



Naturopathic Institute

Samantha, Here's Your Story by Bessheen Baker

Like so many other sweet little ones, Samantha, age two and a half, was suffering from frequent illness of the respiratory system. Three times in the last year she suffered with pneumonia. Two months before her appointment, she had another bout with bronchitis. Her parents knew her immune system was low, but how do you build that up amongst the Albuteral and Palmacort medications she was taking? Samantha and her mother were counseled by Amy Jo Howard, a Certified Naturopath, at the Institute.

Amy started her consultation by looking for any food sensitivities Samantha might have. Nearly all allergens begin in the gut due to incomplete digestion which causes irritation of the digestive tract lining. As Naturopaths, we are taught that allergies correspond with the production of mucus, because the body produces mucus as a means to soothe this irritation. The mucus is intended to protect the body from foreign invaders.

One way in which we set up conditions for allergies is when we consume items that were never intended to be eaten, like food colorings and chemical flavorings. Also, there are some foods that our bodies simply cannot break down, depending on our

individual body chemistry and constitution. When the body cannot break down these foods, it produces mucus as the protection mechanism, and then, allergy responses ensue. We, therefore, look to the food first when the body is over producing mucus and causing conditions like bronchitis and pneumonia.

Samantha tested negative to consuming milk, cheese, coconut, potato, and a few other foods. The testing for this is very simple and non-invasive. Amy used a technique called Muscle Response Testing. No needles are needed to determine allergens of either food or environmental sources. It is also necessary for anyone suffering from allergies and respiratory weakness to avoid wheat products. Over the years, the wheat has changed due to aggressive farming technology. Unfortunately, it is not recognized by the body like the wheat of our forebears and actually, acts like a toxin to many people, especially the blood type O's.

Samantha's mother switched her to rice and soy milks and cheeses. She also used friendly bacteria to rebuild what had been lost from the use of medications. Amy suggested that Samantha use Echinacea in liquid form a few times per day and to apply the diluted oil blend of Thieves to her feet at bed

time. This oil helps the body fight off bacteria and viruses.

Before long, Samantha began to improve. The great lesson about this story is the same lesson many of us must learn by experience. After doing great with the new changes, Samantha and her family were on a little vacation away from home. She consumed milk products that she hadn't had in a few months. Wham! The respiratory system flared back up, and it looked like the bronchitis was back in action. Wisely, without searching for suppressing medications, Samantha's mother simply removed the dairy products and went right back to "non-dairy" milks and cheeses. Samantha cleared back up. So many times, we know the changes we are making are for the best, but life gets busy, or we are on the road, and we eat things we know are bad or we fail to drink enough water. The best thing to do is to remember your own sensitivities and try to honor your body's responses by making decisions that help you stay healthy.



We're Moving!

In the Spring,
the Naturopathic
Institute
and Herbs Etc.
will be moving to
Downtown
Mt. Pleasant.

See inside for details.

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Saturday, November 3rd - A One Day Conference

Learn How To with Bessheen Baker, Naturopathic Doctor:

Reduce Stress in the Body and Mind

Release Weight for Long-Term Health

Understand Your Glandular System

Guest Speaker: Linda Hammons of Utah on The Safety and Quality of Herbs

Herbal Blends for Diabetes, Cholesterol, Sexual Dysfunction, and Energy

Minerals: The Youth Elements

Order Your Own Supplements and Save



Saturday, November 3rd, 9am — 5pm
Healthy Lunch and Snacks Provided, \$25

Register today, 989-773-3636; limited to 75 seats

Riverwood Golf Course Conference Center

Broomfield Rd. in Mt. Pleasant



This spring will bring a new home for the Naturopathic Institute, Herbs, Etc., and the Naturopathic Community Center. Although we have enjoyed our location on Mission Street, it's time for a little green grass and some windows! The new location is only two blocks west of Mission on Broadway. There is a large, private parking lot, and downtown is only a few blocks away. The new location will allow for a gift area at Herbs, Etc., will increase the classroom sizes for the Institute, as well as add an additional cooking classroom and an exercise area. We will also be able to host larger conferences and have some outdoor activities.

Outdoor picnic and quiet areas will be added for students. Herbal gardens will evolve after a few seasons. Special lunch and massage services will be more accessible to downtown patrons, and no one will miss the Mission Street traffic.

New Birth Assistant Program

This spring, the Institute will be offering a six course program on how to assist in natural childbirth. This program is not a midwife program but rather, a doula program. A doula is the mother's assistant during pregnancy, birthing, and child-rearing.

