



NITE LIGHT

Natural Health Quarterly

NITE/Herbs etc/NCC

In this issue:

**HOW TO HAVE YOUR
MERCURY AMALGAMS
REMOVED SAFELY**

**BREATHE BETTER
THIS FALL**



FACE IT:

EYES  MOUTH  EARS

**Thirteenth Edition
Fall 2017**

Also in this issue:
**Dental Practices Providing Safe Mercury Protocol Removal
How to Give Your Sex Drive a Boost, Naturally**

Dear Friends in Natural Health

What a delight it is to bring the NITE Light Magazine to you once again! In 1992, twenty-five years ago, this quarterly newsletter was started. It was a way to reach out to amazing people, like yourself, many of whom still receive this newsletter today, and keep them informed on upcoming classes and pressing issues concerning our health. At that time, the business was called Passionate Holistic Health or PH2. I was a recent graduate of college and was developing a career as a motivational speaker. The purpose in starting the health portion of the business was the hope that it would someday, when I was old enough and wise enough, become a university for teaching natural health. The goal was to have started the “university” by the year 2022. What an amazing surprise and delight it is to be so far ahead of schedule!

On this incredible journey, I have been blessed to meet so many talented and brilliant folks, and we now have an in-house staff of 20 and an instructing staff of 22. The people who I work with are capable, kind and, incredibly intelligent. They are the ones who put together these articles and bring essential information and solutions to you. Our business, in its three branches, fits so beautifully together in serving and educating the entire state of Michigan and beyond that we sincerely feel our collective effort, including that of the students and alumni of the Institute, are changing, for the better, the way people live and experience life!

Most sincerely, please enjoy the articles within, attend the free classes, expand your knowledge with Saturday seminars, try the recipes, and recognize with the highest intentions possible that we are working to help set each other free from pain, sadness, discomfort, and dis-ease. We are lighting a path to wellness on every level of our beings. Let’s continue to rebuild the concept of common-unity (community) and live well together.

This quarter, we are looking at our senses, as we are certain you are hoping all people will return to their senses! What can you do to improve the mouth, eyes, ears? All this affects our intelligence, our grace towards our self and others, and our ability to sense our own needs and health requirements. Senses are even necessary for spiritual development! Get in tune with your senses, come back to your senses, and your life will become exactly the life you hope to live. Thank you for taking the time to enjoy this magazine.

Sincerely,
Bessheen Baker, ND
Founder and Director

TUESDAY TEACHINGS

6:30 p.m. – 7:30 p.m.

Free No Sign Up Required

Aug 29: Sound Therapy: Using Sound to Help Thyroid, Heart, Brain Issues & More!

Sept 19: Herbal Adventures and First Aid

Oct 17: Death and Dying: Turning Grief into Health

Nov 14: Environmental Poisons: How to Identify, Avoid and Clear Toxins from Your Life



HEALTHY EATING CLASSES

6:00 p.m. – 7:30 p.m.

\$5 Donation to Cover Food Costs

Aug 15: Once a Month Cooking: Preparing Freezer Meals

Sept 12: Autumn Harvest: Squash, Apples, Onions, Pears, Fruit Jams and Veggie Chutneys



Oct 3: Pasta from Scratch

Nov 7: Mediterranean and Italy (North vs South)

PERMACULTURE DESIGN CERTIFICATE COURSE

\$995

September 5 - 13, 2017
Instructor: Wayne Weiseman



This training course utilizes the teachings of Bill Mollison's Permaculture Design System. The goal is to achieve a working understanding in ecologically-based planning, site design and management. Students will gain a basic understanding of design and development principles involved with large scale and small scale intensive permaculture applications. *This is normally a \$1500 course.*



This nine-day seminar will be held at Symbiosis Ranch. Lunch will be provided each day.

FACE IT: PART I

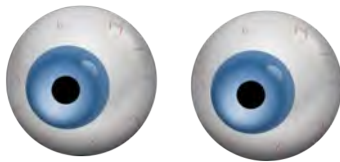
KEEPING AN “EYE” ON HEALTH

by Denise Denman, NHP

When meeting someone new, the first thing that many people notice is the eyes. Often called the “windows to the soul,” our eyes can express more than just the nature of a person. Through the art and science of Iridology and Sclerology, the eyes give us many different indications as to what may be out of balance within our bodies and even what emotions we may be harboring! Our eyes are amazing windows to the world around us, and we want to make sure that we are taking proper care of them! There are many issues that can go awry with our eyes.

With overexposure to the blue screens from our cell phones, computer screens, and televisions, our eyes become strained and weakened. With the screens so close to our eyes, the muscles that we use to see things far away become underdeveloped and contribute to poor eye health. By regularly practicing eye exercises, we are able to build those underused muscles. There are many different types of exercises that can be found online to strengthen eye muscles.

Other techniques that many people have used include gazing at the sun for a few seconds as it is rising each morning.



