

# NITE, Herb Etc. & NCC



## Summer Newsletter

### Last Newsletter Response Needed, Going Green!

Spring is in bloom. The flowers are delightfully singing their colors, and in keeping with spring's return of green to the land, we would also like to announce that this newsletter is going green.

To do our part and reduce the amount of paper and ink used, to reduce paper waste, and to save trees and stamps, we would like to offer our quarterly newsletter by email *or mail*.

To continue receiving this newsletter, please fill out the form on the far right. No responders will be removed from the mailing list.

Here are some other tips to make your life and the environment greener:

\*Replace paper cups

and plates with reusable ones.

\*Replace paper towels with cloth rags.

\*Use a stainless steel water bottle instead of buying plastic bottles.

\*Re-use single-sided copies for scrap paper.

\*Shop at your local farmer's market.

\*Get reusable tote bags for groceries and other supplies.

\*Reduce your driving time by combining errands and carpooling.

\*Wash laundry in cold water instead of hot.

\*Plant an herb garden.

\*Make your own household cleaners with all-natural ingredients.

\*Recycle.

To continue receiving the newsletter, fill out

the following form or email information to [nitemtp@localnet.com](mailto:nitemtp@localnet.com) with the subject: Newsletter Renewal.

**YES, I would like to receive the newsletter**

\_\_\_\_ mail *or* \_\_\_\_ email

Name:

Mailing address:

Email address:

(All addresses will be kept confidential.)

**Return to:**

**NITE Newsletter**

**503 E. Broadway St.**

**Mt. Pleasant, MI  
48858**



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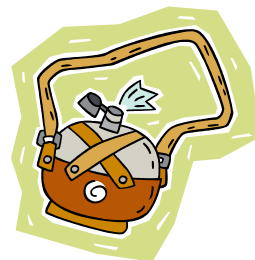
## Preparedness Awareness

Are you prepared for the upcoming social, economic, and earth changes? Do you wonder if you could live off the land without any modern conveniences if you needed to? How would you start a fire? Where would you sleep protected from the weather? What would you eat, and how would you prepare it? Do you know how to set a bone and suture a wound?

If you are interested in really "roughing" it and learning how to prepare for these types of changes, enroll in the Preparedness Awareness class sponsored by the Naturopathic Community Center. This "Survival" type class will teach you all of these things and more and are held at the NCC pavilion and recreation area just outside of Mt. Pleasant.

The instructors, Josh Powell and Bessheen Baker, are terrific and knowledgeable and will have you walking backwards through the woods, blindfolded and barefoot. Literally!

**This class will be held August 28th and 29th,  
the suture portion will be on Saturday night  
and the cost is \$199. Suture only \$50.**



The Healthy Cooking Classes are held on Tuesday evenings in the kitchen at the NCC. Come learn healthy recipes and how-to's for you and your family. Class is from 6:30 pm to 8 pm. There is a suggested \$5 donation for food and supplies.

## Healthy Cooking Classes

**MAY 25** - GETTING GOOD FATS INTO RECIPES

**JUNE 8** - MAKING SOURDOUGH BREAD

**JUNE 22** - MAKING MOZZARELLA CHEESE

**JULY 6** - JUICING FOR HEALTH

**JULY 20** - HOW TO EAT COMPARING DIET PHILOSOPHIES

**AUG 3** - DEALING W/ FOOD SENSITIVITIES

**AUG 17** - MEAL PLANNING & PREPARATION FOR THE WEEK.

**AUG 31** - EASY EGG DISHES

## Tuesday Night Classes

The Herbs, Etc. Tuesday Night Classes have been going strong for 14 years and continually offer helpful information on various topics related to natural health. If you are looking to live a natural and healthy lifestyle, these classes are for you!

Free and open to the public, each class is held from 6:30 p.m. to 7:30 p.m.

