

NITE LIGHT

Natural Health Quarterly

Herbs etc.

NITE

NCC

- **Living Streams**
- **Herbal Boot Camp**
- **Biodynamic Gardening**

Spring Cleaning
your life

Fifteenth Edition

Spring 2018

In This Issue:

* Seminar Schedule * Liver Cleansing Products
* Healthy Mushrooms * 2019 Natural Health Festival

Editor's Note



Oh, spring! What has lain dormant all winter opens its eyes, blinks, and begins to stretch in buds of green that dream of the colors it can become. In order to stretch, you have to create room – and that means clearing away the old and the stagnant to make space for growth and potential. So, when we talk spring cleaning, we mean cleaning all parts of our lives: our environment, our homes, our bodies, our minds.

What do you need to cleanse and get out of the way so that you can start fresh this spring? Perhaps, you have clothes in your closets that you no longer wear that someone else could repurpose and make a part of their fresh, new look. Maybe, there are some thoughts that no longer serve you being your best self and need to be revised. Possibly, there are people around you who do not support you or bring out your best qualities. And, is it likely that your liver and/or intestines would like to clean out some of the toxins that have accumulated over the past while, so that they can do a more efficient job of creating energy and health for your body? Yes, spring!

The liver, especially, loves having a spring cleaning. So, be sure to refer to previous newsletters for recipes and ideas or check in at *herbs, etc.* Another reminder is that the body does its best cleansing between the time of the Full moon and the New moon. Since the moon's gravitational pull influences bodies of water, and we are bodies of water (hopefully, you are drinking your water, and you count!), the time when the moon is waning reinforces our bodies' natural inclination to push out and release.

So, begin brainstorming how you are going to maximize the energy of cleansing this spring, write your to-do lists, and start taking action!

Winter is a cocoon. Spring is the metamorphosis into transformation. Emerge a butterfly.

Amy Jo Howard, ND, CH

Wellness
Wednesday

50% Off
Therapy Room

Infrared Sauna
Magnetic Bed

Massage Bed
Color Therapy

Detoxifying Foot Soak
Sound Therapy

ROPE WORMS & RESPIRATION

BY AMY JO HOWARD, ND, CH

Is This A Rodeo? Rounding Up Rope Worms

A rope worm is a parasite that is different from other parasites, like roundworms or tapeworms. Discovered in 2009 following routine enema therapy, they were brought to the public's attention by Dr. Alex Volinsky and Dr. Nikolai Gubarev who introduced the rope worm at the 2013 International Chronic Disease Conference with the statement that they estimated every human being may be infected with some type of rope worm. Several years later, we are finding that to be true.

Rope worms are often mistaken for intestinal lining or decayed food matter. When examined, they were found to contain human DNA. In fact, there are five stages of rope worm development. In the 1st stage, the rope worms resemble mucus and can be hosted anywhere in the human body. In the 2nd stage, they look like slimy mucus and emit bubbles. In the 3rd stage, they resemble branched jellyfish. In the 4th and 5th stage, they look like twisted fibers of a rope, though the body is softer and slimier in the 4th stage. Later stage rope worms attach to the intestinal wall by way of suction cup-like bubbles. Their color depends on the food a person eats and varies from white to black. They can be located anywhere in the human body but prefer the small and large intestines and can grow to over one meter in length.

The rope worms move inside the body by releasing gas bubbles and utilizing jet propulsion. They have also been observed to twist like a corkscrew which increases their ability to block large portions of the intestinal lining and also, to allow them to squeeze material out of fecal matter and feed on it. Additionally, they have been shown to release toxins in the body as a waste product. It has further been suggested that they prevent nutrient absorption, because food substances have been found in their remains.

Symptoms of rope worms vary, though many people experience gas, bloating, headaches, indigestion, worsening allergies, weight gain or loss, rashes, back pain, and frequent illness. **Another key symptom seems to be coughs or respiratory issues that start as a regular**

Disclaimer: This research has not been peer reviewed. At the time of it's publication the researchers have hypothesis that the features described are of parasitic nature. Current DNA analysis results are inconclusive, however, only a small percentage of the sequenced DNA has a match in GenBank. This information is written for information purposes only and is not intended to diagnose or treat any disease. The researchers have asked if you have symptoms described in their research please contact a health professional in your country.

While the scientific world awaits a full genomic sequencing of rope worm samples to determine if they are truly a newly recognized infectious parasite or if they're some type of mucoid plaque that the body has released from cleansing, few organizations seem to want to provide the funding for this research. Yet, because rope worms seem to be different from other types of parasites, several theories have been presented to explain their presence. One theory is that they result from an overabundance of mucus in the intestinal tract. Other theories are that they form from a biofilm in the intestines or from candida/yeast overgrowth. Still, another theory questions if they may be a byproduct of genetically modified organisms (GMO'S) or if the GMO's combine with human bacteria and intestinal cells to create this new form of parasite. There is 82.6% match between the COI sequences obtained from the rope worm's stages 3 and 5. In stages 3 and 5, the rope worm has developed to contain 99% human rRNA.

