



# NITE LIGHT

Natural Health Quarterly

NITE/Herbs etc/NCC

## The Moon and Woman: *The Four Archetypal Stages of Women*



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Twelfth Edition  
Summer 2017

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# DEMYSTIFYING HORMONE THERAPY

by Jennifer Gale, NHP



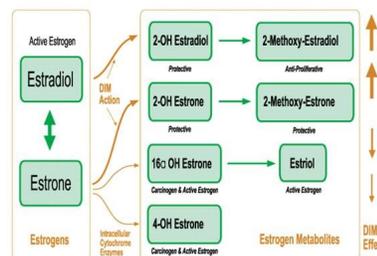
Mention the words “Hormone Therapy” and a jumble of contradiction in research, application, and discussion will emerge! How is it possible that one system of therapy based on the Endocrine system is simultaneously labeled as harmful, beneficial, well-understood, misunderstood, confusing, divisive, life-saving, damaging, interesting, and therapeutic? The answer is an interesting story of discovery and medical history that dates back to the turn of the century.

## Early Endocrinology, Menopause, and the Rise of Estrogen

Modern hormone therapy can be traced to research and work begun in the 1900's – though some ancient societies knew about the nature of hormones! There are paintings going back to ancient Egypt that emphasized the size of the thyroid gland in women - as well as papyrus writings that deal with contraception and fertility. These writings gave detailed instruction on the earliest known pregnancy tests in which a urine sample was taken from a woman and poured over vegetation. The changes in hormone levels would be evident in the effect the urine had on the plants! The western medical world started its approach to hormones in the laboratory, as the nature and work of chemical messengers in the body attracted the interest of scientists curious to find some answers. Experimental work by pioneers such as Arnold Adolphe Berthold in Germany and Claude Bernard in France, in the middle of the nineteenth century, established the concept that some sort of chemical communication takes place between different organs in an animal. Later, in the same century, several physicians described the successful treatment of patients with certain disorders by administering extracts of animal endocrine tissues, such as the thyroid, adrenal glands and pancreas; they subsequently showed that these disorders were due to hormonal deficiencies.

In 1925, modern scientists unveiled human hormonal make-up and began to differentiate between hormones. Researchers discovered the exact mechanism of hormone signaling and interaction in the body, including the fundamental understanding of hormone action being a communication between the central nervous and endocrine systems. The “lock and key” layman’s explanation for how hormones work was developed during this time period. Hormone action was easily explained as what happens following the secretion of a hormone from a particular endocrine gland. The secretion travels through the bloodstream looking for specific protein receptor sites with shapes like tiny wombs that exist on the cell wall or inside the cell. The receptor sites were labeled “locks” waiting to be opened by a specific hormonal “key.” When the hormone enters the binding site and snuggles into the pouch, it is said to be bound to the receptor. This binding then facilitates the programmed action of the cell. This easy explanation is the standard explanation used to this day.

The hormone researchers first focused on that paved the way for various forms of hormone therapy including Estrogen. Estrogen is one of the hormones most responsible for programming the way all our bodies grow and develop; it actually organizes our development in utero. Here is a beginning point that stirs the pot of confusion when talking about hormone therapy, and it’s all about Estrogen. There is NO SUCH THING as ONE singular hormonal substance called Estrogen. Estrogen is actually an umbrella term for a class of chemically similar hormones and hormone metabolites. This class can be divided into three groups, each responsible for various actions of growth in the body. The 3 sisters of Estrogen are Estrone, Estradiol, and Estriol. They exist in varying strengths in the human body, and understanding each one’s potential is key to understanding why hormones are so powerful. Estrone is the estrogen associated with the menopausal woman. It is made in the adrenal glands, ovaries, and also derived from BODY FAT. Estradiol is produced mainly by the ovaries in women each month and as a downstream product of testosterone in men. Estradiol is the estrogen most constant in the body through life. Estriol is produced in the ovaries and the placenta during pregnancy and is the weakest of the three estrogens. It is a breakdown product of the other two and helps keep the body in equilibrium.



Once researchers had a strong understanding of Estrogen, they began working on how to use Estrogen to deal with a variety of physical and emotional symptoms associated with menopause. These findings were the roots of the Hormone Replacement Therapy treatments used today. There is an important question to answer with the beginnings of Hormone Replacement Therapy or HRT, and it’s a simple one of why Estrogen became the star player in HRT? Researchers of the time knew about many hormones and their biological actions were being discovered daily.

Estrogen, however, took center stage. Unfortunately, much of the reason this happened had nothing to do with human well-being or the desire to alleviate illness. Societal attitudes, profit, and marketing were involved with the development of hormone treatments, specifically for women in menopause. The accepted roles of women during the beginnings of hormone therapy, mixed with a few key players and industry set the stage for the overload and lack of understanding prevalent in the world of endocrinology.

According to Dr. John Lee, M.D., if one were to pick a year during which Estrogen therapy entered public consciousness, it might be 1964. The January 13, 1964, issue of Newsweek carried a one-page story entitled “No More Menopause?” It reported on the work of a Dr. Robert Wilson who was reported to have been studying menopause since the 1920’s. He had reached the conclusion that “change of life” stemmed from a lack of female hormones Estrogen and Progesterone. He described the menopausal woman as the equivalent of a eunuch: unbearable, suicidal, incapacitated, and incapable of rationally perceiving her situation. Wilson was joined by another doctor who provided equally degrading work and thought, Dr. David Reuben, M.D. He was the author of the popular, “Everything you always wanted to know about sex,” and he maintained that the essence of femininity is tied to a woman’s ovaries. Once the Estrogen was shut off, a woman comes as close as she can to being a man! Such a woman is not really a man, he explained, but she is no longer a functional woman. These menopausal women live in the world of “Intersex.” As absurd as this is, dangerous aspects of this mentality remain entrenched in popular culture!

Estrogen therapy alone was the first big player in the hormone market, but from the beginning, it had problems and was very poorly researched. Estrogen’s approval as a prescription drug was based on a dubious study with a relatively small number of women in Puerto Rico who took birth control pills. The pill used at first was only a progestin, which was later found to be contaminated with estrogen-like substances. When estrogen was taken out of the birth control pills, they didn’t work as well, so a synthetic estrogen was intentionally added. Twenty percent of the women in the study complained of side effects but were dismissed as neurotic. The three women who DIED while taking these pills were never autopsied to find out cause of death. (There has been ample evidence since this first crude study that these pills caused blood clots and strokes, but the evidence was dismissed and suppressed for the supposed good of controlling the population explosion.) After this first study fiasco, the pharmaceutical companies scrambled to find a combination of synthetic hormones that had fewer side effects.

