey and so much more!

Students, clients, members of the Naturopathic Community Center and the public have enjoyed helping and learning as this amazing ranch continues

to grow and develop.

This year it is home of the 2014 National Grand Champion Highland Bull, and he is a beauty! Please look forward to the summer magazine as we will have postings for classes on canning, gardening, raising animals, sacred geometry and Chem Trail Busting.



# Two Great Local Food Sources

## The Swier Family Farm



Our family farm is located in Remus, MI. We farm organically, though we are not certified. All food and flowers are grown by us on our farm. We deliver all produce to central drop-off locations. This CSA brings you and us, the Farm and the food, together. Our CSA (community supported agriculture) is both a concept and practice. This requires

mutual trust, understanding, and flexibility. You support stewardship of the farm and food when you buy a share of the upcoming harvest. As partners in community and agriculture, we pledge to share the benefits of abundance and the risks of failure. We will all do our best to nurture this CSA this season. The vegetable CSA costs \$440 for 18

weeks, June through Sept. You receive 4—20 pound assortment of fresh vegetables and limited flowers. This is approx. 1-3 grocery bags worth. The quantity and variety varies seasonally. The Mushroom CSA is \$30. You receive 1/2 lb, 6 times. Call soon or e-mail to join! [Swier-familyfarm.wordpress.com](http://Swier-familyfarm.wordpress.com) or 989-382-5436 Chris Swier

## Monroe Family Organics



Spring is on the way again and now, is the time to start thinking about fresh organic produce straight from the farm! Monroe Family Organics will be having their CSA program again this summer. So sign up to receive 7 - 12 different types of organic fruits, veggies, and herbs each week throughout the growing season! Drop-offs will take

place right at the Herbs Etc. parking lot on Tuesdays.

For more information visit [www.mfororganics.com](http://www.mfororganics.com) send them an email at [mfororganics@yahoo.com](mailto:mfororganics@yahoo.com) give Michele a call at (517)896-6884 or visit them on Facebook.

**CSA stands for Community Supported Agriculture.** It allows you to support small family farms like these two amazing operations and get ready affordable healthy food in the process. Great for everyone who longs for a garden and can't find the time!

# Announcements!

Do you  
have  
Enough  
Iodine?



## Free Herbal Class

Dr. Baker will be teaching a quarterly Nature's Sunshine meeting on  
**June 16th, 9 am—4 pm**

Call to reserve your seat it's free, it's fun, it's super educational!  
Next meeting will be Sept. 16th!

\*\*\*\*\*Please\*\*\*\*\*  
Return All Milk Jars  
to the NCC  
Kitchen!  
We are  
missing  
over 50!



## *NITE Students*

*Refer a Friend or Associate to the Institute and earn \$200! See Julie for Details*



## The NCC has started an Organic Food Buying Club

Orders will begin in April!  
We order 1x per month!  
Delivery will be the 4th Saturday of each month!  
**SAVE MONEY BUY AS ONE**  
An introductory meeting to explain all the details will be on Saturday, March 29th, 6 pm. Please join us!

## Rooms for Rent

The NCC has rooms and apartment space available for all its members. Make it a retreat or a great place for out-of-town guests. Rooms are very affordable!  
Annual Membership is only \$5



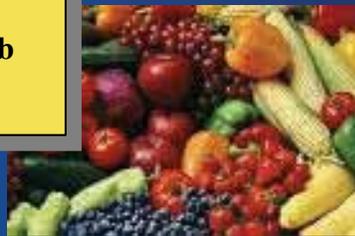
## Students:

Remember to get your Student ID pictures taken with Bessheen!  
ID cards can help you with discounts all around town and with various organizations and suppliers.



## To Do List:

**Oils for Bedroom  
Liver Cleanse  
Join CSA  
Return Bottles  
Org. Food Club**



## Remember :

Join a CSA program this spring!

**\*Community  
\*Supported  
\*Agriculture**



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[www.naturopathicinstitute.info](http://www.naturopathicinstitute.info)

## Free Herbal Training Every Quarter

Attention all Herbs etc. customers, clients and friends of natural health: Every 3 months, we offer a free one day seminar on our herbal products from Nature's Sunshine and other great companies, including oils, homeopathics, teas and more. The class is free, fun and very informative! Class time is from 9 am to 4 pm with a one hour lunch break. Bessheen Baker, ND, is the founder of Herbs etc. and

the Naturopathic Institute. She teaches all the quarterly classes and fits more into your brain than you ever thought possible!

Please bring note taking material and anyone interested in learning how to take care of their health naturally. Please call the store to let us know you will be attending.

### **June 16th Topics:**

- \*Natural Approach to Diabetes
- \*Cancer Prevention and Remedies
- \*Sexy at 70 and Up
- \*Self Esteem thru Immunity

### **Sept. 16th Topics:**

- \*Herbs for Teenagers
- \*Digestion 101
- \*Motivation and Energy
- \*Inflammation Cycle/Repair

**Next Training  
June 16th**

