



Herbs Etc. / NITE Newsletter

Spring Cleansing

January 2006

Want To Cleanse?

We have to start (cleansing) with the colon because it is the “garbage can” for the body.

The best time to clean your body is the spring! Therefore, we will be featuring how to cleanse several body systems in the first two newsletters of the year. After the publication of Kevin Trudeau’s book, *Natural Cures “They” Don’t Want You to Know About*, it seems everyone wants to know how to clean their colon, liver, blood, and lymph as well as how to get rid of parasites and candida.

He also recommends 15 colonics in 30 days! Although this is more than I would normally recommend, look at our featured

service of the month, colon hydrotherapy, and see what our on-site colon hydrotherapist Amy Jo Howard recommends.

Even the healthiest person, in order to maintain good health, would cleanse every spring and fall. So, if you’ve never cleansed in your entire life, we’ve got a lot of cleaning out to do! We have to start with the colon because it is the “garbage can” for the body. If the garbage can isn’t empty, the rest of the body doesn’t have an appropriate place to release its waste. Then, when you begin to cleanse other

by **Bessheen Baker**
systems, rashes, headaches, loss of energy, and other “cleansing” reactions may occur. However, if your colon is working well, cleansing is a far more pleasant experience.

This newsletter will include colon cleansing, lymph cleansing, and our featured service at a \$5 discount for the month of February—colon hydrotherapy. I will also be teaching a free Tuesday-night class on May 9, 2006, at 6:30 p.m. to discuss all the different ways you can cleanse your body systems.

Colon Hydrotherapy: Featured Service

by **Amy Jo Howard**

Colon Hydrotherapy is an excellent way to cleanse your body. By cleansing the colon, you help the entire body cleanse. When the colon is clean, the small intestine can release its toxins for elimination, as can the liver and many other organs. Signs of a toxic colon include constipation, bad breath, abnormal body odor, dark circles under the eyes, low energy, cold hands and feet, sagging posture, allergies, indigestion, chronic headaches, asthma, depression, backaches, and excess weight.

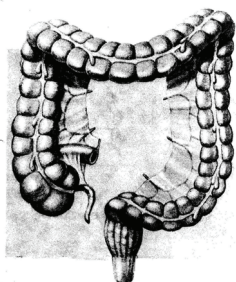
This therapy involves inserting a small tube [I swear it is no larger in diameter than a regular pencil!] about an inch into the rectum. Then, UV-filtered, temperature-controlled water passes through this tube into the colon. The water then allows hardened fecal material to loosen from the lining of the colon wall. It also encourages the colon’s natural peri-

staltic action to promote the elimination of waster materials and more regular bowel movements. All of this further enables the body to expel unfriendly bacteria and parasites, making the colon an overall, healthier environment. The entire process can be quite relaxing, and afterward, it feels just like you’ve taken a nice, refreshing shower—on the inside!

Additional benefits include loosening of mucus in the sinuses and lungs, better posture, headache relief, more energy, less gas and bloating, and abdominal softening and reduction. An average Colon Hydrotherapy session lasts 45 minutes to an hour. Usually a series of 6 sessions, one per week for 6 weeks, is recommended.

Call me today for an appointment! 989 773-3636

3 Movements A Day!



The digestive system is probably the most important system in the body. If the body becomes unable to break down the foods that we consume, the cells will not be nourished. In addition, they will not be able to perform their proper functions. As a result, all the other systems will become weak and unable to complete their tasks.

To ensure an active and properly functioning digestive system, it's important to keep our bowels moving. On average, there are about

six to seven meals trying to move through the colon at a given time. In truth, you should have three bowel movements a day if you are eating three meals a day! For this reason, if the body is not eliminating regularly, the colon will become backed up, therefore slowing down the whole digestive process. In this case, a colon cleanse will be beneficial.

There are many methods of cleansing, which give the body a break from trying to digest "new" meals and give it time to work on the

by Elizabeth Lo

"stored" meals. Juicing is helpful because it eliminates the process of breaking down solid material. Supplements, such as Nature's Sunshine "Liquid Cleanse" (also great for children), "Bowel De-tox" (for gentle cleansing), or "Clean Start" (for a deeper colon cleanse) will help to clean out some of the stored matter for elimination.

When the colon is clean, not only will the digestive system be more efficient, but so will all the other systems of the body.

The Lymph: Your Filter !

by Mollie Tamminga

The lymphatic system is made up of many different parts—the lymph nodes, thymus gland, tonsils, and spleen. However, lymph tissue is found scattered throughout the body in many other organs as well. The main functions of the lymphatic system are to defend the body against infection, return fluid from tissues into the blood, and absorb the fat and fat-soluble vitamins from the digestive tract. In general, the lymph organs and tissues help to defend the body against disease through a filtering process. If your lymphatic system is not functioning properly, you may notice that you are getting sick more often, your glands may be swollen or enlarged, your upper arms and/or legs may be tender or sore, you may feel lumps in your neck, breast tissues, groin, and/or armpits.

