



Herbs Etc. / NITE Newsletter

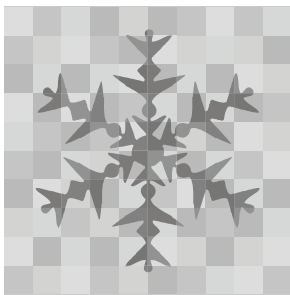
December 2006

Happy Holidays!

You choose the therapy and how long you use it in

THE THERAPY ROOM

at Herbs Etc.



THE RESULTS ARE IN ON THE THERAPY ROOM!

“I love it! And I want to bring all my friends back for an afternoon in The Therapy Room!” “I can’t believe all those toxins came out of me in the ionizing foot soak water. That was amazing.” “The Migun Bed is awesome! My back never felt better. Thanks, Herbs!” These are just a few of the things we’ve heard from people walking out of The Therapy Room at Herbs Etc.

Just over a month ago, we converted one of our classrooms into a “curves” for the natural health-minded person. Staff, students, and clients alike have been pulling the most disgusting toxins out through their feet in the

ionizing detox foot bath.

The great thing about The Therapy Room is that you are in control of which therapies you use and how long you use them. We’ll get you started with an orientation; then you can come Monday through Saturday and use the room on your own. Each station offers a private setting where you can relax and rejuvenate while improving your health.

Color therapy can be helpful for depression, weight release, clearing out persistent bacteria and viruses; sound therapy works on motivation, kidney and vascular weaknesses, and glandular imbalances. The magnetic bed allows homeopathic and emo-

tional flower remedies to be concentrated into your chemistry, which creates fast and long-term results from just 15 minutes of lying on this relaxing bed. The Migun bed uses infrared jade-stone rollers and acupressure to improve circulation, flexibility, and nutrition along the spine and legs. The ionizing foot soak and sauna are designed for releasing chemicals, heavy metals, lymphatic and circulatory congestion, which makes cleansing and deep detoxification more effective.

You’ve got to check out The Therapy Room, and for only \$20/half-hour or \$35/hour, it’s a great choice! *Gift certificates are available!*

The Top 10 Remedies for Depression, Stress, and S.A.D.

1. Joy—a blend of essential oils containing rose oil and is very uplifting in times of sadness, grief, and adversity. Breathe first, then apply to heart, wrists, and forehead.
2. Good Mood Tea—a tasty blend of St. John’s Wort, lavender, lemon balm, and rose known for its uplifting qualities. Steep for a minimum of 5 minutes; drink hot or cold.
3. 5-HTP—an herbal blend containing L-tryptophan, an amino acid that is usually missing whenever someone suffers from depression.
4. Sam-e—another amino acid compound used to help balance brain chemistry, also helping with joint and liver health.
5. B-complex—nourishes the nerves, improves digestion, and helps with mental clarity; known as the best anti-stress vitamin, additionally, necessary in carbohydrate digestion.
6. Anadep—an Egyptian essential oil blend containing numerous high-quality oils from around the world to be worn as a perfume or 2 drops in a bath soak.
7. GABA—nourishes the neurotransmitters of the brain allowing for stress reduction, better sleep, highly recommended for blood type Bs.
8. Phenylalanine—the most significant amino acid relating to energy, memory, and mood elevation. Found deficient in nearly every depressed person. We carry it homeopathically.
9. Kali Phos 6X—a homeopathic used to nourish, build, and repair entangled nerves, increasing brain function, alleviating sadness, and reducing seasonal affective disorder (S.A.D.)
10. Full spectrum light—100 watt frosted lightbulbs to be placed in any normal light fixture, giving full-spectrum, uplifting light.

JOIN THE INTENSIVE CLEANSING CLINIC

SCHEDULED AT HERBS ETC. FOR APRIL 15—21, 2007

\$1200 PER PERSON

(WORTH WELL OVER \$2300 IN PRODUCTS AND SERVICES)

SPEND SIX DAYS UNDER PERSONALIZED NATUROPATH CARE!

