



Herbs Etc. / N.I.T.E. Newsletter, November 2005

THE PANDEMIC FLU by Amy Jo Howard

Lately, the news has been saturated with warnings regarding an anticipated pandemic flu and the avian (bird) flu. Influenza is one of the leading infectious diseases and remains one of the ten leading causes of death in the United States. When a flu is pandemic, it is occurring simultaneously across the globe and causing death on a world-wide scale in a very short period of time. However, an epidemic is when the infectious disease is occurring in a given area and affecting a large number of the population.

Influenza pandemics usually begin in the late summer or very early fall months rather than the winter months like epidemics. Pandemic flus will infect people of all ages.

The three most recent pandemics have been the 1957 Asian flu, the 1968 Hong Kong flu, and the 1977 Russian flu. It cannot escape notice that these have occurred at approximately ten-year intervals. And, if history repeats itself, then, in 2005, we are way overdue for another pandemic.

Further, only A strain viruses lead to pandemics. The type A influenza virus is mostly isolated from fowl, swine, horses, etc. When an organism

simultaneously contracts influenza viruses from two different species, it is called an antigenic shift. All pandemics are the result of antigenic shifts, and this is why the avian, or bird, flu is being watched so carefully. To add to that, many vaccinations contain DNA and cells from other animals—what better way to invite viruses to cross species and mutate?

The Spanish Influenza pandemic of 1918-1919 took the lives of 20 to 50 million people, and it took ten times more American lives than the nation lost in all of World War I. Both aspirin and vaccines were tried, and all failed. Some see the Spanish Influenza as the greatest failure of allopathic medical science in the twentieth century. Those who had the most success were the homeopaths.

So, keep your natural remedies handy and your immune system strong! Continue reading for more information to stay healthy in the upcoming months.

Herbs Etc. is ready to help you and your family get and stay well.

HELPING YOU PREPARE by Besshean Baker



The entire staff at Herbs Etc and NITE has prepared this newsletter to give you the essential information needed to prevent and overcome the world wide threat of a pandemic influenza.

Herbs Etc. is well stocked with oils, herbs, and homeopathics to meet your needs. We have created influenza prevention kits

with instructions. Each kit is designed to meet different levels of preparedness, depending upon your level of concern.

The featured book of the month is *The Homeopathic Treatment of Influenza*. Strong immune systems make the biggest difference, and knowledge greatly reduces fear and ignorance. Fear is

one of the fastest emotions to weaken the immune system so be properly informed and do not make hasty decisions based on fear. For example, I will not be getting a influenza shot; rather I will continue to build my immune system and take time to rest, play, and enjoy this incredible world with so much beauty and so many amazing people!

BE PREPARED!



BEST HOMEOPATHICS FOR THE FLU by Amy Jo Howard

It's important to have several different homeopathic remedies on hand. While it may be just one flu virus, the people who have the flu are all different and may need different remedies depending on how their bodies handle the influenza virus. Take 1-2 pellets under the tongue every 15 minutes for severe symptoms. Decrease frequency of dosages as symptoms improve.

Oscillocoquinum is a great general flu remedy, especially for any strains of avian flu.

Gelsemium paints a picture of a "typical" influenza, characterized by body aches, feeling dull and

apathetic, muscle weakness and trembling, headache with intense pain at the back of the head, general heaviness.

Bryonia is a remedy for the person who is irritable and wants to be left alone. The cough is dry and all the mucus membranes are dry. Motion and any kind of movement aggravate. This person is restless and uncomfortable even though movement makes things worse. Here the headache is a congestive throbbing in the forehead.

Antimonium tart is for a rattling cough which expectorates nothing. It may sound like the person is filling with mucus and drowning in it. The face will look pale and sickly and may have a cold sweat.

Drosera is indicated for a dry, irritating cough that resembles whooping cough and the coughing will come in rapid succession so that the person is scarcely able to breathe. Vomiting and nosebleeds can accompany the cough. This person is very chilly and may have a pressing or stabbing headache.

Ferrum phos can be used when a person's symptoms are unclear and do not seem to match the other remedies. Generally, this remedy is indicated when the flu starts with only a slight fever. The person may alternate between redness and paleness of the face. There may be a hard, dry cough and a sore chest.

HERBS FOR IMMUNE RESPONSE by Elizabeth Lo

With the winter season quickly approaching, it's hard not to think about the ailments that come with it. To prevent colds, flu, and other conditions, it's important to build a strong immune system. These are the herbs we are recommending for the winter and influenza season.

Defense Maintenance contains antioxidants, vitamins, and minerals that work to support the immune system. **VSC** is an herbal blend specifically designed to help the body defend itself from

viruses. In addition, it also contains herbs that will create a favorable environment for microbial balance and overall health. Along with these two blends there is also **Elderberry Defense**. This is a blend that includes Echinacea, olive leaf extract, and royal jelly. Echinacea is widely known as an herb to help boost the immune system; olive leaf extract and royal jelly provide antimicrobial properties and nutrients to sustain a strong immune system.

