

NITE, Herb Etc. & NCC

Fall Newsletter It Is Your Choice



October 2010

Choices. Maybe, you've heard the phrase, "You are what you eat?" Ultimately, we are what we choose. Every moment of every day, we are making a choice. We choose what time to get up in the morning, what clothes to wear, what to eat for breakfast, the route we drive to work, where we work, and on and on.

Also, we are what we choose to think. If we choose to think that we are healthy, we will make choices that support and reflect that thought. However, if we choose to believe that we are unhealthy, or that we are powerless to make a change, or that outside circumstances are really at fault, then we will choose actions that support and reinforce those choices.

There is usually a reason behind the way we make our choices. Sometimes, the reason is even unconscious or a learned behavior that someone else taught us and that we never questioned.

In this newsletter, we hope to inspire you to consciously examine the choices that you make, and if they are choices that do not support the person you are or want to be, we are confident that you will choose to change.

Fear Based Ignorance

Some choices are made out of ignorance and others out of fear. Perhaps, you didn't know better, or that's the way someone else always did it; that is a choice based on ignorance. Or, maybe someone said that if you didn't make the choice this way, something bad would happen: to you or your family. That is a choice made out of fear.

Knowledge Based, Informed Decisions

When you are presented with a choice, it is easy to say "yes" or give the response that is "expected" of you. However, to make the best choice for you and all involved, wouldn't it be better to research the information so that you have all the knowledge on the subject to make an informed decision? This way, fear and ignorance cannot sway you, because you know the facts: all the pros and cons, and now, you are equipped to choose what is truly best and what is most consistent with your own character.



**A few small changes
make a big impact
over a lifetime.**

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Natural Childbirth Education Classes

Natural Childbirth Education Classes (The Bradley Method) are a 12 week series of birthing classes that help to guide couples through the natural birthing process. They help to educate couples about prenatal nutrition, physical training and relaxation techniques for labor, and confidence for the birth process and parenting. Also included is information on the three phases of labor, what to expect when the baby arrives, proper techniques for breastfeeding and possible complications throughout the process. These classes are meant to be intimate in order to give each couple

the most privacy, best information, and all the attention needed. Classes will be kept to six couples or less. Couples will be provided with a workbook that will serve as a reference throughout the duration of their pregnancy, birth, and postpartum experience. Couples will also be provided with coaching and doula training which will assist the mother during labor. These classes provide the couples with a networking circle of other expectant couples with which to share thoughts, feelings, ideas, and experiences. The Bradley Method classes will be held in two hour sessions, once a

week, for 12 weeks. Most couples will want to begin these classes between their 20th and 25th week of pregnancy.

The Bradley Method teaches total body relaxation through natural belly breathing, is husband-coached, and incorporates proper pregnancy nutrition and pre-labor exercise techniques to prepare for labor. For more information on these classes, contact

Heather

Dexter at

231-878-3323



The 2010 Acres U.S.A. Conference will be held December 9-11th in Indianapolis.

This is the nation's premier event for sustainable and organic agriculture. Dozens of speakers, including authors, master consultants, and

Organic Acres U.S.A. Conference

successful farmers will be presenting information about soils, crops, weed and insect control, livestock management, animal health, and more.

Over 100 eco-suppliers will be displaying the latest in agricultural technology that is nature-friendly.

Registration by October 29th is \$160 per adult for the three day conference.

If you are registered to attend and want to ride on the bus that will be leaving from Mt. Pleasant, contact the NITE office for information and pricing at 989-773-1714.

Healthy Halloween Trunk-or-Treat

It is time again for Healthy Halloween Trunk-or-Treat! Participants park their cars in the Herbs, Etc. parking lot, decorate them in a fun theme, and treats are handed out to children from the backs of the vehicles.

