

NITE, Herb Etc. & NCC

Winter Newsletter



Overcome Allergy Season Forever!

Each year, we are hearing that *this year* is the worst allergy season ever. And, there are reasons it keeps getting worse. Pollen levels are increasing, pollen seasons are getting longer, and more people are developing allergies for a number of reasons. For example, this year's fall allergies will most likely last up to 27 days longer than average in the northernmost parts of North America, extending even into November in some areas, a new study suggests.

Both spring and fall allergies tend to cause the same symptoms, such as sneezing, itchy eyes, and a runny nose, but their triggers are different. Spring allergies, which run from February to late July, tend to be brought on by pollen from trees, grasses, and weeds. Fall allergies go from mid-August through the first autumn frost, and are chiefly set off by pollen from the ragweed plant, mold, and dust mites.

Spring allergies are now starting sooner, and fall allergies are ending later, thanks to global warming, says Jeffrey G. Demain, M.D., director of the Allergy, Asthma & Immunology Center of Alaska. These temperature changes kick-start pollen production, boost the amount of pollen each plant generates, and also make the pollen more potent. Demain says that, "There's more allergen now in each grain than there used to be."

And, pollen isn't the only allergen on the rise. Warmer temperatures mean more moisture in the air, which creates mold. Further, this increases not just the growth of mold but also its spore production—which is how mold distributes allergens—both indoors and out.

According to the National Institutes of Health, the number of Americans with allergies is two to five times higher now than it was about 30 years ago. Reasons for the increase in people developing allergies include use of antibacterial products which makes our immune systems quicker to overreact to otherwise harmless substances like pollen.

Also, our modern diet is hurting us. Today's processed, preserved, chemical laden foods lack the nutrition and tough fibers that keep the delicate balance of bacteria in our guts healthy. Most of what is consumed as food is so processed that, many times, it is not even recognized by the body as food, and this upsets the balance of the digestive system, setting us up for allergic sensitivity. Studies are also showing that use of antibiotics, which disrupts the healthy bacteria in the gastrointestinal tract, has increased along with allergies.

The good news is that by helping your body find the right balance, you can overcome "the worst allergy season ever" and be sniffle and sneeze free. Continue reading for natural solutions.

Allergies Be Gone!

Prepare now for feeling great in the Spring!



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February - What Is Your Blood Type?

Do you know what your blood type is and how it affects your health? Jackie Featherly will be teaching all about the Blood Types on **February 25th**.

Dr. Peter D'Adamo, who has authored many books on the Blood Type diet, looks at this genetic factor to improve a person's health, energy, and overall well-being. He also believes that an individual's blood type is the key to making informed decisions regarding diet, exercise, and even their supplements. Based on Dr.

D'Adamo's research with genetics, anthropology, and medical history, he has created a lifestyle profile suited to each blood type.

In this class, learn how the diet tailored to each blood type originated, which foods are beneficial, neutral, or avoid for each type, and the science behind why certain foods are beneficial or avoids.

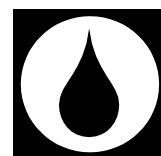
While you cannot change your blood type, you can use this information to make nutritional

choices suited to your biological make up. Within two weeks of following the blood type diet, D'Adamo reports that his clients experience more energy, a loss of weight, fewer digestive complaints, and an improvement of chronic illnesses, such as asthma, heartburn, and headaches.

To gain an in-depth perspective of the Blood Type diet, sign up

for this class

today by calling
989-773-1714.



February - All About Astrology

The Astrology II class will be held on **February 4**, and will focus on the aspects and transits of the planets and houses. Aspects show how the planetary energies are specifically working together. Some are harmonious, while others are challenging. Transits allow you

to look at the planets' current orbits and how this affects your life presently. This also shows the timing of potential illnesses or crisis in one's life and calculates when it all shall pass and explains the real lessons behind it. Understanding the houses will allow you to know what area

of life is being affected.

Instructor, Laura Allmacher, will also be teaching Astrology III on August 25, and Astrology IV: Medical Astrology on December 1st. Learn how this affects all aspects of your life, including your health!

January and March with Moshe Daniel, ND

Moshe Daniel, ND, will be teaching two great classes this winter. In January, join him for **Understanding and Using Miasms** for healing in Homeopathy. Learn what to do when a case is not responding to well-indicated remedies or other modalities. How do these underlying "inherited diseases" prevent

us from being optimally healthy? How do we heal from miasms?

