



# Naturopathic Institute

## Mary, Here's Your Story by Bessheen Baker

Meeting Mary was a delight. She came with her husband on October 17th, 2003. She suffered from Ulcerative Colitis, Fibromyalgia and Psoriasis. She had been taking prescriptions for the past 5 years: Asacol for the colitis, Sinequan and Vioxx for Fibromyalgia, Dyazide for fluid retention, and 2 creams for psoriasis. Mary was supplementing on her own to work on these problems. Additionally she suffered from low energy, painful joints, and insomnia. Despite all of these she had a cheerful personality and warm smile.

Her live blood analysis showed abnormally large red blood cells, chemicals and metals in the blood, poor fat digestion, yeast imbalance and other bacterial parasites. After further natural health evaluation using Iridology, Sclerology, Muscle Response Testing and Tongue Analysis, we determined the root cause of Mary's concerns came from the mercury fillings in her mouth. Fillings were heavy in the teeth neurologically associated with the large intestines. Additional fillings and root canals were later verified to be tied to the Fibromyalgia problem. I felt the liver was overwhelmed with toxicity and the immune and nervous system needed support.

Mary's Regiment: Eat like her blood type (A); more water w/ lemon or chlorophyll;

Intestinal Soothe Formula 2 caps with each meal for the colon; Stress J formula 2 caps with meals for the colon and nerves; Whole Leaf Aloe Vera 1 T 3x a day for the liver and to slow down the bowels (regular aloe vera will speed them up); Fibralgia Blend at 1 cap 3x a day for the muscles. Mary also made a daily Green Drink in the blender, and added 1 t of lecithin and 1 t of ground flax seed to her oatmeal. No microwave was to be used. Tea Tree oil was applied to an ulcer and discoloration on her leg. Mary saw a mercury-free trained dentist that we recommended and started the mercury removal.

By January the colitis was much improved, sugar cravings were lessened, and the psoriasis was a lot better. Mary also had weaned herself off all the medications. In July 2004 all the fillings were out, and a root canal that directly tied to her neck was removed. She no longer had neck pain or any Fibromyalgia symptoms. The colitis flared up from time to time over the next several months as Mary detoxified her body from the heavy metals stored in tissues throughout her body. She experienced heart racing and inflammation of her big toe, for which she took dandelion and Everflex formula. In December, 2004 Mary noted continued improvement

throughout her body.

March 2005, Mary noticed her bowels would cause more trouble when she was under stress so we added Bach flower remedies, HSN-W for minerals, and stress reducing exercises like stretching and yoga. In the summer of 2005, Mary insisted on a final root canal being removed to further heal the intestines and new infections in the sinuses and stomach. There was immediate improvement. Later she experienced mucus discharge from the bowel and spasms. This was the body's way of replacing old colon tissue with new, also known as a "healing challenge." Mary met this challenge with a 6-week restricted diet of no salt, sugar, red meat, fried foods, flour of any kind, eggs or dairy. She also took IF Relief, an anti-inflammatory herbal blend.

January 2007, Mary maintains a modified version of the above food program until she is confident the colon is completely healed.

Mary, you did it! You feel great, you look younger, no prescriptions needed, you reclaimed your health. You still have a warm beautiful smile, and your story is sure to give hope and inspire others.

It remains an honor to learn and grow with you.

With Love, Bessheen

### New Format!

The NITE/Herbs three-flame logo was developed to symbolize the Institute, Herbs Etc., and the Naturopathic Community Center (NCC).

The base from which the flames arise is the geometric design that represents balance in masculine and feminine qualities repeatedly found in nature.

The NITE newsletter (the outer flame) encompasses the Herbs Etc. newsletter (the middle flame), which in turn encompasses the NCC newsletter (the inner flame).

The flames are the light we wish to share with you as we all heal in mind, in body, and in spirit.

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## NEW: One-Day Courses for Natural Health!

