

# NITE & Herbs etc. & NCC

## Spring Newsletter



2008

### Here's Your Story - Mary Lou

Delightful is the word to describe my amazing friend, Mary Lou and her handsome husband, John. This couple is well into their 70's and still sharing the miracles of natural health to anyone in need of hope.

In the summer of 2001, when Mary Lou first came to the Institute, she had been dealing with some very serious cancer and was not given much hope from the medical field. She had over 60 tumors related to the bladder area. But, that's a story for a different day. Seven years later, her story is about something else, although she is still an excellent promoter of Essiac Tea which is one of the reasons all those tumors are gone!

This story is about how Mary Lou was in so much pain last year that she was walking with a cane.

It started in the summer of 2006 with a lot of pain in the left leg especially. We added some joint formulas, and Devils claw herb because it's great for knee problems and increased her essential fatty acids. By

late summer, the leg was not improving and at times, was getting much worse. We did an inflammation program where we removed all inflammatory foods like salt, sugar, wheat, dairy and meat. We also did no night-shades like potatoes, tomatoes, eggplant and peppers. This helped the left leg, but then, the right leg, shortly after became worse.

By September, Mary was looking for some pain relief and sought medical help. Because of her history with cancer, she was understandably concerned. All was "well" as she was offered anti-inflammatory drugs.

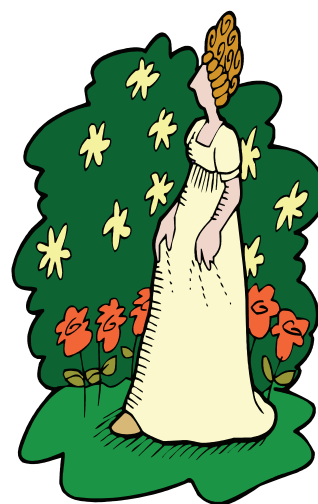
We focused even more on the kidneys as they are part of the structural system (see inside article on the water element). By October, the pain was unbelievable and the swelling in her lower legs was terrible! We were doing massages, castor oil packs, and more herbs and continued the strict food regime.

Finally, in those moments of frustration, I remembered to "get out of the

way," just be still, and hear what the God given plan is. It was hard to agree at first, but of course, why not? We were being directed to a fast for a 77 year old woman... YES! Fasting in times of crisis is often the best medicine.

We took away all the herbs and did a three day lemonade (lemon juice, maple syrup and cayenne pepper) fast. By the end of the third day, the pain and swelling were greatly reduced. By the spring of 2007, Mary Lou reported no pain in her leg for the last several months. She reported that if her legs get feeling heavy, she simply returns to the fast for 2 1/2 to 3 days, and all the swelling and heaviness goes away! Now, she fasts a few days each month to prevent problems and give the body the rest it needs.

What a great lesson for all of us. First, when all else fails, be still and listen. Second, when the body is overwhelmed, the best thing is often to fast and allow it to reset itself. Trust in your amazing design!



#### Inside this issue:

Weight Loss	2
Thyroid Problems	3
Water Filter	4
Six Day Retreat	5
Tuesday Night Class	6
Plastic Toxins	7
Home Remedies	8

## June 6th & June 20th - The Magic and Anatomy of Birth

These classes are open to the Holistic Labor Companion Program and all Alumni. If you ever wanted to play an irreplaceable role in a big adventure, this is it! These two classes will teach the essentials on how to help with the amazing experience of birth. Whether you are a massage therapist, naturopath, or someone interested in beginning a new, very meaningful career or part time experience, these classes are magic.

Beth Barbuea, an experienced doula and midwife, will be teaching both of these June classes. Her unique style of teaching through stories and experience will bring this topic to life. The entire program is available as low as \$2495 with all books, videos and remedies included. If you are an alumni, significant discounts can bring your entire tuition to as low as \$799.

Perhaps you are simply interested in these two classes, then

join us for \$300 per class.

Reservations will be limited to 18 students, so call right away to reserve your seat.



## Episiotomy Scars Trouble for Weight Loss

How many scars do you have? Where are they located? Did you know that scars can, over time, disrupt the nerve feed back loop and lessen the nutrition to particular organs and tissue areas? Often, these disruptions occur along electrical lines called meridians. Meridians were discovered and well documented over 2,000 years ago. Modern technology has verified the accuracy of these old maps to be over 99%.

