Fall/Winter 2026

NITE LIGHT

NEWSLETTER

NITE, Herbs Etc, NCC



FAVORITE FALL REMEDIES

TUESDAY NIGHT TEACHINGS

THE EMPHASIS PROGRAM

LEADER'S CONFERENCE

Discover Your Next Stay at **Oak Street Canopy**

Solle Naturals
OUR NEW PRODUCT LINE

LifeWave
PROTOCOLS

& much more!

EDITOR'S LETTER

We're baaa-aaack!

Whether you know us as NITE, Herbs, Etc., the NCC, or the Embassy of Life Mastery, you probably know that the foundation of what we do is education, and one of the first ways in which we began sharing knowledge with all of you was our newsletter, the NITE Light. After a little time off, we are truly happy to be back to provide you with health information, remedy tips, product information, recipes, dates and times of classes on all the amazing topics we teach, and so much more.

One of the most exciting things that was accomplished while we were away from this publication was that NITE partnered with the Embassy of Life Mastery to create a whole new program: the Emphasis Certification program! The Emphasis Certification program offers classes to anyone interested in exploring fun topics. It is also designed to help alumni and professionals needing CEU's to meet their requirements and also, for anyone seeking certification in a specialty area regardless of previous training. These areas include: Advanced Bodywork, Food Revolution, Homesteading, Advanced Naturopathic Sciences, Holistic Family Wellness, Vibrational Medicine, Self-Healing, Herbology, and Advanced Energy Work. This year has already offered so many successful and life-changing class experiences, and we look forward to all the upcoming classes for the rest of the year and for 2027!



As I write this and we enter the Fall season, the theme that comes to mind is Homecoming. Traditionally celebrated with a football game and a dance (you know I love to dance!!), it is a way to celebrate, come together, and build spirit. It is about reconnecting, reliving favorite memories, and returning to a place that feels like home, that feels like it had a significant place in shaping your now. That is how it feels with the resurgence of the NITE Light: that we are coming together again, sharing information that we are passionate about teaching and enthusiastic about learning, and we are able to nourish our spirit in the process.

So, as the green gives way to color before branches bare their arms against winds that start to taste of a colder season, take time to celebrate, to stock up on information that will feed your hunger for knowledge in the upcoming months, and reconnect with that which nourishes the deepest parts of you. We strive to be your home for health, and we hope that enjoying this newsletter is like a Homecoming for you, as it is for us.

One more thing: you must check out the video: Every Little Cell from the channel Kidding Around Yoga on youtube.com and when I say check out, I mean you have to dance along!!

Wishing you a healthy harvest,

Amy Jo

Favorite Fall Remedies



WRITTEN BY:
Dr. Amy Jo Howard, ND, CH

With Fall comes a turn of colder weather, a decline in sunlight, children going back to school, possibly an increase in stress with the return of routines and games to participate in or attend, and sometimes our immune systems struggle to keep up. So, here are some favorite Fall remedies to use to keep up with the pace of it all and fortify your immune system.

Vitamin C

Available in time-release or chewable tablets from Nature's Sunshine, Vitamin C is a must. It also has antioxidant properties and helps the adrenal glands balance stress. Consider Rose Hips if needing a plant form of this vitamin.



Vitamin D3

With the loss of sunlight, we need to supplement this vitamin and neurohormone through the Fall and Winter months. Available as a liquid spray from Energetix, liquid drops from Nature's Sunshine (both combined with K2 to enhance the effects and benefit circulation), or as tablets, it will also help uplift your mood.

Oscillococcinum

This homeopathic remedy is fabulous for flu prevention and for fighting it off. Take a couple of doses per week throughout the Fall and Winter seasons to naturally boost your immunity to the flu.

Astragalus

This single herb, available in capsule form from Nature's Sunshine or liquid tincture from Herb Pharm, is a powerful adaptogen that helps the body better manage stress as well as strengthens the body's immune response.

Thieves Essential Oil

This oil blend is rooted in a history of ingredients that have been celebrated for fighting off plagues! It can be diffused in a room, sprayed around the body, or diluted and applied topically to the body. Young Living also makes this popular blend into throat lozenges to ease sore and irritated throats.

Bring this shopping list to Herbs, Etc., and stock up on your needed items to have a healthy and enjoyable Fall season!

3RD ANNUAL

NITE Speaks

A DAY OF IDEAS, INSIGHT, AND INSPIRATION

FRIDAY, NOVEMBER 13, 2026

Bucks Run Golf Club

1559 S. Chippewa Road, Mount Pleasant, MI



Join us for the 3rd annual NITE Speaks — a full day of powerful 15-minute presentations by NITE students, alumni, and instructors. Together, we'll explore a variety of topics in natural health and beyond, sharing research, real-world experience, and fresh perspectives that can inspire your journey.