Regardless, it is a good idea to do routine parasite cleansing, and avoid genetically modified foods and eat organic. And, if you want to target rope worms specifically, we are discovering that certain herbs are better at cleansing them than other more traditional herbal parasite cleansers. Mimosa seed, found in the Para-1 product, as well as the Liquid Albizia tincture and the Sensitive Plant flower essence are all proving to be effective for rope worm cleanses. We have already had over 30 clients pass these more than curious parasites! To create a more personalized cleansing program, schedule a consultation with one of the naturopaths at Herbs, etc.



**Yes....
We Really
Have Passed
Them!!!**

Living Streams - Probiotics by Skin, Eyes, and More

By Lori Becker, NHP

Living Streams Mission produces a line of liquid probiotics that are unique in that they are used in their complete form. Nothing is added or taken away. They contain nutrients in a form that are easily usable by the human body. They are even compatible with absorption through the skin and mucus membranes such as the eyes. This opens many non-traditional pathways into the body.

On a daily basis, our bodies are bombarded by Round-up (Glyphosate), herbicides, pesticides, and other toxic chemicals being sprayed on crops which has infiltrated our water tables, land and air. Our bodies are becoming overwhelmed by these chemicals which in turn wipe out our beneficial bacteria and prevent **nutrient absorption**. Our immune system is not the only body system or body functions dependent on healthy bacteria. When we add stress, vaccines, GMOs, preservatives, artificial ingredients, sugar and a SAD diet in general, the result is major immune disorders, digestive weakness and weakness in other body systems. Results of this are fungus, parasites, mold, bacteria and viruses going haywire. In turn, many people are suffering with chronic health issues. These environmental poisons are destroying our body's ability to uptake minerals. Thousands of body functions are dependent on beneficial bacteria and minerals in order to have correct amino acid function, utilize vitamins and have working hormones. Their products have been created to work with balancing the bacteria in the body in order to heal the immune system, counteract glyphosate and other environmental poisons. They are helpful for eliminating viruses, bacteria, parasites and fungus from the body.

Living Streams "Multi Blend:" this liquid Probiotic is a natural by-product of friendly bio-organisms (probiotics) that have been specially cultured and developed to produce the natural anti-infective substances the human body was meant to receive from flora in the intestinal tract. Living Streams Multi Blend is specially formulated and processed to "super activate" their natural bio-production of beneficial substances that supports the immune system against infective agents such as mold, fungus, yeast, viral components and bacteria.

Derma Gold is considered "The most Advanced Breakthrough in Liquid Probiotics." This probiotic formula is "paracasei flora" specific. It is best used as a dermal (skin) application. This potent probiotic is helpful to use in health issues related to abnormal cell growth, dermatitis, fungus, pathogens, candida, viruses, bacteria, biofilm and parasites. It is especially helpful for SIBO (Small Intestine Bacteria Overgrowth).

Living Streams "Bifido" helps replenish "good" bacteria that assists with the proper digestion and absorption of food and nutrients as well as supports a healthy immune response. Curcumin has been added to this formula which has high levels of Yttrium. This is because Bifido is needed in the gut to use yttrium. Yttrium can be displaced in the body by heavy metals such as aluminum and is needed for repairing broken genes. Yttrium is the most abundant stop termination codon and the first and second most important mineral for whole protein sequences. Yttrium also enhances the absorption and distribution of selenium, another important mineral for DNA sequencing and repair.

Chabide: derives from the original ancient English where "Ch" is the life-giving "I" and "abide" means to live, remain true to the dwelling residence, our bodies. **Chabide is pineal gland food. Chabide helps nourish both the thyroid and pineal glands** which, in turn, will help repair and regulate the endocrine system. Chabide is made from a proprietary blend of herbs to stimulate the gland to grow and reawaken. The pineal gland is one of the smallest and most important endocrine glands in the body. It is located in the center of the brain close to the pituitary gland and gets its name from its characteristic pine cone shape. It is also known as the "Third Eye." The pineal gland controls your body's sleep and wake pattern. Fluoride ingestion causes calcification of the pineal gland which will inhibit many of its functions. Chabide is able to bypass this calcification and gets the pineal gland active again. If taken in conjunction with the Bifido, it will help de-calcify the pineal gland much faster. Chabide aids in repairing all body systems, not just the immune system. The bacteria in Chabide is bioavailable and promotes much needed sulphur uptake to the hypothalamus from the digestive tract.

Flora PM

Flora PM has Pre-digested humic minerals which help fuel the body on a cellular level, while the trace minerals build new cells. It also contains Lactobacillus plantarum to aid in restoring the digestive tract and improve the ability to digest food. Helps replenish and maintain healthy intestinal flora balance as well as helps heal the digestive tract and leaky gut. Flora PM repairs hormone function and female reproductive organ health as well as menopause symptoms. Flora PM is anti-parasitic, anti-viral & anti-bacterial.



Want Your Brain To Feel Amazing?

Living Streams Continued!

Carbon 60 is a Helium carbon, “perfect” molecule. It is also called a “Bucky Ball” or “Buckminsterfullerene” as it was discovered by Buckminster Fuller. Fuller was an American architect, systems theorist, author, designer, and inventor. He was hailed as “one of the greatest minds of our times.”

Carbon 60 has 60 atoms formed in lattice work into a sphere that looks like a soccer ball or a Bucky Ball. This perfect sacred geometric form promotes harmony. It specifically helps the body deal with oxidative stress. Many diseases are from states of oxidative stress since it damages DNA. Carbon 60 is the best anti-oxidant found so far on the planet. In rat studies, the ones that were given Carbon 60 and exposed to lethal amounts of radiation had no ill effects. Their life-spans were also extended exponentially.

