

# NITE, Herbs etc. & NCC



## Summer Newsletter

### Institute Lab Now Open to Students!

NITE Students: pack up your clients, turn on some relaxing tunes in the van, and make your way here for a day in the "Lab."  
The "Lab" is the room at the Institute where naturopaths can do a Biological Age Assessment, Live Blood Analysis, Voice Analysis, and take Iridology photos for their clients. This allows them to collect a lot of information regarding their client's health.  
Beginning in August on Tuesdays and Wednesdays, the Lab is for rent!  
This will enable you, NITE students, to bring 4 of your clients and have one of the naturopaths here perform all of these assessments for them. Then, you receive all of your clients' analysis information which will help you refine your health programs with

them. You can either make use of classroom space to hold consultations with your clients regarding the new information right away, or you may take all of the information home with you and do your consultations in your regular space.  
To rent the "Lab", call Herbs etc to reserve your day and time. The cost will be \$25 for each assessment that your client chooses: Biological Age Assessment, Live Blood Analysis, Voice Analysis, and Iridology photos, or \$99 per client for all four assessments.  
While your clients are waiting their turn in the Lab, they are welcome to purchase a \$25 day pass for unlimited use of the Therapy Room which includes the Body Vibe, an infrared sauna, color therapy, sound therapy, magnetic bed, and

automatic massage bed. Additionally, any of your clients who pre-schedule a massage for the time that they are here, can receive it at a discounted cost of \$54!  
Students, this is a great opportunity to have access to analysis equipment without the expense of purchasing it for your own office. A live blood analysis gives you a first hand look at the cells of the body, the state of the immune system, and much more. A Biological Age Assessment tells you how old the body is feeling at a cellular level. The Voice Analysis indicates overall body balance according to sound. All of these gives you additional tools to address those tough cases, or maybe, your clients do just need a fun field trip dedicated to their health!

### 3 New Websites!

[www.naturopathicinstitute.info](http://www.naturopathicinstitute.info)  
School Information

[www.herbsetc.info](http://www.herbsetc.info)  
Store and Product Info

[www.naturopathiccommunitycenter.info](http://www.naturopathiccommunitycenter.info) Events/Classes



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## Pharmaceutical Pathways in the Body

Join Dr. Jackie Featherly to gain a "Naturopathic Understanding of Pharmaceutical Pathways in the Body." Pharmaceutical drugs are foreign to a person's normal biochemistry, and the process of metabolism that modifies their structures so that they can work in the body is sometimes called pharmaceutical pathways. The reactions that occur in these pathways are of interest in health, because they help to determine a drug's action, how the body is detoxifying, or even a drug resistance. The pharmaceutical pathways are often divided into three phases. Phase I is Modification, Phase II is Conjugation, and Phase III is Excretion. These reactions act together to detoxify drugs and remove them from cells. A fair number of the pathway reactions occur in the liver and the kidneys. Once you understand the pathways, where the reactions take place, and what pharmaceutical drugs affect which pathway, you will be better able to determine for you or your client's how that pharmaceutical drug is working in your body and what side effects it may cause.



Class will be held **September 28** from 9 am to 5 pm with a one-hour lunch on your own. The cost for the class is \$89. Call now to sign up in advance.

## The Doula Conversation

Simply put, a Doula is a non-medical person who assists a woman before, during, and after childbirth. If you are a Doula, if you're wondering what the exact role of a Doula is, or if you are preparing for childbirth, this class is for you.

Held on **October 5th**, from 9 am to 5 pm, midwife Beth Barbeau will teach "The Doula Conversation: Empowered and Informed". This class will cover a range of topics such as the role of a Doula, how a Doula benefits everyone by being present in a birth setting, how a Doula communicates with other health professionals during the birth, and what questions parents should ask when seeking a Doula. Call now to register. This class is \$89.

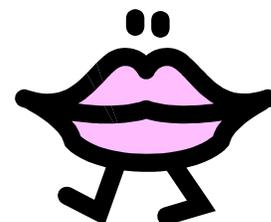


## CranialSacral in the Mouth

If you love CranialSacral therapy, this is an advanced class to further your skills.