LODGING, MEALS, TRANSPORTATION, HERBAL PROGRAM, AND ALL-NATURAL PERSONAL CARE PRODUCTS ARE INCLUDED IN THE PRICE.

DETOXIFYING THERAPIES INCLUDE:

INFRARED SAUNA, MASSAGE THERAPY, IONIZING FOOT BATH, VOICE BIO SOUND THERAPY, AND SPECTROCHROME COLOR THERAPY.

DETOXIFY YOUR BODY FROM
CHEMICALS, PESTICIDES, HEAVY METALS, AND TOXINS!

GET HELP FOR CHRONIC AND DEGENERATIVE DISEASES!

CALL 989 773-3636 FOR MORE INFORMATION.

SPACE IS LIMITED!



Yoga and Tai Chi Class at Herbs Etc.

An integration of yoga, tai chi, stretching, breathing, and pilates, this low-impact exercise session tones and encourages flexibility, strength, and overall well being!

Wear comfortable clothing and bring a yoga mat, if desired. No registration necessary!

Mondays in January 2007, 6:30 - 7:30 p.m.

Eat Good Sugar!

Since sugar leeches calcium from the body, over-consumption may lead to calcium deficiencies such as cavities and weak bones.

Xylitol is a natural sugar derived primarily from birch. Unlike simple sugars, xylitol is easily and quickly absorbed by the body giving energy over an extended period of time. It may also elevate the saliva pH, making it more alkaline. This will help protect and repair the enamel of the teeth.

In addition, xylitol benefits the production of healthy bowel flora, reduces oxidative stress, and increases endurance. It may increase the flow of saliva and stabilize its protein.

Nature's Sunshine Xylitol Mints, Chewing Gum, and Chocolate Bars are now available at Herbs Etc. and make Great Stocking Stuffers!

Stocking Stuffer Ideas

- Nature's Sunshine Chocolate Bars, Mints, and Gum
- Jewelry and Flutes
- Incense and Holders
- Burt's Bees Products
- Essential Oils
- Bath Salts

...and don't forget...
GIFT CERTIFICATES!!!

December Special: Purchase a Gift Certificate for a One-Hour Service and receive 1/2 hour in Room 8 FREE!

Upcoming Nature's Stones Massage Seminars

Previous seminars were so successful, we've asked Nature's Stones, Inc., from Churchville, PA, back to offer three more exciting seminars:

- **March 10 & 11, 2007, 9:00 a.m. to 5:00 p.m.**
Dr. Joseph Maio's Ten Most Common Problems: seminar includes discussion of the structure of trigger points, review of related anatomy, and techniques for treating ten common muscle problems. \$350, 16 CEUs.
- **April 22, 2007, 9:00 a.m. to 5:00 p.m.**
Cool Lift Face Rejuvenation: seminar is available to massage therapists as well as estheticians. Learn treatment using cold stones to activate facial energy points with a nourishing finish. Cold of the stones is neutralized with hot stones placed on hands, feet, and chakras. \$195, 8 CEUs.
- **September 8 & 9, 2007, 9:00 a.m. to 5:00 p.m.**
Hot Stone Meridian Seminar: seminar teaches how to treat meridians with hot stones for healing. Topics include the balance of the Ying and Yang, stretches to increase joint mobility, and proper body mechanics for the practitioner. Basic knowledge of meridians is a must for this seminar. \$395, 16 CEUs.

