

NITE, Herbs Etc. & NCC



Winter Newsletter

An Exciting Year Ahead!

2011 is destined to be an exciting year!

NITE is proud to announce that we will be offering 15 AMAZING EVENTS throughout the year. More Alumni/Continuing Education classes than have ever been offered before are now available! There will be many brand new topics and a variety of instructors from which to learn. If you have already taken some of the Alumni classes, there will also be more advanced classes to build on that knowledge.

You won't want to miss these opportunities to increase your personal knowledge, be able to help your clients in new and different ways, receive credit for continuing education, and best of all, have great, natural health fun! See inside for more details.



Make it your resolution to learn something new this year!

Alumni Class Schedule 2011

January 15—Understanding the Womanly Art of Breastfeeding

January 29 & 30—Astrology, Level 2

February 27—Minerals for the Genetic Code, Level 2

April - Sacred Geometry
(2 days to be announced)

April 16—Achieving the Balance of Masculine and Feminine

June 25—Discovering How a Child's Physical Movements Affect How They Learn

July 30—The Big FAT Lie

September 17—Going Green from the Home Inward

October 1 & 2—Astrology, Level 1

October 8 & 9—More Than Morels, Mushroom Identification

October 29—The "Business" of Being a Naturopath

December 3—Advanced CranioSacral: Inside the Mouth

Inside this issue:

Alumni Class descriptions	2 - 5
Gift Certificate Specials	3
Herbs, Etc. Bookstore	4



Going Green from the Home Inward with Adam Bearup, National Award Winning Builder

The NCC is delighted to announce the first class in a series on sustainable living. This first class will introduce participants to what it takes to live a sustainable life. It will incorporate several elements of a sustainable lifestyle, including: passive solar, life off the grid, year-round vegetable growing, recycling and reusing, indoor air quality, and so much more. Held at a local off the grid Earth Shelter home, the class will include a tour and will benefit those looking to incorporate one or more of these elements into their lives, existing homes, or new buildings.

Understanding the Womanly Art of Breastfeeding with Beth Barbeau, Midwife

While breastfeeding is the most 'natural thing in the world,' it's no longer 'coming naturally' to many mother-baby pairs. In this seminar, suitable for both student and professional, find out why 'normal' births are creating obstacles to satisfying breastfeeding, how to counsel families for early success, and the essentials of a satisfying breastfeeding relationship. Emphasizing both naturopathic and practical problem-solving, we'll detail a wide range of responses to common concerns- come prepared to take your skills and confidence to a whole new level!

The Big FAT Lie with Kathryn Doran-Fisher, Board Certified Naturopathic Doctor

Have questions about cholesterol? Worried about heart disease? Reluctant to get on a cholesterol lowering prescription? The connection between saturated fat consumption and heart disease has been well documented. Or, has it? 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 good for you and how much you should take.



Discovering How A Child's Physical Movements Affect How They Learn: The Impact of Early Reflexes, Movement, and Sensory Input with Terri Cooper, Occupational Therapist

During this talk, participants will be invited to look at academic learning and behavior as merely the tip of a developmental pyramid. We will identify and explore the foundational factors that are critical to achieving one's highest potential. We will define and discuss sensory processing, motor planning and sequencing, and reflex integration as they relate to regulation, development, and wellness. We will also discuss how changes in our modern society, such as a 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. The class will include active participation in integrative exercises, so come prepared to move!

The "Business" of Being a Naturopath with Micah McLaughlin, Naturopathic Practitioner

Whether you are just starting to think about your business or have a well-established clinic, this class will help you build a clientele and practice that fit into your specific needs. You will gain understanding of how to take your passion to help people and turn it into a viable way to make a living; find a niche in your practice as well as your community; discuss topics such as office space, branding your business, client/practitioner communication, networking in your community, and the basic technology needed to build your practice. A section of the class will also be spent personalizing programs for specific client needs, strengthening the initial evaluation, and retaining current clients. Time will be given to help practitioners start writing or refining their business plan and future goals.

Achieving the Balance of Masculine and Feminine with Moshe Daniel, Naturopathic Doctor

This class takes a deep look into Nature and the Universe through the wisdom and lenses of astrology, Kabbalah, Traditional Chinese Medicine, and science to recognize how everything in the universe is based upon the balance of male and female. Examining from where ancient false belief systems of what it means to be a man and a woman that have controlled humanity have come, we will look at how the patterns of both the unbalanced male and the unbalance female manifest and explore the pathways of the return to our true nature, helping to restore harmony and an union between the male and female, so that each may find a greater balance within ourselves and our relationships, and then, help guide others toward optimal health and well-being.



