

Spring Newsletter



NITE, Herbs Etc. & NCC

Your Body's Timely Messages

Do you wake up every night at 2a.m.? Do you have a headache in the front of your head daily just after 5pm? Do you every wonder why: why this, every day, and at this same time?

Most everyone has heard of circadian rhythms in relation to the body. It is probably most often referred to in terms of our sleep and wake cycles. However, each organ in the body has its very own rhythm, as well. In fact, the physiological activities of the entire body are governed by the clocks of each individual organ.

Every one of our organs has a two hour peek period during the day when that organ is most active. If a particular organ is out of balance, symptoms will

be more noticeable during that organ's two-hour period.

For example, the liver's time is between 1-3am. If the liver is out of balance, you may frequently wake up out of sleep between these times or have hot flashes or other liver-type symptoms.



The times for each organ are:

- 5-7am : large intestine
- 7-9am : stomach
- 9-11am : spleen
- 11-1pm : heart
- 1-3pm : sm. intestine
- 3-5pm : bladder
- 5-7pm : kidney
- 7-9pm : circulation
- 9-11pm : triple warmer (thyroid, /pancreas/adrenals)
- 11-1am : gallbladder
- 1-3am : liver
- 3-5am : lungs

Start by paying attention to your body. The symptoms that you are experiencing are really just your body's way of saying, "Hey, something is out of balance here, and I need your help."

Then, start noticing at what times these symptoms tend to re-occur. Now, you will have a better idea of which organ is trying to get your attention, and once you know, then you can use other natural health tools, like nutrition, herbs, and essential oils, to better help that area of your body come into balance.

Once you do, your organs will be happier, and they will let you feel happier, too!

By Amy Jo Howard
Newsletter writer and editor.

Spring 2010

Inside this issue:

7 New ND's	2
Rod's Story	3
Circulation Remedies	4
New Mini Course	5
Alumni Classes	6
Herbal Rub Recipe	7
Update on Massage Volunteering	10



Dance Classes Inside!

Congratulations, Graduates!

On January 30, 2010, twenty students from the second, third, and fourth year natural health programs received their diplomas. Seven of these students also received the title Board Certified Naturopathic Doctor after completing the national exam by the American Naturopathic Medical Certification Board.

Graduation was a special event with the theme of dressing as who you truly are. We were graced with butterflies, wizards, warrior princesses, elegant ladies, football grandmothers, and more. There

was even a special birthday surprise and entertainment by the drumming group, Tree of Life. It was certainly a memorable evening of celebration.

We would like to say congratulations to Natural Health Therapists Margaret Barco, Vickie Brown, Angela Bollini, Charlotte Bongard, Andrea Christopher, Lisa Dolan, Elizabeth Hansen, Nancy Liponoga, Bette Shepard, and Mary Turnwald! To the Natural Health Practitioners, Julia King, Micah McLaughlin, and Julie Norton, congratulations! And, our very best to those who

earned both the Certified Naturopath diploma and the title Board Certified Naturopathic Doctor, Nia Aguirre, Michelle Barber, Jeff Gordon, Anne Hobart, Joan Prentice, Theresa Solak, and Kellie Speciale!

We are very proud of all our graduates and know that the world will change, one naturopath at a time, because of their hard work, dedication, and passion for natural health.



Spring Weight Release with the Green Drink

The Green Drink is a favorite natural health staple. It is a great way to balance your pH, improve your energy level, and to take in a lot of vitamins and minerals, as well as shedding a few pounds along the way.

It is easy to make:

*1 handful of dark, green leafies (this includes romaine lettuce,

Boston bib lettuce, spinach, kale, and other dark greens)

*2 cups of distilled water

*Optional: 1/2 of a peeled cucumber

Blend everything together in your blender for at least 30 seconds.

Strain it if you don't like pulp.

Drink it once per day.

In this recipe, the distilled water, which pulls out minerals and should not be drunk by itself, pulls the minerals out of the greens, so that your body can assimilate all of that good nutrition with very little effort. If you want to feel youthful, vibrant, and improve your health, then the Green Drink is a daily must.

Bessheen Offers Nature's Sunshine Meeting

Once per year Bessheen offers a day of training on Nature's Sunshine products. This will include single herbs, herbal combinations, Chinese blends, vitamins, minerals, and even homeopathics.

There is no charge for this one day course. Students of the Institute are allowed to count this conference time towards Naturopathic Internship hours!