**Don't forget to
ask about your
free 1/2-hour in**

**THE THERAPY
ROOM**

**when you
purchase a
1-hour service or
Gift Certificate!**

Truly Healthy Pumpkin Pie

by Kathryn Doran-Fisher

Pie Crust:

- 1 C spelt flour
- 1/2 t sea salt
- 4 T unsalted butter, softened to room temperature
- cold water

In a mixing bowl, combine flour and salt. Cut in butter using fingertips; blend well. Dough should resemble coarse meal. Add water a little at a time until mixture forms firm ball. Roll out on a lightly floured surface, keeping rolling pin dusted with spelt flour. Place in a 9" pie pan, pressing down into bottom of pan. Pierce crust with fork in many different places. Allow edges of dough to hang over sides; excess can be trimmed and crimped later.

Filling:

- 1 lb. drained silken tofu
- 2 T arrowroot powder
- 2 C steamed, pureed pumpkin or butternut squash
- 1/2 C honey
- 2 t ground cinnamon
- 1/2 t each allspice, ginger, nutmeg

Preheat oven to 400. Thoroughly mix all ingredients in blender or food processor. Pour into unbaked pie shell, bake for 15 minutes. Reduce temperature to 350, bake additional 50-55 minutes. It's done when a toothpick comes out clean after being inserted in center of pie. Let cool and serve.

The Healthy Eating Seminar Series in March

Now offered on Thursdays, 5:15 to 9:15 p.m.

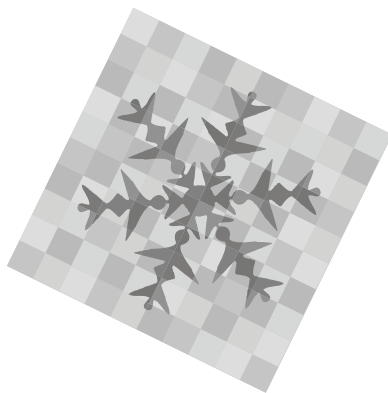
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| March 1, 2007 | How to Substitute Good Ingredients for Bad |
| March 8, 2007 | The Easy Way to Prepare Grains and Beans from Scratch |
| March 15, 2007 | How to Get Five Servings of Fruits, Vegetables, and Leafy Greens |
| March 22, 2007 | Healthy Snacks for Picky Eaters |
| March 29, 2007 | Meal Planning and Grocery Shopping |

Presented by Kathryn Doran-Fisher. Call 989 773-3636 to reserve your seat!

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Saturday
Appointments
at Herbs Etc.
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AVAILABLE FOR
COLONICS AND
CONSULTATIONS
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Herbs Etc. / N.I.T.E.
1410 S. Mission St.
Mt. Pleasant, MI 48858

Phone: 989 773-3636
Fax: 989 775-7319



FEEL BETTER NOW!

We're on the web:

www.nite-mtp.com

**Order Nature's Sunshine through
the website at 35% off!**

Tuesday Night Free Class Schedule: 2007

NO REGISTRATION NECESSARY! Classes meet from 6:30 p.m. to 7:45 p.m.

January 9, 2007	What All Diseases Have in Common and How to Prevent Them
January 23, 2007	How to Feel 10 Years Younger in 3 Months!
February 6, 2007	Relief for Migraines and TMJ
February 20, 2007	Using Homeopathy to Balance Personality Types
March 6, 2007	Growing Your Own Herb or Vegetable Garden
March 20, 2007	Learn How to Do Reflexology on Your Feet
April 3, 2007	Why Your Doctor Doesn't Practice Naturopathy and Why You Should!
April 17, 2007	How Do Herbs Work? 10 Herbs to Know
May 1, 2007	Learn the Skill of Muscle Testing to Determine Your Nutritional Needs
May 15, 2007	Poisons in Our Food (Preservatives, Coloring, Chemicals)
May 29, 2007	Iridology—Learn How to Assess Your Health Through The Eyes
June 12, 2007	12 Affordable Remedies to Relieve Nearly All Ailments
June 26, 2007	<i>Gateway to Hell</i> —Factory Farming vs. Local Food Choices



Gift Certificate Packages at Herbs Etc.

