



Fall Newsletter



Kathryn Saves Her Finger!

In the naturopathic program at NITE, there were a lot of memorable stories told about the amazing healing powers of the human body when combined with herbs. One particularly poignant story came from Dr. Delores Spence, telling of a young pregnant woman who had completely severed her finger from closing a car door on it. The young woman's mother had known enough about herbs to put the finger back in place and wrap a leaf from the comfrey plant (*Symphytum officinale*) around it. Later that day, they realized that the finger had been put back on with the nail side down! Even more remarkable is that when Dr. Spence tried to turn the finger around, a thread of nerve had already begun to reattach to the severed end.

This was surely a testament to the amazing properties of comfrey to heal bone, nerve, and flesh. Upon hearing this story, I

was certain to grab a root cutting from one of Dr. Spence's numerous comfrey plants in her garden and plant it in my own yard at home.

This past summer, I got to experience the power of comfrey first hand. We have several large, plastic, 55-gallon barrels in our backyard that we use to collect rainwater from the roof of our house to water our garden during dry spells. One day, while my husband was out of town and my two girls were swinging, I watered the garden. One barrel was almost empty, so I carefully tipped the barrel to empty the water into buckets. As I went to stand the barrel back up, the weight of more than fifteen gallons of water shifted and pinched the tip of my ring finger on my right-hand between the lip of one barrel and another full one. I stared at my finger in disbelief as I realized it had been nearly severed between the nail and

the first joint at the cutting.

With blood pouring from the wound, the first thing that came to my mind was, "COMFREY!" Racing to the front of the house, I grabbed a handful of leaves, stuffed them in my mouth, and chewed them to a pulp, then carefully placed them around my finger, trying to mold it back into place. Thanks to being in shock, I felt no pain at the time, but I do remember vividly seeing the stark white bone beneath the flesh.

The comfrey slowed the bleeding, and I was able to go inside and call my husband to tell him to come home. My three-year-old was quite upset and following me around as I pulled out my homeopathic first aid kit and took Aconite for shock. I then called in to Herbs Etc., and Sally answered the phone. She sent Becky and Susanne right over to help.

(continued on Page 2)

Your Ticket To Health



Featuring a "Country Vineyard" lunch and Chair Massage for only \$20 or 5 Tickets.

Other services available include: the Body Vibe machine, Toning Exercise Tables, Magnetic Nutrient Bed, Infrared Sauna, Detoxing Foot Soak, Voice Analysis, and more!

Tickets are only \$4 each.

Look inside for a special Halloween event for Children of all ages!



Kathryn's Story continued

By the time they arrived, the bleeding had stopped, I was calmed down and carrying my youngest child on my left hip with my right hand balanced in the air. What a sight I must have been to them!

My road to recovery has been a very short one, thankfully. A trip to the hospital for stitches never really crossed my mind, because I didn't want them to clean off the comfrey poultice, and I'm not crazy about needles anyway. Although I know I make my mother nervous at times, I am very grateful for my naturopathic training. This knowledge has allowed me to use many herbs, homeopathics, and essential oils to keep away infec-

tion and speed healing as well as using meridian work and magnetic therapy to encourage nerve regeneration. Almost a month later, as I carefully type this story, my finger looks pretty darn good, although ever so slightly crooked. I can live with that. What amazes me the most is that I have never felt any pain other than a slight bone ache if the finger is jarred or bumped. I've had paper cuts that hurt more than this! I have quite a bit of feeling, although it kind of feels like my fingertip is asleep. I can flex and extend the finger easily, so I consider myself to be extremely lucky.

My deepest and most sincere thanks

is to Dr. Spence for her inspiration; to Becky, Susanne, and Sally for acting so quick; to Bessheen Baker for her healing energy work and for checking up on my progress from time to time; and, of course, to my wonderful husband, Ryan, for doing so much extra while I was on the mend.



Ravensara Essential Oil Arrests Colds

When you feel it coming on, a little tickle in the throat from the change in weather, you're getting a cold. Consider this plan. Whatever it is, cold, sore throat, or flu, Bessheen always puts 1/4 drop of Ravensara oil on her "external" tongue. This is because many do not recommend the use of essential oils internally. We certainly do need to be cautious; many oils are too strong for internal use. If you do find one that is regarded as

safe, you need to consider it in very small amounts. When in doubt, it is better applied topically, especially for children under 5. Having said all that, some of us use the 1/8 to 1/4 drop of Ravensara technique every 15 minutes to clear up the early onset symptoms of a run down body being taken over by a bacteria or a virus. After the first few hours, then cut back to every few hours with plenty of chest or foot applications, using an entire

drop at a time. Bessheen enjoys this oil so much that she has some in her purse, all first aid kits, and vehicles.