No registration is necessary

**June 1, 2010** Emotions and How They Affect Health

**June 15, 2010** Balancing Chakras w/ Energy Work

**June 29, 2010** Using Sound and Color to Heal

**July 13** - Address every ailment with 12 homeopathics

**July 27** - Colors to heal the Thyroid

**Aug 10** - Ideas for Aching Backs

**Aug 24** - Finding the remedy that most fits your personality, or that of someone who needs some change!



# Trace Your Meridians to Improve Your Health

If you've ever heard of acupuncture, then you may understand that there are certain points on the body that correspond to different organs. There are actually A LOT of points, and when certain points are connected, they form a meridian: an energy pathway for the particular organ with which it corresponds. Think of it like a power line. And, what happens when the power line is down? That's right, no energy! So, by using our fingers to "trace" these meridian lines or energy pathways, we can make sure that the power lines are up, and our organs have the energy they need to help us be healthy. Following are the meridian pathways and how to "trace" them:

*To trace the **Stomach** meridian:* Start with one finger below the center of each eye, follow an imaginary line down the body, and end at the lateral (outside) edge of the second toe. *To trace the **Spleen** meridian:* Start with one finger on the medial (inside) edge of each big toe, follow an imaginary line up the body, and end at the outside of the ribs, directly below the chest.

*To trace the **Heart** meridian:* Start with a finger in the armpit and follow an imaginary line down the arm, ending at the medial (inside) edge of the little finger. Repeat on the opposite side of the body. *To trace the **Small Intestine** meridian:* Start with a finger on the lateral (outside) edge of the little finger and follow an imaginary line up the arm, ending directly in front of the ear. Repeat on the opposite side of the body.

*To trace the **Bladder** meridian:* Start with one finger on the inside corner of each eye, follow an imaginary line up over the head, down the back of the body, under the foot, and ending at the lateral (outside) edge of the little toe. *To trace the **Kidney** meridian:* Start with one finger on the bottom of the center of the ball of each foot and follow an imaginary line up over the foot and up the body, ending in the hollows below each clavicle (collar bone).

*To trace the **Circulation/Sex** meridian:* Start with one finger on the outside of the nipple and follow an imaginary line across and down the arm, ending at the medial (inside) edge of the middle finger. Repeat on the opposite side of the body. *To trace the **Triple Warmer** (thyroid, pancreas, and adrenals) meridian:* Start with one finger on the lateral (outside) edge of the ring finger and follow an imaginary line up the arm, ending at the outside edge of the eyebrow. Repeat on the opposite side of the body.

*To trace the **Gallbladder** meridian:* Start with one finger at the outside corner of each eye, follow an imaginary line up over the head, down the body, underneath the foot, and coming up to end at the lateral (outside) edge of the fourth toe. *To trace the **Liver** meridian:* Start with one finger on the lateral (outside) edge of each big toe and follow an imaginary line up the body, ending at the front of the lower rib cage.

*To trace the **Lung** meridian:* Start with one finger on the front side of the shoulder where you might wear your suspenders; follow an imaginary line down the arm and end at the medial (inside) edge of the thumb. Repeat on the opposite side of the body. *To trace the **Large Intestine** meridian:* Start with one finger on the medial (inside) edge of the index finger and follow an imaginary line up the arm and end at the side of the nose. Repeat on the opposite side of the body.

*To trace the **Governing** meridian:* Start with one finger on the tailbone in back and follow an imaginary line up the back, up over the head, and ending at the center of the top of the lip. *To trace the **Central** meridian:* Start with one finger on the top of the pubic bone in front and follow an imaginary line up the body, ending at the center of the bottom lip.

Each meridian has a partner; that is why they are grouped in pairs above. It is best to trace each meridian three times each at least once per day. Upon beginning this exercise, watch for signs of increased energy, body cleansing, and other changes in health. For more specific information on your meridians, consult one of the naturopaths at Herbs, Etc.

## Herbs Etc / NITE./NCC

503. East Broadway  
Mt. Pleasant, MI 48858

Phone: 989 773-3636

Fax: 989 775-7319

*Feel Better Now!*



## Health Freedom Membership

Take action to protect your health freedom rights!

Current Michigan law (333.17001(d)) states that if you do not have a license to practice medicine in Michigan, you could be arrested for giving any kind of help to anyone. This antiquated law affects practitioners and clients of unlicensed therapies, including naturopathy, homeopathy, herbalism, reiki, and more.

The Michigan Natural Health Coalition is looking for members to educate citizens about the laws regarding natural health in Michigan and to help update the law to guarantee health freedom without unnecessary government restrictions.