When damage has been done to the eyes, there are options to help relieve the pain. Ruta Graveolens is one of the top homeopathic remedies to help with the symptoms associated with eyestrain. When bruising occurs in the eye, look to Symphytum as an option for relief. When the eyes feel dry, try Euphrasia. The list of homeopathic remedies that benefit the eyes is extensive and would require more repertorising and research in order to pinpoint the correct remedy based on the description of the imbalance.

Castor oil is another beneficial tool for eye health. This trick that involves using just a small amount of castor oil in the eyes at night can help to dissolve cataracts, remove impurities, moisten, protect against infections such as pink eye, relieve eye inflammation, as well as preventing dark circles and wrinkles! This amazing oil works wonders but will need to be done at night only. Colloidal silver can also be applied directly to the eyes to help clear up infection. It is suggested to use colloidal silver that is around 20 ppm (parts per million). Silver Shield by Nature’s Sunshine

is a safe and effective form of colloidal silver that can be dropped into the eyes.

When eyes are inflamed, tired, or in pain, a convenient trick is to apply damp tea bags (whether warm or cool) to the eyes for 10-15 minutes. The preferred tea used is Chamomile. This can also help the eyes to look more youthful!

A quote by Benjamin Franklin that we have heard many times before, “an ounce of prevention is worth a pound of cure,” is great health advice to live by. By eating balanced foods or taking specific supplements, we are better able to prevent any issues in various areas of health from ever developing. Some different vitamins, minerals, and amino acids to look for relating to eye health include the amino acid Taurine, the minerals fluorine, silicon, zinc, sodium, selenium, or Vitamins A, C, and E. There are many supplements offered by Nature’s Sunshine to help bring balance to the eyes like EW, Bilberry, and Perfect Eyes.

With all of the different options available to help with eye health, it is best to see your local Naturopath to determine which option is best for you as the issue may actually lie in the liver! The eyes tend to be a reflection of the health of the liver as well as those harbored emotions. Someone who is well-trained in the art of natural medicine should be able to determine the root of the problem in order to bring balance to the source of the issue.



Perfect Eyes®

Gain antioxidant protection for aging eyes and support macular health with NSP Perfect Eyes. Provides 10 mg lutein per serving.



Bilberry Fruit

Looking for a natural way to support your night vision? Taking Bilberry as part of your diet promotes eye function and circulatory health.

HOW TO GIVE YOUR SEX DRIVE A BOOST, NATURALLY!

by Lori Becker, NHP

As a practitioner of natural health, I have to first explain that in order to boost sex drive, you have to get healthy! Here is a small checklist to help get the body in tip top shape for the bedroom, or... wherever!



- ☑ Ladies, get your thyroid checked out by your ND! Low thyroid affects sensuality and energy levels! Supplementing with iodine and/or taking NSP "Thyroid Support" just might do the trick!
- ☑ Eliminate xenoestrogens! A subject that may be causing many issues with erectile dysfunction in men is Xenoestrogens. These wreak some major havoc on testosterone. Xenoestrogens are environmental toxins that mimic estrogen. They come from pesticides, soft plastics, and meat, eggs and dairy products where animals are fed estrogens to increase production. Even fluoride also depresses testosterone. This means if you are using toothpaste that has sodium fluoride in it or drinking tap water, it could be contributing to low testosterone. The herbal blends listed below for men as well as Damiana, and Korean Ginseng will help restore testosterone! Xenoestrogens disrupt the female glandular system, too!
- ☑ Adrenal fatigue affects both men and women. Think of the adrenal glands as the batteries of the body. When you are burned out with adrenal fatigue, sex is usually the last thing you want to have. NSP "Adrenal Support Formula" as well as other adaptogenic herbs can help repair the adrenal glands and get the sex hormones to start working for you again!
- ☑ Go on the "Stop eating crap" diet! Yes, I said it. There is no other way to plainly put it. This means cutting out processed foods, fast food, refined carbs, refined sugar and soda. ALL of these things cause havoc on mood, hormones, brain chemistry and catapult the body into a never ending toxic stress cycle which will inevitably affect your sex drive. Instead, eat organic fruits and vegetables, healthy meat, follow your blood type and metabolic type diet, and drink plenty of purified water!

☑ Manage your stress! Bodywork, yoga, Tai Chi and meditation are great ways to help the body achieve balance to minimize stress!

Here is a list of Products that Herbs etc carries that will help boost sex drive naturally!

Nature's Sunshine "Women's X-Action"

This blend of herbs really does live up to its name! This is an aphrodisiac blend of herbs that not only increases sexual desire in women, it also supports the female reproductive system, nerves, adrenal glands and digestive system.

Nature's Sunshine "Men's X-Action Reloaded"

This formula is a combination of herbs and nutrients which enhance male energy, activity and vitality. The herbs also support the male reproductive organs including prostate function. Since this formula increases circulation to the pelvic region, it may be helpful for erectile dysfunction, impotence, infertility and lack of desire.



Nature's Sunshine "DHEA-F" (For Females) and "DHEA-M" (For Men)

First of all, what the heck is DHEA, you ask? DHEA is a sex hormone that is mostly produced by your adrenal glands. It is a building block for the sex hormones testosterone and estrogen. Supplementing with DHEA can decrease stress, increase sex drive, overcome impotence in men and aid symptoms of menopause. This is a fantastic blend to use if you have adrenal burnout resulting in low sex drive!