Do you want to know more about natural health?  
Are you interested in using natural health therapies for yourself,  
your family and friends?

The Naturopathic Institute of Therapies and Education is pleased to announce Laymen's Courses for Natural Health! More and more people have requested classes that are not a part of our diploma programs but can satisfy their curiosity about a particular topic of interest.

Each course is focused on a popular natural health technique or topic to help you learn the basics so you can apply it to your life. Courses will be held on Saturdays from 9:00 a.m. to 6:00 p.m. with an hour and a half for lunch. The cost is \$89 per course, and you will receive a certificate of attendance.

Learn from experienced naturopaths and qualified instructors who want to share their passion for natural health so that you and those around you can live better and longer!

The schedule is below. Please call Herbs Etc. at 989 773-3636 for more information and to register. Classes are limited to 18 participants!

### Schedule of One-Day Classes at NITE

<u>Date</u>	<u>Class</u>	<u>Instructor</u>
May 5, 2007	Herbal First Aid	Elizabeth Lo, NHT
June 2, 2007	Evaluation of Your Health with Muscle Response Testing	Kathryn Doran-Fisher, CN
July 21, 2007	Pressure Points of the Feet	Elizabeth Lo, NHT
August 11, 2007	Aromatherapy	Amy Jo Howard, CN, CH
September 22, 2007	Homeopathy Around the Home	Amy Jo Howard, CN, CH

# Update Your Massage Practice; Add New Therapies!

After their first well-received seminars at NITE last year, *Nature's Stones* is returning to offer

## Hot Stone Facial

AND

## Cool Lift Face Rejuvenation

on April 21-22, 2007

Take either or both of these one-day seminars! Earn CEU's!

- Hot Stone Facial Seminar is Saturday, April 21, 2007, 9:00 a.m. to 5:00 p.m. Cost is \$225 and earns you 8 hours of CEU's.

- Cool Lift Face Rejuvenation Seminar is Sunday, April 22, 2007, 9:00 a.m. to 5:00 p.m. Cost is \$225 and earns you 8 hours of CEU's.

Seminar materials are included in the cost of tuition. Additional equipment and products will be available at both seminars at a reduced cost to you.

More and more clients are seeking healthier solutions to facial care. Not wanting chemical products and surgery to maintain a healthy, youthful appearance, clients can affordably go to some-

one they trust—you! Hands-on learning is better than instruction videos, course costs can be used as tax deductions, and certificates are required to use this as a covered therapy under your massage practice insurance policy.

Call Nature's Stones at (866) 786-6370 or visit [www.naturestonesinc.com](http://www.naturestonesinc.com) for more information and to register.

**A discount will be given if you register for both seminars.**

## Service: Health Solutions in 30 minutes or less!

Ask-the-Naturopath is the natural approach to urgent care. A 15- or 30-minute consultation can cover several aspects of healing and forms of assessment.

Ask-the-Naturopath is for regular clients or first-time customers who are seeking relief from their immediate symptoms and want to know what they can do naturally to help. It is specifically designed for those who

have acute symptoms, one or two health concerns, or for those who feel a more extensive consultation is not needed.

Health concerns may include colds, coughs, flu, urinary tract infections, headaches, weight release, cholesterol, blood pressure, acne, female concerns, and much more!

If you need some quick relief from the fast pace of the outside world,

you can also enjoy a fifteen-minute chair massage, hand massage, foot massage, or mind-balancing technique to improve your concentration and reduce stress.

Natural health assessment tools available include muscle testing, iridology, voice analysis, menu evaluation, and emotional assessment. A 15-minute consultation is only \$10; walk-ins are welcome!

## Student Information: Graduations and Crystal Trip

### Graduations are coming up!

The first-year Natural Health Educators and the Therapeutic Bodywork Practitioners will be graduating on May 13, 2007! Graduation will be held at Riverwood Resort and will be a gala affair with wonderful food. All alumni and current students are welcome. Please call ahead for reservations. Cost is \$20 per person.