"Sometimes, you are driving home, and you feel it coming on; that's the time to reach for the Ravensara and get started!"

Keep a few key things on hand for the winter, and see the winter kit list on the next page.

New Calendar of Events

An easy way to learn about upcoming events is to visit our website at nite-mtp.com. Click on the Calendar of Events link on the left-hand side of the home page. The calendar lists the dates and times of all of the classes and events sponsored by the Naturopathic Community Center and Herbs, Etc., as well

as the schedule of natural health and bodywork classes through the Naturopathic Institute.

When looking at the calendar, click on a specific event, and a window will open giving you more information and specific details. This is a great tool to have access to all the important happen-

ings and to plan ahead so that you can schedule those classes that most interest you into your own calendar of events. Visit the website today!

www.nite-mtp.com



Treat Yourself to an NCC Getaway

If you are looking for a couples getaway, a girls' night out, or a small group retreat, the Naturopathic Community Center has just the place for you!

The NCC hosts members during the weekdays and certain weekends for \$75 per night per guest; the second night is only \$20 per guest.

While staying at the NCC, guests enjoy multiple rooms, 3 bathrooms, use of a fully furnished kitchen, and use of the

entire Therapy Room. There is even an outdoor patio to enjoy while the weather is nice. The NCC is located in downtown Mt. Pleasant with shops within walking distance.

The Therapy Room includes an Infrared Sauna, Detoxing Foot Soak, Toning Exercise Tables, Body Vibe machine, Color Therapy, Sound Therapy, Magnetic Nutrient Bed, and an Infrared Massage Bed. Incorporate fun, healing, and relaxing all at the same time during your stay!

This is also a great place for students to bring clients in order to get away and focus on healing, especially with the use of the Therapy Room.

To become an NCC member, simply fill out a Membership Application form (available at the Administrative Office) and pay the \$5 annual membership fee. Call 989-773-1714 to schedule your getaway and take advantage of this wonderful facility.

Get Your Winter Cold Kit Together!

Echinacea is great, yet when you take it alone for a cold and as the bottle recommends, only 2 capsules 2 or 3 times per day, it probably won't be enough!

Consider that a run down body needs a fair amount of concentrated foods to truly recover from illness. The concentrated foods/herbs that are most recommended when ill:

VS-C - liquid or capsule at least 4 or 5 times per day. This is for any virus or bacteria.

CC-A - liquid or capsules for colds and coughs.

Sinus Support - for the annoying drainage that keeps you sniffing or up all night hacking.

Silver Shield - to strongly defend against bacteria.

Echinacea - liquid or capsule to boost the immune system.

Vitamin C or Rose Hips - to reduce the inflammation.

Bronchial Formula - to clear the bronchial and lung area.

Ginger and/or Lobelia to dry up liquid in the lungs.

Many use 3 or 4 of the above 6x a day during any significant concern.

New Schedule Available

The new NITE schedule with classes updated through 2011 is now available at the Administrative Office.

Please note that a few dates for some of the classes have changed. The updated schedule indicates that

*1st Year **Herbs & Muscle Response Testing** moved from

November 2009 to January 8-10, 2010.

***Final Exams** for the Therapeutic Body Work Practitioners changed from October 2010 to September 10-12, 2010.

*1st Year **Biology** moved from April 2010 to March 26-28, 2010.

*1st Year **Nutrition** is now scheduled for April 23-25, 2010.

*4th Year **Conception, Childbirth, and Childhood** will now be held April 9-11, 2010.

To receive an updated schedule, please stop in at the NITE office or call Nancy at 989-773-1714.

Herbs Etc / NITE./NCC

503. East Broadway
Mt. Pleasant, MI 48858

Phone: 989 773-3636

Fax: 989 775-7319

Feel Better Now!



Soup, Salad, Massage, and a 4 Mile Jog* for only \$20!

Have you tried the healthiest lunch program in Mt. Pleasant?

Monday through Friday, Herbs, Etc. offers a healthy lunch, chair massage, and a ride on the Body Vibe for only \$20.

Take part in this lunch special from 11:30am to 1:30pm; it is best to call ahead for reservations.

The lunch features a delicious soup and salad made locally by Country Vineyard. The 15-minute chair massage will relax you and release the tension in

your back, shoulders, arms, and hands. And, you can even shake on the Body Vibe machine, where 10 minutes* is the equivalent of a 4 mile jog for the way in which it activates your muscle fibers, boosts circulation, enhances the flow of lymphatic fluid, and releases your feel-good endorphins.

