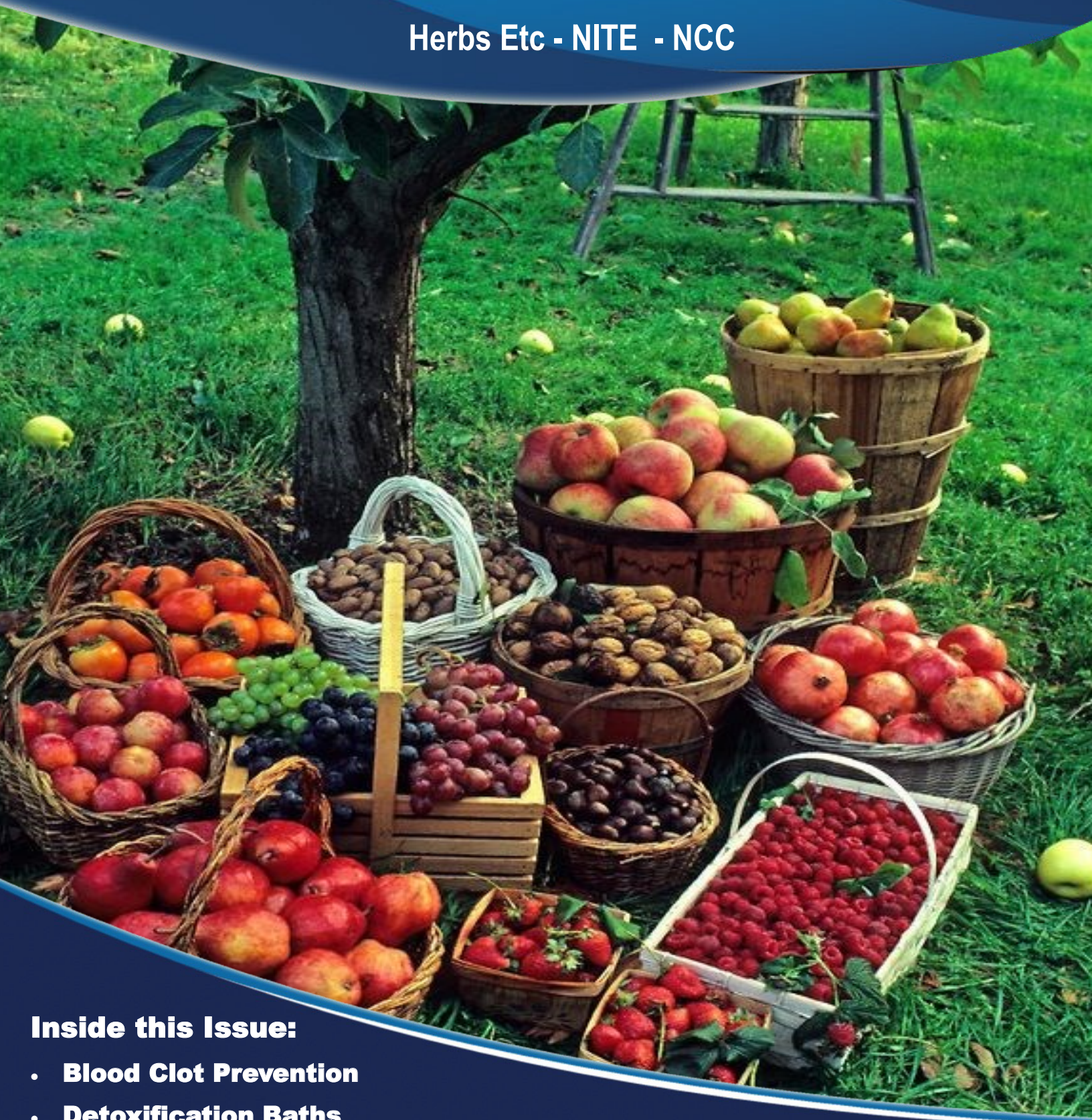


NITE LIGHT

Natural Health Quarterly

Herbs Etc - NITE - NCC



Inside this Issue:

- **Blood Clot Prevention**
- **Detoxification Baths**
- **Educational Opportunities**

Fall 2021

Editor's Note



Are you ready for the “Fall?” Typically, the season of Autumn represents a preparedness for winter. Animals store food and create cozy hibernation spaces. Temperatures cool, and we spend more time indoors. Green trees yield to majestic colors of flame, reminding us that change is the only constant in life. Then, those brilliant leaves let go of their branches, giving us the courage to let go of what is not needed for our own preservation.

And, in these most interesting of times, that seems to be a very thoughtful question: what is needed for our own preservation?

As we go through life, we embark on healing journeys, and we often encounter the concept that “things may get worse before they get better.” This is the idea that our being has accumulated various wastes and toxins as we have been busy “living life,” even though the storage of them may not be conscious or visible. At some point, we decide that old ways must change, and we move off the old trail onto a new one. This new trail may include new ways of thinking, affirmations, avoiding certain foods, exercising, eating different foods, adding supplements into our daily regimen, all with the goal of returning to an even greater state of health than we had previously experienced.

In this process, we cleanse and shed those old accumulations, whether it be by physical means, such as skin rashes or changes in bowel habits, or by mental and emotional means, such as crying or letting go of people and things.

Probably, most of you are aware and feeling it: that our world is about ready to branch off the main trail and follow a new one. The world, itself, is building up to have a great healing challenge. So, again, the idea: “it may get worse before it gets better.”

As we all prepare for the new direction toward which our world is heading, and pray that the trail it is taking is one of truth and freedom, maybe it would be wise to consider what is necessary for our self-preservation and the preservation of humanity. The following pages are full of information to help in your preparation, and certainly, the conferences we will be holding on October 1 and 2 are designed precisely for this intention.

