



# NITE LIGHT

Natural Health Quarterly

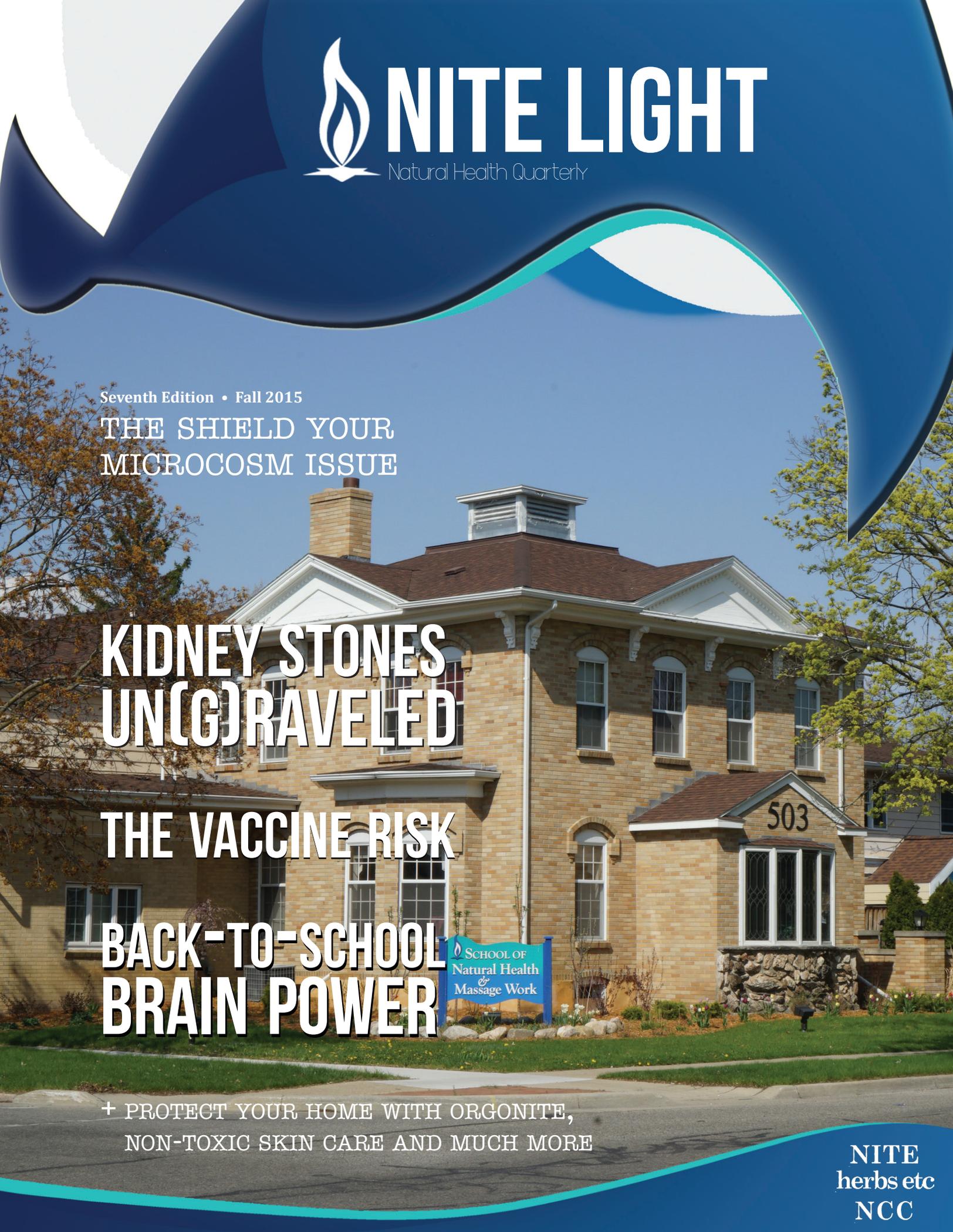
Seventh Edition • Fall 2015

THE SHIELD YOUR  
MICROCOSM ISSUE

**KIDNEY STONES  
UN(G)RAVELED**

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SCHOOL OF  
Natural Health  
&  
Massage Work

+ PROTECT YOUR HOME WITH ORGONITE,  
NON-TOXIC SKIN CARE AND MUCH MORE

NITE  
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NCC

# SHIELD YOUR MICROCOSM

by Amy Jo Howard, N.D.



There is a saying that the microcosm reflects the macrocosm. The microcosm is the small world; you are a microcosm. The macrocosm is the bigger world around you. It could be your environment; it could be the universe!

Look at what's going on around you and the state of the world today. There are both positives and negatives. In this newsletter, one of our goals is to teach you how to shield your microcosm: in other words, how to protect yourself from the negative aspects of the world we live in, such as immune system challenges, vaccinations, electromagnetic frequency pollution, kidney stones, and parasites.

