

NITE LIGHT

Natural Health Quarterly

* Herbs etc. * NITE * NCC



Winter 2018

*Holiday Gifts and Massage Certificate Deals
Michigan's Water Crisis and What to Do
New Heart Health Product is Amazing*

Editor's Note



Letter from the Editor

Perhaps, you've heard the saying, "Survival of the Fittest?" Well, in these days and times, we've revised that phrase and adapted it to: "Survival for the Awake." So then, the first question would be: are you awake?

You are awake if you see that there are numerous reasons to be concerned for our survival. Some of these instances include: When our freedom to refuse a vaccine is threatened; when the very food we eat is modified in such a way that it provides little nutrition and modifies our genetics in an unhealthy way that promotes illness; when the water we drink is toxic; when 5G and smart meters constantly bombard our energy systems with harmful frequencies and force honeybees to face extinction; when information sources cite stories that serve to divide rather than unite.

You are more awake if you recognize that this is also happening: that we are searching for truth, empowering ourselves with education, and standing up for our basic rights when we opt against vaccines, choose locally grown and organic foods, support and advocate with organizations fighting against water pollution and electromagnetic radiation, and take other stances toward health and freedom. And, we are most awake when we come together in community, because we are stronger together.

There is a theory in quantum physics called the holographic model which states that every piece contains the whole, or everything is interconnected. So, when we are awake, we realize that whatever we do, "good" or "bad," affects this entire planet and every living thing on it. Therefore, if the world in which we live seems like it has a lot of negativity occurring, then it becomes the call to those who are awake to take action toward positivity.

Sometimes, you are awake, and the action to take seems unclear. Remember, one piece contains the whole. Every time you make a change in your life toward living in accordance with the laws of nature (this is what natural health is), you affect every being on this Earth. In this, and every, edition of the NITE Light, we strive to give you steps to take action or inspire you to create your own path of positive movement. Because, as we consider the "Survival for the Awake," I ask you: do you want to survive, or would you rather thrive?

I wish you the most joyful thriving!

Amy Jo

We are grateful to all of you,

our amazing customers, clients, students, and alumni!

Thank for supporting Herbs etc, The Naturopathic Community Center,
and The Naturopathic Institute of Therapies and Education.

Have a Healthy, Blessed Holiday Season!





Winter Medicine Chest

Top Supplements:

“Protease Plus”

This blend helps digest foreign proteins in the blood. It supports immunity by activating macrophages and natural killer cells. We use it to eat up viruses and mucus!

“Vitamin C T/R”

Prevents infections and supports the immune system and protects against free radical damage. Educated doctors use 500 mg daily instead of the flu vaccine.

“Silver Shield”

This is a natural anti-biotic that builds and protects the immune system. It comes in a liquid and a gel form, and it does not damage your gut health.

“Elderberry D3fense”

Elderberry neutralizes the drill head on a virus and will disable the flu and other viruses. This blend also has Echinacea and Vitamin D3 which build and protect the immune system.

“VS-C”

This is a viral immune formula that supports the immune system. This comes in a liquid, cap, and even a concentrate; this has been a top seller for years.

“Super Antioxidant”

This is a powerful formulation of several antioxidants that help neutralize free radicals, prevent cellular damage, support the liver, and enhance immunity.

“CC-A”

This herbal formula provides key nutrients for a healthy circulatory, immune, and respiratory system and comes in liquid or capsule.

“Core Mycelia Blend”

Core Mycelia Blend is a blend of traditional mushrooms and elderberry to assist in a healthy and strong immune response. A top preventer of winter illness, esp. for the elderly.

Top Essential Oils:

“Essential Shield” Decongestant, Bronchitis, Colds, Cough, Influenza. Same ingredients as Thieves oil from Young Living plus 2 extra oils and fast NSP service!

