

Winter 2005

Newsletter



HERBS ETC. / N.I.T.E.

Herbs Etc./NITE

Detoxify or Die!

by Bessheen Baker

Yes, that's exactly what I mean! **Detoxify or Die.** Recently, my good friend Dr. Delores Spence was sharing how they were able to work with firemen from September 11th. Many of these rescuers have been dying from the silica poisons that entered their lungs while searching for survivors. There has been no medical success trying to work these toxins out, and several rescue workers have died from lung complications. Naturopaths are providing hope with the use of the infrared dry detox sauna and carefully monitored herbal cleansing regimens. These folks are getting well and there is a lesson to be learned in this for all of us.

Many occupations are exposed to deadly toxins that build up in our body. People seem to be developing one disease after another. The conditions the staff and I are working with on a daily basis are far more complicated than when I

first started studying natural health. People are more toxic, their symptoms more intense, and hope in standard medicine is scarce. We shouldn't believe more toxins and drugs will help already toxic conditions.

After Delores's teaching I decided to try the program for myself. During the holiday break I enjoyed, in one hour increments, up to three hours per day in the infrared detox sauna. While doing this, we implemented a juice fast, regular massages, colonic, herbs, and plenty of dry skin brushing! My personal goal was to remove some deeply imbedded toxins I received while **in utero.** What I ended up releasing was a surprising amount of stored emotional stress and toxins from the brain and nerves. The entire detox lasted 8 days and was an excellent experience. I now feel more mental clarity, an abundance of energy and a significant decrease in body

aches and pains. All this and more results are being revealed.

Now that one of us has experienced this incredible detox we wish to share it with others. We will offer our first run in April. Detox guests will stay at a local bed and breakfast without any interruptions, phone calls or television. Participants will make daily visits to the center to rest in the sauna, receive numerous massages, meet with detox counselors and emotional support teams. We intend for this to be a physical, emotional, and spiritual retreat. It is our hope that farmers, painters, shop workers and anyone exposed to chemicals or metals will spend two weeks restoring their health with all this love and support. Students from the institute will be on hand to learn and provide additional support and gain essential understanding during this unique opportunity, April 17th to May 1st. If you are interested please call for retreat details.

Why do Yoga?

by Amy Jo Howard

When you think of yoga, do you think of some really flexible person shaped into a pretzel-like position? Does that discourage you? What if I told you that that position has almost nothing to do with yoga?

As a word, "yoga" means "union." As a practice, it is designed to unite your body with your mind and spirit. We know thatulti-

mate health comes from being a healthy and whole person on all levels of our being. What makes yoga a practice or exercise form is not the postures or positions; rather it is the breath. If you integrate proper breathing into any posture, you could call it yoga! Breathing has a way of helping the body by oxygenating tissue, and it also has a way of helping the mind to focus. So, breath-

ing is the tool that enables us to do yoga or to unite all the great aspects of who we really are.

By the way, yoga is great for reducing stress, enhancing concentration and focus, building strength, gaining flexibility, toning the tissues, releasing weight, and increasing energy.

WHY NOT DO YOGA?

CHECK OUT THE VALENTINE'S SPECIALS AT HERBS, ETC.

Featured Employee: Amy Jo Howard

Amy Jo has been a hard-working and dedicated employee at Herbs Etc. and NITE for over three years. After receiving a Bachelor's degree from Central Michigan University in English and being employed for five years at the public library, she decided to pursue her passion for natural health. Amy's other interests include writing poetry and doing different forms of exercise like aerobics, kickboxing, dancing, yoga, pilates, and tai chi.



As a Natural Health Practitioner, Amy Jo loves sitting down with clients, hearing

their stories, and helping them discover their own paths to wellness. This makes her an excellent homeopath as she investigates what your constitutional remedy is.

As an instructor, she enjoys sharing her knowledge in a fun and easy-to-understand manner. You will see Amy Jo's friendly face when you come for a natural health consultation, reflexology session, CranioSacral therapy, colon hydrotherapy, and other services offered at Herbs Etc. and the Naturopathic Institute.

Call Herbs Etc. at (989) 773-3636 to set up an appointment with Amy Jo!

We are excited to announce that we will soon be offering a new service called **VOICE ANALYSIS**. With this service, you will sit down with your naturopathic practitioner and answer a few questions while speaking into a microphone. As you are speaking, your voice is being analyzed on a computer. You will receive a print-out of which notes are prominent and/or lacking in your voice range. Each note corresponds to different organs in the body as well as amino acids, minerals, vitamins, and more. Many emotional aspects are also discovered through this unique assessment. This information will offer you another tool in order to determine what is best in bringing your health into balance. As changes are made, even your voice will change!

Uttati Oils

by Mollie Tamminga

Uttati Oils are back! For those of you who have been waiting for their return, carefully savoring your very last few drops of your favorite, wait no more! Herbs Etc. has already received its first shipment and the oils are going fast. For those of you not familiar with these oils, come in to the store for your free sniff any time and pick your favorite.