As people who live and practice natural health, it is important that we attune ourselves to the rhythm of nature. Fall is the beginning of a new season: the daylight declines; the weather turns colder. In Traditional Chinese Medicine, it is a time to release the old and what no longer serves a purpose and discover what is meaningful and possible. The element of metal is associated with fall, and metal governs organization, order, setting limits, and protecting boundaries. It is a time to be more introspective, to really come inside and tune in to your body and to reflect on your life.

The lungs and the large intestine are the organs represented by the metal element. Eating an excess of cold and raw foods at this time of year creates dampness, which is stored by the lungs. Dairy products, especially, add to dampness in the body. All of the dampness will create colds, coughs, runny noses, and other respiratory issues. Try to eat warming foods and spices like pumpkins, squash, garlic, ginger, horseradish, and onions. Using a Neti Pot will also help to rid the nose and sinuses of excess mucus.

The emotion that comes to surface at this time is letting go. Look at the trees in autumn. The leaves ripen, then they let go. Physically, when you don't let go, you can become constipated (large intestine). Also, if you don't let go, you don't have room to take in (breathe in) life (lungs). There are many flower remedies to assist you in letting go. **Bleeding Heart** helps you let go of unhealthy relationships; **Chestnut Bud** allows you to release old habits and patterns; **Dandelion** lets you release tension stored in the muscles; **Filaree** enables you to release trivial worries that are draining you; **Honeysuckle** helps you to let go of the past; **Pink Monkeyflower** allows you to release shame, rejection, and emotional fears; and **Yerba Santa** enables the release of past emotional traumas.

Here is another key to shielding your microcosm: many quantum physicists believe that the inner world also helps to create the outer world. Everything is energy, even our thoughts, our feelings, and our emotions. Our thoughts and feelings, then, are not ours alone; they are part of the universe of energy, contributing to the creation of the universe. So, if we don't like what we see in the macrocosm, we need to start working on the microcosm. What would you like to create in the universe? What would you like to create in your world?

At this time for introspection, focus on the positive changes you would like to see in your world. Anytime is a great time for meditation, and yet, it is especially

important now as you turn inward and bring your attention to the things in nature that support our lives and our health. What energies vibrate at the highest frequency? All of these tools that we use (organic foods, pure water, herbs, essential oils, flower remedies, homeopathics, exercise, etc.) and all of the truths that we feel have been provided for us by the macrocosm. To keep all of our worlds healthy and thriving, we need to support nature in our microcosm; this is our best protection and our best way to make the changes we need for ourselves and to help the world return to a state of healing and wholeness.

# PROTECT YOUR HOME WITH ORGONITE

by Kara McNabb, N.H.E.

As wi-fi, cell phone, TV, and radio towers permeate the air surrounding us with electromagnetic frequencies, our health is taking a toll as our bodies absorb this invisible force.

One thing you can do to protect yourself is carry orgonite with you or plant it in areas that generally produce a high amount of EMF pollution. Orgonite is a layered blend of metal shavings or steel wool (non-organic material) and fiberglass resin (organic material), plus quartz. Together, this combination turns negative energy into positive energy continuously.

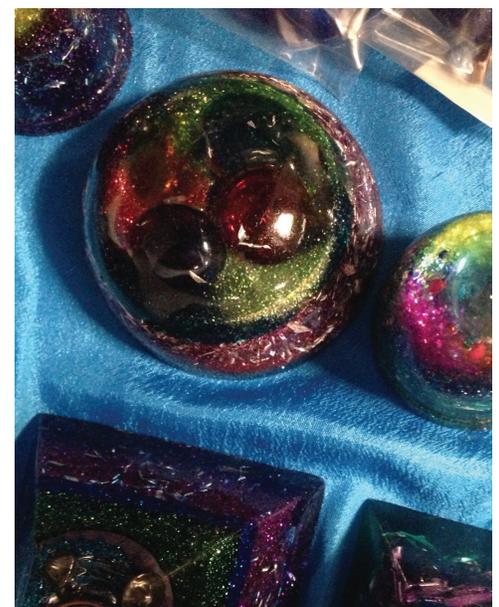
When orgonite is worn or placed around areas that accumulate a higher amount of EMFs, such as your computer or cell phone, you can expect several benefits. Some of those reported include deeper sleep and relief from insomnia and chronic nightmares, balanced mood, increased mental clarity and happiness.

The effects we're seeing from EMF pollution extend beyond our physical health and impact the planet, as well. Placing orgonite near cell phone or radio towers, power plants, in lakes, rivers, or even in your own yard, results in noticeable effects. The orgonite purifies the atmosphere, detoxifies water and helps with drought conditions. It also repels pests, contributes to healthier garden plants, and your plants require less water.

Dr. Wilhelm Reich discovered the powerful combination in the 1930s after detecting and measuring the existence of etheric energy, which he called orgone (similar to vital force, chi, prana). All living things contain

this etheric energy. The discovery was used in the treatment of cancer, with further research and provings conducted decades later in both Germany and Russia. Since, several advancements have enabled orgonite to be made and used safely in our homes.

