



NITE LIGHT

Natural Health Quarterly

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THE OWNER'S
MANUAL
TO YOUR BODY

**OUTWARD SIGNS
OF INWARD PROBLEMS**

**IMPROVE YOUR VISION
WITHOUT GLASSES**

**8 TIPS FOR
WINTER SKIN CARE**

+ 6 BODY MAPS, A SIMPLE SOLUTION TO ACID REFLUX,
AND THE NATURAL HEALTH JR! PROGRAM

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herbs etc
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OUTWARD SIGNS OF INWARD PROBLEMS

by Amy Jo Howard, N.D., C.H.

Our bodies are truly amazing. One of the countless amazing aspects is that if we know how to look for the clues, our bodies give us external signs of internal imbalances. So, that mole that you don't like; well, that's your liver telling you that it doesn't like how congested you've let it become. So, pay attention, here's a short guide to make some important translations.

Let's start with the face. Are you looking in the mirror? The upper part of the forehead corresponds to the large intestine. The part of the forehead just above the eyebrows relates to the small intestine. Between the eyes and just above the eyes tells you about the liver. Just below the eyes gives you information about the kidneys. The upper part of your nose is the pancreas; the middle part of the nose is the stomach; and the tip of the nose is the heart. The cheeks correspond to the lungs. The upper lip represents the stomach, while the lower lip represents the intestines. The chin area correlates with the reproductive system. Are you looking in the mirror now? Any line, wrinkle, mole, birthmark, wart, discoloration, etc., in any of these areas is a sign that that part of the body is trying to tell you something.

Ever get headaches? Headaches in the front of the head (forehead) correspond to the kidneys. They are probably



trying to tell you to drink more water. Headaches at the top of the head are a message from the large intestine, and headaches at the back of the head come from the liver.

Warts, calluses, corns, moles, and other markings and discolorations on the hands and feet are indications of internal imbalances. On the hands, the thumb corresponds to the lungs; the first finger relates to the large intestine; the middle finger represents circulation; the ring finger indicates the thyroid, pancreas, and adrenals; and the little finger represents the heart and small intestine. On the feet, the big toe relates to the spleen and liver; the second and third toe represent the stomach; the fourth toe corresponds with the gallbladder; and the little toe relates to the bladder.

Looking at the nails: white spots are a sign of a zinc deficiency and excess sugar; brittle nails indicate iron deficiency and thyroid, kidney, or circulation concerns; peeling nails are an indication of nutritional imbalances; vertical ridges represent nutritional imbalances and underactive digestion; horizontal ridges relate to significant dietary changes; an absence of white moons at the nail base corresponds with a slow metabolism; and thick nails are a sign of overconsumption of protein and fat and poor circulation.

If you moved away from the mirror, go back to it now. Stick out your tongue. A blue tongue indicates a lack of oxygen in the body; a pale tongue indicates internal cold and poor circulation; a yellow coating on the tongue represents liver, gallbladder, or spleen imbalances; a white coating on the tongue relates to a

weak digestive system and nutritional deficiencies; a quivering tongue shows nervous system and adrenal stress; scalloped edges on the sides of the tongue represent weak digestion and malabsorption; cracks in the center of the tongue indicate digestive system concerns, and swollen buds relate to inflammation in the body.

This is just a very brief version of all the messages that your organs are trying to convey to you. What you need to do now is pay attention. Beauty really does come from the inside. So, taking better care of your health overall supports your health inside and out. If you would like some help interpreting your body's messages, schedule an appointment with one of the naturopaths at *herbs etc* today.

BUILD BLADDER POWER

by Kara McNabb, N.H.E.

Sneeze, cough, laugh – pee! Does your bladder hang low? Have to squeeze your knees every time you sneeze, cough or laugh? Our bladders can become weak due to a number of reasons, like childbirth or an unshapely colon can sag and put pressure on the bladder. There are several things you can do to strengthen a weak bladder and avoid having to wear anything after menopause.

First, as much as you may not want to, you must stay hydrated. Hydration gives tonicity. The first 21 days are like running water over a hard, porcelain sink, but with time, the water will begin to saturate like a sponge and your body will be able to hold the water.

Herbal support

Uva ursi is a famous herb for its toning and strengthening effects on the bladder. You'll want to take two capsules twice a day for five or six seasons.

Sometimes the bladder can get so weak that it begins to protrude from the bottom of the body, often requiring surgery or a



device. Instead, Calc Fluor is a great cell salt remedy to tone and strengthen the bladder along with the Uva Ursi.



Nature's Sunshine Vari-Gone contains horse chestnut, an herb known to be a great tissue toner. It helps to hold the uterus in place, which may be a problem associated with the weak bladder.

These suggestions must be taken consistently in order to see results.

