



Spring Newsletter 2012

Certainty in Uncertain Times

We're here - 2012: this is the year that the Mayan calendar ends. Some people believe it's the end of the world; others believe it indicates a shifting of consciousness; and, others think that the Mayans simply stopped extending their calendar that far in advance. What ever your perspective, it is an interesting time.

Lots of major things are happening. First, look at the weather. Spring? In January? In Michigan? Not to mention earthquakes, volcanoes erupting, and flooding all over the world. What about gas prices? What about the price of...everything? It's all expensive. And, how do we afford it with the state of our economy? Then, there's our food. The media talks about obesity, and our food is being subjected to ra-

diation, chemicals, and being genetically modified. Is it even food?

There is good news, though. A lot of people are waking up and sensing that times are changing. And, instead of sitting by helplessly, they are thinking, coming up with ideas, and taking action.

Now, the traditional media doesn't usually make these items their headlining stories, yet these positive stories are out there. More and more people are becoming community-minded. There is incredible growth taking place with urban farming and urban gardens; people are growing healthy food for themselves, their neighborhood, and even the local schools, soup kitchens, and shelters.

CSA's, or Community Supported Agriculture, is also gaining in popu-

larity. People are conscious of the need to, not only eat healthier, but help the environment with the way we grow food. Look on the next page for information on a local CSA that you can join.

With new health problems arising, like food allergies, and especially, children being affected on many levels, the awareness of healthy food, organic food and products, what natural ingredients really are, and what those labels really mean is coming into the forefront. Additionally, the rising costs of gasoline and other energy sources are making people seriously consider recycling and renewable resources of energy. Also, like it or not, the internet is allowing all kinds of information to be available and to be shared with people across the

world. What can you do? This entire newsletter is filled with information and ideas. What do you want to do? The times are exciting; it is up to you to live them fully engaged!



Inside this issue:

| | |
|---------------------------|---|
| CSA | 2 |
| Natural Remedy Kit | 3 |
| Preparing Supplies | 4 |
| Alumni Classes | 5 |
| Free classes | 6 |
| Silver, Iodine, & Magnets | 7 |
| Food Storage | 9 |

Live Sustainably

Sustainability is a state of mind and a way of life. By living a productive and sustainable life, you become the foundation of a healthy community. This includes paying attention to your health. Good physical and mental health is essential to allow people to fully participate and cooperate in community life. Also, individuals who contribute to local and global sustainability by adopting more responsible patterns of buying goods and services reduce resource con-

sumption, making the whole earth healthier. Healthy, non-polluting approaches at home and throughout the community can contribute to sustainability and support the local ecosystem.

You can start now:

Be plastic and Styrofoam free; use stainless steel or glass water bottles; take your own containers for takeout; use reusable bags at the grocery store. Fill the sink! Don't wash your dishes with the water running.

Get off of junk mail lists!

Use cold water to wash your laundry, and wash at non-peak hours (6-8am and 8-10pm).

Line dry your clothes.

Unplug electronic devices when not in use. If they are not being used and are still plugged in, they are creating "phantom electricity."

It takes one person to make a difference; make that one person you!

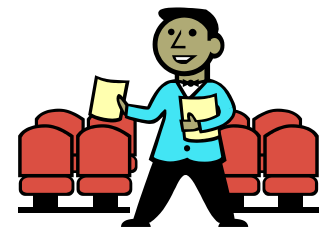
Movie Night

Every 3rd Thursday of the month the NCC will be featuring a 7 pm movie free of charge at Herbs Etc. Marci Rodriguez is a massage student with a passion for spreading positive material and hope about healing. She will be heading up this project which we hope to make a monthly community event. Movie posters and

free tickets will be located all over town and certainly available at Herbs etc. Healthy snacks will be on hand, and community members are welcome to share their great snacks at a community snack table. The first movie is on March 15th and will be featuring Louise Hay in "You Can Heal Your Life." April will

be a great film by Wayne Dyer, and two more movies are scheduled for May and June!

See you at the Movies!



Sign Up Now for Fresh Food from the CSA

Monroe Family Organics is starting their sign up for the 2012 season of Community Supported Agriculture.