*herbs etc* carries several types of orgonite, including jewelry to wear, pieces to place by your computer, throw in your child's backpack or adhere to your cell phone.



# SQUASH: THE BOUNTY OF FALL

by Gigi Zavaglia



Photo from Dan Allison

Nothing screams fall bounty like squash! Acorns, butternuts, late spaghetti, zucchini and pie pumpkins: all get equal amounts of love and respect from me due to the ease of working with them and their nutritional value.

The incredible benefits of squash are undisputed, and their vitamin and mineral content is extensive. This list includes a huge amount of vitamin A, as well as significant amounts of vitamins C, E, B6, niacin, thiamin, pantothenic acid, and folate. In terms of minerals, squash are loaded with magnesium, potassium, manganese, copper, phosphorous, calcium and iron. They are also a very good source of carotenoids and other important anti-inflammatory and antioxidant compounds.

Squash is very easy to work with. Peel it, cut in half, seed it and cut into chunks. Simple roasting with simple herbs (garlic, sage, oregano or a pre-mixed Italian seasoning with just a pinch of sea salt) and pureeing provides a delightful base for soups, a filling for ravioli

or a last minute comfort food side to any winter meal. Maple syrup or brown sugar can add a sweet element, as well as a lovely caramelization to simple squash that kicks it up to new levels.

Nuts about nuts? Squash is the perfect canvas for them!! Try pecans or pine nuts for added crunch. The completed puree can be frozen or canned. My preference is to freeze it in sealed containers for later use. Tip: it takes only a little more time to roast three squash versus one. Make a bunch, and it's readily available for later use.

With fall quickly approaching, farmers markets and your local CSA will have a plethora of late season squash available. Even if you choose not to extend your squash availability through roasting and freezing, squash store well for long periods in a cool, dry place and provide its nutrient-rich bounty for months to come.

Recipes can be obtained by emailing [TavolaGigis@gmail.com](mailto:TavolaGigis@gmail.com).

# BACK-TO-SCHOOL WITH BRAIN POWER

by Kara McNabb, N.H.E.

Boating, beaches and lazy summer days are over. It's back-to-work and back-to-school. At *herbs etc*, that means it's time to give our wee ones, tweens, and teens an extra boost of brain-power and immune support with Nature's Sunshine.

While your children soak up new knowledge, their brains need extra nourishment with vitamins, minerals and essential fatty acids. Give 'em butter, oils and healthy fats in addition to **Sunshine Heroes Omega-3 with DHA**. **Sunshine Heroes Multiple Vitamin & Mineral** provides your child with nutrients, especially if they're a picky-eater, have high activity levels or don't eat regular, whole-food meals. Dr. Baker says children who suffer from dry brain would feel better, behave and act better with 2 - 4 of these per day. (She even takes them herself!)

Gut health is key to brain health, and it's also imperative for a strong immune system. Several chewable products help support your little ones' digestive health and immune systems.



**Sunshine Heroes Whole Food Papayazyme** Enzymes break down fats, carbs and protein into nutrients that can be absorbed and used to build developing body systems.

**Sunshine Heroes Probiotic Power** Probiotics aid in digestion, absorption of nutrients and help maintain a proper balance of proper intestinal flora, which leads to stronger immune systems and minimizes food allergies.

**Sunshine Heroes Calcium Plus D3** You know calcium as a bone builder, but it can't make strong teeth and bones without vitamin D3 and phosphorous. Did you know phosphorous is a key mineral needed for brain power? And, that D3 plays a vital part in maintaining innate immunity? With the gray winter months limiting our sunshine exposure, supplementing with D3 is a necessity in Michigan.

**Sunshine Heroes Elderberry Immune** Fight colds and flu with the power of herbal antivirals and immune system strength. With the antiviral properties of elderberry, vitamin C derived from astragalus, and the benefits of echinacea, reishi and maitake mushroom, this is a potent blend to have on-hand as germs fly around the classroom.

# KIDNEY STONES UN(G)RAVELED

by Amy Jo Howard, N.D.

If you've ever had a kidney stone, then you know firsthand how horribly painful they are. Many clients compare them to childbirth. And, once you develop kidney stones, the likelihood that they will reoccur (according to typical Western medicine) is quite high. So, how do kidney stones develop, and what are some ways to prevent them or get rid of them naturally?

The kidneys detoxify and filter impurities from the blood. A kidney stone usually results when the kidneys can't process the toxins efficiently, and there is a build-up of minerals and acid salts in the urine that crystallize and form solid masses. Calcium is often the key mineral ingredient, and the acid salts are typically uric acid (a byproduct of protein metabolism) or oxalic acid (though there are other less common formations). Some prescription drugs promote the formation of kidney stones (such as Lasix, Topomax, and Xenical to name a few) as well.

