

# Pain & Inflammation

## New! THE THERAPY ROOM at Herbs Etc.

Come for 30 minutes; come for an hour! Come by yourself; come with five others! It's our new Therapy Room at Herbs Etc.

Enjoy a foot detox, infrared massage bed, color therapy, magnetic cellular support with homeopathic and flower remedies, infrared sauna and sound therapy tuned to your voice!

This new addition to Herbs Etc. and the Naturopathic Institute is designed to give you greater access to incredible therapies and allow you to **do them on your own**. Room 8, formally a 900-square-foot classroom, has been converted to a multiple-therapy self-healing center!

After a short orientation, you can select just one therapy or all six! The use of each therapy and its benefits will be described by a Naturopathic Practitioner. You may want to come on a weekly basis with such great rates!

The rates for individual sessions are:

1/2-hour	\$20
1-hour	\$35
2-hour	\$60
3-hour	\$80
Unlimited hours for 30 days	\$199

There is also a payment option that includes a 20-hour pre-pay, that can be used over six months  
\$499

We are also offering Group Rates for Whole-Room Reservations, for 4 to 7 people, reserved one week in advance:

1-hour	\$120
2-hour	\$220
3-hour	\$320

Groups are welcome to use the room as follows:

Mondays	3-6 p.m.
Fridays	3-8 p.m.
Saturdays	2-6 p.m.

Tired of office parties with unhealthy food and drab conversation? Plan your next office party to be stress-reducing, healthy, and fun.

Come try the Therapy Room at Herbs Etc. today!

### Inspiration Against Inflammation

by Amy Jo Howard

Dr. John R. Christopher believed from the time he was a child that people could be healed using natural methods. During his life, he contributed many herbal formulas as well as countless success stories to the fields of herbology and naturopathy. Here are a few of his inspirational tales.

One night, Dr. Christopher answered a pounding at his door to find two young men carrying an old man who was struggling to breathe. The young men were looking to find help for their father who had been sick with asthma for twenty-six years and was now having a severe attack. Dr. Christopher helped the man sit down and gave him a cup of peppermint tea. In fact, this gentleman's asthma was so severe that he could not hold a job, could not lie down to sleep, and required shots, therapy, and oxygen treatments more than twice a week.

Ten minutes after the man had finished the peppermint tea, Dr. Christopher began to give him a teaspoonful of lobelia tincture every ten minutes. After about three doses, the man began vomiting. From 2:00 to 5:00 a.m., he vomited thick, sticky, blackened phlegm that had choked his airways for many years. Because of the peppermint tea, his muscles were relaxed, and he did not experience any soreness. That night, the gentleman slept lying

down in a bed for the first time in twenty years, and when he woke up, he went out and found a job. Thereafter, he never lost a day's work.

Another time, Dr. Christopher was called out to a ranch where the entire family was sick from an undiagnosed illness. Dr. Christopher asked what the family had been eating, and the rancher responded that they were eating white flour and canned goods. He then asked the rancher if they had considered eating whole grains. The rancher said that no one could ever force that down him!

So, Dr. Christopher told the rancher to trade foods by having the family eat the whole grains that were fed only to the cattle and to take the white flour that the family had been eating and feed that to the cattle. The rancher got angry and said that doing that would kill his prize cattle... Realizing what he had just said, the rancher and his family started eating the whole grains and returned to good health.

Therefore, when healing pain, inflammation, or any other condition, nutritious foods and herbs really are the best kinds of remedies.

[excerpted from *School of Natural Healing*  
by Dr. John R. Christopher]

## The Anti-Mucus Diet

by Bessheen Baker

Repeatedly we have found food to be the source of pain, inflammation, and mucus for hundreds of clients. If you are ready for a change and want to feel better, consider gradually removing the following foods over a 1- to 3-month period. After 30 days on the complete mucus-free diet, you will feel more flexible, more energetic, and a whole lot less “mucus-y” in your sinus and respiratory tract.

### Foods to remove:

- Processed salts; use only unrefined salts with no additives.

- Eggs—no eggs in any form in this program!
- Sugar and all sugar products; you may use honey, blackstrap molasses, or stevia.
- Meat—eliminate all meats for a while; you may include a little white fish, organic turkey or chicken a few times a week.
- Milk—eliminate all dairy products, including butter, cheese, cottage cheese, milk, and yogurt.
- Flour products—pasta, bread, non-whole-grain cereals

### Foods to eat:

- Cayenne pepper or ginger—add to foods; it will cleanse out old hard mucus (catarrh).

- Honey (1 t) and apple cider vinegar (1 T) in warm water; drink at least twice per day to improve digestion.
- Molasses—high in iron and can build the blood. Try 1 T twice per day.
- Olive Oil—1 T unheated twice per day to improve circulation and joint health.

