

FALL NEWSLETTER

NITE, HERBS ETC., AND NCC



Pat Here's Your Story

Fall 2008

Several years ago, Pat and her husband discovered the cows on their farm were suffering health concerns due to stray voltage. After many seasons of fighting to get the electrical problem fixed with the utility company, the problem seemed to be resolved. Along the way, they discovered the problem was not only affecting their herd, it was also affecting their health. They suffered from low energy, lowered immunity, and odd aches and pains.

Before this occurred, they were learning organic farming, and have been doing great things for our community ever since. They offer organic turkeys at Thanksgiving, eggs, and several meats year round as well as helping with the organic farmers association here in Michigan. They opened an organic butchering service just a few years ago.

During all this, Pat has worked on her health with good foods, homeopathics, essential oils, a few herbs, and when we can convince her how important she is, a

few massages!

A few years ago, she took a pretty good fall in the butcher house and really hurt her knee. It slowly got better but never healed 100%, as she would get these tingling

sensations when she worked in the shop.

One day while visiting her D. O., they discussed magnetic pollution as a problem. She asked Mary here at Herbs Etc. for a solution. Mary recommended lying on the Magnetic Bio-photon bed. This is designed to clear your body of any build up of electro-magnetic pollution, such as that from computers, cell phones, copy machines, stray voltage, etc.



Well, Pat felt so much better in her knee, her energy, and even with her blood pressure and blood sugar after lying on the magnetic clearing bed that she now comes humming in to get a refreshing aura cleaning. Her doctor also suggested vitamins to repair some neurotransmitter (amino acid) deficiencies.

We believe the stray voltage still lingers with the new building, so when Pat spends the day there, wrapping and packing the foods, it is just too much for her already sensitive system.

The bed has helped to clear this residual energy out and improve her health beyond normal. Next, she will repair her meridian system.

Way to go, Pat! Thanks for your willingness to share this story; now, others can clean their electro magnetic field and regain some energy and healing potential.

Lying on the magnetic bed can be done for 15 to 30 minutes as often as needed.



Winter Open House with music, food, dancing, and specials throughout! February 12, 2009

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An Enchanted Evening.... Graduation November 1st

Congratulations to all the students who will be graduating on November 1st! This will be a formal event with ballroom dancing, horse drawn carriage rides, and entertainment throughout the new center.

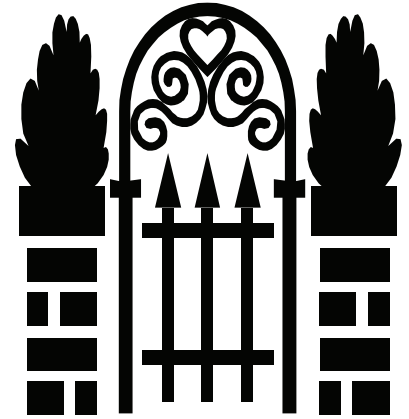
This graduation will complete training for two fourth year students. Elizabeth Lo, a staff member at Herbs Etc., and Dale Tamminga, of Grand Rapids, MI.

Both Elizabeth and Dale are excellent Naturopaths who already have busy schedules

helping clients at their office locations. They are both delighted to take additional clients now that their training is complete and that homework load has lightened a bit!

Also graduating are six students in the third year of their training and ten second year students from all over the state of Michigan.

If you have a relative or friend who would like to see a NITE trained graduate or alumni, please contact us for a referral.



There are excellent students and graduates within 45 minutes of every area in the lower peninsula.

Join the Caravan to St. Louis for the Organic Farmers Conference

On December 3rd, we will be leading a caravan of students, friends, and local farmers to the annual Acres Organic Farmers Conference in St. Louis, Missouri. Over 30 speakers will present on topics like: Health From the Soil Up; Taking Back Our Food; Renewing America's Food Traditions; To Till or Not to Till; Trace Minerals and the Genetic Code from December 4-6th.