Often, people do not realize they have a kidney stone until it moves from the kidney into the ureter, the tube that connects the kidney to the bladder. Common symptoms of kidney stones are: pain in your side and back below your ribs, episodes of pain lasting 20 to 60 minutes, pain waves that radiate from the side and back to the lower abdomen and groin, bloody, cloudy, or foul-smelling urine, pain with urination, nausea and vomiting, urgency of urination, and fever and chills.

To prevent kidney stones, make sure you are drinking half your body weight in ounces of water (pure and clean, preferably reverse osmosis) every day. Stop drinking pop and coffee. This dehydrates the body and makes the body more acidic. If you are taking a calcium supplement, make sure it is a good quality calcium. Also, calcium citrate is the preferred form of calcium to minimize oxalates in the body; this works best paired



Photo from James Palinsad

with magnesium citrate (look for the Natural Calm powder in the *herbs etc* store).

Avoid foods with high levels of oxalates. These include: spinach, rhubarb, chocolate, strawberries, soy, wheat, and many nuts. Sugar and processed salt also disturbs calcium and magnesium absorption, so eating fresh, whole foods is best. Overall gut health is extremely important. There are particular species of friendly bacteria that will digest oxalates. However, processed foods, GMOs, antibiotics, vaccines, and other toxins all keep the healthy bacteria from colonizing, and then, the oxalates start to accumulate.

Eating watermelon is excellent for healthy kidneys. Celery and Dandelion are helpful, too. Herbally, Stinging Nettle and Shepherd's Purse are valuable single herbs. Nature's Sunshine has some great herbal combinations to support the kidneys. These include Kidney Activator and Urinary Maintenance. Marshmallow herb is fabulous for helping with inflammation of the kidneys and urinary system, and Hydrangea is usually the go-to herb for dissolving stones.

Now that the mystery has been un(g)raveled, you can help keep your kidneys stone free! If you still have questions as to what would work best for your kidneys, consult one of the naturopaths at *herbs etc*.

# THE VACCINATION RISK

by Kara McNabb, N.H.E.



*Photo from The Liberty Beacon*

Vaccines: They are a hot topic across the nation these days. And it's no wonder why: when one argument states one thing with conviction, but another argument is completely the opposite, what are you supposed to believe?

Nearly eight years ago, Heather Dexter, N.D., remembers her childbirth educator telling her that vaccines are a choice. "You're telling me vaccines are dangerous, yet, everyone is getting them?" Dexter questioned. Her teacher replied: "Don't take my word for it, Heather. Do your own research." So, that's just what she did during those last three months of her first pregnancy, and she hasn't stopped since. Here's what Dexter has learned about vaccines.

First things first: What is a vaccine? It's a conglomeration of synthetic material. It can include live or dead microorganisms that are said to stimulate antibody production that is assumed to stimulate immunity. These strains are mixed with and preserved in a variety of substances, like aluminum, thimerisol, polysorbates, MSG, aborted fetus tissue, foreign RNA and DNA, yeast, peanuts, egg albumin and more.

## So what's the problem?

First, let's talk about the antibodies. With each and every vaccine, our immune system is stimulated to produce an over abundance of antibodies. Since many of the ailments we're vaccinated for are essentially non-existent in the USA, those antibodies have nothing to attack. So, the immune system begins to attack itself. This is known as an autoimmune condition. Childhood lupus, juvenile diabetes and childhood arthritis are a few examples of autoimmune disorders resulting from extreme antibody production and inflammation of the system, and they're more prevalent now than ever before.

Next, let's talk about the manufacturing of a bacteria or virus in a laboratory for the creation of a vaccine. "Yes, that's right," says Dexter. "Each and every vaccine is made with a genetically modified bacteria or virus. These are not wild strains found in nature, folks." They're grown in media such as egg, yeast and peanut – the top allergens in the United States. Peanut-free daycares, schools and hospitals exist because of the severity of these allergies. Children with these extreme

Photo from Sanofi Pasteur



on where these chemicals get dumped determines the sort of reaction in the body,” says Dexter. “The body produces symptoms like headaches, dizziness, fainting, ADHD, seizures, irritable bowels and more.”

It’s the combination of mercury and aluminum together that can cause extreme nervous system damage—or autistic-like symptoms—in a child who was previously healthy. In the 80s, autism was defined as a genetic condition one was born with. Nowadays, the definition has evolved to include a range of complex

allergies can react very quickly simply by being in the same room as a Snickers bar. The rise in allergies is tremendous, and the rise of vaccinations given between birth and 18 months since the 90s is also tremendous.

In 1983, the vaccine schedule suggested three vaccines from birth to age 6: DTP, MMR and polio. These were given over the course of six injections and four orals. Thirty years later, the injections are nearly five times more at 49 doses of the suggested 14 vaccinations.

Dexter says things like chronic eczema, rashes and ear infections aren’t just an overgrowth of candida albicans anymore. “Often, it’s a mutated yeast thanks to the hepatitis B vaccination given at birth. This virus is grown on a yeast media, and it consumes the sweet new babe’s body at day one.”