Physical exercise

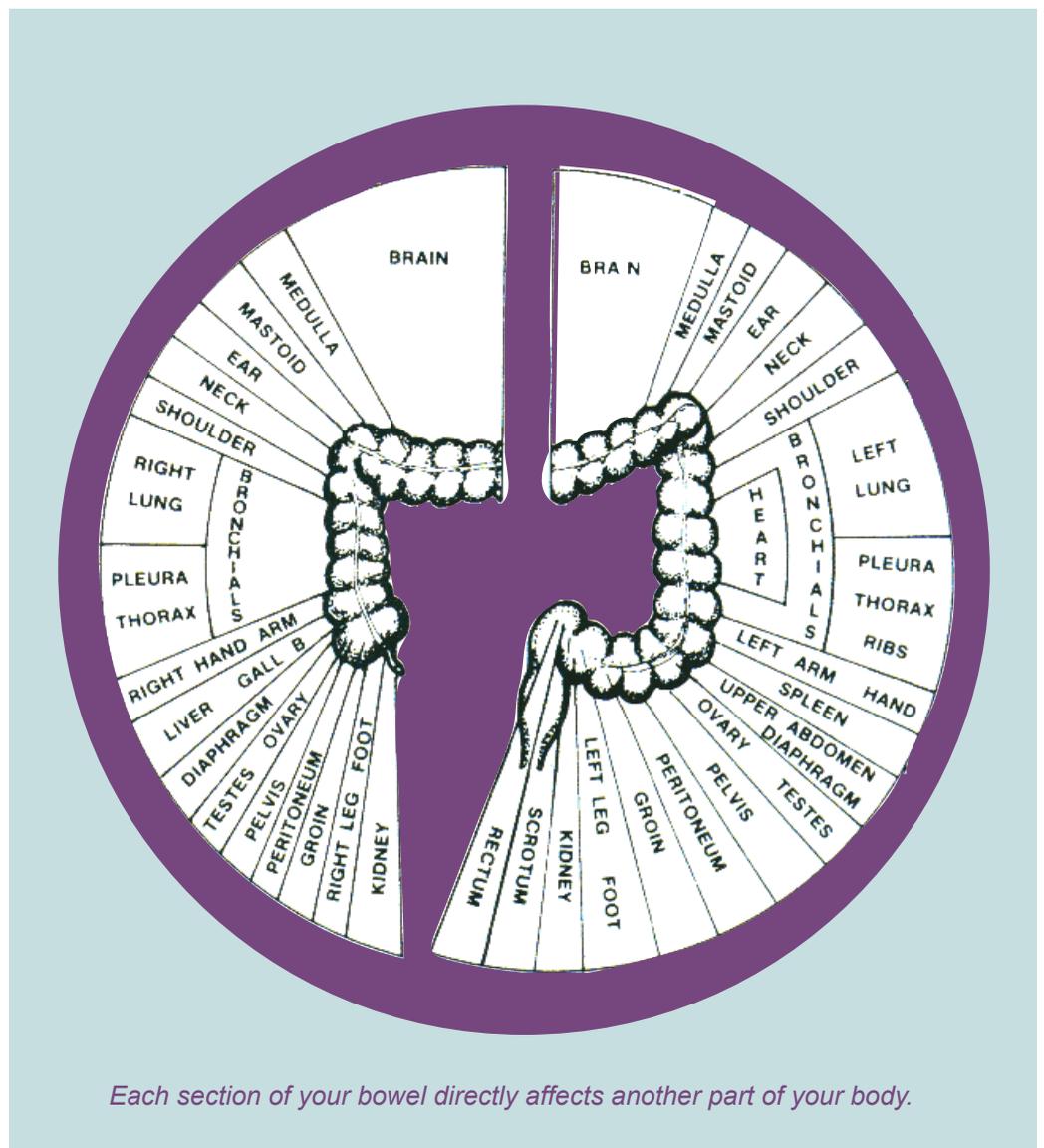
Lay on a slanted board for 10 minutes a day. Elevate your feet with pelvis upward with your head lower. This will help strengthen the bladder. And if you do Kegels while you're on the board, you'll see improvement even faster. Kegels are a contraction of the pelvic floor, which is the same muscle you use to stop the flow of urine. Do three sets of 10 Kegels per day and work toward holding the muscle for 10 seconds, three times.

A SHOWER FOR YOUR LARGE INTESTINE

by Kamber Ladanyi, N.H.E.

Our colon or large intestine contains billions of friendly bacteria known as commensal micro flora, tenfold more than the total number of human cells in the whole human body. This micro flora aids in digestion, promotes vital nutrient production, maintains pH balance and prevents the proliferation of harmful bacteria. As the last portion of our gastrointestinal tract, we tend to forget about giving our large intestine a little bit of love!

Colon hydrotherapy, also known as a colonic or colon irrigation, is a safe and effective method that stimulates the natural peristalsis of the large intestine through a controlled, gentle method using gravity-fed pure-filtered and temperature-regulated water. Performed in private quarters, the procedure offers a discreet and comfortable setting with



modern state-of-the-art equipment that employs a multistage water purification system that repeatedly flushes out the entire large intestine (all 5-6 feet!) using sterilized individual disposables for a sanitary and relaxing appointment.

During a colon hydrotherapy session a great deal of water is absorbed into the body. This affects the volume of blood and increases circulation. More cells means greater dilution of toxins flushed through elimination channels: the kidneys, skin and the bowel. Overall this assists the cardiovascular, immune and circulatory systems in greater efficiency. The condition of our

colon has very significant effects on every organ in the human body and on our sense of wellbeing in general.

