
Spring Newsletter



NITE, Herb Etc. & NCC

Spring 2009

Is Corn Syrup Controlling Your Child?

Maybe, you've heard that corn syrup is not healthy. Or, to the contrary, you've seen the commercial sponsored by the corn farmers telling you that corn syrup is "natural." Here is one family's experience with the very real dangers of corn syrup.

When this particular little boy was in the first grade, he started to act differently than he used to act. Instead of being the very loving, sweet and gentle spirit that he normally was, he started having what his mom referred to as "meltdowns," where he would come home from school and be very mean and angry. At first, his parents thought it was related to having problems with his teacher, but that didn't seem to be the issue. The meltdowns worsened; he would lash out, having violent rages where he would punch walls, shake his bed, tear things apart, and hit his parents and threaten to kill them. His mom would have bruises resulting from these rages, and on the worst days, his dad would have to stay

home and restrain him for most of the day. These poor parents wondered what they were doing wrong as parents, and the sweet little boy would sob after the rage was over and apologize, saying he couldn't help it, that something came over him, and wondered what was wrong with him. It got so bad for the family that the parents, who have two other children, wondered whether it was safe for him to continue to stay in the home and if they should send him away at Christmas time.

One of the last, worst episodes occurred after mom had bought some chocolate corn puff cereal on sale for a treat, and the little boy had eaten quite a lot. When one of the worst rages followed, mom called her naturopath and asked if there was anything they could do. The naturopath said to immediately avoid all corn syrup and corn products. What happened next was a miracle. An amazing turnaround occurred, and the sweet little boy returned. Now, he's still a kid, but there are no vio-

lent rages. Mom can tell when he's had a food with corn syrup in it, and he even reads labels now and chooses to avoid those things that have it listed in the ingredients. His mom says that he has taken control of it, because he doesn't want to be that person. She said that it's totally changed their lives, and all they did was take out corn syrup, and it's made a world of difference.

That little boy is now almost eleven years old and has been able to be himself for the past year.

In looking back, the family realized that, in first grade, he started eating school lunches with corn syrup being in the chocolate milk, canned fruit, and other foods that he was eating at school. They also discovered that over the counter cough medicine is another source of the toxin.

This is truly an eye opening account of how seriously corn syrup, or any chemical additive, can impact the health of one person, not to mention the impact it has on an entire

family. It is also an inspiring story of how one can choose to take responsibility for one's own health and heal themselves on all levels of being. What a journey!



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Wash Your Hair without Toxins

Many shampoos, as well as soaps, detergents, and other products, contain the ingredients sodium laureth sulfate and sodium lauryl sulfate. These chemicals are very effective foaming agents. However, they are both highly irritating chemicals that can cause damage to the hair follicle, skin damage, eye damage, and even liver toxicity.

Sodium laureth sulfate is considered to be less irritating than sodium lauryl sulfate, yet it cannot be metabolized by the liver and therefore, stays in the body's tissues for

a longer amount of time. Due to the way they dissolve oils on the skin, these chemicals allow other contaminants easier access into the body through the skin. They have also been found to mimic the activity of the hormone estrogen and have been implicated in menopausal symptoms and fertility problems. Other products known to contain these chemicals include: bubble bath, toothpaste, laundry detergent, stain remover, carpet cleaner, body wash, shaving cream, mascara, mouthwash, and moisturizing lotion.

As a healthier alternative, look for products that do not contain sodium laureth sulfate or sodium lauryl sulfate in their ingredient's list. Just because a product is advertised as "natural" or "organic" does not mean it is always safe.

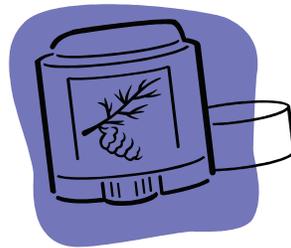
The Burt's Bees shampoos and conditioners at Herbs, Etc. are all free from these dangerous chemicals.



Stay Clean, Fresh, and Healthy, Too

Finding a healthy deodorant is very important. First, to state the obvious, you don't want to smell bad, and also, you don't want to put chemicals into your body. Most commercial deodorants contain aluminum. Aluminum can be toxic to the body, affecting the arteries, the digestive system, and the brain. Also, many deodorants are labeled as antiperspirants, meaning that they prevent you from sweating. Your body sweats as a natural response to help

release toxins; if you don't sweat, you don't release toxins, and they can build up and cause a variety of concerns.