This is always a fun and fast paced day. We will discuss protocols for

female concerns, gall bladder trouble, ear aches, kidney stones and a whole lot more.



Lunch will be included and a donation jar will be made available for support of the Naturopathic Community Center.

Monday, April 19th
Naturopathic Institute
9:30am to 4pm

Door Prizes throughout the day!

All are welcome, bring your fellow NSP distributors and your guests!

Author of Mineral Book Offers One Day Course at NCC

The Naturopathic Community Center is pleased to offer Alumni and Continuing Education classes throughout 2010. These classes are open to the public and are designed for natural health professionals and massage therapists who wish to gain a more in-depth understanding of various aspects of natural health.

The next class that will be offered is *Minerals for the Genetic Code* presented by Dr. Richard Olree. This class will discuss health at the level of the chromosome, which can be adversely affected by heavy metals, chemicals, poor nutrition

genes in such a way that they are conveying misinformation.

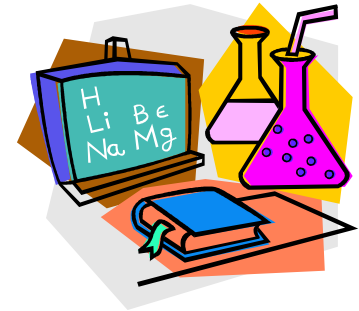
Dr. Olree will then look at the connection between the physical, chemical, and biological aspects of minerals and their relation to the genetic code.

The information presented in this class is invaluable for any health practitioner whose clients are working through states of health that are labeled as being a genetic disorder.

The *Minerals for the Genetic Code* class will be held on Sunday, March 28, 2010, from 9am to 5pm with a

one-hour lunch on your own.

The cost for this class is \$89. To register for this or any other alumni class, call 989-773-1714. Look in the NCC section of this newsletter for other upcoming classes.



Student Internship Hours

For students in the four-year natural health program, 200 hours of internship are required prior to graduation. This gives each student different perspectives and experiences of working in this very large field.

These internship hours should include 100 hours of naturopathic consultation, 15 hours of business/office/retail management at a natu-

ral health facility, 10 hours of outdoor naturopathy (herbal identification, gardening, or survival training), 10 hours of allopathic medicine, 5 hours of CPR/First Aid training, 5 hours of marketing/promotion, and 5 hours of natural health political awareness.

Other acceptable internship hours (up to 10 hours) include: chiropractic consultations, bodywork thera-

pies, naturopathic seminars, doula or midwife observation, and hospice observation. For a more complete list, refer to your Orientation manual or contact your mentor at 989-773-1714.

Start working on your internship hours today!

Voice Analysis Finds Organ Weakness

Did you know that the sound of your voice reflects the quality of your health? Every organ in your body functions at a certain frequency. Musical notes each have their own frequency, as well, and when an area of your body is out of balance, your voice comes out of tune, so to speak. Let's illustrate the musical notes and their corresponding physical areas:

C—Thyroid and lymph

C# - Right kidney, tendons, and ligaments

D—Left kidney and arteries

D# - Adrenals and parasites

E—Spleen, thymus, and candida

F—Pancreas, eyes, and ears

F# - Brain and pituitary

G—Neurotransmitters and liver

G# - Enzymes and gallbladder

A—Bladder and lungs

A# - Heart and heart valves

B—Large intestine

It is easy to analyze your voice and determine health imbalances; you simply speak into a microphone for a few minutes, and then, with the help of a special computer analysis, your naturopath will interpret which areas are showing the most stress and then, make recommendations specific to you.

Herbs Etc / NITE./NCC

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Mt. Pleasant, MI 48858

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Feel Better Now!



State Approves Funding for NCC

As you may know, massage students at the Naturopathic Institute give massages and bodywork two weekends per month. Due to new massage therapy laws, we will be charging \$20 per student massage, and all of the funds will benefit the non-profit Naturopathic Community Center which offers numerous programs and activities, including free classes in natural health.

To receive a student massage and other forms of bodywork, we ask that you fill out a one-page application to become a professional volunteer. Then, you will be called on a rotational basis to fill the volunteer needs at the student discount rate of \$20.

If you wish to receive an application, you may stop in and pick one up at Herbs, Etc., or you may call us at 989-773-1714 to receive an application by mail.