Maintaining a healthy colon can help alleviate chronic fatigue, constipation, headaches, PMS, arthritis, allergies, asthma, dark circles under one's eyes, body odor, depression and can help facilitate weight loss, among numerous other health benefits. The colon plays a remarkable role in our body's health, helping maintain our overall vitality and whole body homeostasis.

Find out how colon hydrotherapy can help you achieve better health at *herbs etc.*

CLEAN YOUR EARS THE SAFE WAY

by Kara McNabb, N.H.E.

For more than 20 years, *herbs etc.*, has carried ear candles to help you clear your sinuses and congested ears from excess wax build-up. When done properly, ear candling is a safe, effective way for do-it-yourselfers to have better hearing.

While cotton swabs may pull out some ear wax, they actually push bacteria further into your ear canal. These tiny sticks also run the risk of causing damage to the ear canal or ear drum. Furthermore, they may also contain harmful chemical residues.

Ear candling is the practice of using cones made from beeswax to clean the ears of impurities and help with various ear disorders. Think of it like a chimney on a fireplace. As the cone burns, smoke travels into the ear canal, warming the earwax and creating a gentle vacuum. This can dislodge wax and any other debris and pull it into the cone. First-timers might see a powdery discharge. This is yeast build-up in the ear. You should always do both ears. Most people find they need two candles per ear twice a year. And for those who work in loud areas, they may need to repeat the process with up to three or four candles, up to four times per year. Always have someone help you. Pick up instructions from *herbs etc.*



HOW TO HEAL VARICOSE VEINS

by Kara McNabb, N.H.E.

Varicose veins are painful at times and definitely a cosmetic nuisance. Large swollen veins beneath the skin's surface are often red, blue or green in color and caused by abnormal valve function.

Arteries carry oxygen-rich blood to the entire body. This blood moves thanks to the heart pumping it along. Veins are responsible for returning blood back to the heart, however, they don't have a pump. So they rely on movement to help blood flow. Veins have valves, which close to prevent the backflow of blood. When the valves malfunction, blood pools and does not make it to the heart. This results in varicose veins.

Blood vessels that are red in color are result of a deficiency in bioflavonoids – the white stuff in oranges and green peppers that we often throw out, for instance. Nature's Sunshine Vitamin C with bioflavonoids will help in this state.

For varicosities, or blue veins, this is result of a calcium fluorine deficiency. Together, these two minerals create strength and flexibility. They tighten and tone tissues that are overstretched and flabby. Other indications of a deficiency in these minerals include hemorrhoids, prolapsed uterus, prolapsed bladder, bags under eyes, saggy breasts and saggy chin. A homeopathically prepared mineral known as the Calc Fluor cell salt will tighten and tone tissue. Other remedies are Nature's Sunshine Vari Gone, a combination of horse chestnut and other herbs that have the same strengthening ability. Cypress and helichrysum are two of the several essential oils key to varicose vein relief. The blend is available at *herbs etc.* in a roller stick for easy application. A good vitamin E containing at least 400 IU is effective, as well.

Together, the cell salt or herbs, along with the essential oil blend and vitamin E, will bring great results. And don't forget the support hose! These are totally worth it when it comes to varicose veins.

IMPROVE YOUR VISION WITHOUT GLASSES

by Kara McNabb, N.H.E.

There was once a time when eye doctors didn't prescribe eyeglasses to those with weak eyesight. Instead, they gave patients exercises to strengthen their muscles.

These exercises varied depending on near- or far-sightedness. One technique, for instance, leveraged a piece of cardboard with a pinhole. Held up to the eye, you'd be able to read a letter when it'd otherwise be blurry.

Glasses cause muscle atrophy. With the eyes getting weaker and weaker, a stronger and stronger prescription is needed. One who experiences this will benefit from the exercises in the book *The Bates Method for Better Eyesight Without Glasses* by William H. Bates, M.D.

Besshen Baker, N.D., says, "For those with a stigmatism, also work on a diet that reduces candida, and you'll do great."

What you ate last night can affect your eyesight today. Pay attention to whether your eyesight is blurrier, or your eyes more tired, and see if there are correlations to the types of food you're eating.

"The eyes are the sacrificial lamb to the liver,"

Besshen said. For symptoms of macular degeneration and cataracts, it's imperative to work on the liver, as the eyes reveal warning signs of liver weakness.

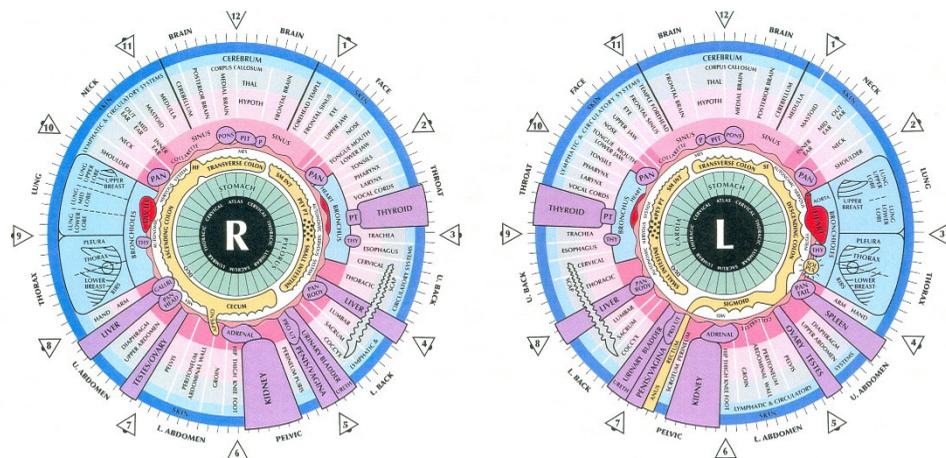
Eye doctors of the past gave exercises, so you wouldn't have to repeatedly come back spending your hard-earned money. Nowadays, many optometrists aren't aware of this history. But give the exercises a try. Besshen said, "A client with cataracts declared legally blind followed the recipe below paired with eye exercises and was able to drive again. His vision had been restored!"