Life-flo "Testro-Max" Cream

This natural testosterone boosting complex is designed specifically for men's needs.

Continued on page 14

FACE IT: PART II

SMILE PRETTY: HOW TO HAVE A HEALTHY MOUTH

by Amy Jo Howard, ND

Have you ever stopped to consider that the health of your mouth and teeth is just as important as the cleanliness of your liver? Some people take this for granted until something goes wrong, and some people think that they just have “bad teeth” and have to live with it. Well, there are lots of things that you can do to promote a healthy mouth, naturally.

One common step to follow: brush your teeth, at least two times daily. However, throw away that brand name toothpaste with fluoride in it! Have you ever noticed that the fluoride toothpaste has a warning label on it that tells you to call poison control if swallowed? Let's think about this: it's in your mouth; even if you spit most of it out, the mucus membranes of your mouth are still absorbing it. And, most poisons have cumulative effects, so if you are using it twice daily, everyday..... Scary! And dangerous! How can this be healthy?!

Let's talk about fluoride for a moment. Fluoride is the most bioavailable form of the element fluorine. Fluorine is rarely found in its elemental form in nature, because it is a highly reactive, poisonous, pale yellow gas. In the form of fluoride, it is a negative ion, meaning it can combine with positive ions to form stable compounds. The compound of fluoride found in toothpaste, mouthwashes, and used in fluoride treatments for teeth is usually sodium fluoride or sodium fluorosilicate. These are actually waste byproducts from the fertilizer, aluminum, and nuclear industries. This type of fluoride is actually not beneficial for the teeth and has many dangerous side effects, including: weakening the immune system, damaging the kidneys and liver, lowering thyroid function, and carrying aluminum and other toxic materials across the blood brain barrier where they have been related to Alzheimer's and lowered IQ. Calcium fluoride is the natural compound found in underground water sources. But, do commercial teeth products use the natural calcium fluoride? No!

For toothpaste, look for a fluoride-free option. Herbs, etc. carries several different products.

One popular option is My Magic Mud Whitening Toothpaste. It is made with activated charcoal, coconut oil, bentonite clay, and essential oils and comes in peppermint, wintergreen, and cinnamon/clove flavors.

Next step: do the act of flossing, but don't use floss. (Say what?!) The “fl” at the beginning of the word floss stands for fluoride, and we want the effects of flossing but without the fluoride coated floss. So, use dental tape (it's right there mixed in with all of the floss products) and/or a water pick.

Next step: oil pulling, daily. Caution! If you currently have mercury fillings in your teeth, I would recommend against oil pulling until you have all of those fillings replaced. Oil pulling is the procedure of placing a spoonful of coconut oil or sesame oil in your mouth and swishing it around for 10-20 minutes. This removes bacteria and fosters healthy gums and teeth.

Some final thoughts: Avoid sugar, because it causes depletion of calcium in the body which will harm the teeth. Nature's Sunshine carries several different types of Calcium. Plus, the cell salts #1 (Calc fluor) and #2 (Calc phos) are both calcium compounds that promote healthy gum tissue and strong tooth enamel. So, make that mouth healthy, and smile!



Success Story

Christina has suffered her entire life with tonsil stones, spending hundreds of dollars on different products and tools to try and get rid of them, and nothing has ever worked. Then, after using the My Magic Mud toothpaste for only 4 days, her body was pushing out the tonsil stones like crazy! Since then, she has been free of tonsil stones for nearly 3 weeks. Christina says the My Magic Mud toothpaste is awesome!

MEET DENISE!

NATURAL HEALTH PRACTITIONER

Denise Denman spent her childhood years growing up on a small farm in Ionia County. She raised cattle for 4-H, attended multiple extracurricular activities in school, and has always had a strong passion for helping people. After high school, she attended Michigan State University where she had planned to enter into Veterinary medicine. After years of dabbling into many different educational paths, she finally discovered her true calling in Natural Health. While finishing her education at Montcalm Community College for a degree in Business Entrepreneurship, she began attending the first year program at the Naturopathic Institute of Therapies and Education. Denise has since continued her education at the Naturopathic Institute and has entered her fourth and final year of study before earning the title of Naturopathic Doctor.