From 1965 to the mid-1970s, the Estrogen replacement bandwagon sailed along with more and more women taking them with the promise of “being young forever.” By 1975, it was time for the bottom to drop out of the Estrogen replacement bandwagon. Women on Estrogen therapy were developing uterine (endometrial cancer) at a rate four to eight times greater than in untreated women. Multiple researchers confirmed the link between Estrogen supplementation and uterine cancer.

When the news hit the papers, sales dropped precipitously. This only stalled the movement for a while. A spate of papers were produced arguing the question of whether Estrogen “caused” endometrial cancer or merely “promoted” it. Medical authorities regrouped and changed the name of their therapy to “HORMONE REPLACEMENT THERAPY” or HRT. The difference was the addition of the Progestins or synthetic versions of Progesterone. Fairly solid research existed or was soon accomplished to show that only “unopposed” Estrogen was the culprit; estrogen combined with Progestins actually prevented endometrial cancer. The same fear of Estrogen causing breast cancer was addressed in the same way. Studies of women were reported to show less breast cancer in women on HRT than not. The question was never truly resolved, but the results set HRT back on track.

### HRT and all of its DRAMA!

The next step up for HRT was the promoters determining that Estrogen and Progestins could cure other ills. They soon declared that HRT would lower a woman’s risk of heart disease and prevent Osteoporosis. These assertions were followed by massive marketing campaigns to popularize Osteoporosis and educate women about it. These myths were never proven true yet still persist to current times. Somewhere in the development of the HRT industry, Progesterone - the TRUE regulator and balancer of Estrogen - was entirely passed over. It was mislabeled and mistaken as its distant cousin, synthetic Progestin. Even well-researched books on menopause or women’s health tend to make this error, and it has proven to be a costly one as the crucial role of true Progesterone in women’s health is fully understood.

HRT had a good run until about the mid-1990s, when there was ample scientific evidence that HRT was not living up to its promise and even that it was probably doing more harm than good. Skeletons in the closet surrounding the production methods of various forms of HRT were beginning to become public knowledge, perhaps the most shocking one being that of Premarin. Premarin has the distinction of being made from **Pregnant Mare’s Urine**. (Remember early researchers discovered that various hormones and metabolites from animals had action on the human body!) To produce Premarin, a mare is confined in a concrete stall for more than 11 months of her pregnancy. She is unable to turn around and barely gets to move while the urine is collected from a cup fastened to her body.

*Continued on page 12*



## New Hormone Creams at Herbs

**Progesterone  
Testosterone**



# WHAT'S UP WITH HEMP

by Lori Becker, NHP

When many people hear the term “Hemp,” they automatically think of Marijuana and equate it with partying teenagers, jail time or....Colorado. Hemp and marijuana are two popular names for the Cannabis Sativa plant. But, what the heck is the difference between the two? Medical cannabis (marijuana) and hemp are different due to their genetic parentage. They are bred and cultivated completely different.

Cannabis is believed to be one of the oldest domesticated crops. Throughout history, humans have grown **different varieties** of cannabis for industrial and medical uses. Tall, sturdy plants were grown by early civilizations to make a variety of foods, oils and textiles, such as rope and fabrics. These plants were bred with other plants with the same characteristics, leading to the type of cannabis we now know as hemp. Cannabis plants contain unique compounds called cannabinoids, and THC is the most well-known. THC is credited with causing the marijuana high. Marijuana plants contain high levels of THC, and hemp contains very little of the psychoactive chemical. Some countries have set the maximum THC content of hemp at 0.3%. Any cannabis with higher THC levels is considered marijuana.

Hemp and marijuana plants contain another important cannabinoid: CBD. Hemp plants produce more CBD than THC, while marijuana produces more THC than CBD. Research has shown that CBD acts to reduce the psychoactive effects of THC, separating hemp further from marijuana.

*Why use up the forests which were centuries in the making and the mines which required ages to lay down, if we can get the equivalent of forest and mineral products in the annual growth of the hemp fields?*

*Henry Ford*

The fiber from Hemp stalks has over 25,000 different uses. These tall, woody stalks will grow in practically any climate and grow quickly to maturity in a season, where trees take a lifetime. Hemp has a higher quality fiber than wood fiber.

Far fewer caustic chemicals are required to make paper from hemp than from trees. Hemp plastics are biodegradable and do not harm the environment. Imagine how different the world would be if hemp was not made illegal.

In 1937, DuPont patented the processes to make plastics from oil and coal. DuPont urged stockholders to invest in

its new petrochemical division. Synthetics such as plastics, cellophane, methanol, nylon, rayon, etc., could now be made from oil. Hemp industrialization would have ruined much of DuPont's business. The nail in the coffin happened when Andrew Mellon became Hoover's Secretary of the Treasury **and** DuPont's primary investor. He appointed his future nephew-in-law, Harry J. Anslinger, to head the Federal Bureau of Narcotics and Dangerous Drugs. Hemp was declared dangerous and a threat to their billion dollar enterprises. For their dynasties to remain intact, hemp had to go. Like so many revolving doors with elite companies and the Federal Government, the masses were deceived, and the economy and environment suffer.

*Marijuana is an addictive drug which produces in its users insanity, criminality, and death.*

**Harry J. Anslinger**

As a result of this long-term prohibition, most people have forgotten the industrial uses of the plant and continue to misidentify hemp with its cannabis cousin, marijuana. The 2014 US Farm Bill allows states that have passed their own industrial hemp legislation to grow industrial hemp for purposes of research and development. If the unwarranted federal prohibition of hemp is finally repealed, the world's oldest domesticated crop will once again be available to serve mankind in a broad range of environmentally friendly ways.



Herbs Etc Now  
Carries  
CBD Capsules  
and Topical Oil

We chose one of our top trusted companies to supply our customers with the best CBD oil available!

# SMART METERS: A HIDDEN FOE

by Denise Denman, NHP



Smart meter use has been on the rise during the past decade for its seemingly clean energy source and more accurate energy readings. Energy usage readings could help to save the customer money; how could that be a bad thing? Looking deeper into the issue, it is found that many people are sacrificing their basic rights for this exchange of accuracy.

## **Privacy concerns**

In a sense, Santa Claus can be compared to a smart meter. “He sees you when you’re sleeping, he knows when you’re awake...” These electronic devices infringe upon the privacy of everyone who lives in the home. They track the amount of time when electronic usage is at its peak and in what capacity. Shower or bath times, when and how dinner is being cooked, even down to the amount of times we open the refrigerator! This information has been used to track when people are home and when they are asleep. In 2009, in Puerto Rico, the FBI reported that many cases of burglary occurred due to the ability to track when people would be most likely to be in their homes. Computer hackers have the ability to track this information, which could explain the increase in burglaries in Puerto Rico during that time when smart meters were being installed.

