

# NITE LIGHT

Natural Health Quarterly

Herbs Etc - NITE - NCC



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Psalms 91

Spring 2022



## From the Editor



**Amy Jo Howard, ND**  
**Director of Education**

As spring approaches, we can look back over our shoulder and see that we've made it through winter and another flu season. Did anyone notice anything different about this flu season?

From where I sit, seeing clients on a daily basis, I would say that nothing is the same. It appears as if everything has "morphed" into something different than what it originally was. People are getting sick with symptoms that, in the past, doctors could easily diagnose. However, now, when they run the tests, the condition that they were expecting doesn't show up. We all know what gets the blame instead. And, we know that's not necessarily an accurate truth, either. So, let's be honest: flu season is not really flu season anymore; it could be more accurately called retrovirus-spike protein-transmission season. On the pages that follow, we have important information to help address all of this.

Our whole world is morphing and changing. That is the nature of things: energy moves. We learn this principle in natural health. Health is a state of movement, of energy flow, of light. Dis-ease happens when there is loss of movement, when things get stuck, where the dark collects. So, first, we need to be able to navigate and adapt to change. Change is terribly hard. We are creatures that require routine and habits for safety and comfort. Resisting change or not knowing

how to flow with the change creates anxiety and fear. Breathe.

First and foremost, trust yourself; listen to yourself. What speaks truth to you? Getting away from the devices and social media will allow your own voice to speak louder so that you can hear truth. Walnut flower essence helps one make healthy transitions and gives courage to follow one's own path. Adaptogen herbs, like ashwagandha, astragalus, ginseng, holy basil, rhodiola, and others, have the benefit of helping the body better deal with stressors. Red Clover flower essence strengthens your own self-awareness so that you are not as susceptible to mass negativity.

Next, remember that you create your own life. Through your own thoughts and the expression of your emotions, you put the perspective on the circumstances with which you are presented. Yes, we all need to flow with change, yet we can consciously choose to direct how that energy will flow. As the world around us "morphs," we need to observe the process of metamorphosis and give it a healthy direction. This means not consenting to things that are not of truth and light. This means gathering together in support of the principles in which we deeply believe. We have the power to change into something better; we simply need to be unwavering in our sense of purpose and conviction. This spring, as you transform, take the world with you, and together, may we grow the most beautiful and abundant garden.



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# SUMMER SURVIVAL CLASSES

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## May 7-8 - Learn How To Create A Survival Kit

Fire starting, sourcing and purifying water, constructing shelter, and finding food. Take a guided hike identifying animal tracks, wild edibles, locating sources of water and shelter.

## June 25 - Smoke and Fire

Explore the three basic components of fire and the acquisition of materials. Examine the necessary tools of an effective fire starting kit.

## June 26 - Blade Craft

Learn sharpening, maintenance, and storage of knives, axes, saws, and other edged implements.

## July 23 - Water for Life

Explore ways of creating potable water. Gain an understanding of water born illnesses. Learn the essentials to have in a potable water kit.

## July 24 - Food of the Wild

Familiarize yourself with wild foods and how to test the edibility of unfamiliar plants. Know how to avoid dangerous look-a-like plants.

## August 27 - Traces of Nature

Search for and identify tracks of your favorite local critters. Discover how to read the signs and integrate navigational skills as you journey through the wilderness.

## August 28 - Sticks and Stones

Explore traps, snares, and fishing techniques used to humanely harvest and supply your basic needs.

## September 17 - Under the Stars

Building shelters from scratch. Discover why there is no bad weather, only bad gear, plus essentials to pack.

## September 18 - Tools of the Trade

Hands-on experience with making basic implements to ease life in the wild.

## October 8 - If You Had To Survive

Cover the essential elements of fire starting, sourcing and purifying water, building shelter, food foraging.

## October 9 - Clean & Cook Wild Game

We will explore processes used to prepare wild game from kill to kitchen to table. Field dressing, skinning, and cooking over an open fire will be covered.

## How To Register

Price: \$125/day

Sign up at

[www.elmastery.org](http://www.elmastery.org)

Questions? Contact us at  
[contact@elmastery.org](mailto:contact@elmastery.org)



# Be Prepared for Day 8



“What is Day 8?” you ask, and why should you be prepared? Day 8 is the phenomenon that happens after you’ve been infected with what is being diagnosed as COVID. Upon initial infection, you experience standard flu-like symptoms for 3-7 days. You may even feel like you’re getting better, and the symptoms are improving. Then, something else happens on Day 8.

You start to feel a lot worse. People experience shortness of breath, headaches, oxygen levels go down, fatigue and weakness develop, and anxiety increases.