If you have resolved to eat healthier, get in shape, or take more time to relax, this lunch opportunity is perfect for you! Even better, it combines all those goals into one lunch session. The price is only 5 tickets

(\$4 each) - that's only \$20!

Call Herbs, Etc, today to make reservations for you and your guests:



Also, consider the other services that are available through "Your Ticket to Health:" Toning Exercise Tables, Infrared Sauna, Detoxing Foot Soak, Color Therapy, Magnetic Nutrient Bed, Yoga, Qi Gong, and much more!

Herbs Etc.



Cancer: Cells Losing Communication

Cancer is a very serious and often, scary word. In natural health, with any concern, we look beyond the term used for the condition to understand what is really going on: where is the body out of balance, and how can we help bring the body back into balance?

When looking at cancer on a cellular level in the body, a cancer cell is a cell that has lost communication with other cells. Imagine this: you are at work; you are suddenly blind, mute, and deaf. You cannot see where you are or what needs to be done. You cannot hear anyone else giving you instructions. You cannot yell for help. Yet, you are still expected to do your job exactly as you had done it before. What do you

think? This is a cancer cell: a cell that has completely lost communication. So, in natural health, we look at why did this cell lose communication in the first place? And, how can we help this cell regain communication? Many times, cells lose communication because of some kind of toxicity. Mercury poisoning, usually from dental fillings, is a major source of toxicity (for more on mercury see the following page). Toxicity can also result when the channels of elimination are not functioning properly. This means that if the bowels are not moving regularly (one meal in, one meal out), if the liver becomes congested, if the kidneys are not filtering properly, or if the skin is being bombarded with

too many chemicals (in lotions, etc.), then the body's waste materials are getting stuck inside creating unfavorable conditions for the cells. One more source of toxicity is unexpressed emotions. When an emotion is not expressed, when we hang on to it and let it fester, it, too,



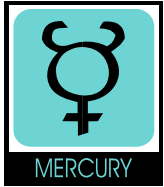
creates real physiological changes in the body. Deep hurt, grief, resentment, and anger, in particular, are emotions that can lead to loss of cell communication. In order to regain communication, all of these things need to

be addressed.

If there is mercury, it should be replaced by a specially trained dentist. The body needs high quality nutritious foods that will strengthen the immune system and allow the body to cleanse in a gentle manner to get out the waste materials. Those emotions that have been stuck inside need to be recognized and released. This is how a cell regains communication and the body returns to a state of balance. Cancer is serious. It is, indeed, a time when your whole being asks you to look at your life and examine all of your lines of communication. It is about learning to talk to every part of yourself, in harmony.

Mercury Toxicity and Its Effect on the Immune System

Mercury toxicity, usually resulting from dental fillings, has a hugely negative impact on the immune system. Overall, mercury increases the break down of essential parts of the body.



The part it affects most is the membrane around and inside the cell.

When these membranes are damaged, the cell does not perform the function of passing along the proper signals, and the messages

are not conveyed to tell other parts of the body what they need to be doing. This lack of communication leads to the body not functioning properly.

In regard to the immune system, this lack of communication and proper function makes it hard for the body to recognize what is "self" and what is "non-self." Things that are normally recognized as "non-self" include viruses, bacteria, and other toxins. The body usually attacks and tries to eliminate anything

that is "non-self." When mercury breaks down the membranes of the cells, they no longer are able to differentiate "self" from "non-self" and start attacking its "self." This attack of self is termed an autoimmune condition, and cancer is an autoimmune disease. To determine if mercury is a problem for you and your immune system, schedule an appointment with one of the naturopaths at Herbs, Etc. by calling 989-773-3636.

E-Tea

E-Tea is a Nature's Sunshine product formulated according to the Essiac tea formula. Named for Rene Caisse, this formula is an herbal blend that was given to her by the Ojibwa Indians and is known for inhibiting tumor growth and helping the body heal from cancer.

This is a blend of the concentrated extracts of Burdock,

Sheep Sorrel, Slippery Elm, and Turkey Rhubarb that work together to destroy growths and tumors. It also purifies the blood, enhances energy levels, alleviates pain, promotes fast healing, and stimulates the production of antibodies. Used extensively with all types of cancer, E-Tea has additionally benefited AIDS, liver conditions,

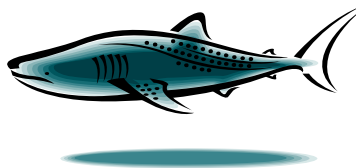
lupus, diabetes, and other degenerative diseases. The capsules can be taken internally or opened and made into a tea.