Take two capsules of Nature's Sunshine EW internally twice a day. Then, every few days, open two capsules and bring to a boil in 2 Cups of water, and then simmer in for 20 minutes longer. Strain through cheesecloth. Use solution for next three days as an eyewash. It'll sting at first, but do it twice a day. Goop will come out by the next morning, and you'll start to see vision restored. Refrigerate between uses. This process takes a few months, but when combined with eye exercises it can be very successful!

Eyebright is an herb in this Nature's Sunshine formula. It was named for its medicinal properties effective for diseases of the eye. The herb is also very effective on the liver. Clean the liver, improve eyesight!

IRIDOLOGY: AN EYE MAP

Your iris provides clues about your state of health or a predisposition toward certain health patterns. Markings or pigmentation in your eye correspond to different parts of your body.



A SIMPLE SOLUTION TO REDUCE ACID REFLUX

by Carlyn Molloseau, L.M.T.

More than three million people each year are diagnosed with hiatal hernias, or stomach hernias, according to the Mayo Clinic. A hiatal hernia is a condition where the stomach pushes up through the esophageal opening in the diaphragm muscle which can lead to abdominal pain, nausea and acid reflux.

Are you one of the three million people who suffer from this discomfort on a weekly or even daily basis? An easy, non-invasive step to help address these symptoms is to ask your massage therapist to incorporate abdominal massage into your bodywork sessions.

While a hiatal hernia isn't always the cause of acid reflux, it is common.* These particular hernias are caused by an increase in pressure in the abdomen, from pregnancy, obesity, coughing or abdominal strain resulting from heavy lifting, for example. Think about devouring that delicious Thanksgiving dinner; afterward, your stomach feels like it's about to burst. This feeling is due to the combination of sitting down (condensing the abdominal organs) and the increased abdominal pressure. While this feeling may not be a hernia, it is still uncomfortable. Standing up often will relieve some of this pressure, as the stomach and other internal organs of the abdominal cavity can shift back to a normal position of less pressure. In the same way that gravity will help release this upward shift, your massage therapist can also pull down your stomach for a longer lasting relief.

The protocol for "pulling down the stomach," is just what it sounds like--we pull down the stomach! As a client receiving bodywork, you would disrobe as discussed with your therapist, and start by lying face up on the table. With a towel or pillowcase to cover the chest and the sheet pulled to just beneath your navel, your therapist will work the entire abdominal area in order to release tension from the muscles, and then work up to the stomach. Using the tips of the fingers, pressure will be applied inward toward the spine to try and "grip" the stomach. A slow, downward motion as in pulling towards the feet is then applied to bring the stomach to its normal resting spot. This protocol will help release the stomach from pressing upwards into the esophagus, reducing the prospect of acid reflux.

Abdominal massage may be the path to help relieve stomach complaints and acid reflux. It's easy, simple and can be incorporated into your regular massage or be the focus of your entire session. Whether you are new to massage or a regular client, ask your therapist to guide you. Improvement is felt after just one session!

*There are different kinds of hiatal hernias. They differ in their medical seriousness depending on location and size. More in-depth treatment may be required.



WINTER SKIN CARE TIPS

SAFE ALTERNATIVES TO SOOTHING CRACKED SKIN

by Kara McNabb, N.H.E.



'Tis the season for dry skin and chapped lips. What are you doing to keep your kisser soft? If you're using a lip balm product, check the ingredients. You could be putting gasoline on your lips! If you see

petroleum listed, it's time to toss it. This ingredient is actually adding to the problem, as it's very drying.

We've got safer options for you at *herbs etc.* Try out the Zum stick, which can work for lips, hands or anything chapped. Keeki's Pure & Natural also comes in yummy flavors and is great for kids. If you're into making it yourself, check out our DIY Corner for a homemade recipe.

Why do lips get chapped in the first place? Dry weather and wind is one contributor, but fats, oils and hydration are also key. At a minimum, you should be getting two tablespoons per day of unheated, healthy fats, like coconut oil, sesame oil or butter. A great rule of thumb for staying hydrated is to drink half your body weight in ounces in water or herbal teas. Coffee, juice and soda doesn't count, as these beverages actually deplete your body of water.

As the season changes, so does our vitamin D levels. With cloudier skies and less time outdoors, we're no longer exposed to as much sunshine. When we process vitamin D properly, we can better make use of fat-soluble vitamins like E and A which keeps us from cracking and drying out.