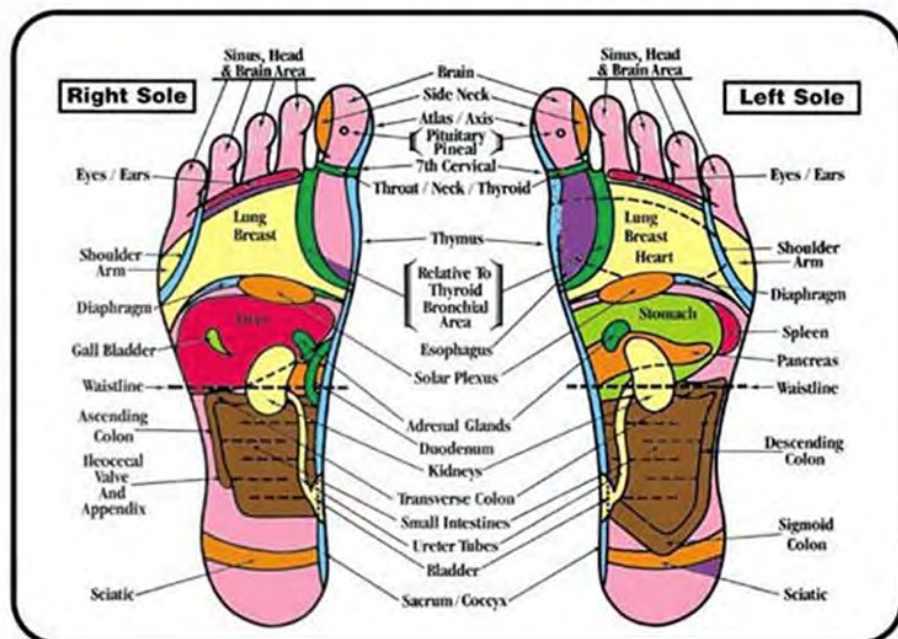
In addition to her academic studies, Denise has years of experience as a Reiki Master to help assist the healing process of others. Her small-town upbringing has influenced Denise to be a very down-to-earth, compassionate listener with the strong desire to assist others in obtaining wellness. She is currently seeing clients at Herbs Etc. for Natural Health Evaluations with a keen interest in fertility

and pregnancy health, Colon Hydrotherapy sessions, and multiple different healing and bodywork sessions, such as Reflexology.

For thousands of years in cultures all across the globe, people have enjoyed the therapeutic benefits of reflexology. Although it feels like a simple foot rub, reflexology is much more than that. This relaxing technique uses pressure on the various reflex points located on the feet to promote healing in all parts of the body. Each foot has over 7,200 nerve endings that connect to the organs and tissues located throughout the body! By stimulating these reflex points, those organs are directly affected.

Our feet are abused on a daily basis from wearing those stylish yet uncomfortable shoes, carrying our own weight around, and from stepping on obstacles along our paths. Reflexology is a fantastic way to give those feet a break from the stress that is put on them daily. Sometimes, reflexology therapists may include essential oils in the session, further benefiting the entire body. Experience this relaxing therapy for yourself by scheduling an appointment with Denise; your feet will thank you!

Foot Reflexology Chart



HOW TO HAVE YOUR MERCURY AMALGAMS REMOVED SAFELY

by Amy Jo Howard, ND

Deciding to replace the mercury amalgams in your teeth with a safer material is a huge undertaking. First, you have to understand and recognize that mercury is a toxic material and that it is negatively impacting your health even if you are not displaying any obvious health symptoms or teeth problems. Then, the next thought that goes through your mind is the financial commitment that it will take to make this happen. (However, when you compare it to the cost of treatment for health care due to a disease that may develop because of the mercury toxicity, it seems worth the investment.) Finally, you must select the proper dentist, because not all dentists acknowledge the detriment of mercury amalgams, and not all dentists remove them in a manner that is safe for you!

The IABDM (International Academy of Biological Dentistry & Medicine) outlines their recommendations for safe mercury removal: First, the room where the removal is taking place needs to have adequate filtration and ventilation, including a high volume air filtration system and a negative ion machine. Water is needed during the removal to reduce heat and capture mercury aerosol, and a high speed evacuation device is required to reduce mercury levels. Plus, the use of a non-latex dam is highly recommended. There are also recommendations for the staff on what should or should not be worn, including clothing and protective gear, during the procedure and how to clean and dispose of the mercury properly following the removal. In addition to using the non-latex dam, it is recommended that the patient's skin and clothing be covered with a full body apron as well as a full head/face barrier and that external air or oxygen be delivered via a nasal mask to prevent inhalation of mercury vapor or particles.

To find a properly trained dentist nearest you, visit www.iabdm.org or www.iaomt.org.

Now, if you want to up your game and further minimize your exposure during the removal process and expedite your body's ability to detoxify, not only the mercury that was in the teeth, but also, the mercury that has leached to other parts of the body, this is what you do:

Immediately following the removal (like, you are still there in the dentist's office), take an ounce of bentonite clay, swish it around in your mouth, then spit it out. Now, take another ounce of bentonite clay, swallow it, and drink a big glass of water. The bentonite clay will attract any mercury particles to it, so they can more easily be eliminated from the body.

For the next week, take between 5,000 and 10,000 mg of Vitamin C per day.



For at least the next three months, take MegaChel and/or Heavy Metal Detox, Spirulina, and Chinese VS-C: 2 capsules of each twice daily with a meal. (All of these products are available from Nature's Sunshine.)

Do detox baths or foot soaks two to three times per week (use bentonite clay, Epsom salts, or apple cider vinegar – at least 1 cup for a bath and 1/8-1/4 cup for a foot soak).