Membership in the Coalition is only \$5 per year, or obtain a 2-year membership for \$10. For more information, email [mnhcinfo@gmail.com](mailto:mnhcinfo@gmail.com) or to become a member, send your name, address, phone number, and membership fee to:

MNHC

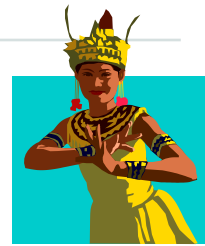
8950 Shepardsville Rd.

Laingsburg, MI 48848



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# Herbs Etc.



## Toning for Summer by Doc. Howard

After all the spring cleaning, the warm weather comes, rewarding us with trips to the beach and other outdoor activities. If you want to tone your body for summer to be fit enough to participate in the softball game or not wear your cover-up all day at the beach, here are some nutritional tips and safe, natural supplements to get you on your way.

First, eat breakfast. Break the fast that your body has been in all night and give your metabolism some kindling to get its fire burning!

Also, aim to drink half your body weight in ounces of water daily. The body is largely composed of water and needs water to function and properly eliminate waste.

Eat more protein and good fats. What makes us fat and causes health problems is actually too much sugar.

For quality protein, find some free range, hormone free, organic meats and eggs.

Vegetarians will need to eat a wide variety of vegetables. Aim for a ratio of at least 1 gram of protein for every 4 grams of sugar consumed. And, make sure you are getting enough good fats in your diet, like real butter, olive oil, flaxseed oil, fish oil, and coconut oil. When you don't have enough good fats, your body won't release unhealthy fat, it won't make its hormones,

and you will crave more sugar!

Consider taking **Collatrim**. This unique protein supplement promotes the building of lean muscle tissue and increases the body's fat burning ability. For weight release, take six to nine capsules at night before bed. To improve joints and skin, take daily with meals.

The herbal combination **SF** aids weight release by stimulating the body's detoxification processes. It is also helpful for digestion, inflammation, and the immune system.

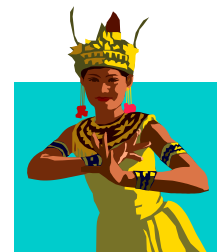
**Dieter's Cleanse** is an herbal cleansing program designed to release toxic build-up resulting from chemicals in our food, water, and environment. It also improves nutrient absorption and glandular function, serving to jump start a weight release program.

Adding 1 drop of **grapefruit essential oil** into a glass of water daily will help the body to breakdown fat and release toxins. One or two drops of this oil can also be applied externally on key areas.

For more specific suggestions, make an appointment with one of the naturopaths at Herbs, Etc., to thoroughly evaluate your digestion and glandular systems.

If these are out of balance, any weight release efforts can be seriously impaired.

Get started 989-773-3636.





## Quarterly Distributor and Manager Training Meetings

Quarterly training meetings will be taking place for Nature's Sunshine Distributors and Managers. These educational meetings will provide an opportunity to learn about different Nature's Sunshine products and how to use them.

Each meeting will be held on a Monday, from 9:30am to 4:00pm, at Herbs, Etc. There will be a one-hour lunch on your own. Please call at least two weeks in advance to register.



*Time to build your business into your dream profession.*

**June 21**, learn How to Become a First Level Manager.

**September 20**, the topics will include: Herbs for Children, Antidoting Vaccines, Herbs for Women, and Understanding Chinese Herbology.

**November 28-30** meeting is by invitation for Managers.

## Exercise Toning Tables for Sale

If you are looking to add to your home gym collection or want to invest in a low impact exercise program, there are six exercise toning tables available for sale.

Each toning table is designed to target a specific area of the body. There is a table to tone the sides of the waist,

one for the abdominals, one for the arms, back, and shoulders, one for the thighs, one for the legs, and another for the gluteal muscles.

By lying down on each table and adding resistance to its movements, you can effectively tone your body in a low impact manner.

This is an effective way to release inches from the body and improve overall muscle tone.

Buy all 6 tables for \$1800 or best offer. Call 989-773-1714 for more information and to take advantage of this special deal.

## Space Available for Special Events

If you are looking for a nice gathering place to hold a special, smoke-free event, the Ballroom space at NITE can be rented for such occasions.