Here's the interesting point for

ladies: episiotomy scars, from giving birth, run on the central meridian, the same meridian the thyroid is influenced by. Remember, the thyroid is involved in weight release and gain.

The best way to heal a scar is to massage wheat germ oil into the scar line and over time, this will help to dissolve the scar and the body will then be able to re-establish its proper flow. We believe adding a drop of lavender essential oil to each application is even more helpful.

It may be necessary to have help reestablishing some meridians, which a well trained naturopath would be happy to train you to do.

One alumni, who shared this information with us, already found this therapy turned her thyroid concerns around quickly. Did your problems begin after a significant scar, or after the birth of your children?

## Web Listing and Linking for Alumni

We're ready! It's time to create a list of alumni for the web site. Often, clients, students, and customers will ask for naturopaths and massage therapists who are graduates of NITE. Now, we will be able to refer them to the web site and even provide links directly to you.

There will be no charge for the Listing, and links can be approved after the new Director of Administra-

tion, Nancy Liponoga, reviews your site.

Please send an e-mail or note to the Institute indicating your business name, your name, the address you want listed (physical address, e-mail address, or both), a business phone number, and common known location, i.e. 20 miles east of Lansing, in the thumb area, etc. Also, include a paragraph about the services you

offer or highlights of your business. Indicate if you are available by appointment only or if you have set hours. Include a picture if you like.

Please be mindful to respond promptly to inquiries and be a positive reflection of the Institute.

We are delighted to offer this service to you!



## Isn't It Time You Experienced Survival Class?

This is the year! You've wanted to join each year - well, seize the day.

**Survival I** - covers the most important skills every person should have: How to build shelter, find water, build a fire (even without matches), handle a knife, and find survival foods. We camp at the outdoor community center (in tents), share laughs and stories around the camp fire, bring our own food (sharing the cookies of course), and follow the training of one of the best survival instructors in the state, Josh Powell.

**Date: May 30, 31, June 1**

(Friday from 5 pm to Sunday at 5 pm)

**Cost is just \$199!**



**Survival II** - advance upon shelter building and navigation. Learn how to track animals, create tools and spears, listen to the language of the birds, improve your fire making skills, camouflage yourself, and appreciate the wonders of nature!

**Date: August 15, 16 & 17**

(Friday from 5 pm to Sunday at 5 pm)

**Cost is just \$199!**

### Open Class

Each year, instructor Powell offers a class for alumni of previous survival courses and all of those already comfortable with survival skills. Last year, we learned how to tan hides and suture wounds: thank you, Dr. Sheila. This year, we will learn how to build a community debris building, throw spears and rabbit sticks, improve knife skills and refine additional skills. There will be lots of team work, sharing, and as always, personal growth!

**Date: July 11, 12, & 13**

(Friday from 5 pm to Sunday at 5 pm)

**Cost is just \$199!** Take any two or all three and save \$25 per class.

## Four New Naturopathic Doctors in Michigan

In January, 4 alumni of the Naturopathic Institute took the national exam to become Nationally Certified Naturopathic Doctors. The exam is offered by the American Naturopathic Medical Accreditation and Certification Board. We are delighted to announce all four of these ladies passed the exam and certainly deserve recognition for their accomplishment.



**Candy Chamberlain, ND** of Traverse City  
**Kathryn Doran-Fisher, ND** of Mt. Pleasant  
**Amy Jo Howard, ND** of Mt. Pleasant  
**Teri Lukas, ND** of Fowler

We are proud of each of you and bless you with many years of happiness and success in serving others through natural health.

## Welcome New Administrator - Nancy Liponoga

There's a new friendly face at NITE, and we are all delighted to welcome Nancy Liponoga to our staff. Nancy has been a student at the Institute since 2001. She attended classes for her own knowledge while working on her masters in business administration. Nancy worked for Consumers Power for the past 27 years and retired early to join our administrative staff.

Shortly after taking classes at the

Institute, Nancy knew she belonged in the natural health field. But how do you leave behind such a "steady" job and make such a leap? Let go--- that's how, focus on what really matters and live your dreams. Nancy sold most of her material possessions, even all her furniture, and moved to Mt. Pleasant, WOW! She is currently living out of the local bed and breakfast until she can find a simple apartment in the area (suggestions are wel-

come). She kept her clothes and books, and now, 20 totes hold all the important items. I don't know about you folks, but we believe she's got it right. Simplify!