This six month program, plus internship, will include training in nutrition, herbology, muscle testing, essential oils, homeopathy, the anatomy of birth, and more. Upon completion of this program, a graduate would be

qualified to assist couples with a natural childbirth. Alumni of the massage and first year naturopathic program would be grandfathered for classes already taken, such as nutrition, essential oils, muscle testing, and herbology.

Beth Barbeau, an experienced midwife, will be overseeing the advanced classes of this course and sharing her experience and expertise in this rapidly growing field of natural health.

Please call the Institute to be placed on a mailing list for further details and a schedule as soon as the course dates are finalized.



Service: Live Blood Analysis

Live Blood Analysis is an exciting way to determine what is going on in your body. By taking one drop of blood from a finger and looking at it under a dark field microscope, you can see, for yourself, the health of your cells, and you're only as healthy as your cells are!

Viewing the blood under a dark field microscope has many benefits. With this kind of analysis, the

background of the screen is black or "dark," and your blood is illuminated from behind by a light. This allows you to see many small, fine details that might be missed on a white background. The true benefit is that you can see the condition of your red blood cells and your white blood cells. This will show you how your immune system is functioning, if you are lacking any vitamins or minerals, and how

you are digesting your food. You can also see if there is any bacteria, yeast, candida, or parasites in your blood.

We prefer to videotape the live blood analysis session, so that next time you come, we have a "before" picture to compare to your current analysis so that you can see how the changes that you've been making with your health are truly benefiting you and your body.

Student Information: Sallie Mae Loans Now Available

We are excited to be working with a student loan organization for both the massage and naturopathic programs. Sallie Mae Loans is a credit-based, student loan. You can apply online, and approvals are typically given within twenty-four hours.

Loans can be deferred for the first year of school with a minimum monthly payment of only \$10 for the first twelve months. Students

may also spread the repayment plan out for a period of up to fifteen years. While this is not suggested, it can make monthly payments as low as \$50. Then, we recommend making larger payments as there is no penalty for early payoff.

This new program allows for students to get started with their naturopathic or massage training right away. If you know of others

interested in taking the program, this might be just the opportunity they were waiting for. Sallie Mae Loans will also lend additional funds for travel and lodging expenses.

Call Jane with any questions at 989-773-1714.



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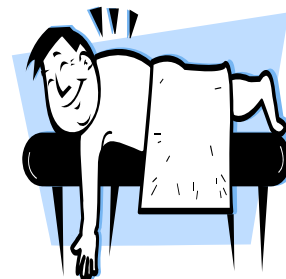
Student Massage Schedule

The students in the Therapeutic Bodywork (Massage Therapy) Program at the Naturopathic Institute of Therapies and Education invite you to come in for a massage or other therapy in the upcoming months.

Clients who are frequent no-shows will not be allowed to make future appointments. Remember: the students are counting on you to show up at your allotted time so that they can gain the experience they need to become competent massage therapists. Please note that the type of massage or therapy (such as craniosacral, reflexology, light healing touch) may vary. Check with Herbs Etc. when you make your reservation as to which type of therapy is being offered. The deposit is \$10, non-refundable for no-shows, and paid in advance (or held with credit card) at Herbs Etc.

Following are the dates and times for upcoming Student Massage Weekends:

Saturday & Sunday, September 29 & 30, 2007	12:00, 1:30, 3:00, or 4:30
Saturday & Sunday, October 6 & 7, 2007	12:00, 1:30, 3:00, or 4:30
Saturday & Sunday, October 27 & 28, 2007	12:00, 1:30, 3:00, or 4:30
Saturday & Sunday, November 3 & 4, 2007	12:00, 1:30, 3:00, or 4:30
Saturday & Sunday, December 1 & 2, 2007	12:00, 1:30, 3:00, or 4:30





Herbs Etc.

Autumn: Season of Transition

By Amy Jo Howard

Autumn denotes many things. The leaves turn into tumbling gems of color; the sky furrows its brow with grayer clouds; the wind penetrates a little deeper. It also means transition in terms of going back to school or work and re-establishing a more regular routine. Unfortunately, fall can also be synonymous with fall allergies, kidney stones, and general immune system weaknesses.

This is the time of year when everything in nature, including us, begins to turn inward, pulls in its reserves and stores up for the coming winter. Although things may appear to be fading on the outside, life is still present deep within.

As we breathe, taking in air, the lungs and mucus membranes serve as one of our first lines of defense. Especially if we have held in emotions of sorrow and grief, there will be a weakness in the

lung and sinus areas. Then, as we try to transition into this new season, our immune system expresses its imbalance through fall allergies and sinus problems.