Third, the EPA shows that some of these preservatives cause damage to the body simply through exposure. They’re linked to things like cancer, nervous system irritation and infertility. With vaccines, it’s not simply exposure; it’s injection.

Additionally, many vaccines combine many toxic ingredients. “This creates tremendous confusion in the body, and it responds in order to try to protect itself. The body looks for a way to get these toxins to the closest channel of elimination – the bowels, urinary and respiratory system, sweat or lymph. Depending

neurodevelopment disorders.

Every vaccine is unique in its side effects ranging from headache to death. You’ll see these and many others listed on vaccine package inserts.



### **What to do when you choose NOT to vaccinate**

If you choose not to vaccinate, Dexter has a few suggestions. First, build and maintain a healthy immune system through our first form of medicine: food. Some of her favorites to consume daily to keep up natural immunity include: bone broth; liver; bone marrow; fermented cod liver oil, as its high in vitamins A & D; high quantities of animal fat like pastured lard and tallow; butter, raw milk and homemade yogurt or milk products. If you’re an A blood type, be sure to consume

high quantities of coconut fats. Fermented foods and single strain probiotics also help maintain a healthy immune system.

Second, certain natural remedies act as a preventative by strengthening your immune system. Elderberry, olive leaf and black walnut tincture are great herbal preventatives, as well as remedies to assist your immune system in fighting off an invasion. Essential oils like mountain savory, oregano or thyme have powerful properties to eliminate pathogens.

Third, if you suspect vaccine damage, there's hope. Dexter and many other naturopathic professionals have worked successfully with clients to reverse the damage of vaccinations through a number of natural health modalities.

## Myths

You're more likely to be exposed to MRSA or a staph infection than the things we Americans are being vaccinated for, like polio, measles, mumps and rubella. These conditions are all but eradicated, which leads to the question: were vaccinations responsible for eradication?

If you look into history to see what else was being done, you'll notice a decline in aforementioned conditions before the particular vaccines were even introduced. Several things contribute to this, but the key answer? Indoor plumbing! People were no longer pooping in buckets and dumping them onto public streets where urban dwellers walked through a cesspool of harmful bacteria and viruses on their way to and from work daily. Take a look for yourself, and see what else you find.

If vaccines are so dangerous, why have millions taken them with no side effects? Mostly, it comes down to how we communicate with our bodies. Are we paying attention? We tend to brush off the little things and don't attribute them to a cause. Headache. Aches and pains. Calling in sick to work the day after an injection. Many of us are unaware that those little things are likely related to a vaccine. Your personal vaccine schedule isn't something most think about in relation to their health, either. "Long-term," Dexter says, "most people can't connect their Crohn's disease, which started at age 13, to the Gardasil vaccination they

received at age 13. It takes a bit of detective work to put two and two together."

## Michigan law

Our laws allow parents freedom of choice for philosophical, religious and medical reasons. As of January 1, 2015, parents of kindergartners and seventh graders must appear at a county health department to state their reason for vaccine refusal. A county worker must sign off, and the ease of this process varies depending on your county. "Kent County is seeing hundreds, if not thousands, of vaccine exemptions at this time," Dexter said.

## Stand up for your rights

Whether you choose all, half, two or none of them, it's your right as a parent to choose what's best for your child. Allowing pharma-funded government to call the shots on how you parent is begging for trouble. Dexter notes, "If you're comfortable with the current vaccine schedule, what happens when dozens more are added? Will you still feel comfortable then? Because, then, you may no longer have the right to choose a delayed or varied schedule."

Regardless of where you stand, freedom is fundamental in America. Write a letter to your legislator. Tell them you're for freedom of choice. Every single letter can make a difference!

"Just because grandma did it and mom did it doesn't mean it's safe now. Things aren't necessarily the same as they used to be." Like Dexter was told in 2008 by her childbirth educator, "Don't take my word for it. Do the research yourself."

## Check out these resources for more!

- Michigan Moms Opposing Mandatory Vaccines
- Trace Amounts, a documentary
- Bought, a documentary
- US Outsourced: Clinical Trials Overseas, a documentary
- Dr. Sherri Tenpenny
- Dr. Tetyana Obukhanych

# DISCOVER THE POWER OF UTTATI ESSENTIAL OILS

Uttati offers only the purest forms of essential oils produced under time-proven conditions. They are not adulterated or diluted in any way. They contain no additives, extenders, or preservatives of any kind. These pure oils are the result of the collective wisdom, skill, and artistry of the Uttati family network in Egypt, which has been dedicated for generations to the production of the highest quality aromatic oils possible. *herbs etc* is the only store in Michigan to carry Uttati.



Photo from Cassie Carlson

A description of all the oils in the Uttati collection can be picked up at *herbs etc*.

Featured on page 11 are our cosmetic and Egyptian aromatherapy blends, plus here's what's new in each of those collections.