On September 1, 2007, the

second-, third-, and fourth-year programs will celebrate graduation at the Naturopathic Community Center site and new pavilion! This graduation is a once-a-year event that is always full of great food and entertainment! Once again, all alumni and current students are invited.

Following the graduation, on Sunday, September 2, a caravan will be leaving for Arkansas to dig garden

crystals. By going as a large group, you can dig all day for \$10 and take home as many crystals as you choose. Some are small, and some are 15-20 pounds! They can be used in your garden, as decorations, or to divert electromagnetic pollution in your home or business. We will return on Thursday, September 6, in crystal-laden, clay-coated, yet floating vehicles. Call if you wish to be included in the caravan.

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Herbs Etc. / N.I.T.E.  
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Mt. Pleasant, MI 48858  
Phone: 989 773-3636  
Fax: 989 775-7319

## Feel Better Now!



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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 the type of massage or therapy (such as craniosacral, reflexology, light healing touch) may vary. Check with Herbs Etc. when you make your reservation which type of therapy is being offered. The cost is \$20, non-refundable and paid in advance (or held with credit card) at Herbs Etc. The entire \$20 will later be paid directly to the student.

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

Saturday & Sunday, March 24 & 25, 2007	12:00, 1:30, 3:00, or 4:30
Saturday & Sunday, April 14 & 15, 2007	12:00, 1:30, 3:00, or 4:30
Saturday & Sunday, April 28 & 29, 2007	12:00, 1:30, 3:00, or 4:30
Saturday & Sunday, June 2 & 3, 2007	12:00, 1:30, 3:00, or 4:30

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# Herbs Etc.

## How the Liver Affects Headaches, Allergies, and Energy, by Amy Jo Howard

The liver is truly a remarkable organ. It is the largest organ within the human body and has over 5000 functions. Some of its key functions include secreting bile for fat digestion; synthesizing plasma proteins which play an important role in blood volume and blood coagulation; storing many substances such as glycogen, vitamins A, D, E, and K, and vitamin B12; detoxifying toxic and harmful substances; excreting substances such as bilirubin and cholesterol; helping to regulate blood glucose levels; metabolizing fats and proteins; and destroying harmful bacteria.

As you can see, the liver is a very busy organ, and when it has a hard time doing its job (usually because we've created added stress for it by not eating healthily, drinking enough water, etc.), it will give us a sign that it needs attention. One of those signs is a headache. Chronic head-

aches are a signal of liver congestion. Also, headaches where the pain is concentrated in the occiput, or back of the head, especially relate to the liver.

Allergies can be yet another sign that the liver needs some cleansing. Remember, one of the functions of the liver is to detoxify the body from harmful substances. However, if the liver already has more substances to detoxify than it can handle, the "excess" substances are noted by the body's immune system as foreign invaders and develop into what we call allergies. By cleansing the liver and ensuring that its detoxification ability is working properly, the symptoms of allergies will diminish and with enough hard work, disappear.

You guessed it—low energy is a major sign of liver imbalance. If you had over 5000 tasks to do, imagine how hard you would have to work. Now imagine

that while working, someone comes in and unloads a dumpster full of trash in your office. And, you're so incredibly thirsty, but there is no water. And... Do you get the picture? This is what happens to the liver. It is trying to do all its work, but if we are not assisting by taking our trash out, giving it the nutrition it needs to function, drinking the water it requires., etc., then the liver cannot do those jobs and becomes sluggish. Consequently, we feel the effects of the liver not performing optimally, and we start to realize the effects of the underlying imbalances, and it makes us feel physically tired.

So, the liver is a very important organ, and when it is in need of being cleansed, it can affect us in a lot of different ways. Read the other articles in this newsletter to find some cleansing ideas for you, and when you do your **SPRING CLEANING**, don't forget your liver!