In a similar fashion, fear is the emotion that most often causes us to turn inward. Fear, seen as a holding back or inability to go with the flow, affects the kidneys. As our bodies prepare for the transition of going inward, if there is a lack of fluidity, it creates a hardening frequently expressed by the body as kidney stones. That is why kidney stones usually occur in the fall months.

Continue reading for natural solutions to a smoother transition. And, as we engage in the changing of the season, let us be more mindful of how we, physically, mentally, and emotionally, are transitioning.



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* Oct. 31, *
* 2007 *

Herbal Highlight: Remedies for the Fall by Elizabeth Lo

The body's natural rhythms flow in accordance with nature: as the season changes, so does the body. While the body is readjusting to the weather, it is not uncommon to have people experience different symptoms affecting the respiratory tract. To assist the body with this change, consider the following herbal combinations:

ALJ: a great formula for relieving sinus and upper respiratory tract congestion associated with allergies. The herbs contained in this blend work to stimulate perspiration and the production of mucosal fluids. In doing so, the body is able to eliminate allergens and other toxins. ALJ will also increase circulation, improve lymphatic function, assist in the fight against infection, and soothe inflamed tissues. It is available in capsules, tablets or liquid for children and adults.

Elderberry Defense: a blend to boost healthy functions of the

respiratory and immune systems. This blend helps prevent colds and flu, respiratory infections, ear and throat problems. Elderberry is widely known for its ability to prevent illness and expel bronchial mucus while relieving inflammation. This is an herb that is high in vitamins A and C, which will boost immunity to illnesses. In the defense against the flu virus, it has been discovered that Elderberry has two active ingredients that prevent the influenza virus from taking hold. Elderberry has been shown to be effective against 8 different strains of influenza. It comes in capsules or a chewable for children.



Four: this is a blend that works great for decongesting mucous membranes. The herbs in this formula work to dilate the bronchioles and peripheral blood vessels, improve the fluidity of mucous in the respiratory system, and relieve muscle spasms, especially those that lead to the need to cough. Four is helpful in assisting the body in dealing with arthritis, headaches, hysteria, insomnia, menstrual cramps, and rheumatism.

Seasonal Defense: this is a blend for the "cold and flu" season. This blend contains herbs that stimulate the immune system and help prevent cold and flu. These herbs serve as decongestants, expectorants, and help to relieve coughs. They also contain antibacterial and anti-viral properties. Use this blend for colds, flu, upper respiratory tract infections, and for coughs, fatigue, fever, and sore throat.

Homeopathic Highlight: Remedies for Allergies by Amy Jo Howard

When fall allergies become active, you can't find relief fast enough. Nature's Sunshine Products carry several different homeopathic combination remedies for quick relief.

Liquid Allergy blend covers relief of the most common allergy symptoms. It is helpful for a runny nose, watery eyes, coughing and itching.

Liquid Allergies: Hayfever-Pollen is for when the body is reacting to

pollen in the air with symptoms such as runny nose, sneezing, itchy, watery eyes, and general respiratory congestion.

Liquid Allergies: Mold, Yeast, & Dust contains a blend of homeopathic remedies to relieve symptoms including nasal congestion, itchy nose, sneezing, itchy, watery eyes, headaches, and sore throat.

Whichever remedy you choose, it is

a natural combination designed to help strengthen the body's immune system, thereby reducing and eliminating allergy symptoms. For severe symptoms, take 10-15 drops every 10-15 minutes. As symptoms improve, decrease to taking 10-15 drops every 1-2 hours, then 4 times per day.

These are nice, safe and natural ways to find relief for fall allergies.

Student Bodywork Therapies by Mary Booms

For the last two years, the students of NITE have been performing massages and bodywork on the public. The massage sessions fill up almost every time they are available; however, the other forms of bodywork don't always fill up. The students at NITE would like to see every available therapy full so they can get the practice and variety they need to excel in their profession. Also, the clients are able to benefit from the many wonderful therapies they receive.

Below is a description of each of the forms of bodywork available from the students. If you have further questions or would like to

schedule an appointment, call Herbs, Etc at (989) 773-3636.

CranioSacral is a therapy that is done over the clothes. It uses a very light pressure to release tension and stress from the muscles along the spine and in the head. CranioSacral helps to relieve headaches, migraines, back pain, ADD, autism and numbness in the hands and feet as well as aid the nervous system, provide overall balance, and proper spinal alignment.