## **New to *herbs etc***

**For Joints: Afuremy** For asthma and pain relief from inflammatory conditions like gout, arthritis and uric acid build-up. Athletes love it for muscle recovery. Those with seized fingers have been able to mobilize joints within two days of using this blend. Many have experienced pain relief in as little as two minutes.

**For bacteria: Anti-bacterial** Similar to Young Living's Purification blend, this is an excellent oil blend to reduce antibiotic-resistant bacteria, including MRSA

**For Skin: Itchoff** For hives, psoriasis, eczema and any other skin irritation, this blend works wonders and smells amazing. This blend was the only thing to give a client of Dr. Howard's relief from psoriasis.

**For migraines: Lasodam** For chronic migraine prevention, this blend works by insulating and rejuvenating the neurons and cell receptor sites. Use daily. Not effective with acute headaches.

**For pain relief: Te Mak** This blend is fantastic for headaches, back pain, muscle soreness, skin pain and more.

**For thyroid: Thybal** This blend rejuvenates thyroid cells and can be used for hypo-, hyper- and autoimmune thyroid conditions.

## Cosmetic Blends

**Naturally Hair** This unique blend contains 14 oils which permeate the scalp and support the body systems that are integral in the vitality and growth of hair. Neroli stimulates cellular regeneration in the deep layers of the dermis. Basil, rose, and cedarwood enhance the effects of neroli. Parsley, clary sage, and a chamomile blend support the related body systems. Add this custom blend sparingly to shampoo as a preventive or therapy. Add several drops to a conditioner, and leave on scalp for a few minutes for a more intense therapeutic effect.

**Wrinkles Away** This blend is for stimulating cellular regeneration, rejuvenation, and restoring skin vitality. Add sparingly to body lotions and facial crèmes. Chamomile is the most potent therapeutic oil in this 8-oil blend. The synergy of chamomile combines with lavender, geranium, rose, and lemon to intensify and accelerate the effects of this wonderful formula.

## Egyptian Aromatherapy Blends

**AB** This Egyptian amulet represents the heart, the seat of life's power. Musk is the key ingredient in this 9-oil blend. Musk is recognized by many healing traditions for its ability to support the heart and its functions.

**AHAT** This 9-oil blend supports circulation and helps maintain body temperature in cold weather. It can be diffused. Peppermint, in combination with patchouli, basil, eucalyptus, cypress, and lemon work synergistically to form the core of this comforting blend.

**ANKH** This is a sacred Egyptian amulet which symbolizes the power of life. As a symbol, Ankh is included in the hieroglyphics for health and happiness. This powerful blend enhances various vital functions, including clearing and strengthening the respiratory system and promoting positive thinking.

**HORUS** This blend energizes and strengthens the vital force for long-term therapeutic effects. It also helps clear and energize the mind.

**IMHOTEP** Imhotep was the ancient Egyptian god of medicine and an appropriate name for this master blend. It stimulates and reinforces detoxification and immune functions.



**MENAT** This therapeutic blend of 14 potent oils stimulates and assists the functions of the lymphatic system and helps restore balance. Bergamot, cypress, geranium, and nutmeg support the chemical balancing effects of lemon. Use on the finger tips and toes.

**TJET** This knot of Isis represents the feminine energies and the power of giving life. This therapeutic blend of 14 oils supports the proper functioning of the female organs and glands. Jasmine and narcissus create the most potent effects which are further enhanced by the addition of bergamot, cypress, geranium, and nutmeg.

**UDJAT** This amulet represents the eyes of Horus, offering protection, strength, and health. This blend of 13 oils stimulates for energy and vitality—a real eye-opener! Mint, bergamot, and lemon contribute to the therapeutic effects.

**URS** The oils in this blend are potent for mental focus, alertness, and concentration. Use sparingly, especially when diffused. Start with a 15-minute diffusion and evaluate response. It can be used to enhance office productivity.



# PUTTING HERBS TO WORK TOPICALLY

by Kara McNabb, N.H.E.



New to *herbs etc* are Walker Farms herbal products. What makes Walker Farms stand out against the rest are the farm's extremely high quality practices, from picking the plants at optimal time to no chemical fertilizers, pesticides, fungicides or herbicides to tincturing with healthy, fresh plants rather than dried. A variety of herbal tinctures and oils are offered, including comfrey oil and Solomon's seal/teasel oil, two topical herbs featured below.

Comfrey oil is an excellent addition to anyone's first-aid kit with healing properties so powerful, it's known to heal wounds at an extremely rapid pace. So fast, in fact, that one should use caution in applying it to deep wounds or puncture wounds, as it can heal over the surface skin quickly enough that infection can be trapped inside. However, comfrey oil is amazing in its ability to heal surface wounds and rebuild bone tissue quickly due to allantoin, a substance that causes cell growth. Comfrey can also benefit in the reconstruction of torn muscles, ligaments and broken bones.

Solomon's seal/teasel oil blend is another wonderful remedy. Teasel is known to act on connective tissue, joints, bones, tendons and muscles. Because of this, it works very well for some with symptoms of Lyme disease. It's also a great remedy for torn muscles and damaged larger joints, like shoulders and hips, and a variety of other conditions.