So, back to the original dilemma:

how do you stay healthy and support one of your body's natural channels of elimination without stinking? To make it easy, consider using Burt's Bees deodorant with oil of sage or Young Living's AromaGuard deodorant which can be found at Herbs, Etc.. Or, make sure to read the ingredient's label and choose one that has natural-sounding ingredients that you can pronounce (in other words, they don't sound like chemical toxins!).

Beautiful Smiles Free from Fluoride

Toothpaste is another personal care product to choose carefully. Fluoride found in toothpaste can be very harmful to one's health. Fluoride is a man-made chemical that adversely affects the brain, reproductive organs, and interestingly enough, the hard tissues of the body, like the teeth and nails.



Fluorine, on the other hand, is a natural element that actually does help the body form strong enamel and prevent tooth decay. Natural fluorine is found in raw goat's milk, sea plants, cabbage, Brussels sprouts, spinach, and parsley. To have healthy teeth, eat those foods high in fluorine and avoid toothpastes with the chemical fluoride in them. Some fluoride-free tooth-

pastes to try are Young Living's Thieves Dentarome toothpastes fortified with Thieves essential oil, Young Living's KidScents toothpaste with essential oils that has a bubble-gum flavor, and Nature's Sunshine's Sunshine Brite Mint Tingle toothpaste with goldenseal, myrrh, green tea, and elderberry. Then, smile big and show off those healthy teeth!

Isn't It Time You Took Survival Class?

What's it like to live off the land without any modern conveniences? How would you start a fire? Where would you sleep protected from the weather? What would you eat, and how would you prepare it?

If you are interested in really "roughing" it, then consider the Survival Classes sponsored by the Naturopathic Community Center. The Survival Classes will teach you all of these things and more and are held at the NCC pavilion and recreation area just outside of Mt. Pleasant.

The instructor, Josh Powell, is a terrific teacher and will have you walking backwards through the woods, blindfolded and barefoot. Literally!



Survival I is an introductory level class and will be held July 17-19th.

Survival II will advance your skills and will be held July 31-August 2nd.

There will be an **Open Class** to learn bone setting, sutures, and group shelters on September 19-20th.

The cost for Survival I and Survival II are \$199 each. The Open Class is \$150.

For more details and to register for these classes, call 989-773-1714.

A Message to Naturopathic Institute Students

Now that it's spring, and you are well into your 2009 class schedule, remember that each of you has a mentor. If you do not know who your mentor is, please check with Bessheen or Nancy in the Administrative Office.

Your mentor is available to help you make the most of your naturopathic or massage training. If you have questions concerning your directed

studies, questions regarding a client, need some ideas or someone to hear your own ideas, or have concerns regarding a class, then call and talk to your mentor or set up a time to meet with your mentor.

Additionally, if anyone is needing specific help, tutors are available. Help us to help you!

To reach your mentor or ask about tutoring, call 989-773-1714.



When Hormones Are Toxic: Xenoestrogens

Xenoestrogens (xeno, meaning foreign) are other man-made chemicals found in everyday products that our bodies do not know how to handle. They have not only toxic effects but hormonal effects. Because these chemicals are similar in structure to the natural hormone estrogen, they affect the same areas of the body naturally regulated

by estrogen. Found in foods, toiletries, hair products, make up, plastics, and feminine hygiene products, they are suspected of reducing sperm counts and causing breast cancer, fibroids, and other reproductive diseases. Nonylphenols, one specific source of xenoestrogens, are found in spermicides used on condoms and in vaginal gels,

thereby directly exposing the reproductive organs to the chemical.

The main problem with all of these man-made chemicals is that we are being overexposed to them because of the number of products they are in, so we are currently experiencing an epidemic of problems that did not exist in such number seventy years ago.

Herbs Etc / NITE./NCC

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Your Ticket To Health!



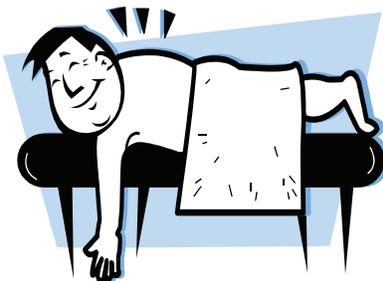
Free Massages and Bodywork by NITE Students

Massage students at the Naturopathic Institute give free massages two weekends per month. Some dates are listed for massage, while others include bodywork therapies, such as Reflexology on the feet and Light Healing Touch for deep relaxation and mental clearing.