And, if it appears that the world’s path does not have healing as its destination, let’s not forget that Ralph Waldo Emerson wrote: “Do not go where the path may lead, go instead where there is no path and leave a trail.” May we all have the courage for this transformation.

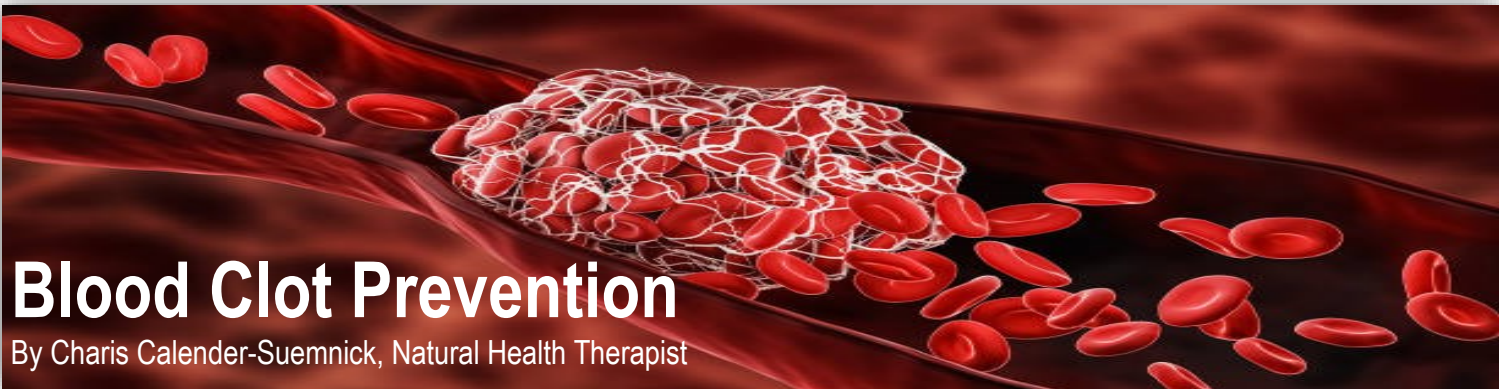
Bountiful blessings,

Amy Jo Howard, ND
Director of Education

Herbs Etc Now Carries Wearable Bio Photon Patches

- Boost Immunity
- Increasing Stem Cells
- Balance Hormones
- Incredible Energy
- Relieve Pain





Blood Clot Prevention

By Charis Calender-Suemnick, Natural Health Therapist

Blood clots have been on the forefront of conversation this year especially as a side-effect to the experimental COVID injections. Blood clots are gel-like clumps that form in the blood and are very useful to stop bleeding when a person is injured. However, clots that form in the veins and arteries and are not able to dissolve on their own can cause life-threatening conditions such as heart attack, stroke and other serious medical ailments. According to Dr. Sherri Tenpenny, known as the most knowledgeable physician on the adverse effects of vaccines, clots have formed following the COVID injection in the extremities and the veins responsible for draining blood from the brain (Tenpenny, 2021) <https://rense.com/general96/20-mechanisms-of-injury.php> It is critical that we expand our knowledge on blood clot prevention and share the following tips with family and friends.

Many of you know that I love to promote and share the benefits of “Eating Right for Your Blood Type.” The founding principle of the Blood Type Diet is that all foods have a chemical reaction with your blood that produces a positive or negative outcome. Foods contain a naturally-occurring protein called lectins that can act as agglutinate in our blood. In other words, when certain blood types ingest particular foods high in lectins, the negative outcome is that it makes the blood “sticky” or clump together like glue. The easiest way to focus on blood clot prevention and circumvent “sticky” blood is to modify your diet based on your blood type. Below is an easy to follow chart listing four foods for each blood type that are high in lectins and best avoided for preventing blood clots:

Common Foods to Avoid for Each Blood Type That Contain Harmful Lectins

Type O	Type A	Type B	Type AB
Wheat Soybean oil Peanut Dairy	Potatoes Tomato Beef Most Dairy	Chicken Corn Soybean Peanut	Chicken Corn Banana Soybean

Another food that assists in healthy blood flow is garlic. Garlic is considered an herb and is excellent for promoting circulation and thinning the blood. In order to receive medicinal benefits from garlic, it must be used fresh and not over-cooked. I recommend cooking with garlic but also using the supplement as well. At Herbs Etc we carry two high quality and affordable options; regular Garlic capsules and High-Potency Garlic capsules. Cayenne pepper is also a natural blood thinner and can help prevent blood clots. Cayenne, like garlic, can be used when cooking but those seeking an herbal blood thinner can find Capsicum on the shelf at Herbs Etc. Blood Type O does best on capsicum and if circulation is a major concern, using the supplement, Capsicum & Garlic with Parsley is ideal!

Two more foods to consider for blood clot prevention are turmeric and beets. Turmeric can easily be added to soups and stir-fry’s and is found at most major grocery stores. The active constituent in turmeric for preventing blood clots is Curcumin. I recommend Turmeric Curcumin in capsule form from Herbs Etc because of the potency and the quality. We also carry a liquid form by Herb Pharm as well. As far as beets, it is best to eat them or juice them but I know not everyone likes them. The easiest way to work with beets is to roast several in the oven and eat them throughout the week on salads. You can also purchase Red Beet Root at Herbs Etc in capsule form or in our popular Rejuvenaid powered form.

For those that already have blood clots, I recommend two things to help break them up. The first is a powerful enzyme at Herbs Etc called Protease Plus. Protease Plus or High Potency Protease is a digestive enzyme that can break up clots in the blood. It is best taken on an empty stomach between meals to have the most potent effect. The second is an anti-clotting agent used in Asia for centuries called Nattokinase. Nattokinase is a blood-clot dissolving protease protein produced from fermented soybeans. At Herbs Etc, we carry it in a supplement called Nattozimes Plus that also contains heart-supporting herbs such as hawthorn berries and capsicum.