The dried rhizomes of Solomon's Seal look like bones, knuckles and vertebrae, while the leaves clasping the stem look like muscle attached to a bone and flowers appear at the joints. This is a good way to remember what this herb can be used for; it's helpful for most anyone with muscular and skeletal problems. It's been known to act powerfully on creaky knees, bone spurs and intestinal inflammation (hydrated rhizomes take on the appearance of intestines, too).

Together, these two herbs are extremely potent for inflammatory conditions. In fact, many have used it successfully to avoid knee surgery.

# FOOD FOR YOUR FACE

by Kara McNabb, N.H.E.

With so many skin-care products on the market, how do you choose the right one? First things first: check the ingredients! Since everything we put onto our skin goes into our blood stream, you want to avoid harmful chemicals found in most commercial products. Recently, we discovered Herbal Face Food and heard



such great things, we decided to carry this 100 percent plant-based skin serum at *herbs etc.*

Customers are seeing dramatic differences in their skin with Herbal Face Food. Here's what we've heard: "Within a couple uses, my acne started to

clear up and scars started to fade." "It's helped with discoloration." "I don't need a moisturizer." "It soothes my eczema." This organic, edible serum is antibacterial, antifungal, antioxidant and anti-inflammatory.

Here are a few tips for using Herbal Face Food:

- Shake it before use. Separation is normal since the product is not homogenized.
- You may experience a warming sensation, so start with a nickel-sized amount twice a day. As your skin becomes healthier, the sensation diminishes.
- Work your way up to a quarter-sized amount twice a day.
- Don't use it right after showering. The warming sensation may intensify.
- Apply it to problem areas or all over face.
- Use for psoriasis, skin cancer, burns, bug bites, acne, fine lines, wrinkles, large pores, discoloration and any other skin condition.
- The trial size is a 20-25 day supply. It's more cost-effective to buy the two-ounce bottle.

## NON-TOXIC PERSONAL-CARE

by Kara McNabb, N.H.E.

*herbs etc.* now carries Michigan-based Keeki Pure and Simple sunscreens, lip balms, nail polish and more. Many customers have commented on how the sunscreen doesn't leave skin feeling sticky and grimy like others. They love how soft it feels on skin, too!

The best part is these products are completely non-toxic. Most sunscreens rate poorly with the Environmental Working Group (EWG) Skin Deep database, as their chemical components are carcinogenic, contain hormone-disrupting ingredients, contribute to liver and kidney damage, among others. Many nail polishes contain formaldehyde, dibutyl phthalate and toluene, which contribute to developmental defects and cancer.

Protect your skin for those long days at the beach and color your tootsies with non-toxic nail polish in colors like Cherry Pie and Peacock Martini without the worry of slathering on a health hazard.



# TUESDAY TEACHINGS

6:30 - 7:30 P.M. • FREE! • NO SIGN UP REQUIRED



For 20 years, we have taught free classes, so you can empower yourself through the knowledge and wisdom of natural health. Hands-on experience is encouraged and seating is for up to 60 people. Classes are always free, though donations are welcome. This helps to cover the expense of food samples and the instructor's time.

## HEALTH CLASSES

- Sept. 8*     **Fall Mushrooms**  
Learn to identify, locate and how to store
- Oct. 13*     **How to Remedy Extreme Emotions without Drugs**  
Wishing for a peaceful household? Learn remedies for temper control, anxiety relief and more
- Nov. 9*     **Layman's Massage**  
Learn how to give more than just a good backrub

## FOOD CLASSES

- Sept. 22*     **Abundant Autumn: Apples, Squash, Potatoes**
- Oct. 27*     **The Secret's in the Sauce!**
- Nov. 24*     **Grand Finale: Healthy Holiday Dishes**

## IN.FORM: NEW WEIGHT MANAGEMENT PROGRAM

5:30 - 6:30 P.M. • \$249 • REGISTRATION REQUIRED • (989) 773-3636



**IN.FORM** is a new, breakthrough weight-management and healthy lifestyle program from Nature's Sunshine. Join coach Amy Jo Howard, N.D., for a 13-week journey starting Tuesday, Sept. 22 that features:

- Health Education. Gain knowledge and life skills to achieve lasting health.
- Social Support. Get an instant social network! Friends with similar goals help you achieve success.
- Weekly Accountability Sessions. Our unique BioTracker measures weight, body fat percentage, hydration levels, lean muscle mass, metabolic age, bone mass and more!
- Personalized, Flexible Programs. Eat what you want, and we'll customize a Nature's Sunshine products supplement program to meet your individual needs. No pre-packaged meals!