“Ravintsara” Anti-allergenic, Antibacterial, Antimicrobial, Antiseptic, Antiviral, Disinfectant, Expectorant

“Breath Deep” Antiseptic, Decongestant, Bronchitis, Pneumonia, Sinus Congestion and Infection, Sore Throat from NSP

Top Homeopathics:

“Calc Fluor 6X” This cell salt is a natural form of fluorine which helps our body to prevent viruses

“Belladonna” Cold, flu, sore throat, fever, headache, earache, sudden onset

“Arsenicum” Later stages of head cold, sneezing, red nose and eyes

“Aconite” First Stages of common cold, sudden onset, fevers, croupy cough, throbbing headache

“Gelsemium” Influenza, aching of whole body, chills up and down back, sore throat with red tonsils

“Ferrum Phos” Early stages of head colds, earache, cough, pneumonia, bronchitis, dry tickling cough

Homeopathic & Essential Oil Kits make great gifts for the Holidays!



WHEN WATER GETS WORSE: THE PFAS CRISIS

By Amy Jo Howard, ND, CH

PFAS are man-made chemicals that have been used since the 1950's in industry and consumer products such as non-stick cookware, water-repellent clothing, stain resistant fabrics and carpets, cosmetics, firefighting foams, and products that resist grease, water, and oil. PFAS stands for per- and poly-fluoralkyl substances. These compounds have been historically known as PFC's, or per- and poly-fluorinated chemicals, and this term is still sometimes used. According to Elsie Sunderland, a professor at Harvard University, there are more than 4,000 different types of PFAS chemicals, and scientists are just beginning to understand their effects.

While the chemical bonds of PFAS makes them effective at repelling water and oil even at high temperatures, these same chemical bonds make them very persistent, meaning that they are extremely difficult to break down, especially once they are in the body. PFAS are being found to be pervasive in public water systems and around military bases across the country. Health effects associated with exposure include cancer, breast cancer, liver damage, kidney disease, decreased fertility, increased risk of asthma, weakened immunity, and thyroid disease in humans. Studies also indicate that PFAS may affect the health of unborn babies and developing infants by influencing growth, development, and behavior. These chemicals can increase cholesterol and interfere with the body's natural hormones.

In the fall of 2017, Sandy Wynn-Stelt of Plainfield Township, Michigan, learned that her well was contaminated with PFAS at more than 500 times the Environmental Protection Agency's "safe" level for drinking water. She has lived across the street from a Wolverine Worldwide liquid waste dump since 1992. Two years ago, her husband, Joel, died from liver cancer at age 61; Wynn-Stelt believes her husband's cancer was caused by the PFAS pollution from the dump. When she had her blood tested in January, test results showed that she had 750 times the average amount of one of the PFAS chemicals in her blood as the average American.

The Centers for Disease Control and Prevention has

found PFAS chemicals in the blood of virtually all Americans. Last year, an American Red Cross study showed that the blood of an average American has 4,300 parts per trillion, or ppt, of PFOS and 1,100 ppt of PFOA. Sandy Wynn-Stelt's blood test showed 3.2 million ppt of PFOS. One part per trillion is about one drop of water in 1,000 Olympic-size swimming pools.

PFOS is the chemical in Scotchgard that Wolverine Worldwide used to waterproof Hush Puppies and other shoes. PFOA was formerly used to make Teflon. These two chemicals were phased out under pressure from the EPA, and both chemicals are now banned in the U.S.; however, manufacturers have replaced them with structurally similar chemicals that may not be any safer.



In 2016, Philippe Grandjean of the Harvard T.H. Chan School of Public Health and Richard Clapp of the University of Massachusetts at Lowell calculated that an approximate safe dose

of PFOA and/or PFOS in drinking water is 1 ppt. Sandy Wynn-Stelt's well has more than 37,000 times that much PFOS, and a well less than 10 miles away from the Wolverine dump has 59,000 times that much. Some states have set levels for PFAS in tap water or groundwater that are lower than the EPA advisory level or are legally enforceable:

Vermont has adopted a legal limit of 20 ppt for both PFOS and PFOA in groundwater and tap water. Minnesota set advisory levels of 27 ppt for PFOS and 35 ppt for PFOA in tap water. New Jersey adopted legal limits of 14 ppt for PFOA and 13 ppt for PFNA in tap water. Michigan set a legal limit of 70 ppt for PFOS and PFOA in groundwater used for tap water.