In the majority of hospitals using standard medical protocols, these people have not been getting better, and unfortunately, a lot of them have died. Dr. Shankara Chetty, a General Practitioner in South Africa, recognized this relapse as an

allergic reaction, began treating it as such, and of the over 7000 patients he physically examined himself, not one of them has died. He has never had to use oxygen in his treatments, either. When people were presenting with fatigue, breathlessness, and their oxygen saturation was dropping, usually on the 8th day, Dr. Chetty did not see any pattern of these symptoms being related to a comorbidity. He also did not see any evidence of viral pneumonia or that there was any

restriction to air flow into the lungs. The only thing that made sense to him was that they were having an allergic reaction.

So, he first started giving steroids and saw positive results in 2-3 days. Then, after a few of his patients received this treatment, he also began giving an anti-histamine along with the steroids, and patients were seeing improvements the very next day. He says that much of what we have been dealing with



an allergen instigated hypersensitivity pneumonitis that is being misdiagnosed as covid pneumonia. Dr. Chetty also commented that the severity of sickness depends more on your genetic predisposition to allergic reactions than it does to a comorbidity. He further states that long covid is due to an allergic reaction that has been improperly treated. When he began giving his patients these treatments, none of them developed long covid or got seriously ill.

Dr. Chetty believes that it is the spike protein triggering allergic responses. When the spike protein does this, histamines, leukotrienes, prostaglandins, platelet activating factors, mast cells, and a number of other mediators are released by the body to counteract the reaction. This is also why some people experience gastrointestinal issues as a response. (We know that the majority of allergies begin as a response in the gut.) Thanks to Dr. Chetty's incredible work, we have developed a natural remedy protocol to address the allergic response that the body may begin having on Day 8.

Please note that each individual is different, and different people will have different responses to the remedies. However, an allergic reaction should be treated until all of the mast cells calm down, otherwise symptoms may return. This is why you would want to repeat the remedies often when you are feeling ill, and continue them until the majority of symptoms has disappeared. If symptoms reappear, resume the protocol.

As the saying goes, "Knowledge is power." So, we all continue to learn, we share our knowledge with others, and then, we must translate that knowledge into action so that we are taking care of ourselves in order to be able to help those around us. This is why preparation is key. With continued exposure to spike proteins and natural cyclical variations of illnesses, this will be important information for now as well as for the future.

## Reduce Inflammation

**IF Relief or  
Turmeric Curcumin**  
1-2 capsules every 2 hours

## Blood Clot Prevention

**Nattokinase**  
2-4 capsules per day  
**Homeopathic Lachesis**  
6c or 9c, 2 pellets 2x daily

## A Natural Steroid

**Ginger or  
Licorice Root**  
1-2 capsules of either one  
every 1-2 hours

*If you have high blood pressure use deglycyrrhizinated licorice or ginger*



## Spike Protein Reduction

**Pine Needle  
Star Anise  
Fennel seed**

## Reduce Histamine Reactions



**HistaBlock**  
1-2 capsules  
every 2 hours  
**Homeopathic  
Histaminum**  
Hour 1: 2 pellets  
every 15 minutes  
Hour 2-3: 2 pellets  
every 30 minutes

Hour 4-8: 2 pellets every hour  
Hour 9+: 2 pellets every 2-4  
hours as needed

## Regular Immune Regime

**Vitamin D3  
Vitamin C  
Selenium  
Boron  
Probiotics**

## Anti-Allergy Support



**Protease Plus**  
2-4 in between  
meals, 3-4 times  
daily *or*  
**High Potency  
Protease**  
1 in between  
meals 3x daily  
**Horseradish**

## Lung Support



**Bronchial Formula**  
by Nature's Sunshine  
*or*  
**Four** by Nature's  
Sunshine  
1-2 capsules every  
2 hours

# MYTHS & TRUTHS ABOUT COVID

**MYTH:** Covid-19 is caused by a deadly virus.

**TRUTH:** Researchers have not isolated or characterized the “virus.” Viruses do not attack and “take over” cells from the outside.

**MYTH:** Masking and lock downs have helped prevent disease and death.

**TRUTH:** States with no required masking and lock downs have had equal or lower rates of disease and death compared to those that do. New York with severe lock down and masking measures, has a death rate of 274 per 100,000. Florida, with no masking requirement and only a short lock down, has a death rate of 183 per 100,000 - Florida has a far higher percentage of the elderly and retirees than New York. In European countries that imposed masking and lock downs, the daily death rates are 50 times higher in Spain, 44 times higher in the U.K., and 22 times higher in France, compared to Sweden, which had no mandates.

**MYTH:** Wearing a mask can protect you against Covid.

**TRUTH:** More than a dozen credible studies prove that face masks do not work, even in hospital settings. Even if Covid-19 were caused by a virus, the pores on the recommended masks are bigger than any virus.