March 24th - Physician Heal Thyself. Unique and useful meditations for self improvement and sharing with clients. A healthy practitioner is the necessary foundation for helping clients to heal. In this experiential class, Moshe

will share several unique and powerful meditations for healing, honing of focusing and centering skills needed in practice, opening of the throat for singing and expression, balancing of chakras, experiencing bliss, and achieving longevity.



April w Dr. Olree - World News and Surviving the Nuclear Age

On April 1st, Richard Olree, DC, author of "Minerals for the Genetic Code," will be back by popular demand.

After a recent conversation with Dr. Olree, I felt it was essential to bring him back for keeping every one of us updated on world events. One very important topic we discussed was the amount of ra-

diation that leaked into the ocean during the Japanese nuclear earthquake incident. More than three times that released by Chernobyl! Dr. Olree will discuss the impact of this on human health and planet survival, as the sodium of the ocean mixes and creates very concerning sulfur responses. I am encouraging

all advanced and alumni students to attend. Richard Olree's work is profound. We need to have a handle on what's going on for ourselves, our families, and the planet. Each year our client cases become more challenging due to environmental poisons. Let's all get up to speed on these world events! Bessheen

March and April - Hot Rock and Advanced Essential Oil Therapies

Hot Rock on March 31st is a great tool to add to your body work practice. This class is two days and all hands on. Consider expanding your massage skills whether you are a massage therapist or a Naturopath with a great body work clientele. This class will be taught by Senior Instructor, Mary Booms, MT, who enjoys adding this popular therapy to her busy practice. Jan Doerr, Naturopathic Doctor, will be presenting Advanced Aromatherapy:

Taking **Essential Oils** to the Next Step class on **April 21st**. Learn the latest treatment in the essential oil field. Practice oil layering, headache and migraine treatments, and the newest addition: neuro-auricular treatment.

This treatment is an application using oils to reconnect the synapses of the brain and upper spine, restoring nerve function in the brain and spinal cord.

This is a deeply effective heal-

ing technique that works to unlock and release old patterns, toxins, and negative programs. This particular application of oils creates an environment that facilitates optimal health, healing, and body function. It has shown amazing results in reversing the effects of Parkinson's disease and can be customized to any illness. It is most recommended for auto-immune, neurological, and stress disorders.

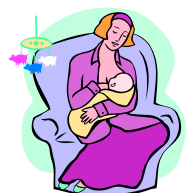
May - Healthy, Happy Breastfeeding

Midwife, Beth Barbeau, will be teaching a class that all doulas, naturopaths, and expecting parents will want to attend: Supporting Healthy, Happy Breastfeeding on **May 5th**.

While breastfeeding is the most 'natural thing in the world,' it's no longer 'coming naturally' to

many mother-baby pairs. In this seminar, suitable for both student and professional, find out why 'normal' births are creating obstacles to satisfying breastfeeding, how to counsel families for early success, and the essentials of a satisfying breastfeeding relationship.

Emphasizing both naturopathic and practical problem-solving, we'll detail a wide range of responses to common concerns: come prepared to take your skills and confidence to a whole new level!



Herbs Etc / NITE./NCC

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Feel Better Now!



Early Tax Deductions

Current students, you are planning to continue with your education, so please talk to Nancy now about receiving a discount by paying for your next program early.

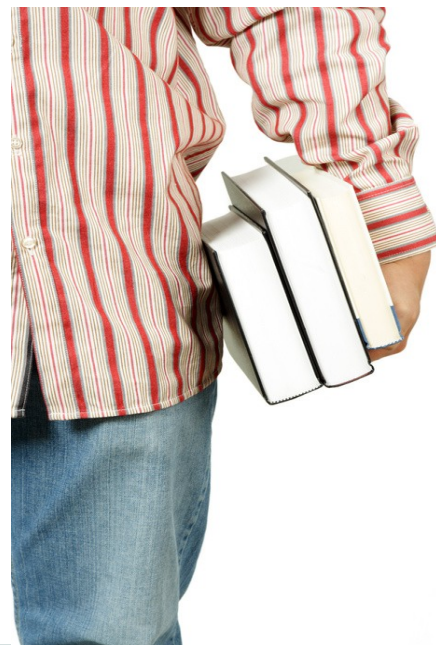
Students who pay for their next program before the end of the year will receive a discount off of the program's price AND will be able to apply that expense to this year's taxes.