Sharks Don't Get Cancer

Did you know that sharks are immune to cancer? Their entire skeleton is made of cartilage with no blood vessels; in order for cancer cells to grow, an ample blood supply is needed. Because sharks lack this kind of blood supply, researchers indicate that this is why sharks are immune to cancer. We can benefit from this research with the

SC Formula. SC Formula contains a blend of shark cartilage and Reishi mushroom.



Both ingredients are known for improving immunity, reducing

pain and inflammation, and preventing the growth of cancerous cells and tumors. In studies, shark cartilage, specifically, has been shown to reduce tumor size by 40-100%. Reishi mushroom has long been valued in Eastern medicine as a powerful adaptogen. This is a great combination to consider in any cancer healing program.

All Cell Detox

All Cell Detox is an herbal combination that is designed to enhance the body's ability to eliminate toxins through the colon, liver, and kidneys. Overall, this blend contains herbs that counteract inflammation, improve the immune system, fight infection, purify the blood, and neutralize acids in the body. Because of its cleansing and strengthening properties, this combination may help to reduce and inhibit foreign masses, such as cysts, fi-

broids, polyps, and tumors.

As a blend, it contains Black Walnut, Cascara Sagrada, Catnip, Chickweed, Cyani Flower, Dandelion, Fenugreek, Gentian, Goldenseal, Irish Moss, Myrrh, Oregon Grape, Parthenium, Safflowers, Slippery Elm, Uva Ursi, and Yellow Dock.

The variety of herbs and each one's individual properties working together in a blend make this a very powerful and effective combination. As a whole, it im-

proves digestive function and helps the body better assimilate nutrients. It has also been used for numerous conditions, including anemia, arthritis, urinary tract infections, jaundice, gallstones, liver enlargement, hemorrhoids, respiratory infections, ulcers, and more.

This herbal formula is available from Nature's Sunshine and can be picked up at Herbs, Etc. If you have additional questions, consult one of our naturopaths.

Frankincense Essential Oil

Historically known as being given to Christ at his birth, Frankincense essential oil is truly a gift in that it is a powerful immune system stimulator.

Some of its properties include being antiseptic, anti-infectious, having anti-tumor qualities, and even relieving depression. It oxygenates the brain, helps reduce inflammation, counteracts aging, helps calm the nervous



system, and provides emotional balance. Frankincense oil is also known for increasing the activity of white blood cells to defend the body against infections.

To use Frankincense oil to

strengthen the immune system, one drop can be applied to the bottom of each foot. One drop could also be applied over the thymus in the center of the chest. Additionally, if working to reduce tumors, one to two drops can be applied externally over the area where the tumor is known to be located. This essential oil has a long history of being an effective healing aid.

"The Cure for All Cancers"

"The Cure for All Cancers" is a book written by Dr. Hulda Clark that details her research and goal of curing 100 cases of cancer. She reached that goal in December 1992, and published her book shortly thereafter, wanting to present the truth to all. In the book, Dr. Clark pre-

sents her research on the cause of all cancers and shares the stories of many cures. She also details how to get well, including giving nutritional information and how to be aware of chemicals in household products and dentalware. Further, she presents ways in which you can test

yourself and assess your progress. Numerous recipes for foods, natural body products, and natural household products are also shared.

Dr. Clark was an amazing woman, and this is an enlightening story for everyone, especially those challenged with cancer.

Juicing for Your Life

What would your life be like if you had boundless energy? What if you didn't have those little aches and pains, didn't get sick as frequently, and could even slow down the aging process? These are some of the benefits that people have experienced as a result of juicing.

We all know that we should eat our fruits and vegetables. How often are they *fresh* fruits and vegetables? And, if we are eating them cooked, how are they being cooked (hint: microwaving is the *WRONG* answer)? According to the American Cancer Society and the National Cancer Institute, most Americans are not eating enough fresh fruits and vegetables to prevent disease. So, how do we do better and get the amazing benefits?

One way is through juicing. It is one of the best and easiest ways to consume the quantity of raw foods necessary to deliver high-quality nutrients. Further, using the juice from real foods provides an abundance of vitamins and minerals that is unprocessed and easily digested and absorbed, unlike the multivitamin supplement you swallow in tablet form. Raw juices are also full of enzymes that assist digestion, meaning your liver and pancreas do not have to work as hard. This, in turn, conserves energy, which means you feel more energetic. Eating processed foods creates a build-up of toxins and acids which results in inflammation and in some cases, results in cells losing the ability to communicate. Raw juices reduce acidity and toxicity by stimulating the function of some of the channels of elimination: the bowels, liver, and kidneys. Because of the combination of concentrated nutrition that is easily absorbed, energy conservation, and the ability to detoxify, raw juices have helped very debilitating cases when nothing else has worked.