Highlights from Dr. David Brownstein



At this summer's Natural Health Independence Freedom Festival (NHIF), we were privileged to have Dr. David Brownstein speak. Dr. Brownstein is the Medical Director of the Center for Holistic Medicine in West Bloomfield, Michigan. He lectures internationally, is the author of numerous books, and is a huge proponent for natural and nutritional therapies for health.

When the coronavirus pandemic shut down many practices, Dr. Brownstein kept his Center open and continued to serve his patients, even when that meant meeting them in the parking lot and treating them in their cars. Here are some of his top recommendations for supporting the immune system and countering viruses:

Vitamin A – It improves cellular communication, cell growth differentiation, stabilizes immune function, and supports the reproductive system, heart, lungs, and vision.

Vitamin C – This vitamin helps fight viruses, supports the epithelial barriers, is antimicrobial, enhances the differentiation of B and T cells, and helps rid the body of old, injured tissues.

Vitamin D3 – Also having antimicrobial properties, Vitamin D3 reduces inflammatory responses, inhibits inflammatory cytokines, promotes calcium absorption in the gut, and helps with glucose metabolism. Dr. Brownstein said that Covid infections were 64% more common in people with Vitamin D deficiencies.

Iodine – Every cell in the body requires iodine for proper function, especially those in the glandular tissues. Iodine is anti-inflammatory, improves phagocytosis (how the immune system gets rid of unwanted materials), and works against microbes, viruses, and other toxins.

Dr. Brownstein also uses intravenous Vitamin C, hydrogen peroxide, and ozone therapies in his practice. Stop in to Herbs Etc for his books or to stock up on the highlighted supplement

What's up with your gut? By Carla Anderson, NT



I have been seeing a trend over the last few months. A trend of more and more issues with clients' guts. Why is this happening? Is it because we have been under a tremendous amount of stress? Lockdowns, mask mandates, businesses closing, unemployment, and sickness. All of those things have created a fear and uncertainty we have never had to deal with. Stress really takes a toll on the body, it puts our body into a "fight or flight" state. This fight or flight state activates our sympathetic nervous system, which means our body is ready to fight or run away from something perceived as a threat to survival. It increases heart rate, speeds up breathing and diverts blood to the skeletal muscles and brain. Adrenaline is released, which stimulates the body's store of glucose and fat. Our body's are designed to have this part of our nervous system activated for short periods of time. In the world we live in today, some people have been locked in this state for months at a time, which means your body is not in a "rest and digest" state. The rest and digest state is the job of the parasympathetic nervous system. Our bodies can not digest the food we eat if we are locked into a fight or flight state. Then if you add in poor food choices, poor sleeping habits, dehydration, and no exercising it is no wonder digestive issues are common occurrences.

Your digestive system has four activities: ingestion, digestion, absorption, and elimination. Which means eating food, breaking it down, taking nutrients into the bloodstream, and getting rid of what our body does not want. The digestive system breaks down food into substances the body can use for energy, growth and repair: proteins, carbohydrates, fats, vitamins, minerals, and other nutrients.

Your guts can heal and you do not have to suffer. I recommend scheduling an appointment with one of the Natural Health professionals here at Herbs Etc. We can work with you to develop a program that includes the right foods for your personal chemistry, vitamins, minerals, herbs and therapies to improve your physical, mental and emotional health. Most folks can tell a difference in the first 30 days!

Detoxification Baths

Bathing or soaking in water is a wonderful way to detoxify the body of chemicals, heavy metals, and other unwanted toxins. The basic idea is to use the body's largest channel of elimination (the skin!) to get rid of waste material.

To amplify the effects of your detox bath, do some dry skin brushing prior to bathing. Using a "dry skin brush," brush the entire body, except the face, in a circular motion toward the heart. Start with the feet, then the legs, and work your way up. Brushing can be done very lightly; this is easier on the skin, and it opens the lymphatic system to dump its waste material. To brush the entire body, it only takes 3-5 minutes. With the dead skin cells removed, the skin pores open, and the lymphatic system is ready to dump, so then, you can carefully get in the bathtub and soak up to your chin.

Fill the bathtub with fairly warm water (preferably non-chlorinated). Add your detoxification ingredients. Remain in the bath for at least 25 minutes and no longer than 45 minutes.

In the bath, you may be feeling good, yet upon getting out, you may experience some dizziness. Be careful getting out of the tub. If possible, shower off the bath water to assist in the removal of toxins the bath water has brought out. Dry yourself down from head to toe to re-establish proper skin flow. Put on comfortable, non-synthetic clothing, and if possible, go to bed.

Baths can be done daily if needed. In cases of chemical removal, you may have to do several baths before the chemicals begin to release. Some people have reported changes in the color of the bath water. Results will vary from person to person; however, by the third bath soak, you will be releasing toxins even if you cannot smell them or see them.

Bath and Foot Soak Recipes

Choose whichever bath sounds most appropriate to you, or alternate between them throughout the length of your program. Any of these baths can also be done as foot soaks (in case you need a bath break, are traveling, or don't have a tub). However, to maximize your detoxifying capabilities, the baths have been found to be more effective than the foot soaks.

