



Herbs/NITE Newsletter

HOPE FOR DEPRESSION by Kathryn Doran-Fisher

In any given year, between 13 and 14 million people will experience some form of depression. That means 16% of the adult population will experience depression at some point in their lives. Women are twice as likely to suffer than men.

Every person experiences sadness at some point; it's an unavoidable part of life. Depression, however, is much more powerful than a period of unhappiness. The dark mood of depression can last for months, even years. Signs of depression include changes in sleep and eating patterns, loss of interest in activities once enjoyed, restlessness, irritability, physical symptoms that don't respond to treatment, difficulty concentrating, fatigue, and feelings of guilt, hopelessness, or worthlessness.

There is not one single factor that can be pinpointed as the cause of depression. Thyroid conditions, female hormone imbalance, liver congestion, grief and loss, chronic pain, genetics, and viral infections can all cause depression. Even some prescription medications such as amphetamines, benzodiazepines (tranquilizers), beta-blockers, cortisone steroids, digitalis, hormone replacement drugs, and even oral contraceptives have depression as a side effect.

Although the cause of depression varies greatly from one person to the next, most people with depression do have something in common—low

levels of the neurotransmitter serotonin, which is often referred to as the body's natural mood-altering drug. Changes in serotonin levels can quickly alter mood; if levels drop, depression is almost sure to follow.

One common type of medical treatment for clinical depression is the use of SSRIs (Specific Serotonin Reuptake Inhibitors)—common ones are Prozac, Zoloft, Paxil. These drugs are designed to prevent the reabsorption of serotonin that has been secreted, allowing it to continually work in the body. They do not, however, help the body to manufacture more serotonin, resulting in increased dosages to produce the same effect. Side effects to these powerful drugs often include insomnia, agitation, sweating, nausea, palpitations, seizures, weight gain, and decreased libido. Some sources even suggest that these drugs can cause more serious side effects like irrational mood swings, aggression, and even violence.

Depression is a serious and complicated condition, but the **good news** is there are safe, effective, and natural alternatives available. For example, an herbal combination called 5-HTP Power from Nature's Sunshine naturally increases serotonin in the brain and has no side effects, and no contraindications unless you are already taking an SSRI.

For more information on natural products that can help with mild to

REMEDIES FOR DEPRESSION by Amy Jo Howard

When looking for natural ways to alleviate depression, there are many options available.

Flower remedies are one of the best avenues for addressing all of the emotions that are tied to feelings of depression. Among them, consider GENTIAN for doubt, loss of faith, and discouragement, especially after a setback; GORSE can be used for hopelessness, darkness, and resignation; MILKWEED is for the deeply depressed state in which there is an inability to cope with daily affairs and a desire to dull the consciousness; and SWEET CHESTNUT is for extreme anguish, that time that is often referred to as the "dark night of the soul." These are just a few of the flower remedies available. Up to six remedies can be taken at the same time. Just add four drops of each remedy to a

glass of water two to three times throughout the day.

Essential oils are powerful tools on the path to well-being. When you smell an essential oil, it activates the limbic system, which is the part of the brain that processes emotions, memories, and traumas. Thus, essential oils can clear the negativity that we store inside our heads. Some essential oils to consider are BERGAMOT, GRAPEFRUIT, JASMINE, LAVENDER, SAGE, SANDALWOOD, TANGERINE and YLANG YLANG. The citrus oils, especially, are uplifting and are often thought of to increase one's happiness. Some essential oils blends that have been found to be helpful include GENTLE BABY, HARMONY, HOPE, JOY, PEACE and CALMING, and RELEASE. To use an essential oil, choose one that you like and apply one to two drops as a

perfume or on the bottom of your feet once or twice daily, or add one to two drops to your bath water for a nice relaxing bath. Make sure that you smell the oil to get the full benefit.

Color therapy is yet another way to balance and improve one's mood. Color therapy has been gaining popularity most recently with its use in treating Seasonal Affective Disorder (SAD). For depression, the colors of red, orange, yellow, and lemon are often used because these colors are stimulating and uplifting. Wearing these colors, eating foods that are these colors, and specifically, receiving Color Therapy by sitting under a certain color for an hour at a time will restore the ability to live a life that is hopeful and happy.

All of the remedies and oils mentioned above are available at Herbs!



STRETCH & FLOW WITH AMY JO!

Get a great start to your morning with an integration of yoga, tai chi, stretching, breathing, and pilates! This is a low-impact exercise plan to tone and encourage flexibility, strength, and overall well being!

8:00 a.m. to 8:45 a.m. Tuesdays, beginning Sept. 13, 2005

Herbs Etc. 1410 S. Mission, Mt. Pleasant

Cost is \$5 per session

Wear comfortable clothes and bring a yoga mat (if desired)

Massage Therapy is UPLIFTING! by Mary Booms, M.T.

Studies show that receiving regular massages can help decrease stress hormone levels, anxiety, and symptoms of depression. The reason that massage can have such an effect on a person's mood is directly related to the healthy and positive skin-to-skin contact during a massage session.

A person's skin is intimately connected to the person's nervous system. Massage stimulates the skin, causing the nervous system to be stimulated, which has a wonderful domino effect. The nervous system then decreases the release of stress hormones including

cortisol, adrenalin, noradrenaline, and adrenocorticotrophic hormone (ACTH). It also increases the release of dopamine, serotonin, alpha brain waves (causing relaxation), and endorphins (relieving pain).



The effects of depression on a human being can manifest into physical ailments and pains. Massage can help to relieve these through manipulation of soft tissues. Essential oils (as mentioned in Amy Jo's article on the first page) can also be used during a massage to help elevate mood.

