



## Spring Newsletter

### Invisible Pollution: Cell Phone Radiation

Spring 2011

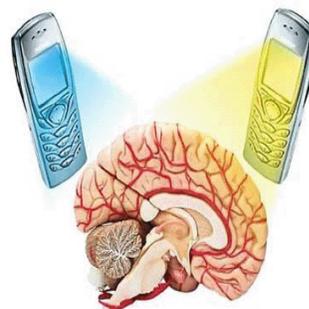
We're being zapped! The innovations in our technology are changing our lives in more ways than just convenience and social connectivity. They are also exposing us, in ways big and small, to an unprecedented number of electromagnetic fields. This invisible pollution surrounds us twenty-four hours a day, seven days a week, and it interrupts our bodies' natural flow of energy. For some people, this pollution has reached the point of toxicity, causing fatigue, irritability, weakness, and even illness.

NITE has become a cell phone free zone because of this health danger. Several years of research from studies around the world show that cellular telephones and mobile wireless communication systems have these effects:

- \*Increased risk of brain tumors
  - \*The longer you are exposed, the greater the risk
  - \*Children are at an increased risk of damage
  - \*Damage is done to the DNA, which is an undisputed cause of cancer
  - \*Shown to cause the Blood-Brain Barrier to leak
  - \*Male fertility is damaged by cell phone radiation
  - \*Using a cellphone inside a car increases the exposure
  - \*Every person within 30 feet of a cell phone is affected
  - \*Damage occurs within the first few minutes of exposure
- Keep in mind that ALL wireless devices cause harm. This includes cord-

less phones, Wi-Fi, PDA's, wireless routers, wireless baby monitors, wireless computer keyboards, mouse, etc. This even includes cell towers erected outside of houses, offices, near your child's daycare or school, in parks, near hospitals, on churches, office rooftops, and street light poles. All of these devices are broadcasting a signal 24/7.

In order to protect the health of our clients, NITE is now a cell phone free zone. Please leave your cell phone in your vehicle, and do not bring it inside the building. Thank you for your cooperation!



### Environmental Awareness

84 percent of Americans own a cell phone.  
89 million of us watch TV beamed in by satellite.  
We can't sit at our local cafe without being exposed to Wi-Fi.  
This is all **invisible pollution.**

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## How a Child's Movements Affect How They Learn

On June 25, Occupational Therapist, Terri Cooper will be presenting the Alumni class: Discovering How a Child's Physical Movements Affect How They Learn.

During this talk, participants will be invited to look at academic learning and behavior as merely the tip of a developmental pyramid. The foundational factors that are critical to achieving one's highest potential will be identified and explored. Sensory processing, motor planning and sequencing, and reflex integration as they relate to regulation, development, and wellness will be defined

and discussed.

Also, learn how changes in our modern society, such as lack of tummy time and crawling for infants, increased use of infant carriers, early introduction to TV, computers, and video games, and a decrease in recess and free play outside have impacted our children, schools, learning, and behavior.

This class will include active participation in integrative exercises, so come prepared to move!

If you have children or work with children, this class is a must! Or, if you're wondering how your early

movements are impacting you now, come learn how to achieve your highest potential.

This class is June 25, from 9am to 5pm. The cost is \$89, and registration is required. Please call the Administrative office at 989-773-1714 to sign up.



## Make Some Money!\$!

Want to earn extra cash?

Don't forget that NITE gives a bonus for student referrals.

If you are a NITE student, and you refer someone else to the school, and he/she signs up to be a natural health or massage therapy student, you receive a \$200 bonus once that student has paid in full for his/her

program. If the student is referred and signs up for the Holistic Labor Companion program, you receive a \$100 bonus.

If the person signing up has been referred by two NITE students, then the two students split the referral bonus, and each receive a \$100.

So, if you enjoy your NITE classes and know someone else who might be interested, you can both benefit!

P.S. Make sure that they know your name and tell us that you sent them!

## Advance Your Aromatherapy Skills

Jan Doerr, Naturopathic Doctor, will be presenting an Advanced Aromatherapy: Taking Essential Oils to the Next Step class in May.

