

Herbs/NITE newsletter

SPRING 2006



Get the Juice on Mangosteen!

by Bessheen Baker

Everyone is talking about this incredible juice. I agree; it's great stuff!

Clients have reported improved eyesight, greater joint flexibility, energy and memory enhancement, stronger immune systems, and some folks have even taken it to dissolve growths and tumors.

My husband Jim takes it in place of a multiple vitamin and just blends it with his protein shake in the morning, adding a delicious berry flavor.

Nature's Sunshine has harvested the most healthful fruits and nutritional

supplements and combined them into THAI GO. Its key ingredient, mangosteen, contains the highest concentration of compounds called xanthenes, which support the immune and cardiovascular systems as well as the brain and skin.

Other ingredients such as grape skin, blueberry, raspberry, wolfberry, seabuckthorn, and green tea are replete with healthful bioflavonoids and powerful antioxidants to support the immune system and help to protect cells from oxidative damage.

I've also been using it for the boys by mixing it with a small amount of juice. They only take 1 T a day but Jim likes 1 oz each morning. Others with more serious health concerns take 1 oz morning and night.

If you would like to try this great juice called "Thai Go" we are offering it at the distributor price for May and June. Only \$27.95 per bottle and those of you with a membership can order it from Nature's Sunshine directly. It comes in two bottle packs.

NEW PRODUCTS AT HERBS ETC.

- *Herbal Shampoos & Conditioners*
- *Soap Bars*
- *Organic Honey*
- *Hair Brushes*
- *Ear Food CDs (music therapy for your thyroid)*
- *Loofah sponges and body brushes*

Don't Forget the Bugs! by Amy Jo Howard

Like it or not, most of us do have parasites. Even living in the United States, we are exposed to parasites through international travel, foreign foods, contaminated water, pets, the overuse of antibiotics, and many more situations.

The function of parasites is to eat waste in the body. They become a problem when we start becoming a "good host" by giving them too much waste to eat.

Then, our bodies become overwhelmed by the large amount of waste, the parasites eating the waste, and additional waste created by the parasites themselves. So, it is important not to be a

good host by eating healthy, drinking lots of water, making sure that your bowels are moving properly, and doing some cleanses on a regular basis to help boost your immune system.

Symptoms of parasites in the body include fatigue, pain, inflammation, allergies, sleep disturbances, anemia, nervousness, and bowel concerns like constipation, diarrhea, gas, and bloating.

There are many natural ways to aid in parasite cleansing. Herbally, both **Black Walnut** and **Herbal Pumpkin** have a long, successful history with ridding parasites from the body.

ParaCleanse is a 10-day parasite cleansing program that consists of **Herbal Pumpkin, Yeast/Fungal Detox, Artemisia Combination, and Paw Paw Cell-Reg.**

Some essential oils that are anti-parasitic are **Clove, Oregano, Thyme**, and an oil blend called **Di-Gize**. The oils can be used in combination with the herbs for a more effective cleanse.

Spring and fall are excellent times to do parasite cleanses. So say goodbye to those parasites and hello to spring!

Come see me for all your health care needs, including a cleanse!



Yeast/Candida Cleansing by Elizabeth Lo

Candida Albicans is a yeast that normally resides in the mucous membranes. On its own, it is harmless; however, if the immune system is compromised, a perfect environment is created for the yeast to multiply and overtake the friendly bacteria. In doing so, symptoms may develop.

A good yeast cleanse is a great way to control overgrowth. The **Para Cleanse** by Nature's Sunshine is designed to help specifically with candida and parasite cleansing. This two-week program will work to improve the intestinal

environment to support the re-growth of friendly bacteria in place of the yeast. Adding acidophilus to repopulate the friendly bacteria will also be beneficial.

The **Yeast/Fungal Detox** is another supplement that will help with candida cleansing. This particular herbal blend, which consists of anti-fungal herbs and oils, is specifically used to stop the

growth of candida.

In the case of yeast and candida, it's important to avoid yeast itself and sugary, starchy foods. Medications such as antibiotics and birth control pills may also contribute to the growth of candida.