Bath #1 (Used for general detox; heavy metal detox; after massage or bodywork; to break up calcium deposits; to neutralize alkalosis)

1 Quart Apple Cider Vinegar

Foot soak: Use 1 cup

Bath #2 (Used to begin absorbing minerals, especially sodium)

1/2 cup Epsom Salt

Foot soak: Use 1/8 cup

Bath #3 (Used for pulling cellular waste, metals, or chemicals)

1/2 cup Epsom Salt

1/2 cup Bentonite Clay

20 capsules, opened, of Yellow Dock

Foot soak: Use 1/8 cup each of Epsom salt and Bentonite and 5 capsules Yellow Dock

Bath #4 (Used for pulling bacteria and viruses from the spine; for removal of cellular waste, metals or chemicals)

5 drops of Purification Oil

Foot soak: Use 1 drop

Bath #5 (Used for alkalizing the body)

1 box Baking Soda

1 cup Epsom Salt

20 capsules, opened, of Ginger or 5 tsp. Fresh Ginger

Foot soak: 1/4 box Baking Soda, 1/4 cup Epsom Salt, 5 capsules Ginger

Bath #6 (Used for expelling nano-materials)

2 cups Epsom Salt

1/4 cup Sea Salt

10 capsules, opened, of Alfalfa

Foot soak: 1/2 cup Epsom Salt, 1 Tbsp Sea Salt, 3-4 capsules Alfalfa





Dr. Baker Recalls “The Fleet”

Attention All Alumni, Advanced Students, Instructors, and Knowledgeable Public: Return Home Conference “Prepare for the FALL”

Friday, October 1st, 2021

Time: 9 am to 5 pm

Cost: \$50 per person

Location: Morey School
380 W. Blanchard Rd.
Shepherd, Michigan

Lunch: Available through
our Yin/Yang Chef Team for
an additional affordable cost

Vendor: Herbs Etc is our
sponsor and will have a booth
with key conference products

Registration: Please call
NCC at (989) 317-4787
You may also register in



Topics and Speakers

True History of Retro Viruses

Suzy Sikora, ND, will walk you through the history and pre-planning of the pandemic, plus, what to expect in the coming months!

Prevention: What Works Best

Bessheen Baker, ND, will discuss the missing pieces needed to run your DNA against man made retro-viruses and spike proteins.

Surviving a Cytokine Storm

With Jackie Featherly, ND, you will learn how to prevent, and if needed, weather the severe reactions from retro-viruses and extreme immune responses.

Your Essential Remedy Kit

Amy Jo Howard, ND, will help you prepare an essential remedy kit including Homeopathics, Herbs, Home Remedies and Chest Pastes. Live action demonstrations on using key tools will be presented!

Essential Oils are Essential

Jan Doerr, ND, will guide you through unique applications of essential oils that are specific to respiratory and circulatory complications.

Prepare Your Supplies

Bessheen Baker, ND, will speak on how to thrive during changing times. Food preservation, water purification, seed storage, hygiene, clothing, and the role of strong leaders in small communities.

All Hands on Deck!!



Get Your Tickets

Most Important Public Conference in History “Wholistic Approach to the FALL”

Saturday, October 2nd, 2021

Time: 9 am to 5 pm

Cost: \$50 per person

Location: Morey School
380 W. Blanchard Rd.
Shepherd, Michigan

Lunch: Available through our Yin/Yang Chef Team for an additional affordable cost

Vendor: Herbs Etc is our sponsor and will have a booth with key conference products

Registration: Please call NCC at (989) 317-4787
You may also register in person at Herbs Etc

Topics and Speakers

History of Retro-Viruses

Charis Suemnick, Natural Health Therapist, will walk you through the history of viruses and their variants. How we got to where we are today!

Injections: What You Need to Know

Carla Anderson, Natural Health Therapist, will teach on the effects of injections. What to do to support your body with or without them.

Surviving a Cytokine Storm

Naturopathic Doctor, Jackie Featherly, will be an amazing guest speaker as she coaches on the importance of helping yourself or loved ones in times of circulatory or respiratory distress.

Immune System Highlights

Chloe Kolberg, Natural Health Therapist, will give you a crash course on the immune system and how you can strengthen it before the fall.

Additional Topics Covered:

- Essential Oils for Viruses
- Breath Work & Tapping for Stress
- Homeopathics for the Pandemic
- Herbs and Minerals for Immunity
- Home Remedies for Emergencies



Our Changing World

By Bessheen Baker, ND



Last year while on a shopping trip to Meijer, a retired, well-dressed woman, whom I did not know, stopped me to point out two young mothers who were essentially loading up on spaghetti noodles and sauce. She said, "Look they're hoarders; I just saw them at Walmart doing the same thing!"

I did not respond; how could I judge two mothers putting up food for their family? We've all seen the supplies dwindle at numerous stores. And, it's not always about food. Tractor parts, equipment, general supplies, our seasons of the almighty, abundant, plenty have come to a sudden halt. It's hard to get enough workers all around the globe, plus stringent policies have slowed everything. Many companies will not make it back to full operation or have already closed for good!

Many cultures and religions around the world teach to have a year's supply of food on hand for your family! The reasoning is because at any time, you could have a job loss, sickness, or injury and then, you would have one less burden for your family to endure. You now also need to consider extreme weather, financial collapse, and "brown outs" when the supply chain is deeply interrupted due to the above reasons.

While many of you may already be thinking about laying in some extra supplies, how long could you live on your current groceries? Most Americans, at best, have a two week supply; some are preparing for a three month need. To help you with the math, consider this: An adult can get by on 1500 calories per day but would do far better on 2000. Each person in the household will need, between hydration and minor hygiene, one gallon of water per day. When people talk about stocking up, the company FB has literally asked for the people's friends to report them! Now, what in the 'Sam Who Heckers' is that all about?!

Tell you what, TO EACH HIS OWN, you do what makes sense for you, and leave others out of it, and probably, the best advice is to not share with others what you are up to. Creating a small family or neighborhood group to be able to check on and support each other is the best idea.

Most canned goods and boxed food can be good for 1 to 2 years, home canning can last a bit longer, maybe up to 5 years, freezers are great as long as you have power or a back up generator with 50 plus gallons of gas!