Come and learn the latest treatment options in the essential oil field. Learn and practice oil layerings, headache and migraine treatments, and the newest addition:



neuro-auricular treatment.

Neuro-auricular treatment, created by Dr. Gary Young, is an application treatment using oils to reconnect the synapses of the brain and upper spine, restoring nerve function in the brain and spinal cord. This is a deeply effective healing technique that works to unlock and release old patterns, toxins, and negative programs. This particular application of oils creates an environment that facilitates optimal health, healing,

and body function. It has shown amazing results in reversing the effects of Parkinson's disease and can be customized to any illness. It is most recommended for autoimmune, neurological, and stress disorders.

Come learn these great new therapies. If you love oils, this class is a must!

Register in advance for May 14, from 9am to 5pm by calling 989-773-1714. The cost is \$89.

## The Truth About Cholesterol

Do you have questions about cholesterol? Or, are you worried about heart disease? Has it been suggested that you take a cholesterol lowering prescription drug?

The connection between saturated fat consumption and heart disease has been well documented.

Or, has it?

Kathryn Doran-Fisher, Naturopathic Doctor, will be presenting "The Big FAT Lie" on July 30th. 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. Learn what fats and oils are best for your body and how much you should be taking to improve your health.

This class will be held on July 30, from 9am to 5pm. The cost is \$89. Registration is required; please call 989-773-1714 to attend.

### **Coconut Oil "Candies"**

1 cup softened cold pressed virgin coconut oil

1 tsp. vanilla extract

1-2 Tbsp. raw honey, grade B maple syrup, OR a pinch of stevia

1/2 tsp. celtic sea salt

2-4 Tbsp. organic unsweetened cocoa powder

2 Tbsp. almond butter

Optional—unsweetened coconut (for rolling or sprinkling)

Mix all in bowl or food processor until smooth. Drop by tablespoons onto wax paper. Refrigerate until solid; store covered in refrigerator.

## Change Your Hair Color Without Chemicals

### *Natural Hair Color for Blonds*

**Lemon:** Add the juice of three lemons to a quart of water, and apply it to your hair. If you don't have time to lie in the sun, apply heat from a hair dryer until your hair appears to have lightened.

**Chamomile:** Add 3/4 of a cup of chamomile flowers to a quart of boiling water. Allow the mixture to

boil for 40 minutes. Strain the mixture, and then, pour it through your hair. Catch the mixture in a bowl, and pour it through several more times. Allow the last mixture to remain in your hair 20 minutes before rinsing.

### *Natural Hair Color for Brunettes*

**Sage:** Add 1/2 cup of dried sage to 2 cups of boiling water. Allow the

mixture to boil for 30 minutes. Strain it, then pour the mixture through damp hair. Repeat several times, allowing the last rinse to remain on your hair for 40 minutes before rinsing. Reapply weekly until you achieve the desired results.

Excerpted from *HealthKeepers Magazine*, March 2011

## Sacred Geometry

Sacred Geometry will be a two-day class presented by Jane Weaver.

From Asheville, North Carolina, Jane's interest in mandalic geometries led her to pursue quilting as an art form. Jane has participated in numerous quilt shows, received several awards, and has commissioned work hanging in offices and homes. Her conviction is that geometry and proportion lie at the heart of all creation. She uses this inspiration

and interest and shares it in a workshop format. Jane's current projects include applications of projective geometry, exploring non-quantum geometric theories of nuclear structure, and consulting in application of sacred geometry in architectural design. Jane works with architect Alice Dodson in Sacred and BioGeometric Design.

This class will be held August 20-21, from 9am to 5pm on both days.

The cost of the class is \$178 and will be located at the NCC Pavilion and Activities Center, just 8 miles west of Mt. Pleasant. Friday night camping is available.

Learn how to incorporate sacred geometry into your daily life, and unleash your inner creativity as you draw and draft your designs. A good compass will be necessary. Registration is required. Call 989-773-1714 to reserve your space.

## Herbs Etc / NITE./NCC

503. East Broadway  
Mt. Pleasant, MI 48858

Phone: 989 773-3636

Fax: 989 775-7319

*Feel Better Now!*



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## Congratulations, Graduates!