These topics will be priceless information in the years to come. If you don't know a thing about farming or gardening, then let's go get started together. We're going just to find out how much we don't know!

The boys and I would like to start our own small farm with animals, gardens, and a greener

way of life! If you share these desires or are already knowledgeable and just want to learn more, then join us.

We will depart from Mt. Pleasant early Wednesday morning, the 4th of December; it's a 550 mile trip. We will return on Sunday, the 7th of December.

The cost of the conference is only \$175 per person; \$300 for married couples, and children under 16 are free! Register by October 31st, and receive 2 free conference CD's. Registration at the door is \$200. Call Acres at 800-355-5313.

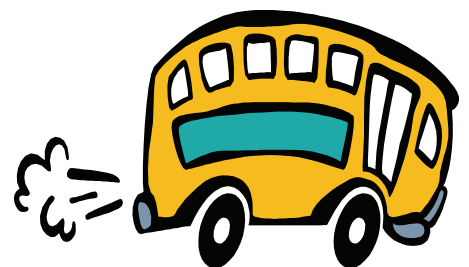
There are discount hotel rates at the Hyatt Regency Conference Center. Rooms for 1-4 occupants are only \$109 for conference attendees. Call 800-233-1234. Make sure to

mention you are with the Acres conference group.

Room shares with people in the caravan are possible; let's make some connections. Drivers who are willing to take others can have their gas paid for; what a great way to travel for everyone!

For more details and to join the fun, please call Bessheen, and I'll give you the names and numbers of other attendees for ride and room shares.

Call 989-773-1714



New Class - The History and Practical Uses of Astrology for Health

When I first learned the history of Astrology from fourth year graduate Laura Allmacher, I was delighted and pleasantly surprised. She gave us information that filled in the missing gaps and dispersed the negative connotations associated with this amazing science.

We gathered information to help us better understand why clients have better and more effective times for cleansing, for creating change, and when it's simply better to build the body.

We explored tendencies for certain mineral deficiencies and much more.

I was so excited about what she had to share that we decided to offer a few special courses for those interested in the connections between understanding health and the natural rhythms we are all born into.

The first class will be Saturday and Sunday, February 7-8, 2009. The second class will be March 7-8, 2009. These classes are sponsored by the Naturopathic Community Center and are only \$199 each weekend. It is part of a series of great courses coming in 2009.

Consider staying at the Naturopathic Community Center with



your new \$5 annual membership (see the NCC section of this newsletter for more details).

Thank you, Laura, for not only taking our 4 year program but for also taking a four year program in Astrology! We want to learn all we can.

School Starts For You in February 2009

How long have you been wanting to start a program at the Institute? Now is the time to call Nancy at the administrative office and get started! She can design a unique payment plan or get you started with Sallie Mae loans. These great student loans can have **monthly payments as low as \$50 per month**. Best of all, there is no penalty for early payoff. So start with low payments, and pay it off



the first year Naturopath or the Massage Program.

Want to expand on your current skills in the health field or start

early after you graduate.

All programs include your books, supplies, and even a massage table when you start either

something new that can take less than one year? How about becoming a Holistic Labor Companion and help parents bring children into the healthiest environment possible.

Labor Companions can enroll this fall and massage and natural health programs start in February, so give Nancy a call at (989)773-1714, and get enrolled in living your dream.

Free Essential Oil Training From Raed of Uttati Oils

We are blessed to have an incredible essential oil teacher available to us every month. Raed grew up in Egypt where his family has been working with essential oils for the past 2000 years: talk about some experience and wisdom.

Although we became friends while he lived in the United States, he is still willing to teach us about his fantastic essential oils and their medicinal properties over the phone.

The past few months, he has been giving incredible information on the importance of using the proper base oils to make your essential oils even more effective.

The training is the 3rd Monday of each month from 4pm to 5pm. To join this, call 218-862-6100. You will be asked for a conference code number, which is 103170. There is no charge for this call other than each person's individual phone cost to call the num-

ber.