Our lips can also be a sign of internal health. Where you're cracked or chapped can provide clues about what's happening inside. Take a look at the lip chart to determine which internal areas could use support.

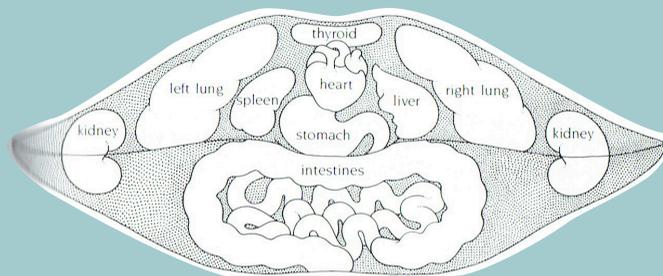
Are your hands cracked? Use the cell salt Kali Sulph, as these minerals are the fat and oil distributors. Add two additional tablespoons of fats or oils to your daily routine, for a total of four.

For men who work outside or in grease, try one of the several natural hand salves available at *herbs etc.* They're made by Naturopathic Institute grads and Mt. Pleasant locals.

Whatever you do, avoid the Vaseline!

WHAT YOUR LIPS REVEAL

Even your lips contain a map to internal health. Discoloration of various areas of the lips may indicate a disorder of the respective organ.



HOW YOUR BIRTHDAY DETERMINES YOUR MINERAL NEEDS

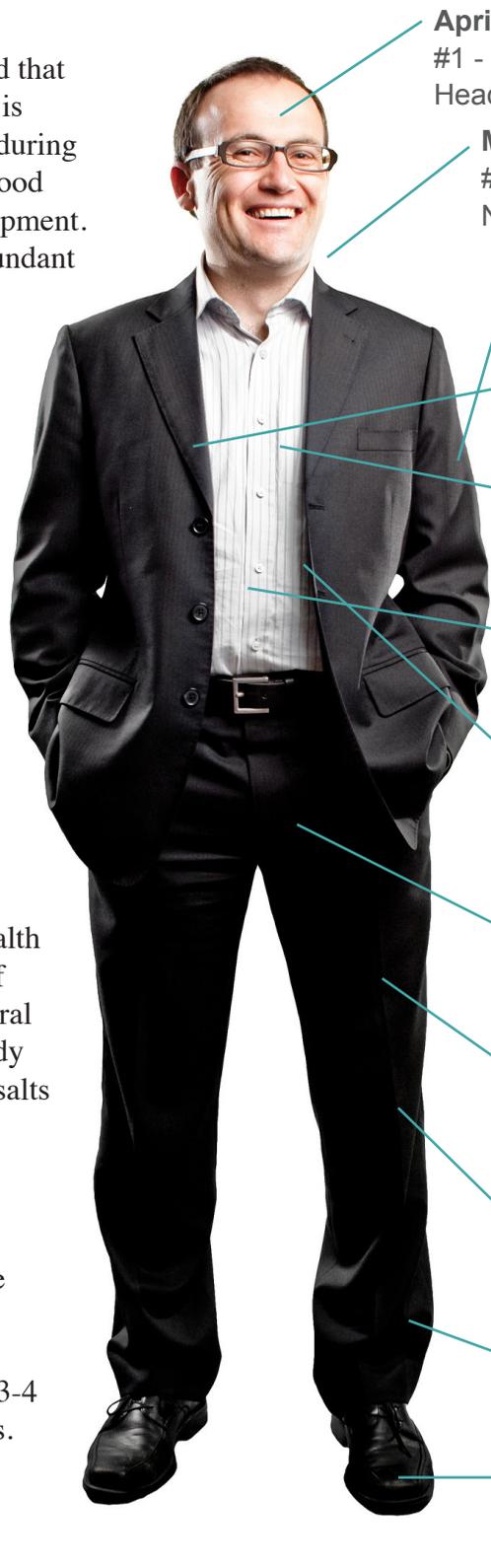
by Kara McNabb, N.H.E.

German biochemist William Scheussler found that when specific minerals were lacking, disease is present. Certain minerals are more abundant during certain times of the year. This is seen in our food supply, and it's also true for our tissue development. To determine which minerals you may be abundant or deficient in, take a look at your own birthday.

During fetal development, minerals were magnetized to your tissue during each month you were in the womb. From conception to birth, you gather nine of the 12 sets of minerals fairly well. The three months of the year that you're not in the womb, however, speaks of the minerals that you may be more deficient in.

Another consideration to note is when your parents and grandparents were born, especially if you were born in the same month as them. Understanding which minerals you are abundant or potentially deficient in can help you personalize your health program, as you may begin to see a pattern of mineral deficiencies or strengths. These mineral sets that build the basic framework of our body tissues can be found in the homeopathic cell salts developed by Scheussler.

The chart lists each cell salt number and its mineral combination, the time of year it corresponds to and the body parts that require these minerals. If you find one of these areas to be especially weak, consider taking the corresponding cell salt at a 6x potency. Take 3-4 pellets several times a day for several seasons.