These advanced techniques are amazing for headaches, migraines, loss of hearing, sight, smell, and taste, and TMJ pain, just to name a few! Dr. Amy Jo Howard has discovered that many people suffering from chronic headaches and migraines wore braces at some point in their lives. This restriction on the teeth inside the mouth created other restrictions within the cranium that are now affecting the movement of fluid and flow of nerves and is creating pain long after the braces have been removed. What's more, is that any kind of injury or mis-alignment can also create these same conditions and produce similar symptoms.

The "CranialSacral in the Mouth" class will teach you how to free up those restrictions so that your clients can release their pain and feel better than ever. Call now to sign up for class on **November 23**, from 9 am to 5 pm. The cost is \$89.



## Clinical Success



**The Clinic is a huge success!** In case you haven't heard, Dr. Baker has been hosting clinic days where clients can come from 10 am until 4 pm and spend the entire day improving their health. A Clinic Day consists of a natural health consultation, forms of assessment including a Biological Age Assessment, Live Blood Analysis, Iridology pictures, and Voice Analysis as well as receiving different forms of bodywork and other therapies. One thing that makes a Clinic Day special is the students who come to intern on those days. Each Clinic Day has six student interns who help the clients with their health program all day long. This is extremely beneficial to the client, because it really helps them focus on their health needs and not worry about small details.

As a student, it is genuinely invaluable naturopathic experience, and it counts toward your internship hours. Also, if you are traveling to class for the weekend, it is well worth it to come earlier on Friday for the Clinic Day and complete those internship hours.

If you are interested in signing up for a Clinic Day, either as a student intern or as a client, please call Herbs etc at (989) 773-3636, to schedule your appointment now. Appointments are only \$200 for the entire day and have been filling up fast, so call right away to guarantee your spot!

## Earning Easy Money

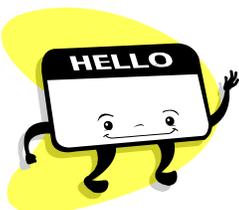
Earning extra cash is easy when you tell your friends, family, and coworkers how much you love your classes at NITE, because you get a bonus for anyone who signs up for a program and tells us that you referred them!

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 person you referred signs up for the Holistic Labor Companion program, you receive a \$100 bonus.

In the case that 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 fall in love with learning natural health as much as you have, you can both benefit!



## A Change in Administration



In case you haven't been in the NITE Administrative office for a while, there has been a changing of the guard. Nancy Liponoga has moved downstate to pursue her naturopathic practice there and to be closer to family. Great job Nancy, thanks for your many years of hard work.

Now, the new face greeting you at NITE belongs to Julie Wagester. Julie has three degrees from Central Michigan University and over 30 years of experience in administration, team development, marketing, job coaching, and communications, just to name a few (seriously, she is extremely talented).

When she is not coordinating every facet of the school, she teaches courses at Mid Michigan Community College and works on the family farm where she, her two boys, and her daughter-in-law cash crop and have a beef and sheep herd. She also enjoys woodworking, reading, baseball, gardening, canning, and working with the local 4-H club. Stop in and say hi to Julie the next time you're in for class!

NITE/Herbs etc./NCC  
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*Feel Better Now!*



## Alumni and Students Invited to Graduation - *A Festival of Sensation*



You are all invited to attend the Graduation of the Sophomore, Junior, and Senior classes of the Natural Health program on August 24th, 2013 at 11 am. The commencement will take place at the Naturopathic Institute.

As always, the Graduation ceremony honors the achievements of all the students and will be followed by a delicious meal, music and celebration that the graduates can share with their families, friends, and fellow students.

If you know someone who is graduating or would like to show your support for those following in your footsteps, we would love to have you as a guest. For more information or to RSVP your attendance, please call in advance at 989-773-1714.

*Experience  
Your  
Five  
Senses  
and  
Beyond*





# Herbs etc.

## Plastics, Petrochemicals, and Hormones

Do you have any of these symptoms or know someone who does? Allergies? Thyroid imbalance? Depression? Foggy thinking? Headaches? Gallbladder issues?