Scientists discovered that Carbon 60 protects the integrity and geometric web of our being on an atomic level. This protection allows coherence and harmony when exposed to damaging frequencies. Certain bacteria is needed for the body to create magnetite and greigite which is necessary for the body’s electromagnetic field to maintain its integrity.

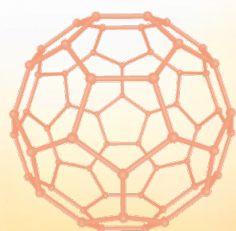


Therefore, our healthy magnetic polarity is compromised when our bacteria is disrupted. Its integrity is also compromised by these damaging electromagnetic frequencies. Living Streams Mission has created the most advanced C60 probiotic available since they have blended Carbon 60 with beneficial bacteria and minerals.

Benefits of Living Streams Carbon 60:

- **Diffuses electromagnetic frequencies and creates coherence and harmony.**
- **Brings hydrogen into cells and through the blood brain barrier which neutralizes oxidative stress.**
- **Re-establishes the body’s homeostasis.**
- **Increases physical Strength.**
- **Improves mental capacity, gets rid of brain fog and improves vision.**
- **Promotes a sense of peace and calmness.**
- **Protects against EMFs by diffusion which will be especially helpful when the US turns over to a health detrimental 5G network.**
- **Helps you detox more efficiently as well as neutralizes poisons.**
- **Harmonizes the energy field of the body.**

Note: You must be careful when taking it with prescriptions as it can neutralize them.



NCC 2018 Public Seminars

March 23—24: *Interpreting Your Own Blood Tests—Part 1* For many practitioners, blood analysis is simply a matter of comparing a test result with a reference chart and seeing whether or not the client's results are normal or abnormal. In this class, we will present another method of analysis, one that looks at blood chemistries from a functional or prognostic perspective which will give us data on how the physiology of the body is functioning. Friday, 1 - 9 p.m., Saturday 9 am - 5 p.m. *Instr. Jackie Featherly, ND, CCH Class Fee: \$175*

April 8: *Clean Your Home Naturally* This is an entry level class and is geared towards teaching that the chemicals we use every day in our homes are harmful and how to replace them with natural essential oil products. *Instructor: Jan Doerr, ND 1 - 5 pm Class Fee: \$50*

April 13—14: *Genetics 101—Part 1* It may be hard to grasp, but everything that makes you who you are starts with four simple letters that represent substances that form the base pairs of your DNA. In this class, the focus will be on learning about what DNA is and how genes work, as well as how those genes apply to healthy body function or disease pathology. Friday, 1 - 9 pm and Saturday 9 am - 5 pm. *Instructor: Jackie Featherly, ND, CCH Class Fee: \$175*

April 19—22: *Biodynamic Farming and Gardening* with Wayne Weiseman 4 days only \$399 discounts available (see page 10)

April 22: *All Aboard the Brain Train* It's time to get on the 'Brain Train' and learn some of the newest approaches to brain health. This program will introduce you to the science of using sound and light therapy to change and balance your brain waves. This program has endless uses: clients who suffer from being autistic, having ADHD, PTSD, Alzheimer's or dementia would benefit from this therapy. Other uses include weight loss, applications for pain management and stress.—*Inst. Jan Doerr, ND 1 - 5 pm Class Fee: \$50*

April 28: *Cellulite! Fat or Fascia?* Debunk the Myth of Cellulite! Did you know that there is no such thing as cellulite? In this class we will be discussing what the true cause of those dimples in your cheeks are. We will be diving deeper into what Fascia is, how it affects our physical body, what emotions are trapped in the tissue and how we get rid of it. —*Instructor: Stacy Eding, ND Class Fee: \$89*

May 12: *Healing with Plant Stem Cells* This class will introduce the botanical system of healing known as Gemmotherapy. Gemmotherapy employs plant buds rich in potent growth factors, phytonutrients, nucleic acids, meristematic cells, vitamins and minerals. Learn how Gemmotherapy can be safely used with all age levels and combined with other modalities and therapeutic agents. *Instructor: Timothy Hertzberg, ND Class Fee: \$89*

June 2: *CranioSacral in the Mouth* Headaches or migraines? Teeth trouble or TMJ? Brain fog and difficulty concentrating? Advance your skills in CranioSacral therapy by learning to release tension inside the cranium to benefit nervous and glandular system functions. Special considerations will be given to the health concerns that arise from having worn braces or other dental devices and balancing the restrictions they cause. These advanced techniques help to improve health, focus, mental clarity, hormonal imbalances, and much more.—*Instructor: Amy Jo Howard, ND Class Fee: \$89*

June 21—24: *Hunter-Gatherer: Permaculture as Seen Through the Eyes of the Hunter-Gatherer.*

June 24: *Make It & Take It with Essential Oils* This is an entry level class where you will learn how to make healthy products using essential oils. A \$15 supply fee to cover the cost of supplies.—*Instr. Jan Doerr, ND 1- 5 pm Class Fee: \$50 + \$15 = \$65*

July 19-22: *Agricultural Settlement, Pastoralism (Animals), Natural Building Methods.* 4 days \$399 discounts available.