Every movement that is being made in the “privacy” of your own home is being recorded with the ‘smart’ meter. The Supreme Court has been quoted as saying, “In the home... all details are intimate details, because the entire area is held safe from prying government eyes.” This is not the case when a smart meter has been installed; the information about what happens in a home is made available to, not only the utility company, but could also be sold to third-party corporations.

## **Is it really cost effective?**

By tracking the precise amount of energy used in the home each month, it seems that costs to consumers would decrease because of less guesswork, right? That may not be so. Many people who have switched over to smart meters have found that their monthly bill increased. It is not just the consumers who have noticed the rate hike but researchers at many Universities such as Stanford as well. A recent survey conducted showed that over one-third of those who had smart meters installed reported a hike in their monthly bill. Of those whose bills showed an increase, about a quarter of them had bills that doubled or tripled each month. Many people claim that when they call their power company, they are told that they are using more power despite their years of stable energy usage. The “dirty electricity” produced by smart meters causes appliances and electronics to burn out more quickly, resulting in the need to replace important and expensive appliances and electronics more frequently. These meters have been reported to last less than half as long as the analog meters previously used for years.

## **Health implications**

The World Health Organization, along with many other credible sources, has confirmed that the radiation from cell phone use causes brain tumors and other forms of dangerous cancers. This information has been thoroughly studied to confirm the risks of exposure to the devices that seem to be attached to everyone’s hands. It’s not just the cell phones that have these dangerous health implications but all forms of wireless technology. Aside from the tumors and cancer growth, many people with over-exposure to wireless radiation experience nausea, dizziness, headaches, tinnitus, a compromised immune system, neurodegenerative diseases, damage to the DNA, insomnia, and heart arrhythmias, just to name a few. Recently, there has been an increase in the number of people who are becoming more sensitive to electronics and more specifically, to electro-magnetic frequencies (EMF’s) that they give off. This is now called electro-sensitivity and is characterized by chronic headaches, digestive issues, memory loss, sleep disturbances, lowered immunity, increased pain, anxiety, depression, and mental “fogginess.” The health impacts of low-frequency RF radiation (radiation from wireless technology) have been recorded enough to put RF radiation on the list of known carcinogens.

Smart meters, as well as other common wireless devices, emit brain-wave altering frequencies and radiation. These meters are not consistent with their output of frequencies, rather erratic and in spurts, causing the effects to be even more damaging to the human body. Not only are the outputs inconsistent, the rates of RF frequencies detected from a single smart meter can almost double the rates of output from a cell tower. The smart meters are only on for a couple of minutes per day according to many smart meter installation companies, which may seem like a good thing! However, the pulses that are generated by the meters are only fractions of a second long and can send out 190,000 pulses per day in that short time. Many people have these meters in place directly outside of their bedrooms, where people spend up to a third of their lives.

## **Fire safety**

Power surges are a common theme in bigger cities that generate a lot of electricity; in fact, it is to be expected from time to time. Unfortunately, smart meters do not properly accommodate for these power surges, and it is too much for the meters to regulate. This has caused explosions and hundreds of fires in homes with smart meters that did not occur with analog meters. The electrical arcing that occurs with the smart meters can be highly dangerous and start fires or explosions, even when there is not a power surge.

*Continued on page 7*

# MEET ASHLEY RAE

Intuitive Counselor & Holistic Bodyworker



**Ashley Rae Stevenson** holds a Master's degree in counseling, Bachelors' degree in visual arts and psychology, has 15 years of experience as a massage therapist, and a decade of experience as a yoga teacher. She has completed specialized coursework and training in expressive arts therapies, grief work, multicultural studies, Reiki, meridian work & light healing touch, use of essential oils and

flower essence remedies, craniosacral work, and more. She is also a graduate and instructor of the Therapeutic Bodyworker Program at NITE.

Many years ago, having experienced injuries and resulting depression from a serious accident, she became fascinated with the connection between emotions and the body. As a survivor of multiple traumas and having experienced PTSD and anxiety from multiple life-changing losses and events, Ashley has vigorously pursued her own healing and studies. She has fused her life experiences and education into a truly holistic approach. Ashley identifies as an Empath and intuitive. She utilizes her skills, training, and abilities to help discern root issues in a rela-

tively short amount of time, and to facilitate the effective release or integration of experiences for client awareness and wellness.

At *Herbs etc*, Ashley Rae has developed and is the provider of a new service called holistic advisement. As an alternative to (but not a replacement for) more "traditional" approaches, these confidential sessions can include non-diagnostic, non-clinical intuitive counseling, energy work, expressive therapy techniques, guided meditation, yoga postures, stretches or breathing exercises, behavioral change plan suggestions, mindfulness tools, and suggestions of flower essences or essential oils for specific issues. Ashley can also assist in helping clients to create an integrative care plan utilizing other natural health practitioners, or referral to reputable physicians, therapists, and specialists in the region. Together, she and the client co-create and customize care in a non-judgmental atmosphere, while empowering the individual with choices, greater self-awareness, and practical tools for coping. Ashley Rae works from a strength based, holistic view. She brings an authenticity, compassion, and sense of humor that her clients can feel and appreciate.

***Ashley Rae is available for sessions Tuesdays-Fridays.  
Call (989)773-3636 for your appointment!***

## WHEN GOD CREATED WOMAN...

- He was working late on the 6<sup>th</sup> day, an angel came by and said: "Why spend so much time on that one?" And the Lord answered: "Have you seen all the specifications I have to meet to shape her?"
- She must be washable, but not made of plastic, have more than 200 moving parts which all must be irreplaceable, and she must function on all kinds of food, she must be able to embrace several kids at one time, give a hug that can heal anything from a bruised knee to a broken heart, and she must do all this with only 2 hands."
- The angel was impressed. "Just two hands....impossible! And this is the standard model? Too much work for one day....wait until tomorrow and then complete her."
- "I will not," said the Lord. "I am so close to completing this creation, which will be the favorite of my heart. She cures herself when sick and she can work 18 hours a day."
- The angel came nearer and touched the woman. "But you have made her so soft, Lord."
- "She is soft," said the Lord, "but I have also made her strong. You can't imagine what she can endure and overcome."
- "Can she think?" the angel asked.
- The Lord answered, "Not only can she think, she can reason and negotiate."
- The angel touched the woman's cheek..."Lord, it seems this creation is leaking! You have put too many burdens on her."
- "She is not leaking....it's a tear," the Lord corrected the angel.
- "What's it for?" asked the angel.
- And the Lord said, "Tears are her way of expressing grief, her doubts, her love, her loneliness, her suffering, and her pride."
- This made a big impression on the angel. "Lord, you are genius. You thought of everything. The woman is indeed marvelous!"
- "Indeed, she is! Woman has strengths that amazes man. She can handle trouble and carry heavy burdens. She holds happiness, love and opinions. She smiles when feeling like screaming. She sings when she feels like crying; she cries when she is happy and laughs when she is afraid."
- "She fights for what she believes in. Stands up against injustice. She doesn't take *no* for an answer when she can see a better solution. She gives of herself so her family can thrive. She takes her friend to the doctor if she is afraid. Her love is unconditional."
- "She cries when her kids are victorious. She is happy when her friends do well. She is glad when she hears of a birth or a wedding. Her heart is broken when her family or friend dies. But she finds the strength to get on with life. She knows that a kiss and a hug can heal a broken heart."
- "There is only one thing wrong with her: she often forgets what she is worth....."