The Board governing the new massage therapy laws has formed, and more details of their work will be available within the next 18 months. We will keep you informed.

**Get a \$20 student massage
and help a local non-profit
at the same time!**



Herbs Etc.



Focus on Circulation

My Story by Rodney Kiger

August 13, 2003

A bit skeptical at best, I reclined back in the dental chair for the first in a series of amalgam removals, clinging to hope that this might be the Divine answer to the prayers asked. A few years earlier, a prominent neurologist told me: "you have Parkinson's disease." I showed all the classic symptoms: loss of memory, motor control, and balance, worsening tremors, and speech (complete confusion when trying to read aloud). Shortly after a healing prayer service, I met (by chance?) Dr. Bessheen Baker from Mt. Pleasant. She

looked into my eyes and said, "Something is poisoning you, and I think it may be mercury. You need to start by getting the silver fillings out of your mouth." She referred me to Dr. Philip Dahl for the specialized procedure. My former doctor and dentist rolled their eyes and said, "That's crazy," and other words of advice. I decided to follow where I felt God was leading. So, with all the reluctance everyone has about getting their teeth drilled, I decided to go forward. With all the protective gear and oxygen pumping, I felt like an

astronaut ready for launch, holding to hope for a successful mission. As I regained feeling on the drive home, I said to myself, "I think I feel better." The next visit to the dental chair was with great anticipation. As I returned home after the last amalgam removal, I felt that my tremors were reduced by nearly 75%, in less than one week. Several years later now, and with continued heavy metal detox, I feel my life has been renewed. My thanks go to Dr. Bessheen and friends, Dr. Dahl and friends, and above all, to the Lord, my God, for showing me the way.

Focus on Circulation

Circulation may seem like a fairly broad topic, but a well-functioning circulatory system is imperative to life. Circulation includes the flow of blood throughout the body; that blood carries oxygen and nutrition to each and every cell in the body and also helps to take away the cell's wastes. Without this system, the cells would die. We are only as healthy as our cells. Continue reading for ideas to improve your circulation and your life!



Herbs to Balance and Strengthen Circulation

The herb **Hawthorn** is probably the best known herb for the heart and circulation. Studies have confirmed that Hawthorn berries strengthen and normalize the heartbeat, prevent and reduce abnormal heart rhythms, and guard the heart against oxygen deficiency. This herb also balances both high and low blood pressure and contains powerful antioxidants which help to strengthen blood vessel walls. Hawthorn is available in both capsule and liquid form.

Cardio Assurance is a blend that aims to reduce the risk of heart disease and prevent circulatory disorders. The herbs and nutrients in this formula protect the heart and blood vessels from damage, strengthen cardiovascular function, reduce blood pressure and cholesterol, and lower homocysteine levels. This blend contains vitamin B6, vitamin B12, Folic acid, vitamin K2, Hawthorn berries, and Resveratrol.

Blood Pressurex is another blend that assists the body in regulating healthy blood pressure levels. The ingredients in this formula work to strengthen the heart, keep blood vessels dilated for optimal blood flow, decrease platelet aggregation, and prevent the formation of artery-clogging plaque. This blend includes Coleus, Goldenrod, Grapeseed, Hawthorn berries, L-arginine, Olive leaf, and vitamin E. Consult your naturopath for more suggestions.

Aid Circulation with Essential Oils

Cypress is a single essential oil that is beneficial for the circulatory system. It strengthens the walls of capillaries, improves lung circulation, reduces scar tissue, reduces cellulite, and eliminates edema. It is best to apply 1-2 drops of this oil over the area of concern or for gen-

eral circulation, on the bottom of each foot, once or twice per day.

AromaLife is an essential oil blend that strengthens the cardiovascular and lymphatic systems. It helps to lower blood pressure, reduce stress, alleviate hemorrhoids, cleanse the

blood, and balance energy. Within this blend are the oils: Cypress, Marjoram, Helichrysum, and Ylang Ylang. To use this oil, apply 1-2 drops over the area of concern or on the bottom of each foot, once or twice daily.



Vein Health

Vari-Gone is a nutritional blend designed to tone and strengthen vein walls, improve circulation, and to reduce the swelling, itching, and aching associated with varicose veins. This blend is available in capsule form to prevent varicose veins and to build the nutrition necessary for healing varicose veins.

This formula is also available as



Vari-Gone Skin Cream which was formulated to reduce swollen and bulging veins, soothe

aches and cramps in the lower legs, and to improve the appearance of both varicose and spider veins.