July 29: *Parent Child Connection* Open to a parent (of any age) and a child (ages 11 and up) to improve upon compassion and communication with each other, with an emphasis on respectfully supporting the unique nature of the individual. This class is for the parent who would like to connect on a profound level with their child. This is a three-part class, each building on the next. Meeting once a month for three months from 1 - 5 pm. Grandparents and care-givers are welcome. Pay in advance for all three classes and receive \$50 off! Otherwise, each session is \$89. Class 1 (Learning to Trust in Each Other, Manifest-ing Your Perfect Relationship).

August 19—Class 2 Learn, Laugh and Love Each Other Staying Present

September 16—Class 3 Respecting the Journey. Where To Go From Here - *Instructor: Heather Dexter, CN, ND, Doula*

August 4: *Fungi are Fabulous!* Come and learn more about this fantastic kingdom. Mycology has many facets, much more than "What can I eat and how to cook it." Learn what fungi are and how they live. This overview of the world of fungi will also cover the history of medicinal and spiritual uses, growing mushrooms, and the biology, cultivation and micro-mediation of our earth today. Everything is connected, and fungal ecology exists from the soil to the sky. Class will include an educational field experience and "hands on" identification of mushroom specimens. Mycologists have more Fun-gi! - *Instructor: Sr. Marie Kopin, C.PP.S. Class Fee: \$89*

August 24—25: *Interpreting Your Own Blood Tests—Part 2* Continuing from Part 1, by looking for optimum function, we increase our ability to detect the dysfunctions that plague us long before disease manifests. Our conventional lab testing becomes more comprehensive by being prognostic and preventative, as well as pathology oriented. Two day seminar: Friday 1 - 9 pm, Saturday from 9 am - 5 pm *Instructor: Jackie Featherly, ND, CCH Class Fee: \$175*

September 8: *CPR/AED for the Community Rescuer and First Aid*: This full day course will teach the newest OSHA standards for CPR, AED and First Aid practices. The class will be taught using a blended learning method of text book, video and hands on practices. Content includes such topics as legal issues, patient assessment, single rescuer CPR for adult, child and infant. AED and Choking care. First Aid topics include bleeding, seizure, EpiPen, diabetic emergencies. Wear comfortable clothing, pack a snack and a lunch, and get ready to learn how to save a life.—*Instructor: Tracey Miret Class Fee: \$89*

September 16: *Natural Beauty with Natural Products*- An entry level class geared towards the community. Topics discussed will be what chemicals are in typical make-up products and where to find healthy alternatives. *Instr. Jan Doerr, ND 1 - 5 pm Fee: \$50*

September 28—30: *Sacred Feminine Council* This gathering of women ages 16 and up will incorporate experiential techniques for mind, body, spirit and emotional balance, along with action for community unity and creative projects for grounding and connection. The focus of each weekend is you. Come prepared to sink into the depths and unveil the pieces of you, long awaited. This weekend seminar will be held at the Symbiosis Ranch. Meals, snacks and camp sites will be available. This seminar is Friday from 6 pm to Sunday 4 pm *Leader: Heather Dexter, CN, ND, Doula Class Fee: \$399*

October 11—14: *Appropriate Technology and the Ecological Epoch*: Urban/Suburban A Permaculture Approach - W. Weiseman

October 19—20: *Genetics 101—Part 2* So, what is the benefit of having your DNA tested? In addition to a simple, but fun, look at your ancestry, we are now able to use your genetic information to effectively 'peek' inside the body to see what genes in particular may be causing issues. Common issues such as stress levels, predisposal to certain cancers, and tools for effective weight management are no longer a mystery, because we can now get a better look at the 'root' of the problem. A two day seminar Friday, 1 - 9 pm. and Saturday from 9 am - 5 pm. Tests are not required to attend. *Instructor: Jackie Featherly, ND, CCH Class Fee: \$175*

October 27: *Using Bio-Identical Hormones for Health and Balance* This workshop will cover **what** Bio-Identical hormones are plus **how and when** to use them. They can be a safe and effective means to achieve balance in the body when combined with proper diet and exercise. Participants will learn how to navigate hormone testing, assessment, and walk through real life case files. Participants will also receive in hand an extensive overview of available products, nine resources, reading suggestions, plus historical and descriptive information about all currently available Bio-Identical Hormones. This workshop is appropriate for all natural health practitioners as well as the lay public! - *Instructor: Jennifer Gale, NHP Class Fee: \$89*

**Call NCC to Register
(989)317- 4787**



FREE TUESDAY TEACHING

No Registration Required 6:30 - 7:30 pm

Apr 10: Essential Oils: Healing the Spine and Brain

Apr 24: Top Remedies for Each Organ

May 8: Heal Long Term Structural/Muscular Ailments

May 22: What Hidden Poisons Are You Exposed To?

June 5: Unlock the Knots with Trigger Point Therapy

June 19: 10 Minerals that Could Save Your Life!

July 24: Homeopathics for Every Medicine Cabinet

Aug 21: Herbal Remedies are Growing in Your Yard!

Sept 18: Improve Wealth w/Sacred Geometry & Feng Shui

Oct 23: Using the Enneagram to Improve Relationships

Mushrooms to the Rescue!

by Denise Denman, NHP

Natural forces are constantly aiming to bring balance.