Healthy treats are encouraged, such as dehydrated fruit, mini-muffins, homemade cookies, eco-friendly candy, and organic fair-trade chocolates. Items with potential food allergens (soy, nuts,

wheat, dairy, etc.) should be clearly labeled. Other items can include pencils, erasers, crayons, stickers, or temporary tattoos. This year's event will be held on Saturday,

October 30th, from 6:30 to 8:30pm. There will be fun games and activities, like face painting, pumpkin bowling, and more! To participate in Trunk-or-Treat, to be a volunteer, or to make a donation, fill out the registration form that is available at Herbs, Etc., or by visit-

ing our website at www.nite-mtp.com/healthyhalloween.htm.





Notes and their Meanings

The frequencies associated with musical notes are the same frequencies that healthy and balanced organs, systems, and emotions emit as they function. The following is a list of the musical notes and their correspondences. For help determining any imbalances, consult one of the naturopaths at Herbs, Etc. for...

A Voice Analysis consultation!



C	C#	D	D#
Thyroid	Kidney (right)	Kidney (left)	Adrenal glands
Lymph circulation	Tendons & ligaments	Hardening of arteries	Parasites
Small intestine	Neck glands & muscles	Neck glands & muscles	Environmental sensitivities
Fallopian tubes	Shoulders	Vocal chords	Eustachian tubes
Large muscles	Rectum/anus/coccyx	Larynx/Pharynx	Overachiever
A "people" person	Too hard on oneself	A "fixer:" likes to fix people/problems	Likes to be recognized for efforts
Codependent/ Caretaker of others	Expect too much of others	Own worst critic	Relationship friction
Need to make everyone happy	Angry over little things too often	Doesn't like change	
E	F	F#	G
Spleen/Thymus	Pancreas	Brain	Neurotransmitters
Candida/Yeast	Eyes & optic nerves	Sympathetic nerves	Parasympathetic nerves
Teeth	Ears & auditory nerves	Pituitary gland	Liver
Diaphragm	Sinuses/allergies	Hypothalamus	Blood/bones/legs
Hip bones	Pineal gland	Stomach	Worrier
Own worst enemy	Fear of life or future	Think and re-think everything	Bouts of depression
Self-sabotage	Doesn't see or hear what others do	Self-criticism	Learn to walk away
Likes to feel needed by others	Easily talked into things	Impatient	Learn to put you first
Holds back feelings	Workaholic	Need to escape	
G#	A	A#	B
Enzyme production	Bladder	Heart & hear valves	Colon/large intestine
Prostate	Lungs & bronchials	Coronary arteries	Esophagus/trachea
Gallbladder	Uterus/cervix/ovaries	Appendix	Hands/wrists/fingers
Digestion	Knees	Upper legs	Arms
Low back/sciatic nerve	Need to nurture yourself	Take criticism to heart	Feel as if others are against you
Financial fears	Learn to relax	Gives greatly to others	Feel you deserve more
Feels not important	Worry not good enough	Think others are more important than self	
Doesn't accept change			

Herbs Etc / NITE./NCC

503. East Broadway
Mt. Pleasant, MI 48858

Phone: 989 773-3636

Fax: 989 775-7319

Feel Better Now!



More NCC Events

The Spiritual Enlightenment Group gathers monthly to share ideas, knowledge, and information about how to enhance our spiritual lives. It is about freeing ourselves from negative patterns and stepping into the realization that we are all a part of each other and have an effect on each other with everything we do. Held once a month on Mondays, from 6:30-8:00pm, at the NCC.

2010 Dates:

October 4, November 8, and December 6

Student Massages

To receive student bodywork, we ask that you fill out a one-page application to become a professional volunteer. Then, you will be called on a rotational basis to fill the volunteer needs at the student discount rate of \$20.

All of the funds will benefit the non-profit Naturopathic Community Center.

Visit our website:
www.nite-mtp.com





Herbs Etc.

How Your Hair Can Help Your Health

Hair tissue mineral analysis is a non-invasive method of determining your levels of minerals and also the levels of toxic elements in your body. These levels help you and your naturopath to determine which areas of your body are out of balance, which areas are holding toxins or stress, where those stressors might be originating from, and what your metabolic type is.

