

# NITE LIGHT

Natural Health Quarterly

Herbs Etc NITE NCC

Summer 2019

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## Natural Health Independence Freedom 4th of July Festival

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- Activities
- Discounts

**Join Us!**

**July 4th - 7th, 2019**

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# Editor's Note



Freedom. Independence. All words have power. Let's take a moment to consider the significance of each of these.

The Oxford Dictionary defines freedom as: *The power or right to act, speak, or think as one wants.*

The Oxford Dictionary defines independence as: *The fact or state of being independent.* Then, it defines independent as: *Free from outside control; not subject to another's authority. Not depending on another for livelihood or subsistence. Capable of thinking or acting for oneself.*

The Continental Congress voted in favor of independence from Great Britain, on July 2, 1776, and two days later, delegates from the 13 colonies adopted the Declaration of Independence, a historic document drafted by Thomas Jefferson. From 1776 to the present day, July 4th has been celebrated as the birth of American independence, with festivities ranging from fireworks and parades to casual gatherings and barbecues.

We claim this day to celebrate our right to act, speak, and THINK as we want, free from someone else's control or authority. So, first, I will ask you: are you truly thinking your own thoughts? Much of the world is wrapped up in media and technology and instant gratification, and this allows for a blind acceptance to what others say is true or false, and because things can happen with the touch of a button or screen, few stop to consider the consequences beyond that momentary, "I want." You even hear arguments about what is "fake news" and what is "real" news!

It is wise to take in information from all sides so that you can make informed and educated decisions; however, are you in touch with yourself and your beliefs enough that you can analyze this information and think independently for yourself? Can you stand confidently in your truth?

The NHIFF, to which we have devoted most of this issue of the NITE Light, was born out of a great desire to celebrate our freedom with people who share similar beliefs and passions and who also see natural health as part of their right to live their independence. Plus, a festival is a fun expression of the greatness that transpires when people come together in common-unity!

We do hope you join us in our celebration; continue reading for more information on all of the amazing speakers, workshops, food, and other events we have planned. Then, remember to write it on your calendar for next year, because this is just the beginning!

"Freedom is nothing else but a chance to be better." -Albert Camus

With gratitude,

*Amy Jo Howard, ND*  
*Director of Education*



# Welcome to the Oak Street Canopy



Through hard work and perseverance, we have secured new housing accommodations for guests of the Naturopathic Institute and Naturopathic Community Center. Our guests will have a home away from home in this new location which includes a full eat-in kitchen, dining room, living room, five bedrooms, two full bathrooms, and a study room in the lower level.

We will also be renting the facility for those who need an “extra house” for large family events, long stays due to unforeseen circumstances, or as your getaway to all the fun activities that central Michigan has to offer.

The decks, both covered and uncovered, offer relaxation and comfortable gathering spaces. This Oak Street Canopy is settled in a quiet neighborhood with a fenced-in lot.

This is more evidence of how the Naturopathic Institute and the Naturopathic Community Center is continuing its mission of providing education and training for naturopathic practitioners as well as educating the community with free and inexpensive classes for everyone.

If you are interested in renting the house, please feel free to contact Julie at (989) 773-1714 for availability.



## New Healing Service with Sheila Carroll

The Herbs Etc retail store is proud to welcome our newest therapist Sheila Carroll.

### Story Counseling

Learning and telling your story can be a transformative healing experience that brings you into relationship with others in a whole new way. Many of us leave our real story untold. We tell the superficial, “outside” story, such as details of our work or family. However, the **real** story lies within and expresses our deepest values and hopes. This story touches on the lasting, visionary quality of greatness we all carry. Sometimes, we hide this story, from others, and sometimes, we even hide it from ourselves. When we don’t know or tell our authentic story we wind up feeling lonely and out of touch with our life’s purpose, bothered with a chronic sense that something just isn’t right. We may even wind up feeling worthless, unloved, or sick.

### Who is Sheila Carroll?

Sheila is a 30-year plus veteran of storytelling. She has worked as a professional storyteller, business owner of a story-based educational project, and a personal story

coach. Her work in using memories to create healing stories has been called “groundbreaking.” An avid student of health and wellness, she has seen again and again the need for knowing your story to be truly well.

### Benefits of Discovering Missing Pieces of Your Story

- A powerful way to stimulate optimism and hope in your life
- A profoundly useful tool for getting unstuck
- Increased ability to find and tell healing stories yourself
- A new love and deeper understanding of yourself
- Increase in your own problem-solving capacity
- Insights into the connection between your story and your inner life
- Tools for promoting healing and recovery for yourself in the future
- A method for telling your healing story to help others

Sheila is accepting appointments on Wednesdays. Call Herbs Etc at 989-773-3636 to make an appointment.