From the water that we drink and the sunshine that we soak up, to the plants and fungus that grow from the earth, we are surrounded by the balancing medicine of nature. Although it is easy to pass by these treasures without giving them much thought, these forces among us may just be the ticket to saving not only ourselves, but our planet as well.

One of the best-kept secrets in nature lives in the fungus kingdom. When our planet is damaged from radiation, mushrooms grow in abundance, because they obtain their energy from radiation. These wonderful organisms actually help to clean up our soil from radiation! Certain types of fungi have been used to help clean up E. coli bacteria in contaminated waters. Not only do they clean up extremely harmful radiation and bacteria, but mycelia (mushroom spores) clean up toxic waste from oil spills as well!

Something needs to be done to help the planet with the high levels of toxicity to which has been exposed. Mushrooms are nature's perfect solution! These nutrient-filled organisms clean up the mess made in both our inner and outer environments.

Since humans are more closely related to fungi than any other kingdom, the fungus among us responds very well to the human body. One of the most impressive effects of mushrooms is their ability to boost the immune system. This is something that ancient cultures have known for thousands of years. Mushrooms were fed to the Egyptian Pharaohs, as they were associated with immortality. The Chinese often used them for longevity. And today, we use mushrooms for their anti-viral and anti-bacterial properties that have been proven to help the body heal from diseases such as polio, HIV, influenza, some cancers, small pox, and hepatitis B to name a few.

There are several different mushroom products available to help boost the immune system when it has been under attack. When using mushrooms medicinally, it is always important to get them from a trusted source as the wrong form could be damaging to health. There are several different types of mushroom teas that can be added into hot water for a fast acting immune boost. Nature's Sunshine has several different mushroom products including Immune Stimulator and Cordyceps to help stimulate the immune cells. For more information on the amazing benefits of mushrooms, seek Paul Stament who has done a TED Talk about the benefits of mushrooms.

We've Got Your Immune Mushrooms!



Natures Sunshine Mushrooms

- Immune Stimulator
- Cordyceps

Hot Teas and Cacao Mixed Mushrooms

- Chaga Mushroom Elixir Mix
- Mushroom Hot Cacao Mix



1 C. Day
Kids
Too

PROTECT YOURSELF FROM THE FLU

by Amy Jo Howard, ND, CH

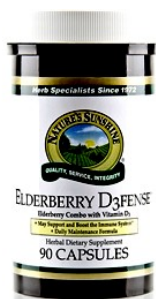
The flu has been a big concern over the winter, especially because it has been related to so many fatalities. The flu is caused by the influenza virus and is a contagious respiratory illness. Symptoms of the flu include cough, fever, runny nose, headaches, muscle and body aches, fatigue, and less commonly, vomiting and diarrhea.

It is important to note that many of the people who have died have not died from the influenza virus itself but from a secondary infection, like pneumonia. Also, in the past, the most dangerous influenza epidemics and pandemics have continued past the winter months, occurring at any time of the year. Here are some considerations so that you can protect yourself from the flu no matter what the season.

Sensible practices – Let’s remind ourselves: Cough into your elbow, not your hands. Wash your hands with soap and water, and avoid anti-bacterial soaps. In like fashion, don’t use anti-bacterial hand sanitizers either. (They kill off the friendly bacteria on your skin, so this actually creates more harm than good.) Avoid processed and genetically modified foods, and eat lots of organic fruits and vegetables. And, if you’re not feeling well, stay home.

Vitamin C – With antioxidant and anti-inflammatory properties, vitamin C has been shown to be effective for reducing the severity and symptoms of the cold and flu as well as having a long history of boosting the immune system.

Elderberry – This herb has been shown to deactivate the influenza virus and reduce the duration of the flu when taken within the first 48 hours of the onset of symptoms. It has immune stimulating properties, is high in antioxidants, and helps the respiratory system. *herbs etc* carries this in liquid tincture or as a capsule from Nature’s Sunshine in the Elderberry D3fense (along with vitamin D3 and Echinacea—all good immune boosters!).



Oscillococcinum

Prepared specifically for countering influenza by a French physician who was examining influenza patients’ blood during the time of the Spanish Flu pandemic of 1917, this homeopathic remedy helps to gently stimulate the body’s own immune system and thereby, relieves the symptoms of the flu and may help the body recover faster.



VS-C – A Chinese herbal blend from Nature’s Sunshine, VS-C comes in liquid or capsule form and is wonderful for strengthening the immune system and deactivating viruses.

Thieves oil – This oil blend from Young Living is dynamite as it contains essential oils with anti-bacterial, anti-viral, anti-infectious, antiseptic, and immune stimulating properties. And, if you know how this blend got its name, then it would remind you how powerful it is!

Vitamin D3 – Aiding in the replication of healthy cells, this vitamin offers protection against the cold and flu.

Probiotics – Maintaining optimal levels of friendly flora in the gut is a must for having a healthy immune system. Nature’s Sunshine’s Probiotic Eleven or the Liquid Multi-Blend from Living Streams are favorites!

There are so many natural remedies that you can utilize to take care of yourself and strengthen your immune system. If you would like a more personalized program, consult one of the Naturopaths at Herbs etc.