-Author Unknown



# Make Your Water Alkaline

## New Wave Alkaline Filter Pitcher System

*Raise your drinking water pH to 8.5-9.5! Add the perfect balance of naturally ionized magnesium, potassium, calcium and sodium. This filtration process adds negative hydroxyl ions, which lowers oxidative reduction potential giving the water molecules a negative charge.*

*When the body is too acidic, it can result in many degenerative diseases, accelerate aging, and cause weight gain. Alkaline water helps neutralize damaging acids, promote healthy body weight, natural detoxification and powerful hydration.*



## Herbs etc Carries pH Testing Strips!

*Smart Meters: a hidden foe; continued from page 5*

The workers who install the smart meters are generally not electricians who are properly trained in the electrical workings of a home. This can lead to a higher risk of fire in the home. Another fact to consider before choosing smart meter installation is that there have been no long-term safety studies done on the devices.

### Impact on the environment

All throughout the world, there is a great concern for the significant collapse of bee colonies. It is well known that without bees to pollinate the plants, we would be without food. Our world would quickly go into starvation, and many species, including humans, would become extinct from starvation. The increase in EMF's throughout the world is killing off colonies of bees at an alarming rate. The frequencies cause distortion among the bees' brain-waves, just as it does with humans, but much more noticeably. This has been happening for a number of years and has been a proven factor in the disappearance of our most efficient pollinators. Within days of smart meter installation, a bee colony nearby will disappear or die off. The bees are not the only wildlife affected; birds do not tend to stay in areas with higher levels of EMF's. They migrate elsewhere, because they feel the damaging effects of the radiation and frequencies.

Many sources tote the idea that smart meters are better for the environment, because they cut down on carbon emissions. Unfortunately, this is another fallacy. According to Reuters, smart meters do not affect carbon emissions, and the meters may actually increase energy consumption, which the consumer has to pay for. Along with having no effect on reducing carbon emissions, smart meters cause damage to trees that are nearby which help to protect our planet from carbon emissions.

### House bill 4220

Right now, there is a debate in Michigan as to whether or not consumers should be allowed to opt out of smart meter installation without being charged a fee. Currently, to opt out of smart meter installation in Michigan, the power company charges a fee every month.

For many people, this fee is enough to make the decision to have the meter installed. House bill 4220 is also called Analog Utility Meter Choice legislation. This bill, if brought to the floor of the representatives and passed, will allow people to have a choice to install the smart meter or to keep the analog meter at no additional cost.

### What can be done?

Limiting the exposure to damaging RF frequencies is essential, but in a world of ever-changing technological advances and a fast-paced society, how do we limit exposure? There are a number of tools that can be used to reduce exposure. Some of these tools are orgonite, light-life tools, and the flower essence blend Yarrow Environmental Solutions. There are devices that can be plugged into the outlets of the home to reduce exposure as well.

In order to really make a change, we need to stop the installation of smart meters. That is the first step to show that we have had enough of the damage done to our bodies and our world. We can do this by contacting our local representatives and telling them to vote yes on House Bill 4220. Calling the office of the representative has more of an effect than emails, and written letters have an even stronger impact than the phone calls. Below is a list of a couple of representatives and how to reach them. If the representative that you are looking for is not listed below, you can find their information at [www.house.mi.gov/mhrpublic](http://www.house.mi.gov/mhrpublic).

•Roger Hauck – 99<sup>th</sup> District - (517) 373-1789  
Represents: Isabella County, part of Midland County, Coleman, Edenville Township, Hope Township, Mills Township.

•James Lower – 70<sup>th</sup> District - (517) 373-0834  
Represents: part of Gratiot County, Alma city, Bethany Township, Montcalm County, St. Louis, & more.

# PRODUCT FOCUS

## Nature's Sunshine Authentic Essential Oil Blends

Nature's Sunshine offers a fantastic selection of single oils as well as oil blends. Essential oils are most effective when in their authentic, natural state. When NSP began offering essential oils more than 15 years ago, they discovered many competitive oils on the market had been altered, standardized and enhanced for flavor, fragrance and economic advantage. Nature's Sunshine raised the bar. They guarantee that their oils are 100% authentic. Their essential oils are uniquely backed by the SureSource Guarantee: a practice that absolutely verifies essential oil authenticity back to cultivation, harvest and original distillation.



### **BREATHE DEEP**

Take a deep breath and exhale. This blend combines fruity notes of citrus with cooling mint, invigorating wood tones and bracing eucalyptus and tea tree that will have you breathing deep and clear in no time.

Featured oils: Lemon, Orange, Eucalyptus radiata, Spearmint, Cypress, Fir, Ravensara, Tea Tree

### **CHANGES**

**Women's Health Blend** helps women ease the symptoms that are traditionally associated with PMS or the transitional phase of menopause with luscious floral notes, grounding herbal tones and cooling peppermint.

Featured oils: Clary Sage, Pine needle, Orange, Ho Leaf, Peppermint, Ylang Ylang and Chamomile

### **CORE**

**Balancing Blend** like a meditative stroll through a deep and fragrant forest, notes of wood and subtle spice help intent to turn inward, achieving centeredness and connection.

Featured oils: Atlas Cedar, Spruce, Ho Leaf, Blue Tansy, Frankincense, Chamomile

### **ESSENTIAL SHIELD**

Warm and inviting, this blend envelops the user with the familiar aromas of orange, cinnamon and clove to soothe and comfort during the changing seasons.

Featured oils: Orange, Clove, Eucalyptus, Cinnamon, Lavender, Lemon, Pine needle, Wild Rosemary, Peppermint, Pink Grapefruit, Thyme

### **INSPIRE Uplifting Essential Oil Blend**

Uplift, motivate and INSPIRE with NSP's signature essential oil blend. Juicy citrus and cooling mint stimulate your senses, while spicy undertones ignite a fire in your soul.

Featured oils: Pink Grapefruit, Orange, Lemon, Spearmint, Peppermint, Cinnamon, Bergamot, Ginger, Vanilla

**PROSPER** Whether you define prosperity by the size of one's bank account or the richness of one's soul, both states are often achieved with a similar mindset. Where positive thoughts flourish, so does emotional and material abundance. PROSPER Success Blend helps foster the right mindset to attract any form of wealth you seek.