# The Truth about Chocolate

by Amy Jo Howard, ND, CH, CC (Chocolate Connoisseur)



Rest assured! If you think that I am part of the natural health police (true!) and am going to tell you that chocolate is bad for you, well you will be pleasantly (overjoyously?) surprised to learn that chocolate is good, even beneficial, for you. The real truth is that not all chocolate is created equally. Here's what you need to know:

For the past 4,000 years, chocolate has symbolized wealth, power, and luxury. The Mayans and Aztecs used cacao beans as currency in the 14<sup>th</sup> century. Now, modern research is proving that it is rich in natural compounds that have significant health benefits.

## Where Does Chocolate Come From?

The small evergreen tree, *Theobroma cacao*, is cultivated for its seeds, known as cacao beans. When the cacao beans are roasted and winnowed (the outer skin is removed), then you have cacao nibs. The cacao nibs are put into an oil press to extract cocoa butter, which is usually ground with sugar, and this preparation is then used to make chocolate. So, the term "chocolate" typically refers to a solid food or candy that has been sweetened. The term "cocoa" refers to a powder made from roasted, winnowed, and ground cacao nibs from which most of the fat has been removed. And, fun fact: the cacao bean is a fruit, and similar to most fruits, the pulp is the sweet part, not the seeds. This is why the nibs (seeds) get sweetened in processing, because the nibs are bitter.

## How Is Chocolate Made?

The ICCO (International Cocoa Organization) outlines a 14 step process for transforming cocoa beans into chocolate:

1. The cocoa beans are cleaned to remove all extraneous material.
2. The beans are roasted to bring out the chocolate flavor and color. The temperature, time, and degree of moisture involved in roasting depend on the type of beans used and the sort of chocolate required from the process.
3. A winnowing machine removes the shells from the beans to separate out the nibs.
4. The nibs undergo alkalization, usually with potassium carbonate, to develop the flavor and color.
5. The nibs are milled to create cocoa liquor (cocoa particles suspended in cocoa butter). The temperature and degree of milling varies according to the type of nib used and the chocolate required from the process.
6. Most manufacturers use more than one type of bean in their products, so different beans are blended together for the required formula.
7. The cocoa liquor is pressed to extract the cocoa butter, leaving a solid mass called cocoa presscake. The amount of butter extracted is controlled by the manufacturer to produce presscake with different proportions of fat.
8. The processing now takes two different directions. The cocoa butter is used in the manufacture of chocolate, and the presscake is broken into small pieces which is then pulverized to form cocoa powder.
9. Cocoa liquor is used to produce chocolate through the addition of cocoa butter; other ingredients such as milk, sugar, and emulsifying agents are also added and mixed.
10. The mixture undergoes a refining process by travelling through a series of rollers until a smooth paste is formed. Refining improves the texture of the chocolate.
11. Conching, a kneading or smoothing process, is used to further develop flavor and texture. The speed, duration, and temperature of the kneading affect the flavor; an alternative to conching is an emulsifying process that uses a machine that works like an egg beater.
12. The mixture is next tempered or passed through a heating, cooling, and reheating process to prevent discoloration and fat bloom.
13. Then, the mixture is put into molds or used for enrobing fillings and cooled in a cooling chamber.

The chocolate is then packaged for distribution.

## What are the Benefits of Chocolate?

Cacao beans contain hundreds of natural compounds with health benefits, including antioxidant and anti-inflammatory properties. Here are a few specifics:

*Epicatechin* – This flavonoid helps reduce blood pressure as well as lower risk of stroke, heart failure, diabetes, and cancer.

*Magnesium* – This mineral promotes muscle relaxation and is needed for cell renewal, bone health, and more.

*Phenylethylamine* – This compound uplifts mood in a similar way that tryptophan does.

*Resveratrol* – Is known for lowering inflammation, protecting the nervous system, and increasing mitochondrial function.

*Theobromine* – Provides energy and alertness similar to caffeine but without any jitters.

Further, there have actually been numerous studies conducted demonstrating the health benefits of eating chocolate:

- Loma Linda University presented human trial data at the 2018 Experimental Biology meeting revealing that chocolate improves stress levels, mood, memory, inflammation, and immune function.
- One paper published in 2012 revealed that eating chocolate could reduce your risk of stroke by 29% and your risk of cardiovascular disease by 37%.
- Another paper published that same year found that chocolate reduced blood pressure, increased blood vessel elasticity, and lowered insulin resistance.
- A study published in the Journal of Nutrition showed that regular consumption of dark chocolate decreased insulin resistance.
- And, a study published in the Journal of Psychopharmacology reported that the polyphenols in cocoa reduced anxiety and induced a sense of calm when consumed daily.