Two very special graduation ceremonies were held in the month of March. On March 26, 2011, students from the second, third, and fourth year natural health programs received their diplomas, and on March 27, 2011, students from the first year natural health program and Therapeutic Body Work Practitioner program also received their diplomas.

Four of these students also received the title Board Certified Naturopathic Doctor after completing the national exam by the American Naturopathic Medical Certification Board. Our very best to those who earned both the Certified Naturopath diploma and the title Board Certified Naturopathic Doctor, Becky Fodor, Susanne Gilbert, Julia King, and Julie Norton!

We are very proud of all our graduates and know that the world will change, one naturopath at a time, because of their hard work, dedication, and passion for natural health.





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# Herbs Etc.

## Radiation Is a Real Threat

Following the earthquake and tsunami in Japan, their nuclear reactors began leaking radiation. Considering which news sources you rely on, this may or may not be affecting you, here, so far away from Japan.

Please think about this with common sense: No amount of radiation is safe, and if it is in the environment, anywhere, via the rain, air, animals, etc., it is in some way going to affect us.

You've also probably heard about stores selling out of potassium iodide as a means of protection against radiation.

Because many people tend to be deficient

in iodine, they will readily absorb iodine from the environment, if given the opportunity, and the body will not differentiate between absorbing regular iodine and radioactive iodine.

Additionally, it is because of exposure to toxins in our environment that we are iodine deficient. For example, you may be exposed to: fluorine in the water and in toothpaste; chlorine in water, pesticides, and insecticides; and bromine in white flour, pop, energy drinks, and other chemicals. Fluorine, chlorine, bromine, and iodine are all part of the halogen group on

the periodic table. What this means is that these elements will bind to iodine receptors and prevent the body from absorbing iodine.

So, it is good to balance your body's iodine supply in a healthy way. First, try to minimize your exposure to any of the halogen chemicals found in city water, toothpaste, white flour, pesticides, etc. Also, consider a natural iodine supplement. Herbs, Etc. sells a liquid iodine as well as Spirulina, a blue-green algae that is another natural source. The best way to protect yourself is to be educated and be aware!

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### Special points of interest:

Vitamin D3

Alumni Classes

Community Supported

Agriculture

### SPA CAPSULE

#### *The Antidote to Life's Everyday Stresses*

Experience a fantastic water jet massage without getting undressed or wet!

28 computer controlled water jets simulate a personal "Finger Tip" massage with adjustable water pressure and pulsating frequency to relieve pain and tension.

5 min.—\$2.50

10 min.—\$5.00

15 min.—\$7.50

*First time user—get a FREE 2 minute trial!*

## Vitamin D3

Vitamin D3 has received a lot of press lately, and it is truly an important part of health.

Vitamin D comes in two forms: D2 and D3. Of these, D3 is more bioactive, meaning that it has more of an effect on living tissues.

Among its many benefits are that it supports bone health. The body is able to manufacture vitamin D through sun exposure. However, during cloudy or winter months, it is difficult for the

body to manufacture adequate amounts.

It is also responsible for maintaining normal blood levels of calcium and phosphorus in order to help build strong bones.

Research also shows that Vitamin D3 supports a healthy immune system and protects against cancers, heart disease, and diabetes. It may even improve mood and plays an important role in brain development, emotional development, and

gross motor coordination.

Vitamin D3 from Nature's Sunshine contains 2,000IU of natural vitamin D3 from lanolin that is harvested from the wool fat of sheep from New Zealand and Australia. These animals are certified BSE-free.

It is recommended for adults to take 1-2 tablets daily with a meal.

Get your Vitamin D3 at Herbs, Etc. today.

## Double Your Health Care for Only \$20 More!

Consider this: you are coming in for an update with your naturopath, and a session of Reflexology sounds SOOO good, but you feel you can't splurge on that extra session.

Now, you can!

Whenever you have a natural

health consultation update, you can schedule an "extra" appointment for only \$20 more. Scheduling these two appointments together has many benefits. First, you are receiving an additional therapy to further your progress in your health program. And, you are saving at least \$10

on what that session would normally cost.

Next time you schedule your update, also schedule reflexology, a live blood analysis, or a Biological Age assessment. If you want a massage, you can include it for \$10 off its normal price. Double your health and save money!