Depending on your unique body chemistry and health history, there may be other body systems or channels of elimination that may need additional support. Also, depending on how many fillings you have replaced and if they are removed in stages, you may need to do the detoxification program for a longer period of time. It would be best to make an appointment with a naturopath to personalize your mercury detoxification program and enhance your body's health in gaining its freedom from mercury toxicity.

DENTAL PRACTICES PROVIDING SAFE MERCURY PROTOCOL REMOVAL

White Oak Dental

2600 M-52
Stockbridge, MI 49285

(517) 851-8902
whiteoak-dental.com

“As your *Oral Health Doctor*, Dr. Daoud is aware that mercury vapor, dental infections, and TMJ (bite) problems can have a negative impact on oral and overall health. Because of these concerns, we focus on patient education and strive to remove mercury amalgam (silver) fillings in a safe way.”

Your mercury free and holistic dental practice in Southeast Michigan

Dr. Kevin Flood's Dental Health and Wellness Center

4990 Cascade Road SE
Grand Rapids, MI 49546

(616) 974-4990
www.dentalhealthgrandrapids.com

“We focus on your entire well being. From offering options when it comes to the use of fluoride, to using a special amalgam removal protocol, to providing a relaxing environment for pain free dentistry.”

Regiani Holistic Dental

1435 Ortonville Road
Suite B
Clarkston, MI 48348

(248) 625-5222
regianidental.com

“Holistic’ means different things to different people. Some think it is because we do not place mercury-silver fillings. That’s just the beginning. Every material we use—from start to finish—is chosen for three reasons: biocompatibility, durability and beauty. Every process is chosen for the way it interacts with the rest of your body.”

Dental Amalgam Filling Stages

(Stage 1 -- SCIENTIFICALLY TOXIC)



Unmixed Amalgam Container
(prior to placement)

(Stage 2 -- SCIENTIFICALLY SAFE)



Solid Amalgam Filling
(fitted into tooth cavity)

(Stage 3 -- SCIENTIFICALLY TOXIC)



Hazardous Waste Disposal
(for removed amalgam filling)

SATURDAY SEMINARS

\$89 for Full Day / \$50 for Half Day

September 5-13 - Permaculture Design Certificate Course See advertisement & pricing on Page 3

September 30 - Oils for the Brain and Spine: This class is geared towards those of you who love essential oils and want a day of hands-on oiling! A few things we will learn and do are: Adrenal release, hip alignment, headaches and migraines and the newest oil treatment, neuro-auricular, which is for the brain. None of these procedures are taught in the present programs. All NEW stuff!!!

Instructor: Jan Doerr, BA, MS, ND

October 28 - Sound Mind, Sound Body, Sound Heals: For all levels of interest! We will explore the difference between sound and music. Informative for personal and professional use - in learning how sound works in the healing process. You will learn vocal/phonetic techniques for moving energy and putting focus on specific physical body parts just by using your own voice. Tuning fork techniques and singing bowls on and off the body for physical, mental, and emotional well-being will be demonstrated. There will also be a soundscape meditation so the attendees can experience everything that is being talked about.

Instructor: Geoff Lamden, NP

October 29 - Make It-Take It with Essential Oils: (Sunday afternoon 1 p.m. – 5 p.m. \$50) This hands-on, fun class is for absolutely everyone! In class, you will make healthy foaming soaps, bath salts, perfumes, aftershave and more. There is something natural that you can make and use to improve your health. This is a great make it—take it class to bring your friends to and expose them to the world of natural health and essential oils.

Instructor: Jan Doerr, BA, MS, ND

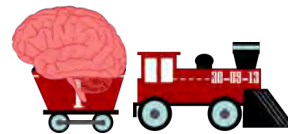


FRIDAY November 3 - Improving Relationships through Intimacy 1st, Sex 2nd:

Learn the path to true intimacy through becoming more aware of your partner's needs and your own. Explore beliefs about intimacy and sex that serve and don't serve lasting relationships. Gather insights through natural health that can improve energy, reduce stress, improve life, endurance, sex drive, and offer hope to any partnership. An in-depth and honest discussion will cover questions about the physical aspects of making love. Singles and couples are welcome. Be prepared to laugh, smile, blush and have a few ah ha moments.

Instructor: Bessheen Baker, ND

November 5 - All Aboard the Brain Train: (Sunday afternoon 1 p.m. – 5 p.m.

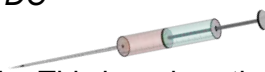


\$50) It's time to get on the 'Brain Train' and learn some of the newest approaches to brain health. This program will introduce you to the science of using sound and light therapy to change and balance your brain waves. This program has endless uses: clients who suffer from being autistic, having ADHD, PTSD, Alzheimer's or dementia would benefit from this therapy. Other uses include weight loss, applications for pain management and stress.

Instructor: Jan Doerr, BA, MS, ND

December 3 - How to Activate Your Tumor Suppressing Genes and More: (Sunday, 9 a.m. – 5 p.m., \$89) This Presentation is about how to handle clients with long standing problems that go malignant. Learn how to research all 204 different types of malignancies in PubMed and help with all natural, herbal, health food supplementation. Understand how to be on a team of doctors who all have one goal which is apoptosis. Learn what to give as documentation to the client who, in-turn, can show the others who are on their team and will allow them to comprehend how and why you are involved in the process.