The latest update of an interactive map by EWG and the Social Science Environmental Health Research Institute at Northeastern University, which is the most comprehensive resource available to track PFAS pollution in the U.S., documents publicly known PFAS pollution from 94 sites in 22 states, including industrial plants and dumps, military air bases, civilian airports and fire training sites. Much of the increase since the map was first published is in Michigan. In fact, we have been referred to as the "current hotspot" of the crisis. 4

Earlier this year, President Trump's administration released a toxicology report about these nonstick chemicals endangering human health at significantly lower levels than the Environmental Protection Agency (EPA) has previously called safe. The draft report from the Department of Health and Human Services' Agency for Toxic Substances and Disease Registry (ATSDR) is a toxicological profile of four types of stain- and water-resistant chemicals. The report finds that "minimum risk levels" for the toxins should be seven to 10 times lower than the standards set by the EPA in 2016. The lowest level included in the ATSDR report is 12 parts per trillion in drinking water, which is greater than 80% below the current maximum safe level that the EPA has advised for two types of PFAS. So, we are just beginning to learn that not only are there more toxic sites developing and affecting our water, but that the PFAS levels that were previously considered "acceptable" have been far, far higher than any level that is even close to safe.

As this crisis is just beginning to unfold, keep in mind that you are exposed to fluoride in dental products, floss, and many medications, including antibiotics, antidepressants, anesthetics, antacids, antihistamines, steroids, cholesterol-lowering medications, and anti-inflammatories. **Here is a list of remedies to help the body displace and detox fluorinated chemicals:** Iodine, Selenium, Methionine, Magnesium, Calcium, Vitamin D, Vitamin C, Vitamin E, Curcumin, Nitric Oxide, GABA, medicinal mushrooms like maitake, shiitake, reishi, and lion's mane, the cell salt Calc Fluor, infrared saunas, and ionizing foot soaks. For a personalized program to address prevention and your level of exposure, please consult a naturopath. Herbs etc. now carries purifiers that remove 95% of the fluoride in drinking water, and we can recommend testing and more extensive removal equipment. For the interactive map: <https://www.ewg.org/research/update-mapping-expanding-pfas-crisis>



The NHIFF is Coming!

Be There July 4th - July 7th 2019

The Natural Health Independence Freedom Festival

- Chili Cook Off
- Naturopathic Olympics
- Live Music
- Vendors
- Work Shops
- Fire Works
- Family Friendly
- Naturopathic Warrior Challenge
- T-Shirts
- Pancake Breakfast
- Camping

- Treasure Hunt
- Early Arrivals
- Healthy Fun Food
- Security Team
- Volunteer Opportunities
- Bon Fire Music
- Country Setting
- Dessert Competition
- Early Registration Discounts
- Forms Coming Soon!



UltraBiome DTX and Rejuvenaid

By Nature's Sunshine Products at Herbs etc.

Why we all need to Detox:

CDC studies have shown that we are not only exposed to 6 million pounds of mercury but also, over 2.5 billion other toxic chemicals each year. These toxins are in the food we eat, the water we drink and bathe in, and the air we breathe. Each human has an average of up to 420 harmful chemicals in their blood, urine, and hair. We have to wonder: how are these toxins impacting our health?

One pathway for major damage starts with our gut health. Poor gut health is the root cause of many of today's health challenges. A healthy bacteria balance in the gut and in the overall body controls many key body functions such as: Respiratory, Neurological, Skin, Blood Sugar, Glandular, Weight, Immune and Urinary as well as emotions and energy. When we have all of this toxic burden paired with stress and poor lifestyle and diet choices, this disrupts the healthy balance of bacteria in the gut leading to poor health. This happens because the healthy bacteria are compromised in the body which allows pathogenic bacteria to overgrow and release endotoxins. These endotoxins weaken the gut as well and leak through the gut lining and into the blood stream. When these toxins get into the blood stream, they impair all body functions.