Come in to discuss yeast (and other kinds of) cleansing with me at Herbs Etc.



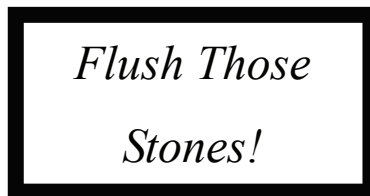
The Gall Bladder

It's that time of year again! Spring brings flowers and sunshine, and it also means CLEANSING time! A liver and gallbladder flush would be a great spring cleanse. This is a quick and efficient way to flush the liver and gallbladder as well as getting rid of gallstones. The supplies you need for this cleanse are:

- Hydrangea capsules (softens stones)
- Gallbladder Cleanse capsules (by Nature's Sunshine)
- Apple juice (organic is best)

- Olive oil (virgin)
- Lemon juice, freshly squeezed

For this cleanse, you must fast for two days—no food for two days! During this time, drink as much lemon water and apple juice as you can. You



should also take 14 Hydrangea capsules and 6 Gallbladder Cleanse capsules throughout each of the two days. At the end of day two, before going to bed, drink 1/2 cup of olive oil and 1/2 cup of lemon juice (mixed together). Then lie down on your right side with your knees to your chest. Don't be alarmed if you have a slight upset stomach.

This cleanse has worked great for me, and it will be highly beneficial to you, too!

Products are available at Herbs Etc!

How to Cleanse Heavy Metals by Bessheen Baker

When we say heavy metals we are referring to lead, mercury, nickel, aluminum, cadmium, and others. These metals are called heavy because they get wedged in areas where lighter elements such as calcium, phosphorus, potassium, and magnesium are supposed to be. Because they are "heavy," they displace the others minerals leaving the body nutritionally deficient and poisoned from the toxic effects they give off.

Mercury alone in recent years has left many crippled from neurological disorders, immune diseases, and cancers, as

well as adding to autism and numerous childhood problems.

If you suspect heavy metal poisoning, we would be glad to do a simple hands-on test to verify this for you. From there it is important to remove the source, which may require a well educated dentist if the metal is in your teeth.

Cilantro, a common green leafy vegetable available at grocery stores, will rinse heavy metals from the body when eaten fresh. Try 1 tablespoon, chopped, per day for 1 week each month. We also have two great blends

at Herbs Etc. that cleanse more deeply. **Heavy Metal Detox** is designed to pull metals from the liver, colon, heart and bones. **Enirvo-Detox** is for cellular cleansing of heavy metals and manmade chemicals. This formula will clean the liver, blood, colon, spleen, and glandular organs such as the pancreas, thyroid, and adrenals. If you feel you are heavily affected by metals, a consultation would be the best way to determine which metals you have and where they are located. Please ask Amy Jo or Elizabeth to Muscle Test you this spring while cleansing is optimal.

Welcome: New and Familiar Faces at Herbs Etc.

- **Elizabeth Lo** manages Herbs Etc. and is also a Natural Health Therapist presently seeing clients. Elizabeth has completed two years of training at the Naturopathic Institute of Therapies & Education and continues to love learning and practicing naturopathy. Her life-long appreciation for natural health and healing has helped her become an advocate for assisting people find the appropriate path to healthier living. She is taking clients for colon hydrotherapy as well as Ask-the-Naturopath sessions.
- **Rachelle McKown** is from Rochester, Michigan. Currently a first-year student at the Naturopathic Institute of Therapies & Education, she is also attending classes at Central Michigan University. Rachelle performs with Orchestis (CMU's dance company) and also teaches dance classes at Vision Studio of Performing Arts. Rachelle feels that by working at Herbs Etc., and continuing her natural health education at N.I.T.E., she can help people live healthier, fuller lives.
- **Gayla Harms**, a long-time friend, client, and student of Herbs Etc. and N.I.T.E., helps at Herbs Etc. on Tuesdays and some Saturdays. She is very friendly and willing to look up any information you need. We greatly appreciate her help as this gives Elizabeth and Rachelle the support they need and, yes, even a day off from time to time. Thanks, Gayla!
- **Deb Goodrich**: you've seen this warm and positive lady often over the past three years. Deb helps on weekends and during busy times at Herbs Etc. She's been taking classes at N.I.T.E. for many years and is very knowledgeable. Deb also serves on the board of the Michigan Natural Health Coalition and is a strong supporter of health freedom rights. Deb loves to visit the infrared sauna and has great cleansing stories to share.