Also, enjoy plenty of fruits, vegetables, whole grains (no flour), very light meats (as mentioned above), legumes, water, and teas. I know it’s a challenge! But, are you ready to feel truly different? Better?

Try it for 30 days and then share your story in our next newsletter!

## Nature’s Sunshine’s Phenyltol NEM & IF Relief

by Elizabeth Lo

ARE YOU  
TIRED OF  
HURTING?

Achy joints and muscles are common health complaints experienced by people of all ages. Whether due to overwork or long-term use, joints and muscles may weaken, which leads to uncomfortable pain. Whatever the reasons, maintaining healthy joints and muscles is an important aspect to one’s long-term overall health.

Nature’s Sunshine **Phenyltol with NEM** is a great herbal combination that is helpful. This blend consists of components that assist the body in rebuilding joints. Natural egg

shell membrane (NEM) contains glucosamine, chondroitin sulfate, hyaluronic acid, and collagen—all beneficial to joint health. Glucosamine acts as a builder for cartilage, replenishing the synovial fluid. In doing so, the joint is lubricated and is able to sustain flexibility and mobility. Chondroitin helps with the circulation of the hyaluronic acid, allowing for production of healthy tissue. Collagen is a major factor in the production of cartilage, tendon, and skin. White willow bark herb is added to help with pain relief.

Nature’s Sunshine has also developed a blend called **IF Relief** for pain and inflammation. This is especially beneficial to those who experience pain following exercise. Ingredients such as tumeric and mangosteen extracts, boswellia gum extract, and white willow bark work to support the body’s natural process for muscle pain and inflammation relief.

With the use of either of these products, the body will be able to rebuild and maintain healthy joints and muscles.

Available at Herbs Etc!

## Golden Salve & Black Ointment

by Rachelle McKown



We’ve all fallen down and scraped knees or gotten a sliver in a finger at one point or another. Instead of using chemical creams or ointments, try similar products with natural non-toxic ingredients! Nature’s Sunshine makes two products that will be helpful for those cuts and scrapes.

**Golden Salve** is an antiseptic and healing salve. It can be used

on any external tissue damage to help soothe, heal, and fight infection. Try using it for burns, chapped skin, blisters, bruises, cuts, itching, scars, and sunburn. Golden Salve contains various healing herbs such as comfrey, lobelia, and mullein as well as eucalyptus and Vitamin E.

**Black Ointment**, similar to Golden Salve, has a healing

effect, but in addition pulls foreign debris or toxins from cuts or wounds. This ointment contains beeswax, herbs, and oils that will tighten and tone skin tissue. It is commonly used on abrasions, acne, athlete’s foot, bites, cysts, fungal infections, skin cancer, splinters, and warts.

Apply both ointments topically and cover with a bandage.

## Hot or Cold Compresses for Pain

Pain and inflammation can create a vicious cycle. Using compresses can dramatically reduce both and can be even more effective when used in combination with essential oils or herbs.

Compresses can be made with washcloths or towels, depending of the size of the area to be covered. Soak the folded cloth in either hot or cold water, squeeze out extra water, and cover the area of concern; put a dry towel over the wet one for insulation and leave on for 10 to 20 minutes.

Hot compresses [best when as hot as can be tolerated] increase circulation, thereby moving toxins and waste materials out of the tissues and fresh nutrients in to “feed” the area. They warm the tissues, relieve pain and tightness, and are best for tight, constricted areas.

Cold compresses [as cold as comfortably

tolerated] contract tissues, forcing extra fluids out of an area. They reduce pain and inflammation and are best for swollen areas. Cold compresses work better if the area of concern can be comfortably elevated while the compress is on.

Especially effective is alternating between hot and cold compresses—hot for 10 to 20 minutes, then cold for 10 to 20 minutes, repeating as needed, always ending with the cold compress. I like to apply a hot compress for 10-20 minutes, then very gently stretch the area (just to feel a light stretch, no pain) for a minute, then apply a cool compress for another 10-20 minutes.

Using essential oils with compresses produces even better results. Simply apply the oil to the area of concern before applying the compress. Use oils either diluted or straight out of the bottle, depending on the

by Erica Marsden

oil and/or sensitivity of the skin. [Never use undiluted oils on children.] The best oils for pain and inflammation are birch, wintergreen, chamomile, clove, helichrysum, peppermint, spruce; oil blends that work well are *Panaway* and *Relieve It*.

Some herbs can be used with compresses for similar effects, using either poultices, which bind fresh or dried herbs directly onto the affected areas, or fomentations, which are made by soaking a clean cloth in a decoction (or infusion) of an herb and applying it as hot as possible to the area of concern. Both types relieve pain and promote healing of injuries.

Recipes for hot and cold compresses using essential oils and/or herbs are available at Herbs Etc. Come see us to learn how to use these effective, simple remedies for reducing pain and inflammation.