## Men's X-Action Reloaded

For most people, intimacy is an essential part of a meaningful, lasting relationship. Age, stress, and other factors can affect intimacy and put strain on an otherwise healthy relationship. Nature's Sunshine has developed an improved herbal formula to help men who desire support in

this area. Men's X-Action Reloaded contains a blend of powerful herbs and nutrients for male sexual health and vitality. Included in this blend are Maca root, Icariin extract from Horny Goat Weed, Pomegranate fruit extract, L-Arginine, Damiana, Muira Puama, Oat straw, Saw

Palmetto, Yohimbe, and DHEA.

These herbs have been shown historically and clinically to improve sexual desire, support erectile performance, support the nervous and circulatory systems, and benefit the prostate gland.

## Vacation for Your Health

Summer invites us to go outside and play and go on vacation. However, with the rising cost of gas prices and nearly everything else, it is becoming more difficult to afford vacations to far away places.

The good news is that you can vacation at the Naturopathic Community Center, which not only saves you money, but it saves your health, too!

The NCC is available for group retreats, couples getaways, a

girls' night out, or just some time away from your regular, busy schedule.

At the NCC, you can enjoy use of the Therapy Room, a fully furnished kitchen, three bathrooms, and multiple rooms. Located in downtown Mt. Pleasant, you are within walking distance of downtown shopping and numerous parks.

The Therapy Room helps you make the most of your health during your vacation with an in-

frared sauna, detoxing foot soak, Migun massage bed, color therapy, sound therapy, a magnetic bed, and a Body Vibe machine.

Members of the NCC can stay for \$75 per night per guest, and the second night is only \$20. The annual membership fee for the NCC is only \$5!

Make the most of your vacation this year and use it as an opportunity to get healthy. What are you waiting for?

## Your Deodorant Affects Your Brain

It's time to change your deodorant!

In 1993, the World Health Organization said, "There is a suspected link between Alzheimer's disease and the toxicity of aluminum." The Agency for Toxic Substances and Disease Registry reports that "exposure to high levels of aluminum may result in

respiratory and neurological problems."

Aluminum, as an ingredient in deodorant, makes you smell nice by preventing toxins from leaving the body. The toxins that would have escaped in the sweat have nowhere to go. What's more, "antiperspirants are designed to be absorbed;" There-

fore, the sweat glands and lymph glands in and around the underarms then absorb the toxicity, and this affects the endocrine and lymphatic systems, creating a potential risk factor in breast cancer.

So, sweat is good, and aluminum-free deodorants can save your brain and your health!

## Fluoride-FREE Is the Way to Be

Have you read the label of a "commercial" toothpaste and noticed that it says, if ingested, call poison control? Do you know that this is because of the fluoride content in the toothpaste? Do you know the truth about fluoride? According to the handbook, "Clinical Toxicology of

Commercial Products," fluoride is more poisonous than lead. It is actually a manmade environmental pollutant and is a cumulative poison that accumulates in the body over time. It has been shown to cause skin eruptions, gastric distress, headaches, cancer cell formation, Down's syndrome, and hypothyroidism.

The original studies that reported fluoride as being helpful for tooth decay are now being called fraudulent, and new research is showing that fluoride actually worsens the teeth (and numerous other things). Keep your internal environment healthy. Use a natural toothpaste with-OUT fluoride.

## May & June Special: Assess Your Body Type for Weight Loss

Warm weather is approaching, and everyone wants to look and feel their best. Having a consultation to assess your body type is the ticket to get you started.

*Assessing your body type allows you to:*

**Lose weight**

**Improve your energy**

**Eliminate food cravings**

**Achieve your ideal body shape**

**Feel better than you thought you could!**

Within the glandular system, there is usually one gland that is dominant for each person. That dominant gland has demands, and its demands affect the foods you crave, the time of day your energy peaks or crashes, where you carry your weight, and how effectively your metabolism functions. So, if these areas are "out of control," it is necessary to strengthen the less dominant glands and bring the entire glandular system into a more balanced state.

Within the consultation, your naturopath will help you to determine your body type and your dominant gland. Then, together, you will create a health plan to balance your glandular system and achieve your body shape goals. The plan may include nutritional suggestions, herbs, essential oils, exercise recommendations, and more.