Instructor: Richard Olree, DC



December 9 - Vaccine Lab: This is a class that actually dives into the questions that are no longer being asked when the discussion of vaccinations arise. What are the true risks of the disease in question today? What are the actual ingredients in each vaccine? How do these ingredients affect the body? We will discuss potential options for children who contract these diseases and what it might feel like as a parent, as well as how to encourage, support and have empathy for them. This class will guide you towards feeling comfortable speaking or discussing this controversial topic. You will leave prepared to provoke thought in your clients, inspiring them to consider their options.

Instructor: Heather Dexter, ND, Holistic Doula

**Call NCC at
989-317-4787 to Register**

FACE IT: PART III

EAR HEALTH

by Rachel Friesen, ND

The ears are the external manifestation of one's kidney health. It is then, perhaps, no surprise that the quality of hearing relies on some of the minerals and fluids that are regulated by the kidneys. Mineral levels and hydration are keys to maintaining acute hearing and preventing age-related ear degeneration.

What Can You Do About Ringing in the Ears?

One common disease of the ear is tinnitus (ringing in the ears). Ringing in the ears can be caused by a structural imbalance of the cranial bones or dehydration of your body's cells. Craniosacral therapy is a hands-on therapy designed to improve the flow of cerebrospinal fluid and regulate the mobility of the cranial bones, which can get rid of tinnitus in as little as one session! However, tinnitus can be related to other factors besides structural imbalances, and one of the most common causes is dehydration. Drinking more water and taking a good mineral supplement could be the answer to a long-standing tinnitus problem.

How to Enhance or Restore Your Hearing

Perhaps, one of the most common concerns related to the ears is hearing loss. A loss of hearing can be caused by exposure to loud noises, age related degeneration of tissues, and/or an emotional component. The negative emotional component for the ears is, "Rejection, stubbornness, isolation. What don't you want to hear? Don't bother me." The good part is there are ways to restore hearing loss using essential oils. Essential oils not only work on healing damaged tissues of the ear, but they also work on healing the emotional components that can be related to hearing loss. Hearing Restorative Protocol:

1. Rub valor on bottoms of feet, especially on the 2 smallest toes and on the smallest fingers of the hand.
2. For each ear, layer 2 drops of helichrysum, purification, juniper and peppermint, in that order, around the inside (not deep) and back of ear, on the mastoid bone behind ear along the bottom of the skull, around to the back of the head, and down the brain stem area.
3. Then, do the following ear adjustment:
 - Pull one ear up and then, the other ear up 10 times each side; 20 times total
 - Pull one ear back and then, the other back 5 times each side; 10 times total

- Pull one ear down and the other down 5 times each side; 10 times total
 - Pull one ear forward and then, the other forward 5 times each side; 10 times total
 - Then, make one quick pull with fingers in each direction up, back, down, forward.
4. Rub geranium all around back and front of ear.
 5. Rub 2 drops of Ravensara around the base of both ears.

Ear Infections (Otitis media)

Infections of the inner ear can be exemplified by irritation or pain, dizziness, as well as impaired hearing. The ear can be affected by viruses and bacteria as well as yeast or fungal invaders. Certain essential oils and herbals are an effective way to deal with ear infections. Wally's ear oil is a blend of olive oil, lavender oil, mullein, tea tree oil, Echinacea, and garlic oil; it is designed to create an environment where harmful infectious substances do not like to live. This blend can be applied topically behind the ear along the Eustachian tube region to help clear out these infections.

Maintaining ear health is accomplished by staying properly hydrated, getting an adequate mineral supply for the kidneys, protecting your ears from loud noises, being open to listening to what others have to say, putting to use essential oils to help restore ear tissues, and dealing with ear infections to prevent damage to the ear tissues.

Check out these products available at [Herbs etc](#)



Wally's Organic Ear Oil

Wally's Ear Oil uses a combination of six powerful all-natural herbs to soothe sensitive ears, including sweet almond, eucalyptus, tea tree, echinacea and garlic oils.



Wally's Itch-Away Oil

Natural blend of herbs and oils. Helps relieve itching and soothes. Works great in the ear and for the entire body.



Ear Candles



BREATHE BETTER THIS FALL

by Lori Becker, NHP

Breathe in.

Breathe out.

Let go.

Balance and harmonize.

Traditional Chinese Medicine (TCM) teaches us the importance of balance and harmony. In order for us to maintain balance and harmony within ourselves- mentally, physically and emotionally, we need to be able to ebb and flow with the changes of the seasons. Autumn is the hinge between summer and winter. In TCM, every season is associated with a specific pair of organs, an element, emotions and a spiritual aspect.