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## Herbal Highlight: Gallbladder Formula

Indigestion? Heartburn? Bloating in your mid-section? Pain between your shoulder blades? Trouble with losing weight? Watery stools? Inability to sit still? High cholesterol? It's time to clean your gallbladder!

The Gallbladder Formula is a blend of herbs to support the digestive system, specifically the gallbladder. It contains **Oregon grape** (good for circulation, cleaning blood and lymph system); **ginger** (good overall digestive aid and aids in cleansing the gallbladder and liver); **cramp bark** (helpful for cramping pains due to liver and gallbladder congestion); **fennel** and **peppermint** (digestive aids that are soothing to upset abdominal organs); **wild yam** (helps to relieve inflammation); and **catnip** (helps digestion and is soothing).

This herbal blend is most effective when taken prior to gallbladder or liver cleanses. In this way, it helps to start softening, loosening, and breaking up gall stones, blockages in the bile ducts, and other liver toxins so that during cleanses, you will see more results.

The usual protocol for this blend is one with each meal if your bowels already move two or more times per day. If your bowels move less than two times per day, then consider taking two with each meal. You can begin this formula two weeks prior to starting a cleanse or even the first day you begin a liver flush. For those not wishing to do a flush, simply taking a gallbladder formula as described above over a two-month period will serve as a mini-cleanse for the liver and gallbladder area. By the way, even if you do not have a gallbladder, this is a great formula as it will lessen the workload for the liver.

## Oil Highlight: JuvaFlex

JuvaFlex is an essential oil blend designed to cleanse as well as build the liver and gallbladder. It also helps to detoxify the lymphatic system and improve the breakdown of fats. Some have noted that it helps relieve addictions to food, alcohol, and even smoking. This may be due to the fact that on an emotional level, it helps release distress and anger as these are commonly associated with liver and gallbladder trouble.

The reason JuvaFlex works so well is that it is a blend of six potent essential oils: **fennel** (improves digestive function as well as breaking up fluids and toxins in the liver and abdominal area and helps balance hormones); **geranium** (for hormone balance, releasing stored emotions and opening bile ducts in the gallbladder and liver); **rosemary** (reduces mental fatigue, balances heart function, and decongests the liver); **Roman chamomile**

(neutralizes allergies, discharges poisons from the liver, is calming and removes fear); **blue tansy** (cleanses the liver and lymphatic system); and **helichrysum** (improves circulation functions, regenerates tissue, stops internal bleeding, and helps to remove anger allowing one to move into true forgiveness). Apply two drops of JuvaFlex oil directly over the liver/gallbladder area daily or apply one drop to liver points on feet.

## Homeopathic Highlight: Cina, by Amy Jo Howard

The homeopathic remedy Cina is most often used to help rid the body of worms, especially pinworms. It is also a remedy that is more predominantly used during childhood. The person needing this remedy is extremely restless and irritable and can become frantic. This person cannot stand to be touched, looked at, or held. He/She may even strike, pinch,

or scratch other people in anger and frustration. Other signs that this remedy may be needed are convulsions, a pale face, a tendency to yawn, grinding of the teeth, and picking of the nose. There may be cramping and diarrhea, and this person will want to lie with the knees pulled in to the chest. He/She will have many food cravings, but eating will not satisfy

them. Coughing can lead to gagging, especially in the morning. In children, there can also be night terrors as well as screaming and talking during sleep. If some of these symptoms seem to fit you or someone you know, consult a naturopath or homeopath before deciding upon which homeopathic potency to take and how often to take it.

## **Book Highlight: "Liver Cleansing Handbook" by Amy Jo Howard**

The "Liver Cleansing Handbook" is an informative guide on how to keep your liver healthy. Based on the fact that a healthy liver is essential in preventing disease and achieving optimal health, this booklet helps you determine when your liver is overloaded and gives ideas and information on what you can do to heal it.