Astrology, Level 1 with Laura Allmacher, Board Certified Naturopathic Doctor

Astrology has been used for thousands of years to study the relationship between the positioning of celestial bodies and what happens here on earth. The idea at the heart of astrology is that the pattern of a person's life, character, or nature corresponds to the planetary pattern at the moment of his birth. As such, it can be a necessary link to understanding ourselves and our clients better when it comes to healing. This class will discuss the basics of Astrology: astrological signs, reading a natal chart, understanding planetary influences, and much more. All participants will receive their astrological natal birth chart.

Astrology, Level 2 with Laura Allmacher, Board Certified Naturopathic Doctor

This class will focus on the aspects and transits of the planets and houses. Aspects show how the planetary energies are specifically working together. Some are harmonious, while others are challenging. Transits allow you to look at the planets' current orbits and how this affects your life presently. This also shows the timing of potential illnesses or crisis in one's life and calculates when it all shall pass and explains the real lessons behind it. Understanding the houses will allow you to know what area of life is being affected, i.e., home, career, health, relationships, children, etc.

More Than Morels: Basic Michigan Mushroom Identification with Sister Marie Kopin, C.P.P.S.

This class will present a beginners overview of seasonal mushrooms/fungi, both edible and non-edible, found in the Central Michigan area. View pictures of mushrooms available during all four seasons, and learn how to collect specimens with 'clues' to identification and how to 'key out' unknown specimens. Class activities will include a Mushroom Foray (field trip), identification session, and a potluck on Sunday. Additional topics such as growing mushrooms, how fungi help the planet, cooking/preservation, and medicinal mushrooms will be covered.



Advanced CranioSacral: Inside the Mouth with Amy Jo Howard, Board Certified Naturopathic Doctor

CranioSacral therapy uses light touch techniques to encourage the body's own self-healing ability. This class is for experienced therapists wishing to advance their skills and focus on imbalances with the sphenoid, occiput, and hard palate. Dysfunctions in these areas create symptoms such as headaches, migraines, sinusitis, TMJ, learning disabilities, endocrine disorders, and more. Learn the hands-on techniques to advance your CranioSacral skills and find even better results for your clients.

Herbs Etc / NITE./NCC

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Feel Better Now!



More Classes To Be Announced

As of press time, several classes had not yet been confirmed on our schedule. We apologize for this inconvenience, and hope you understand our eagerness to share the new schedule as soon as possible.

Please check our website regularly and read the future newsletters so that you do not miss out on these other great classes.

Topics we will have a date for soon:

Sacred Geometry with Jane Weaver—From Asheville, North Carolina, Jane teaches naturopaths to incorporate sacred geometry into their daily lives. Unleash your inner creativity as you draw and draft your designs.

Children's Immunizations with Mary Tocco—A renowned speaker, Mary will share her research on the dangers of immunizations, including babies having seizures minutes after their shots!

Advanced Aromatherapy for the Spine with Jan Doerr—Learn the therapeutic technique of using essential oil rollers along the spine to balance the nervous system.

Visit our website:

www.nite-mtp.com



... Holiday Specials ...

Prices good through December 31, 2010

Silver Package \$99

1 hot rock
massage,
1 reflexology,
and
half-hour sauna

Gold Package \$149

1 hot rock massage,
1 reflexology,
1 one-hour
nutritional
consultation, and
1 foot soak.

Doubles Package \$159

2 one-hour
massages,
2 reflexology
sessions,
and one hour in
the sauna together

Ticket To Your Health Specials

(ticket value \$4 each)

50 for \$180 200 for \$680

**Gift
Certificates
Available!**

Body Work Specials

2 half-hour massages – \$69 5 one-hour massages – \$269
2 one-hour massages – \$112 10 one-hour massages – \$499
5 reflexology sessions – \$109

Other Specials

6 colonics – \$224 5 one-hour saunas – \$65
Foot Soaks Package – \$99 5 half-hour saunas – \$45
(5 foot soaks and a one-hour consultation)

Holiday Specials page



Herbs, Etc.

Expands its Bookstore!

Herbs, Etc. is now the premiere location for natural health books.
Come browse the shelves and find a large selection
with over 500 titles,
including the following topics:



*Going Green

Healthy Children

Herbs

Aromatherapy

Food



Cleansing

*Biodynamic

Farming



Yoga

Personal growth

*Men's topics

*Animals

Homeopathy

Pregnancy

Energy

*Gardening

*new topics

and many more...