The Fabulous Five (a.k.a. the sex/intimacy blends) can be worn by men or women. They have unique aromatic and sensual properties that will help to spice up any relationship! If you don't believe us, go ahead and try one for yourself:

Formula #1 This blend will help to invigorate a physical response. In other words... if there is a lull in the action and you aren't gettin' any, then this is the blend for you...

Formula #2 The warmth of emotional connection and physical desire are kindled by this blend. In other words... If you are just having some sex and want to start *making love*, then start using this blend.

Formula #3 Prolonged use of any one aphrodisiac dulls the stimulating effects on the body. By periodically interrupting the use of your main oil with this blend, you allow its qualities to be extended and

enhanced.

Formula #4 This blend will help to create feelings and a sense of security. In other words... if you have had some not-so-good sexual experiences, this blend of oils will help you to heal so that you are able to have great sexual experiences!

Formula #5 This is known as the "pure attraction" blend. In other words... if you want to get noticed by that special someone, go ahead and try this. *Caution: This blend may attract more than just that special someone, so be careful where, when, and around whom you wear it!*

Happy Sexing!

New Service: Burt's Bees Consultations

Because the skin is your body's largest organ, it is imperative that you use natural ingredients whenever possible in skin care products. Nancy Childs is taking appointments to help you with a program for your skin care needs:

- Learn how to follow the four-step program to more perfect skin: cleanse, exfoliate, tone, and moisturize.
 - Start changing over to all natural face and body products.
 - Get help with a natural make-up make-over.
 - Develop a personalized healthy skin care program.

Call Herbs Etc. 773-3636 for an appointment with Nancy ½ hour \$25; 1 hour \$50

Featured Oil and Book

by Kathryn Doran-Fisher

Oil EN-R-GEE oil is a blend that may help improve one's energy in a natural way without overstimulating or creating problems that may be uncomfortable. Also good for mental alertness, it contains rosemary, juniper, nutmeg, fir, black pepper, lemongrass, and clove essential oils.

Book *Empty Harvest* puts together a sober picture of how interconnected humans are to the earth, and how this connection is being destroyed, link by link. This book provides information about the demineralization of our soil, the declining nutritional values of our food supply, and the resulting weakening of our bodies' immune systems. Find out how serious these issues really are and what we can do about it before it is too late.



Doula Tip

by Mollie Tamminga

A common theme around here lately has been our beautiful naturopathic babies and their wonderful intestines! We have had some issues with some stubborn bowels not wanting to move. We know that the health of the body relates to the health of the colon, so let's keep it moving (at least three times a day)! Here are some tips:

- More friendly flora—Babies start to grow their supply once they are born; it is something that naturally occurs in our digestive systems. Breast-fed babies will get their supply from mom; however, if mom is low, then the breast milk will be as well. If formula is the choice, then baby is not getting any flora and it needs to be supplemented.
- Abdominal massage—with Di-tone essential

oil. This blend should be diluted and applied 1 to 2 times a day. It can also be applied to the bottom of the feet.

- Blackstrap molasses—a great laxative, it can be given straight or added to a bottle. I suggest 1/4 to 1/2 teaspoon.
- Enemas—work great! Use a bulb syringe and fill it with warm water. If you would like, a crushed clove of garlic and/or friendly flora can also be added to the mixture. Make sure that there is no air in the syringe, lubricate the tip (olive oil works well). Lay baby on left side, insert gently into the rectum, gently squeeze syringe until liquid is gone.
- A visit to the chiropractor—Birth can cause most babies to be out of alignment, which can cause many ailments, including constipation. Most likely they will need a couple adjustments to get them back on track. Once they are, you will notice a difference!



NITE Student Corner

- Bessheen needs volunteers to help clients during their DETOX OR DIE programs. This is a great way to log internship hours!
- Students will receive a special discount if they wish to do the Detox or Die program.
- Remember that you can receive a \$200 referral fee if someone you recom-

- mend signs up for classes! Be sure to tell them to let us know when they sign up.
- Attention: If you are planning to sign up for 2nd, 3rd, or 4th year classes, you should do it soon! All three programs start up again in March 2005!
- Check with Bessheen if you need tutoring from

- one of our official NITE tutors.
- We're starting a Survival Club. It meets on the Wednesday closest to the new moon each month. No registration/no charge!
- Coming soon: Chat Room On-Line for NITE Students at our website, www.nite-mtp.com.



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Don't wait to start feeling better!

[On the web:
www.nite-mtp.com]

Herbs Etc. FREE Tuesday Night Class Schedule

every other TUESDAY at **6:30 p.m.**

no registration necessary

January 11, 2005

Understanding the Benefits of Healing Stone
Massage Therapy

January 25, 2005

Empty Harvest: The Quality of American Food

February 8, 2005

Sex and Intimacy

February 22, 2005

All Natural Skin Care

March 8, 2005

Fertility Concerns

March 22, 2005

How to Start Your Own Exercise Program: Yoga,
Stretching, and More