Orders are accepted at Herbs etc for Uttati oils at 20% off for phone conference attendees. These orders are placed by the 4th Monday of each month, and payment is due upon ordering. Orders take 3 to 4 weeks to arrive.





Herbs Etc /NITE/NCC
503 East Broadway
Mt. Pleasant, MI 48858

Phone: 989 773-3636

Fax: 989 775-7319

Feel Better Now!



Free Massages and Bodywork by NITE Students

Massage students at the Naturopathic Institute give free massages two weekends per month. This winter and spring, we will be offering over 30 massages for each day listed. Some dates are listed for massage, while others include body work therapies, such as Reflexology on the feet and Healing Light Touch for deep relaxation and mental clearing. A \$10 deposit is required to reserve your spot. Tipping is welcome and encouraged. Your promptness and early notification of cancellation is a must. Please enjoy this great community service!

November 22 & 23 - Massage

December 6 & 7 - Massage

January 31 & Feb 1 - Massage

February 21 & 22 - Massage

April 18 & 19 - CranioSacral

April 18 & 19 - Massage

May 16 & 17 - Light Healing Touch

May 30 & 31 - Massage



Times are available at 12:00, 1:30, 3:00, 4:30. Reservations are taken 2 weeks in advance by calling 989-773-3636.

Herbs Etc.

New Ticket System A Holiday Hit!



What are the three best ways to improve your health? Eat right, exercise, and reduce your stress! We are offering a unique lunch with exercise and stress reduction built in.

Your lunch will start with a great stress reducing massage. The unique chair you relax in is designed for you to be comfortable while the therapist massages your neck, shoulders, back, and arms. After this 15 minute "chair massage," you are ready to shake it up on the "body vibe." This exercise stand vibrates your entire body, turning your muscles on and off up to 50 times per second. It is known to improve circulation, release cellulite, tone the body, and improve hormones, bone density, and much more. Ten minutes on the body vibe is equal to 4 miles of walking. After that, you receive a healthy gourmet lunch catered from "Good to Go." The lunch menu rotates with the change of season and is designed to be healthy and tasty. This fall, for example, stuffed baby acorn squash is served on Wednesday.

We are calling it your "Ticket to Health" as many therapies and exercise options are available through a ticket system. Monday and Thursday are Yoga days while Tuesday and Friday are for Qi Gong. All exercise classes are 30 minutes and start at 12:00. You can also make use of six exercise toning tables. New clients spend 2 minutes per table for a twelve minute work out and work up to 5 minutes per table for a 30 minute work out. Areas of emphasis include your derriere, thighs, waist, upper back, arms, and other key areas. Exercise classes or the toning tables work out are only 1 ticket.

Some prefer to release their stress on the magnetic bed; it clears your system of electro-magnetic pollution from the computer, copy machines, and cell phones. You can also use the automatic massage bed; it heats and stretches your entire spine and even your legs. Others like to soak their feet in the ionizing foot bath which helps to detoxify the entire body. Any of the therapies are available on their own, in combinations, and with or without lunch. Tickets are available for \$4 each. So... you can get the lunch, chair massage, and vibe machine combination for only \$20.

We've created a stress free environment that allows our guests to get the three keys to health in one stop, and the ticket system is very affordable. The lunch and chair massage is every weekday from 11:30 to 1:30. Reservations even one day in advance are encouraged, but walk-ins are still welcome!

These tickets make great gifts for employees, family, and friends!

How much shopping could you get done with the new *Your Ticket To Health* program?

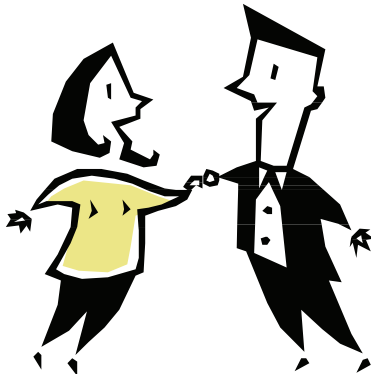
Giving the gift of health sure beats buying baskets of toxic soaps or preserved salami!