Biodynamics was the first modern organic agriculture. Its development began with a series of eight lectures on agriculture given by philosopher Rudolf Steiner. These lectures, the first known presentation of organic agriculture, were held in response to a request by farmers who noticed degraded soil conditions and a deterioration in the health and quality of crops and livestock resulting from the use of chemical fertilizers. The one hundred eleven attendees, less than half of whom were farmers, came from six countries, primarily Germany and Poland. The lectures were published in November 1924; the first English translation appeared in 1928 as *The Agriculture Course*.

Biodynamics has much in common with other organic approaches – it emphasizes the use of manures and composts and excludes the use of artificial chemicals on soil and plants. Methods unique to the biodynamic approach include its treatment of animals, crops, and soil as a single system, an organism, an emphasis from its beginnings on local production and distribution systems, its use of traditional and development of new local breeds and varieties. Some methods use an astrological sowing and planting calendar. Biodynamic agriculture uses various herbal and mineral additives for compost additives and field sprays.

As of 2016, biodynamic techniques were used on 161,074 hectares in 60 countries. Germany accounts for 45% of the global total; the remainder average 1750 hectare per country. Biodynamic methods of cultivating grapevines have been taken up by several notable vineyards. There are certification agencies for biodynamic products, most of which are members of the international biodynamics standards group Demeter International. Biodynamic agriculture differs from many forms of organic agriculture in its spiritual, mystical, and astrological orientation. It shares a spiritual focus, as well as its view

toward improving humanity. Important features include the use of livestock manures to sustain plant growth (recycling of nutrients), maintenance and improvement of soil quality, and the health and well-being of crops and animals. Cover crops, green manures and crop rotations are used extensively on the farms to foster the diversity of plant and animal life and to enhance the biological cycles and the biological activity of the soil.

Biodynamic farms often have a cultural component and encourage local community, both through developing local sales and through on-farm community building activities. Some biodynamic farms use the Community Supported Agriculture model, which has connections with social three-folding.



In his "agricultural course," Steiner prescribed nine different preparations to aid fertilization and described how these were to be prepared. Steiner believed that these preparations mediated

terrestrial and cosmic forces into the soil. The prepared substances are numbered 500 through 508, where the first two are used for preparing fields, and six are used for making compost. The approach considers that there are lunar and astrological influences on soil and plant development—for example, choosing to plant, cultivate or harvest various crops based on both the phase of the moon and the zodiacal constellation the moon is passing through and also depending on whether the crop is the root, leaf, flower, or fruit of the plant. Wayne Weiseman will bring all of the deepest aspects of Biodynamic farming and gardening to life. Plan to attend his spring extended weekend course.

April 19-22, 2018 3.5 days only \$399

Permaculture Courses

with Wayne Weiseman



Primitive/Survival Skills June 21-24, 2018

The hunter gatherer (survival skills) relies on the ability to read the lay of the land and to gather what is needed. This segment of the course takes place completely outdoors.

Agricultural Settlement, Pastoralism (Animals), Natural Building Methods July 19-22, 2018

This is a class focused on budgeting for a homestead, natural green building, renewable energy, biological waste management, food preservation and storage, permaculture principles, aquaculture and aquaponics.



Urban/Suburban - Appropriate Technology and the Ecological Epoch October 11-14, 2018

The course components in this last segment on permaculture principles and design will look at land use planning, pattern understanding and observational skills, vegetation, land cover and natural resource mapping, natural medicine, earth works and water systems.

Wayne Weiseman is a Permaculture teacher, designer, consultant and author.

He was certified to teach Permaculture by Bill Mollison, the founder of Permaculture, and is recognized by the Worldwide Permaculture Network as an instructor of the Permaculture Design Certificate Course. Wayne has taught hundreds of Permaculture Design Certificate courses and advanced work, lectured and consulted internationally for many years. His design portfolio includes numerous master plans for various clients.



Wayne has worked as a schoolteacher and as a consultant to educators and administrators in curriculum and professional development. As a primitive wilderness instructor, he relies on observation techniques and a thorough understanding of the natural world to ply his trade. He has worked extensively with corporate executives in the art of team building, and the application of ideas in business and life developed through the observation of the cycles and connections found in the natural world. He has worked as a builder and contractor, herbalist, renewable energy expert, and farmer for the past thirty years. For many years, Wayne managed a land-based, self-reliant community project combining organic crop/food production,

ecologically-built shelter, renewable energy and appropriate technologies. Wayne's classes are very popular for beginners and laypeople as well. Attendees at last year's courses loved his knowledge, approachability, and style. We hope to expand the courses taught by this world renowned instructor. Show your support and take one or more of the four courses offered in 2018.

These courses, along with the biodynamic course, can be taken as a three or four part program or as individual courses. Each section will be taught Thursday afternoon through Sunday. The Courses will be held at Symbiosis Ranch in Mt. Pleasant. Each course is only \$399 with a 60 day early bird discounted amount of \$349, additional discounts for enrolling in all three or four can lower the enrollment to \$300 per course.

SPRING CLEANSING!

It's Time to Clear Out Toxins and Rejuvenate the Body & Mind!