Located in Alma, Michigan, and having a drop-off site at the Institute in Mt.

Pleasant, they grow some of the highest quality certified organic vegetables in



Michigan. Besides having fresh, chemical-free produce, they focus on diverse farming, including animals and a wide range of crops together in the fields.

Your membership includes a variety of vegetables and herbs each week for 20 weeks from June to October.

The prices for the season are as follows: Alma half share \$225, Alma full share \$495, Mt. Pleas-

ant/Midland half share \$280, and Mt. Pleasant/Midland full share \$505.

Eating healthy, locally grown food supports both your health and your community!

For more information on the CSA, visit www.mforganics.com or call 517-896-6884.

Stocking Food and Water

It is just as important to stock a supply of food in case of an emergency as it is to have a natural remedy kit on hand.

The items to consider:

Water—stock at least one gallon of water per person per day, for at least 10 days for both drinking and sanitation. NSP sells great 3 & 5 gallon healthy water bottles.

Food—stock at least a 10 day supply of non-perishable food items. (You can buy 50 lb. bags of rice at Sam's Club and beans at your local

farm elevator.

A 10 day supply is the minimum recommended to stock; some sources will tell you to stock a supply of food and water that will provide for a 3 month to 6 month period.

Other notes: Keep stored food in a cool, dry place. You can also store rice and beans, etc., in recycled glass or plastic containers for meal-sized portions. Storage of stocked food in Rubbermaid containers is also great. This will allow for ease of trans-

portation, if necessary, and is helpful for protecting food from water and mice.

It is also a good idea to change your stored food and water supplies approximately every 6 months. Be sure to mark your containers with the date on which you are storing them.

As part of a preparedness plan, knowing that you have basic food and water supplies during an emergency is very comforting.



Preparing the Mind and Spirit

The surest way to cultivate certainty at any time is to find your inner quiet. By accessing your inner quiet on a regular basis, you can tap into that calm and clarity when needed, whether it is just a stressful "normal" day or whether there is a real disaster or crisis. Many people

achieve this through meditation. Meditation does not have to mean sitting for hours on end in some uncomfortable cross-legged position, chanting. Meditation is different for everyone. Start by finding a quiet space, free from interruption. Sit comfortably, relax your muscles,

focus on your breathing, and observe your thoughts. Start with just a few minutes every day. Make that commitment to yourself to prepare your mind and spirit. Also, you can join the Meditation Group with Allegra Miller. It meets on Wednesday nights at 7pm, at the Institute.



Dropping Keys

The small man
builds cages for everyone he knows.
While the Sage,
who has to duck his head when the
moon is low,
Keeps dropping keys
all night long
for the beautiful rowdy prisoners.



Elegance

It is not easy
to stop thinking ill of others.
Usually one must enter into a
friendship with a person who has
accomplished this great feat
Himself.
Then something might start to
rub off on you Of that
True Elegance

If You Don't Stop That

I used to live in a cramped house
with confusion and pain.
But then I met the Great Friend
and started getting happy and
started singing.
Confusion and Pain started acting
nasty, making threats, with talk like
this, "If you don't stop 'that' - all
that fun-, we're leaving"



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Feel Better Now!



Proposed Massage Licensure

The State of Michigan passed a massage licensure bill a few years ago, and they are now getting closer to putting that into action. If you graduated from NITE in the massage program when labs were included in the program, you will be all set to apply for the license when it officially becomes available. We will let you know by newsletter.

If you graduated before labs were part of the program, you will need to show your transcript and that you have been actively in practice. Although you have a 600 hour diploma and the state is only requiring 500, the 500 needs to have all been supervised. You can either make up the difference with additional education or use a grandfather policy of showing that you have been active in professional practice, and that will count towards the additional hours required. We added the lab program when we

first heard of a bill being proposed, and that was over 7 years ago! The web site to obtain more official info is michigan.gov. Search under Department of Licensing and Regulatory Affairs. There was a proposed draft posted with the Secretary of State on 12-19-2011.





Herbs Etc.