It's a win-win situation! You save money; you can write off your education expense; and you can continue your great education!

SAVE UP TO \$1000*!

*Contact the Administrator for specific details.

For more information, call Nancy at 989-773-1714.





Herbs Etc.

Allergy-Free, Naturally

Intestinal health is a key component of naturopathy, and allergies are no exception to this principle. Allergies begin when the intestines are too permeable (i.e., toxins leak out of the intestines because of poor dietary habits and signal an "allergic" response) and also, when there is not enough friendly bacteria to regulate the functioning of the immune system within the intestines.

To heal the intestines (and allergies), the amino acid l-glutamine is a must. **L-glutamine** strengthens the immune system and is the most needed nutrient for intestinal repair. It is available in capsule form from Nature's Sunshine.

Small Intestine Detox also helps to soothe the

digestive tract using the herb Marshmallow, and the Pepsin in it cleanses out toxins.

L. Acidophilus, Bifidophilus Flora Force, and Probiotic Eleven are all friendly bacteria that are available and are taken to repopulate the intestines and restore this friendly flora to the immune system.

N-Acetyl Cysteine helps eliminate toxins and is especially beneficial for ridding the body of stuck mucus in the lungs and respiratory system.

HistaBlock provides nutritional support for the respiratory system. This blend contains stinging nettle, quercetin, bromelain, and orange peel. It helps to control inflammation and the swelling

of mucus membranes.

ALJ is a key allergy blend and is available in both liquid (great for kids!) and capsule form. This blend soothes irritated tissues and assists the body in neutralizing allergens. It supports healthy respiratory function, especially during seasonal changes.

The new Sprayology homeopathic line includes **AllergEase** which provides fast-acting natural relief for runny nose, itchy eyes, sneezing, headaches, and rashes. Just spray under the tongue three times a day for improvement.

You do not need to suffer with allergies and take medications. You can heal your body naturally and feel great all year long!

Special points of interest:

New Faces



Boost Your Immune System for Winter



Nature's Sunshine conferences



The THERAPY ROOM

Tickets are Back just in time for the Holidays!



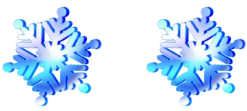
At only \$4 each...

Try several different therapies for relaxation and improved health. You are in control of what you do and how long you do it!

Therapies available :

- *Body Vibe machine
- *Detoxing Foot Soak
- *Magnetic bed
- *Massage bed
- *Infrared Sauna
- *Color Therapy
- *Sound Therapy





Winter Survival Kit



Winter weather brings pretty, shimmering snow, evenings inside snuggling to stay warm, and often, it signals illness: flus, coughs, colds, and generally feeling run down.

Here is a list of natural remedies to keep in your "Winter Kit" so that you can stay healthy all through the season.

VS-C

This Chinese blend is a top favorite for working against viruses and keeping the immune system healthy. With herbs like Dandelion, Cinnamon, Ginseng, and more, it creates an unfavorable environment for viruses, helps proper microbial balance, supports detoxification, and promotes a healthy respiratory tract. Take 2-3 capsules per day during the season for an added immune system boost.

Bronchial Formula, Ayurvedic

The Bronchial Formula is a blend of herbs used in the ancient health science of India, known as Ayurveda. These herbs work together to support the respiratory system, especially nourishing the lungs and bronchi to strengthen them against microorganisms, pollutants, pollens, and dust. This is a great blend to consider for a cough that comes every winter or for other illnesses, like bronchitis. Take 4-6 capsules per day if experiencing symptoms for improvement.

Vitamin C

This is a very important vitamin, especially to the immune system! It prevents against free radical damage with its antioxidant properties, aids in collagen production, and supports tissue development. It also is a natural anti-inflammatory. Take between 3000 and 5000 mg daily to support the immune system.

Thieves essential oil blend

Used by thieves in England to protect them from the plague when stealing from the sick, this oil blend has highly anti-viral and antiseptic properties that help protect against flu, colds, sore throats, strep, sinus infections, pneumonia, bronchitis, and more. It is a blend of Clove, Lemon, Cinnamon, Eucalyptus, and Rosemary, and 1-2 drops can be applied on the bottom of each foot, or in a spray bottle, it can be sprayed around you or your house. This one is especially good for children going to school or daycare.