THE SPEAKERS

1	Reiss Faber	Understanding Nature's Barcode
2	Rosemary Bono	What If We've Been Thinking About Death All Wrong?
3	Kristin Allen	Importance of Magnesium in the Body
4	Hannah Cuddebach	Powerful Medicinal Mushrooms
5	Chriss Bellisario	Thought Therapy – Relieve Your Pains in 60 Seconds
6	Nicole Paquin	Navigating the Peptide Revolution
7	Rebekah Betts	Scalar Energy - 'Scaling the 5D Ladder'
8	Lori Clark	The Hormone Reset Diet
9	Madeline Schmidt	Ebers Papyrus from Ancient Egypt
10	Virginia Caldwell	Pre, pro and Post: What Matters Most! Understanding Microbiotics
11	Alicia Long	When the Body Carries the Burden
12	Marcia Hammer	Natural Elimination Allergy Treatments
13	Krista Willertz	123 Vitality: How to Stop Chasing Wellness and Start Embracing Your Highest Vitality
14	Dakoda Camp	Schuman Resonance
15	Serena Lischalk	The Human Effect on the Planet
16	Kate Leonard	Trust your Gut: Decoding Black Box Antibiotic Labels
17	Kelsey Bartley	Fungal Frequencies: The Resonance of the Mushroom Kingdom

INSPIRING TALKS

17 unique presentations covering a variety of topics in natural health and beyond.

DELICIOUS LUNCH

Enjoy a delicious lunch while connecting with like-minded people.

FRESH IDEAS, REAL IMPACT

Gain practical knowledge and perspectives you can take home and put into practice.



EVENT DETAILS

Friday, November 13, 2026
9:00 AM – 4:00 PM

Bucks Run Golf Club
1559 S. Chippewa Road, Mount Pleasant, MI

$99 per person
Includes all presentations and lunch

HOW TO REGISTER

Call (989) 773-1714

Email contact@naturopathicinstitute.org

Learn more at naturopathicinstitute.org

Tuesday Teachings

NOV 17	Thriving, Rather than Surviving the Holidays
DEC 1	Simple Herbs/Oils/Gifts for the Holidays
JAN 12	Outward Signs of Inward Problems
JAN 19	The Symphony within: Understanding Your Glands
JAN 23	Homeopathy for Winter Ailments



A Welcoming Place to Learn

At the Naturopathic Community Center, we believe natural health education should be accessible to everyone. Our goal is to create a welcoming place where members of the community can learn, ask questions, explore natural health practices, and connect with others who share an interest in living well.

Practical Education for Real Life

Our Tuesday Night Teachings bring natural health professionals and naturopathic educators together with the community for an hour of practical, engaging education— and they're completely **FREE** and open to the public.

Topics for Every Season

Each class explores a different area of natural health and gives you information you can take home and put into practice. Topics range from herbs, essential oils, nutrition, and natural remedies to healthy cooking, maternity support, seasonal wellness, self-care, and other traditional approaches to health and healing.

All Are Welcome

Whether you are brand new to natural health or have been learning for years, you are welcome to join us. There is no commitment—you can attend one class that catches your interest or come back throughout the year to continue learning with us.

More Than a Class

Tuesday Night Teachings are about community. They are an opportunity to gather with like-minded people, share knowledge, discover new ideas, and continue growing in your understanding of natural health.

TUESDAY EVENINGS

6:30 – 7:30 PM

NATUROPATHIC COMMUNITY CENTER

503 East Broadway Street
Downtown Mount Pleasant, Michigan
Within Herbs Etc/NITE

Come Learn With Us!

No registration needed.
Simply show up, take a seat, and enjoy the evening.
We would love to have you join us!

A New Way to Learn

INTRODUCING THE
EMPHASIS CERTIFICATION PROGRAM



Learning doesn't have to end with a diploma. NITE's new Emphasis Certification Program opens the door to deeper study, new skills, and lifelong curiosity in natural health.

Whether you are a current student, an alumni, a health professional seeking CEUs, or simply someone with a passion for natural health, the Emphasis Program is designed for you. You can take a single class for personal growth, explore new topics, or pursue a specialized certification in the areas that inspire you most.

Nine Areas of Focus

The Emphasis Program offers a wide range of classes within nine departments, each designed to give you practical knowledge and hands-on experience in specific areas of natural health.