Featured oils: Orange, Cedar, Cinnamon, Spruce

**RECOVER Soothing Blend** with this frosty-then-warming blend of wintergreen, peppermint, camphor and other efficacious oils that are both penetrating and soothing.

Featured oils: Wintergreen, White Camphor, Wild Rosemary, Cajeput, Fir, Clove, Helichrysum, Juniper, Peppermint and Frankincense

**RELIEF Settling Essential Oil Blend** Overindulgence, hasty meals on the go, travel and other disruptions can all lead to discomfort. Let the aromas of Ginger, Anise, Peppermint and other essential oils calm and relax the body, soothing away distress.

Featured oils: Ginger, Anise, Peppermint, Lemongrass



### **Shine Energizing Blend Roll-On**

Energize and stimulate your senses as notes of grapefruit, lemon and peppermint uplift and rejuvenate. Reclaim your inner balance with cedar, pine and rosemary, grounding you in peace and serenity.

-Useful during mid-afternoon downtime or early morning to jumpstart your day

-Provides instant uplift; may be applied anytime, anywhere.

**PURITY REFRESHING BLEND** Like a sweet spring breeze, PURITY Refreshing Blend adds a burst of freshness to any room. With hints of citrus, plus wood and floral notes, PURITY makes a great addition to household cleaning. Or, simply diffuse in any room to revive and invigorate.

Featured oils: Spruce leaf, Lemon, Lime, Lavandin, Tea Tree, Lemongrass, Citronella and Peppermint



**REFUGE Calming Blend** Notes of mellow floral, luscious citrus and inviting vanilla create a personal quiet space in any environment where calm is needed. As daily stresses and worries accrue, REFUGE will be your beacon for peace and serenity.

Featured Oils: Lavender, Orange, Atlas Cedar, Ylang Ylang, Blue Tansy, Vanilla



**RENEW RELEASING BLEND** For many, modern life is a constant barrage of stressors. Prepare to let go of unwanted burdens with RENEW Releasing blend. Featuring a selection of authentic essential oils specifically chosen for their balancing and calming properties.

Featured Oils: Lemon, Citrus, Cypress, Laurel, Wild Rosemary and Juniper Berry

## SATURDAY SEMINARS

**June 10**

### Lip and Tongue Tie Awareness

If you work with women in their childbearing years, nursing mothers, babies, toddlers, teenagers, or people in general, this is a class you will want on your schedule. A baby organizes their whole neurological and emotional state through suckling. If the suckling is not right, they are not optimizing their brain, airways, gut/digestion, or emotional development to their full potential. So the consequences of an untreated lip or tongue tie are far reaching into many areas of the child's wellbeing and development. In this class, we will discuss the variations of degrees of ties, the options for revision, the way choosing not to revise can affect the person's physical, emotional and mental well being long term. We will observe potential causes of ties, as well as walk through a body work protocol that can be used post procedure to assist the body in realignment and reduction/elimination of cell memory from those ties developed at the 12 week gestation in the womb.

*Instructor: Heather Dexter, ND, Holistic Doula*



### July 15 Using Geometry to Assess & Remediate Toxic Energy Fields

*See page 10*

**Classes are 9 a.m. - 5 p.m.**

## TUESDAY TEACHINGS

### HEALTH CLASSES

**6:30 - 7:30 P.M. • Free, No Sign Up Required!**

- June 6 Sclerology:** How to Study the Whites of Your Eyes for Health Information
- June 20 Feng Shui:** How to Improve Health & Wealth in Your Home
- July 11 Understanding Natural Health for Young Families**
- Aug 29 Sound Therapy:** Using Sound to Help Thyroid, Heart, Brain Issues & More!

### FOOD CLASSES

**6 - 7:30 P.M.**

**\$5 donation requested to cover food costs**

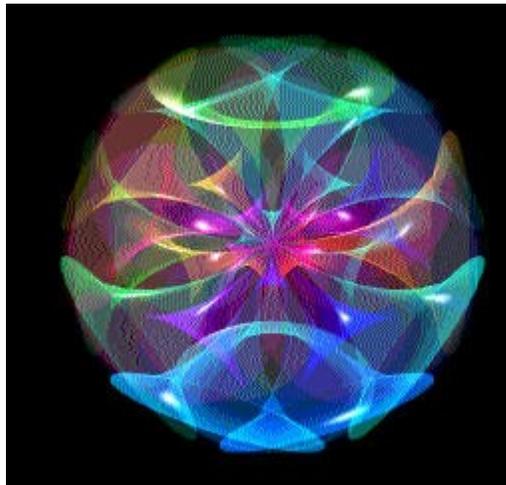
- June 13 Something's Fishy!** Salmon, Cod, Tuna
- July 18 Asian:** Stir Fry, Rice & Curry
- Aug 15 Once a Month Cooking:** Preparing Freezer Meals



# USING GEOMETRY TO ASSESS & REMEDIATE TOXIC ENERGY FIELDS

**Instructor: Paul Stumpo**

How can we, as a community, adapt and thrive in the midst of an ever changing and increasing landscape of toxic energies: physical, mental, emotional and spiritual? How can we take on the task of empowering ourselves to overcome the present dark forces that seem to surround us? How can we gain strength in so doing? Knowledge is power! The focus of this course is to assist the community in taking steps forward in the process of overcoming darkness (or incoherent energy fields), for our own wellbeing as well as the wellbeing of all those around us.



The focus for assessment will be through vibrational dowsing and the effectiveness of tuning one's energy field to receive and detect subtle energies. Other areas of testing to be demonstrated and discussed is the chakra state and organ systems energy levels.

We will discuss different types of pendulums, as well as different testing/assessing tools. Part of the discussion on tools will include

One pathway in overcoming is through the use of Biogeometry™. This provides us a language and assessment technique we can use to describe and determine with which incoherent dark energies we are involved. Also, Biogeometry™ provides a method to transform those incoherent fields into coherent fields. Incoherent describes the characteristic of an energy field that cannot be properly processed/handled by most living beings, be it a human, animal or plant. Another way to view the energy fields that is more inclusive is that there are two types: excarnating forces and incarnating forces.

This one day course will cover many different assessment techniques, starting with what is perceived as the basics: such as determining if a person is in a "switched state," a discussion of the different sources of this state, and why it is so fundamental to track and correct (with correction techniques demonstrated and discussed).

how to use them to detect Geo-pathic stress in the land as well as in a person and a discussion on devices that are available to provide mitigation of the many stressors that we are encountering everywhere. With time permitting, the spiritual dowsing arena and meditation techniques as tools (for the practitioner and client alike) will be viewed.

At lunch, I will be offering a general discussion on the Holy Nights meditations. We'll discuss how we are involved with it, regardless if we are aware of our involvement, and how to position ourselves to make the greatest benefit for such time. Summer is approaching, and in many cultures, its focus is the harvesting of the needs of the community to properly move through the winter months.