Call 989-773-3636 to schedule a consultation during the month of May or June to take advantage of this special deal.

**A 30-minute consultation is only \$20!**

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# Naturopathic Community Center

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

## The Benefits of a CSA

It is time for fresh fruit and vegetable season. Have you ever thought about joining a CSA? Here's why you should: Eat seasonally. Eat food without chemicals. Get vegetables at their freshest. Know the people who grow your food. Support the local economy and local families. Support environmentally friendly farming. Get recipes and ideas for using your vegetables.

Local CSA news!

Exciting classes!

Check out the new class topics!

## Alumni & Continuing Education

9:00AM—5:00PM

(ONE-HOUR LUNCH ON YOUR OWN)

COST IS \$89 UNLESS OTHERWISE NOTED.

REGISTRATION IS REQUIRED.

- MAY 14      *ADVANCED AROMATHERAPY,*  
*JAN DOERR, ND*
- JUNE 25      *THE IMPACT OF EARLY REFLEXES,*  
*MOVEMENT, AND SENSORY INPUT,*  
*TERRI COOPER, OCCUPATIONAL THERAPIST*
- JULY 30      *THE BIG FAT LIE,*  
*KATHRYN DORAN-FISHER, ND*
- AUGUST 20-21      *SACRED GEOMETRY,*  
*JANE WEAVER*
- SEPTEMBER 17      *GOING GREEN FROM THE HOME*  
*INWARD,*  
*ADAM BEARUP*
- OCTOBER 1-2      *ASTROLOGY I,*  
*LAURA ALLMACHER, ND*

## Layman's Courses

Saturdays, 9am to 5pm

(one-hour lunch on your own)

*The Layman's Course is designed to give you the knowledge you need to use natural healing methods for yourself and your loved ones.*

- May 14      Muscle Testing
- June 18      Herbalism
- July 23      Homeopathics
- August 13      Essences and Essential Oils

Pre-registration is required.

\$499 for the entire course; \$89 for an individual class.

Call 989-773-3636 to register.

## Monroe Family Organics CSA

The NCC is proud to announce that memberships are available for the Monroe Family Organics CSA.

As a member of the CSA, you will receive 7-12 fresh, organic vegetables each week for 20 weeks. The farm is in Alma, Michigan, and will have a Mt. Pleasant drop-off.

To participate in the Mt. Pleasant drop-off, a full share is around 1 1/8 bushel per week and costs \$500. A half share is available for \$275. Boxes will start some week in June and continue for 20 weeks straight.

An example of what a box might contain would be: one head of romaine lettuce, 5 tomatoes, 2 summer squash, one bunch of

beets, one bunch of basil, a bag of mesclun, a couple onions, 2 sweet peppers, one bunch of swiss chard, a bag of potatoes, and one small portion of a more unique vegetable.

Fred Monroe has grown vegetables for the Alma Farmers' Market during the 1998-2002 growing seasons. In 2001-2005, Fred completed his degree in horticulture, studying at Michigan State University. During this time, he did his internship on the largest CSA in the United States at an organic farm in Illinois.

Membership will be limited, so sign up soon to lock in your share. Call 517-896-6884 or email at [mfororganics@yahoo.com](mailto:mfororganics@yahoo.com).

## Dance Lessons

### Line Dance Lessons

Thursdays, 5:30-7:00pm

\$5 per person per class

A different line dance is taught each week, combining exercise and dance.

### Social Dance Lessons

Thursdays, 7:00-8:00pm

\$5 per person per class

All lessons are beginner level and build on patterns learned in previous weeks. It is encouraged to attend with a partner; however, it is not



## Tuesday Night Classes

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

May 10, 2011	Massage for Families and Couples
May 24, 2011	What's in the Environment That's Making You Sick?
June 7, 2011	Health Club*: Iridology
June 21, 2011	Naturopath Panel*

\*The Health Club has a Junior class for children ages 7-16 and a Senior Class for their parents or guardians. Get the whole family involved in the discussion!

\*The Naturopath Panel is open to everyone to come ask the Naturopathic Doctors your health questions.



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