Gift Certificate Specials through 12/30/06

- 2 one-hour massages and 2 half hour sessions in the therapy room for **\$112**
(normally \$158)
- 5 one-hour massages and 5 half hour sessions in the therapy room for **\$269**
(normally \$395)
- 10 one-hour massages and 10 half hour sessions in the therapy room for **\$499**
(normally \$790)
- 6 colonics for **\$224** *(normally \$270)*
- 5 reflexology sessions for **\$109** *(normally \$125)*
- 5 one-hour saunas for **\$65** *(normally \$75)*
- 5 half-hour saunas for **\$45** *(normally \$50)*

Remember: Certificates are great gifts for employees!

SILVER PACKAGE \$99:

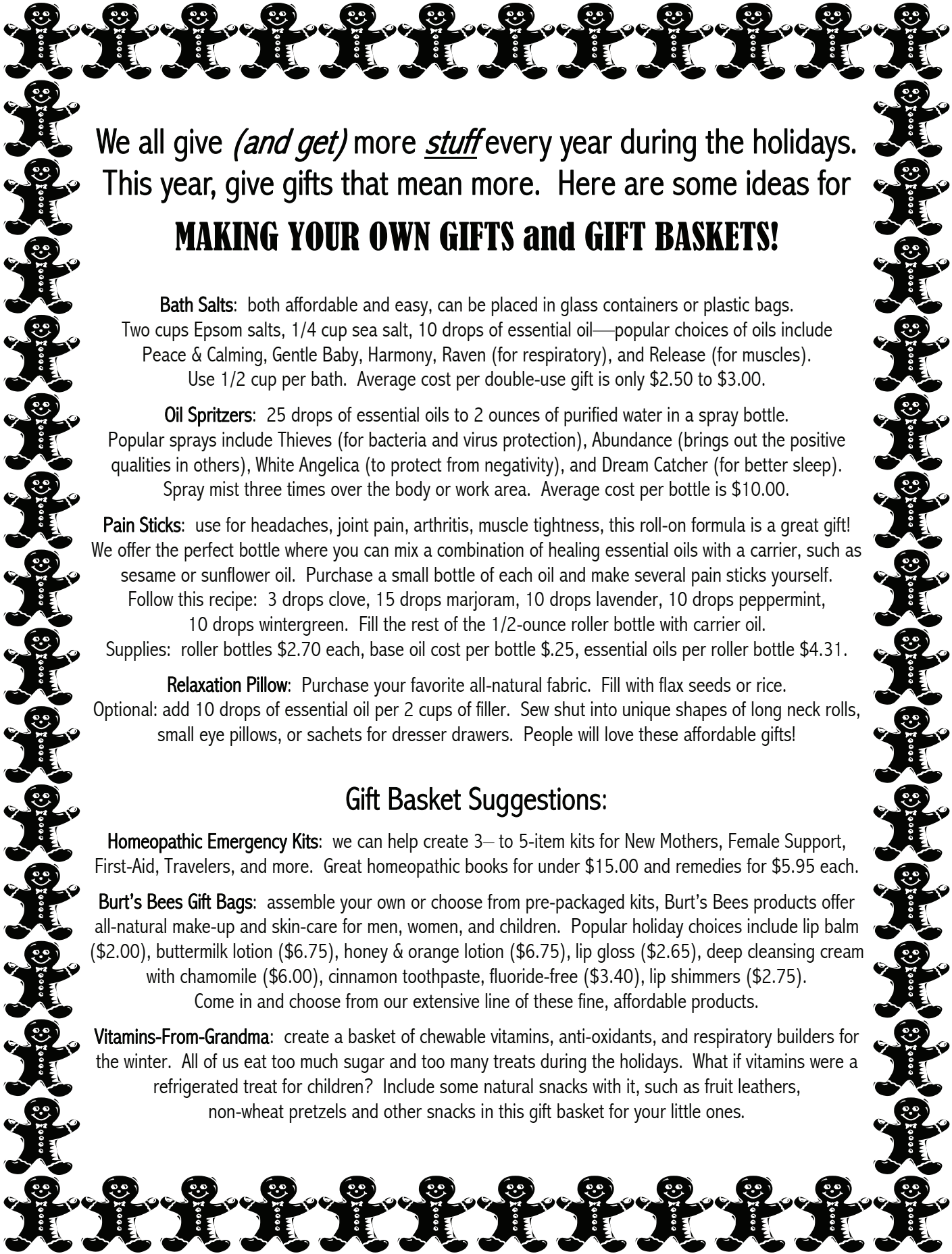
1 hot rock massage, 1 reflexology session, and 1 half-hour sauna