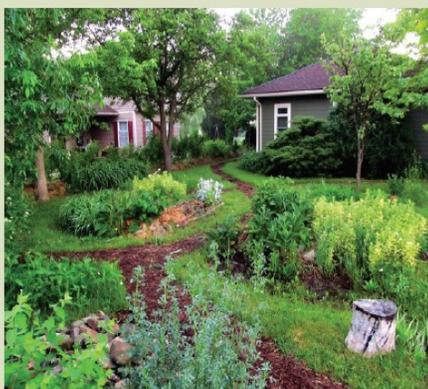
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**Register for Geometry Class**

**Seminar Date: July 15, 2017**

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## SPECIAL OFFERING: PERMACULTURE DESIGN CERTIFICATION COURSE



**\$995**

*September 5 - 13*

**Instructor: Wayne Weiseman**

The Permaculture Design Certificate course is a training utilizing the teachings of Bill Mollison's Permaculture Design System. The goal is to achieve a working understanding in ecologically-based planning, site design and management. Students will gain a basic understanding of design and development principles involved with large scale and small scale intensive permaculture applications. This nine-day seminar will be held at the Symbiosis Ranch. This is normally a \$1500 course. Lunch will be provided each day.

# THE MOON & WOMAN: THE FOUR ARCHETYPAL STAGES OF WOMEN

by Cassandra Carlson, ND

Women have for thousands of years ebbed and flowed, waxed and waned, in harmony with nature. Women were once the medicine woman, the herbalist, the healer, the weaver, the gardener. In this space, she lived closely with the earth and the cycles of all things. Here, pulled by the moon phases and her inner knowing, she lived connected.

As the moon waxed and grew brighter in the sky, so did she, naturally feeling more extroverted, social and fertile. As the moon waned and approached the dark moon, she felt herself pull inward as her body prepared to menstruate. A woman's mood, libido, sensitivity, productivity and energy shifted each month with the phases of the moon, mirroring one another in balance.

Each woman during her lifetime would continue this connection to the cyclical nature of all things and then also, shift through the phases of womanhood. As you read this, you, too, are within a stage of this cycle, waxing and waning as well. All women cycle through four main stages of womanhood, and each of these stages hold deep meaning.

**Maiden** Characterized by the young woman seeking to find herself, the Maiden is the first stage a woman will experience during her life. In this phase, she is actively searching for who she is and her place in the world. Excited, open and perhaps naive, the Maiden begins her journey by exploring the world around her. A woman would receive her first menstrual cycle during the Maiden stage, and at one point in history, menstruation was celebrated by women as a great blessing. Young women daydreamed of the day they would receive their first blood or first menstrual cycle as this meant they would soon be invited to enter the Red Tent. The Maiden is associated with the Waxing Moon phase, the time between the new moon and full moon, where light is beginning to grow. This fresh light and time of new beginnings reminds us of the wondrous time of the Maiden.

**Mother** The Mother phase represents the woman who is no longer searching for her place in the world but now stands proudly in who she is. In this fullness, she stands as the portal to birth another being. The Mother represents connection, strength and creation. Becoming a mother was deeply

respected by the community as it shifted a woman from the Maiden stage into the life giving force of Mother. Intuitive, compassionate, nurturing and sensual, the Mother is the second phase a woman will experience in her lifetime.

**Enchantress** The Enchantress phase represents the stage a woman experiences as she enters the time of menopause. No longer raising children, she moves to an inward state, and she returns to herself. Revisiting her passions, her callings, and who she really is, the Enchantress stage is a time for women to return to self care. A time of contemplation, self reflection, and alone time, the Enchantress becomes clear on who she is and what she needs in life, often removing things that are no longer working for her in her life. As a woman approached menopause, she understood this was the beginning of her next phase, and she welcomed it fully.

**Crone** Also known as the wise old woman, the elder, the medicine woman or *lo que sabe*, the one who knows, the Crone represents the last phase of womanhood. Post menopause and in her years as elder, the Crone was once a deeply respected member of the community, for she was the keeper of the wisdom. The Crone was the teacher, the guide, and the healer, sharing her wisdom she had collected over her life to the young Maidens and Mothers. Over the last few centuries, we have seen the Crone fade, and because of that, we have seen traditional wisdom fade, too. Remembering the importance of the Crone and holding space for the elders in our communities to be our teachers is deeply important.

With these four stages of womanhood, we see the moon phases align exactly. Here is how each of these stages flow with the moon.

## **New Moon**

The New Moon is when the sky is darkest and marks a time of renewal, letting go and transformation. The New Moon represents the inwardness of the Crone and is traditionally when women would menstruate. For thousands of years, women of most communities and villages menstruated with the New Moon and made their way into the Red Tent. The Red Tent was a sacred space for women to retreat to for 5 days each month to share wisdom, rest, weave and sing. Relieved of their regular duties and child care, women spent time together in the Red Tent to celebrate being women. Young Maidens and Old Crones sat together in the Tent, sharing wisdom, telling stories and drinking teas. Imagine what your life may have been like if you had a wise elder guiding you as a child!

*Continued on page 14*

After giving birth, the mare has a few months of freedom before being forcibly impregnated and returned to confinement. An unsettling and curious aspect of Premarin and its use has been the ability for pharmaceutical companies to tout the label of “natural” in its description since it comes from a living animal. Obviously, it is a slippery and deceptive marketing ploy dreamt up in a pharmaceutical company board room!

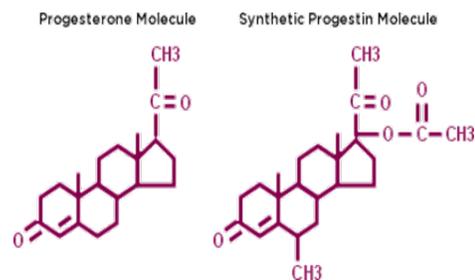
There were many excellent studies done in the 90’s showcasing the problems of HRT, but they were ignored in favor of continuing hype from the drug companies about the cure-all nature of its HRT arsenal.

The majority of physicians were solid in their belief that every menopausal woman should be on HRT, even though only 25 percent of patients continued on it because of the side effects. Many women, rather than being taken off the HRT when they complained of weight gain, bloating, breast tenderness, anxiety, depression and insomnia, were instead given sleeping pills and antidepressants, which made them feel worse.