The space is ideal for meetings, wedding showers, baby showers, non-profit group events, and other events. The room can be

set up lecture-style or with round tables and can accommodate up to 117 people. Groups may also cater in their own food.

The room is available for \$25 per hour, and all proceeds support the Naturopathic Community Center.



To schedule the room for your event, call Nancy, 989-773-1714.







# Naturopathic Community Center

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



## NCC MEMBERSHIP DRIVE

***Sign up or renew your membership today to help us continue to provide great events and support the Natural Health Community!***

The Naturopathic Community Center has been sharing the vision of a healthier and greener world with the Mt. Pleasant community for several years now. Our efforts to be The source for natural health information and events in our community could not have been made possible without generous donations from members and supporters.

Membership fees beginning June 2010 - Annual Membership \$20, Student Membership, \$5 Super Supporter \$100 (Super Membership includes 10% off products at Herbs, Etc and \$25 /Hour rental fee for events held at NCC\*) \*Room rental based on availability.

### NCC MEMBERSHIP APPLICATION

PLEASE FILL OUT THE FORM BELOW AND MAIL WITH YOUR CHECK MADE OUT TO THE

NATUROPATHIC COMMUNITY CENTER (NCC) TO:

NCC

503 E. BROADWAY ST.

MT. PLEASANT, MI 48858

MEMBER

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

PHONE: \_\_\_\_\_

EMAIL: \_\_\_\_\_

PLEASE CHECK ONE:

\_\_\_\_\_ ANNUAL MEMBERSHIP \$20

\_\_\_\_\_ STUDENT MEMBERSHIP \$5

\_\_\_\_\_ SUPER SUPPORTER \$100



### The NCC offers:

- \*FREE Tuesday night classes on Natural Health and Cooking
- \*Outdoor Preparedness and Life Skills classes
- \*Mini-Course Layman's Series in Natural Health
- \*Nationally Recognized Guest Speakers
- \*Continuing Education Classes
- \*Body Cleansing Clinics
- \*Student & Membership Room Rentals\*
- \*Spiritual Enlightenment Group
- \*Zen Meditation Sitting Group
- \*Holistic Moms Group
- \*Dance Classes
- \*Healthy Halloween Kid's Activities
- \*Civil War Camp for Kids

*While these events will always remain open to the public, donations are appreciated. For more information, visit our website at [www.nite-mtp.com/nccmain.htm](http://www.nite-mtp.com/nccmain.htm)*

# Layman's Courses

Saturdays, 9am to 5pm  
(one-hour lunch on your own)

*The Layman's Course is designed to give you the knowledge you need to use natural healing methods for yourself and your loved ones.*

June 12 Herbalism  
Sept. 18 Homeopathics  
October 9 Essences and Essential Oils



Pre-registration is required.

\$499 for the entire series of 6; \$89 for an individual class

Call 989-773-3636 to register.

## 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.

## Alumni and Continuing Education Classes

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.



*These classes are open to the public. Each class is \$89, and is held on from 9am to 5pm*

*Registration and payment is preferred at least two weeks prior to the class. Register at 989-773-1714.*

**September 25- 26 - Astrology I** for the Naturopath and Natural Health Enthusiast (2 days \$178) -Laura Allmacher

**October 9 - Holistic Counseling** - Building client rapport and understanding how to find the root cause of illness.  
featuring Moshe Daniel - Author, ND, Homeopathic Master Clinician, from Canada

**November 7 - Understanding the Genetic Code** and the Minerals and Amino Acids that control it! Dr. Richard Olree

**December 11** - How to completely clear the **Lymphatic System** allowing injuries, wounds, and breaks to heal faster.  
The Dr. West protocol. Taught by Massage Therapist and Colon Hydro-Therapist Janet Ott.

# Civil War Camp

This year, the NCC is happy to host the 2nd annual Civil War Camp for kids on July 12-15. Union and Confederate soldiers will report to battle at 9am, on July 12th, 2010, at the NCC pavilion and activities center, just 8 miles west of Mt. Pleasant. Each soldier will receive a hat, t-shirt, haversack, ammo, and gun that is theirs to keep. Campers and tents are welcome. There is a hand water pump on site and two nice outhouses; sorry, no electric. Registration is limited to 28 soldiers and is appreciated by June 15.