## Is All Chocolate Beneficial?

Okay, here's the catch: none of these benefits apply to milk chocolate. Milk chocolate is high in milk and sugar and low in cacao. Plus, the standard manufacturing process of chocolate into milk chocolate destroys ¼ to ½ of the available antioxidants. So, to reap the benefits of chocolate, it has to contain at least 70% cacao and be sweetened with organic cane sugar (or an even better sweetener, like stevia). The closer your chocolate is to its natural, raw state, the higher its nutritional value.

## You Can Have Your Chocolate and Eat It, Too

On the bright side, I didn't recommend erasing an entire food group from your life; I am just suggesting that you take something you love and choose the best and healthiest option, because your taste buds will refine themselves, and your health will be grateful that you are nurturing it in so many yummy ways! And, that's the truth!

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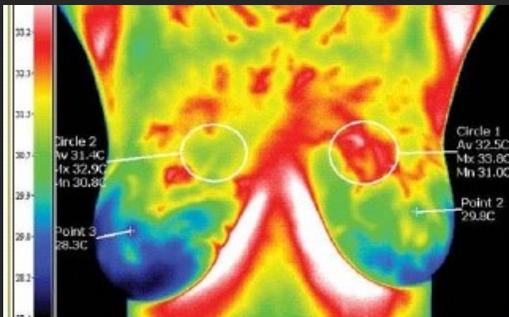
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International Cocoa Organization

## Herbs Etc For Your Organic Chocolate Snacks & Gifts!



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A radiation free, non-invasive, FDA approved, and relatively inexpensive device that detects early, potentially reversible physiologic changes associated with later development of breast cancer.

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# Festival Speakers



**Don Huber, Ph.D.**

Dr. Don M. Huber has a long, varied, and highly productive career focused on plant physiology, microbiology, and pathology. Don grew up on crop and dairy farms in Arizona and Idaho. His training from both University of Idaho (B.S. and M.S.) and Michigan State University (PhD, 1963) was augmented by U.S. Army military service in sensitive areas such as global epidemiology, national production capabilities, and national security. A family man, he takes the education of his children and grandchildren seriously, serving twelve years on local school boards. At the request of the Indiana Governor, he served on the Indiana Education Employment Relations Board for seven years as mediator and fact-finder for conciliation of collective bargaining disputes. Huber began his 50-year academic career with eight years of service as a cereal pathologist at the University of Idaho. He taught, researched, and published at Purdue for thirty-five years. His field: soil-borne disease control, physiology of disease, and microbial ecology — a perfect fit which reinforced his unique military work. He is now Professor Emeritus of Purdue University.

**Dr. Huber is an internationally recognized expert on nutrient-disease interactions and has had cooperative research in Argentina, Australia, Brazil, Chile, China, Costa Rica, Denmark, Germany, Mexico, Russia, Taiwan, and Tunesia.**

Dr. Huber teaches courses on anti-crop bioterrorism and serves as a consultant on biological weapons of mass destruction and emerging diseases. He advises U.S. agencies on bioterrorism and biological warfare. He currently serves without pay as the American Phytopathological Society's Coordinator for the USDA National Plant Disease Recovery System program and is an active member of the Threat Pathogens Committee.

We have invited Dr. Huber to the NHIFF due to his internationally recognized expertise in the application of Glyphosate (Round Up) on the soil and how this impacts the ultimate quality of animal and human food supplies.



**Bob Delaney, B.A.**

We are grateful to have Bob Delaney speak to us about the growing water PFAS crisis in Michigan. Below is an article from the Detroit Free Press showing Mr. Delaney's incredible integrity and concern for Michigan's greatest water issue.

GRAND RAPIDS – Angry and frightened. Those are not words one often hears from a state government scientist. But that's how a Michigan Department of Environmental Quality official said he felt after realizing — eight years ago — the scope and strength of the state's problems with PFAS chemicals, which have contaminated water supplies and endangered the health of residents at sites around the state.

"In 2010, I began to feel that I was at the edge of the abyss looking into hell with the weight of the world on my shoulders," Robert Delaney testified Tuesday at a PFAS meeting in Grand Rapids. However, "my fear and anger turned to conviction and determination," Delaney said at Grand Valley State University.

**Delaney, a geologist and veteran DEQ specialist, began raising concerns about the threat of per- and polyfluoroalkyl substances in 2010.** In 2012, he said, he sent a 93-page report that detailed the threat to Michigan's drinking water and residents. That report was largely ignored and not made public until 2017. Delaney testified he made recommendations in the report about how to limit public exposure to PFAS chemicals, but "I didn't get any feedback until 2018."

Despite the inaction on Delaney's report, Michigan is now seen as a leader in confronting what is a nationwide problem after Governor Rick Snyder issued a November 2017 executive order to create a PFAS action response team.

The PFAS family includes thousands of chemicals that are widely used in products such as firefighting foam, waterproofing, nonstick pans, and anti-stain coatings on upholstery. These chemicals don't break down in the environment and have been linked to cancers, reproductive problems, and other health issues.