"The Tackle Box:" Remedies to Have Ready

"The Tackle Box" is what we call our naturopathic first aid kit. In addition to a homeopathic remedy kit, the tackle box includes essential oils, herbs, and other natural remedies that are helpful to have on hand in first aid type situations. Here is what we would include:

Top 20 Oils

- Basil*—for insect bites; spasms; earaches; fainting, best to dilute before applying
- Cinnamon*—to purify water; anti-viral, fungal, and bacterial, even one drop will clean 1 gallon of water
- Clary Sage*—balances hormones; helps labor be more effective, especially good for woman
- Cypress*—circulation; colds; bronchitis; water retention
- Eucalyptus*—respiratory system; rub on chest or sinuses to open the airway, insect repellent
- Frankincense*—immune booster; emotional balance; great for growths, moles, etc; helps to ease the dying
- Geranium*—liver cleanser; skin balance; stops bleeding; great for burns or any skin injury
- Helichrysum*—stops bleeding; regenerates nerves and tissue; reduces inflammation
- Lavender*—burns; sprains; headaches; insomnia; the "universal oil;" calming in small amounts
- Lemon*—purify water; disinfectant; promotes happiness; great for stiffness and/or inflammation
- Lemongrass*—anti-inflammatory; repairs ligaments; best if diluted in repeated uses; use on most structural compl.
- Marjoram*—muscle aches and pains; nerve pain; temporarily reduces sex drive
- Melaleuca*—colds; sore throat; sunburn; wounds; fungus; warts; a top first aid remedy
- Peppermint*—pain reliever; headaches; indigestion; nausea; inflammation; freshens breath
- Wintergreen*—reduces fever; bone pain; urinary infections; anti-inflammatory
- Peace & Calming*—a blend of oils that calms the nerves, helps promote sleep if needed, uplifting, encouraging
- Purification*— a blend that neutralizes poisons and odors; repels bugs, mice, etc.
- Thieves*—a blend that is very popular for fighting bacterial and viral infections while stimulating the immunity
- White Angelica*—protects against negative energy; keeps others and yourself in more positive state
- Valor*—nicknamed "chiropractor in a bottle;" great for the spine and any ache or pain; grounding, focus

Top Herbs

- Lobelia* liquid is excellent for respiratory problems, including asthma, and is a deep muscle relaxant. It also works well when applied topically.
- Capsicum* stimulates digestion and enhances blood flow. It can also be used to stop bleeding both externally on a wound and internally for hemorrhaging or ulcers.
- Golden Salve* is a blend of oils and herbs that helps to soothe dry skin and promotes healing of wounds and burns.
- Black Ointment* is an herbal salve that promotes healthy skin and will draw out poisons and toxins.
- Activated Charcoal* is highly absorbent and helps to remove toxins and other irritants in the digestive tract.

What will you include in your kit? We hope this gives you some ideas that will be helpful.

The Backpack

"The Backpack" is an emergency supply kit to have necessary items that you can take with you should you need to seek shelter or travel in an emergency situation. It is a good idea to keep a backpack in your vehicle. Additionally, each person in the home should have a backpack suited to fit their size and strength.

Although there are many things that could go into such a backpack, you still need to be able to carry it. Leaving sentimental items behind for when you can return is far better than carrying an heavy, overloaded pack.

The following list is fairly extensive, so it may be more feasible to pack the essentials in the backpack and have the remaining items stored in an emergency meeting shelter.

Clothing and Shelter

A complete change of clothing, including a long sleeved shirt, long pants, 2 pair of underwear, 2 pair of socks, gloves, a hat, and sturdy shoes or boots.

Emergency poncho or weather proof gear.

Keeping the feet, hands, and head from the elements is extremely important, whether those elements are heat, cold, wet, or bugs!

Sleeping bag or warm blanket for each person.

Navigation and Tools

Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both.

Flashlight and extra batteries or a hand crank flashlight. Sometimes you can find a tool that is all of the above and is in the crank form which leaves out the concern for batteries.

Cell phone with chargers, inverter, or solar charger.

Whistle.

Dust mask to help filter contaminated air.

Matches in a waterproof container.

Long life candles.

Nylon rope (100 ft.).

Plastic sheeting and duct tape to seal off shelter.

Knives, both folding and non-folding, with a sharpening tool.