Do you know that all of these health conditions can be contributed to estrogen dominance? That's right, too much estrogen. And, how do you get too much estrogen? Stress, nutritional deficiencies, synthetic estrogen medications, and substances from our environment.

Petrochemicals, most notably found in plastics, have the ability to mimic natural estrogen in the body, and these compounds, known as xeno-estrogens, accumulate in the fat tissue and are difficult to release. They are taken up by the body's estrogen receptor sites and interfere with the body's natural biochemical processes (see page 7 for further information on cleansing your receptor sites).

This, then, contributes to all of the symptoms previously listed, as well as having relationships to osteoporosis, cardiovascular disease, Alzheimer's disease, breast cancer, cervical cancer, and more.

The first step to hormone balance is to avoid exposure to xeno-estrogens in plastics. Use glass, stainless steel, or ceramic containers, especially for drinking water. Use washable cloths instead of paper towels, napkins, etc. If products you buy have a lot of plastic packaging, try to buy ones with less. Change the type of feminine hygiene products that you use to reduce direct exposure (see page 4).

Next, clean your cell receptor sites to take the xeno-estrogens off of your cells and to allow your natural estrogen to work more efficiently. Also, take Indole-3-carbinol to flush out the xeno-estrogens now that they are not docking on the cell receptor sites.

Indole-3-carbinol is a phytochemical found in cruciferous vegetables, such as broccoli, cabbage, cauliflower, kale, and Brussels sprouts. It works as a strong antioxidant, protecting the DNA and other cell structures. It blocks estrogen receptor sites and protects against the carcinogenic effects of pesticides and other toxins.

Indole-3-carbinol is available from Nature's Sunshine in capsule form. We recommend starting slowly with no more than 1 capsule per day. Because it is such a potent antioxidant, some people have experienced some rapid cleansing effects.

If you're wondering if your health concern is caused by xeno-estrogens, make an appointment with a naturopath at Herbs, Etc. today to discover your health plan.

### Inside this Issue

- Toxins in everyday items affect your hormones
- How to clean your cell receptors naturally
- Natural bug repellent
- New faces
- New late hours

# NON-TOXIC Female Products

A huge contributing factor to the increase in hormone imbalance is the petrochemicals we are exposed to in the environment. Petrochemicals are found in plastics, microchips, pharmaceutical drugs, soaps, perfumes, clothing, and even our foods! To give you an idea of how detrimental this exposure is, consider this: Studies have been done on animals exposed to petrochemicals from toxic spills into lakes and areas downstream of sewage plants, and a majority of these animal populations experienced difficulty reproducing.

Now, as a woman, imagine that you are exposed to this toxicity regularly, every month in addition to any other exposure from the environment. Is it any wonder that more and more couples are having trouble conceiving?

One way to reduce your exposure is to change the type of hygiene products that you use regularly. Herbs etc now carries Natracare feminine hygiene products. This company was created in 1989 by Susie Hewson out of concern for the damaging effects of dioxin pollution on women's health and the environment. Today, they are available to offer women a quality, natural choice.

The familiar sanitary pads and liners we have grown up with are made from over 90% plastic which is a by-product of the petroleum industry, together with dioxin-releasing chlorine bleached wood pulp. The list of plastic materials used in feminine hygiene products includes polyethylene (commonly known as polythene also used to make disposable shopping bags), polypropylene, and the superabsorbent polyacrylates, the creation of which produces environmental and climate changing toxins.

For each monthly cycle, it makes sense to choose a pad that is made from natural materials. Many gynecologists have advised women with sensitive

skin to use Natracare pads to reduce their contact with chlorine bleached materials, and also products containing synthetics and super-absorbents made from petrochemicals. Not to mention that plastic is not biodegradable, and sanitary products containing these crude oil polymers (also called polyolefins) pollute the land and oceans of the world for all eternity.

Natracare's multiple award winning range of organic cotton tampons, sanitary pads, panty liners, nursing pads, baby, and intimate wipes are unique in being made from only certified organic and natural, sustainable, and renewable materials that are biodegradable and compostable.