Many are going to freeze dried foods, because it actually stays good for 25 years and is far more tasty than dehydrated food items. There are many sources for freeze dried meals: one is called 4Patriots, another one worth mentioning and more like a grocery style of shopping is Thrive Life.

Water is best stored in barrels with two to four drops of food grade hydrogen peroxide. Remember to have a pump mechanism for getting the water out and not needing to handle 5 to 50 gallon barrels on your own.

If you had to clean water of microorganisms, you would want to boil it for no less than 10 minutes, 15 would be great. Or, you could add 1 drop of Clove or Cinnamon oil to one gallon of water for one hour, and it will kill everything in the water! That doesn't mean there won't be particles but nothing living if you can wait the one hour.

It's okay to put away some "emotional food," but keep in mind, you are better off with 4 solid meals than a stash of chocolates and chips. Eating for your blood type and/or metabolic type, because you will feel better and be more healthy during the time you are relying on your supplies.

Herbs Etc carries the small to community size Berkey Water Purifiers. They sit on the counter and are gravity fed, so they work even when the well does not. Purchasing a few extra filters to go with your unit is also a good idea.

Make sure anyone who has a dependency on medications is well stocked. Below is a list of emergency only supplements to help if medications run out. These are not to be used in place of daily medication whatsoever.

- High Blood Sugar - Golden Seal brings down high sugar
- High Blood Pressure - Capsicum and Garlic with Parsley and Magnesium Complex
- Depression - Homeopathic Ignatia, Herbal St. John's Wort, or Chinese herbal Mood Elevator
- Headaches - If hot feeling then Feverfew, also Triple Relief formula from NSP
- Female Pain - Red Raspberry or Menstrual Reg
- Blood Thinner - Vitamin E and Garlic

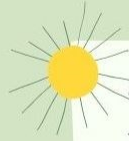
Visit the Herbs Etc store:
Monday through Saturday
8 a.m.—6 p.m.
Call: (989) 773-3636
www.herbsetc.org



Michigan's One-Stop Wellness Center!

UPCOMING ELM CLASSES

OFFERING UNIQUE HANDS-ON EXPERIENCES



BUILD A ROCKET MASS HEATER



These super energy efficient stoves are able to heat structures and outdoor/indoor benches in a way that brings deep warmth into you and your environment. Using very simple, easily attainable, affordable products, and lots of free earth material, you will learn how to creatively design your own masterpiece!

SEPT 18TH & 19TH

HISTORY AND INTRODUCTION TO ARCHERY

This course explores the history of traditional archery as well as offers a hands-on application of archery shooting. Learn the anatomy of the bow, including the engineering and physics behind the bow and arrow.

SATURDAY, SEPT 25TH



LEARNING HOW TO QUILT & KNIT



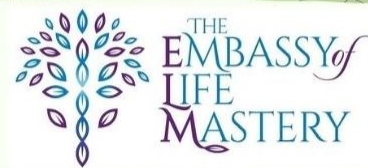
Start your own fun quilting project in this exciting class! By learning various quilting and sewing techniques, you will discover how to sandwich a quilt, how to quilt, and how to bind your quilting project

SUNDAY, SEPT 26TH

INTRODUCTION TO PLANETARY MEDICINE

In this amazing class, we will explore how strengths and weaknesses can be determined by one's zodiacal placements and how to recognize the planetary influences of our botanical allies to help restore vitality.

SUNDAY, OCT 3RD



Tuesday Teachings & Sunday Snippets

6:30 pm - 7:30 pm

1:00 pm - 2:00 pm



Naturopathic Community Center Classes are Free! There is no need to sign up; simply show up, learn, and apply this incredible knowledge to better your health, longevity, and personal development.
503 E. Broadway Street, Mount Pleasant in the NITE Classroom

- September 19** - *Sunday Snippet* **How to Make Healing Salves & Ointments**
- September 28 - *Tuesday Teaching* How to Make Your Own Herbal Medicine
- October 17** - *Sunday Snippet* **What Every Parent Should Know about True Immunity & Vaccines**
- October 24 - *Tuesday Teaching* Making Nutritious Meals: No Recipe Needed
- November 2 - *Tuesday Teaching* Relieve Neck & Shoulder Pain
- November 9 - *Tuesday Teaching* Making a Flavorful Meal from Fall Vegetables
- December 7 - *Tuesday Teaching* The Surprising Health Problems Caused by Parasites & How to Clean Them Out
- December 14 - *Tuesday Teaching* Healing One Emotion at a Time for 2022

Healthy Eating



You will learn meal preparation tips that will help you set a healthy meal on your table for you and your family in minutes. There is a donation of \$5 requested to help cover the costs of supplies. Classes are held the third Tuesday of each month, 503 E. Broadway St. Mt. Pleasant, at the Naturopathic Community Center Kitchen, from 6:00 pm to 7:30 pm

- September 21** **An Apple a Day:** Apples are incredibly good for you. Learn the different types and how to cook with them, while still maintaining their high nutritional value.
- October 19** **Stuff Your Favorite Veggie:** Learn how to cook, making veggies center stage on your plate!
- November 16** **One Dish Wonders:** Amazing meals without all the mess.