Spring is the perfect time to cleanse the liver and gallbladder! In Traditional Chinese Medicine, spring is considered the season of the wood element and expansion. During this time, the body focuses energy upwards to the liver and gallbladder, prompting the cleansing of the blood and internal organs. This helps clear the stiffness and rigidity that builds up in these organs as well as joints. Some symptoms of needing to cleanse the liver and gallbladder are gallstones, allergies, headaches, nausea, irritability, foggy thinking, anger, depression, muscle tension, skin eruptions, itching and fatigue.

Herbs etc offers multiple product options to utilize this perfect time to purge toxins, purify the body, increase energy, and balance the body, mind and emotions!

Nature's Sunshine "Gall Bladder Formula"

This formula will soften gallstones! Gallstones can form, because there is not enough natural sodium in the body. Natural sodium is needed to keep calcium in solution. When there isn't enough of this natural sodium, stones can develop which will get hard and stuck. This puts much stress on the gallbladder and makes it hard for the body to eliminate. To help this, we need to increase natural sodium in diet as well as avoid calcium in the wrong form (i.e. pasteurized dairy). This formula also aids to repair digestion in general.

Nature's Sunshine "Milk Thistle"

Milk thistle can be used to increase the secretion of the flow of bile from the liver and gallbladder, and as such, it may be used in all problems associated with the gallbladder. It is used for liver disorders, prevents liver damage and has antioxidants that function mainly in the liver. Milk thistle regenerates liver cells and treats all inflammatory conditions of the liver and skin.

Nature's Sunshine "Liver Cleanse Formula"

This is a great liver and digestive formula that is helpful for cleansing, gallstones, sluggish gallbladder and constipation. It contains herbs that are helpful to the liver such as dandelion root, blessed thistle and yellow dock.

Nature's Sunshine "Liv-J"

This herbal blend has been used traditionally to support digestion, cleanse the digestive system, and nourish the liver and spleen. Dandelion is reported to have tonic effects on the liver and gallbladder. Parsley contains chlorophyll and acts as a natural digestive deodorizer. Red beet root has traditionally been used to support the liver.

Nature's Sunshine "Milk Thistle Combination"

This formula heals and protects the liver. It contains N-Acetyl-Cysteine which helps break up free radical poisons as well as neutralizes toxins in the liver. It is a fantastic blend for liver detoxification, gallbladder ailments, psoriasis and heals the liver from exposure to chemicals.

Nature's Sunshine "Hydrangea"

Hydrangea has the ability to rebalance minerals that have fallen out of solution which cause gallstones, kidney stones and arthritis. It is a stone/calcium solvent. Hydrangea works at a cellular level to soften hard minerals.

Contact Herbs etc with questions about the products on this page, how to properly use them, and which ones would be best for you. We offer personal Natural Health Assessments which determine imbalances, and we can personalize a program for you! Herbs etc can also provide more info/handouts regarding liver and gallbladder cleanses to aid in cleansing for spring!

Uttati Essential Oils

"Lively Liver Cleanses"

Uttati offers two liver cleansing programs:

Lively Liver Cleanse #1

Role: This is an internal cleansing program that helps promote deep liver and intestinal cleansing and detoxification. It also reduces inflammation in intestines and digestive tract.

Benefits: Reduces headaches caused by toxins in the liver and intestines. Helps eliminate intestinal parasites. Improves sleep and reduces insomnia.

Formula: This formula contains 20 food grade premium essential oils mixed in a natural base. Its application is very simple as you only have to add drops of it to water.

Lively Liver Cleanse #2

Role: This is an external cleansing program that supports the liver and digestive system.

Benefits: Promotes deep liver and intestinal cleansing & detoxification.

Formula: This formula contains 35 different essential oils. Herbs etc sells this oil blend alone for you to mix with your own base, or you can buy it already mixed into a cream. It is easy to use and applied like an ordinary body cream on the arms, legs, feet and especially, over the liver area.

Let's Keep It Clean

By Rachel Friesen, ND

Maybe you've been tempted to bleach anything and everything in your house in an attempt to purify your environment. By using these toxic chemicals to "clean," per se, we are in essence doing the exact opposite of cleaning. Cleaning as a whole involves working with the nature of our environment using non-toxic cleaning agents that assist the natural process of decomposition. Cleaning products that use enzymes to help break things down do just that; these enzyme driven agents not only aid nature in its cleaning process, but they also work remarkably well in place of the more toxic cleaning products.

Chemicals such as:

- ☑ Triclosan, an antimicrobial found in soaps, used on a regular basis will increase the amount of antibiotic resistant bacteria.
- ☑ Bleach, also known as sodium hypochlorite, contains a chlorine molecule which readily competes with iodine in the thyroid gland which could contribute to thyroid issues.
- ☑ Sodium hydroxide, often contained in drain and oven cleaners, is a chemical that is very corrosive when inhaled, is very irritating to the lungs and mucosa, and could result in sore throat and allergy like symptoms.
- ☑ 2-Butoxyethanol, commonly seen in all-purpose cleaners, when inhaled like when cleaning in an unventilated area results in irritation to the respiratory system. Other issues that may result are pulmonary edema, kidney and/or liver damage.

Think Those Chemicals Have Been Tested?



Number of industrial chemicals used in household items:	84,000
Number that have been tested by the FDA:	200
Number regulated by the FDA:	5
Last time federal chemical safety law was updated:	1976

The next time you go on a cleaning spree, look for cleaning products that are cleaner for your body and your environment.