**Chris Wright, Ph.D.**

Chris is a researcher in mycology and a mycological entrepreneur. He received a Ph.D. in Plant, Soil and Microbial Sciences from Michigan State University, and a B.Sc. in Psychology from Northern Michigan University. His primary research interests are focused on lignolytic soil fungi and fungi living in the human microbiome. He is also an avid mushroom cultivator and is the president of *Easygrow Mushrooms and Composting LLC*. Chris conducts mushroom cultivation programs all across Michigan, including an annual class at Michigan State University's Student Organic Farm.

We have asked Dr. Wright to speak at the NHIFF to help us better understand the benefit of mushrooms for cleaning and healing the soil. We also have the goal of understanding how mushrooms and fungi are necessary for the healing of the human gut biome. Dr. Wright will be able to tie these two topics together and help us make connections that will alter our understanding of healing in very profound ways.

We know you will be amazed by what he has to offer, and we hope to have him teach future All Day Courses for the Naturopathic Community Center on cultivating our own healing mushrooms in mini logs and working to cleanse and heal the soil of toxins such as Glyphosate and PFAS!



**Dr. Richard Olree**

Dr. Richard Olree is a mineral and genetics expert, as well as a sought out chiropractor. Dr. Olree has a Bachelor of Science in Human Biology, and a Doctor of Chiropractic. He has studied the interactions of minerals for over 30 years, and has made some incredible discoveries. He is also the author of the "Amishman's Handy Guide to Minerals, Vitamins and Food Supplements." Since 1981, his family-based practice has been located in Hilman, Michigan and he also serves two Amish communities in northern Michigan.

Besides his chiropractic practice, Dr Olree established a health food store called Hilman Health Foods in 2001 so that he can offer his patients quality nutritional supplements.

He travels the country teaching about the wonderful benefits of understanding, obtaining, and eating organic food. Dr. Olree will be speaking at the NHIFF to educate us about what is in our genes and how genetics effect our health.

Live Action Role-Play  
 Archery  
 Team Battles  
 Stunt Demo's & Training



**Workshops**  
**Performances**  
**Children's Activities**

**Friday & Saturday at the NHIFF**

<https://thebrothersbarbeau.wixsite.com/thebrothersbarbeau>

**NHIFF Extras**

- ★ Make a Family Camp Flag
- ★ Join in the Parade
- ★ Join Naturopathic Olympics - 4 person teams
- ★ Individual Warrior Challenge
- ★ Cook Off - Red Chili, White Chili, Dessert, Appetizers
- ★ NITE Student Volunteer Program
- ★ Consider Staying in Town at NITE
- ★ Alcohol and Drug Free Events and Facilities
- ★ Pack Your Own Food
- ★ Enjoy The Food Vendors for Healthy Fun

**See page 13 to register, or download the form at [naturopathicinstitute.info/nhiff](http://naturopathicinstitute.info/nhiff)**

# NHIFF Highlights

## Thursday

Arrival of Campers & Guests

Hayride

Children's Movie in the Barn

Outdoor Movie for Adults/Teens



## Friday

Morning Yoga on the Roof

Morning Qi Gong for Children

Opening Ceremony and Coconut Parade

- ★ All Are Welcome
- ★ Decorated Bikes
- ★ Floats on Mini Wagons
- ★ Family Campsite Flags



Speakers:

- ★ Bob Delaney "PFAS In Our Water"
- ★ Dr. Olree "What Is In Our Genes"

Children's Live Action Role Play

Children's Bowls and Forks Music

Workshop Options:

- ★ Benefits and Making of Kefir
- ★ Healing Benefits of Your Story
- ★ Pet Health Care
- ★ Tracking Skills
- ★ Tuning the Body with Sound
- ★ Archery
- ★ Star / Knife Throwing
- ★ Live Action Role Play

Individual Warrior Challenge

Women's Circle

Men's Cow Patty Toss

Burning Tower of Healing

The Black Murray Band



## The Healthy Musician Institute

with Robert Meyer-Kukan

- ★ Workshop
- ★ Vendor



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# Saturday

Morning Qi Gong

Morning Yoga for Children



Speakers:

- ★ Don Huber "Round-Up® Truth"
- ★ Chris Wright "Healthy Mushrooms"

Children's Scavenger Hunt

Children's Drum Circle

Workshop Options:

- ★ Making & Learning About Salves
- ★ Phrenology
- ★ Sound Therapy and Benefits
- ★ Forging Knives
- ★ Beekeeping 101
- ★ Stunt Demo Training
- ★ Archery



Naturopathic Olympics 4 Person Teams

Ranch Burgers & the Fixin's

Live Dinner Show



Cook Off Challenges

Men's Eagle Talk

Women's Cow Patty Toss

Campfire Songs

Fireworks Spectacular



# Sunday

\$2 Pancake Breakfast

with Turkey Sausage



Alumni Sharing & Presentations

Departures

Volunteer Clean Up Crews



Forging Knives

- Workshop
- Vendor

with Josh Powell



Available in the NHIFF Vendor Tent!