1. **Advanced Bodywork**
   Deepen your knowledge and hands-on skills.
2. **Advanced Energy Work**
   Explore advanced techniques for energy and frequency.
3. **Advanced Naturopathic Sciences**
   Study the body's systems and natural approaches in depth.
4. **Food Revolution**
   Learn how real food can transform health.
5. **Herbology**
   Dive into the world of medicinal plants and natural remedies.
6. **Holistic Family Medicine**
   Gain tools to support health at every stage of life.
7. **Homesteading**
   Build skills for a more self-reliant, healthy lifestyle.
8. **Self-Healing**
   Learn practices to support your own well-being.
9. **Vibrational Medicine**
   Explore the power of frequencies, energy, and subtle modalities.

Learn at Your Own Pace

Each department offers a variety of classes throughout the year. Some courses have prerequisites, and certification programs require a specific set of core and specialty classes. You can choose the classes that fit your interests and schedule, or follow the full certification path to gain in-depth knowledge and skills.

Something for Everyone

The Emphasis Program is open to everyone. Take a class just for you, earn CEUs, or work toward a specialized certification in a subject you're passionate about. All classes are held face-to-face at NITE, giving you the opportunity to learn directly from experienced instructors and connect with a like-minded community.

DISCOVER WHAT'S COMING NEXT

Explore the 2026 & 2027 Emphasis Class Schedules on the next page →

Emphasis Certification Program

2027 CLASS SCHEDULE | JANUARY – JUNE

JAN 22	**Food Preservation** *Dr. Bessheen Baker*
JAN 30	**The Minerals That Rule Acupressure Meridians** *Dr. Richard Olree*
FEB 6	**Creating a Homestead Kitchen** *Dr. Nicole Paquin*
FEB 20	**Breathwork for Self-Healing** *Dr. Corey Winters*
MAR 6	**Men's Health** *Dr. Michael Bono II*
MAR 20	**Psychology of Music: From Weaponization to Wellness** *Dr. Virginia Caldwell*
APR 3	**How to Educate Others About Vaccines** *Dr. Jackie Medley*
APR 10	**Hidden Light in Food** *Reiss Faber*
APR 29 – MAY 3	**5-Day Complete Doula Series** *Dr. Helen Kociba*
MAY 8	**Simplified Biodynamic Gardening for Small Homesteads** *Dr. Nicole Paquin*
MAY 14	**Mastering Lab Analysis** *Abbe Williams*
MAY 15	**Mastering Lab Analysis** (Repeat Class) *Abbe Williams*
MAY 22	**Heal Yourself Through Writing** *Dr. Amy Jo Howard*
JUN 11	**Practitioner's Guide to Navigating Advanced Diseases** *Dr. Lori Cunningham*
JUN 12	**Making Your Own Tinctures and Salves** *Dr. Jenna Humphrey*
JUN 25	**Active Isolated Stretching (Upper Body)** *Teri Straus, LMT*
JUN 26	**Active Isolated Stretching (Lower Body)** *Teri Straus, LMT*

See next page for July – November classes

Emphasis Certification Program

2027 CLASS SCHEDULE | JULY – NOVEMBER

JUL 10	**Protecting and Healing Your Land** *Dr. Nicole Paquin*
JUL 23	**Medicine Beneath Your Feet** *Lauryl Shaleesh*
JUL 24	**Navigating Childhood Illness: Herbal & Beyond** *Dr. Nicole Paquin*
JUL 30	**Herbal Medicine for Pets and Farm Animals** *Dr. Jenna Humphrey*
JUL 31	**Five Personality Patterns to Improve All Relationships** *Dr. Stacy Eding*
AUG 6	**Herbal Fermented Food Creations** *Lauryl Shaleesh*
AUG 7	**Cooking for Your Blood Type** *Cindy Walz*
AUG 21	**Cooking from Scratch** *Cindy Walz*
AUG 28	**Understanding Biophotons & Bio-Photon Tech** *Dr. Alan Back*
SEP 10 – 11	**Organizing the Nervous and Immune System** *Dr. Tarin Hyder*
SEP 17 – 18	**Advanced Lymphatic Release** *Priscilla Kurash, LMT*
SEP 18	**The Microbiome: Your You-Niverse** *Dr. Virginia Caldwell*
OCT 1	**Plant Stem Cells** *Dr. Kate Leonard*
OCT 2	**Chakra Therapy** *Dr. Stacy Eding*
OCT 16	**Hormonal Cascades in Women's Health** *Dr. Helen Kociba*
OCT 20	**Sacred Geometry for the Home** *Dr. Corey Winters*
NOV 13 – 14	**Live Blood Analysis Level 1** *Dr. Helen Kociba*
NOV 20	**Introduction to Stretching: Stretching as a Therapy** *Priscilla Kurash, LMT*

Leader's Conference

NOVEMBER 29TH – DECEMBER 1ST



Come refresh your soul at the beautiful Boyne Mountain resort for three days of education, inspiration, and connection for naturopaths, students, and individuals passionate about natural health, holistic living, and building a thriving practice or wellness business.