April 8: Clean Your Home Naturally



This is an entry level class and is geared towards teaching that the chemicals we use every day in our homes are harmful and how to replace them with natural essential oil products. *Instructor: Jan Doerr, ND 1 - 5 pm*
Class Fee: \$50

Nature's Fresh Enzyme Spray

Benefits:

- Contains plant-derived enzymes that safely break down organic stains and odors
- Does not contain any cleaning agents that may cause allergic reactions, skin irritation or fumes
- Is biodegradable
- Features 100% recyclable packaging
- *This unique enzyme spray is popular at Herbs etc. for helping with slipped disks in the spine and stimulating hair growth on the scalp!*



How it Works: This environmentally friendly enzyme spray uses enzymes and proteins derived from vegetables and fruits to eliminate stains and odors. These enzymes break down the molecular structure of stains and odors without harming fabric. This spray is unscented, hypoallergenic and all-natural.

Sacred Feminine Retreat and Council

By Heather Dexter, ND, Doula

As we breathe in the essence of Spring, many find focus on renewal and rejuvenation, starting fresh and setting expectations. Let's honor our Soul Purpose and seek to share these Alignments; there may be a deep desire to be heard in a space free of judgment, to build unbiased support while stepping into these divine gifts. The Sacred Feminine Council is designed to be this unyielding and empowering sustenance to fuel desire towards greatness.

This Sacred Council will begin with a fall weekend gathering (Sept 28-30) of women ages 16 and up. The weekend will incorporate experiential techniques for mind, body, spirit and emotional balance, along with action for community and creative projects for grounding and connection.

We will gather with the goal of sacred self-discovery in order to define and align with our highest purpose, raising our vibration to serve self-healing, our families and our communities.

Homemade organic seasonal meals and snacks will be provided. The focus of this weekend is you. Come prepared to sink into the depths and unveil the pieces of you, long awaiting your cognizance.



This weekend seminar will be held at Symbiosis Ranch. Meals, snacks and camp sites will be available. This seminar is September 28th - 30th, Friday 6 pm - to Sunday 4 pm

Leader Heather Dexter, CN, ND, Doula
Retreat Fee: \$399

*If you are seeking to know yourself
while a sacred space is held
in your honor, this retreat is
humming your tune.*

Quarterly Crones Now Meeting Monthly!

**The Third Monday of Every Month
5 pm to 6:30 pm**



What is an elder woman's role in creating positive change in her community? Become a Wise Elder and meet with the Crones. Dr. Baker and Elder Leader Marilyn Sweeney have a lineup of topics and activities for you to do. Create a positive change in your community by attending this social networking opportunity. We laugh a lot!

**Coming June 18th - Welcome to Womanhood
A Festival for Girls Becoming Maidens!**

Get NHIFF'ed

We're Doing It! In July of 2019, We Will Bring You & Your Amazing Family
The Very First Annual.....Fourth of July.....

NATURAL HEALTH INDEPENDENCE FREEDOM FESTIVAL

- ♦ Festival Camping
- ♦ Family Friendly
- ♦ Health Workshops
- ♦ Sustainable Projects
- ♦ Great Music
- ♦ National Speakers
- ♦ Organic Food Stands
- ♦ Art of All Kinds
- ♦ Fireworks
- ♦ Drumming
- ♦ Vendors
- ♦ Secured Campus
- ♦ Meditation on the Roof
- ♦ Yoga/Qi Gong
- ♦ Sacred Circles
- ♦ Like Minded Friends

Finally, a Healthy Place to Go on the 4th of July!
It's Time for a New Tradition!
Hosted on the 70 plus acres of Symbiosis Ranch!

NHIFF JULY 4 - 7, 2019

We've Got Bones!

Symbiosis Ranch is honored to share our
Spring Harvest of Organic Bones and Meat

The Ranch is non-certified organic & biodynamic.
All beef is raised with love & respect and anointed
with essential oils before butchering. Quarter Beef
\$650—\$750, Steaks, Ground Beef, Stew Cuts, and
more are available as individual packages. All meat
is processed at a USDA Organic Facility. We will have
Highland and Black Angus this year.

Call for more details! (989)506-0057



Bone Broth is popular and excellent for gut healing!



Presorted Standard
U.S. Postage
PAID
Mt. Pleasant, MI 48858
Permit No. 110

503 East Broadway Street ☐ Mt. Pleasant, MI 48858
(989) 773-1714 contact@naturopathicinstitute.info
www.naturopathicinstitute.info

QUARTERLY NSP HERBAL TEACHINGS

Monday 9 a.m. - 4 p.m.

These Monday classes are free of charge, open to the public and a lot of fun! Dr. Baker teaches on a variety of topics and explains the root causes of ailments, the nutrition needed to repair these conditions, and the mental and emotional factors that play a role in the development of disease. Remedies often include herbs, vitamins, minerals, amino acids, flower essences, essential oils, and more.

March 19, 2018

June 18, 2018

September 17, 2018

November 2018 - Manager/Distributor Getaway



HERBAL BOOT CAMP

September 18-20, 2018



ON THE ROAD

North (of M-46)

South (of M-46)

April 2 - 5, 2018

October 22 - 25, 2018

Please email or call prior to first travel date if interested!

Michigan's Foremost Authority on Natural Health!