So, for boundless energy and a more healthy life, try these recipes:



Garden Salad Special

3 broccoli flowerets
1 garlic clove
4-5 carrots or 2 tomatoes
2 stalks celery
1/2 green pepper
Wash, chop, juice, and enjoy!

Cleansing Cocktail

1/4 inch slice ginger root
1 beet
1/2 apple
4 carrots
Wash, chop, juice, and enjoy!

Recipes found in "*Juicing for Life*" by Cherie Calbom

Naturopathic Community Center

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



October 8—Sweetest Day Dance

Featuring dance instruction by Lois and Richard Klender at 7pm

Music for the evening by Ron O'Neil, *A Party of One*

*\$20 per couple * \$10 per individual *7-10 PM

*Great snacks included!



*Last Dance - Building like-minded community events
takes time, yet we need your attendance now to do them again
next year!*

So please, join our smoke-free, healthy events.

FREE COOKING CLASSES

- OCTOBER 6 - FIVE NEW VEGETABLES YOU'LL LOVE
- OCTOBER 20 - MAKING YOUR OWN REAL BUTTER
- NOVEMBER 3 - HOW TO READ LABELS AND KNOW WHAT IS HEALTHY
- NOVEMBER 17 - SOUP FROM SCRATCH
- DECEMBER 1 - HEALTHIER HOLIDAY MEALS
- DECEMBER 15 - DESSERTS FROM SCRATCH
- DECEMBER 29 - COOKING CLASS WINTER PARTY POTLUCK

* CLASSES BEGIN AT 6:30PM

* SUGGESTED \$5 DONATION
FOR FOOD AND SUPPLIES.



Laymen's Courses

Saturdays, 9am to 5pm

- Sept. 26 Homeopathy: Non-Toxic, No Side Effects, and No Drug Interactions
- Oct. 3 Releasing Emotional Trauma from Your Body
- Nov. 14 Addressing Core Issues of Wellness with Bach Flower Remedies
- Dec. 5 Beginner's Guide to Natural Health
- Dec. 12 Re-establishing Internal Communication with Light Healing Touch

Pre-registration is required. Each class is only \$89. Call 989-773-3636 to register.

The Big FAT Lie

The Big FAT Lie: Fats, Oils, and the Cholesterol Myth was a one-day class to teach you everything you need to know about cholesterol and the fats in your body and in your foods.

For example, did you know:

No research has been able to prove that the cholesterol in natural foods causes heart disease. Or, that no research has shown that eating foods high in saturated fat raises blood cholesterol levels. In fact, heart disease is just as frequent in people with low cholesterol levels as in those with high levels. Further, low cholesterol levels increase your risk of reproductive problems, depression, cancer and suicide. However, when you consume lots of saturated fat, your body needs only a small amount of essential fatty acids, like Omega 3

and Omega 6. And, saturated fat protects the liver from toxins like alcohol and prescription drugs. On the other hand, consuming too many long chain fatty acids like those found in vegetable oil may cause you to gain weight, while short and medium chain fatty acids like those found in butter and coconut oil increase your metabolism rate and may help you lose weight.

For much more enlightening information, attend Laymen's courses and learn the truth about fats and other amazing topics for your health!

This class will be held again in 2010 along with many other great courses .

Naturopathic Institute alumni can look forward to continuing education classes starting in the spring of 2010.

Healthy Halloween

This year, the Naturopathic Community Center will be hosting its first Annual Trunk or Treat.



Other health-minded businesses, parents, and volunteers will be closing off the Herbs Etc. parking lot for youngsters to trick or treat at the trunks of health-minded people. We will have homemade, high fructose corn syrup free, treats and snacks. There will also be games and prizes. Please call Kathryn, the NCC events coordinator, to bring your children, volunteer, help sponsor the event, or all of the above. How would it feel to have a healthy place to go this year?
(989)773-1714



Tuesday Night Classes

Classes meet at Herbs Etc. and are free and open to the public.,
6:30 p.m. to 7:30 p.m. No registration is necessary.

September 29, 2009 Preparing Live Foods for Healthier Bodies

October 13, 2009 Balancing Brain Chemistry with Amino Acids

October 27, 2009 Bridging the Gap Between Medicine and Natural Health

November 10, 2009 Lower Your Blood Pressure Naturally

November 24, 2009 Sick of Sneezing? What To Do About Allergies