Natracare's environmental commitment is reaffirmed by becoming the first brand to achieve a scientifically validated, independently accredited life cycle analysis in the form of an international Environmental Product Declaration (EPD - [www.environdec.com](http://www.environdec.com)) in 2008, as well as achieving an SIS green labeling accreditation.

To read more about hormones, toxins that mimic hormones, and their effects, check into these books:

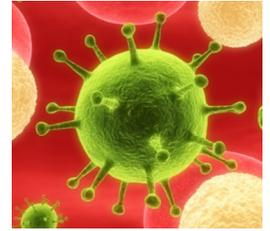
- "The Feminization of Nature" by Deborah Cadbury
- "Hormone Heresy" by Sherrill Sellman
- "Our Stolen Future" by Theo Colburn
- "Passage to Power" by Leslie Kenton
- "The Water You Drink—How Safe Is It?" by John Archer

Don't forget to stop in to Herbs, Etc. for the NatraCare products; make all aspects of your life healthy!



# Cell Receptors: The Bodyguards to Health

On each cell in the body, there are numerous receptors. A receptor is a molecule found on the surface of a cell that receives chemical signals from outside the cell. When external substances bind to a receptor, they direct the cell to do something, such as allow specific substances to enter or exit the cell. These substances can be neurotransmitters, hormones, pharmaceutical drugs, or toxins



Numerous receptor types are found on a typical cell. Each type is linked to a specific biochemical pathway, and binds only to certain shapes, similarly to how locks require specifically shaped keys to open. Some foods (like wheat), toxins, and other chemicals (like estrogen in plastics) mimic natural substances in the body and "gum up" the receptor sites; meaning, they get to the site before the natural substance does, and then, the cell cannot use it to do what it needs to do. And, now, the natural substances cannot get to the cell, because the toxin is blocking that receptor site. Learn how to clean off your receptor sites below.

## Cell Receptor Site Cleanse

To clean off your cell receptor sites for optimal health and function, choose one essential oil for each week listed below.

**Week 1:** Clove or Cinnamon

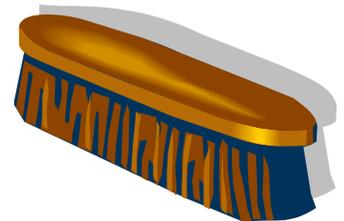
**Week 2:** Frankincense, Sandalwood, or 3 Wise Men

**Week 3:** Orange or Lavender

For each week, apply 1 drop of the essential oil you have chosen to the bottom of each foot one time daily.

After the third week, start back at week one and repeat. You may want to repeat this process for several months, then take a break. Doing this cleanse program on a regular basis will help to keep your cells free from toxins and working more effectively.

**Healthy Cells =  
Healthy Bodies =  
Healthy You!**



## Non-Toxic Bug Spray

Mosquitoes and ticks are bothersome whenever encountered, but this year, it has been reported that they are especially problematic. Be sure to pick up your Buzz Away products in the Herbs etc store to keep your outdoor adventures insect free. The Buzz Away line features products made with essential oils and other natural substances and are DEET free.

The Buzz Away Extreme spray, lotion, and towelettes repel mosquitoes, gnats, black flies, and ticks! There is also an insect repellent just for mosquitoes, gnats, black flies, and no-see-ums. For relief from the itching and pain of bug bites, try the Sting Soothe product. There is also an Itch Nix gel for poison ivy and poison oak relief to help with the itching and swelling and to prevent the spread of the rash.





## The News Inside Herbs etc.

There are friendly, new faces ready to greet you at Herbs etc. Please meet:

**Rachel Friesen** hails from Gladwin. You will see her in the store and in the therapy room. She is currently in the second year natural health program at the Naturopathic Institute and has a passion for helping people. Rachel plans to continue her education, earn her naturopathic certification, and then, travel the world, helping people and learning about different cultures.

**Eric Nartker** is a Therapeutic Bodywork Practitioner. He is from Mt. Pleasant, and when not at Herbs etc, he can be found working and shopping at Green Tree Grocery. His hobbies include disc golfing, euchre, and rollerblading. Eric excels in deep tissue and relaxation massage as well as stretching and reflexology. Eric stays late on Wednesdays thru Fridays for massages that don't fit into the 9-5 schedule. Make a late appointment with him weekly!