April
#1 - Kali Phos
Head, Anxiety

May
#2 - Nat Sulph
Neck, Liver

June
#3 - Kali Mur
Extremities, Lungs

July
#4 - Calc Fluor
Breasts, Stomach

August
#5 - Mag Phos
Heart, Nerves

September
#6 - Kali Sulph
Intestines, Skin

October
#7 - Nat Phos
Kidneys

November
#8 - Calc Sulph
Reproductive

December
#9 - Silica
Hips, Thighs

January
#10 - Calc Phos
Knees, Bones

February
#11 - Nat Mur
Legs, Blood

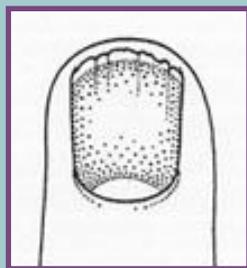
March
#12 - Ferrum Phos
Feet, Lymph

THE HIDDEN CLUES IN YOUR NAILS

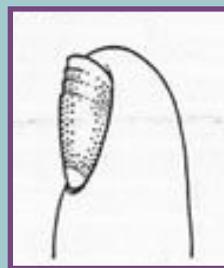
by Kara McNabb, N.H.E.

If your nails crack, peel or split, read on! If you've got marks, colors or interesting nail shapes, you'll want to keep reading, too. Our fingernails also provide an indication as to what's happening internally.

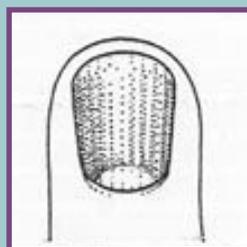
Spoon-shaped convex nails can sign a vitamin B12 deficiency or anemia. Unusually wide square nails are suggestive of a hormonal disorder. Deep red or purple color at nailbed can indicate heavy metal poisoning build-up. Blue nails reveal poor circulation and oxygen deprivation. Warts by nailbed identify a viral problem stored somewhere in body. Each side of finger base correlates to an organ. The following sketches provide even more clues to what's happening internally.



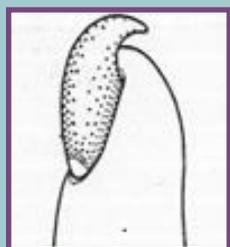
Dry, peeling nails
Nails that chip, peel, crack or easily break show a general nutritional deficiency with insufficient hydrochloric acid and protein. It's also a sign of a frazzled nervous system.



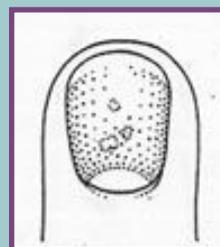
Horizontal speedbumps, dented in and rippled
Major iron and oxygen deficiency



Long vertical ridges to tip of nail
Poor assimilation of nutrients



Super dome
Lung and oxygen problems



White dot
Zinc deficiency or excess sugar consumption

Then there's toe fungus. Thick, yellow, hard fungus on the lateral (outside) edge of the big toe nail bed indicates liver issues. Fungus along the medial (closer to other toes) indicates the spleen.

These are just a few of the markings that provide clues to what's going on inside. For strong, healthy nails, make sure you're consuming enough fats and protein. Essential fatty acids promote healthy, youthful nails, hair and skin. Several minerals are also imperative to healthy nails. Nature's Sunshine MSM contains sulfur, a mineral that minimizes cracking and peeling

and promotes strong, flexible nails. HSN-W is another Nature's Sunshine blend that contains nutrients for your hair, skin and nails. One or the other is needed.

Toenail fungus can be corrected through liver and yeast cleansing. Nature's Sunshine Yeast and Fungal Detox contains anti-fungal herbs like pau d'arco. You may also want to add black currant oil if it's really bad. Add in an essential oil for more effective results. Tea tree oil, Melrose (a blend of melaleucas) or Fugatia are oils *herbs etc* recommends.

WINTER SPECIALS *at* herbs etc

Warm up with these winter specials at **herbs etc.**

- (2) 30-Minute Massages: \$69
- (2) 60-Minute Massages: \$112
- (5) 60-Minute Massages: \$269
- (10) 60-Minute Massages: \$499
- (5) Colonic Session: \$270
- (5) 30-minute Foot Soaks: \$99
- (5) 60-Minute Saunas: \$65
- (5) 30-Minute Saunas: \$45



STOCKING STUFFER DEALS

Treat your loved ones to the gift of health this holiday season with a gift certificate to **herbs etc** for one of these relaxing therapeutic packages.

Gold Certificate \$149

- (1) 60-Minute Massage
- (1) 30-Minute Reflexology Session
- (1) 60-Minute Consultation
- (1) 30-Minute Foot Soak

Silver Certificate \$99

- (1) 60-Minute Hot Rock Massage
- (1) 30-Minute Reflexology Session
- (1) 30-Minute Sauna

Doubles Package \$159

- (2) 60-Minute Massages
- (2) 30-Minute Reflexology Session
- (1) 60-Minute Sauna for Two



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

<i>Jan. 12*</i>	The Best Food and Exercise for Your Blood Type	<i>March 8*</i>	Brain Power Nutrients that Resolve Anxiety and Hypertension while Instilling Confidence
<i>Jan. 26*</i>	How to Give the World's Best Back Rub	<i>March 22</i>	Natural Techniques for Relieving Deep Pain
<i>Feb. 9</i>	Part 1: How Emotions Affect the Body	<i>April 12*</i>	How Feng Shui Creates Better Relationships
<i>Feb. 23</i>	Part 2: Resolving Emotions that Block Success in Life		