**MYTH:** Wearing a mask poses no danger.

**TRUTH:** Analysis of face masks worn by children found eleven dangerous pathogens. Masks also reduce oxygen levels, which can cause headaches, reduced immunity, hypoxia, and brain cell death.

**MYTH:** The PCR test can accurately determine the presence of Covid-19.

**TRUTH:** The PCR test identifies genetic material through amplification cycles; it was not designed to diagnose disease. Health officials can stipulate the number of amplification cycles to get the results they want. One Florida lab set the number of cycles so high that 100% came back positive.

**MYTH:** 70%+ Americans are fully inoculated.

**TRUTH:** According to the CDC, September 27th, 2021, 55.4% has received two injections.

**MYTH:** The Covid Injection can prevent infection and transmission of SARS-CoV-2.

**TRUTH:** In trials, manufacturers claim 50% efficacy in preventing serious symptoms. They did not prove to prevent infection and transmission. In July 2021, an outbreak in Provincetown, Mass, 74% of those diagnosed were fully inoculated.

**MYTH:** Injections for Covid-19 are safe.

**TRUTH:** A leaked confidential document revealed that Moderna received 300,000 reports of side effects in a three-month period. Side effects are similar to those of Covid-19. As of July 18, 2021, the European Union’s database shows 17,503 deaths and 1.7 million injured (50% seriously injured) from the injection. As of July 20, 2021, U.K. data indicated that fully inoculated people are 65% more likely to be hospitalized and 1540% more likely to die from Covid-19 compared to those who are not. In the U.S., as of August 2021, the Vaccine Adverse Event Reporting System (VAERS) has received 13,068 reports of death and 595,622 reports of adverse events following the injection. It’s estimated that only about 1-10% of deaths and reactions are reported to VAERS.

**MYTH:** 99% of Covid-19 deaths are not inoculated.

**TRUTH:** This claim came from the Associated Press, June 24, 2001, in which they labeled everyone who isn’t 14 days past the second injection as “un-vaccinated.” Most reactions and deaths occur within days of the injection. In Israel, nearly 50% of new Covid patients are fully inoculated. CDC data shows the number of cases among the inoculated is 26% higher than among those who have not had the shot. 80% of hospitalized in the U.S. for Covid were inoculated. In the U.K., 66% of “delta” deaths are inoculated. Death rate in the inoculated over 65, 6 months after injection, is 5x higher than those not.





## Covid-19 and the 5G Connection

Many epidemiological observations and biological studies indicate that the disease called Covid-19 is actually radiation poisoning, caused by exposure to microwaves used in 5G wireless technology.

Covid-19 first appeared in Wuhan, China, when the city turned on 10,000 5G base stations; it “spread” to Spain and Italy as these nations deployed 5G technology; the country with the highest rate of Covid-19 illness and death is San Marino, which has had 5G longer than any other European nation; Covid then appeared in other European countries, in New York and major American cities, then smaller cities and rural areas with 5G now coming from satellites, and less industrialized countries around the world, following the roll-out of 5G in these locations.

### Covid -19 and radiation symptoms are the same:

- Fever, chills, dry cough, and extreme fatigue
- Loss of taste and smell
- Reddening of the extremities (“Covid Toes”), sometimes leading to amputation
- Acute Respiratory Distress Syndrome (ARDS)
- Multi-organ hypercoagulation
- Hypoxia (lack of oxygen)
- Cardiovascular damage

## How to Protect Yourself

- Minimize exposure to 5G wireless technology; minimize cell phone use; turn off WiFi in the home, at least at night. Reduced exposure is especially important for growing children.
- Consume a diet high in saturated fat for robust cell membranes, highly protective against EMF.
- Consume an organic nutrient-dense diet to ensure high levels of fat-soluble vitamins (A,D,E, and K); Vitamin C; all the B vitamins; and minerals like zinc, calcium, and iron.
- Consume raw whole milk as a source of vitamins, minerals, protective lactoferrin, and usable glutathione, nature’s most important detoxifying compound.
- Avoid processed foods containing refined sweeteners, industrial seed oils, glyphosate, and additives like MSG and aspartame.

## Ingredients in the Covid Injection

**SYNTHETIC RNA** causes the cells to create spike proteins that self-replicate and have damaging effects, especially to epithelial cells. This mRNA inactivates tumor-suppressing proteins.

**GRAPHENE OXIDE**, nanoparticles that can cause magnetism at the site of the injection and oxidative stress, DNA damage, inflammatory response, blood clotting, oxygen loss, and necrosis. Discovery of graphene oxide in the injections has led some scientists to label them bioweapons.

