



# Herbs/NITE Newsletter

## THYROID by Bessheen Baker

Summer 2005

Your Thyroid, located in your throat and wrapping around your windpipe, is responsible for metabolism, which is how fast or slow your body burns fuel. Therefore, it also controls your energy or lack thereof. It is the thermostat of the body, and the liver is the furnace. If you have problems with being too hot or cold, consider a look at both of these organs.

Emotionally, the thyroid is influenced by how well you are able to express yourself or feel you have the right to do so. When a person lacks close friendships or companionship, the thyroid can suffer!

Symptoms of thyroid deficiency can include: weakness, dry skin, slow speech, feeling tongue-tied, pale skin, weight

gain, hair loss, nervousness, hearing concerns, palpitations, female problems, brittle nails, muscle weakness, joint pain, heat intolerance, slow mental activity, lack of sex drive, and more.

Often, we will consider the pituitary gland, located in the brain, as well, because it secretes a hormone that tells the thyroid to do its job. The connection between these two glands is often disrupted by mercury or other heavy metal poisons.

When medical doctors test the thyroid, they often find it in "range." We still find people who suffer terrible thyroid deficiencies coming up with "normal" test results!

Simply put, the tests miss several important factors, such as the communica-

tion between the pituitary and thyroid, the conversion of the hormone at the liver into usable material by the cells, and finally, if the cells are gummed up or even capable of receiving the hormone message.

Iodine, which is very deficient in the American diet, is the primary fuel to help support the thyroid. Kelp and Dulse are also great; however, if the pH is very far off, the iodine will not be absorbed, so using special iodine tinctures may be necessary. We suggest using only 2 drops of iodine per day in the morning in a glass of water. Additionally, Chakra #5 oil can help if emotions are the cause; listening to the note of "C" will build under-active thyroids.

## Some Common Homeopathic Remedies for the Thyroid by Amy Jo Howard

**Homeopathic remedies** are gentle, diluted substances that stimulate the body, as a whole, to return to balance. For this reason, when choosing a homeopathic remedy, it is best to select the one that has the ability to address the majority of your symptoms. Some common remedies used in thyroid disorders include:

- **Calcarea carbonica**, made from carbonate of lime, improves nutrition to all the glands, particularly the pituitary and thyroid. The person requiring this remedy gets out of breath easily, is sensitive to the cold, and feels worse after any kind of exertion or work. This person is usually overweight,

forgetful, confused, and has anxiety with palpitations.

- **Iodum**, a highly diluted form of iodine, works for the person who is thin and has a dark complexion. There is a fear of people, yet he/she must always be busy and experiences great anxiety when quiet. This person has a rapid metabolism, and the appetite is great.

- **Natrum muriaticum**, made from the chloride of sodium, is for edema, constipation, and anemia. The muscles feel quite weak and stiff. This person is depressed, irritable, and prefers to be alone to cry.

- **Spongia tosta**, derived from the roasted

sponge, is for the person who has a dry cough and excessive thirst. This person experiences fear and anxiety and will have attacks of heat that accompany the anxiety. After eating sweets, a sore throat may develop or if already present, will worsen. Also, there is the feeling of exhaustion and heaviness after the slightest exertion.

There are numerous homeopathic remedies to consider to help you, as an individual, restore your feeling of well being. Sitting down with me for a consultation will help to determine which one is best for you.

## New Service: Voice Analysis

Various parts of the human body attract nutrition and communicate with each other by way of sound frequency. In other words, each organ has its own keynote frequency that resonates to the particular nutrients, minerals, and sound vibration required for function. For example, the colon vibrates to the note of B, while the liver vibrates to the note of G. Fortunately, for our sanity, the frequencies of our organs and systems function outside the range of human hearing!

The keynote frequencies found in the body are the very same frequencies found in music. Just as the note of C appears several times on a piano keyboard at varying octaves, the note of C

appears many times in the body. The voice, being the composite sound of the human being, is representative of all of the frequencies in the body. VoiceBio analysis functions on the principle that the human voice, apart from being a communication medium, also exhibits all of the silent as well as audible working frequencies of the body, mind, and emotions.