In the summer of 2002, two major studies were published in the Journal of the American Medical Association (JAMA) which dropped a stick of dynamite into the whole realm. The first blow, and one I will discuss here, came from the huge Women’s Health Initiative (WHI) study, one part of which looked at the effects of the most common form of HRT, PremPro. This arm of the study was abruptly cut short after five years (three years early) because of a clearly greater risk of invasive breast cancer, heart disease, and strokes among women using PremPro. PremPro was a combination of Premarin, the “horse estrogen,” plus Provera, a synthetic Progestin. The study was the gold standard in terms of study parameters and scientific evidence. It analyzed the health of 16,000 healthy, diverse, and postmenopausal women aged 50 to 79 years. It was designed to definitively answer nagging concerns about HRT. The women were divided into various groups, some took Estrogen plus Progestin, others took a placebo. As in all double-blind studies, the two groups were compared and evaluated; neither the women being studied nor the researchers knew whether they were in the group receiving the real drug or placebo. The long-awaited study was ended abruptly when a routine monitoring board examined the results and sounded the alarm! They proclaimed to the world that after five years, those using PremPro had a 29 percent higher risk of breast cancer, a 26 percent higher risk of heart disease, and a 41 percent higher risk of stroke. To make the numbers really relevant, it’s important to project them out into the general population: If 6 million or more women are reportedly using PremPro, this would translate to approximately 4,200 women who would get breast cancer, 4,800 women who would get heart disease, and 10,800 women who would have a stroke in a five year period because they were taking this form of HRT. If the numbers are extended over a decade, nearly 40,000 women would be harmed and many of them killed by taking these drugs. That qualifies as an epidemic, and that doesn’t count all the other side effects, like fatigue, depression,

headaches, low thyroid, low libido, blood clots, breast cancer, more coronary heart disease events, more strokes, and pulmonary embolisms. It needs to be noted that this study only used two particular hormone products – there are and were MANY OTHERS. The study also focused on just one single-dosing oral regimen. There’s no way to know if the results could be extrapolated to lower doses or to other formulations. Executives at Wyeth-Ayerst, the drug company that supplied pills for the study and provided them to many midlife women, certainly must have gone numb as they watched the firm’s stock plummet 24% IN ONE DAY!

The FDA finally stepped in during the fiasco and insisted that all prescriptions be accompanied by warnings about the risk of cancer, blood clots, gallbladder disease, and other complications. Without a moment to lose, the American Pharmaceutical Manufacturer’s Association and the public relations firm for Ayerst Pharmaceutical produced sales strategies and an intense promotional campaign. This included articles sent out to magazines (Reader’s Digest, McCall’s, Ladies Home Journal) and 4,500 suburban newspapers in order to “preserve the integrity of Estrogen replacement therapy as effective, safe treatment for symptoms of menopause.” The monied interests were so opposed to the FDA’s plan for packaging the warning inserts that they took legal action. They stated that “patient information would reduce sales of Estrogen drugs and therefore, reduce profits.” Other organizations that joined in opposition were the American College of Obstetrics and Gynecology, the American College of Internal Medicine, and the American Cancer Society. They claimed that “giving patients information violated the physician’s right to control how much information to disclose to patients and threatened medicine’s professional autonomy.” Eventually, the U.S. National Women’s Health Network introduced a brief to the court in favor of the FDA, and the FDA won out. To this day, every HRT product is required to have a warning label on possible side effects!



Why were these two studies so damaging yet pivotal? The answer is both financial and psychological. The numbers of women taking hormone products BEFORE the disaster of 2002 were astounding. 38% of U.S. women between the ages of fifty and seventy four used HRT. In 2000, 46 MILLION PRESCRIPTIONS OF PREMARIN made it the second most popular medication in the United States; it raked in more than a billion dollars in sales for Wyeth alone. PremPro, which is Premarin with a synthetic progesterone added, was in the neighborhood of 20 MILLION PRESCRIPTIONS and showed no sign of stopping. As soon as the 2002 WHI results hit the scene, a mass panic happened among women on HRT at the time. The millions

of women on HRT suddenly had no faith in any of their doctor's recommendations and worry/stress levels of this population went through the roof. Millions of women discontinued their treatments immediately, only to find their symptoms returning. Some chose to continue taking their pills, hoping they would miss becoming one of the unlucky ones to find a lump. Still others turned to herbs, soy, and whatever else they could find that would provide relief. This reality set the stage for the somewhat triumphant "return" of Bio-identical hormones.

### The "return" of Bio-identical Hormones

What are Bio-identical hormones, you might ask? Unfortunately, yet another term that has been misused, misapplied, and one that has served to further muddy the waters for our collective understanding of hormone therapy. Bio-identical hormone is a DESCRIPTIVE term, meant to distinguish and identify a hormone that is an exact duplicate of one produced by a living body. The modern term of Bio-identical hormone replacement therapy (BHRT) started out as Natural hormone replacement therapy (NHRT). The same early research that provided general understanding of hormones and the endocrine system also set the stage for NHRT. However, practitioners involved with NHRT believed in maintaining the integrity of hormones down to their chemical structure EXACTLY. NHRT sought to examine the interplay of hormones to each other and focused on balanced and appropriate ratios. In this realm, unlike the conventional synthetic world of HRT, **PROGESTERONE** emerged as the champion for study and use. Early research of Progesterone itself happened slowly and then, decade by decade, gained steam. In 1930, samples of Progesterone were obtained from sows' ovaries and minute quantities of it limited research. By the late 1930's, the placenta was found to synthesize Progesterone in relatively large amounts, and this led to the harvesting of placentas after childbirth and quick-freezing them for extraction of Progesterone in quantities sufficient for experimental work and clinical application. By 1939, the chemist Russell E. Marker devised a method to convert a Sapogenin found in the sarsaparilla plant into a Progesterone-like compound. Soon after, he was able to convert diosgenin from the Wild Yam (*Dioscorea villosa*) into Progesterone with an excellent yield of 40 percent. By the 1950's, active hormone-like substances were found in thousands of plant varieties. This led to the platform of Bio-identical forms of Estrogen, Testosterone, and Progesterone being created!

Dr. Katharina Dalton championed Bio-identical Progesterone and spent most of her career in the 50's and 60's focusing on it. Her work is legendary and especially important, because the concept of a women's health movement may very well have started with her work! She made a huge contribution to modern understanding of hormone disturbances, and she is the one who coined the term Pre-menstrual Syndrome or PMS. Dr. Dalton successfully treated premenstrual asthma, epilepsy, and migraine headaches with Progesterone. Dr. Dalton ONLY used Bio-identical Progesterone and was adamant that other synthetic derivatives of Progesterone could not be used. One of Dr. Dalton's observations was that some of the symptoms of PMS (including edema, hypertension,

and albumin in the urine) seemed to also occur as early signs of toxemia in pregnancy. She began trials of intervention with Progesterone in collaboration with a maternity hospital. The hospital records showed an average incidence of toxemia to be 9%. After the first patients who were treated delivered babies in 1955, the incidence dropped to a low of 1.0%. Each patient was given a test dose of Progesterone when early symptoms occurred and then, treated continually if symptoms resolved, while moderating the doses according to symptom relief. In decades following her, HUNDREDS and HUNDREDS of M.D.'s, D.O.'s, Chiropractors, and NATUROPATHS rediscovered bio-identical hormones and Progesterone in particular. The fact that it was so safe, effective, inexpensive, and easy to obtain made its use inarguable.