Thieves Lozenges

As a lozenge, the oils in the blend Thieves, along with lemon, orange, peppermint, and natural sweeteners combine to create germ fighting ability that soothes sore throats.

Astragalus

This herb has been used in Chinese medicine since ancient times. It is valued for its ability

to stimulate the immune system in many ways. One way it works is that it promotes the production of stem cells in the bone marrow and lymph tissue and encourages their development into active immune cells. It also triggers immune cells to go from a "resting" state into a state of heightened activity. This herb helps activate T cells and natural killer cells and promotes respiratory function. Take 2-3 capsules daily to maintain a healthy immune system.

Echinacea

This single herb is well known for its ability to boost the immune system and shorten the duration of colds, and because of these reasons, it is a winter must-have! Echinacea provides immune defense by creating an unfriendly environment for bacteria to live in and by purifying the blood. If you feel like you are coming down with something, take 1-2 capsules every few hours until you feel back to your "normal" self again.

Now, you have some ideas of what to take and keep on hand to boost your immune system so that you can enjoy the winter season in all of its snowy beauty! If you have more specific concerns, call and schedule an appointment with one of the naturopaths at Herbs, Etc. by calling 989-773-3636.

New Faces at Herbs, Etc.

If you have stopped in to Herbs, Etc., lately, you may have seen a few new faces.

We are happy to welcome Timothy Hertzberg and Hattie Archbold to the Herbs, Etc. store and Therapy Room and Carlyn Molloseau, Julie Norton, and Codi Brown to the Massage Therapy staff. Additionally, Adrienne Shiels is now in charge of ordering store products, and Nancy Liponoga is taking naturopathic appointments.

Timothy, Hattie, and Adrienne

are all students in the four year natural health program and are very friendly and enthusiastic additions to the staff.

Carlyn has graduated from the Therapeutic Bodywork Practitioner program and enjoys incorporating essential oils into her massage therapy.

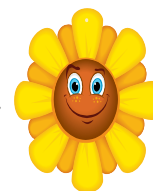
Julie is a Certified Naturopath specializing in massage and brings a lot of her natural health knowledge to the massage table.

Codi has been practicing massage therapy for several years

and specializes in therapeutic massage.

Nancy, who is also the Administrative Director at NITE, is soon to be a graduate of the four year natural health program and has recently started sharing her dedication and experience within natural health consultations.

Please welcome our new staff members—they are happy to help you!



Bon Voyage

All of the new smiles at Herbs, Etc., are because some of our staff members have left and are following their individual paths to the next adventure in their lives.

Becky Fodor and Susanne Gilbert, who both graduated from the Certified Naturopath program earlier this year, are pur-

suing their own unique opportunities.



Massage therapists Kennetha Hill and Elizabeth Henry both moved: Kennetha to start her own business in Clio, and Elizabeth to North Carolina.

Happily, Elizabeth Lo is on pregnancy leave and will be expecting a new addition to her family soon.

Also, Kathryn Doran-Fisher recently opened her own natural health business, Elder & Sage, in Grand Rapids.

We wish all of them the best in their new adventures!

NSP Distributors Conferences

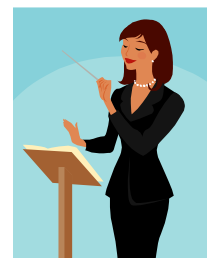
Interested in learning more about Nature's Sunshine products and how to use them?

Bessheen will be hosting three NSP conference this year.

Quarterly meetings will focus on Nature's Sunshine products in detail. These one-day confer-

ences will be held on March 19, 2012, June 18, 2012, and September 17, 2012. These meetings will be held at the Naturopathic Institute from 9am to 5pm with lunch on your own, are open to the public, and are free to attend.

Call 989-773-1714 to save your spot at these great Nature's Sunshine meetings!





Holiday Specials

Silver Package \$99

1 hot rock massage, 1 reflexology, and half-hour sauna

Gold Package \$149

1 hot rock massage, 1 reflexology, 1 one-hour nutritional consultation, and one foot soak

Doubles Package \$159



2 one-hour massages, 2 reflexology sessions, and one hour in the sauna together

Ticket To Your Health Specials

(ticket value \$4 each)

50 for \$180

200 for \$680

Body Work Specials

2 half-hour massages: \$69

5 one-hour massages: \$269

2 one-hour massages: \$112

10 one-hour massages: \$499

5 reflexology sessions: \$109

Other Specials

6 colonics: \$224

5 one-hour saunas: \$65

Foot Soaks package: \$99

5 half-hour saunas: \$45

Gift Cards Available!