Including cloves of garlic into your everyday diet will also be beneficial. Garlic works as an antioxidant in addition to supporting the immune functions. It has also been known to be helpful in circulation.

Building a stronger immune system makes it harder to become sick, but if one does, the body is better prepared to deal with any diseases. Keeping these herbs on hand will ensure a strong immune system and in turn keep you healthy throughout the colds and flu season.

OILS FOR INFLUENZA by Mollie Tamminga

Essential oils are powerful therapeutic agents that can rapidly penetrate cell membranes, travel throughout blood and tissues, and enhance cellular function. They offer immediate antiviral, anti-inflammatory, and antibacterial effects and profoundly influence immune systems. For the flu season we suggest the following oils:

Thieves—offers the same protection provided to 15th century thieves who rubbed themselves with this "secret" blend of herbs and spices, which protected them

as they robbed the bodies of the dead and dying. Today, this is one of the most powerful blends we can use to protect our health. **Raven**—a combination of immune-enhancing oils, known for its deep soothing and supporting properties for the respiratory system, especially with many types of viral infection.

Ravensara—a single oil with a spicy, warm scent somewhat like that of eucalyptus, only softer. Referred to as "the oil that heals" in Madagascar, Ravensara is high in antioxidants and helps main-

tain healthy lung function while supporting the nervous and immune systems.

Essential oils should be used daily—don't wait until you feel sick! Suggestions for use:

- Dilute with water in a spray bottle, mist yourself and your environments daily.
- Apply directly to your skin (maybe diluted with a base oil); the bottom of your feet is a great place!
- Diffuse into the air, oils kill airborne bacteria and virus.

"To prevent colds and flu, it's important to build a strong immune system."



FEATURED BOOK AND PRODUCT

- *The Homeopathic Treatment of Influenza* by Sandra J. Perko—begins by outlining the history of the pandemic flu and how a pandemic flu has a greater effect than an epidemic. One of the most devastating pandemics of all time, the Spanish Flu of 1918-1919, is explored, including theories as to how it might have come into existence, where it started, and how it spread. The book also covers symptoms related to this particular pandemic flu, which allopathic treatments were used (with no success), and the survival of those employing homeopathic remedies.

Why we are expecting a pandemic flu in the near future is explained.

There is also a nice reference section on different homeopathic remedies and the specific flu symptoms that each addresses. Overall, an excellent book for thoroughly understanding the flu virus and helping to determine which homeopathic remedies will best keep you healthy.

- **Liquid Cleanse**—an herbal cleanse that is easy to swallow and has a pleasant raspberry flavor. The key ingredients include aloe vera, red rasp-

berry, senna leaves, barberry root bark, ginger rhizomes, dandelion root, and capsicum. These herbs provide soothing and healing properties to the digestive system. They also work to help the liver and gallbladder remove wastes while aiding in the digestive process. Liquid Cleanse provides nutritional support to one's bowels and to the liver. It promotes regularity in maintaining healthy bowel movements. And it offers a convenient, drinkable formula for those who prefer a liquid to capsules or tablets. Available at Herbs Etc.



New: \$20 Massages!

All of the massage students at the Naturopathic Institute of Therapies and Education are now required to participate in lab weekends. These are times when they will be practicing (under instructor supervision) their massage techniques. The Institute is making participation in these lab hours available to the public at a reduced rate. Your cost will be just \$20 for a thorough one-hour massage!

Just call Herbs Etc. to schedule your time during the following weekends:

December 3 & 4, 2005
 February 4 & 5, 2006
 March 4 & 5, 2006
 April 1 & 2, 2006
 May 6 & 7, 2006
 July 8 & 9, 2006
 August 5 & 6, 2006
 August 26 & 27, 2006
 Sept. 30 & Oct. 1, 2006

Herbs Etc. will be able to reserve your spaces for specific times. Bring a group of friends (you can all get massages at the same time) after or before dinner and a movie! Make a day of it, and include the luxury of a massage in your plans!

You get a great massage for just \$20, and the students get invaluable experience! Call 989 773-3636

“You get a great massage for just \$20, and the students get invaluable experience!”

N.I.T.E. Student Section & Nature's Sunshine Members

- **Toronto Trip**—there's still room! We will be leaving from NITE at 5:30 a.m. on December 3, 2005, for Toronto and making a second stop at 6:30 a.m. in Lansing to pick up people in that area. We will spend a few hours at an incredible anatomical exhibit. The evening is on your own in Toronto and we'll be staying at a dorm/hotel with breakfast included right in Toronto. The bus will return Sunday afternoon, stopping in Lansing and then at NITE. The bus ride is approximately \$60 if

at least 40 people go; museum tickets are \$22; hotel/breakfast is \$25. Ten hours of internship will be given for all students who attend. Guests are welcome! Call right away to save your spot: 989 773-3636.

- **Shift Club** will have a special homesteaders meeting on November 12, 2005, at 6:30 p.m. with a guest presenter speaking on living off of one acre of land.

- **SUPPLIERS' MEETING** this year is December 12 from 9:00

a.m. to 4:00 p.m. This is an opportunity to find out where Herbs Etc. orders supplies from and several hours will be dedicated to learning Nature's Sunshine single and combination herbs. This is a free “non-student” event; all are welcome! Lunch is included. Call 989 773-3636 to register!