You will learn how to eliminate toxins, rejuvenate your liver, overcome tiredness, and energize your life! First the book outlines liver distress signals, such as high

blood pressure, high cholesterol, weight gain, hot flashes, and irritability.

Then it details the liver's role in weight loss and provides a liver cleansing menu, which includes foods to eat, foods to avoid, and healthy recipes such as "Banana-Apple Muesli," "Lemon and Dill Broccoli Florets," and "Spreadable Cashew Cheese."

Next learn safe ways to eliminate toxins and which herbs are best for your liver.

One suggestion is a tasty liver-cleansing vegetable juice that combines anti-oxidant-rich root vegetables and greens:

- 3 medium size carrots
- 1 medium size beet root
- 3–4 dandelion leaves
- small piece of ginger
- 1 or 2 large celery stalks

Juice all ingredients according to the directions for your juicer.

Drink immediately. Serves one.

## **The Lemonade Fasting Cleanse by Becky Fodor**

The purpose of this cleanse is to dissolve and eliminate toxins and congestions, cleanse the kidneys and digestive system, purify glands and cells, remove unusable waste and hardened materials in the joints and muscles, relieve pressure and irritation of the nerves, arteries, and blood vessels, build a healthier blood stream, and keep youth and elasticity regardless of your age!

When to use it:

- For acute and chronic conditions

- When the digestive system needs a rest or cleaning
- When weight has become a problem
- When better assimilation and building of body tissue is needed

Follow the cleanse for a minimum of 10 days up to 40 days (although any amount of time is beneficial). This fast can be done 3 or 4 times a year to keep the body in a normal healthy condition.

**How to make it:**

- 2 T lemon or lime juice (freshly squeezed)
- 2 T genuine maple syrup
- 1/10 † cayenne pepper (or 2 capsules of capsicum per day)
- 16 oz. water, spring or purified

Blend together and drink 4-6 glasses daily during the waking period. As you get hungry, have a glass of this lemonade. Also, drink plain water.

Ask us at Herbs Etc. for more information! 989 773-3636

## **Colon Hydrotherapy by Amy Jo Howard**

Colon Hydrotherapy is an excellent way to cleanse the body. By cleansing the colon, you help the entire body cleanse. When the colon is clean, it opens up the pathway for the other organs to release their wastes, including the liver. Some signs that a colon hydrotherapy session would be beneficial for you are: constipation, bad breath, abnormal body odor, dark circles under the eyes, low energy, cold hands and feet, sagging posture, indigestion, chronic headaches, asthma, depression, and backaches.

This therapy involves inserting a

small tube (it is no larger in diameter than a regular sized pencil) about an inch into the rectum. Then, UV-filtered, temperature-controlled water passes through the tube into the colon. The water allows hardened fecal material to loosen from the lining of the colon wall. It also encourages natural peristaltic action to promote the elimination of waste materials and more regular bowel movements. All of this further enables the body to expel unfriendly bacteria and parasites, making the colon an overall healthier environment. The entire process can be quite

relaxing, and afterward, it feels just like you've taken a nice refreshing shower—on the inside!

Additional benefits include loosening of mucus in the sinuses and lungs, better posture, headache relief, more energy, less gas and bloating, and abdominal softening and reduction. An average Colon Hydrotherapy session lasts 45 minutes to an hour. Usually a series of six sessions, once a week for six weeks, is recommended.