**POLYETHYLENE GLYCOL (PEG)**, a type of antifreeze. Over 70% of the population has detectable levels of anti-PEG antibodies in the bloodstream, causing hypersensitive reactions to the compound.

**TROMETHAMINE (tris)**, side effects such as fever, allergic reactions, low blood sugar, racing heart-beat, confusion, hunger, weakness, passing out, numbness or tingling, trouble breathing, swelling in the arms and legs, tissue damage, and weight gain.

**SODIUM ACETATE**, side effects similar to tromethamine.

**MONOBASIC POTASSIUM PHOSPHATE** can cause blood in the urine, blurred vision, burning, crawling sensations, itching, numbness, prickling, “pins and needles,” or tingling feelings, changes in skin color, chest pain or discomfort, confusion, decreased or increased urination, dizziness, irregular heartbeat, fever, mood or mental changes, muscle cramps, nausea, nervousness, seizures, sweating, trouble breathing, unusual tiredness or weakness, and vomiting.

**DIBASIC SODIUM PHOSPHATE DIHYDRATE** can cause permanent impairment of kidney function leading to long-term dialysis.

**POTASSIUM CHLORIDE** is also used as the third drug used in lethal injection, because it causes cardiac arrest.

### The Weston A. Price Foundation

The Weston A. Price Foundation is supported solely by membership contributions and private donations and does not accept funding from government or industry.  
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# Remedies for 2022

by Bessheen Baker, ND



By now, it should be clear to all people that the current chaos is designed to not go away. Known cures, even in the medical field, are not being offered. Standard bacteria, parasite, and virus protocols are not being followed. The people recommending level 2 medical devices such as face masks are not qualified to make such recommendations, and they are foregoing several decades of medical practice and research. The use of any device that blocks appropriate air flow for adults, and especially children can not be legally mandated.

You must think for yourself and continue to strengthen your body naturally. Your immune, respiratory, circulatory, and nervous systems, and especially your DNA, are under attack. With each new booster the pharmaceutical industry creates, the more complex your ability to survive becomes. It's time to understand injection ingredients like Graphene Oxide and question why it makes up 90% of each injection. This substance is used in the tech industry and has long since been determined detrimental and hazardous to human beings.

The next few pages are designed to help you have a summarized list of the top natural remedies to help you through this amazing time in our history.

**Nebulizers** - Every home should have a good nebulizer to help with inhalation treatments of powdered supplements, oils, hydrogen peroxide, colloidal silver, and other important remedies.

**Artemisia Combination** is an excellent herbal blend for ridding the body of all kinds of parasites including viruses. An herbal form of Ivermectin.

**Echinacea** is good for the immune and respiratory systems especially with viruses, bacteria, and pneumonia.

**Grand Unified** - A mineral blend made with Selenomethionine, Boron, Magnesium, Iodine, and Vitamin C used to repair DNA, prevent damage from 5G, pesticides, chemicals, and retro-viruses. It is healing to the brain, heart, prostate, and reproductive organs.

**NAC N-Acetyl Cysteine** The body uses it to make a powerful cellular antioxidant glutathione, very helpful in mental health and brain function, an anti-inflammatory agent, especially in the respiratory tract, used to protect the heart, helps balance blood sugar, reduces DNA damage, is a liver and kidney protectant, and needed for healthy immune functioning.

**Nattokinase or NSP Nattozimes** is an enzyme that comes from a Japanese food called natto. Nattokinase is used to thin the blood when it is too thick and helps break up blood clots. This can protect against heart disease and conditions caused by blood clots such as stroke, heart attack, and the numerous micro clots occurring from injections. Use with Homeopathic Lachesis.

**Probiotics - Probiotic 11, Liquid Multi Blend, etc.** Known as friendly or good bacteria for the gut, it is essential to ward off viruses, bacteria, retro viruses, fungus, and to heal allergies and other irritants. Eighty percent of your immune system is housed in your gut and having a gut full of strong soldiers is essential to respiratory health and immune integrity.

**Hair/Skin/Nail Formulas NSP HSN-W or HSN Complex** Due to stress, 5g radiation, cell phone towers, lack of Iodine, transmission, and gut inflammation, lots of folks have hair falling out in clumps! This formula is excellent for helping to slow and eventually stop hair loss while providing the nutrition to regrow it.



## Respiratory Blends

**Four** Traditionally used for hayfever, this blend is excellent at opening the airways for better oxygenation. Currently, folks are using it during “bacterial pneumonia” which is lately often mis-diagnosed when a person is truly having an allergic reaction to the spike proteins from injections of self or others.