Reflexology: There are 7200 nerve endings in the bottom of each foot. These nerves, when stimulated, send signals to the brain and other areas and organs in the body.

Reflexology uses the fingers and thumbs to stimulate these nerve endings therefore increasing circulation, relieving pain, relaxing the entire body, promoting balance, and healing the organs.

Light Healing Touch is a therapy that works in the electromagnetic energy field surrounding the body, sometimes referred to as an aura. Often, when people feel pain, physical or emotional, it is stored in the energy field, causing reoccurring pain years after the injury. Light Healing Touch helps the body to remove the stored energies of stress and trauma and replaces them with a very calm, relaxed, peaceful feeling. See the NITE Section for a schedule.

Allergy Correction by Kathryn Doran-Fisher

We all know the signs: itchy, watery eyes; sneezing; runny nose and a general foggy headedness that accompanies allergies. When I was younger, allergies were a part of my daily life. Every morning, I would wake up and sneeze ten times in a row. When my husband and I started dating, he learned to always wait for at least the third sneeze before saying, "Bless you." It seemed anything could bring on an attack: cats, dogs, horses, freshly mown grass, dust, mold, cigarette smoke and even some types of food. In the years since, I started my naturopathic training and have changed my dietary habits, and now, my allergy symptoms have lessened considerably. I no longer sneeze every morning and when I do sneeze, it is generally only once or twice. But I'm still sensitive to certain allergens like cat dander.

That can be a real problem while visiting family during the holidays. Thankfully, when I know I am going to spend some "quality time" around my feline friends, I make myself an appointment for an allergy correction.

The Allergy Correction procedure uses the principles of acupressure from ancient Chinese medicine. The ancient Chinese considered that energy circulated in the body along specific channels, which they call meridians. These meridians correspond to different organ systems within the body. Based on this and applying muscle response testing, a person can be "tested" for which substances they are allergic to and then the allergic response can either be reduced or eliminated completely by "tapping" specific meridian points. This simple and non-invasive procedure takes about half an hour and can reduce some of the

most common allergy symptoms. And, because many serious ailments can be related to allergies, when the allergies are corrected, the tissues affected by them will begin to heal and function better. Once an allergy to a certain substance is eliminated, the body will no longer need to produce mucus to protect itself against that substance, which means no more sneezing and itchy, watery eyes to put a damper on my holidays. So, if you have an allergy to a known or unknown substance, make an appointment for an allergy correction today to start your holiday season with a clear head.



Essential Oils for Allergies, Colds and Flu by Becky Fodor

Thieves

Thieves is a blend of the single essential oils of clove, lemon, cinnamon, eucalyptus, and rosemary. This powerful blend helps protect the body from the onset of flu, colds, viruses, etc. It was originally used by thieves (hence the name) in England to protect them from catching the plague when they were stealing from the sick and dying.

Thieves oil influences the immune system to help protect us from bacteria and viruses. It can be massaged onto the bottom of the feet, throat, stomach, and intestines. To do this, dilute one drop of Thieves oil in 15 drops of carrier oil such as sunflower oil, apricot oil, or even olive oil. After applying the oil, it is also beneficial to massage the thymus (just under the center breast bone) to stimulate the immune system and under the arms to stimulate the lymphatic system. Another effective use of Thieves oil is to dilute 25 drops into 2 ounces of water and use it as a spray mist over your body. This is very helpful to spray on children before they head off to school! We also carry Thieves oil throat lozenges. Sucking on one lozenge is enough to relieve throat inflammation for hours and is far better than the over the counter sprays with red food coloring that unfortunately, makes many children hyper.

ImmuPower

ImmuPower is a blend of the single oils cistus, frankincense, hyssop, ravensara, mountain savory, oregano, clove, cumin, and Idaho tansy. This oil blend is building, strengthening and protecting to the body and its defense mechanisms. The Frankincense is especially known for these qualities all the way back to the time of Christ.

This blend helps to raise the energy of the immune system which helps the body overcome or prevent the flu, colds, respiratory problems, infections, etc. Many people have used it with great success on tumors. It also protects the body from chemical and environmental poisons. You can diffuse ImmuPower oil in the morning and again in the evening. This can be done by using an essential oil diffuser or even putting 3 drops in a bowl of water in key rooms of the home. If applying ImmuPower oil directly to the skin, dilute 1 drop of oil with 15 drops

of carrier oil and rub primarily on the chest and bottom of the feet.

R.C.