As hair grows, it is exposed to the internal environment of the body, including blood, lymph, and extracellular fluids. As hair continues to grow and reaches the surface of the skin, its outer layers harden, locking in the metabolic products accumulated during its period of growth. Essentially, the hair provides a record of the mineral status and nutritional metabolism that occurred during this time.

Because minerals are involved in cellular metabolism, structural support, muscle activity, nerve conduction, immune system functioning, hormone activity, and more, this information provides a great view of your health and the long-term effects of your diet, stress, and exposure to toxins.

It is very easy to have a hair analysis done. First, contact your naturopath (new clients are welcome, too!) at Herbs, Etc. Then, come in, and your naturopath will cut small pieces of hair from several areas on the back portion of your head. The hair to be collected should be clean and should not be permed, dyed, or bleached. It is best if the hair sample comes from as close to the scalp as possible. About one tablespoon of hair is needed for the analysis. Then, the hair is sent to Trace Elements laboratory where it is analyzed. Once your naturopath receives the analysis report, you will schedule a consultation time to go over the results together. Also, you will be able to work with your naturopath on a health program to address any imbalances highlighted in the hair analysis results. The price of a hair analysis is \$75.



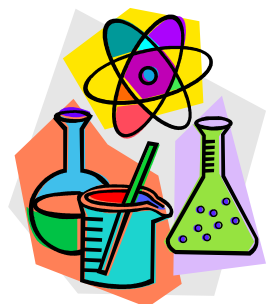
Special points of interest:

Vaccine Choices

Nutritional Choices

Personal Care Choices

**Get Your
Hair
Analyzed
Today
Call Herbs
Etc.
773-3636**



Take a Shot at Something Natural: Vaccine Choices

The idea that one has to get a vaccine or suffer terrible consequences, like contracting a horrible disease, putting others at risk, or even dying is one of the worst fear-based, ignorant notions with which we are faced.

This is an especially stressful choice for new parents who are pressured into vaccinating their minutes-old baby and who are mistakenly told that their child cannot start school without having had their vaccinations.

Dr. Tenpenny, whose DVD's are available in the Herbs, Etc. store,

has done research using CDC statistics to disprove these claims and many other claims regarding vaccines and is a valuable source of knowledge. She points out that vaccines do not guarantee immunization against a certain disease; there are unsafe ingredients in vaccines, including mercury, formaldehyde, and human and animal fetal tissue; and the frequency of vaccinations has not resulted in a proven decrease in any disease.

Once you have done your own research, an informed choice would be to strengthen your immune system using natural remedies. Instead of

the Shingles vaccine, you would consider VS-C, an anti-virus herbal blend, and NutriCalm, a B vitamin blend that calms the nerves and relieves stress.

As a natural alternative to any other vaccine, like the flu shot, consider Silver Shield, Vitamin C, and Thieves essential oil in addition to the VS-C. There are also homeopathic immunizations available. For more information, consult one of the naturopaths at Herbs, Etc.



What Does Your Water Wear?

Is your water wearing plastic? Maybe, it is time for a make-over. Plastics are created using petroleum. The FDA admits that, regarding plastic containers, something will always leach out of the container and into the food or water.



They approve plastic containers, because they consider what is a safe amount of exposure to the leaching chemicals over a lifetime. How do they calculate that, and is any amount of exposure really safe?

Plastics also contain Bisphenol A which is a xenoestrogen. This acts just like estrogen in the

body, except it's foreign (xeno=foreign). Thus, this chemical disrupts the body's natural hormonal balance and can cause weight gain, insulin resistance, birth defects, and miscarriages. It would be far safer for your water to wear glass or stainless steel. Time to shop for a new outfit for your water!

Prescription for Improving Health

Prescription medications are man-made drugs and have many dangerous side effects. They also do not aid the body in finding balance; they force the body to work against itself to prevent certain symptoms from occurring. Well, those symptoms are a sign for you to listen to your

body and help it regain balance. Many people search out natural alternatives to prescription medications. For example, good fats, like fish oil, flaxseed oil, and butter, are one of the best ways to naturally lower your cholesterol. A combination of B vitamins, magnesium, and amino

acids will help to balance in place of mood stabilizing medications. Why aren't we, as a society, told this? Why don't medical doctors give out this information? Your body is your own, and it is up to you to search out the information and make an informed decision for you.