**Jennifer Wilkins**, from Almont, Michigan, is a Natural Health Practitioner and massage therapist. Her parents and four sisters all still live in the Metro-Detroit area. Her interests range from rustic camping and raising chickens, ducks, and turkeys to kayaking and reading novels. As a naturopath, she enjoys working with people on an individual level and educating them on how to heal themselves by finding the root cause of their health concern. Jennifer is currently building a long term clientele at Herbs etc. She is available M-F, Saturdays by appointment, and is accepting new clients.

### New Late Hours for Therapies

If you work until 5 pm and find it difficult to squeeze that much-needed massage into your schedule, take note—

**Herbs etc is now open late for massage therapy!**

Late appointments are available for massages Wednesday through Friday until 8pm.

1 hour massage—\$59

1/2 hour massage—\$39

Chair massage (15minutes) - \$12

Call today, and don't delay your stress reduction and repair any longer!

989-773-3636



# Naturopathic Community Center



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

## Alumni and Continuing Education Class Schedule

September 28, 2013

### **Naturopathic Understanding of Pharmaceutical Pathways in the Body** with Dr. Jackie Featherly

*How do pharmaceutical medications affect the body? Where do they affect the body and what are the repercussions? Learn the phases of the liver and how to re-balance the body from those effects.*



October 5, 2013

### **The Doula Conversation: Empowered and Informed**

with Beth Barbeau, T.M., M.C.E

*If you are going to be a parent or if you are a doula working with parents, discover the facts you need to know to maintain confidence for the birth outcome that you or your clients desire.*



October 19-20, 2013

### **Hot Stone Massage Therapy** with Mary Booms, M.T.

*An invaluable tool for any massage therapist, learn how to work with hot stones to give your client's an unique relaxation experience and add variety to your repertoire.*



November 23, 2013

### **CranialSacral in the Mouth**

with Dr. Amy Jo Howard

*Headaches? Migraines? Teeth trouble? Difficulty concentrating? Learn techniques to release restrictions inside the cranium to feel better, focus effectively, and much more.*



December 7, 2013

### **The Business of Being a Naturopath**

with Micah McLaughlin, N.H.P.

*Discuss different ways of being a naturopath, how to run your business, and a variety of ways in which you can best help your clients.*



These classes are open to the public, Natural Health Professionals, Massage Therapists, and anyone who desires to gain an in-depth understanding of natural health. Classes are held from 9 am to 5 pm with a one-hour lunch on your own. The cost is \$89 for a one-day class and \$178 for a two-day class. Registration and payment is preferred at least 2 weeks prior to the class.

For more information, visit us at [www.naturopathicinstitute.info/ncc](http://www.naturopathicinstitute.info/ncc)

## Tuesday Classes Return this Fall

Everyone seems to be lying low and living large in the summer. Whether you are splashing or swimming in the water, playing on a beach or in a campground, relaxing in the blissful sun or under a lush shade tree, we hope you are having fun and enjoying the weather.

Because you are living every moment of your summer to the fullest, we are taking a hiatus from Tuesday night classes during this time. However, when fall comes strolling in, tumbling some gem-colored leaves along your path, we will be back with exciting classes so that you can learn more about natural health to better the lives of you and your loved ones!

## Executive Rentals

The NCC now has more room to house guests during weekend classes and has executive rentals available during the week.

These rentals feature their own kitchen, bathroom, and laundry facilities as well as living and sleeping areas.

Call to book now for your weekend class or if you or someone you know needs an executive rental to stay during the week.

989-773-1714



## Upcoming Ranch Activities

Fall is harvest, canning, drying and dehydrating season.

Day-long ranch activities and sustainable living opportunities are available to help you learn new skills and/or to gain valuable internship hours. They are open to the general public and NITE students.



Email us at [contact@naturopathicinstitute.info](mailto:contact@naturopathicinstitute.info) to receive emails for upcoming activities and to sign up for those in which you are interested. Tuesday's are a popular 'learn how to can day'!



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