** Classes are 6:30 - 8:30 p.m.*

FOOD CLASSES

<i>Jan. 19</i>	The Secret is in the Sauce	<i>March 15</i>	Beans and Legumes: Meatless Options
<i>Feb. 16</i>	Making the Most of your Crock Pot	<i>April 19</i>	It's All About the Chicken

IN.FORM: WEIGHT MANAGEMENT PROGRAM

JAN. 5 - MARCH 29 • 5:30 - 7 P.M. • \$249 • REGISTRATION REQUIRED



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 12-week journey starting Tuesday, Sept. 22 that features:

Don't just make the resolution to lose weight this year. Why not lose weight, get healthy and feel better than ever?

13 weeks featuring: weekly group meetings, body composition measurements, yummy protein smoothies, and more.

Learn how to eat healthy, boost your metabolism, balance hormones and digestion, and work with your emotions. Lose weight successfully once and for all!

**JOIN THE IN.FORM PROGRAM TODAY.
CALL (989) 773-3636 TO REGISTER.**

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.

MINERALS FOR THE MIND

Sunday, February 21

Instructor: Dr. Richard Olree

Dr. Olree will release his new book entitled *Cerebral spinal fluids, Chiropractic and Epigenetic's*. The 1100-page book lists in detail all the components of cerebral spinal fluids. In this class, he will describe the implications as it relates to genes and genetics, highlighting minerals, vitamin, amino acids and oils for a healthy nervous system.

IF I HAD TO DELIVER A BABY

March 19

Instructor: Beth Barbeau

Since pregnant moms aren't exempt from getting stuck in natural disasters, everyone needs to know how to deliver a baby. During events such as huge snowstorms or Hurricane Katrinas, knowing the powerful truth of normal birth and a few 'tricks of the trade' will bring calm and save lives. We will focus on the newest and simple techniques for safe outcomes, learn why gentle birth reduces infant and maternal mortality, explore making-do in disasters (no clean water? no sterile gloves?) and provide a beautiful easy-to-use reference that reinforces all you've learned. The class will cover the newest info on the micro-biome of the birth and baby, its long term effects and how it relates to births in all settings. While experienced birth workers will come away with new information and confidence, no birth knowledge is necessary to attend. This fun and dynamic class is for anyone and everyone who cares about mothers and babies - come with a friend!

LAYMAN'S TECHNIQUES FOR REMOVING PAIN, TRAUMA & ANXIETY

April 2

Instructor: Suzy Sikora, N.D.

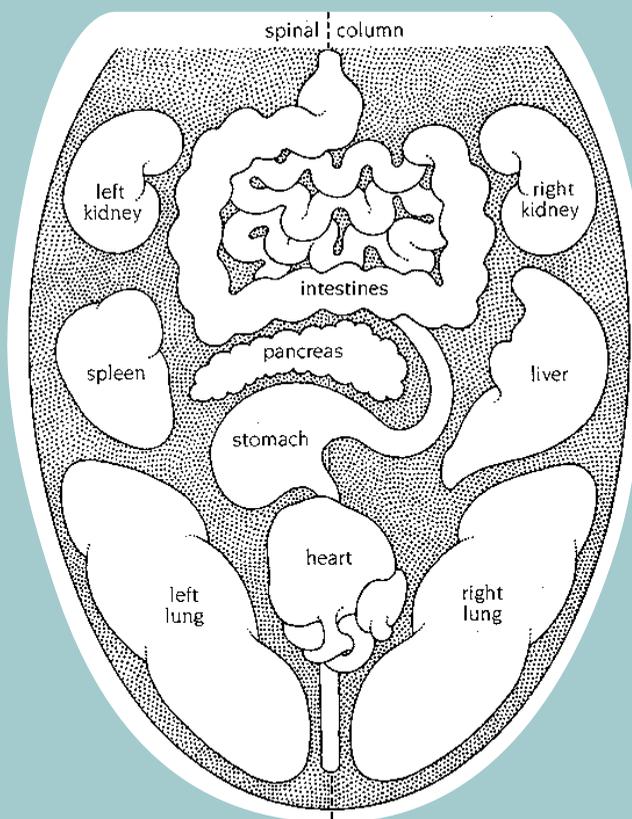
It is safe to say that we've all experienced pain, both physical and emotional. For some of us, the pain is chronic, even debilitating, and it is cited as the number one reason we visit a clinic or hospital. Learn how to effectively deal with pain with quick and easy strategies. Become empowered to help others do the same!

IMPROVE YOUR ORAL HEALTH WITH THIS PANTRY STAPLE

by Kara McNabb, N.H.E.

YOUR TONGUE MAP

A discoloration, elevation or depression on a particular area of your tongue may indicate a dysfunction of the corresponding organ.



Oil pulling is a traditional Ayurvedic remedy for removing toxins from the body. When you have dental conditions or decay, oil pulling is a must. The simple technique pulls bacteria, pus, infection and plaque build-up for cleaner teeth, softer lips and less peeling and cracking. It helps whiten teeth and tightens loose and receding gums.