How it works:

UltraBiome DTX was formulated to help our body handle and recover from toxic burdens. It consists of a proprietary phytonutrient blend that offers free-radical protection to reduce oxidative damage to the gut. This aids detox pathways to help the body target and eliminate toxins. It also promotes the growth of healthy bacteria, supporting microbiome balance and healthy intestinal permeability by strengthening and tightening cellular junctions.

Benefits:

- ☑ Restores bacteria balance in the gut
- ☑ Supports Heavy Metal Elimination
- ☑ Purification of the Gut
- ☑ Supports healthy intestinal permeability
- ☑ Sustains energy and optimizes nutrient absorption
- ☑ Supports a balanced glucose response

Rejuvenaid and How It Works:

A natural, clinically studied, Nitric Oxide-generating supplement, Rejuvenaid safely produces and sustains superior levels of NO. Unlike other NO products, this patent-pending formula uses a dual system featuring a proprietary beet root extract along with L-Arginine. This dual-pathway approach frees up the body's ability to produce its own NO while using the ingredients to generate even more NO. Rejuvenaid also features a proprietary, polyphenol rich antioxidant blend called Herbal Shield that offers select vitamins to help sustain higher levels of NO and support circulation. Enjoy youthful vitality with Nature's Sunshine's Rejuvenaid: a natural, healthy way to achieve and maintain peak physical and mental performance with higher levels of vigor. Clinical studies have shown that higher levels of Nitric Oxide (NO)—a signaling molecule that improves blood flow and circulation by relaxing arteries and blood vessels—are associated with increased vitality, physical performance, stamina, recovery, mental acuity, sexual performance, and lower blood pressure. Made in the endothelial layer of blood vessels and arteries, NO is quickly used or oxidized within the body and must be replaced constantly. A sedentary lifestyle, suboptimal diet, and age can each negatively impact NO production. (By age 40, the human body produces only half the nitric oxide it did during teen years.)

Benefits:

- ☑ Superior Nitric Oxide Levels
- ☑ Brain Circulation
- ☑ Improved energy production
- ☑ Increased exercise capacity and stamina
- ☑ Supports optimal brain circulation
- ☑ Healthy sexual performance
- ☑ Cardiovascular and heart health function
- ☑ Healthy blood pressure
- ☑ Decreased body fat
- ☑ Overall vascular health and blood vessel elasticity
- ☑ Improved blood flow to vital organs
- ☑ Gut health and related immune function

New Purify 2.0

The Ultimate Detox



Benefits:

- Helps detoxify the body
- Supports the elimination of heavy metals
- Supports healthy intestinal permeability
- Helps purify the gut and balance bacteria
- Increases feelings of energy and vitality*
- Enhances circulatory/heart health function
- Supports gut health with essential proteins and nutrients

How it Works:

Purify 2.0 is composed of four products:

- **UltraBiome DTX** provides unparalleled support for heavy metal detoxification. It supports healthy intestinal permeability and supports microbiome balance, full-body cleansing, and regular elimination.
- **Nature's Sunshine Rejuvenaid** stimulates exceptional nitric oxide production via two pathways to help relax blood vessel walls, improve blood flow, vitality and mental focus, and support blood pressure levels.
- **Bacillus Coagulans** supports the gastrointestinal system, providing relief from occasional digestive upset and helping to replenish and rebalance the microbiome.
- **Protein powder** provides fuel for a healthy metabolism and supports gut health.

The Science To Back it Up:

Clinical results show that Purify 2.0:

- Increases heavy metal elimination up to 76%
- Lowers gut inflammation by 35%
- Reduces cardiovascular risk by 22%, including improvements in blood pressure, triglycerides, and cholesterol
- Improves liver function by 21%

☑ *Participants in the clinical study reported seeing benefits in as little as 7 days!*

☑ *They also noted a 42% improvement in their general health, energy and mental focus.*

☑ *The Gift of Health, Is it on Your Holiday List?*



2018 Top Wish List Items

Body Butter



Essential Oil
Perfume

Stones in Jewelry



Chakra Set

Mortar & Pestle



DIY Tools/Supplies

Organic Chocolates



Better Get the Box

Earthy Soap Bars



Org. Personal Care

Orgonite Necklace



Orgonite Tools

Cell Phone Protect

Aroma Candles



Herbal Teas

Wax and Seal Kit



Reference Books

Sage Incense



Room Incense

Glass Straws



Computer Glasses

Henna Starter Kit



Org. Nail Polish

Shower Filter



Drinking Filter

Berkey Water Purifier



Wrap It Up!