Through the technology of VoiceBio analysis, the independent frequencies can be identified, translated, and sorted onto a voice print chart, giving a highly accurate indication of physical function. The majority of individuals have missing or stressed "notes" which correlate with physical imbalances.

These imbalances translate to compromised health, impaired regenerative abilities, emotional blockages, etc. A voice assessment of the heavy and weak areas of a voice print can act as a guide to improved health, regeneration, and increased energy. A voice print can literally point out exactly why a door is locked, and which "key" is needed to unlock it.

Simply speak into a microphone for a few minutes and your counselor will create a computer graph printout of your voice and be able to design creative solutions for you!

Voice Analysis: \$59.00; personalized CD for your health improvement: \$5.00.

## Welcome Massage Therapist and New Gift Package

A new member of the staff has recently arrived at Herbs Etc. Mary Booms, a massage therapist, is currently taking classes at NITE and CMU. After you've been working all day, call to make an appointment with Mary; she will help melt the aches and pains away. She loves the individual attention she is able to give each client in order to help them feel better.

Mary also brings the idea of a gift package for expecting mothers with her as a massage special. This gift package includes three prenatal massages (one hour each), one session of infant massage (30 minutes to learn how to massage your baby), one postpartum massage (one hour), a bottle of "Gentle Baby" (essential oil that is great for bonding and works

wonderfully on stretch marks!), and a Burt's Bees Baby Bee "Getting Started Kit." This wonderful gift package is only \$229.00.

Call now to book your massage appointment with Mary Booms!

989 773-3636



## New Product: Buzz Away!

Just in time for summer...

Chemical insect repellents can cause toxic reactions in some people, according to reports in *The New York Times*, on *Prime Time Live*, and in other media. The culprit: di-ethyl-toluamide, known as DEET, the active ingredient in *Off!*, *Cutters*, and most other repellents.

In fact, the American Academy of Pediatrics recommends that children under 6 years old should never use DEET-based products containing 10% or more

of the chemical.

Fortunately, **Buzz Away** offers a safe, natural alternative to DEET-based repellents. It's made from essential plant oils—citronella, cedarwood, lemongrass, peppermint, and eucalyptus. Best of all, **Buzz Away** works! According to EPA mandated studies, **Buzz Away** repelled bloodthirsty female mosquitoes for over two hours.

Find it in a display at Herbs Etc. Don't be without it this summer!

### VOTE NOW!

Which Saturday Seminar  
Would YOU Come To?

**Beginning Homeopathy**

**Raindrop Therapy**

**Knead-a-Friend: Basic  
Massage**

**Burt's Bees**

**Pet Care**

Call Herbs Etc. at 773-3636

## Featured Oils and Products

**NSP THYROID SUPPORT**—is formulated to nourish the thyroid gland and bolster healthy thyroid function. Contains essential nutrients required for the manufacture of thyroid hormones, including vitamins, minerals, and amino acids. Thyroid Support also provides herbs, enzymes, and bovine glandular extracts to ensure optimal intake, absorption, and utilization of key nutrients that restore healthy thyroid hormone regulation and function.

**SEAWEED**—full of rich minerals and trace elements (like iodine) that our body needs. **Hijiki**, soaked in water, has a marvelous flavor of the sea and can be used in any salad or rice dish. Excellent in stir fry. **Kombu** must be soaked and shopped as it has a thicker texture. Good for making sauerkraut, as soup stock, or in blended soups. **Nori** is pressed sheets of fine seaweed that are excellent for rolling up salads with your favorite dressing.

**CHAKRA OILS**—Uttati essential oils have a specific blend for each of the seven major chakras. The oils in the blends are to improve the energy of that chakra as well as help balance and heal the physical and emotional issues associated with it. For example, if you have trouble expressing yourself, you should work on the throat chakra. Come in to Herbs Etc. to get insights into which chakra(s) you may need to work on.