A \$10 deposit is required to reserve your spot. Reservations are taken two weeks in advance by calling 989-773-3636. Tipping is welcome and encouraged. Your promptness and early notification of a cancellation is a

must. Please enjoy this great community service!

Times are available at 12:00pm, 1:30pm, 3:00pm, and 4:30pm on each scheduled day. Please be here ten minutes in advance of your scheduled time to fill out a small form.



2009 Student Massage Dates:

April 18 & 19 —CranioSacral and
Massage

May 16 & 17 —Light Healing Touch

May 30 & 31 —Massage

June 20 & 21 —Massage

June 27 & 28 —Reflexology

July 25 & 26 —Massage

Herbs Etc. Your Ticket to Health!



Are Your Adrenals Fatiguing You?

Is your life stress free? ("Who are you kidding?" you're asking, right?) Did you know that stress accumulated over a period of time combined with a nutrient-poor diet can create something called adrenal exhaustion? Well, adrenal exhaustion means more than just feeling tired all the time, although that is a big indicator that things are out of balance.

The adrenal glands are two little glands that sit on top of your kidneys, and they help you to respond to life and all of its stresses in a variety of ways through the hormones that they produce. The main hormones that the adrenals produce are Cortisol, Norepinephrine (also called adrenaline), and DHEA. Cortisol increases appetite and energy and also calms down the body's allergy and inflammatory responses. Ideally, Cortisol is released on an occasional basis. However, if the adrenal

glands become stressed, Cortisol levels become high, and this can have undesirable effects, such as weight gain, fluid retention, lowered immunity, and decreased ability to build protein. Norepinephrine (or adrenaline) is known as the fight-or-flight hormone. It prepares you for battle by increasing your heart rate, sending blood to large muscle groups, and increasing your tolerance for pain. However, when daily stress becomes a constant battle, the body overdraws Norepinephrine so that when it is really needed, there is not enough available to respond to the situation. DHEA is an androgen produced by the adrenals that helps the body make testosterone as well as help the body recover from elevated levels of Cortisol and Epinephrine. When the adrenal glands become seriously exhausted, they are no longer able

to produce enough DHEA for support. The result of all this stress is relentless fatigue, depression, memory problems, recurrent infections, headaches, insomnia, loss of interest in sex, and dependence on or cravings for caffeine and sugar.

If adrenal exhaustion is affecting you, it is time to restore adrenal health so that they can make the proper amount of their hormones, and you can feel energized and balanced even in times of stress. Here are just a few tips: Eat healthy, whole foods high in nutrition and with minimal sugar. Get plenty of sleep to balance adrenaline levels. Exercise regularly. Expose yourself to natural sunlight. Focus on positive thoughts. Prioritize, and take time to recharge your adrenal batteries by doing something fun!



Special points of interest:

- Spring Clean Your Liver
- Oils and Herbs to Nourish the Adrenals
- Five Flower Formula for Fast Relief
- Ask the Naturopath about Your Adrenals

The Benefits of Licorice Root

Licorice Root is an herb that has been used since ancient times. Many ancient cultures believe it increases endurance, strength, and energy. In China, it is known as the "Great Detoxifier" because of its effects on the kidneys, liver, spleen, and stomach.

It is high in the minerals magnesium, silicon, and sodium and also contains significant amounts of chromium, cobalt, iron, potassium, and niacin.

Licorice is a powerful anti-inflammatory herb, because one of

its active components provides a similar action to hydrocortisone and other corticosteroid hormones. This active component also decreases the body's conversion of cortisol, a natural anti-inflammatory steroid hormone, into cortisone, which is inactive until converted to cortisol. Taking Licorice Root helps to reduce or avoid the need for pharmaceutical anti-inflammatory medications which have toxic side effects.

In addition to strengthening the adrenal glands and stimulating the

adrenal cortex, Licorice Root is known for soothing mucus membranes, relaxing muscle spasms, lowering cholesterol, providing a soothing effect for bronchitis and sore throats, balancing low blood sugar, and helping to reduce sugar cravings. Licorice Root is available in liquid or capsule form from Nature's Sunshine.



DHEA for Drive

DHEA, known formally as dehydroepiandrosterone, is a hormone produced by the adrenal glands which is then converted into male or female hormones by the body. It is believed to be the only hormone that declines with age, and research has found that, by the age of 70, most people register at one-quarter of the DHEA levels found in an average 25 year-old.