R.C. is a blend of the single oils eucalyptus, myrtle, marjoram, pine, cypress, lavender, spruce, and peppermint. The properties of this oil blend make it extremely effective against allergies, colds, bronchitis, respiratory congestion, flu, cold sores, pneumonia, sinusitis, sore throats, mucus problems, and bone spurs. R.C. oil is very beneficial in the diffuser to decongest and relieve allergy-type symptoms, such as coughs, sore throat and lung congestion. To apply this oil topically, dilute with a carrier oil and massage on the chest, back, and feet. It can also be applied on the sinuses and nasal passages, ears, neck and throat.

This oil is great for children as well, simply apply one drop diluted with carrier oil to their chest and feet before bed.

Purification

Purification is a blend of the single oils lemongrass, rosemary, melaleuca, lavender, and myrtle. This blend has powerful antiseptic, anti-bacterial, anti-fungal, and sanitizing properties. This makes it very useful in purifying and cleansing the air in your home. Purification oil can be beneficial in fighting not only cold and flu germs in the home, but also pet odors, cigarette smoke, mildew and other odors. It repels bugs, insects, and mice. Diffusing Purification oil in the home will help protect your family during the cold and flu season by cleaning your air. A spray bottle of Purification oil should also be kept in the house to use during cleaning duties. For example, 4 drops in a bucket of hot water will clean the kitchen and bathroom floors without the chemicals found in standard household cleaning products!





Naturopathic Community Center

A non-profit center dedicated to sharing the traditional wisdoms of healing

Coming in 2008

Cooking, Exercise, Survival Skills, One Day Courses, Cleansing Clinics!

We are excited about moving with NITE and Herbs Etc to Downtown Mt. Pleasant. After the spring, we will all enjoy a kitchen and even larger classrooms for NCC activities. This new facility gives the Community Center space for cooking classes that we couldn't accomplish before, conferences with great speakers who require larger classrooms, and an added exercise area.

The outdoor pavilion and orchard area south west of Mt. Pleasant near the town of Winn is complete. This area is now in use and will provide even more seasonal activities and classes in 2008! Thank you to all who contributed to the pavilion project; we hope you will join us for activities at this beautiful outdoor location.

Intensive Detox or Build Clinic

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I've always wanted to take layman's courses at NITE!

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- These classes fit your time schedule.
- These classes fit your budget.
- These classes empower your family now.

September 22

Homeopathy Around the Home

October 13

Aromatherapy

\$89 per class

Call Herbs Etc. at
(989)773-3636 for
more information and
to register.



Bessheen's Favorite Cookies



Healthy snacks that meet nutritional needs and reduce cravings!

No Bake Energy Balls

- 16 oz of Almond Butter
- 5 T of Honey or Agave
- 5 T of Carob Powder
- 5 T of Chopped Nuts (pecans)
- 5 T of Raw Rolled Oats

No spoons needed-use your hands-it's more fun that way! Apply olive oil to your hands first, then roll the mixed ingredients into bite size cookies. You may also roll them in sugar, coconut or nuts. Refrigerate half and freeze half. Enjoy them when you get protein, chocolate, fat, or sweet

cravings. It will satisfy them all and is beneficial to you by providing protein, fiber, minerals, essential fatty acids, and slow release carbohydrates.

Mom's Millet Balls

Cook 1 cup of millet (a grain) with 2 1/2 cups of water. When all the water is absorbed, set aside to cool.

Soak dehydrated apricots overnight in water to re-hydrate them; chop these into small chunks by hand, 1 1/2 cups.

Finely chopped pecans, 1 cup.

Frozen pineapple juice cont, 1 T.

Mix all ingredients, roll into balls. Roll again into nuts or coconut.

Half go in the fridge and half in the freezer. Enjoy!

Exercise Opportunity

The new NCC location will offer Yoga classes, low impact automated exercise tables for toning and flexibility, and more.

What is your schedule and what are your needs?

Feedback from all of you will determine when we offer the classes; mornings, lunch time, evenings, weekends, etc. Please call or e-mail with what kind of classes you are interested in and when.



Tuesday Night Classes

Classes meet at Herbs Etc. and are free and open to the public., 6:30 p.m. to 7:30 p.m. No registration is necessary.

- Oct 2, 2007 What your face and tongue reveal about your health.
- Oct 16, 2007 Using "north" magnets to relieve pain and improve circulation.
- Oct 30, 2007 Natural babies from conception through childhood.
- Nov 13, 2007 Decorate your house to improve health, a Feng Shui lesson!
- Nov 20, 2007 Is your environment making you sick & how safe are vaccines?
- December There are no classes in this month, enjoy your holiday!