Call today for an appointment!  
989 773-3636

## Home Remedy: Gallbladder and Liver Flush

1. Freshly squeeze some citrus fruits such as grapefruit, oranges, lemons, and limes to make 11 ounces of juice. This will have a slightly sour taste, which is good, as bitter tasting fruits and vegetables stimulate the flow of bile from the liver and gallbladder. Dilute this juice with 7 ounces of filtered water.
2. Finely grate one to two cloves of fresh garlic and half a teaspoon of fresh ginger-root, and then press in a garlic press to make juice. Add this juice to the water and citrus juice mixture. Garlic and ginger are liver cleansing, and garlic contains sulfur compounds that the liver requires for its detoxification enzymes.
3. Pour 11 ounces of cold pressed good quality olive oil into a warm glass.
4. Every fifteen minutes, swallow three tablespoons of the citrus juice mixture and three tablespoons of the olive oil. Try to relax in between these 15-minute intervals. Some people find it beneficial to lie down on their right side with a hot water bottle over the liver area, which helps to dilate the bile ducts to allow the passage of small stones and sludge from the gallbladder. Others prefer to sit in a warm bath, which also helps to dilate the bile ducts.
5. If you desire, collect all your bowel actions (they may be loose and messy) into a bucket and when the flush is over, place them in a large strainer or colander and run tap water over them. You will probably find many greenish stones/gritty sludge around the size of a lentil or slightly larger. There may also be some large soft stones full of fatty cholesterol. Some people may not want to collect their bowel actions and are content to hear the stones clanging as they land in the toilet bowl!

## Testimonial: All Those Stones by Bessheen Baker

I can't say I was aware of having any gallbladder problems—no indigestion, no heartburn, no trouble with certain foods. Actually, I felt pretty healthy for a 24-year-old.

Then while working with a wonderful 40-year-old client who was suffering from gallbladder trouble, we decided a flush was a great way for her to clear up the intense and painful symptoms. She did not want the gallbladder removal surgery her medical doctor was offering. When I explained the gallbladder/liver flush to her, she was a little intimidated by the fasting and asked if I had tried the flush.

Gosh no! I had never thought to do it. I was health-conscious and

still young... Sure, I ate some junk food occasionally, a fair amount of French fries and pizza in college, but that isn't *that* bad. However, I did the fast first, just to experience it, to try things before suggesting them to clients.

Wow! I had no idea. For two days I fasted on apple juice and water, took the gallbladder formula at 2 caps 3x a day and hydrangea capsules to soften the hardened bile at 4 caps 3x a day. Then, I drank 4 oz of fresh lemon juice and 4 oz of olive oil, went right to bed, and lay down on my right side with my knees to the chest. The drink was a bit of a challenge, but it was over with, and in the morning I could eat again!

Well, at 2:00 am I woke up

nauseated and headed for the bathroom where I quickly released some very powerful diarrhea, during which time I broke into a cold sweat.

Much to my amazement I counted over 200 little stones—some bright green, others pale, and some brown all floating in the toilet. My gall bladder and liver needed a cleaning after 24 years.

I was so amazed that I woke up my husband for verification. For the next week I carried 20 of the stones around in a jar to show clients.

The 40-year-old client followed along and never needed her gallbladder removed. She still does the cleanse every spring and fall.



# Naturopathic Community Center

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

## Healthy Eating Food Classes by Kathryn Doran-Fisher

March 29, 2007	Meal Planning and Grocery Shopping
April 5, 2007	Substituting Good Ingredients for Bad
May 18-20, 2007	A five-part program all in one weekend (Friday evening, Saturday and Sunday)

Individual Thursday night classes cost \$40 per person in advance.

Couples—\$60.

The weekend course is \$175 per person in advance.

Couples' discount for the weekend \$299.

## Intensive Detox or Build Clinic

SCHEDULED AT HERBS ETC. FOR  
**APRIL 15—21, 2007**

**\$1200 PER PERSON**

*(WORTH WELL OVER \$2300 IN  
PRODUCTS AND SERVICES)*

**SPEND SIX DAYS UNDER PERSONALIZED  
NATUROPATH CARE!**

LODGING, MEALS, TRANSPORTATION, HERBAL PROGRAM,  
AND ALL-NATURAL PERSONAL CARE PRODUCTS  
ARE INCLUDED IN THE PRICE.

DETOXIFYING THERAPIES INCLUDE:

INFRARED SAUNA, MASSAGE THERAPY, IONIZING  
FOOT BATH, VOICE BIO SOUND THERAPY,  
AND SPECTROCHROME COLOR THERAPY.