**Option 1 for camp:** Day Camp—Each day bring a lunch and plenty of water. Cost is \$150 for all four days. Soldiers can be dropped off as early as 8:30am and picked up by 5:15pm.

**Option 2 for camp:** Bring a parent to camp! Parents can't be soldiers but can set up a tent and stay for the four days. Parent and soldier will be responsible for their own meals, and parents are required each evening if child is camping. Cost is \$175 for all four days.

Camp events include learning how to march, several re-enactments, capturing the opponents flag, strategies of the civil war officers, a civil war movie and a re-enactment on the final day for guests! Boys and girls welcome, must be 14 or under to attend. No rough housing allowed all soldiers will act the era or be jailed!

Call 989-773-1714 to register.

## The NCC/Noah Baker Four Day Civil War Adventure Camp 2010

Soldier's Name \_\_\_\_\_ Age in July 2010 \_\_\_\_\_

Address \_\_\_\_\_

Parent's Name(s) \_\_\_\_\_ Phone \_\_\_\_\_

Make Checks payable to NCC. or Credit Card # \_\_\_\_\_ MC Visa Discover  
exp. \_\_\_\_\_ Signature \_\_\_\_\_

Camp Option 1, Day camp only: \$150 Total \_\_\_\_\_

Camp Option 2, Soldier and parent camping: \$175 Total \_\_\_\_\_

***Please register by June 15th.*** Registrations will be accepted after June 15th, but the camp may be full. Also, supplies need to be ordered and early registration would be very appreciated. Volunteers are welcome. Parents are also invited to just rest around the camp site. Civil war tents and customs are not necessary, but anything to meet the era would be welcome. The camp will be at the outdoor NCC pavilion and activities center, just 8 miles west of Mt. Pleasant. Each registered camper will receive further details about the camp in early July. Please call with questions (989)773-1714.

**Send Registrations to:** Captain Noah Baker/ Civil War Camp, 503 E. Broadway, Mt. Pleasant, MI 48858



# "Peace in the Park"ing Lot

Bring your blankets, chairs, strollers and wagons, to join us for an evening of music on June 24, 2010, for "Peace in the Park"ing lot, a peace concert featuring the vocals of Darryl Pitts.

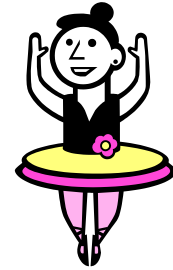
Darryl is a voice teacher who shares his vocal talents at weddings and community musicals and now, at his first solo concert.



This concert will showcase songs that strengthen community and a sense of belonging to each other, as well as songs that will brighten our outlook on the world.

All are welcome to attend this joyful evening outside of the Herbs, Etc store. **Enjoy the Peace Concert from 7-8:30pm on Thursday, June 24th.** The event will be run by a professional emcee, Adam Bearup, and is sure to be a lot of fun. A concession stand of health snacks will also be available!

This event is a fundraiser for the Naturopathic Community Center, and donations are appreciated.



The Naturopathic Community Center is a non-profit organization dedicated to teaching and sharing traditional ways of healing, and it sponsors a variety of classes, children's events, and other community events.

*If you are interested in health and love music, come share in the songs to support and strengthen our beautiful community.*

## Community Groups

### Zen Meditation

Wednesdays  
6:30-7:30pm



All levels of experience are welcome. If you are new to meditation, please arrive ten minutes early for a brief introduction. Wear comfortable clothes and bring a towel or blanket to sit on.

For more information, call Ryan at 989-486-5782 or go to [www.thedharmafarm.com](http://www.thedharmafarm.com).

### Holistic Moms

3rd Thursday  
of every month  
11am-12pm



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

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

### Spiritual Enlightenment Group

Mondays (see dates below)  
6:30-8:00pm



This group meets monthly to share ideas, knowledge, and information about how to enhance our spiritual lives.

Held once a month on Mondays from 6:30 to 8:00pm at the NCC.

Dates: 5/17, 6/14, 7/12, 8/9, 10/4, 11/8, and 12/6/2010.