Host: Dr. Bessheen Baker

Speakers

Dr. Bessheen Baker
Nature's Sunshine, Lifewave, & Onboarding

Dr. Richard Olree
Lithium: The Missing Mineral to Mental Health

Dr. Rik Deitsch
Avini Cell Defender

ADDITIONAL SPEAKERS

Greg Halliday: *Solle Naturals*
Dr. Amy Jo Howard: *Healing Hormones*
Dr. Mike Bono: *Remedies for Men*
Dr. Kate Leonard: *Black Box Aspects of Antibiotics*
Dr. Nicole Paquin: *Navigating Peptides*
Dr. Mary Turnwald: *Cardiovascular Tests, Procedures, and Drugs*

NOVEMBER 29TH & 30TH
DECEMBER 1ST

Boyne Mountain Resort
1 Boyne Mountain Rd
Boyne Falls, MI 49713

Holiday Shopping

Browse Herbs, Etc.'s curated selection of high-quality supplements, gifts, and wellness favorites throughout the conference.

Give Wellness. Share Wellness.

Find the perfect gifts for loved ones while supporting your health and wellness this holiday season!

After Party

Join us for our after party at El Patron Grill (optional) or explore downtown Gaylord for Mexican fare (on your own).

216 W Main St,
Gaylord, MI 49735

Conference Schedule

SUNDAY NOV 29

1:00 – 2:15 PM	**Dr. Bessheen Baker**	*Business Lifestyle of a Natural Health Practitioner*
2:30 – 4:00 PM	**Greg Halliday**	*Solle Naturals*
4:15 – 5:00 PM	**Dr. Bessheen Baker**	*Innovation and Hope for America*
DINNER	*On your own or soup with Dr. Baker and Dr. Mom (Nancy) Fodor.*	

MONDAY NOV 30

9:00 – 10:00 AM	**Dr. Amy Jo Howard**	*Healing Hormone Complaints by Understanding Endocrine Disruptors*
10:15 – 11:30 AM	**Dr. Richard Olree**	*Lithium: The Missing Mineral to Mental Health*
11:30 AM – 12:30 PM	**Dr. Mary Turnwald**	*Navigating Client and Family Cardiovascular Tests, Procedures, and Drugs*
12:30 – 1:30 PM	Lunch	
1:30 – 2:30 PM	**Dr. Kate Leonard**	*Trust Your Gut: Decoding Black Box Antibiotic Labels*
2:45 – 3:45 PM	**Dr. Mike Bono**	*Unique Remedies for Men*
4:00 – 5:00 PM	**Dr. Nicole Paquin**	*Navigating the Peptide Revolution*
DINNER	*On your own.*	

TUESDAY DEC 1

8:00 – 9:00 AM	**Dr. Bessheen Baker**	*The Companies, Strategies, and Income*
9:15 – 10:15 AM	**Dr. Bessheen Baker**	*The Art of Onboarding*
10:30 – 11:30 AM	**Dr. Rik Deitsch**	*Avini Health*
11:30 AM – 12:00 PM	**Questions and Answers**	

See next page for Add on conference specials

Exclusive 4-Hour Bio-Photon Workshop with Dr. Alan Back

Over $3,000 Value!

We are thrilled to welcome **Dr. Alan Back** for a deep-dive, hands-on training session. If you want to stay ahead of the curve in wellness technology, you cannot afford to miss this.



Topic: Understanding Bio-Photons & How to Maximize the Technology

When: Tuesday, December 1st
1:00 PM – 5:00 PM

Special Holiday Pricing:
Just **$39** *(A $100 value!)*

Epic Giveaway: Win a Bio-Photon Machine!

The excitement doesn't stop with the training. As a massive thank you to our community, Dr. Alan is hosting an exclusive giveaway during his workshop.

One lucky attendee will walk away with his premier Bio-Photon Machine!

Seats for this exclusive workshop are limited, and at just $39, they will fill up fast. Secure your spot now and give yourself the ultimate holiday gift of knowledge and innovation.