To register: See page 13 or go to [naturopathicinstitute.info/nhiff](http://naturopathicinstitute.info/nhiff)  
Call (989) 317-4787 for more info.

# Saturday Seminars



Open to the public, health professionals, doulas, massage therapists, and professionals looking for CEUs for licensing requirements. Preregistration and payment is required. Please call (989) 317- 4787 to reserve your spot. Meals are on your own.

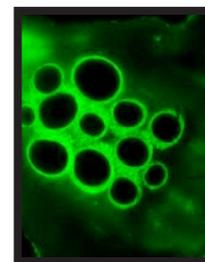
## **May 15 – 19: Master Design Practicum in Permaculture**

This master permaculture design practicum is for anyone looking to study permaculture design at a deeper level. Enhance your understanding of the permaculture ethics and principles, and practice applying them to your property with input and guidance from our world-renowned instructor, Wayne Weiseman. Your landscape is filled with possibilities, and when you are finished, you will go home with a design that works for your own property. It will give you the skills and foresight needed to assess, conceive, and design your property into a perpetual harvest garden. To have a professional create this design is easily \$9,000 to \$15,000. This seminar allows you to create a design at a fraction of the cost and will be held at the Naturopathic Institute for five full days. *Instructor: Wayne Weiseman Class is 9 a.m. – 5 p.m. each day Class Fee: \$989*



## **May 18: Plant Stem Cell**

Plant stem cells (Gemmotherapy), also known as meristems, are embryo cells of plant buds or rootlets that are undifferentiated and have the potential to become any tissue in the body, very similar to animal (embryologic) stem cells. They hold the blueprint and genetics of the entire plant. They rapidly and gently restore the balance between mind and body, while having an impressive influence on all channels of elimination. A wealth of information and clinical research has been collected in Europe over the last 70 years. In this seminar, you will learn the emotional/mental signatures, impact on physiology/pathology, tissue affinities, and empirical protocols to initiate healing and how to incorporate other modalities along with plant stem cells. *Instructor: Timothy Hertzberg, ND Class Time: 9 a.m. – 5 p.m. Class Fee: \$89*



## **June 1: Healing Powers of Hemp: A CBD Class**

Have you heard about CBD and the health benefits of hemp? Maybe, you have heard of the “Green Rush” as the opportunity of our generation. Or, maybe you are simply curious. We aren't talking about the part that makes you high but instead, about a plant rich in CBD with many therapeutic effects. Regardless of what attracted you here, science has shown hemp can impact you in a positive way. Every day, people are turning to this powerful herb to find relief from many of life's challenges. A quick internet search provides thousands of claims... but what is accurate and trustworthy? How do you become a smart consumer and find your piece of the green pie? Join us as we learn about this amazing plant, how it works in our bodies to promote health, healing, and harmony, and how you can be a part of this movement. It's about getting your life back! *Instructors: Jodi Jenks, ND, and Shelby Ogburn Class Time: 9 a.m. – 5 p.m. Class Fee: Free*



### **September 19 – 22: Plants**

Hey, all you plant geeks! I know there are many of you out there. We are offering a great way to learn all about plants from Instructor Wayne Weiseman. He will share lessons learned from teaching years of primitive skills. His own recipes have been used to create a series of herbal products. His urban yard yields a huge percentage of his family's food – how does he do it?! Come learn how for yourself! Students will go home with plant-based products created in class at the Symbiosis Ranch. You will also observe, study, interact, and explore woodland, pasture, gardens, farm fields, and other ecosystems. *Instructor: Wayne Weiseman Class Times: Thursday 5 p.m. – 9 p.m., Friday 9 a.m. – 5 p.m., Saturday 9 a.m. – 5 p.m., Sunday 9 a.m. – 4 p.m. Class Fee: \$399*



### **September 28: Human Trafficking**

The Human Trafficking Prevention Course will cover general trafficking information, including ways to recognize signs and what you can do to prevent and address this issue in your community. Instructors will include representatives from R.I.S.E. Advocacy and the Clare, Gratiot and Isabella Counties Human Trafficking Coalition. CEU's will be granted for those that require a class for renewing their professional licenses with the State of Michigan. *Class Time: 9 a.m.—1 p.m. Class Fee \$50*