But the benefits extend beyond oral health. Oil pulling can also reduce ears, nose and throat complaints, including sinusitis, ear infections and sore throat. According to Dr. F. Karach, M.D., oil pulling also effectively aids in hormonal problems, cardiovascular disease and digestive ailments.

To oil pull, first select the right oil. If the room tends to always feel warm to you, coconut oil is cooling and will be great for you. If you tend to be cold, pack extra layers and crave warm beverages, a warming oil like sesame will be best. Other organic oils work, as well.

On an empty stomach, use one tablespoon of cold-pressed organic oil and swish it like a mouthwash for 10 minutes. It's best to do this in the morning upon rising. Keep your oil in the bathroom, so you can swish while you shower—though this will affect your ability to sing. Once you're done, spit the oil out. Do not swallow, as the oil will be filled with the bacteria and toxins pulled while swishing. You can oil pull at least once a day to reap the rewards.



Calling all kids ages 10 - 18! INTRODUCING: NATUROPATHIC COMMUNITY CENTER'S NATURAL HEALTH JR! PROGRAM

LEAVE YOUR PARENTS AT HOME FOR A BRAND NEW PROGRAM CREATED JUST FOR YOU!

This exciting new program will be offered one Saturday a month, beginning in January. Introduce your children to natural concepts and techniques that will lead to life-long healthy habits and empower children in a way that will pay off for years to come.

This program is divided into four levels, ten classes per level. Once 10 classes are completed (any 10!), the student is eligible to take an exam

and graduate to the next level! Every level will be customized to provide the student with new and interesting topics, hands-on clinics and an abundance of practical, useful information that can be applied in everyday life. Classes include: nutrition, healthy eating and food preparation, organic gardening, essential oils, muscle response testing, homeopathy, first-aid, color and sound therapy, herbology and flower remedies.

MARK YOUR CALENDARS FOR THE FIRST FOUR COURSES OF LEVEL ONE:

Herbology 101 • January 23 Learn the basics of herbs and their applications. Students will find out what Chinese Element they are and how to balance their personal element with herbs. The hands-on activity will be to prepare a take home healing herbal salve.

Intro to Essential Oils • February 20 Students will learn how to make their own body sprays and perfumes! Also, they will learn oil applications for better focus at school, on tests, and staying happy and healthy.

Learning the Body Systems • March 12 In this class, students will gain an understanding of how the body works as a whole, and how to keep it balanced and running smoothly.

Reflexology Practicum • April 16 This hands-on class will teach the art of foot and hand massage by applying pressure externally on the hands and feet to alleviate internal issues as well as simple foot and hand pain relief.

CLASS SEATING IS LIMITED. REGISTER TODAY!

Cost per class is \$89, or \$745 for all Level One classes if paid in advance.

Bonus: 100% tuition paid to the NCC Natural Health Jr! program can be applied towards the Naturopathic Institute's four-year Natural Health diploma program if desired in the future.

Classes will be held at the Naturopathic Institute, 503 East Broadway Street, Downtown Mount Pleasant, from 9 a.m. – 5 p.m., in a safe and supervised environment. Students will need to bring their own lunch and water bottle and dress appropriately for class. Each student is expected to be courteous, well-behaved, and ready to learn, or they will not be eligible to return.

ORIENTATION: JANUARY 7, 6:30-8:30 P.M.

**CONTACT KAMBER AT (989) 773-1714 OR
EMAIL CONTACT@NATUROPATHICCOMMUNITYCENTER.INFO**



503 East Broadway Street • Mount Pleasant, MI 48858
(989) 773-1714 • contact@naturopathicinstitute.info
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2016 NSP QUARTERLY MEETINGS

March 21, June 20, Sept. 19

Classes are taught by Bessheen Baker, N.D. and designed to help students, alumni, customers, clients and anyone interested in true health and wellness.

9 a.m. - 4 p.m. with lunch on your own. Please pre-register.

3RD ANNUAL NATURE'S SUNSHINE BOOT CAMP

September 20 - 22

Learn every remedy possible in four action-packed training days. Includes lodging and many great meals for only \$99.

BESSHEEN ON THE ROAD

March 7 - 10, North

May 23 - 26, West

July 18 - 21, South

October 10 - 13, East

LIVER CLEANSE

This flush is a great way to help cleanse a congested liver and gallbladder. Unlike some cleanses, this one does not require any fasting, making it very do-able for a busy schedule. Consider this any time, but remember, spring and fall are very effective times to do cleanses (even for preventive measures!), because your body naturally goes into cleansing cycles during those seasons.

The Recipe

3 oz. lemon juice

3 oz. pineapple juice

3 oz. olive oil

- Blend together all ingredients in a blender.
- Drink the blend first thing in the morning on an empty stomach.
- Wait 20-30 minutes before eating; eat and drink "normally" throughout the day, making sure to drink your water.
- Drink this blend for 5 days in a row.
- Repeat this for three months total. (Try to do it the same 5 days every month. For example, the 21st – 25th for three months in a row.)

Happy cleansing!

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herbs etc
NCC