Enroll Now for Classes Starting in May!

It's Time to Follow Your Dream! Classes Start in May

- **First-Year Natural Health Educator** - one weekend a month
 - **Massage Therapist** - two weekends a month
- Imagine being able to start a new career by this time next year!*



- **Everyone** is welcome to individual classes like:
 - Aromatherapy
 - Herbology
 - Reflexology

You can truly feel better and help others to do the same.

If you haven't already taken a tour of the school, come in and see us! If you'd like to receive more information about our classes, call and request a catalog! If you'd like to take just one or two classes in areas of interest to you, that's possible, too!

It's up to you to get a start on your new, healthier life path!
Check out the catalog on the web at www.nite-mtp.com

\$200!

Current and Former Students:

Don't forget! If you refer a student who enrolls (and he or she mentions you), you get \$200!



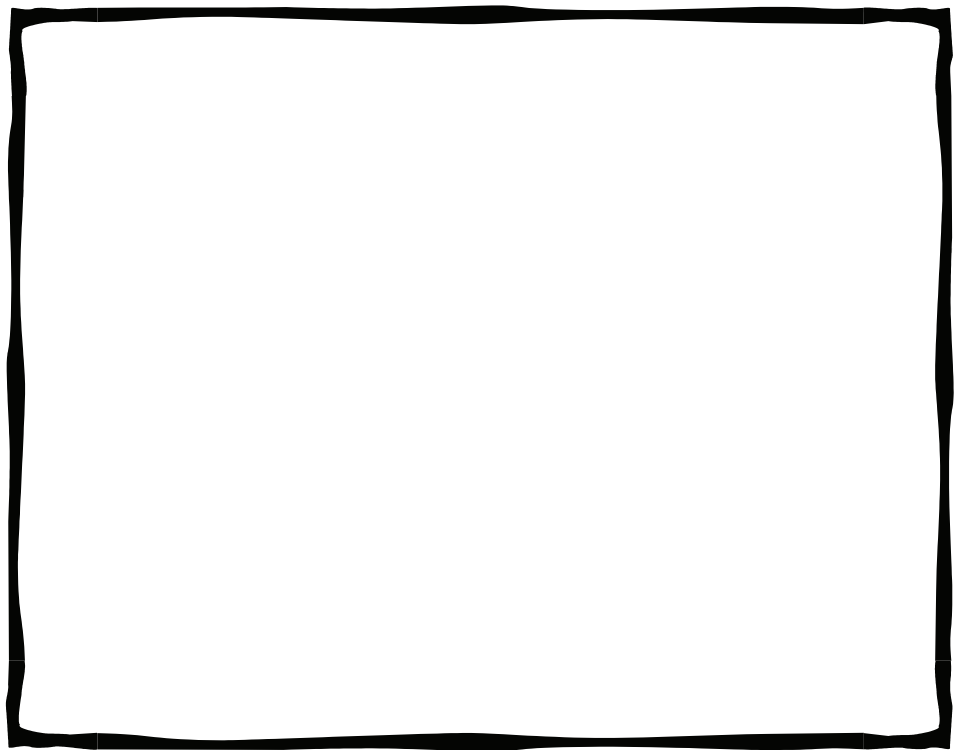
Herbs Etc. / N.I.T.E.

Herbs Etc. / N.I.T.E.
1410 S. Mission St.
Mt. Pleasant, MI 48858

Phone: 989 773-3636
Fax: 989 775-7319

*Start
feeling
better
now!*

**We're on the web at
www.nite-mtp.com**



Tuesday Night Class Schedule

These classes are free and open to the public.