Put the tickets on your wish list too, or just pick up a few extras for yourself!



Herbs For Energy and Endurance

There are a handful of herbs that every tired, stressed out, or low energy person should know about.



Wild American Ginseng - especially good for tired women. Boosts energy, nourishes the nerves and glands like the thyroid and adrenals.

Suma - a blend of mild ginseng-like herbs and two herbs for the brain, to improve mental fogginess and memory.

Adaptamax - designed for people who run on too much adrenaline (stress), so busy they don't even sleep right and then, their nerves feel raw.

Spirulina - especially good for those who need more calcium and protein. Many people need a healthy source of proteins or amino acids and this is it.

B-12 - available in liquid; this vitamin is necessary to carry oxygen throughout the body. Many people get B-12 shots for energy; this is another alternative.

Iron Combination (I-X) - herbs high in iron put the frisky back in you. Herbal forms of iron are not constipating and will give more energy, endurance, and color to your skin.

Iodine - one of the most deficient minerals we have been finding in Michigan residents lately. It is essential to your thyroid, metabolism, energy, brain function, and even balancing other minerals. Only 2 drops per day in water or juice.

Essential Oils for Motivation

Oils work well because they improve the oxygen content in your body. They also improve hormone balance and boost immunity. Application is simple, such as breathing first and applying to perfume points or the bottoms of your feet. The following oils boost overall energy and motivation.

Motivation - This blend of 4 oils is

designed to help one overcome fear and procrastination. It also helps improve confidence.

En-R-Gee - A 7 oil blend to improve energy and mental alertness by improving oxygen to the brain and balance to the nervous system.

EndoFlex - This blend is designed to support the thyroid, adrenals, reproductive, and brain glands to support

energy, weight loss, and reduce negative emotions.

Ylang Ylang from Uttati - Used as an anti-depressant, boosts self esteem, restores hormone balance, aphrodisiac, tones the uterus, firms the breasts, stimulates the immune system, and reduces high blood pressure. Wow!

Come breathe which oil is best for

Flowers To Get You Off Your Butt!

When it comes right down to it, many energy and drive issues come down to the mind and heart. How we truly feel about ourselves reflects in our actions or lack thereof. Flower essences address the deeper part of our being where fears, insecurities, and inadequacy lies. They help to bring feelings into proper perspective and ultimately, help heal them. These are a few of my favorite motivational remedies. Considering taking four

drops of each one that applies to you up to 4 times per day, in water, juice, or straight under your tongue.



Madia - precise thinking, disciplined focus, and concentration.

Cayenne - stagnant forces of will which need to be fired into action.

Blackberry - putting ideas into action.

California Wild Rose - enthusiasm and positive involvement in life.

Gorse - counteracting feelings of hopelessness, especially about personal affairs.

Larch - stronger confidence to carry out one's creative inspiration and intentions.

Herbal Lessons by Phone Free Herbal Hour with Bessheen

In order to better inform distributors and managers of Nature's Sunshine about products, we host a phone conference every month.

Topics for the next few months are listed below.

October - Cleaning out and repairing vaccine problems, plus.

November - Herbal choices for Arthritis

December - Top 20 Homeopathic remedies to know

The conference is informal and not a

sales or marketing meeting. No NSP employees are involved. We simply pick a topic (often requested) and explain Nature's Sunshine and other products, like oils and homeopathics, that may be helpful for yourself or your clients. IT IS a great learning tool for getting to know all that NSP has to offer in its large herbal line. It's also just a great way to learn herbs and vitamins.

We like the phrase, repetition is the mother of success! Students of the Institute, customers and clients, you are all also welcome to listen in.