Saturday/Sunday Seminars

Open to the public, health professionals, doulas, massage therapists, and professionals looking for CEUs for licensing requirements. Preregistration and payment is required. Call (989) 317- 4787 to reserve your spot! Full Day Classes \$89 Half Day \$50



October 16 (9 a.m.—4 p.m.) Ancient Truths

Growing older is inevitable; being an elder is a choice. Given the world we live in today, it has never been more necessary for the wise and experienced to step forward to offer insight and leadership. Join storyteller and narrative therapist Sheila Carroll, now in her seventies, as she takes us along the path to becoming an elder. Through story and legend, she brings alive the practices and insights of the Elder and explains the three stages of development leading from your 50's to the full crown of wisdom in your 80's and 90's. If you are over 50 and want to make a difference for those following your lead, this seminar is for you. It will show you how to step into your role as an elder and impact the next generation by learning and living the ancient truths of your ancestors, as well as the life lessons of your own journey. **Seminar Tuition: \$89**

Registration Open Now for this Upcoming ELM Class: October 3

Planetary Medicine



From Root to Resonance

Explore all the ways that plants provide medicine in these courses. From physical root to vibration, herbs from around the world will be presented so that you understand each one philosophically and energetically, know how to grow and harvest them, and also, how to make medicines from each plant, including herbs, oils, flower remedies, and more. Then, gain proficiency in the applications and uses for these medicines so that you may incorporate the wisdom and benefits of these plants into all aspects of your life.

REGISTER HERE for Classes <https://www.elmastery.org/2021registration>

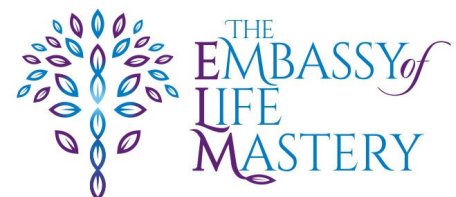
Email: contact@elmastery.org

If you attended the "Eyes Wide Open" conference last October, don't forget to use Discount Code: EYESWIDEOPEN-ONEDAY at checkout.

Class Times: 9 a.m.—12:30 p.m., lunch 12:30—2 p.m., 2 p.m.— 5 p.m.
(we recommend that you pack a lunch)

Class location: 5410 South Vandecar Road, Mount Pleasant

This class is taught by Suzy Sikora, ND, who is a certified traditional naturopathic doctor, eclectic herbalist, and works with plants, shadow, and the unseen realms. She is currently working on writing a novel series that includes her in depth knowledge of herbal remedies. Very popular as an instructor of herbal medicine, she is known for her engaging presentations and the treasures she sprinkles throughout her teachings.



What History Can Teach Us

By Amy Jo Howard, ND, CH



As we have dealt with the coronavirus pandemic for nearly two years now, it is interesting to look back at the Spanish Influenza pandemic of 1918-1919 and see what we can learn.

The Spanish Influenza had an incredibly short incubation period and would debilitate people within a matter of hours. It circled the globe in less than six months in a time before international air travel. Over 50 million people perished.

One striking symptom of that influenza was sudden nosebleeds and hemorrhaging with people losing as much as a pint of blood at a time from their nosebleeds. And, what was one of the most common medical treatments given for influenza at that time? Aspirin. Yes, aspirin was widely prescribed in an attempt to manage fevers, and it took the allopathic doctors 45 more years to realize how disastrous it can be to use aspirin in the treatment of viral diseases.

However, the homeopaths understood how medications suppress symptoms and create dangerous side effects. They stayed true to their homeopathic principles, and they have a vastly different account for how their patients fared through the influenza pandemic.

Here are some accounts from homeopathic doctors which originally appeared in the *American Institute of Homeopathy* in 1920:

Dr. T.A. McCann, from Dayton, Ohio, reported that 24,000 cases of flu were treated allopathically which had a mortality rate of 28.2%, while 26,000 cases of flu treated homeopathically had a mortality rate of only 1.05%.

Dr. Frank Wieland, from Chicago, Illinois, reported only one death in a plant of 8,000 workers. He said: Gelsemium was practically the only remedy used. We used no Aspirin and no vaccines.

Dr. Cora Smith King, from Washington, D.C., said out of 350 cases, I lost one, a neglected pneumonia that came to me after she had taken one hundred grains of Aspirin in twenty-four hours.

Dr. Murphy of Lansing, Michigan, treated 325 cases of influenza in a camp where the mortality had been 20%, while the mortality under his homeopathic treatment was less than 3%.

Dr. G.H. Wright, from Glen, Maryland, said: I attended over one hundred cases without any fatalities. I never deviated from the homeopathic remedy. I never gave Aspirin. This epidemic should encourage us to renewed faith in Homeopathy.

So, let us be prepared. Here are some remedies that are common in most Homeopathic Kits or important remedies with which to start if you are building your own kit. Of course, one remedy covers a myriad of different health concerns; presented here are brief keynotes pertaining to symptoms of influenza and other viruses.

Aconite – Symptoms develop suddenly, especially after exposure to cold winds; most helpful if taken within first 24 hours of symptoms; short, dry cough; intense thirst; high fever; restlessness; extreme anxiety and fear.

Antimonium tart – Rattling cough; rattling respiration, unable to expectorate mucus; great drowsiness and sleepiness; worse from lying down, warmth, and being overheated.

Arsenicum album – Rapid loss of energy; secretions and excretions burn and cause redness; constriction and tightness of chest; dry, wheezing cough; body is cold but head feels hot; can have vomiting and diarrhea; restless and anxious.

Belladonna – Sudden and violent onset; throbbing headache; red face and dilated pupils; high fever; hypersensitive to noise and lights; burning, dryness, and constriction of throat; may experience delirium or hallucinations.

Bryonia – Dry cough; dry mucus membranes; dry, cracked lips; splitting headache; achy all over; worse from movement; extreme irritability; wants to be left alone; thirsty for large quantities of cold drinks.

Gelsemium – Muscle weakness and trembling; intense weariness; severe headache often with visual disturbance or vertigo; chills up and down the spine; droopy appearance; lack of thirst; apathetic; worse from emotions like dread or surprise.