I am personally delighted at Nancy's willingness to join our staff as she will be sharing many of my responsibilities, leaving me with more time for student activities and family.

Thank you, Nancy!

Bessheen



**Herbs Etc. / N.I.T.E.**

1410 S. Mission St.  
Mt. Pleasant, MI 48858

Phone: 989 773-3636

Fax: 989 775-7319

[www.nite-mtp.com](http://www.nite-mtp.com)

**Feel Better Now!**

---

## Student Massage Schedule

Massage students at the Naturopathic Institute give free massages two weekends per month. This spring, through the summer, we will be offering 48 free 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 relaxing 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 by the students.

**March 15 & 16 - Reflexology**

**April 12 & 13 - Massage**

**April 19 & 20 - Healing Touch**

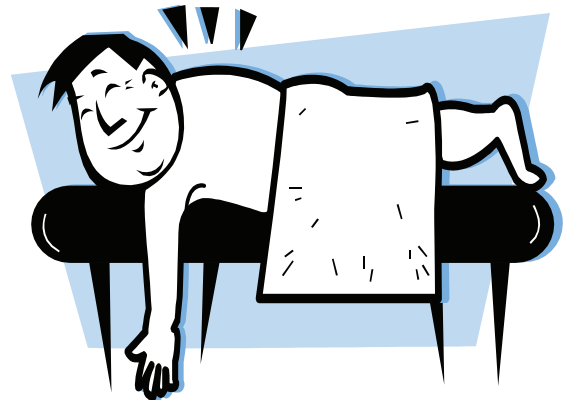
**May 10 & 11 - Massage**

**May 17 & 18 - Massage**

**June 14 & 15 - Massage**

**July 12 & 13 - Massage**

**August 16 & 17 - Massage**



Times available are 12:00, 1:30, 3:00, 4:30

Reservations are taken 2 weeks in advance by calling (989)773-3636.

It's a good idea to call exactly 2 weeks prior, reservations can fill up quickly!

---



# Herbs Etc.

## Showers Cause Thyroid Problems

There's nothing like a hot shower in the morning! What if it was a daily source of poison for you? If you have chloride in your water and you are not filtering it out, this is very bad news for your thyroid.

The thyroid is responsible for the rate at which you build up (repair) tissue and the rate at which you break down used tissue. These two aspects together are called your metabolism.

Most of us are aware that the thyroid regulates our body temperature, the rate at which we gain or release weight, and our overall energy.

If you've suffered from thyroid imbalances, you may know, all too well, the above functions as well as experiencing hair loss, feeling tongue tied, super emotional, a loss in sex drive, poor finger nail health, and plenty of other symptoms.

So how much chloride is in our drinking water anyway? Public swimming pools require 1.5 parts per million of chloride. City water normally contains 2 to 3



parts per million of chloride. That's up to twice the amount in the local pool!

It's the large mass of water and heat that saturates your senses when you enter the hotel or health pool area. But in smaller concentrations most of us don't think about it.

Here's the problem, chloride is one of the most readily absorbed substances by the skin. When you heat it up, such as in a shower, the fumes you inhale absorb even faster. So between the skin contact and inhalation, you are getting a big dose every time you shower or bathe. What chlorine does is block your ability to use iodine,

the very element needed by your thyroid to function properly. For women, it's even more of a problem because the function of the thyroid affects the function of the ovaries and entire female system.

The more natural iodine you have in the body, the more resistant to the chloride you will be. Yet, overtime, the chloride will leach out the iodine.

Solutions - Chloride serves its purpose in delivering you bacteria free water. But, remove it before you use it! Install shower head filters on all showers and fill your bath from these shower heads. Filter, at minimum, your drinking water. The best choice is still reverse osmosis. Distilled can be good but only in small amounts. Build your thyroid with liquid iodine. Have a naturopath test your thyroid function. We have shower filters, iodine, and naturopaths available at Herbs Etc. Thyroid appointments are only \$10.

( Article by Bessheen Baker, ND)

### GABA for Anxiety

One of the best researched supplements for anxiety is Gamma Amino Butyric Acid. Having a good supply of it in the body can greatly reduce an over-reaction by the nervous system. It is referred to as an inhibitory factor, keeping the body from racing into panic or what is called fight or flight. It allows the thinking brain to stay in control. Clients experience a calmness that is refreshing, unlike feeling drugged and dependent on substances that cause side effects.