Naturopathic Community Center

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



Alumni and Continuing Education 2012 Class

<u>January 28, 2012</u>	Understanding & Using Miasms for Healing in Homeopathy Moshe Daniel, ND	<u>June 30, 2012</u>	How to Use Mineral Rocks/Crystals In Your Environment - Jeff Gordon, ND
<u>February 4, 2012</u>	Astrology II - Laura Allmacher, ND	<u>July 14&15, 2012</u>	Identifying & Using Mushrooms with Marie Kopin
<u>February 25, 2012</u>	Blood Type: The Nuts and Bolts of It with Jackie Featherly, ND	<u>August 4, 2012</u>	Gut and Psychology (GAP) with Kathryn Doran-Fisher, ND
<u>March 24, 2012</u>	Physician, Heal Thyself! Moshe Daniel, ND	<u>Aug. 25, 2012</u>	Astrology III by Laura Allmacher, CN
<u>March 31, 2012</u>	Hot Rock Massage by Mary Booms, MT	<u>Sept. 8, 2012</u>	Wind and Solar Energy for Your Home with Mark Bauer
<u>April 1, 2012</u>	All New World News & Surviving the Nuclear Age with Richard Olree, DC	<u>Sept. 29&30</u>	Naturopath's & Parent's Guide to Integrating Physical Movements that Affect Learning & Behavior by Terri Cooper, OT,NHE
<u>April 21, 2012</u>	Advanced Essential Oil Therapy Including Neuro-auricular by Jan Doerr, ND	<u>Oct. 13, 2012</u>	The Business of Being a Naturopath with Micah McLaughlin, NP
<u>May 5, 2012</u>	Supporting Healthy, Happy Breast Feeding with Beth Barbeau, Midwife	<u>Oct. 27&28, 2012</u>	Naturopath's Understanding of Pharmaceuticals Pathways in the Body with Jackie Featherly, ND
<u>June 2, 2012</u>	New Homeopathy Series - Men & Women with Jackie Featherly, ND	<u>November 3, 2012</u>	Advanced CranioSacral: Inside the Mouth with Amy Jo Howard, ND
<u>June 3, 2012</u>	New Homeopathy Series - What Every Massage Therapist & Body Worker Should Know - Jackie Featherly, ND	<u>December 1, 2012</u>	Astrology IV: Medical Astrology with Laura Allmacher, ND

The Alumni and Continuing Education classes are for Natural Health Professionals, Massage Therapists, and anyone who desires to gain an in depth understanding of natural health. These classes are open to the public. Class times are from 9am to 5pm with a one-hour lunch on your own. The cost is \$89 per day unless otherwise noted. Registration and payment is preferred at least 2 weeks in advance.



New Hot Topics for Alumni Classes

More classes than ever before! The Naturopathic Community Center is pleased to bring you 18 continuing education courses at the most affordable rates in the country!

We have a great returning line up of classes from the past two incredibly successful years of teaching and it doesn't stop there. This year we are featuring 13 new classes! What classes will you be taking this year? See the schedule on the back of this page.

Tuesday Night Classes

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

December 6, 2011	Natural Remedies for Cold & Flu
January 17, 2012	Feeling Out of Sorts? Your polarity may be out of balance! Learn to self correct and have better brain function with.... Magnets and Polarity Therapy.
January 31, 2012	What do your eyes have to say about your health? Iridology Class
February 14, 2012	Parasites: we all have them; now, how to get rid of What's Eating You!
February 28, 2012	What every parent and grandparent should understand about Vaccines.
March 13, 2012	What is your dominant gland and how would you balance your weight and energy if you knew what Glandular Type you were?
March 27, 2012	What Amino Acids can do for depression, anxiety and energy.
April 10, 2012	Have your own Homeopathic First Aid Kit and how to use it.
April 24, 2012	Using Cranial Sacral to relieve headaches, insomnia, sinuses, and more.
May 22, 2012	Healing emotional hurts, turning your insecurities into strengths, and becoming a more positive person with Flower Essences.
June 5, 2012	Learning the Minerals that create the fountain of youth.
June 19, 2012	What the feet can say about health through Reflexology. Be ready to practice!