The lungs and large intestine are the pair of organs associated with autumn. Working with these organs during their heightened season enables us to achieve optimal health and balance. Autumn is represented by the metal element. The energy of metal is at its peak during this time and therefore, is the most amiable to treatment. Metal is associated with the emotion of grief. Since the physical function of the colon is to let go of waste and toxic material, it does on a mental and spiritual level as well. The physical function of the lungs is to purify. In TCM, the lung is described as “the receiver of the pure Chi from the Heavens.” The Lung and Colon work together as a pair, one taking in the pure, and the other eliminating waste.

When someone’s metal energy is out of balance (too much or too little), they may experience a variety of chronic or acute symptoms. Examples of too much metal energy: sinus congestion, allergies, asthma, sinus headaches, earaches, frequent sore throats and lymphatic stagnation. Emotional symptoms related to metal excess are: overly neat and organized, dogmatic, defensive, and they have a hard time expressing sadness or grief.

Examples of not enough metal energy: Prone to catching colds and flu, chronic sinus and lung infections, emphysema, fatigue, shortness of breath, excessive perspiration, tension in chest

and poor appetite. Emotional symptoms related to a metal deficiency are loneliness, feeling closed off from others and repressed and deep seated grief. Chronic constipation is another sign of metal imbalance- not letting go!!!

What are the best foods to support health during autumn? It’s time to stop eating so much cold and raw foods from the summer season, since they create cold dampness that we do not want to be stored in the lungs. Autumn is the time to have longer cooking times (get out the crockpot!). It is the time to eat heartier to nourish the body and support the immune system. Some of the best nourishing and warming autumn foods are stews, squash, potatoes, garlic, and horseradish.

What can you do to support the lungs and colon? Herbs etc offers a variety of herbal remedies from Nature’s Sunshine Products to help support the body in all of the changing seasons.

“Lung Support”

The primary line of immune defense is the mucous membranes lining our lungs and digestive tract, as most infections enter the body through these membranes. This helps explain why the Chinese metal element is also associated with the lungs and colon. Lung Support is a Chinese formula designed to enhance deficient metal energy. It enhances the function of the mucous membranes to improve immune response.



“Breathe Activator”

This formula is for reducing excess metal, and it opens up the respiratory passages and reduces excess mucus in the system.

“Bowel Detox”

This formula consists of substances that absorb various types of toxins and irritants in the bowels.

“Trigger Immune”

This herbal formula combats weak immunity and fatigue as well as supports the lungs and digestion.



“Lymphomax”

This formula improves lymphatic drainage, supports the immune system, purifies the blood, aids in earaches, sore throat, tonsillitis, and swollen lymph nodes.

“Tiao He Cleanse”

This 10 day cleansing and detoxification program stimulates bowel elimination and supports the immune system.

“ALJ”

This formula is one of the best “all around” formulas for almost every type of respiratory problem including sinus problems, allergies, pneumonia, coughs, and chronic sinus congestion.

“Four”

This formula is used as a respiratory decongestant as it promotes the production of mucosal production in the respiratory tract so that it can be easily expelled from the body. It also helps to relax and dilate the bronchial passages for relieving allergic reactions and coughing.

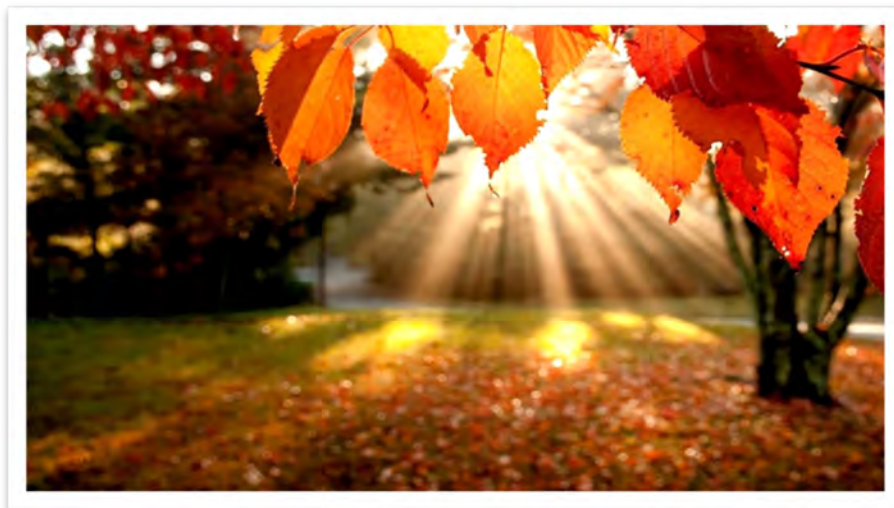


“Mineral Chi Tonic”

This liquid tonic contains many Chinese herbs in a base of colloidal minerals. It is a balancing formula that strengthens all body systems. It reduces stress, controls inflammation, and regulates fluid and mineral balance.