### **October 17 – 20 Mixed Permaculture Course**

We are at it again! Take advantage of the full course weekend or split your time between individual days of learning. This year, we will be hosting the following options for students to get your gardening groove on by gaining insights into the following topics: Thursday, 5 p.m.- 9 p.m.: The Alchemy of Gardening; Friday, 9 a.m. – 5 p.m.: Soil and Composting; Saturday 9 a.m. – 5 p.m.: Tree Identification and Guilds; and, last year's favorite on Sunday, 8 a.m. – 4 p.m.: Building and Using the Sweat Lodge! *Instructor: Wayne Weiseman, Individual Class Fee: \$89 for each day, \$50 Thursday or \$329 for the full course. These Courses will be held at Symbiosis Ranch.*



### **October 26: CranioSacral in the Mouth**

Do you suffer from headaches or migraines? Teeth trouble or TMJ? Brain fog and difficulty concentrating? Or, know someone who does? Advance your skills in CranioSacral therapy by learning to release tension inside the cranium to benefit nervous and glandular system functions. Special considerations will be given to the health concerns that arise from having worn braces or other dental devices and balancing the restrictions they cause. These advanced techniques help to improve health, focus, mental clarity, hormonal imbalances, and much more. CranioSacral experience required to take this class. *Instructor: Amy Jo Howard, ND Class Time: 9 a.m.—5 p.m. Class Fee: \$89*



### **November 9: How to Deliver a Baby**

Everyone is invited to this lively and insightful class on "Birth for Everybody." Does it matter how we view birth, or how we talk to our neighbors and kids about birth? (Hint: YES, IT DOES!) How we get born affects our whole lives – our expectations, how we breathe, our immune system, and how we connect (or not) with the rest of the human race. This lively class will reframe birth as it's presented in the US today, teach what babies are really doing and expecting, and discuss how the amateur can safely and calmly deliver a baby if unexpected circumstances occur. NEW understanding of gentle birth has very specific and simple elements which reduce infant and maternal mortality, and that can be used in any situation for great outcomes! We'll explore making-do in disasters and provide a beautiful, easy-to-use reference that reinforces all you've learned. This is a fun and inspirational day (no ick, promise!) and is for everyone who cares about mothers and babies – come with a friend! *Instructor: Beth Barbeau Class Time: 9 a.m. – 5 p.m. Class Fee \$89*



# New Services

## Polarity Therapy

with Lori Becker, ND



### **Polarity Therapy**

Polarity therapy works with the finer energies of each of the five elements which pertain to the physical, mental, and emotional body, as well as the chakras. A Polarity Therapy session promotes the body to heal by prompting the flow of life force energy, clearing congestion, and creating balance in the physical, emotional, and mental bodies. Polarity therapy subtly works with engaging the subconscious mental and emotional patterning that can often manifest as physical disease. As trauma is stored in cellular memory and body tissues, the Polarity session can help guide the client to process what has been causing the obstructions and heal.

Polarity Therapy is a safe, non-invasive therapy that is beneficial for aiding in creating an environment for the body to harmonize and heal itself. Polarity Therapy is helpful for anyone to incorporate into their health maintenance program. Lori Becker is a Board-Certified Traditional Naturopath and has completed Level One Polarity Therapy Certification through the Polarity Center of Ann Arbor and maintains ongoing training in this field.

Dr. Becker is accepting new clients for naturopathic consultations as well as polarity therapy Monday – Wednesday at the Herbs Etc store.



## Colon Cleansing with Haley Freathy, NHE

### **Colon Hydrotherapy**

Colon Hydrotherapy is referred to as colon irrigation, colonics, colon therapy, or high enemas. Modestly draped and lying on a specially designed “table,” you insert a small, sterile, disposable tube an inch into the rectum, which allows the gentle infusion of filtered, temperature-controlled water to enter the colon, promoting the body’s expulsion of fecal matter. It is a gentle and often relaxing process that you administer yourself with the support of a knowledgeable therapist.

The colon is a reflex organ, meaning there are neurological connections to all other parts and systems of the body. When waste material has accumulated over a long period of time, it breaks down and becomes toxic.

Some of the signs of a toxic colon are coated tongue, bad breath, sallow complexion, abnormal body odor, dark circles under the eyes, cold hands and feet, brittle nails and hair, sagging posture (pot belly), tension, fatigue, allergies, indigestion, chronic headaches, irritability, nervousness, nausea, depression, asthma, and backaches.

Haley Freathy has completed her training as a colonics specialist and is now taking appointments at Herbs Etc, Thursdays – Saturdays.