Register: contact@naturopathicinstitute.org | (989) 773-1714 | www.a2src.com

Herbs Holiday Gift Certification Specials

2 half-hour massages	= $75
2 one-hour massages	= $115
5 one-hour massages	= $299
10 one-hour massages	= $575

Gold Package – $99
1 hot rock massage and 1 half-hour reflexology session

Double's Package – $179
2 one-hour relaxing massages and 2 half-hour reflexology sessions

Solle
NATURALS

Introducing Solle Naturals!

PLANT-BASED SUPPORT
FOR A MORE BALANCED YOU

Solle is quickly becoming one of our top sellers! It made its debut in the store this past Spring. This product line provides the basic building blocks and cellular nutrition to bridge systemic gaps. It supports your core rhythms by using plant-based adaptogens to address the mind-body connection at its root cause—stress, with no contraindications.



What Is an Adaptogen?

You could even think of it as a mobile hanging over a crib. If you pull on one piece of a mobile, everything tilts. However, because it is designed using basic physics for balance, it sways back and forth until the entire system naturally levels out again. This is the beautiful work of an adaptogen herb; it adapts to what you need.

- **If you are too wired** (anxious, stressed, or overstimulated), the adaptogen dials you down to calm you.
- **If you are too tired** (exhausted, sluggish, or burnt out), the adaptogen dials you up to energize you.

Why We Love This Company

It connects to the body's innate ability to heal itself, provided it has the right environment and nourishment. Solle acts as a bridge: supporting nerves, glands, hormones, and the immune system.

What We Have Seen

We have seen improved rest, less hormonal swing, better energy, and significant stress reduction. By nourishing the nervous system we have seen it to be very helpful in supporting those struggling with anxiety and/or depression.

Herbs Etc. now carries the entire product line, which quickly stands out in its beautiful Green, Red, Yellow and Blue!

The Four Formulas

BALANCE
Vitalize and balance.

SolleVital®

A core herbal blend that contains six adaptogens, in addition to chlorophyll and trace mineral herbs, to help fortify your mind and body against the negative effects of daily stressors. Its herbal ingredients also specifically support healthy circulation, digestion, respiration, and immunity for improved overall well-being.

LIFT
Lift and heal digestion.

CinnaMâte®

A powerful herbal combination that supports increased energy and focus through natural stimulation, enhanced digestion, and sugar management. Unlike other energy products, CinnaMâte is safe to use daily and helps build a long-term health as a result of its impressive nutrient profile.

CLARIFY
Clarify, cleanse, and energize.

SolleExcell®

A core herbal blend that contains a unique formula of clarifying herbs, the superfruit Cupuaca and three types of mocha to help the body balance hormones and keep sinuses, respiratory, and circulatory systems clear for more vibrant health.

CALM
Calm, soothe, and repair.

SolleReNue®

Unexpected twists in daily life and chronic stress often leave us feeling depleted both physically, emotionally, and mentally. SolleReNue contains powerful herbs and adaptogens that help us nutritionally calm, renew, and reset ourselves. Its restorative properties are particularly beneficial in times of emotional anxiety, sickness, and elevated stress.

Our Team's Favorites

Dr. Baker
Loves SolleVital because it packs in chlorophyll, essential minerals, multiple daily vitamin needs while supporting mental health and overall resilience.

Kriscinda
Loves SolleReNue, a personal family favorite because her household experienced significantly less stress during the day and much better sleep at night.

Dr. Howard
Loves SolleExcell for providing a clean boost of energy and drive completely free of caffeine or sugar—plus, the pineapple flavor is lovely!

Kelsey
Loves CinnaMâte as her replacement for her morning coffee!

Oak Street Canopy

YOUR HOME AWAY FROM HOME IN MOUNT PLEASANT



Whether you're visiting Mount Pleasant for a class, attending a special event, planning a weekend getaway, or simply looking for a paeceful place to gather with friends and family, Oak Street Canopy offers the comforts of home in a charming, welcoming setting.

With beautiful architectural details, warm wood floors, inviting living spaces, and a lovely outdoor courtyard, this spacious home offers plenty of room to relax, unwind, and enjoy time together.

SPACIOUS COMFORT

Accommodates up to 12 guests with plenty of room to relax together.

CHARMING SETTING

Beautiful architectural details, inviting spaces, and a private outdoor coutryard.

PERFECT FOR GROUPS

Ideal for families, friends, NITE events, classes, and weekend getaways.







All proceeds support the Naturopathic Community Center.