Health, Sweet Health

Nutrition is a huge area for us to make healthy, conscious choices. The more we choose to eat unprocessed, unrefined, real, fresh, and organic foods the healthier we will be.

However, let's highlight the dangers of false sweeteners. These show up in the forms of high fructose corn syrup, splenda (which is more chemically similar to chlorine than sugar), aspartame, nutrasweet, acesulfame-K, and even other names. Some products that you might find

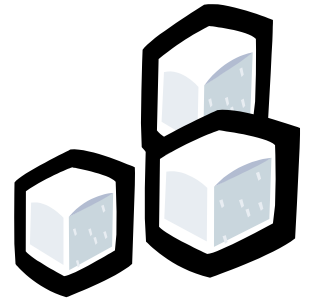
these in include diet pop, processed foods, and any low-fat, low sugar products.

These false sweeteners are highly toxic to the nervous system and are very addictive. They have been linked to weight gain, and aspartame has been shown to cause cancer. Many families have seen success with their children who were labeled "ADHD" simply by avoiding high fructose corn syrup.

An educated choice would be to research and get to know the

names of the fake sweeteners and to avoid buying any products that list them as ingredients. It would also be beneficial to know which sweeteners are not chemicals and are safe for the body to consume. Healthier sweeteners would be honey, maple syrup, and stevia.

Even small changes add up to big results!



Do You Really Want to Lower Your Cholesterol?

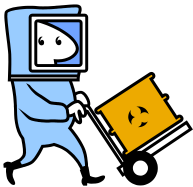
Many people are being told that their cholesterol levels are too high, and then, they are prescribed a medication (man-made drug) to lower it. Do you really want to lower your cholesterol? Cholesterol is manufactured by the body as well as obtained from the nutrition we eat. Cholesterol is needed by the body

to manufacture hormones and perform other functions. Cholesterol only becomes a problem when it sticks to arteries, and it only sticks to arteries when they have been scarred (usually, from drinking chlorinated water). There are many ways to keep your cholesterol levels naturally healthy. High triglyceride levels

actually occur from consuming too many carbohydrates, not fats. Avoiding white, processed, refined carbohydrates and eating grains like quinoa, millet, and buckwheat are best. And, you can raise your "good" cholesterol levels by eating saturated fats, especially butter and coconut oil. That's right: mmmm, butter!

Beauty Is a Big Deal

Our skin is the largest organ of our bodies, and it absorbs what it contacts, including hair products, deodorants, and lotions.



If these products have chemical ingredients, they are absorbed into the body, and be-

cause they cannot be broken down, they remain in the body as toxins which can detrimentally affect the liver, the spleen, the nerves, and other areas. For example, most deodorants contain aluminum, a heavy metal, which prevents your body from sweating. Sweating is a natural way that the body releases toxins and other waste materials. When these wastes

cannot be released, they clog the lymphatic system, namely in the area of the breast tissue, and can manifest into breast lumps. Look for deodorants that do not contain aluminum, and try to find shampoos, lotions, and other products with ingredients whose names you can pronounce and are safe for you both inside and out.

Natural, Non-Invasive Methods To Evaluate Your Health



In the field of natural health, we are looking for the root cause of an illness. To find it, we do not run expensive tests that require you to be exposed to radiation, or that stop the spin of your natural electromagnetic field, or that require you to swallow poisonous liquids.

Our bodies are constantly giving us information about how well they are functioning, and they give us signs when we are out of balance. Every "symptom" is a sign; for example, headaches, pains, marks on the skin, red lines in the whites of the eye—they are all signs. A naturopath is trained to read those signs and translate to you what they mean. Following is a list of non-invasive methods of assessing health; in other words, different ways to read the signs.

Live Blood Analysis By looking at one drop of blood, under a dark-field microscope, you can see the quality of your red blood cells and your white blood cells. These and other markers in the blood relate to your digestion, immune system, levels of minerals, bacteria, parasites, energy level, and more.