NATURAL HEALTH INDEPENDENCE  
**FREEDOM FESTIVAL**  
 2019

# REGISTRATION FORM

**Name:** \_\_\_\_\_ **Phone:** \_\_\_\_\_  
**Mailing Address:** \_\_\_\_\_ **City:** \_\_\_\_\_  
**Email:** \_\_\_\_\_ **State/Zip:** \_\_\_\_\_

Names of All Attendees:	Adult	Child	Adult	Child
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Ticket Options	Pre-Registration		At the Gate	
	Adult	Child	Adult	Child
<input type="checkbox"/> Thursday (Evening Pass)	\$25	\$10	Not Available	Not Available
<input type="checkbox"/> Friday (1 Day Pass)	\$65	\$40	\$89	\$50
<input type="checkbox"/> Saturday (1 Day Pass)	\$65	\$40	\$89	\$50
<input type="checkbox"/> Full Festival Pass (Thursday—Sunday)	\$155	\$90	\$200	\$100
<input type="checkbox"/> Additional children's Full Festival Pass	X	\$45	X	\$55
<input type="checkbox"/> Rustic Tent Campsite (Thursday—Sunday)	\$25	X	Not Available	X
<input type="checkbox"/> Rustic Camper Campsite (Thursday—Sunday)	\$40	X	Not Available	X

<b>Cost Worksheet:</b>	<i>Pass Price</i>	X	<i>Quantity</i>	=	<i>Subtotal</i>
Adult:	_____	X	_____	=	_____
Child:	_____	X	_____	=	_____
Additional Child	_____	X	_____	=	_____
Campsite	_____		_____		_____

**Total:** \_\_\_\_\_

**Registration Deadline:** June 20, 2019 (after deadline Gate prices apply) No refunds after June 28, 2019

Make check payable to:  
**Naturopathic Community Center**  
 and mail with registration form to:

NCC / NHIFF  
 503 E. Broadway Street  
 Mt. Pleasant, MI 48858

Or email form to: [contact@naturopathiccommunitycenter.info](mailto:contact@naturopathiccommunitycenter.info)  
 Fax: 989-775-7319  
 If paying by credit card, please call (989) 317-4787



July 4 – 7, 2019 ACCIDENT WAIVER AND RELEASE OF LIABILITY FORM

I HEREBY ASSUME ALL OF THE RISKS OF PARTICIPATING IN ANY/ALL ACTIVITIES ASSOCIATED WITH EVENTS AT THE SYMBIOSIS RANCH, including by way of example and not limitation, any risks that may arise from negligence or carelessness on the part of the persons or entities being released, from dangerous or defective equipment or property owned, maintained, or controlled by them, or because of their possible liability without fault.

I acknowledge that this Accident Waiver and Release of Liability Form will be used by the event holders, sponsors, and organizers of the activity in which I may participate, and that it will govern my actions and responsibilities at said activity.

In consideration of my application and permitting me to participate in this activity, I hereby take action for myself, my executors, administrators, heirs, next of kin, successors, and assigns as follows:

(A) I WAIVE, RELEASE, AND DISCHARGE from any and all liability, including but not limited to, liability arising from the negligence or fault of the entities or persons released, for my child/my own/the minor child for whom I am a legal guardian death, disability, personal injury, property damage, property theft, or actions of any kind which may hereafter occur to me including my traveling to and from this activity, THE FOLLOWING ENTITIES OR PERSONS: The Symbiosis Ranch, the Naturopathic Institute of Therapies and Education, the Naturopathic Community Center, and Herbs etc and/or their directors, officers, employees, volunteers, representatives, and agents, and the activity holders, sponsors, and volunteers;

(B) INDEMNIFY, HOLD HARMLESS, AND PROMISE NOT TO SUE the entities or persons mentioned in this paragraph from any and all liabilities or claims made as a result of participation in this activity, whether caused by the negligence of release or otherwise, sustained by my child/myself/the minor child for whom I am a legal guardian, while that person is participating in activities connected with the event, including performances, games, challenges or other activities.

I acknowledge that the Symbiosis Ranch, the Naturopathic Institute of Therapies and Education, the Naturopathic Community Center, and Herbs Etc and/or their directors, officers, employees, volunteers, representatives, and agents, and the activity holders, sponsors, and volunteers and their directors, officers, volunteers, representatives, and agents are NOT responsible for the errors, omissions, acts, or failures to act of any party or entity conducting a specific activity on their behalf.

I acknowledge that this activity may involve risks including, but are not limited to, those caused by terrain, facilities, temperature, weather, condition of participants, equipment, vehicular traffic, lack of hydration, and actions of other people including, but not limited to, participants, volunteers, monitors, and/or producers of the activity. These risks are not only inherent to participants but are also present for volunteers.

I hereby consent to receive medical treatment which may be deemed advisable in the event of injury, accident, and/or illness during this activity.

I also authorize the Naturopathic Community Center to use photos and videos of me for promotional purposes. If I am signing this in my capacity as the legal guardian of a minor child, I authorize the Naturopathic Community Center to use photos and videos of the minor child for promotional purposes.