## Hot Rock Massage & Massage Choices

“Massage” is a general term that is used to describe many types of bodywork and therapeutic touch. Massages can be light or deep, relaxing or invigorating, painless or perhaps even painful at times.

General relaxation massages tend to be light, relaxing, and painless. Deep tissue massages tend to be invigorating, and a bit more intense.

There are benefits to both types of massage. Therefore, when scheduling your massage, it is good to think of the type that you would like.

When you arrive, talk to your

therapist before your session begins. Let her or him know what you are hoping to get out of the massage that day. A good therapist will always structure the session that will suit the therapy to your preferences and needs.

Sometimes massage requires deeper pressure with moderate to acute pain while the therapist works out knots and tightness in the tissues.

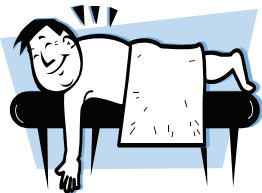
If you are the type of person who likes light pressure, but you have knots and tightness deep in the tissues, consider a **hot rock massage**. This type of massage uses warmed volcanic rocks that

by Mary Booms

hold the heat for a long period of time, and they are used to apply the strokes of the massage. The combination of the heat in the rocks, and the strokes chosen by the therapist, penetrates deep into the tissues, relaxing tension and knots away without the pressure of a deep tissue massage.

If nothing else seems to relieve your muscle tension, perhaps you should try hot rock massage therapy. It will loosen up and melt away stiffness; you will finally feel some relief!

Schedule a massage today and receive a massage personalized just for you!



## The Migun Thermal Massage Bed

New to Herbs Etc. is the internationally known **MIGUN BED**. You can use this bed as part of the new Therapy Room services (see page 1). What does this bed do?

Migun beds have been used all over the world for the past 15 years. Even within a short period of time, people have reported that health conditions improve faster than with any other treatments tried before. The bed has the following effects:

- **Acupuncture:** the light and heat energy mimics the benefits of acupuncture without the discomfort of insertion of needles.
- **Acupressure:** the combination of pressure and heat will boost your energy.
- **Jade:** Oriental belief is that jade heals stressed organs and discharges toxins, slows cell aging, and strengthens natural defenses. Jade is also known as a natural transmitter of far infrared rays.

- **Massage:** The “Internal Jade Massage Heads” automatically massage muscles and tendons around the spine, relieving tension, helping energy flow, relaxing hardened nerve roots, and improving circulation.
- **Far Infrared Rays:** Using light bulbs and jade caps produces more effective heat and far infrared rays than conventional methods. Combining warmth and jade will make you feel relaxed and comfortable.

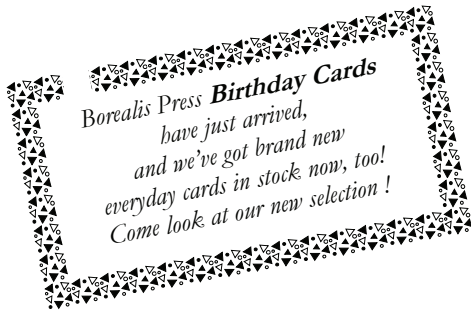
All you do is lie down on this bed, fully clothed, and let the effects of this bed do all the work! You will feel the effects from the tip of your head down to your ankles, every muscle responding.

You really have to experience this bed to understand how wonderful it is. Come in today for your FREE 15-minute session!

[Offer good through the month of October.]

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*Feel Better  
Now!*

## Free Tuesday Night Class Schedule

October 17, 2006

### Men's Health: Intimacy, Vitality, and Energy

*Don't miss this class! For men and the women who love them!*

November 7, 2006

### The Gateway to Hell: Factory Farming

*Lesley Demos will discuss modern day industrialized factory farming and how it has become an important public and political issue. She has devoted her life to bringing awareness to the public of the unspeakable atrocities camouflaged behind the concrete walls of factory farms across our nation.*

*Be prepared to be shocked—and enlightened—by this compassionate woman who has done wonders in her campaign against exploitation so that before death, animals can have a life that is worthy.*

2007 Free Tuesday Night Class Schedule will be out soon!

Check on the web at [www.nite-mtp.com](http://www.nite-mtp.com),  
“enter” Herbs Etc., then click on “Free Class Schedule.”

## The Healthy Eating Series

by Kathryn Doran-Fisher

### Saturday Series

8 a.m.—12:00 p.m.

10/14/06: Healthy Snacks

11/4/06: Meal Planning &  
Grocery Shopping

### NEW: Thursday Evening Series 5:15 p.m.—9:15 p.m.

3/1/07: How to Substitute Good  
Ingredients for Bad

3/8/07: Easy Way to Prepare  
Grains and Beans

3/15/07: How to Get 5 Servings of  
Fruits, Vegetables, & Greens

3/22/07: Healthy Snacks

3/29/07: Meal Planning &  
Grocery Shopping

**Call 773-3636 for information  
and to register.**