New Holiday Gift Baskets and Wrapping Station



Fill your Santa Bag at Herbs etc!



Herbs etc. respectfully thanks you for shopping with us! Keeping your retail and local store owners open for business is a way to participate in Common Unity! We all strive to be your source for quality products, unique services, and well informed answers to your most important questions. Give Amazon and Google a Rest, Shop with the Best! We are grateful for our jobs at Herbs etc. and wish you a blessed and healthy Holiday Season!

Hormone Rebalance: Seed Rotation Plan

Shared by Suzy Sikora, ND



This seed rotation plan has been a valuable piece to restoring hormonal balance for both women and men. It works so well, because the hulls of the seeds contain nutrients called lignans, which help modulate the hormonal pathways of the body. The seed oils are comprised of essential (or omega) fatty acids that provide the building blocks for steroid hormone synthesis.

As each seed type contains variations for these lignans and fatty acids, rotation of these seeds through the month provides the body with the variety of precursors it needs to create normal hormonal cycles.

Women: the rotation plan can be done according to either the menstrual cycle (if it is fairly regular) or phases of the moon (if the menstrual cycle is absent or too irregular).

From days 1 to 14 of the menstrual cycle (or from the new moon to the full moon), have 1 Tablespoon per day of a mixture of ground flax and pumpkin seeds.

From days 15 to 28 of the menstrual cycle (or from the full moon to the new moon), have 1 Tablespoon per day of a mixture of ground sesame and sunflower seeds.

Men: the rotation plan is done according to the phases of the moon (and opposite of the women's rotation).

From the full moon to the new moon, have 1 Tablespoon per day of a mixture of ground flax and pumpkin seeds.

From the new moon to the full moon, have 1 Tablespoon per day of a mixture of ground sesame and sunflower seeds.

Seed Preparation: It works best to use a coffee or spice grinder to grind the seeds. Only prepare a few days' supply at a time, as the seeds may oxidize and become less potent. Store the ground seeds in a jar with a tight-fitting lid and keep in the refrigerator.

One or two tablespoons per day can be used. You can eat the seeds on salad, cereal, vegetables, or mix them in a little rice or soymilk and drink them. It adds a nutty, crunchy taste to foods. It is best to use organic and raw seeds.

(Dr. Pinault, MS, LAC, ND)

Natural Health Education By Us, For Free, In Your Community!

Introducing Health to Community! We will teach classes in your home to your family and friends. It seems like everyone around us is suffering from some form of poor health. Everywhere you go, you hear about the unfortunate situations of people, friends, and loved ones. At Herbs etc, The Naturopathic Institute, and the Naturopathic Community Center, we are focused on health education and support to our community and beyond. The only way to make a difference is to be the change you wish to see in the world.

For that very reason, our Naturopathic staff, instructors, students, and alumni are coming to you! That's right, if you will help us with this incredible campaign of wellness for our country, we will teach a class in your home, community hall, church, school, or meeting place, free of charge! We have alumni and students all over the state... we can get to where you are.

Our founder, Bessheen Baker, ND, will be guiding the way with classes in our local community and the surrounding area as well as helping students and alumni throughout the State of Michigan. If you can gather a minimum of 10 guests, including yourself and even children 12 years old and up, we will bring the teaching materials, light, and hope to your community.



Popular Topics

Gut Health Better Digestion, Immunity, Energy, and Stress through Cleansing and Building

Female Health Hormone Balance, PMS Relief, Pregnancy, Menopause, Bone Health

Stress & Emotions Nourishing the Nerves, Natural Remedies, Emotions and Brain Function

Several topics are available!