5 BEDROOMS
10 BEDS

$60 OR LESS PER PERSON

INQUIRE ABOUT YOUR STAY

Call (989) 773-1714

Email contact@naturopathicinstitute.org

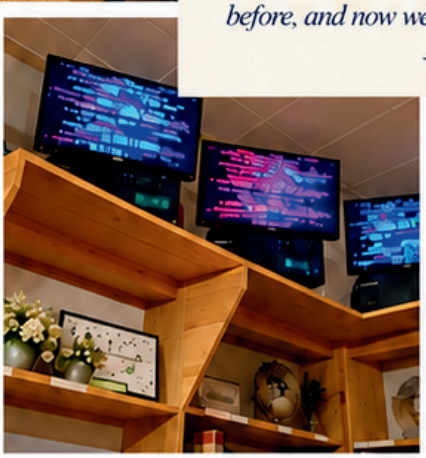
Learn more at naturopathicinstitute.org

THE EMBASSY of LIFE MASTERY

What's New at the ELM!



"I absolutely LOVE it! It was great before, and now we've taken it to the next level!"
— ELMER





ELMERS, we are thrilled to announce some exciting new happenings at the ELM!

If you are wondering what's new—we are so glad you asked! Our beautiful Energy Enhancement System has received an incredible upgrade. We sought out the latest technology to add yet another powerful layer to our already state-of-the-art EES system.

If you are new here, the Energy Enhancement System starts with a series of specially programmed scalar generators. Scalar technology has the unique ability to transmute electromagentic waveforms into a state of zero resistance. With zero resistance, your cells achieve an increased cellular millivoltage, empowering them to work harder and repair themselves. Our system also incorporates advanced biophotonic technology to help repattern DNA to its natural, God-given state. It truly is a beautiful, sacred space to rest, reflect, and restore.

The Latest Enhancements

While improving on something already wonderful always requires a careful touch, our community's initial curiosity quickly turned to excitement. Here is a look at the upgrades we've rolled out:

528 Hz Frequency

Known as the "Miracle Frequency" for its vibrational power in repairing and strengthening DNA.

Enhanced Color Display

All colors now run smoothly and dynamically across all 24 displays.

Intentional Affirmations

Dedicated to individual, communal, and planetary healing.

These enhancements make the system smoother and facilitate repair at even deeper levels, allowing for a seamless transition of renewal and an even more conducive atmosphere for restoration.

VISIT THE ELM

5410 S. Vandecar Rd.
Mount Pleasant, MI

SANCTUARY PERKS

- Complimentary reverse osmosis water
- Organic berry water
- Hot herbal teas

ADDITIONAL OFFERINGS

- Book library
- Space available to rent for your own classes or events

MORE WAYS TO EXPERIENCE THE ELM

With these latest enhancements, we are excited to announce that we will be offering this space as a classroom for upcoming Emphasis Classes in 2027, as well as making it available to rent for hosting your own classes.

Our hosted lunches have come to a close for the season, but please feel free to bring your own picnic lunch and a friend! While you're here, be sure to check out a book from our library, or reserve the EES for your next special event or overnight sleepover.

We are so excited for this next chapter at the ELM, and we simply can't wait for you to experience it right along with us!

EES SESSION
$36/hour
Relax, reset, and experience the power of the EES.

VETERANS
1 FREE
Thursday per month
Half price
($18/hour) the rest of the month.

NITE STUDENTS
Half price
$18/hour

MONTHLY SLEEPOVER
$200 (8 hours)
Breakfast included

Glutathione

The Body's *Master Antioxidant*



SUPPORTING CELLULAR PROTECTION, NATURAL DETOXIFICATION, AND VIBRANT HEALTH

Every day our bodies work to maintain balance while navigating environmental toxins, stress, inflammation, and the natural processes of aging. Behind the scenes, one of the body's most important protective substances is glutathione. Often called the body's master antioxidant, it plays a vital role in cellular health, immune function, detoxification, and tissue repair.

What is Glutathione?

Glutathione is a naturally occurring compound made from three amino acids — cysteine, glycine and glutamic acid. It is produced within the body's cells and is especially important in the liver, where it supports the body's natural detoxification processes.

Key Benefits of Glutathione

- Helps protect cells against oxidative stress
- Supports natural detoxification processes
- Boosts immune function
- Supports tissue repair and healthy aging
- Supports brain and cognitive health
- Beneficial for heart health and sugar regulation
- Promotes overall wellness and vitality

The LifeWave Glutathione Patch

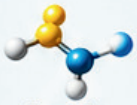
The LifeWave Glutathione patch uses patented non-transdermal phototherapy technology to gently stimulate the body with light. It does not put any chemicals, drugs, or stimulants into the body.
The patch contains natural, nontoxic crystals that absorb body heat and generate infrared signals, which may support the body's own production of glutathione.