**Bronchial Formula** Another great respiratory blend for drying up fluid in the lungs and opening the airways.

**CC-A** The ‘CC’ stand for cold and cough formula. Great for regular cold symptoms, pulling up mucus, soothing the sinuses, and reducing head pressure. It also comes in liquid and is great for children.

**Sinus Support** A long time favorite for drying up the congested sinuses and allowing one to sleep without choking on post nasal drip. If you need to moisturize dry sinuses, consider the single herb of Marshmallow.

**IN-X** A hidden treasure of infection fighting herbs, especially golden seal. This blend is considered a big gun when infections feel out of control. Adding garlic can be helpful: even swallowing cut up capsule size cloves clears infections.

**ElderberryD3fense** This blend contains D3 for immunity, Elderberry along with echinacea, olive leaf, and royal jelly. It’s a great immune booster, and most impressively, Elderberry contains an enzyme that neutralizes the virus’ ability to penetrate your cell walls. Most infections of the lungs are viral not bacterial, so this is a great lung formula and prevention tool. Most of us use it on a daily basis!

**Protease Plus or High Potency Protease (9x stronger)** This amazing enzyme may be great for protein digestion, but it is famous at Herbs etc for breaking up allergens, abnormal growths, poison ivy, bites, stings, and now, retro viruses. It is a key to any arsenal for faster recovery!

## Single Herbs High in Shikimic Acid

“The prestigious **Salk Institute** has authored a bombshell revealing that the SARS-CoV-2 spike protein is what’s actually **causing vascular damage in covid patients and covid “vaccine” recipients**, promoting the strokes, heart attacks, migraines, blood clots, and other harmful reactions that have already killed thousands of Americans. “Critically, all four covid vaccine brands currently in widespread use either inject patients with the spike protein or, via mRNA technology, instruct the patient’s own body to manufacture spike proteins and release them into their own blood.” (Natural News Source)

### Why is shikimic acid important to us?

Shikimic acid offers antiplatelet-aggregating activity, meaning it helps halt blood clots. Shikimic Acid is found in **White Pine Needles** and the herb **Star Anise**. Making pine needle tea is easy and only requires fresh pine needles and hot water. The same is true for star anise: just put a few of the pods in hot water and make a tea. We carry both Pine and Star Anise tincture at Herbs etc.

**Fennel** is a plant in the carrot and celery family. It tastes sweet and licorice-y. Fennel has been used as medicine for thousands of years. The active ingredient in fennel seeds is shikimic acid. You can simply boil fennel seeds in water and get your own shikimic acid.

**Milk Thistle and Dandelion** are additional important herbs for helping the body fight off viruses and spike proteins. Supporting the liver, your chief chemical processing organ, is essential in our modern world of chemicals, pesticides, and beyond. With the current world situation, they filter out vaccine toxins and protect the liver from EMF damage.

**Herbs for adapting to Stress** It is fair to say, we have all found ourselves holding more stress than usual. To help with that, we use herbs called Adaptogens. **Ashwagandha** is great for women; it helps with energy, endurance, and a good night’s rest. **Astragalus** is helpful for brain fog, immunity, and energy. **Ginseng** is hormone balancing and great for men. Blends are even better, try **Adaptamax** capsules or **Mineral Chi** Liquid.



## Super Important Minerals and Vitamins

You can tell which vitamins and minerals are deficient in the body by what symptoms are present. The list below are commonly deficient when suffering the current health concerns. Correct what is missing, and become stronger.

**Iodine** is not only key for thyroid, breast, and sinus health, it rids the body of viruses and bacteria. It is responsible for your metabolism and if lacking, greatly slows your ability to heal.

**Fluorine**, when in a natural state, not what is in toothpaste and drinking water, is a strong anti-viral mineral that helps resist decay while strengthening blood vessels and bones. We carry it as homeopathic Calc Fluor 6x.

**Chlorine** in a natural state, not as a bleach, is used in the form of a homeopathic cell salt to act like an internal cleanser for the lungs, ears, nose, throat, and gut. It is called Kali Mur for the lungs etc., or Nat Mur for the guts.

**Zinc** helps the body fight any invader and helps to reduce recovery time. Necessary for growth, development, prostate health, and balanced blood sugar.

**Gold**, when in the form of an individual atom known as monoatomic gold, is a strong protector of the brain from EMF's made by computers/phones, and mind-control devices like those in 5G. We call it aqua gold.

**Selenium** is antiviral, it is needed to repair and strengthen the DNA from mutations, it also removes aluminum from the brain and nerve tissues.

**Boron** protects the body from bacteria and heals joint inflammation. It is the second highest mineral in our brain and spine fluid when in proper balance. Boron is high in the herb Turmeric and is what makes it a great anti-inflammatory.