GOLD PACKAGE \$149:

1 therapeutic massage, 1 one-hour nutritional consultation, 1 reflexology session, and 1 half-hour color & sound therapy

DOUBLES PACKAGE \$159:

2 one-hour relaxation massages, 2 reflexology sessions,
and 1 hour in the sauna together



We all give (*and get*) more stuff every year during the holidays. This year, give gifts that mean more. Here are some ideas for

MAKING YOUR OWN GIFTS and GIFT BASKETS!

Bath Salts: both affordable and easy, can be placed in glass containers or plastic bags.

Two cups Epsom salts, 1/4 cup sea salt, 10 drops of essential oil—popular choices of oils include Peace & Calming, Gentle Baby, Harmony, Raven (for respiratory), and Release (for muscles).

Use 1/2 cup per bath. Average cost per double-use gift is only \$2.50 to \$3.00.

Oil Spritzers: 25 drops of essential oils to 2 ounces of purified water in a spray bottle.

Popular sprays include Thieves (for bacteria and virus protection), Abundance (brings out the positive qualities in others), White Angelica (to protect from negativity), and Dream Catcher (for better sleep).

Spray mist three times over the body or work area. Average cost per bottle is \$10.00.

Pain Sticks: use for headaches, joint pain, arthritis, muscle tightness, this roll-on formula is a great gift! We offer the perfect bottle where you can mix a combination of healing essential oils with a carrier, such as sesame or sunflower oil. Purchase a small bottle of each oil and make several pain sticks yourself.

Follow this recipe: 3 drops clove, 15 drops marjoram, 10 drops lavender, 10 drops peppermint, 10 drops wintergreen. Fill the rest of the 1/2-ounce roller bottle with carrier oil.

Supplies: roller bottles \$2.70 each, base oil cost per bottle \$.25, essential oils per roller bottle \$4.31.

Relaxation Pillow: Purchase your favorite all-natural fabric. Fill with flax seeds or rice.

Optional: add 10 drops of essential oil per 2 cups of filler. Sew shut into unique shapes of long neck rolls, small eye pillows, or sachets for dresser drawers. People will love these affordable gifts!

Gift Basket Suggestions:

Homeopathic Emergency Kits: we can help create 3– to 5-item kits for New Mothers, Female Support, First-Aid, Travelers, and more. Great homeopathic books for under \$15.00 and remedies for \$5.95 each.

Burt's Bees Gift Bags: assemble your own or choose from pre-packaged kits, Burt's Bees products offer all-natural make-up and skin-care for men, women, and children. Popular holiday choices include lip balm (\$2.00), buttermilk lotion (\$6.75), honey & orange lotion (\$6.75), lip gloss (\$2.65), deep cleansing cream with chamomile (\$6.00), cinnamon toothpaste, fluoride-free (\$3.40), lip shimmers (\$2.75).

Come in and choose from our extensive line of these fine, affordable products.

Vitamins-From-Grandma: create a basket of chewable vitamins, anti-oxidants, and respiratory builders for the winter. All of us eat too much sugar and too many treats during the holidays. What if vitamins were a refrigerated treat for children? Include some natural snacks with it, such as fruit leathers, non-wheat pretzels and other snacks in this gift basket for your little ones.