Call Dr. Baker to arrange for a class in your home or community (989)317- 4787



Symbiosis Ranch Recipes

Amazing Black Bean Brownies w/ Avocado Frosting

Brownies

1, 15 1/2 oz can of black beans
3 eggs
3 T oil
4 T cocoa powder
1 pinch salt
1 t. vanilla
3/4 c. Sugar

Mix ingredients in blender until pureed
Pour into greased 8x8 cake pan
Stir in some chocolate chips and/or nuts
Bake 350 degrees for 30 mins
Let cool before cutting

Frosting

1/2 avocado
3-5 T honey
1/4 c. cocoa powder
2 t. vanilla
dash of cinnamon
pinch of salt



Symbiosis Biodynamic Meat

- ◇ Ground Beef only \$6 lb
- ◇ A Great Holiday Gift
- ◇ Packages Available Now



Holistic Doula Program Certificates Now Available



NEW Holistic Doula Companion Certificate Program

Not looking for a full diploma? A series of three classes can be taken instead to earn a certificate. These classes are the Miracle of Pregnancy, Miracle of Labor and Birth, and Miracle of the Newborn and Postpartum. Students who earn a certificate will be able to assist the mother and midwife/doula through the pregnancy, birth, and early infancy phases.

Holistic Doula Companion Certificate Program: \$1,295 per series of three classes, discounted to \$1,200, if paid in full before classes start. The certificate program tuition covers books and manuals. Directed studies are not required. No outside internship hours are required.

Holistic Doula Companion Diploma Program

This program is designed to prepare students to assist in natural childbirth, both in the home and hospital setting. This program is unique to other birth assistant (doula) programs in that it includes training in multiple natural health modalities, such as nutrition, muscle testing, homeopathy, essential oils, and more.

Holistic Doula Companion Diploma Program: \$2,595 per 7-month program, discounted to \$2,400, if paid in full before classes start. A payment plan is available with the most common being \$780 down and \$264.28 a month for seven months. Other plans may be approved based on further discussion. Tuition covers books and manuals. Students are required to complete all directed studies. No outside internship hours are required.

Contact NITE: (989) 773-1714 to Learn More!



Saturday/Sunday Seminars

This year's schedule of seminars is almost ready. We will be introducing some new, interesting, and fun classes for you to attend. We are currently scheduling classes for Beekeeping, Healing with Plant Stem Cells, as well as Part 2 of the Genetics 101 class. All seminars do require preregistration and payment. A full list of 2019's classes will include some of the classics just in case you missed them last year.

To find out more or to register for classes offered by the Naturopathic Community Center, please contact Sherry at (989) 317-4787.

Nature's Wrinkle Free Remedy



Immune System, Cancer, and Oxidative Stress

Vitamin C stimulates the production of infection fighting white blood cells. It also stimulates the production of interferon and virus antibodies as well as production of liver detoxifying enzymes that help eliminate toxic waste products from your body, including environmental chemicals to which you may have been exposed.

All of the environmental toxins that we are exposed to from our food, air, and water cause oxidative stress in the body. Oxidative stress causes damage to our DNA within our cells that can leave you vulnerable to multiple degenerative diseases, including cancer. Numerous studies have been conducted that show how vitamin C (anti-oxidant) reduces your risk of certain non-hormonal cancers, sometimes by half compared to patients with low vitamin C intake. According to Dr. Linus Pauling, daily intake of vitamin C aids in anti-cancer activity and assists in repairing damaged arteries and removing arterial plaque.

Taking Vitamin C is more effective than what flu shots "claim to be." A good maintenance program is 1,000 mg a day. To fight the flu and cold, you can take up to 10,000 mg a day.

Inflammation

Vitamin C significantly increases wound healing, reducing the inflammatory response. Vitamin C prevents and fights chronic inflammation in our body due to its anti-oxidant properties.

Eyes and Skin

Research suggests that supplemental Vitamin C reduces the risk of cataracts by up to 70%. Vitamin C (1,000 mg per day) may help to prevent age-related macular degeneration. Cataracts and macular degeneration are also conditions that are a result of oxidative stress, and increased vitamin C can help prevent these and other "signs of aging." Vitamin C is used by your body in the formation of collagen, the elastic tissue that keeps your skin looking young and keeps your blood vessels strong. This means that Vitamin C will prevent wrinkles!