Actually, that's how anti-anxiety drugs work: they force the use of your stored amino acids! (Remember, seek advice and work very slowly if coming off any prescription.)



**Spring, fill each heart with JOY!**



# Fluid Retention and Puffiness by Bessheen Baker, ND

Speaking of all this water, what if you have too much in your own body? Fluid retention is an uncomfortable problem to have. Most of the time, it comes from eating processed foods, poor kidney health, lack of proper and healthy sodium/potassium, and the emotion of fear and lack of support. People are put on "water pills" to get rid of excess water, but this can deplete potassium in the process. Often, potassium pills are recommended with the "water" pill.

Here's a natural idea. Nature provides wonderful diuretics and interestingly enough, they are all already high in potassium, imagine that!

My favorite herbal recommendation is parsley. Clients can take 2 capsules 2x a day and find the swelling reduced in the first 24 hours. Some additional diuretic foods are watermelons, celery, cucumbers, dandelions and asparagus.



A note on sodium: Table salt and the salt in processed food can certainly cause water retention. Often, we are told to avoid sodium. Yet, sodium chloride (table salt) and sodium derived from the aforementioned foods are different. The food source is usable and necessary to good kidney health! In iodized table salt, the iodine is a by-product of steel manufacturing and is very unhealthy!

## The Real Reason

By Brian Andreas

**There are things you do because they feel right & they may make no sense & they may make no money & it may be the real reason we are here: to love each other & to eat each other's cooking & to say it was good.**



*As presented by Lois Hartzler, my poetry finding friend.*

## Water Filters, Purification & Testing

Meeting the multiple needs of healthy consumers can be challenging for a store of our size. We carefully select which products are hard to find in our area and research for the highest quality. Due to the multiple products available in water filtration and purification we have chosen a high quality and affordable product line.

The shower filters we carry are easy to install and only require maintenance one time per year. The cost is only \$40.40 and they will be 10% off through the end of April. We also stock the refill cartridges.

For your drinking water, consider as a bare minimum a chloride filter for your kitchen area. This is a 10 stage water filter system that removes:

- Lead
- Cysts and Protozoa
- Chloride/Bad Tastes & Odors
- Pesticides and Herbicides

Each filter will clean 300 five gallon bottles of water. Replacement filters work out to 4 cents a gallon. That sure beats lugging all those water

bottles home from the store. The 10 stage system is small and easy to use. The cost is \$106 and will also be 10% off through April.

Our best recommendation is to get a reverse osmosis unit for your home. These filter even more contaminants.



For those of you with Nature's Sunshine memberships, please consider ordering them directly from the company. This is especially important for our friends on well water. There are a number of contaminants from fields and rivers. The EPA considers some toxins to be safe in small amounts, yet what if you have been drinking that water for 5 years? Toxins do build up in the tissues of your body. How safe is your water? Is it affecting your health?

Herbs Etc. also carries "Watersafe" drinking water test kits for only \$18. Test for lead, bacteria, pesticides, nitrates, chloride pH and hardness.

# Toxins in Plastics, Toys and Teeth Sealant!

The last few years has brought a lot of research and concern about the amount of plastic we use and the chemicals that leach from them.

Many studies have been performed on animals but none on humans. This has lead the plastic industry, just like the pharmaceutical and tobacco industry, to claim there is not a health risk.

One of the chemicals, bisphenol A (BPA), mimics the female hormone, estrogen. There is evidence in mice and rat experiments that this causes:

- Hyperactivity
- Early puberty



- Increased fat formation
- Abnormal sexual behavior
- Disrupted reproductive cycles
- Structural damage to the brain

We certainly have observed an increase in all of these problems since the "plastic revolution."

As a family, for years, we have avoided using drinking straws to reduce exposure to these false estrogens and create less landfill waste. It may be a small part but it keeps us mindful.

Consider avoiding plastic water bottles, foods in plastic bags, baby toys, and bottles made of plastic and

even sealant on your teeth. We use glass whenever possible and check our source for polycarbonate #7 plastic drinking bottles. They still do contain BPA, as do many forms of plastic. However, in this hardened form, it would have to be exposed to very high temperatures for long periods of time. For example, 212 degrees for 6 hours before it leaches into the contents of the container. Other lower numbers in plastic such as 1 & 2 leak much faster. Plan ahead and pre-pack your water and meals in your own containers, we don't need to eat that processed junk food anyway!