Lachesis – Tickling, irritating cough; feeling of constriction in throat and chest; exhaustion; easy bleeding and hemorrhaging; throbbing headache; worse during and after sleep; sensitive to all stimuli, especially touch and noise; nervous; excitable.

Nux vomica – Bursting headache; scraping feeling in throat; very chilly; runny nose during the day and stuffy nose at night; oppressed breathing; dry cough; can have constipation, nausea, vomiting, or diarrhea; irritable, cranky, and fault finding.

Phosphorus – Sudden onset of symptoms; dry, short, hacking cough; laryngitis; tightness in chest; nosebleeds; may look well even when very sick; nervous; needs sympathy and reassurance.

Rhus tox – Stiff and achy; cannot bear to be in one position for very long; dry mouth; dry, burning throat; dry, tickling cough; headache in back of head; extreme physical restlessness; feels better from movement and warmth; anxious and depressed.

Remember what Dr. Wright said: This epidemic should encourage us to renewed faith in Homeopathy. The lesson from history is that our bodies are designed for healing, and if we support them naturally, we can maintain our health and when necessary, regain our health even in the most trying of times.

Looking for Change in 2022?

The content of this newsletter is all about preparedness, staying calm, and being informed for whatever the future may bring. One way to accomplish this is with education.

At the Naturopathic Institute, we have several weekend classes that you can take as a guest student. These classes are filled with the basic knowledge and therapeutic techniques that will help you with understanding how homeopathics work, how nutrition is the key to everything, and how a relaxing foot rub (Reflexology) can prove to be healthful and heartfelt.

The classes listed below do not need any pre-requisites, nor are you required to do the homework or take any tests. You can audit the class, receive a class manual just like the other students, and best of all, you gain knowledge!

Our classes are offered on the weekends, Friday night from 5 p.m.—9 p.m., and Saturday and Sunday from 9 a.m.—6 p.m. We even have housing accommodations on-campus if you should need them.

Nutrition
Beginning Essential Oils
Homeopathy I
Herbology and Muscle Response Testing
Reflexology

To learn more about how you can join in on these amazing classes:

Call the Naturopathic Institute at
(989) 773-1714

Weekend Classes = \$383 per class
Housing Accommodations = \$85 per weekend



Mushrooms: The Rising Superfood

By Chloe Kolberg

Autumn is nearly upon us, the school year is resuming, leaves are beginning to fall, the air getting crisper and as the seasons change, so do our bodies, as our immune systems gear up for the colder weather. In naturopathy, we believe that getting sick is not about the germ we are exposed to, but whether the body is a good “host.” An important step in making sure your body is an uncomfortable place for viruses to overpopulate is supporting the immune system. I’m sure you have heard of Vitamin C, Zinc, Elderberry, and Vitamin D3, all wonderful herbs, vitamins, and minerals for doing just that. However, there is a not so new kid on the block: mushrooms. These fascinating little fungi, as a whole, work to regenerate and coat the nerve endings, nourish the nervous system, and stimulate brain function improving memory, focus, and clarity of thought. As fungi, they also contain tons of little friendly bacteria that work to fight off the bad, which is one of the most important parts of a well functioning immune system. Mushrooms are also adaptogens, meaning they have the ability to work wherever and however they are needed in the body. They have the ability to reduce stress, which can reduce cellular damage and many of the other effects stress has on the body. Some of the most common varieties of mushrooms include Lion’s Mane, Reishi, Cordyceps and Chaga.

Lion’s Mane- is said to protect against cancer, stimulate digestion, strengthen the immune system, reduce inflammation, and improve cognitive function.

Reishi- stimulates the immune system by improving the function of white blood cells, reducing stress, improving the quality of sleep and alleviating fatigue. Reishi mushrooms also have the ability to improve one’s overall vitality and life force energy.

Cordyceps- are known to be a natural energy booster. They are also helpful in treating coughs and respiratory disorders. Cordyceps stimulate immune cells and work to improve kidney function and liver health.

Chaga- can slow the aging process in the body, lower cholesterol, lower blood pressure, lower blood sugar, support the immune system, and fight inflammation.

Herbs Etc is now offering a product featuring all of these mushroom strains and much more! Meet MUD/WTR. This delicious coffee substitute features this thoughtful and intentionally curated blend of mushrooms along with the rich flavors of vanilla, cacao, and turmeric to improve instead of hinder your health, while you enjoy the cozy and comforting feeling of having your favorite warm drink to sip on.

As this cold and flu season quickly approaches, it is important to consider adapting mushrooms into your regimen. MUD/WTR comes in small single use packets that only need to be mixed with water to enjoy making them great for on the go lifestyles. They also feature coconut milk creamer packets that add a sweet but light touch of flavor as well as essential fatty acids.

All MUD/WTR products are gluten free, dairy free, and vegan as well as USDA Certified Organic. Stop in to Herbs Etc to pick up your immune booster, adaptogen, and brain and nervous system supporter all in one!



Egyptian Essential Oil Blends

Uttati Oils are a collection of wisdom, skill, and artistry from many generations of the Uttati family. Uttati uses only the purest forms of essential oils produced under time-proven conditions; they are the first-pressed, highest quality essential oils imported from Egypt and more than 25 other countries. They are not adulterated or diluted in any way, and they do not contain any additives, extenders, or preservatives of any kind. Uttati's owner personal works with every distilling family and was the key teacher of the late Gary Young.

At Herbs Etc, we carry a vast selection of the Uttati Essential Oils. We have many single oils, blends, and creams. Here are a few key blends to consider keeping in your personal oil kit:

AFUREMY: Originally formulated for asthma, it was found to (outperform over-the-counter painkillers) by hundreds of testimonials. This blend works by reducing inflammation due to over-acidity in the bloodstream and aids in the pain due to uric acid buildup with gout. It can be applied to the chest to increase oxygen to the lungs and applied to sore muscles and joints.