# SATURDAY SEMINARS

9 A.M. - 5 P.M. • \$89 • REGISTRATION REQUIRED



These classes are open to the public, natural health professionals, massage therapists and anyone who desires an in-depth understanding of natural health. Classes are 9 a.m. - 5 p.m. with a one-hour lunch-on-your-own break. Unless otherwise noted, the cost is \$89. Registration and payment is preferred at least two weeks prior to the class. Purchase 5 seminars and receive the 6th free! For more information, visit us at [www.naturopathicinstitute.info/ncc](http://www.naturopathicinstitute.info/ncc).

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## ADVANCED ESSENTIAL OIL TREATMENT FOR THE BRAIN AND SPINE

*September 12*

**Instructor: Jan Doerr, N.D.**

This is a must-have training for bodyworkers and essential oilers. Neuro-auricular technique combines pressure points for structural alignment and essential oils to assist with the communication of vibrations and energy through the spinal column and into the brain. Great for migraines and headaches and balancing organs. The gentle treatment puts clients on the road to wellness quickly.

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## THE BIG FAT LIE

*October 3*

**Instructor: Kathryn Doran-Fisher, N.D.**

Have questions about cholesterol? Worried about heart disease? Reluctant to get on a cholesterol lowering prescription? The connection between saturated fat consumption and heart disease has been well documented. Or has it? Join Kathryn Doran-Fisher for The Big FAT Lie. This seminar will cover all you need to know about fats, oils and the cholesterol myth. See the studies and find out why the food industry has lied all these years. Learn why olive oil can make you fat, but coconut oil can make you thin. Discover how lowering your cholesterol through statin drugs or even herbal remedies can make you more prone to cancer, depression or suicide. What fats and oils are good for you and how much should you take? Hormone problems? Liver congestion? Reproduction issues? Dry skin? Poor eyesight? Stress? You need to attend The Big FAT Lie full-day seminar.

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## EMPATHY SKILLS

*November 21*

**Instructor: Ashley Rae, M.A., L.M.T.**

Knowing how to read between the lines and navigate emotional release are key when it comes to working with clients. In this course, you'll learn these techniques, along with professional empathy skills and tools to help you remain grounded while working with clients in a wellness capacity. This class is ideal for bodywork and natural health practitioners. Ashley Rae is a licensed massage therapist and mindfulness coach with a background in counseling.



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Now taking enrollment for  
Natural Health Educator,  
Therapeutic Bodywork and  
Holistic Doula programs.

### NSP QUARTERLY MEETING SEPTEMBER 14

We'll cover the following topics:

- 12 Simple & Affordable Herbal Programs. Designed and prioritized by Bessheen, there's one for everyone.
- How to Build Your Own First-Aid, Travel or Survival Kits from Backpack to Community Size
- The Roots to Breast Cancer + All Natural Solutions
- 10 Top Tips for Prostate Health

### 2ND ANNUAL NATURE'S SUNSHINE BOOT CAMP SEPTEMBER 14 - 17 ONLY \$99

Send your sales staff, assistants, and even yourself to this invaluable training facilitated by Bessheen Baker, N.D., Amy Howard, N.D., and staff. Learn the Nature's Sunshine product line, and see your profits grow.

### NSP QUARTERLY MEETING AND THREE DAYS OF INTENSE PRODUCT TRAINING:

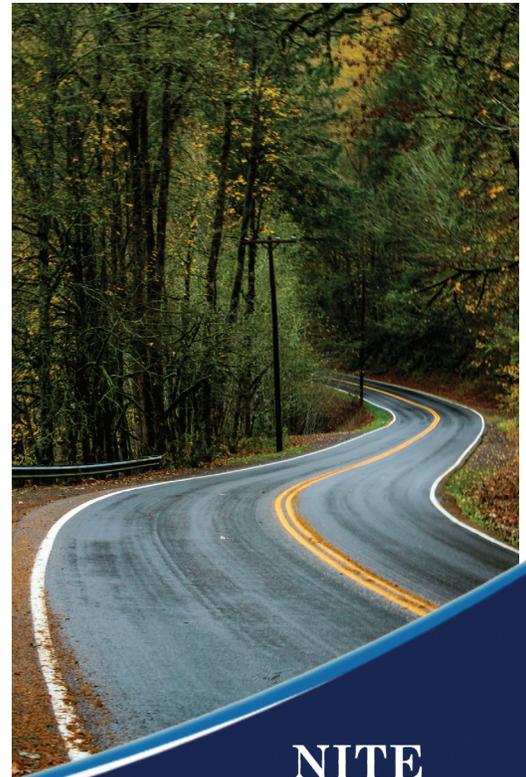
Start the training off by attending the NSP quarterly meeting at herbs etc. Then, spend the next three days learning how to properly promote and sell Nature's Sunshine products.

#### NO OTHER TRAINING LIKE IT!

Be ready when the next client/customer comes through your door. Be informed, be assertive, and be respected for being secure and confident for knowing and understanding NSP. Learn sales and communication techniques that will keep your clients/customers coming back for guidance time and time again.

#### CALL NOW AND RESERVE YOUR SPOT!

Housing, breakfast and lunch provided, so you can focus on learning. Call Julie at (989) 773-1714.



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