Biological Terrain Assessment Also called Quantitative Fluid Analysis, this assessment takes a first morning urine sample and saliva sample after a 12 hour fast and determines mineral levels, cellular energy metabolism, levels of hydration, digestion, antioxidants, and more. You receive a print out that shows which areas of the body are most stressed, and it even tells your biological age—how old your body feels!

Voice Analysis Speak into a microphone, and the notes in your voice are analyzed, revealing which notes are missing and which notes may be overused. Every organ, like a piano, is tuned to a certain note, or frequency, and imbalances in the notes of your voice will show which areas of the body are "out of tune." (See the NITE section for more specific information.)

Muscle Response Testing This form of assessment uses a test muscle (for example, the arm) and the electromagnetic energy of the body to gauge responses to certain substances or even works with acupressure-type points on the body to evaluate the health of the organs. This type of evaluation is valuable for assessing hormones, parasites, amino acids, and much more.

All of these assessments are available at Herbs, Etc. Call 989-773-3636 to schedule your consultation and choose a healthy way to listen to your body's signals.

Naturopathic Community Center

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



Holistic Moms

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

This group meets the 3rd Thursday of every month from 11am-12pm

at the Naturopathic Community Center.

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



Zen Meditation

Wednesdays
6:30-7:30pm

All levels of experience welcome.

Wear comfortable clothes and bring a towel to sit on.

Free Cooking Classes

OCTOBER 12 - THE JOYS OF PUMPKIN:
WHAT TO DO WITH IT

OCTOBER 26 - USEFUL FOOD REMEDIES THROUGH
THE AGES

NOVEMBER 9 - MAKING LIFE SWEET:
SUGARS AND SWEETENERS

NOVEMBER 23 - HEALTHY THANKSGIVING
ALTERNATIVES

DECEMBER 7 - HOLIDAY POTLUCK & RECIPE SWAP

CLASSES BEGIN AT
6:30PM

SUGGESTED \$5 DONATION
FOR FOOD AND SUPPLIES



Laymen's Courses

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

The Layman's Course is 6 classes designed to give you the knowledge you need to use natural healing methods for yourself and your loved ones.

October 9 Essences and
Essential Oils

Coming in the Spring: Herbalism,
Homeopathy, Iridology and more!

Pre-registration is required.
\$499 for the entire course; \$89 for an
individual class.

Call 989-773-3636 to register.



Alumni and Continuing Education

For Natural Health Professionals, Massage Therapists, and anyone who desires to gain an in-depth understanding of natural health, the continuing education classes delve into specific areas of study.

These classes are open to the public. Each class is \$89, and is held on Saturday from 9am to 5pm (unless otherwise noted) with a one-hour lunch break on your own.

Registration and payment must be made at least two weeks prior to the class.

To register, call 989-773-1714.

October 9, 2010

Holistic Counseling

with

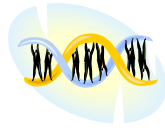
Moshe Daniel, ND, HMC



November 7, 2010

Minerals for the Genetic Code

with Dr. Richard Olree



December 11, 2010

The Science of Lymphology

with Janet Ott, MT, CH



Dance Lessons

Line Dance Lessons

Thursdays, 5:30-7:00pm

\$5 per person per class

A different line dance is taught each week, combining exercise and dance.



Social Dance Lessons

Thursdays, 7:00-8:00pm

\$5 per person per class

All lessons are beginner level and build on patterns learned in previous weeks. It is encouraged to attend with a partner; however, it is not required.



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.

October 5, 2010

Gently Influence Your Significant Other Through Flower Remedies

October 19, 2010

Why Medical Costs Are High: The History of Our Health Care

November 2, 2010

500 Common Parasites: Which Ones Do You Have?

November 16, 2010

Outward Signs of Inward Problems: Face, Tongue, and Hand Analysis

November 30, 2010

How to Protect Yourself from Cell Phones, Towers, and Other Electromagnetic Pollution