Manual can opener for food.

Wrench or pliers. Again these can be found as a combination tool, sometimes called a "leatherman".

Local maps.

Health Care

First aid kit and "tacklebox" (see previous page).

Bandages.

Moist towelettes, garbage bags, and plastic ties for personal sanitation.

Latex gloves.

Magnet (see story on page 7).

Food and Water

Protein bars can be a great way to keep up energy and endurance; they also are small, don't require cooking, and can last a long time in a back pack.

Small simple snacks or dehydrated camping meals are also nice.

Even a pack of gum can be very helpful, emotionally!

Keep at least one water container full of water in your pack. Having a hiker's purifying kit is even better.

A small amount of money may also be helpful.



The Beauty of Silver (Shield)

Silver has long been used for its antibacterial properties and history of fighting infections.

With antibiotic resistant microbes on the rise due to the overuse of antibiotics, it is reassuring to know that Silver is a natural compound that will help the body fight against bacteria.

The development of silver nanoparticles, microscopic-sized silver particles that are less than 100 nanometers (a billionth of a meter) in diameter are so small, they are non-toxic, free

of adverse effects, and do not disrupt or inhibit beneficial intestinal flora.

Nature's Sunshine's Silver Shield has been shown in independent studies to have broad-spectrum antimicrobial activity against various microbes, including anthrax, candida, salmonella, and MRSA. It has also been proven helpful in cases of diarrhea, pink eye, skin infections, ear infections, gingivitis, urinary tract infections, and many more ailments.

Silver Shield can be used internally or externally. Internally, up to 3 teaspoons in water daily to help fight infections can be taken. It can be applied as the liquid externally to areas of focus, and Nature's Sunshine does make a Silver Shield Gel for external application that exhibited a broader range of antimicrobial activity than tetracycline or erythromycin without side effects!



The Importance of Iodine

Iodine is extremely important to the functioning of the body, not to mention that it protects the thyroid from radiation in the event that nuclear weapons are used.

We are just beginning to see the results from the nuclear plant leaking after the earthquake and

tsunami in Japan. The leakage in Japan was actually 30 times greater than that of Chernobyl, and it is having devastating effects both on people, (yes, even here in the United States) and animals.

Start taking 2 drops of iodine (NOT potassium iodide) daily.

The liquid iodine at Herbs, Etc. is bioavailable, meaning it is easily used by the thyroid. Potassium iodide will block radiation from the thyroid but sends it into the bones, causing other health issues.

So, stock up on your iodine; it will keep you healthy.

Magnets for Healing

Our bodies are composed of cells, and each cell works like a magnet with a north pole and a south pole. The magnetic field of each cell, then, is responsible for drawing into the cell things it needs and for transporting out of the cell things no longer needed. Because of this, magnets can be used therapeutically to soothe pain, reduce inflamma-

tion, stop bleeding, stimulate healing, and much more.



Generally, it is best to use an unipolar north pole magnet for these purposes. The magnet can be placed on the affected area, such as a finger or a knee, for several minutes to several hours,

depending on the strength of the magnet. Magnets are not advised for people wearing pacemakers or defibrillators or on expecting mothers.

A magnet is also a convenient healing tool to have in your "backpack" for preparedness situations. You can get yours at Herbs, Etc. today!

Amy's Top 25 Homeopathic Remedies

If I didn't have a homeopathic kit and wanted to start collecting remedies to make one or wanted a few essentials to take while traveling, these are the ones I would start with:

Aconite: shock; fear; panic; illness after exposure to cold air

Apis: bee stings; swelling; shingles; allergic reactions

Arnica: injuries; bruises; pain; healing after any injury or dental/medical procedure

Arsenicum album: food poisoning; diarrhea; asthma; anxiety

Belladonna: high fevers; sunburn; delirium

Bryonia: constipation; influenza; migraines; grumpiness

Calcarea carb.: malnutrition; fatigue; obesity; connective tissue disorders

Carbo veg.: indigestion; fainting; collapse; chronic fatigue

Gelsemium: stage fright; influenza; diarrhea; general feeling of low energy

Hepar sulph.: infections; abscesses, sore throat; ear infection; swollen glands

Hypericum: nerve pain; nerve injuries; spinal injuries; phantom pains

Ignatia: grief; depression; hysteria; compulsive behavior

Lachesis: sore throat; loss of voice; hemorrhages; varicose veins

Ledum: puncture wounds from bites, stings, etc; bruises; blood poisoning

Mercurius (sol. or vivus): infections of all kinds; sinusitis; swollen glands

Nat mur.: depression; allergies and chemical sensitivities; hay fever; constipation