This hormone plays a vital role in the aging process and proper levels improve energy, endurance, immunity, libido, muscle tone, memory, insulin function, sleep, and general well-being. If the adrenal glands have become fatigued, then they are probably not producing adequate levels of DHEA.

Nature's Sunshine offers two different formulas to supplement DHEA. There is DHEA-F for women that is combined with herbs that support the female glandular system, and for males, there is DHEA-M that is combined with herbs to support the male glandular system. Consider an "Ask the Naturopath" appointment if you think one of these may benefit you.

Five Flower Formula

The Five Flower Formula is Dr. Bach's flower essence blend for stress and trauma. Together, Clematis, Cherry Plum, Impatiens, Rock Rose, and Star of Bethlehem combine for a "rescue" combination. It can be used in times of emergency or crisis to calm and alleviate pain and suffering. Additionally, it relieves stress, anxiety, and tension and promotes recovery from illness

or trauma. It is often used as a baseline remedy for all healing to stabilize the mind-body interface. Further, this remedy is great and safe to use for children and is also used to calm animals and reduce shock in plants from transplanting. As a liquid remedy, 4 drops can be taken under the tongue as needed, or as a spray, sprayed directly into the mouth. In emergency situations

with someone who is unable to drink, the liquid can be rubbed onto the lips or the pulse points of the body. Consider the Five Flower Formula for a healthy and immediate release from stress.



Calm and Energize the Adrenals with Essential Oils

Essential oils are one great tool to work with when balancing the adrenal glands. The oils have the benefit of aromatherapy (they smell wonderful), they balance physically as well as mentally and emotionally, and they can be applied externally to the body.

Nutmeg is well-known for assisting adrenal gland function. This oil has adrenal cortex-like activity, meaning it supports the adrenals for increased energy. It also helps to balance both the nervous system and the immune system.

En-R-Gee is an oil blend that contains nutmeg, and it can be used to improve one's energy in a natural way without overstimulating the body. It also helps with mental alertness and emotional balance.

Peace and Calming is a very popular blend. It helps calm hyperactive children, promotes relaxation for sleep, and helps to relieve depression, anxiety, and stress.

Valor oil blend is used to build courage, confidence, and self-esteem and overcome fears. It encourages feelings of calmness and peace.

Additionally, it helps to balance and align the electrical energies within the body and has been nicknamed "chiropractor in a bottle" for its aid in aligning the spine.

The oils can be diffused or sprayed into your chosen room or used externally by applying 1-2 drops of your chosen oil over the adrenal glands on the back, or applying 1-2 drops on the bottom of each foot.



Ask the Naturopath: An Adrenal Evaluation

Do you awaken feeling groggy and have trouble dragging yourself out of bed in the morning? Do you need coffee to help get you going? Are you relying on sweets in the afternoon to keep your energy up? Is your thinking foggy?

If this sounds familiar, your adrenal glands may be out of balance. To help pinpoint the imbalance and to

design a program of natural remedies that will improve your energy and restore your health, consider an Ask the Naturopath appointment for an adrenal evaluation.



At Herbs, Etc., an Ask the Naturopath appointment is only \$10 for a 15-minute assessment. Meet with a knowledgeable naturopath who will focus specifically on what remedies will work best with your own body chemistry to ensure that those you choose will be most helpful for you. To schedule a time, call 989-773-3636 and start feeling better right away.

Spring Home Remedy



Spring is a great time to clean and that includes your liver and gallbladder! One of our favorite cleansing recipes is the Egyptian Liver and Gallbladder Flush:

Blend together in a blender:

3 ounces of fresh lemon juice,

3 ounces of pineapple juice,

and 3 ounces of olive oil.

Drink it first thing in the morning on an empty stomach, then follow your normal, daily routine. Do this for the last 5 days of the month for 3 consecutive months, and you will be ready for Spring!



12 New Emotional Flower Blends

The Flourish line of blends from FES are 12 new formulas that are designed to address the most fundamental body and soul healing issues facing people of all ages and lifestyles.

Activ-8: A blend of 8 flowers to empower positive purpose and passion.



Animal Rescue Formula: Is calming and comforting for animals in transition or trauma.



Fear-less: Used to attain composure and containment when challenged by fear, anxiety, or panic.