Both blends contain Horse chestnut seed extract and Butcher's broom, long known for their abilities to tone veins.

For the best benefit, use the capsules and Skin Cream in conjunction with one another.

The Emotional Heart

Certain emotions correspond to the ability of the heart to function properly and for circulation to flow. For emotional trauma or stress that has impacted the heart, it affects one's ability to love and be loved and over time, can place that stress on the physical heart, creating an actual physical disorder.

Sacred Heart flower essence spray is a heart strengthening blend that is best indicated:

* To help a relationship evolve to its highest capacity by learning to both give and receive with vibrant heart forces

* To heal and re-build after divorce and other failed relationships, allowing the heart to find renewed expression and new social possibilities

* As a general heart elixir to improve close social relationships with family and friends so that the heart operates from a

place of honesty, integrity, and genuine caring

* To regenerate heart health, when prone to physical illness, heart-related stress, or a family history of heart disease

To use this remedy, spray four times daily, directly in the mouth or around the body.



The Homeopathic Cell Salt for the Heart

The homeopathic cell salt **Mag Phos**, also known as magnesium phosphate, is a diluted and easily assimilated mineral combination that has an affinity for both the muscles and the heart. This is because these are the specific minerals required to form these structures in utero. Therefore, this particular cell salt is used

as a remedy for nearly all heart problems.

This mineral combination insures the rhythmic movement of the heart and tones the heart muscles, easing constricting chest pains and relieving nervous palpitations. It is also a great nerve stabilizer and reliever of muscle spasms in general.

For the cell salt, use **Mag Phos 6x** (the cell salt potency).

For relief of spasms, dissolve 2-3 pellets in warm water and take in sips throughout the day.

As a heart strengthener, dissolve 1-2 pellets under the tongue four times daily.

Herbal Rub Recipe

The "Herbal Rub" is a recipe combining essential oils and herbs that is applied externally to the body in order to balance the muscles and nerves along the spine. There have been great results with recovery for people who have used this recipe after a stroke.

"Herbal Rub Recipe"

1. Apply 3-4 drops of **Peppermint essential oil** along the spine and rub in. This opens the sensory system and stimulates the nerves.
2. Apply 3-4 drops of **Liquid Lobelia** along the spine and rub in. This relaxes muscle tension and facilitates deeper breathing.
3. Apply 3-4 drops of **Liquid**

Capsicum along the spine and rub in. The warming properties deepen the action of the first two steps and increase circulation.

Use the Herbal Rub Recipe several times per day for acute conditions.



What to Read: "Left for Dead" by Dick Quinn

Dick Quinn had a near fatal heart attack and a failed bypass at age 42, and as part of his recovery, he turned to herbs and lived seventeen years longer than any of his medical doctors expected him to live.

His book, "Left for Dead," is the story of his study of the herbs that saved his life and how he came to develop his own formulas in order to help other people prevent heart attacks, stroke, blood pressure concerns, cholesterol problems, and low energy without drugs or surgery. Sales of his formulas boomed until 1991, when the FDA intervened. Frustrated, Quinn wrote this book to share his information and also to expose the business behind medical practices. His touching, true story will inspire new ideas about your own health care.

An excerpt from "Left for Dead" by Dick Quinn:

The secret: keep your plumbing clean.

You and I have thousands of miles of arteries, veins, capillaries and arterials, all of which must be kept clean. As I learned from my 1978 heart attack, you need every inch. Surgery only deals with a tiny part of the system, and it doesn't even fix that. So, surgery fails.

Coronary bypass, angioplasty, and gimmicks like the laser, stent, and the "roto rooter" do not extend your life, improve your quality of life, or prevent a heart attack. Statistics prove they do not benefit the patient, so they don't work. There is nothing in them for you but pain, depression, ruin, and death.

I keep my arteries clean with herbs. They're cheap, easy to use, and they work.

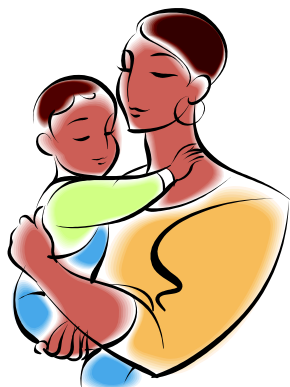
It's easy. I just get up every morning and take some capsules.