What the Study Found

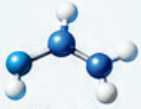
In a controlled study, 15 subjects were a LifeWave Glutathione patch for 5 consecutive days. All participants showed increases in blood glutathione levels, with average levels rising to approximately 3 to 4 times baseline values during the study period.

The Three Building Blocks

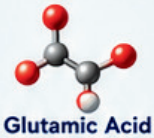
Glutathione is made from three amino acids that work together to support cellular health.



Cysteine
Supports detoxification



Glycine
Supports cellular repair



Glutamic Acid
Supports immune function

How to Support Your Glutathione Levels Naturally

In addition to the Glutathione patch, you can support your body's natural glutathione production through:

- A nutrient-rich diet with sulfur-containing foods such as garlic, onions, and cruciferous vegetables
- Adequate protein intake
- Quality sleep and regular exercice
- Stress management and reducing environmental toxins



Patch Placement

INSTRUCTIONS

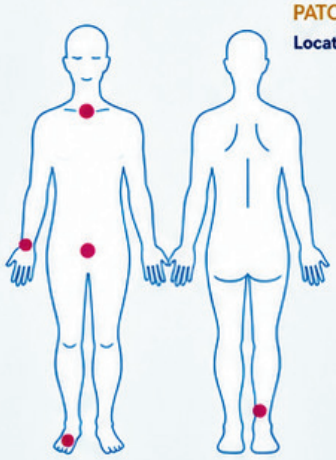
Rotate through the shown point locations, using a Glutathione patch 5 to 7 days per week.

If combining with either Y-Age Aeon or Y-Age Carnosine, use any 2 patches on any 2 of the Y-Age point locations shown, applying the patches on either the midline or right side of the body.

Apply the patch to clean, dry skin in the morning. Patches may be worn for up to 12 hours before discarding.

PATCH PLACEMENT

Location: None selected



LifeWave Patch Placement Guide

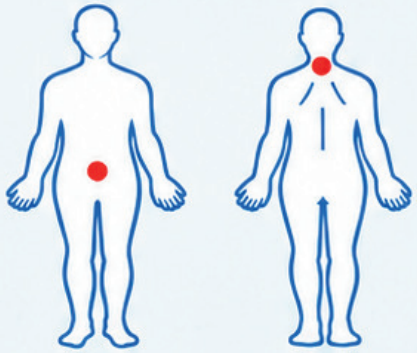
LIFEWAVE® X39®

GENERAL WELLNESS PATCH

KEY BENEFITS

- New technology stimulates the skin with low levels of light, resulting in improved energy flow
- Supports improved exercise performance
- Supports improvements in strength and stamina
- Supports overall health and well-being
- No drugs or stimulants
- Patented proprietary form of phototherapy

PATCH PLACEMENT



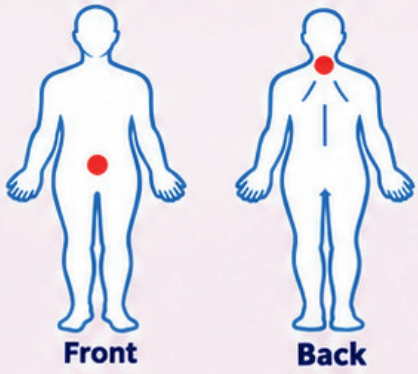
LIFEWAVE® X49™

GENERAL WELLNESS PATCH

KEY BENEFITS

- Promotes performance, strength, and stamina
- Supports a healthy cardiovascular system through exercise
- Reduces recovery time following exercise
- Supports maintaining a healthy weight through diet and exercise programs
- No drugs or stimulants
- Patented proprietary form of phototherapy

PATCH PLACEMENT



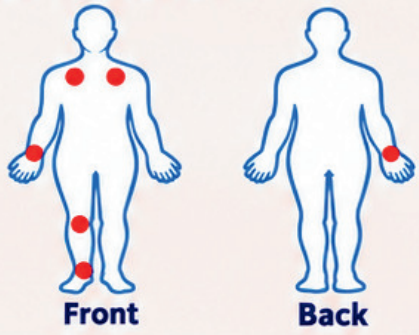
LIFEWAVE® energy enhancer®

GENERAL WELLNESS PATCH

KEY BENEFITS

- Supports overall wellness in combination with a healthy physical fitness routine
- Promotes the flow of energy in the body
- Supports your physical fitness routine
- No drugs or stimulants
- Patented proprietary form of phototherapy