## Shake it all you want for \$39 per month!

If you haven't tried it yet, you need to! The body vibe is the latest addition to our self-serve therapies and is quick, non-impact, fun and easy. You simply stand in your socks on the vibe floor and hold the hand rails as it gently shakes and moves the stuck fluids and tissues throughout your body.

The benefits are: increased circulation, lymph stimulation, cellulite reduction, fat liquidation, better balance (especially in the elderly), decreased

cortisol, increased endurance, increased serotonin, increased bone density, increased muscle mass, increased cellular oxygen, loosening of stiff joints and muscles, decreased fluid retention, it speeds trauma and stroke recovery, increases testosterone production, and contracts and relaxes muscles up to 50x per second. Try it any time for \$2 or unlimited for just \$39 per month!



**10 MINUTES =s  
4 MILES OF JOGGING.**

## The Scoop on the Rocks



They sure do look cool as a night light, but what are they for? The salt rocks you see on display at Herbs Etc. are for purifying the air through ionization. Putting a negative particle charge into the air allows positive charged toxins and bacteria to bond with the negative charge and be neutralized or bonded and thereby, unable to cause harm. Clients have purchased them to improve the breathing environment for those with allergies and asthma, while others just like the clean air for their office and work area. They run by way of a small electric cord and light bulb that is included. We have small ones slightly larger than a grapefruit, to some larger than a football. Prices range from \$12 to \$75 and make great gifts for any nature enthusiast.

## Home Remedies

### Finally, Better Tasting Green Drinks!

You can thank my mother for this improvement! For years, we have been encouraging clients to make green drinks in their blenders. They are great for balancing the pH of the body, high in calcium and magnesium, and necessary for good colon and joint health. The problem for some is learning to like the taste, although many say they enjoy it right away. Yet, everyone seems to get out of the habit several times per year and need to get back into the swing of it, realizing they always feel better when they do them. Well, this suggestion from my mother, Nancy, could be the change that keeps you going on this health drink year round.

The original recipe was to use 1 handful of dark green leafies like romaine, spinach, or a spring mix. The darker the greens you get accustomed to, the better. Then, you add 2 cups of distilled water, because it helps to draw the minerals out of the greens. Blend it well, strain if you have a hard time with textures, and drink slowly. Do this on a daily basis. Mom shared the ideas of adding a peach or ripe pear. It's even healthier and greatly improves the taste! Some have added a portion of a peeled cucumber to improve the taste, but this is even better. Enjoy, and thank you, Mom!



### Is Water the Answer to Bone Problems? By Bessheen Baker, ND

When studying herbology one will surely want to study the ancient wisdoms of the oriental cultures. One of the greatest tools I've learned is to look to the kidney function and overall body hydration to better understand bone health. The Chinese especially have been wise enough to understand that the bones can only be "flexible", strong and youthful if the **water "element"** is in balance.

Long before one suffers from arthritis, misshapen bones, a weak back, muscle and tendon problems, the water element was demonstrating imbalance.

The water element is the most basic of all the elements. The energy of it is expressed in the flow of blood and lymph and our own ability to be fluid

and flexible. The emotion associated with water is fear and **excessive fear** is thought to damage the kidneys. The adrenal glands sit on top of the kidneys and respond the most violently to fear. The kidneys are the gate of self-expression. People whose kidneys are weak were often subjected to undue fears by their parents. The connections with these problems and fear are very clear. We speak of someone as being "spineless", "unstable", having a "yellow streak" down the spine and "weak kneed".

A lack of the water element would lead to a lack of fluidity (**brittleness**) or the ability to change, submit or compromise. Water flows down, so the water problems would show up in the lower half of the body. With too

much of the water element, one might become too "**fluid**" and unable to stand up for oneself and would become "weak kneed". People who are excessive in water tend to start many projects (water is nourishing to the root of things), but they are too "wishy-washy" to see them through to completion.

The Chinese study 5 major elements and look for their excess or deficiencies when understanding health and the emotions that proceed health problems. So if you suffer from joint and back concerns where might you be able to look deeper and what is the condition or your urinary system and other systems?