For this and other enlightening reads, browse the books inside Herbs, Etc. There is something for everyone; find books on: gardening, cooking, cleansing the body, anatomy, essential oils, herbs, homeopathy, and more. Also, browse our selection of DVD's, including informative documentaries and a variety of workouts.



Naturopathic Community Center

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



Holistic Moms

Holistic Moms is a support and information group for parents interested in raising happy, healthy, and holistic kids in an environmentally friendly way.

- * Every Third Thursday
- * 3-4pm
- * Naturopathic Community Center

*For more information,
contact Kathryn at 989-486-5782.*

Zen Meditation

Wednesdays beginning
February 24, 2010

6:30-7:30pm

All levels of experience
welcome.

Wear comfortable
clothes and bring a towel
to sit on.

Free Cooking Classes

MARCH 2 - HOMEMADE AND HEALTHY PACKED LUNCHES

MARCH 16 - DIPS FROM SCRATCH

MARCH 30 - SNEAKING IN THE VEGGIES

APRIL 13 - PREPARING THE BODY FOR CLEANSING

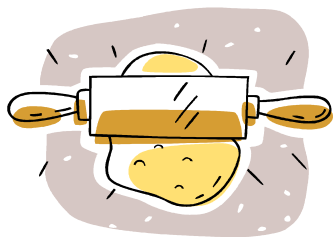
APRIL 27 - ETHNIC CUISINE FROM INDIA

MAY 11 - CRACKERS FROM SCRATCH

MAY 25 - GETTING GOOD FATS INTO RECIPES

JUNE 8 - MAKING SOURDOUGH BREAD

JUNE 22 - MAKING MOZZARELLA CHEESE

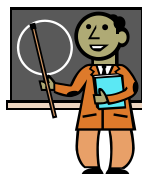


CLASSES BEGIN AT 6:30PM

SUGGESTED \$5 DONATION FOR FOOD AND SUPPLIES

New Mini 6 Course Series

Always wanted to join the
Naturopathic Institute? Maybe the tim-
ing or the funds didn't work out,
here's your chance!



Saturdays, 9am to 5 pm

- | | |
|----------|------------------------------|
| Mar. 20 | Foundation in Natural Health |
| Apr. 10 | Real Food Nutrition |
| May 1 | Muscle Testing |
| June 12 | Herbalism |
| Sept. 18 | Homeopathics |
| Oct. 9 | Essences and Essential Oils |

Pre-registration is required.

\$499 for entire course; \$89 for an individual class.

Call 989-773-3636 to register.

Alumni Plus Education - The Deep Stuff!

For Natural Health Professionals, Massage Therapists, and anyone who desires to gain an in-depth understanding of natural health, the continuing education classes delve into specific areas of study.

1. **Minerals for the Genetic Code** March 28, 2010 (Sunday)
with author Dr. Richard Olree
2. **The Big FAT Lie: Fats, Oils, and the Cholesterol Myth**
with Kathryn Doran- Fisher, ND April 23, 2010 (Fri., 9-4pm)
3. **Astrology I**
with Laura Allmacher, CN May 8, 2010
4. **Astrology II** June 5, 2010
with Laura Allmacher, CNT



These classes are open to the public. Each class is \$89, and is held on Saturday from 9am to 5pm (unless otherwise noted).

Registration and payment must be made at least two weeks prior to the class. To register, call 989-773-1714.

New Dance Lessons

Line Dance Lessons

Thursdays, 5:30-7:00pm

\$5 per person per class

A different line dance is taught each week, combining exercise and dance.



Social Dance Lessons

Thursdays, 7:00-8:00pm

\$5 per person per class

All lessons are beginner level and build on patterns learned in previous weeks.

It is encouraged to attend with a partner; however, it is not required.

Celebrating 14 Years of Free 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.

February 23, 2010	Beating Winter Blues with Bach Flowers
March 9, 2010	The Benefits of Juicing
March 23, 2010	Weight Loss for Body Types
April 6, 2010	Minerals You Might Be Missing from Birth
April 20, 2010	Feng Shui: Decorating Your Home for Good Energy
May 4, 2010	Change Your Environment to Improve Your Health
May 18, 2010	Natural Remedies for Anxiety and Depression
June 1, 2010	The Science of Emotions and How They Affect Health
June 15, 2010	Balancing Chakras with Energy Work
June 29, 2010	Using Sound and Color to Heal