PATCH PLACEMENT



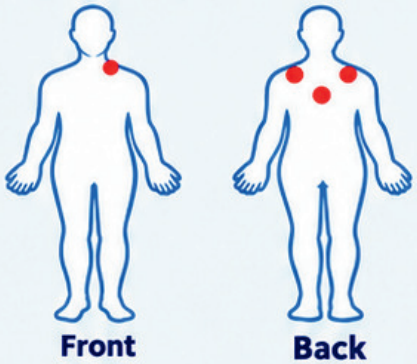
LIFEWAVE® icewave®

GENERAL WELLNESS PATCH

KEY BENEFITS

- Fast-acting and non-addictive
- Helps release negative energy
- Supports a balanced mood and sense of calm
- Convenient and easy to use
- No drugs or stimulants
- Patented proprietary form of phototherapy

PATCH PLACEMENT



LifeWave Patch Placement Guide

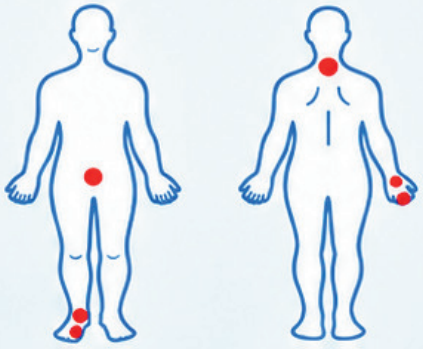
LIFEWAVE® Y-age® aeon®

GENERAL WELLNESS PATCH

KEY BENEFITS

- Helps you relax and alleviate discomfort
- Supports better management of stress
- Encourages a deeper sense of well-being
- No drugs or stimulants
- Patented proprietary form of phototherapy

PATCH PLACEMENT



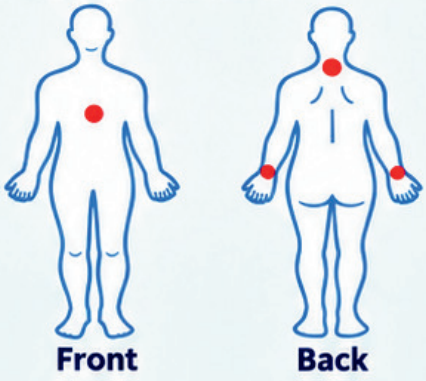
LIFEWAVE® Y-age® carnosine®

GENERAL WELLNESS PATCH

KEY BENEFITS

- Helps promote exercise and physical fitness as part of your wellness routine
- Supports an overall state of wellness
- Encourages vitality and an active lifestyle
- No drugs or stimulants
- Patented proprietary form of phototherapy

PATCH PLACEMENT



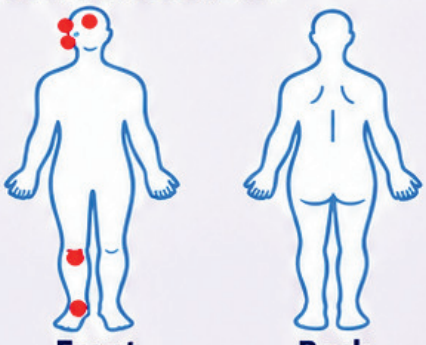
LIFEWAVE® silent nights®

GENERAL WELLNESS PATCH

KEY BENEFITS

- Relaxation enhances quality of sleep
- Relaxation can improve length of sleep
- A healthy sleep enhancer
- No drugs or stimulants
- Patented proprietary form of phototherapy

PATCH PLACEMENT



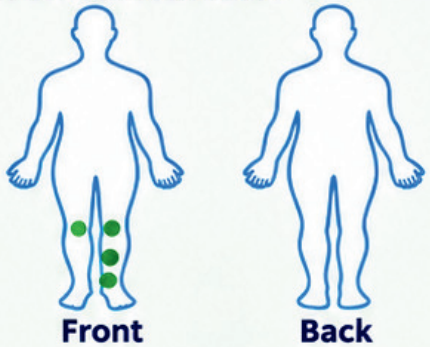
LIFEWAVE® SP6® Complete®

GENERAL WELLNESS PATCH

KEY BENEFITS

- Promotes a mindful approach to maintaining a healthy appetite
- Supports digestive wellness and balance
- Encourages a general state of well-being and healthy lifestyle goals
- No drugs or stimulants
- Patented proprietary form of phototherapy

PATCH PLACEMENT



Your Path to *Natural Health*

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Natural Health Therapist .....2nd Year
Natural Health Practitioner .....3rd Year
Certified Naturopath .....4th Year

4th Year Graduates are Eligible for Doctor of Naturopathy National Test and Title

Massage Therapy

Therapeutic Bodywork Practitioner.....1 Year



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