Being aware of the changes of the seasons and how they affect our lives so deeply enables us to prepare for the changing energy and harness



it. We can utilize the energies of autumn by shifting our thoughts toward letting go of what does not serve us in order to make room for the coming winter of deep introspection and spiritual growth. This means, not only clearing the clutter of the mind and emotions of the energy field that do not serve us, but this also means to clear the physical clutter as well. Lungs are deeply associated not just with the emotion of grief, but also the emotion of attachment. Often times, people have difficulty “letting go,” because they identify their own worth with “things” which can result in clutter and hoarding. If you have lots of clutter in your living environment, then you absolutely have too much clutter internally, as well: mentally, emotionally and spiritually.

Clearing the clutter from your physical environment will help you to be able to let go of the clutter internally!

This autumn, get outside (wear a scarf), and breathe deeply! Walk through the fallen leaves, and breathe in the crisp clean air to clean the lungs.

And, remember to let go!

“Through celebrations in their seasons are the deeper powers of human nature realized.”

~Rudolf Steiner

STUDENT MASSAGE LABS

How can you get an amazing massage for only \$20?
Sign up to be a student massage lab client!!

At the Naturopathic Institute of Therapies and Education (NITE), students from the Therapeutic Bodywork Program receive hands on training as well as hands on experience. In order to understand the body and the effect massage can have, students need practical, real-world experiences with clients of all shapes and sizes.

Working with the Naturopathic Community Center (NCC), students participate in 10 massage labs, varying from beginning, to specialized, and to advanced massage techniques. Learning different types of massage, such as Deep Tissue, CranioSacral, Light Healing Touch, Reflexology, Holistic Bodywork and more, allows students to broaden their ability to care for their clients.



Not only is this a great experience for the student, but it is a great opportunity for the client as well. For \$20, you can receive an hour therapy that would normally cost \$59 or more. You can sign up for something you've never tried before, such as CranioSacral or Reflexology, to find out if it's something you enjoy. Or, you can sign up for full body massages each time a new lab is scheduled. With approximately 2 labs per month, you could keep yourself relaxed all year long!

Anyone wanting to participate as a student massage lab client can fill out an application at Herbs, Etc. or request one by email. Once completed, you will be added to our call list and can sign up for any upcoming labs!

For additional information, email us at
CONTACT@NATUROPATHICCOMMUNITYCENTER.INFO
or call 989-317-4787.

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.

Herbal Boot Camp will take place again in 2018.

Sept 18th, 2017

- Understanding the adrenal glands
- Healing the spleen, the hidden master of digestion
- How to help others new to natural health
- The best cleanses top to bottom

November 26 – 28

Manager Getaway – Crystal Mountain

November 28 – 30

Instructor Getaway – Crystal Mountain

November 30 – December 2

Distributor Getaway – Crystal Mountain

Join The Quarterly Crone

Second Mondays

Sept. 11, Dec. 11, 5 - 6:30 p.m.

Become a Wise Elder and meet with the Quarterly Crones. Dr. Baker and your Elder Leader Marilyn Sweeney will have a lineup of topics and activities for you to do. Create a positive change in your community by attending this social networking opportunity.

For women of a "certain age," menopausal and up



More Sex Drive!
Continued from page 4



Surthrival “Pine Pollen”

Pine pollen can raise low testosterone in men, address prostate issues, and eliminate sexual dysfunction brought on by low androgen levels.

Ladies, you get to use this remedy, too! Pine pollen has the ability to naturally balance women’s estrogen and acts as a cellular detoxification that aids in all aspects of anti-aging, including skin elasticity. It even helps dissolve age spots, improves muscle tone, regulates the metabolism, and may aid in weight loss.

Life-flo “Progesta-Care” Cream

This natural progesterone cream is often all you need to restore your libido. Progesterone is a precursor to the sex hormones estrogen and testosterone.



Nature’s Sunshine “Maca”

Maca root has a reputation as an aphrodisiac, strengthening sexual desire and performance in both men and women. It is an adaptogenic herb which well means it reduces stress and increases general health and energy. It aids in low testosterone as well as erectile dysfunction.

Please contact Herbs etc with any questions regarding the supplements listed above! Low sex drive can also be caused by emotional and psychological issues, not just physical problems.

If sex drive has been an issue for you, it would be beneficial to schedule an appointment with a Naturopath. They can help you determine the root cause for any imbalances.

Junior and Layman Program

Announcing this year’s new and improved program for beginners! Here is an opportunity to learn something new with hands-on clinics and an abundance of practical, useful information that can be applied in everyday life. *Open to ages 10 to adult. Registration Required*



Sept 30, 2017

Feng Shui: How to Organize Your Home to Make It Healthier

A dirty, messy room does more than just make your mom mad - it affects your health and mood, too. Learn Feng Shui to live healthier and happier.



October 28, 2017

Elements of Man:

Minerals that Prevent Disease

Your physical body is composed of the elements of the earth: minerals. When the body is out of balance, that’s a clue that you may be deficient. Discover which minerals would benefit you.



November 11, 2017

Blood Type: Learn How Your Blood Type Affects Your Health

Your blood flows through and nourishes your body. Depending on your blood type, certain foods and even exercises will support your body better than others. Find out what you need.

9 a.m. - 5 p.m.

\$89 per Saturday Class

Contact Sherry at (989) 317-4787
or
contact@naturopathiccommunitycenter.info