**Silica** is the mineral known for healthy hair, skin, and nails. An important quality is that it has the ability to protect our five senses from radiation burns. A good example would be the radiation from our basic Wi-fi devices, smart technology, phones, smart meters on our home, 5G locally, and from the new satellite systems above our entire planet.

**Vitamin D3** Supplementing Vitamin D is super important; it is the number one vitamin to repair DNA from stress, toxins, and manipulation. It's not just for bones, it is needed to balance hormones, prevent blood clots, maintain pregnancy, and boost immunity.

**Vitamin C** the top vitamin to reduce inflammation in any form, respiratory, gut, broken bones, and nerve tissue. It is essential to collagen repair, oral health, and vascular repair.

**Vitamin E**, known as the circulatory vitamin, maintains blood flow, proper blood viscosity, tissue repair, and immunity.

## Flower Remedies for Emotions

**Distress Remedy and Five Flower Remedy** - Excellent for helping those with Anxiety, Depression, or any high level of stress. It restores calm and gives hope. Can be sprayed in or on the body.

**Grief Relief** - Great in the mouth, on the skin, or in a beverage spray for those going through major changes, loss, and discouragement.

**Yarrow Environmental Solution** - A unique flower blend of yarrow and other flower essences that are needed when you pick up on the stress from people and the environment around you. Includes EMF's, negative people, chaos, people that drain you when you see them coming, or you worrying too much over others. It helps to rebuild the auric field around the human body.





## Essential Oils

**Arbor Oil** - A family size dose of eucalyptus spray for opening the lungs to breath. One of our Herbs etc. favorites for the past 15 years.

### **Essential Shield by NSP or Thieves by Young Living**

These blends are designed to ward off viruses, parasites, and bacteria from entering your body. They are also helpful to anyone who is sick and run down by helping stimulate the immune system and serve as antivirals, anti bacterial, cough relieving, and drying to fluid in the lungs.

**Pine** is popular because of the shikimic acid it contains which helps to break down spike proteins. People wear it to work, school, and any public area.

**Ravintsara** is used to overcome any illness of the lungs. It opens the air way, prevents viral infections, and helps resolve mucus complaints. It is also good for brain fog and motivation.

**Inspire** is a blend of Pink Grapefruit, Orange, Lemon, Spearmint, Peppermint, Cinnamon, Bergamot, Ginger, and Vanilla. This blend is used for reducing anxiety, uplifting the spirit, and creating hope and optimism.

**Refuge** by NSP contains Lavender, Orange, Atlas Cedar, Ylang Ylang, Blue Tansy, and Vanilla. As daily stresses and worries accrue, REFUGE will be your beacon for peace and serenity.



## Homeopathics

**Vaccin Tox or Vacc Chord** - Homeopathic Blends with several remedies inside to heal from vaccine damage while also helpful for being around others who are transmitting spike proteins from having been injected.

**Graphene Oxide Antidote 30c** is a unique remedy designed to help your body eliminate this industrial toxin from your organs, blood, bones, and other tissue.

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

**Antimonium tart** - Rattling cough and respiration, unable to expectorate mucus; great drowsiness, feel overheated.

**Arsenicum** - Rapid loss of energy; secretions burn; redness; constricted tight chest; dry, wheezing cough; body cold but head hot; vomiting and diarrhea; restless.

**Belladonna** - Sudden onset; throbbing headache; red face; high fever; hyper-sensitive to noise; burning.

**Bryonia** - Dry cough; dry mucus membranes; dry, cracked lips; splitting headache; achy all over; worse from moving; extreme irritability.

**Carbo veg** - Great debility; collapse, almost lifeless; body turns blue; cold and worse from cold weather; vomiting, diarrhea, hemorrhaging, profuse sweating, etc.; sneezing with watery discharge; rattling cough with difficult expectorating.

**Gelsemium** - Muscle weakness and trembling intense weariness; serve headache often with vertigo chills; lack of thirst; worse from dread or surprise.

**Ignatia** - Cough without sign of illness; sighing; weight in chest with trouble breathing; back spasms; lump in throat; grief and worry; depression; averse to consolation.

**Lachesis** - Tickling, irritating cough; feeling of constriction in throat and chest; exhaustion; throbbing headache; blood clots both large and small.

**Phosphorus** - Dry, short, hacking cough; laryngitis; tightness in chest; nosebleeds; looks well very sick; nervous; needs sympathy and reassurance.

# The 2022 Schedule

## Tuesday Teachings

FREE Physical, emotional and spiritual healing through the knowledge and wisdom of natural health. All ages, Tuesday evenings 6:30-7:30 p.m. No sign up, just show up. Instructor donations are accepted but not expected.