### Announcing Saturday Seminar: **Creating The Naturopathic Medicine Cabinet**

You've all wondered what you should have in your "medicine" cabinet. Now you can find out how to stock it for natural health care! **Saturday, September 17, 2005, 11:00 a.m. to 3:00 p.m.**

Call 773-3636 to register.

## NITE Student Section

- **EXCITING NEW CHANGES FOR THE THERAPEUTIC BODYWORK PROGRAM ARE COMPLETE!**

Now each graduating class will meet two weekends per month and receive 500 in-class hours of training and still graduate with a 600-hour diploma. These changes will comply with the new National Certification Board requirements for any student enrolling after June 1, 2005. *[Students who enrolled before June 1, 2005, and alumni are still qualified to take the national exam based on previous requirements.]*

Students are not required to take the national exam; however, when therapists move to another state, the national certification is often accepted in place of state certification. It is also expected in the next few years that the state of Michigan will adopt a similar 500-hour in-class requirement. In order to better prepare students for future requirements, we are making these changes now.

Students will still have directed study assignments to do independently; however, practical log hours will be completed under instructor supervision. Additionally, students will now be taught in the areas of hot rock therapy, myofascia,

injury therapy, nutrition, advanced aromatherapy, advanced anatomy, hand reflexology, and facial cranial work.

We are very excited about these new changes and will open these advanced courses to current students and alumni at a discounted rate.

Due to the more than doubling of classroom time, there will be a slight tuition increase; however, you will still find the Naturopathic Institute to have the most competitive tuition rate and comprehensive program in the state. Professional massage table, all books, and materials will still be provided. The tuition is \$6600 on a payment plan with \$2000 down; a discount of \$605 is given when paying in full, \$5995.

The new schedule will require students to attend two weekends per month. The first weekend will remain Friday 5:00 p.m. to 9:00 p.m., Saturday and Sunday 9:00 a.m. to 6:00 p.m. The second weekend will be lab time on Saturday and Sunday 8:00 a.m. to 6:00 p.m.

Please call with any questions or to receive the revised schedule.



- **STUDENT PICNIC** for all current students and alumni is scheduled for Oct. 22, 2005, 6-9 p.m. at NITE. Bring a dish to pass; drinks, table service, veggie burgers will be provided. Please RSVP to 989 773-1714.
- **HOMEWORK TIPS:** Looking for corrected homework? Check your student mailbox in Room 7 or Room 9. With our new homework tracking system, a letter is sent out automatically for late homework. If you receive the letter by mistake, please let us know. To avoid this problem, please make sure an employee time-stamps your homework when you turn it in!
- **HOMEWORK QUESTIONS:** remember that you can ask questions on the website [www.nite-mtp.com/student](http://www.nite-mtp.com/student) area. Username: nite2005; password: student.
- **CRYSTAL TRIP TO ARKANSAS:** A number of students and friends will be making a non-school trip to dig for crystals over Labor Day weekend. Call if you want to join the caravan Sept. 1 through 6.
- **SURVIVAL CLASS REMINDER:** On July 29-31, we will "survive" at the new school location/woods. It's only \$175 and counts towards internship! Please join us. Guests are welcome to enroll, too.

## Summer 2005

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## Start feeling better now!



*In a hurry? Call your orders in and we'll have them ready for you to pick up on your way home from work! 773-3636*

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## Free Classes for Summer/Fall 2005, every other TUESDAY at 6:30 p.m.

*no registration necessary*

**June 21, 2005:**

Colon Cleansing

**July 19, 2005:**

10 Common Yard Herbs and How to Use Them

**August 2, 2005:**

Voice Analysis—What Your Voice Can Tell about Your Health

**August 16, 2005:**

Colors Used for Healing

**August 30, 2005:**

The Healthiest Foods on Earth

**September 13, 2005:**

How Different Blood Types Handle Stress

**September 27, 2005:**

Outdoor Herbology

**October 11, 2005:**

How Your Blood Type Affects Weight Gain

**October 25, 2005:**

How to Monitor Your Health through pH

**November 8, 2005:**

Proper Use of Magnets for Healing

**November 22, 2005:**

How to Identify Your Parasites

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