- Thanks to everyone who came to the **reunion** in October! It was wonderful to see everyone and the food was delicious.



Herbs Etc. / N.I.T.E.

Herbs Etc. / N.I.T.E.
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Feel Better Now!

WE'RE ON THE WEB:
WWW.NITE-MTP.COM

\$20

STUDENT MASSAGES

**ARE NOW AVAILABLE TO
THE PUBLIC AT
HERBS ETC. ON SELECT
SATURDAYS AND
SUNDAYS STARTING IN
DECEMBER, 2005.**

**SEE MORE INFORMATION
ON PAGE 3!**



KATHRYN AND RYAN'S NEW BABY!

Kathryn and Ryan Doran-Fisher are proud to
announce the birth of their daughter,

Arianwen Elyse Doran-Fisher

born November 1, 2005, 6:49 a.m.

21 $\frac{1}{4}$ inches, 7 pounds 4 ounces.

Cards can be sent to the Doran-Fisher family at

212 W. Fifth St.
Clare, MI 48617



Pre-Packaged Influenza Kits with Instructions

Designed by Herbs Etc. Staff & Instructors

Kit A: “Just the Basics” \$ 46.95 for the kit, NSP Members \$43.70

- Oscillococcinum (homeopathic flu remedy), \$14.25
- Gelsemium (homeopathic flu remedy), \$5.95
- Thieves Oil (preventative essential oil spray), \$9.25
- Elderberry Defense (herbal respiratory blend), \$22.95

Kit B: “Well Prepared” \$ 93.75 for the kit NSP Members \$ 85.95

- Oscillococcinum (homeopathic flu remedy), \$14.25
- Gelsemium (homeopathic flu remedy), \$5.95
- Bryonia (homeopathic ache and fever remedy), \$5.95
- Antimonium Tart (homeopathic cough remedy), \$5.95
- Thieves Oil (preventative essential oil spray), \$9.25
- Raven Oil (respiratory blend for chest and sinus), \$12.50
- Elderberry Defense (herbal respiratory blend), \$22.95
- Bronchial Formula (herbal respiratory blend), \$27.40

Kit C: “The Works” \$ 149.95 for the kit NSP Members \$ 139.95

- Oscillococcinum (homeopathic flu remedy), \$14.25
- Gelsemium (homeopathic flu remedy), \$5.95
- Bryonia (homeopathic ache and fever remedy), \$5.95
- Antimonium Tart (homeopathic cough remedy), \$5.95
- Drosera (homeopathic flu and cough remedy), \$5.95
- Ferrum Phos (homeopathic fever and weakness remedy), \$5.95
- Thieves Oil (preventative essential oil spray), \$9.25
- Raven Oil (respiratory blend for chest and sinus), \$12.50
- Ravensara (strong oil for flu and respiratory), \$17.50 (1/2 dram)
- Elderberry Defense (herbal respiratory blend), \$22.95
- Bronchial Formula (herbal respiratory blend), \$27.40
- VS-C (herbal virus and bacteria blend), \$18.35 (liquid)
- Vitamin C 1000 mg (immune booster), \$18.95

**Making your own kits from the suggestions above is also possible.
Each homeopathic, oil, and herbal bottle will help three people
for one to two weeks.**

Shipping is available. Call Herbs Etc. at (989) 773-3636 to reserve your kits!

HOT ROCK MASSAGE THERAPY

Hot rocks have been used for their healing properties in China, South America, Africa, Europe, Egypt, India, and by Native Americans for thousands of years. Recently, hot rock massage has become more popular because of the many benefits for almost every body system. The heat from the stones increases circulation and metabolism, and raises the body's core temperature while decreasing pain and muscle spasms. It also affects tissues deep in the body, giving the effects of a deep tissue massage along with a very relaxing massage. Although great at any time of the year, a hot rock massage is especially wonderful during the colder winter months because the heat soaks into your skin and muscles as it raises your core temperature, relieving that chill that won't go away.



Certificates for hot rock massage make great gifts. Give the gift of warmth and relaxation!

Now through December, get \$10 off on a 90-minute hot rock massage:
Normally \$89, through December only **\$79!**

Winter Gift Certificate Specials through 12/31/05

- 2 one-hour massages for **\$112**
- 5 one-hour massages for **\$269**
- 10 one-hour massages for **\$499**
- 6 colonics for **\$224**
- 5 reflexology sessions for **\$109**
- 5 one-hour saunas for **\$65**
- 5 half-hour saunas for **\$45**

Remember: Certificates are great gifts for employees!



SILVER PACKAGE: 1 hot rock massage,
1 reflexology session, and half-hour sauna
\$99

GOLD PACKAGE: 1 therapeutic massage,
1 one-hour nutritional consultation, 1 reflexology session,
1 half-hour color & sound therapy
\$149



DOUBLES PACKAGE: 2 one-hour relaxation massages,
2 reflexology sessions, 1 hour in the sauna together
\$159