*(With credit to herbalist Steven Horne for his articles & teachings)*





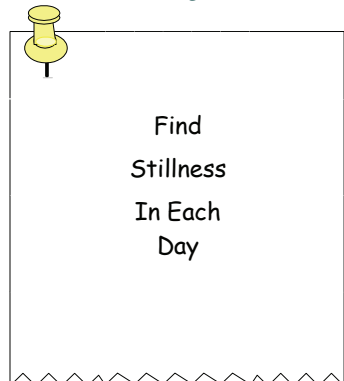


# Naturopathic Community Center

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

**The move is looking good! Renovations for the new home of the NCC, Herbs Etc, and The Naturopathic Institute will begin in April. We hope to be moved into our downtown, improved and larger location early this summer. Look for the grand opening and open house dates in the next newsletter.**

## We're Movin'!



Find  
Stillness  
In Each  
Day

## Six Day Retreat

**Join Us For The Cleanse Of Your Life!**

- \* Foot Soaks
- \* Daily Massages
- \* Colonics
- \* Sauna
- \* Sound Therapy
- \* Color Therapy
- \* Meditation



**Lodging, Herbs, Flower Remedies, Personal Counselor, Essential Oils all included!**

**April 6 - 12, 2008**

**\$1200 Per Person - Limited Space!**

**Tired of being sick and tired? Call for more details; it can be designed as a cleansing or building experience !**

**(989) 773-3636**

## Saturday Classes

*These one day laymen's courses are fantastic! You can learn about natural health to help yourself and your family.*

### March 8th

Muscle Response Testing: Practical Applications for Beginners



### April 19

Simple Massage Techniques to Use at Home



### May 3

Iridology: How the Eyes Show Health or Dis-ease



### June 7

Aromatherapy for the Home and Office Use



**\$89 per class 9 am - 5 pm**

*Call Herbs Etc. at (989)773-3636 for more information and to register.*

# Community Supported Agriculture by Kathryn Doran-Fisher, ND

"You are what you eat." How many times have you heard that particular phrase? Well, believe it or not, it's true to some degree. The proteins, carbohydrates, fats, minerals and nutrients within food are broken down to the smallest molecule and used by our bodies as fuel and building material. Unfortunately, all of the chemicals, preservatives, pesticides, hormones and genetically altered material in today's modern food also enters the body, and what your body does with it can determine whether you have good health or bad.

Many of the foods on today's grocery shelf are more hype than health. The labels practically scream "Natural!" "Low-Fat!" or "High in Fiber!" but when you look closer at the ingredients, these "foods" don't really appear to very edible at all. When was the last time your homemade recipe called for Butylated Hydroxytoluene?

The truth of the matter is you cannot be certain that any product in a commercial grocery store is actually safe for you to eat without knowing where it has been, what was put in it, where it came from, or sometimes, even whether it came from a plant or animal origin.

Fortunately, there are many options available today that can make eating a whole lot more simple. Food Cooperatives, farmer's markets, and CSA's can put the consumer in direct contact with the people who raised their food, from soil to finish. In particular, a CSA (Community Supported Agriculture) allows consumers to directly support a local farmer throughout the growing season. Customers often purchase a share or membership in the farm, allowing the farmer to buy seed and supplies early in the spring and then, the customers are provided with fresh, seasonal, often organic produce all summer long.



Some even offer eggs, meat or milk products as well. Many people form CSA groups so individuals can take turns picking up the produce each week from the farm. This is a great way to know exactly what goes into your food and consequently, what goes into your body, too. Plus, it is often much less expensive to belong to a CSA than to purchase products commercially.

So if you would like to get more involved with your food, at Herbs etc., we have the names of several local CSA's that you can sign up with. You may want to hurry, most CSA's have a cut-off date. The NCC will also be offering classes on cooking seasonal produce and more!

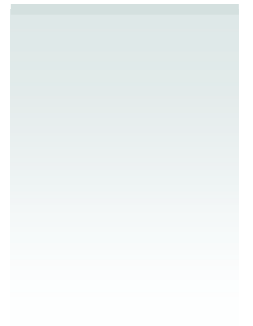


## Tuesday Night Classes

*Classes meet at Herbs Etc. and are free to the public.,  
6:30 p.m. to 7:30 p.m. No registration is necessary.*

March 11, 2008  
March 25, 2008  
April 8, 2008  
April 22, 2008  
May 6, 2008  
May 20, 2008  
June 3, 2008

The Truth about Microwaves and How to Heal Joints with Food  
Periods and Pregnancy without Prescriptions  
Removing the Negativity of Work and Others from Your Being  
How Color can be Used for Healing  
Iridology: Determine Your Health through Analyzing your Eyes  
Solving Headaches and TMJ  
Open House and Tour the New Facility



---

---

---