DETOXIFY YOUR BODY FROM  
CHEMICALS, PESTICIDES, HEAVY METALS, AND TOXINS!

GET HELP FOR CHRONIC AND DEGENERATIVE DISEASES!

**CALL 989 773-3636**

## NCC's New Building

The NCC has been in existence for some time now, and many of you take part in it by coming to the free Tuesday night classes at Herbs, Etc., or participating in the Healthy Eating series, or even "stretching and flowing" at yoga.

Now, the NCC is looking to expand at its future building site by adding a pavilion, water pump, and outhouses as well as grape arbors and berry bushes, which will add to the variety and beauty of the orchard that was planted a few years ago. The new additions will allow for more outdoor natural health classes and even reunions and other gatherings. The pavilion will be completed before the end of summer.

Because NCC is a non-profit organization, we are grateful for donations from the community to make this expansion possible. Sponsor a berry bush for \$20, a bench for \$50, a picnic table for \$100. Any amount you can contribute will be greatly appreciated. Donations can be dropped off at Herbs Etc. or mailed to 1410 S. Mission, Mt. Pleasant 48858. Thank you in advance for your sharing our "common unity."

## Survival Classes by Josh Powell

**Survival I: June 1, 2, 3, 2007; \$199, retakes \$100**

This class introduces you to the many aspects of a survival situation including: shelter, water, fire, and food. Students will get a lot of hands-on work in different wilderness skills such as shelter building, finding or making safe drinking water, and making a bow-drill for fire. Students will learn to move quietly and naturally through the woods as well as expand their senses. Some edible plants will be shown, and students will be introduced to the art of trapping for food.

**Survival II: June 29, 30, July 1, 2007; \$199, retakes \$100**

Advanced shelter, advanced fire making, coal burning, primitive camouflage, stalking, tracking, atlatl and dart, more traps.

**Survival III: August 10, 11, 12, 2007; \$199, retakes \$100**

Long-term shelter, herbal first-aid, bird language, track aging, pressure releases, more traps, stone tools, Egyptian bow-drill.

**Kids' Day Survival Class: July 19, 2007; \$39** (Parents welcome for \$20)

Learn what to do if you're lost, how to build a shelter, fire-safety, how to handle a knife, how to identify safe plants, and more.

**Open Class: September 21, 22, 23, 2007; \$199**

Tan a deer hide and keep it! It's a lot of work, and you'll learn each step from start to finish. (Breaks & Sutures class included free.)

**Breaks & Sutures: September 22, 2007, 3-6 p.m.; \$30**

Learn how to set broken bones and suture wounds in emergencies!

## NCC

### Yoga Classes

**Mondays  
April 23-May 21, 2007**

*Stretch and Flow with Amy Jo* is a low-impact exercise plan to tone and encourage flexibility, strength, and overall well-being.

**Where: Herbs Etc.  
1410 S. Mission  
Mt. Pleasant**

**When: Mondays, 6:15 p.m.**

**Cost: \$5 per session**

**Wear comfortable clothes  
and bring a  
yoga mat  
(if desired).**

**No registration  
necessary!**



## 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.

March 20, 2007	Learn How to Do Reflexology on Your Feet
April 3, 2007	Why Your Doctor Doesn't Practice Naturopathy and Why You Should!
April 17, 2007	How Do Herbs Work? 10 Herbs to Know
May 1, 2007	Learn the Skill of Muscle Testing to Determine Your Nutritional Needs
May 15, 2007	Poisons in Our Food (Preservatives, Coloring, Chemicals)
May 29, 2007	Iridology—Learn How to Assess Your Health Through The Eyes
June 12, 2007	12 Affordable Remedies to Relieve Nearly All Ailments
June 26, 2007	<i>Gateway to Hell</i> —Factory Farming vs. Local Food Choices



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