Gaia Green: This garland of green flowers blends together to nurture a connection and compassion for the Earth.



Grace: A symphony of white lilies that brings grace to the feminine soul.



Grief Relief: Instills solace and insight in times of searching and sorrow.



Illumine: Allows the light of understanding to transform discouragement and depression.



KinderGarden: This blend is a child's bouquet to soothe feelings and nourish radiance.



Magenta Self-Healer: A blend of magenta blossoms to encourage self-healing potential and physical vitality.



Mind-Full: Imparts a vibrant state of mental coherence and clarity.



Post-Trauma Stabilizer: Helps to recover and rebuild from shock and trauma.



Sacred Heart: Integrates heart strength and compassion in relationships.



These blends help clear and stabilize so that more individualized flower essences can be of greater impact. They are available as liquid sprays that can be taken orally several times a day or as needed.

Naturopathic Community Center

A non-profit center dedicated to sharing the traditional wisdoms of healing



Survival Classes are Here!

These classes could save your life! Learn shelter making, building a fire without matches, navigation, safe foods and medicines of the wilderness, tracking and so much more! A great skill for any age! All are welcome! Call for details!

- Survival I** July 17-19 Introductory Level
Survival II July 31-August 2 Advancing Your Skills
Open Class Sept. 19 & 20 Bone Setting and Sutures
plus Group Shelters

Survival I and II are \$199 each. The Open Class is \$150.



Yoga and Qi Gong Classes



Monday and Thursday:
Yoga
Tuesday and Friday:
Qi Gong
12-12:30 pm
Only one ticket per class!

Free Cooking Classes



CLASSES BEGIN AT 6:30 PM

- APRIL 7** DAIRY: THE TRUTH ABOUT MILK
APRIL 21 DAIRY: TRADITIONAL COTTAGE CHEESE AND WHEY
MAY 5 DAIRY: MOZZARELLA AND RICOTTA
MAY 19 DAIRY: YOGURT
JUNE 2 DAIRY: ICE CREAM
JUNE 16 VEGETABLES: COOKING WITH A WOK
JUNE 30 PLANNING MEALS FROM THE GARDEN

SUGGESTED \$5 DONATION
FOR FOOD AND SUPPLIES

Laymen's Courses

Saturdays, 9am to 5pm

A great way to learn about natural health for yourself and your healthier family!

- April 25** How to get your glandular system working for you!
May 9 Muscle Response Testing for yourself and others.
June 27 Healing & balancing emotions with flower remedies.
July 25 Nourishing Foods: Wisdom of Traditional Cultures. Foods that Heal!



Each class is only \$89.

Call 989-773-3636 now to register!

Civil War Camp

This year, the NCC is happy to host a Civil War Camp for kids July 20-23!

Union and Confederate soldiers will report to battle at 9am, on July 20th, 2009, at the NCC pavilion and activities center, just 8 miles west of Mt. Pleasant. Each soldier will receive a hat, t-shirt, haversack, ammo, and gun that is theirs to keep. Campers and tents are welcome. There is a hand water pump on site and two nice outhouses; sorry, no electric. Registration is limited to 28 soldiers and is appreciated by May 1st.



Option 1 for camp: Day Camp—Each day bring a lunch and plenty of water. Cost is \$150 for all four days. Lunches provided for an additional \$25. Soldiers can be dropped off as early as 8:30am and picked up by 5:15pm.

Option 2 for camp: Bring a parent to camp! Parents can't be soldiers but can set up a tent and stay for the four days. Parent and soldier will be responsible for their own meals. Cost is \$175 for all four days. All meals and drinks can be provided for an additional \$75 per person.

Option 3 for camp: Bring a tent and stay at camp by yourself (there will be adult supervision). Cost is \$175 for all four days. All meals and drinks can be provided for an additional \$75.

Call 989-773-1714 to register!

Tuesday Night Classes

Classes meet at Herbs Etc. and are free and open to the public.,
6:30 p.m. to 7:30 p.m. No registration is necessary.

April 14, 2009	Herbal Remedies from Grocery Store Items
April 28, 2009	No More Tears and Tantrums: Improving Family Harmony
May 12, 2009	Which Vitamins and Minerals Do I Need?
May 26, 2009	Reducing Muscle Pain and Fatigue
June 9, 2009	Where Has My Energy Gone?
June 23, 2009	Knowing Which Herb to Use and When