Classes start at 6:30 p.m. at Herbs Etc.

No registration is necessary!

- | | |
|----------------------|---|
| May 9, 2006 | How to Cleanse Your Blood, Bowel, Liver, and More |
| May 23, 2006 | Homeopathic Remedies for PMS, Menopause, and More |
| June 6, 2006 | Reverse Autism: Are You Ready? |
| June 20, 2006 | Massage to Calm Children and Babies |

THE UNTOLD TRUTH SEMINAR

**BY NATURE'S SUNSHINE
IS COMING TO MT. PLEASANT!**

Only \$20

**June 10, 2006, 9:00 a.m. to 5:00 p.m.
at the Pohl Cat near the Holiday Inn, Mt. Pleasant**

Diabetes • Obesity • Heart Disease • Colon Cancer

Are you or your loved ones at risk?

Join us and get educated!

After the seminar, continue your education with the excellent learning tools you received. The tools were created by some of the leading medical and nutritional professionals in America today. They contain cutting-edge, research-based information on each health topic and highlight natural and safe solutions for these concerns. You will receive a resource CD to help you. You will also take home a booklet, CD, and brochure for each of the following six topics:

- Running on Empty: Nutritional Deficiency, Disease, and the Standard American Diet
 - The Diabetes Epidemic: Our Deadly Fascination with Junk Food!
 - Estrogen Overload: The Dangers Every Woman Should Know
- You Don't Have to Die of a Heart Attack: Winning the Battle with America's #1 Killer
 - Whole Body Cleansing: You Won't Believe What's Inside You!
 - Raising Your Children Naturally: The A-B-C's of Children's Health

Pre-registration cost is \$20, which includes all course material (valued at \$75).

Registration the day of the seminar: \$25, No-Show fee: \$20.

Register today at Herbs Etc. 989 773-3636.

To guarantee your reservation at the seminar and your materials, please call at least two weeks in advance with your form of payment.

NITE Student Section

5 Great Upcoming Seminars!

- **Hot Stone Full Body Massage Seminar—June 3 & 4, 2006**
9 a.m.—5 p.m. both days, at the Naturopathic Institute of Therapies and Education, 1410 S. Mission, Mt. Pleasant.
Cost per person: \$375; Earn 16 hours of Continuing Education Units (CEUs)
Send registration to: Nature's Stones, Inc.
47 Great Oak Drive
Churchville, PA 18966-1209

Questions? Call Nature's Stones at 866 786-6370 (toll free).

Each student should bring 1 set of sheets, 1 bed pillow, 2 hand towels, 1 large bath towel, 1 face cradle cover. All other equipment will be provided. For lunch and lodging options, contact NITE at 989 773-1714. Equipment and products will be available at the seminar.

- **Crystal Hunting Trip—May 24 through 29, 2006**
Join the HUNT FOR CRYSTALS in Arkansas. The caravan will leave on Wednesday the 24th of May and return on Monday May 29th! Call Bessheen for details.
- **Survival I and II Classes—June 2 through 4 and September 15 through 17, 2006**
 - ➔ Survival I class weekend is June 2-4, 2006. This class is held off campus, seven miles South West of Mt. Pleasant. You will learn shelter, fire-starting (without matches!), survival foods, and much more!
Cost is only \$199.
 - ➔ Survival II class weekend is September 15-17, 2006, at the same location as Survival I and will go into greater depth with shelters, survival foods, navigation, herbal identification, snares and much more! Cost is only \$199.
- **Infant Massage Seminar—September 9, 2006**
 - ➔ **For Massage Students and Alumni Who Want to Expand Their Clientele!**
This seminar will be taught by Kendra Reisner, a graduate of NITE who advanced her training to be a certified infant massage instructor. This one-day course will give an in-depth opportunity to work with infants and their parents. Even those with special needs and premature birth concerns can be helped by infant massage. Cost is only \$99 for this one-day training opportunity. Certificates of Attendance will be awarded at the end of the day. Call NITE to register.