Although questions are welcome, it

is not meant to be a free phone consultation time. If you have multiple personal questions, a small appointment may be more appropriate. Get a note pad ready and join us the **third Monday of each month from 3pm to 4pm.**

Simply dial the free conference number of **218 -862-6100**, follow the instructions and enter the access code of **103170**. You are welcome to join at anytime during the hour and leave early if you need to. If you have a lot of background noise, just press *6, and the noise will not be heard. Hope you join us next month.

NSP Manager & Distributor GET-A-WAY

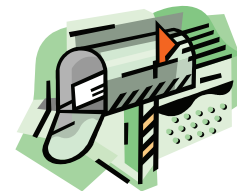
This year's Manager Get-a-Way has a "Building Community" theme! We will discuss the importance, and How To, of becoming a key member in your community through your natural health and herbal skills.

Topics will include: business building ; detailed information on helping the community in the coming times; detoxification from chemicals like

Round-Up, heavy metals, pathogens, and more.

This year's conference will even have guests speakers and a tradeshow from local homesteaders with special skills in self sufficiency and more. You will have an understanding on how and why your business is likely to thrive during economically challenging times!

Look for your invitation coming in the mail soon, or call for more details.



Sunday, Nov. 30th - Tues., Dec. 2nd

Exercise Tables Have Folks Losing Inches

The therapy room's newest addition is a wonderful set of six toning tables. The focus of these tables is to tighten and shrink areas of the body that are not getting enough oxygen. You simply lay on each table for 3 to 5 minutes, and the table moves you, you tighten and resist in key areas. (A therapy room attendant will help you learn the use of the tables and then, after a few

visits, you can use them on your own.) When the oxygen reaches these troubled areas, you naturally burn fat and strengthen the weak muscles. More folks notice inch loss than weight reduction.

The workout can be as hard or easy as you like.



The great thing is you can do a whole body workout in 18 to 30 minutes, and it's only one ticket (\$4). Come on your own, bring a friend, or do it on your lunch break. Once a week will create a noticeable fitness change, but 3 times a week is visually noticeable in the first few weeks. You're only "inches" away from your fitness goals!

New Items from Nature's Sunshine!

Gentle Move - designed to hydrate intestinal lumen by attracting and retaining fluid within the colon. This helps to soften the stool and provides soothing nutrients to the intestinal tract. Bulk, hydration, and mild stimulation are its actions.

Candida Clear - a 14 day cleansing program consisting of two packets: One pack with herbs like pau d arco, caprylic acid, and oregano, which have been shown to balance the colonization of Candida. The second pack is full of enzymes that help break down and apart the candida chain. This packet could be taken 2 weeks on and 1 week off for two to three months if needed.

Fizz-Active Immune - contains beta-glucans and arabinogalactan. Studies show that beta-glucans increase total immunoglobulins in the blood. Arabinogalactan is a polysaccharide that stimulates natural killer cells and macrophage activity; it also supports the growth of friendly bacteria in the intestines. Add two tabs to water, let it fizz, and drink to your health this winter!



WINTER OPEN HOUSE

Music, Dancing, & Refreshments



If you missed our first open house and grand opening celebration, then you will want to mark your calendar for this grand event.

We are opening all our doors on **Thursday, February 12th, 2009, at 6 pm, in celebration of Valentine's!**

A Fun Night Out!

- Inside there will be specials on products and services, opportunities to sample our services, and of course healthy warm refreshments located throughout the building.

- We invite you to tour the entire building from our large new classrooms, kitchen, NCC members guestrooms, library, multiple cozy lobbies, and larger Herb shop, where we now carry healthy chocolates, mixed nuts, and new gift items.
- There will be musical entertainment in our ballroom, and we even invite you to stay and dance the evening away.



Dance In Winter's Light!

There can be no better way to enjoy the winter, than with a sense of community and belonging at the new

- *Naturopathic Community Center*
- *Herb Etc .*
- *Naturopathic Institute of Therapies and Education*



Naturopathic Community Center

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

The Community Center Is Sharing Even More!