Adrenals The highest concentration of vitamin C in the body is stored in the adrenal glands. Vitamin C is used by the adrenal glands in the production of all of the adrenal hormones, especially cortisol. This means that when you become stressed, your vitamin C is quickly used up in the production of cortisol and other related stress-response hormones. When you do not have enough vitamin C, your adrenals will "panic" and release MORE cortisol which results in the belly fat we are all trying to avoid. This over production of stress hormones causes anxiety and blood sugar and pressure imbalances.

Nature's Sunshine Vitamin C Options at Herbs etc

- Vitamin C Time Release Tablets
- Vitamin C Citrus Bioflavonoids
- Chewable Vitamin C Tablets
- Vitamin C Ascorbates Bulk Powder
- Rose Hips (non-acidic form of Vitamin C)

NATURE'S SUNSHINE[®]

Winter Specials at

Herbs etc



Warm up with these
amazing winter
specials:

- Two - 30 Minute Massages: \$69
- Two - 60 Minute Massages: \$112
- Five - 60 Minute Massages: \$269
- Ten - 60 Minute Massages: \$499
- Five - Colonic Sessions: \$270
- Five - 30 Minute Foot Soaks: \$99
- Five - 60 Minute Saunas: \$65
- Five - 30 Minute Saunas: \$45



STOCKING STUFFER DEALS

Treat your loved ones to the gift of health this holiday season with a gift certificate to **Herbs etc** for one of these relaxing therapeutic packages.

Gold Certificate \$149

- One - 60 Minute Massage
- One - 30 Minute Reflexology Session
- One - 60 Minute Consultation
- One - 30 Minute Foot Soak

Doubles Package \$159

- Two - 30 Minute Massages
- Two - 30 Minute Reflexology Sessions
- One - 60 Minute Sauna for Two

Silver Certificate \$99

- One - 60 Minute Hot Rock Massage
- One - 30 Minute Reflexology Session
- One - 30 Minute Sauna



Naturopathic Community Center

Public Classes & Massage



24 Years of Tuesday Teachings

Each month starting in January, we will host a Tuesday Night Teaching that is informational, sometimes hands-on, and always interesting! Classes are taught at an entry level and for all ages.

Watch the Website for more information on the specific dates and topics. Tuesday Teachings are 6:30 – 7:30 p.m. in the Naturopathic Institute classroom. The classes are free! No need to sign up just, show up!



Healthy Eating Classes



These classes start at 6 p.m. and focus on healthy food preparation and storage. The classes provide a menu lineup that helps you set a healthy meal on your table for you and your family to enjoy in minutes. This series will start March 19 and will run the third Tuesday of each month through November (exception September 10). There is a requested donation of \$5 to help cover the cost of supplies. This year's hands-on classes are sure to be fun and delicious. Come prepared to learn, create, and eat what you make each month in class.

Professional Student Massage Client

NCC supports our students by creating a hands on learning environment. Throughout the year, massage and health labs are scheduled so that students get real world experience with clients of all shapes and sizes. If you would like to participate in this program and receive some amazing health benefits at an amazing price, just fill out an application.

For an application, go to www.herbsetc.info and select the forms tab, then select the Professional Student Massage Client Application. Print, fill it out, and drop it off to Herbs etc or scan and email to: contact@naturopathiccommunitycenter.info





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NSP Quarterly

March 18, 2019
June 17, 2019
September 16, 2019

Crones

March 11, 2019
June 10, 2019
September 9, 2019
December 9, 2019

Business Boot Camp

October 6 - 8, 2019

Bessheen on the Road

For NSP growing members, students, and alumni, Dr. Baker would love to visit you.

Call to have her stop by and help with *Business Ideas and Clients*.
If you call, she will come!

East
April 15-18, 2019

West
May 20-24, 2019



Bessheen E. Baker, ND
Founder of Herbs etc. and NITE

Herbs etc

Michigan's Foremost Authority on Natural Health!