In order for your lymph system to function properly, you need to make sure that the lymph fluid is moving throughout the body and not becoming stagnant. Unlike the blood, which moves because it is pumped by the heart, the lymph fluid moves in response to movement—your movement. If you are not moving, then neither is your lymphatic system. You should take time out of every day to pay some attention to this system. Dry skin brushing, rebounding, and performing the

"lymph dance" are some of my favorites and great ways to start your day.

One of the best ways to move your lymph fluid is with a lymphatic drain, which is a massage specifically tailored for the lymph system. I normally recommend that my clients get a lymph drain 2 to 4 times a year, when they are sick, and if they are even doing any type of fast or cleanse. If you get a lymph drain, make sure to ask your therapist to incorporate cypress and/or grapefruit essential oils into the massage. Both of these oils work well to detoxify the lymph system as well as help to get things moving.

Nature's Sunshine makes some great combination herbal supplements for the lymphatic system, including the following

- Lymphomax—for overall support
- Lymph Gland Cleanse—when sick with sore throat, etc., and lymph glands are swollen
- Lymph Gland Cleanse HY—when sick with sore throat and tendency towards hypoglycemia
- Lymph Drainage (liquid)—to move and cleanse a stagnant lymph system, also good for children



**Trip to Arkansas to Dig for Crystals, May 25—29, 2006
Don't Miss It This Year!**

To Microwave or Not To Microwave

Would you sacrifice your health in exchange for convenience? If not, then why are you using a microwave oven? A microwave oven decays and changes the molecular structure of food by the process of radiation.

In 1991, a hip surgery patient in Oklahoma died from a simple blood transfusion. This is because the blood had been warmed in a microwave oven! Further studies indicate that people consuming foods processed in microwave ovens had increased levels of cholesterol and white blood cells. These are often signs of poi-

soning and cell damage.

When foods are microwaved, food values decrease by 60 to 90 percent, especially affecting B vitamins, vitamin C, vitamin E, and several essential minerals.

Another warning that has been made public is that microwaves are not recommended for heating a baby's bottle. While the bottle may seem cool to the touch, the liquid inside may become extremely hot and burn the baby's mouth and throat. This can result in problems such as allergies later in life and even acid reflux.

Some reasons to throw out your microwave:

- microwaving can cause long-term permanent brain damage by shorting out electrical impulses in the brain.
- male and female hormones are shut down by eating microwave foods.
- microwave foods can cause stomach and intestinal growths.
- effects of microwaves are residual (long-term and permanent) in the human body.
- eating microwave food causes loss of memory, concentration, emotional stability, and a decrease of intelligence.

Are you
sacrificing your
health for
convenience?

HOT ROCK Class available at NITE!

The Naturopathic Institute of Therapies and Education

is excited to announce a weekend class in
HOT STONE MASSAGE THERAPY!

The class will meet on Saturday and Sunday,
June 3 and 4, 2006, from 9:00 a.m. to 5:00 p.m.
at the Institute. You can register for the class at

www.naturesstonesinc.com.

Cost is \$375. Spaces are limited, so register soon!



New Spring Colors and Smells at Herbs Etc.

Perhaps you like the smell of pure mountain air, the seashore, or the air after a thunderstorm. We are now carrying **Salt Crystal Lamps** from the foothills of the Himalayas. These lamps emit negative ions, which significantly reduce indoor air pollutants. Negative ions have known benefits and may provide relief from si-

nus problems and allergies, reduce the severity and frequency of asthma attacks, enhance the immune system, increase alertness, increase work productivity and concentration, increase lung capacity and reduce susceptibility to colds and flu.

Wildberry, a high-quality incense company, has been around since 1971, and we

are now carrying their very popular and best-smelling short incense sticks—20 for only \$2.00.

We started carrying **ColourBath** products for stress reduction and energy two months ago. They have been so popular that we now offer them by the bottle and have enclosed a chart for your reference.

**NEW
OZONE
LAMPS
\$31.95**

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Start Feeling Better Now!

We're on the web:

www.nite-mtp.com

Tuesday Night Free Class Schedule: 2006

No Registration Necessary! Classes start at 6:30 p.m.

January 31	Stress Reduction through Light Touch
February 28	How Safe Are Vaccines?
March 14	Ring the Bowls! Sound Therapy
March 28	Release Weight According to Your Body Shape
April 11	Creative Writing for Therapeutic Benefit
May 9	How to Cleanse Your Blood, Bowel, Liver, and More
May 23	Homeopathic Remedies for Women: PMS, Menopause, and More
June 6	Reverse Autism: Are You Ready?
June 20	Massage to Calm Children and Babies