I understand that activities, games and challenges have inherent risks of injury, and, being fully aware of all risk, I consent to have my child/myself/ the minor child for whom I am a legal guardian, participate in the programs and activities offered and I accept full responsibility for providing adequate health and accident insurance coverage for the protection of all of the following who participate in these programs/activities: my child/ myself/the minor child for whom I am a legal guardian. Names and ages of all minor children for which you are legally responsible and include within this waiver of liability and assumption of risk, for participation in the NHIFF:

Name	Age	Name	Age
_____	_____	_____	_____
_____	_____	_____	_____

The Accident Waiver and Release of Liability Form shall be construed broadly to provide a release and waiver to the maximum extent permissible under applicable law. I also understand that I have read and agreed to the following conditions while staying on this property:

- I will not possess, provide means to, or distribute any controlled substances on the property or partake in the use of controlled substances before entering the property.
- I will not possess, provide means to, or distribute alcohol or marijuana, or any derivatives of alcohol or marijuana, nor partake in the use of alcohol or marijuana before entering the property.
- No smoking or alcohol use is allowed on any part of the property.

I CERTIFY THAT I HAVE READ THIS DOCUMENT AND I FULLY UNDERSTAND ITS CONTENT. I AM AWARE THAT THIS IS A RELEASE OF LIABILITY AND A CONTRACT AND I SIGN IT OF MY OWN FREE WILL. (Must be signed by all adult participants)

\_\_\_\_\_ printed name

\_\_\_\_\_ printed name

\_\_\_\_\_ signature

\_\_\_\_\_ date

\_\_\_\_\_ signature

\_\_\_\_\_ date

# Tuesday Teaching



Classes are on Tuesday evenings, throughout the month. There is no need to sign up, simply show up, learn, and apply this incredible knowledge to better your health, longevity, and personal development.

## 6:30 pm to 7:30 pm.

- May 7:** How Massage Improves and Prevents Disease
- May 14:** Change Your Life: How to Use Your Thoughts to Achieve Your Goals
- May 28:** Meditation and Breathing Exercises for Stress Relief and Sleep
- June 4:** Stress Reduction Through Human Touch
- June 11:** Hormones: How to Balance Them Naturally
- June 25:** Are Your Thoughts Causing Dis-ease?
- July 2:** Healing Emotions with Essential Oils
- July 23:** The Healing Properties in Minerals and Stones
- July 29:** Finding Remedies in Your Own Yard
- Aug 6:** The Amazing Benefits of Calcium and Magnesium
- Aug 13:** Nootropics: Increase Your Brain Capacity
- Aug 27:** Healing Relationships in Your Home through Feng Shui
- Sept 3:** You Are What You Eat; Learn What to Avoid
- Sept 24:** More Than Just a Foot Rub! Unblock Energy Channels, Reduce Pain, Stress and Anxiety with Reflexology
- Oct 22:** Clean Out Your Gut, from Your Butt! (Colon-hydrotherapy)
- Nov 26:** What the Shape of Your Body Says About You

# healthy eating

## 6:00 pm – 7:30 pm

Healthy Eating classes are held at the Coomer Church, located on South Vandecar Road, 2 ½ miles south of M-20. This is a great location right next to Dr. Baker's Symbiosis Ranch and Gardens.

You will learn meal preparation tips that will help you set a healthy meal on your table for you and your family in minutes. There is a donation of \$5 requested to help cover the costs of supplies.

- May 21:** New Summer Salads
- June 18:** Squash – All That Zucchini
- July 16:** Gluten and Sugar Free Desserts
- August 20:** Canning Jellies and Jams
- September 17:** Eggs Are Our Friends!
- October 15:** Pressure Canning & Bone Broth
- November 19:** Soups and Curry





(989) 773-1714

e-mail: [contact@naturopathicinstitute.info](mailto:contact@naturopathicinstitute.info)

Web: [www.naturopathicinstitute.info](http://www.naturopathicinstitute.info)



(989) 773-3636

e-mail: [contact@herbsetc.info](mailto:contact@herbsetc.info)

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e-mail: [contact@naturopathiccommunitycenter.info](mailto:contact@naturopathiccommunitycenter.info)

Web: [www.herbsetc.info](http://www.herbsetc.info)

**All Located at:**

**503 East Broadway Street, Mount Pleasant, MI 48858**

Presorted Standard

U.S. Postage

**PAID**

Mt. Pleasant, MI 48858

Permit No. 110



## **NSP Quarterly**

June 17, 2019

- New Products How They Work
- Smart Start/Auto Ship
- All the Liquid Products
- Triple Your Monthly Rebate
- Getting/Teaching New Members
- Top 5 Starter Programs

September 16, 2019

- Schedule in Next NITE Light

## **Crones**

June 10, 2019

September 9, 2019

December 9, 2019

## **Business Boot Camp**

October 6 - 8, 2019

***Michigan's Foremost Authority on Natural Health!***