Schedule your massage today! Call 989 773-3636.

Natural Cures "They" Don't Want You to Know About

Kevin Trudeau's new book is now available at Herbs Etc. This is the newly updated edition with information that can keep you healthy and save your life—without drugs, without surgery, without spending a fortune. If you're concerned about any major disease or illness, you should know there are natural, non-drug and non-surgical ways to prevent and cure virtually every disease or ailment.



DRY-HEAT SAUNAS ARE NOW FOR SALE AT HERBS ETC.

The benefits of the dry-heat infrared sauna are numerous!

Regular use may be effective as a means of **cardiovascular conditioning** similar to running, burning calories in the same manner; for **weight control**, a hot-air sauna for 30 minutes could burn as many calories as running for 30 minutes; increased **blood circulation** helps relieve the pain of arthritis, backaches, bursitis, rheumatism, strained muscles, fatigue, menstrual cramps, diabetes, varicose veins, and some infections; **skin** glows as it is freed of accumulated dirt and dry skin cells; and sweating helps **reduce toxic accumulations** of mercury, lead, nickel, cadmium, sodium, sulfuric acid, and cholesterol.

The infrared sauna brings you the same experience as a traditional Native American sweat lodge. Because it is easier to breathe in an infrared sauna, one is able to use it for longer periods, reaping greater benefits.

Come in and use our saunas or purchase one for your own home!

FEATURED PRODUCTS 15% OFF

St. John's Wort* contains hypericin, beneficial in many cases of mild to moderate depression by improving serotonin neurotransmitter levels. Benefits are usually noticed within 3 days to 3 weeks.

5-HTP Power* (5-hydroxy-tryptophan) is a metabolized form of l-tryptophan that the body can use directly to make serotonin. May improve symptoms of depression and anxiety and may be required for improved mood, sleep, and success in weight release.

Mood Elevator* improves vitality and revives sagging spirits by strengthening the liver and building energy. Can also release suppressed hostility and support emotional balance.

Nutri-Calm is a soothing blend of vitamins, minerals, and herbs to help the nervous system cope with both short-term and long-term stress.

SAM-e* (S-adenosylmethionine) is a natural body chemical required in over 40 biochemical reactions. May work more quickly and effectively for depression than St. John's Wort. Helps to calm the nerves and give an overall positive feeling.

Thyroid Activator—when the fire is going out of life, boosting the thyroid will boost energy. Useful for individuals who become humorless and uninterested in life.

*Individuals taking prescription medications should consult a health professional before using these products.

STUDENT MASSAGES

\$20!

Starting in
December!

Call to get on the list!

NITE STUDENT SECTION

CLASS REUNION

Come one, come all!

October 22, 2005, is a homecoming for all graduating classes, and we hope to see you there.

Current students and all instructors are welcome! Bring a dish to pass for potluck style dinner with main dishes, service, and drinks provided by NITE. 10/22/05, 6:30 p.m. at NITE.

NEW CLASSES STARTING IN FALL

Gaylord Massage: September 16, 2005
Natural Health Educator: October 7, 2005
Mt. Pleasant Massage: October 21, 2005

When you refer a new student and he/she indicates you referred them, we send you a \$200 referral bonus.



SURVIVAL CLASS



We had such a good time! Instructor Josh Powell was amazing. We built shelters, made fire, walked in the woods barefoot and blindfolded, made stone soup, and so much more! Because this class was such a big success, we will be offering level 1 and 2 survival classes next summer and fall. We hope you join us.

POLITICAL UPDATE

The Michigan Natural Health Coalition (MNHC) has found a sponsor for our Health Freedom Bill. We hope every student will become a member of this vital organization. Yearly consumer memberships are only \$5.00, or you are also welcome to join as a student for only \$25.00. Either membership is a tax write-off and would help to ensure Michigan residents and practitioners the right to practice and choose natural health.

When CAFTA passed in July, America surrendered its rights to natural health supplements. CODEX, a restrictive world-wide attempt to "sanitize and harmonize" supplements by the pharmaceutical industry, was hidden within the CAFTA bill. The full impact of CODEX looks to be very restrictive to the majority of natural health supplements. Implementation of this bill will take only a few years. Becoming a strong state organization is necessary to make changes at the national level. As MNHC president, Bessheen will be meeting with National Health Freedom Coalition leader Diane Miller in mid-September to discuss the CODEX impact on Michigan. Your support as an MNHC member will be greatly appreciated. Updates will follow soon!

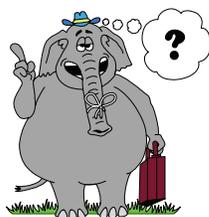
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FEEL BETTER NOW!



NSP

NATURE'S SUNSHINE PRODUCTS

can be ordered online
through our website:
www.nite-mtp.com.

Then enter Herbs Etc.
and click on the
NSP link!

Free Class Schedule, Fall 2005

EVERY OTHER TUESDAY, 6:30 P.M., NO REGISTRATION NECESSARY

SEPTEMBER 13, 2005: HOW DIFFERENT BLOOD TYPES
HANDLE STRESS

SEPTEMBER 27, 2005: OUTDOOR HERBOLOGY

OCTOBER 11, 2005: HOW YOUR BLOOD TYPE
AFFECTS WEIGHT GAIN

OCTOBER 25, 2005: HOW TO MONITOR YOUR HEALTH
THROUGH PH

NOVEMBER 8, 2005: PROPER USE OF MAGNETS FOR HEALING

NOVEMBER 22, 2005: HOW TO IDENTIFY YOUR PARASITES