ARUMARIN: This blend is a complimentary blend to Afuremy. It aids the body in reducing deterioration of arthritis and pain.

TE MAK: This blend works to relieve all types of pain from muscle and skin. It works by blocking the pain receptors sites and is beneficial for neuropathy.

MENAT: This blend aids the lymphatic system to restore balance and allows the lymph to drain. Great for adult cystic acne.

ARIT IMMUNE: This is a powerful blend with a wide range in helping to stimulate and rebuild the immune system. Begin using 1-2 months prior to winter for illness prevention.

ANKH: This simple powerful formula enhances vital functions. It helps clear and strengthen the respiratory system and promote positive thinking.

AHAT: This blend supports circulation. It helps maintain body temperature when the thyroid is out of balance and can be helpful for hot flashes.

THYRBAL: This blend works to balance the thyroid, whether overactive or underactive. It may be used in autoimmune thyroid conditions as well.

HORUS: This blend adds vigor and vitality for the body and mind. It awakens feelings of joy and promotes a more positive outlook on life.

PANOGUY: Strengthen the nerves and emotions with this blend. It neutralizes chemicals in the body associated with negativity and builds body image and self-esteem.

AB: With six powerful oils including musk, rose and cypress, this blend is designed to regulate the heart and strengthen blood vessels.





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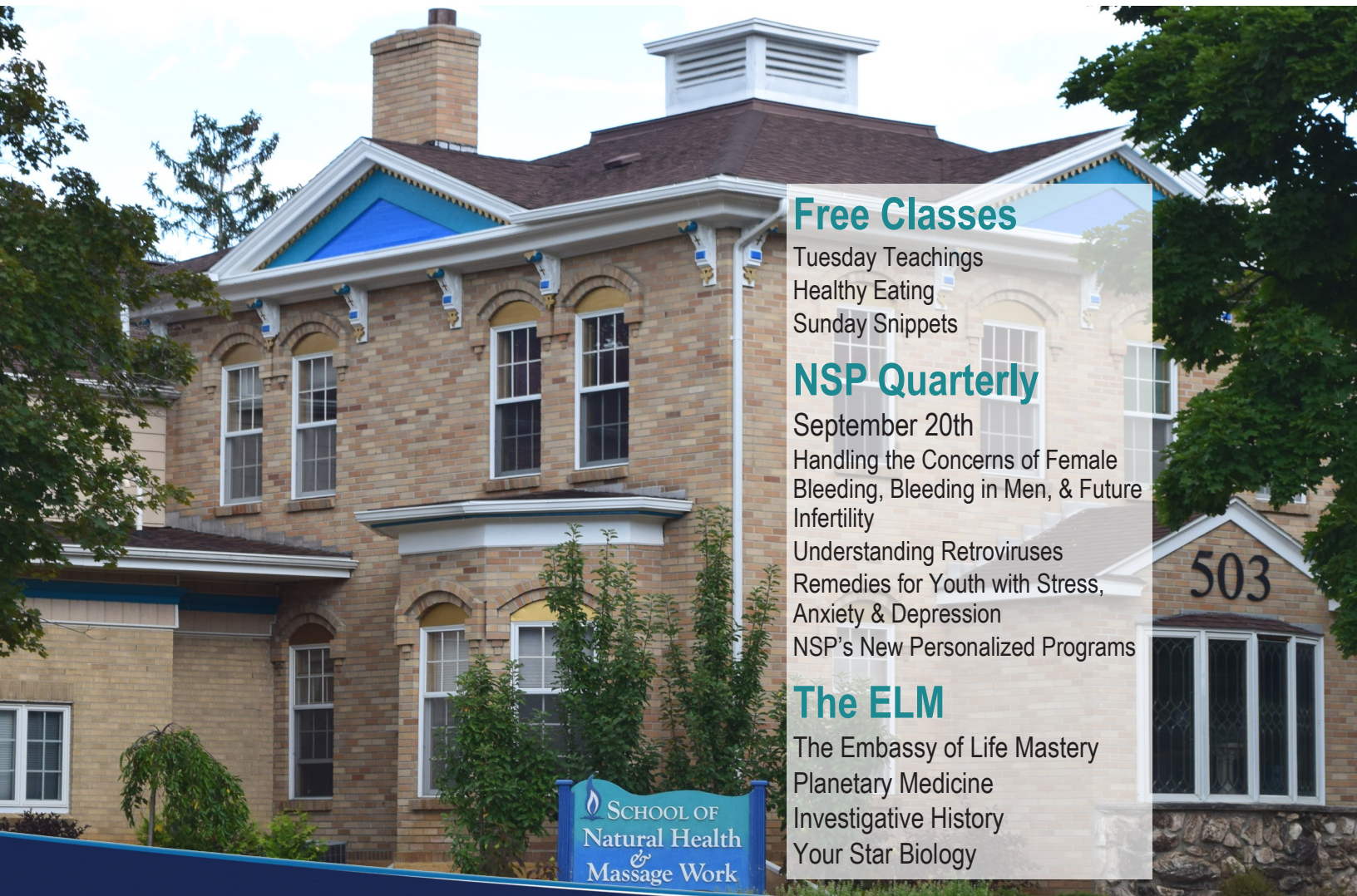
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Free Classes

Tuesday Teachings
Healthy Eating
Sunday Snippets

NSP Quarterly

September 20th
Handling the Concerns of Female
Bleeding, Bleeding in Men, & Future
Infertility
Understanding Retroviruses
Remedies for Youth with Stress,
Anxiety & Depression
NSP's New Personalized Programs

The ELM

The Embassy of Life Mastery
Planetary Medicine
Investigative History
Your Star Biology

Michigan's Foremost Authority on Natural Health!