### Hormone therapy today - Where do I start?

If you are reading this article and wondering if Bio-identical hormone therapy may be a good fit for YOU, your first step is to CONTACT YOUR LOCAL TRADITIONAL NATUROPATH. Be sure to ask how Bio-identical hormones can be used as part of a measured system of diet, exercise, and stress reducers to restore health and balance. There are a few key points that every person, male or female, needs to know and be quite familiar with before considering Bio-identical hormones. There are lots of them to know! But here are the key ones:

All Bio-identical hormones used are chemically identical to human hormones.

Your Naturopath can help navigate through the maze of over-the-counter or (OTC) preparations available. There are specific guidelines to look for, and your natural health professional will be well-versed!

A good majority of hormone balancing can occur with the workhorse and overall balancer of the endocrine system, Progesterone.

Careful attention and scrutiny to all hormonal products is needed due to the co-opting of the word "natural" in relation to the product's formation and use. Semantics matters when describing and detailing ALL hormonal products. Current medical professionals, the lay public, and even researchers use the names of hormones interchangeably. This is both inaccurate and misleading. A very common error is seeing PROGESTERONE, PROGESTOGEN, and PROGESTIN used interchangeably. They are NOT the same thing.

Bio-identical hormones are NOT just for menopausal women. ANYBODY showcasing hormone imbalance, specifically Estrogen Dominance caused by modern life, can consider using Progesterone, for example. The symptoms of hormone imbalance have become all too common these days: Weight gain, fatigue, sleep and mood disturbances, reproductive challenges, and even skin disorders. Ask your Naturopath during your next consult to see if Bio-identicals are a good fit for you!



*The Moon & Woman; continued from page 11*

The New Moon also represents a time of letting go and offers us the space to reflect on our lives and let go of what is no longer working. A powerful practice for women to return to, the New Moon lets us move past what is holding us back. This is also the most important time for women (and men) to return to self care. Making time for yourself to rejuvenate during the New Moon is key - think of what you appreciate doing and do that! Some examples of self care include getting a massage, finding an evening when the kids can go to a friend's house, taking a bath with candles and music, journaling, going for a hike and reading.

### **Waxing Moon**

After the New Moon, light begins to return to the night sky as the moon slowly grows as it approaches a Full Moon. The Waxing Moon phase represents the Maiden as new life begins to grow and light returns. The Waxing Moon time encourages us out from the inward state of the New Moon, and we may feel heightened energy.

If you let something go with the New Moon, now is the time to set new goals or intentions for yourself. Do you have a project coming up? Now is the time to begin it. Cyclically, this is the time for new beginnings and new intentions!

### **Full Moon**

As women, we naturally feel drawn to be outside underneath the Full Moon and in the glowing light. The Full Moon represents fullness, creativity and gratitude. Represented by the fullness of the Mother, the Full Moon is a time to celebrate. Unlike the New Moon, the Full Moon is our most active time and also, when many women traditionally ovulated. This phase of fertility and extroverted energy is a great time to be social. More babies are born around the Full Moon time than any other time, and more women conceive around the Full Moon than any other time - women are deeply affected by lunar

activity. As humans, we are 75% water and just as the moon causes tides to change and the oceans to swell, we feel these changes, too.

### **Waning Moon**

After the bright Full Moon time, the moon slowly begins to pull inward again, moving into the Waning Moon time. The Waning Moon time is represented by the Enchantress, a time of moving inward, intuition and contemplation. The Waning Moon time is when many women feel most intuitive. Our Intuition, or our gut feelings, can help guide us towards what we need to create in our lives. The Waning Moon encourages us to return to self care and the inner aspects of self. This is a time to begin to rest and take care of yourself.

Observing the wisdom of the moon phases can teach us a lot about our own inner wisdom. As one shifts and waxes, so does the other. Becoming aware of these natural shifts in your energy, libido, and mood are helpful for us as women to return to the traditional, rhythmic ways of life.

Remembering the wisdom inside of us is the first step in living connected. And so it is.



Cassandra Carlson is a Certified Naturopath & Graduate from N.I.T.E.

## **Join The Quarterly Crones**

### **Second Mondays**

**June 12, Sept. 11, Dec. 11, 5 - 6:30 p.m.**

What is an elder woman's role in creating positive change in her community? Become a Wise Elder and meet with the *Quarterly Crones*. What to expect at our next gathering: Tea with Bessheen, celebrations, DIY programs, games, and more. Elder Leader: Marilyn Sweeney

*For women of a "certain age," menopausal and up*



# NITE REUNION July 21-22

## ALUMNI, INSTRUCTORS, STUDENTS

In 2015, we celebrated our 20th year! It was so much fun camping at the ranch, listening to short sessions from Naturopathic Institute instructors, and sharing meals, music, and laughs, that we decided to hold the reunions every other year. The entire reunion is free of charge. You are welcome to arrive by 3 pm on Friday night for a camp over. Saturday, from 11 am to 11 pm, all are welcome; bring a dish to pass for lunch time. Drinks and service wear will be provided. Instructors will hold special updates sessions, there will be music, fun and prizes! Saturday evening, we will grill ranch burgers and enjoy a campfire and spectacular fireworks!



### QUARTERLY NSP HERBAL TEACHINGS

**Monday 9 a.m. - 4 p.m.**

These Monday classes are free of charge, open to the public and a lot of fun! Dr. Baker teaches on a variety of topics and explains the root causes of ailments, the nutrition needed to repair these conditions, and the mental and emotional factors that play a role in the development of disease. Remedies often include herbs, vitamins, minerals, amino acids, flower essences, essential oils, and more. *Herbal Boot Camp will take place again in 2018.*



#### **June 19th, 2017**

How to test and balance your hormones  
What to put in your herbal vault  
Remedies to enhance your extra sensory abilities  
Getting rid of mold, yeast, and fungus

#### **Sept 18th, 2017**

Understanding the adrenal glands  
Healing the spleen the hidden master of digestion  
How to help others new to natural health  
The best cleanses top to bottom

### Junior and Layman Program

Announcing this year's new and improved program for beginners! Here is an opportunity to learn something new with hands-on clinics and an abundance of practical, useful information that can be applied in everyday life. *Open to ages 10 to adult. Registration Required*

#### **June 10, 2017**

Healing Emotions through  
Flower Remedies

#### **July 22, 2017**

Herb Walk: Identifying and  
Using Medicinal Herbs

#### **Sept 30, 2017**

Feng Shui: How to Organize  
Your Home to Make It Healthier

**9 a.m. - 5 p.m.**

**\$89 per Saturday Class**





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