<b>March 15</b>	Feng Shui to improve romance in your relationship
<b>March 22</b>	Top amino acids for fitness, energy and endurance
<b>March 29</b>	Rearrange your home to live your happiest, healthiest life
<b>April 26</b>	Sound & Color therapy for depression
<b>May 3</b>	Therapies you never knew of, lost in history
<b>June 7</b>	A complete guide to women's health
<b>June 14</b>	Women's health throughout the years
<b>June 21</b>	Magnets as a first aid therapy
<b>June 28</b>	Common medicines found in your yard
<b>July 5</b>	Polarity Therapy and the Zodiac
<b>July 12</b>	Magnets for pain & inflammation
<b>July 26</b>	How to make your own herbal remedies
<b>August 16</b>	Foods for chronic conditions
<b>August 30</b>	"Let thy food be thy medicine"
<b>September 17</b>	What every parent should know about vaccines
<b>October 11</b>	The dangers of environmental poisons & how to avoid them
<b>October 25</b>	How to limit your exposure to environmental poisons
<b>December 13</b>	How to do a parasite cleanse

## Healthy Eating Classes

Healthy Eating Focus on healthy food preparation with a menu lineup that helps you set a healthy and fun meal on your table. See class descriptions for location and times.

### March 20: Spring & Summer Meal Preps

Transitioning into warmer weather eating habits: Learn about a spring detox food plan that will naturally take your body and mind into the new season. Learn to make a simple weekly meal plan.

Held at the ELM Campus at 5410 S Vandecar Rd.  
\$15 per person 2pm-5pm

### May 17: Bring Spring

Learn how to make inspired new dishes with this season's best ingredients.

Held at the NCC Kitchen - 503 East Broadway Street.  
There is a requested donation of \$5 to help cover cost of supplies. 6:00-7:30 pm

### June 26: Happy Healthy Kids

Bring your kids, and we will have some fun making kid friendly, easy, healthy meals and snacks. Teach a kid to cook, and they have a skill for a lifetime of good health!

Held at the ELM Campus at 5410 S Vandecar Rd.  
\$20 per family. 2pm -5pm

### September 20: Fall Harvest

Learn to make dishes with our season's bountiful fall harvest. Healthy easy dishes everyone will enjoy!

Held at the NCC Kitchen 503 East Broadway Street.  
There is a requested donation of \$5 to help cover cost of supplies. 6:00-7:30 pm

### October 23: Get your Warm On

Change of season - Transition into winter with a meal plan that is hearty and satisfying. Rich and savory dishes without the winter weight gain!

Held at the ELM Campus at 5410 S Vandecar Rd.  
\$15 per person. 2pm -5pm



## Friday Saturday Seminars

Seminars - popular, fun, enriching and hands-on experiences. Open to the public, health professionals, doulas, massage therapists, students and alumni. Great classes for professionals looking for CEUs for licensing requirements. Cost varies depending on seminar. Preregister. Call 989-317-4787 to reserve your spot. Classes fill quickly.

### CranioSacral in the Mouth

Friday, April 22, 9am-5pm  
8 CE Hours (Techniques)

Advance your skills in CranioSacral therapy by learning to release tension inside the cranium to benefit nervous and glandular system functions. Special considerations will be given to the health concerns that arise from having worn braces or other dental devices and balancing the restrictions they cause. These advanced techniques help to improve health, focus, mental clarity, hormonal imbalances, and much more.

Prerequisite: CranioSacral Training Required

Instructor: Amy Jo Howard,

Tuition \$89

Registration and payment due by April 20, 2022

Late registration tuition \$99

### Hot Stones

Saturday, July 16, 9am-6pm  
8 CE Hours (Techniques)

Join us for a hot stone therapy class. This class covers the basic knowledge on how to perform proper techniques in Hot Stone Massage. Hot stones allow the therapist to work deeper into the muscle tissue without using more body pressure. It creates the ultimate relaxation experience for your clients. You will learn how to incorporate hot stones into your full body Swedish massage and stone placement along the spine.

Instructor: Priscilla Kurash, LMT

Seminar Tuition \$89

Registration and payment due by July 13, 2022

Late registration \$99

### Core Balancing & Alignment: The Pelvis

Saturday, May 14, 9am-1pm

4 CE Hours (Anatomy, Physiology, Techniques)

Core balancing and alignment (CBA) is a technique that focuses on assessing and addressing pelvic imbalances. Using formal assessment and muscle energy techniques on specific areas of the pelvic region, the therapist will be able to target problem areas and introduce active, resistive joint movements to improve pelvic alignment. This seminar is hands-on and includes a review of the anatomy of the pelvis. Students should wear loose fitting or stretchy clothes to allow for stretching of the legs and hips.