You still have the great Tuesday night health classes, Saturday Laymen's courses, and deep cleansing clinics. But there is more... Cooking classes, Guest speakers for Saturday/Sunday Weekend Courses, plus private Get-A-Ways for you and your friends, and coming next summer, day camps for kids and even a three day civil war camp. Become a part of the Non-profit Naturopathic Community Center and be a part of something healthy.

(Most events are open to non-members as well. Annual Membership is \$5.)



LAYMEN'S COURSES

SATURDAYS 9:00 AM - 5:00 PM

ONLY \$50 PER CLASS

NOVEMBER 15

BRING BALANCE AND STRENGTH TO YOUR EMOTIONAL LIFE

- HELP CHILDREN WITH BEHAVIORAL PROBLEMS
- IMPROVE CONCENTRATION AND FOCUS
- IMPROVE SELF WORTH
- OVERCOME BAD HABITS
- MOTIVATE YOUR INNER SELF
- IMPROVE CLARITY AND MEMORY
- ENHANCE RELATIONSHIPS
- GET RID OF OVERLY-CRITICAL ATTITUDES

HOW TO WORK WITH FLOWER REMEDIES

CALL TO RESERVE YOUR SEAT IN
THIS FUN, LIFE CHANGING COURSE!
989-773-3636



Try the NCC Members Get-A-Way!

Become a member of the Naturopathic Community Center for \$5 per year and make use of the extraordinary accommodations at our new location.

Members can choose a *Couples Health Escape*, *Girls Over-Night Out*, *Family Retreat*, or even an *Employees Appreciation Mini Vacation*. Choose from several themed bedrooms with two single beds or one room with a queen and a single bed. There are three full bathrooms for you to use, a fully furnished kitchen, and large dining/relaxing area. Best of all, you have the entire evening to enjoy all the great amenities of the Therapy Room. You can shake it up on the body vibe, get a great massage on the Migun bed, visit with someone while you sit in the two person sauna, do a detoxing foot soak, relax on the magnetic bed and even get a workout on the exercise and toning tables. This incredible opportunity is for members and their guests only!

The cost is \$75 per person for the first night and an additional \$20 if you require a second night. It's a refreshing and affordable option for this year's get-a-way. Walk downtown for dinner, make your own breakfast, and enjoy the fresh morning air on the café style patio. Weekdays are easily reserved and a few weekends are available each month.

CALL 989-773-1714 to reserve your time.

Healthy and Unique Cooking Classes



Every Other Tuesday Night in the House

From 6:30 pm - 8 pm

No Registration needed, a \$5 donation will help with food cost.

Learn to use: healthier ingredients; how to make your own foods like cheese and butter; how to can; how to use spices, and much more!

October 14th - Sauerkraut and Fermented Foods

(These foods are high in enzymes and are necessary for healing.)

October 28th - Soup Stocks and Basic Sauces

(Save money and avoid preservatives with these simple recipes.)

November 11th - Traditional Mozzarella & Ricotta Cheese

(Yes, you can make your own cheese, and it's fun!)

The next newsletter will list the January/February classes; call us with your ideas and where you need help!

Lunch Time Yoga and Qi Gong Classes

12 - 12:30

Yoga Monday & Thursday
Qi Gong Tuesday & Friday

Each class is only
one ticket (\$4)



Wear comfortable clothes
and bring a yoga mat
(if desired).

No registration necessary!

Tuesday Night Classes

Classes meet at Herbs Etc. and are free and open to the public.,

6:30 p.m. to 7:30 p.m. No registration is necessary.

Come to the back double glass door entrance marked "NITE."

October 21, 2008 How to Deepen Your Personal Intimate Relationship

November 4, 2008 How to Avoid Stomach Problems and Acid Reflux.

November 18, 2008 Homeopathics for Coughs, Colds, and Fevers.



Look for all new topics and a new schedule for 2009 in the next newsletter.