Maximum participation = 12 students

Instructor Ted Straus, LMT

Seminar Tuition \$50

Registration and payment due by Ma 11, 2022

Late Registration \$60

### Active Isolated Stretching

Saturday, October 1, 9am - 4pm

6 CE Hours (Anatomy, physiology, techniques)

This seminar introduces the principle of Active Isolated Stretching (AIS) and teaches AIS techniques for the upper and lower body. It will include a review of the anatomy and physiology of the muscles utilized, demonstration of the AIS techniques, and an opportunity for the student to practice the technique. Students should wear loose fitting or stretchy clothes to allow for stretching of the legs and hips.

Maximum Participation = 12 students

Instructor: Teri Straus, LMT

Seminar Tuition \$89

Registration and payment due by September 28, 2022

Late registration \$99

Reserve your seat call 989-317-4787

503 East Broadway, Downtown Mt. Pleasant

Visit [www.NaturopathicCommunityCenter.org](http://www.NaturopathicCommunityCenter.org) for more details

*The Naturopathic Community Center (NCC) is a non-profit organization dedicated to educating and serving the community with Natural Health.*



# THE EMBASSY *of* LIFE MASTERY

The following courses are offered through the non-profit organization The Embassy of Life Mastery.

The mission of The Embassy of Life Mastery is to guide those seeking a personalized transformative experience to cultivate physical, mental, and spiritual growth, leading to self mastery. Through this process, one will be able to harmonize the knowledge, wisdom, and understanding necessary to steward community and planetary healing.

March 26

### **Breathing to Enliven Your Consciousness**

Julia Carpenter  
Price: \$125

April 23

### **Hidden Esoteric Knowledge Stored in Fairy Tales**

Sheila Carroll  
Price: \$125

May 21

### **Revitalizing Meditation Retreat**

Clinton Zimmerman, ND  
Price: \$125

June 4-5, 2022

### **Unlocking the Mysteries of the Stars Foundational Astrology**

Mary Stewart Adams  
Price: \$250

July 1 - 4

### **Gathering of The Masters Camping at Symbiosis Ranch**

Sharing Knowledge,  
Skill, Art & Joy  
Price: \$33

July 9

### **Harmonizing Land and Home Learn to Dowse**

Paul Stumpo  
Price: \$125

August 6

### **Making Chembusters for Chem Trail Protection**

Sheli Hutchison  
Price: \$125  
+\$90 Material Cost

September 24

### **Understanding the Angelic Hierarchy**

Lori Becker, ND  
Price: \$125

October 8

### **What If You Had to Survive**

Robert Shelley  
Price: \$125

October 9

### **Cleaning and Cooking Wild Game**

Robert Shelley  
Price: \$125



For more information or to register for these in-person classes  
visit [www.ELMastery.org](http://www.ELMastery.org)



# *Psalms 91*

*He that dwelleth in the secret place of the most High  
shall abide under the shadow of the Almighty.  
I will say of the Lord, He is my refuge and my fortress:  
my God; in him will I trust.*

*Surely he shall deliver thee from the snare of the fowler,  
and from the noisome pestilence.  
He shall cover thee with his feathers,  
and under his wings shalt thou trust:  
his truth shall be thy shield and buckler.*

*Thou shalt not be afraid for the terror by night;  
nor for the arrow that flieth by day;  
Nor for the pestilence that walketh in darkness;  
nor for the destruction that wasteth at noonday.*

*A thousand shall fall at thy side,  
and ten thousand at thy right hand;  
but it shall not come nigh thee.  
Only with thine eyes shalt thou behold  
and see the reward of the wicked.*

*Because thou hast made the Lord, which is my refuge,  
even the most High, thy habitation;  
There shall no evil befall thee,  
neither shall any plague come nigh thy dwelling.*

*For he shall give his angels charge over thee,  
to keep thee in all thy ways.  
They shall bear thee up in their hands,  
lest thou dash thy foot against a stone.*

*Thou shalt tread upon the lion and adder:  
the young lion and the dragon shalt thou trample under feet.*

*Because he hath set his love upon me,  
therefore will I deliver him:  
I will set him on high, because he hath known my name.*

*He shall call upon me, and I will answer him:  
I will be with him in trouble;  
I will deliver him, and honour him.  
With long life will I satisfy him, and shew him my salvation.*





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Permit No. 110



### **NSP Quarterly Meetings:**

**June 20th, 2022 9am - 4pm**

Enzymes/Probiotics

Seed Saving

AIDS/HIV

Hands on Techniques

How to Sponsor Others

**Sept. 19th, 2022 9am - 4pm**

Natural First Aid Kits

Infertility

Antioxidants/Free Radicals

Warmth Survival Techniques

Building a NSP Successline

***Michigan's Foremost Authority on Natural Health!***