Nux vomica: over-eating, drinking, work, etc; constipation; hemorrhoids; insomnia; addictions

Phosphorus: upper respiratory illnesses; laryngitis; bleeding; fear of thunderstorms

Pulsatilla: moody; weepy; PMS; pink eye; hay fever; heartburn

Rhus tox.: joint and muscle pain; low back pain; poison ivy; shingles; skin rashes

Ruta graveolens: injuries/soreness of tendons and ligaments; eye strain; hip pain

Silica: general infections; tooth decay; bone disease; TMJ; digestive disorders; food allergies

Sulphur: skin conditions; food allergies; digestive disorders; burning pains

Symphytum: sprains; fractures; broken bones (once set); hernia

Thuja: irritable bowel; herpes; warts; polyps; sinusitis



Of course, it is ideal in homeopathy to match the entire picture of symptoms that a person is displaying to the remedy that addresses the greatest number of those symptoms. However, in emergency situations, I have found that the remedies listed above cover a wide range of symptoms. It is also helpful to purchase a complete homeopathic kit to have on hand.

Naturopathic Community Center



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

Alumni and Continuing Education 2012 Class Schedule

| | | | |
|------------------|--|----------------------|---|
| March 24, 2012 | Physician, Heal Thyself! with Moshe Daniel, ND | July 21 & 22, 2012 | Hot Rock Massage by Mary Booms MT, NHT |
| April 1, 2012 | All New World News & Surviving the Nuclear Age with Dr. Richard Olree, DC | August 4, 2012 | Gut and Psychology (GAPS) w. Kathryn Doran-Fisher, ND |
| April 21, 2012 | Advanced Essential Oil Therapy Including Neuro-auricular by Jan Doerr, ND | August 25 & 26, 2012 | Astrology I - For the Natural Health Enthusiast by Laura Allmacher, CN |
| May 5, 2012 | Supporting Healthy, Happy Breast Feeding with Beth Barbeau, Midwife | September 8, 2012 | Wind & Solar Energy for Your Home with Mark Bauer |
| June 2, 2012 | New Homeopathy Series: Men and Women with Jackie Featherly, ND | Sept. 29 & 30, 2012 | Naturopath's & Parent's Guide to Integrating Physical Movements that Affect Learning & Behavior with Terri Cooper, OT |
| June 3, 2012 | New Homeopathy Series: What Every Massage Therapist & Body Worker Should Know with Jackie Featherly, ND | October 13, 2012 | The Business of Being a Naturopath with Micah McLaughlin, NP |
| June 30, 2012 | How to Use Mineral Rocks/Crystals in Your Environment with Jeff Gordon, ND | Oct. 27 & 28, 2012 | Naturopath's Understanding of Pharmaceuticals Pathways in the Body w. Jackie Featherly, ND |
| July 14-15, 2012 | Identifying & Using Mushrooms | November 3, 2012 | Advanced CranioSacral: Inside the Mouth with Amy Jo Howard, ND |
| | | December 1-2, 2012 | Blood Type: The Nuts and Bolts by Jackie Featherly, ND |

The Alumni and Continuing Education classes are for Natural Health Professionals, Massage Therapists, and anyone who desires to gain an in depth understanding of natural health. These classes are open to the public. Class times are from 9am to 5pm with a one-hour lunch on your own. The cost is \$89 for a one day class and \$178 for a two day class. Discounts are available for pre-purchasing tickets with a buy 5 get one free discount! Registration is preferred at least 2 weeks in advance.

Dance Classes

Time to get your feet moving and your rhythm grooving! The NCC is the place to be for fun and exercise every other Tuesday night.

Lois Klender will be instructing several different dance lessons for beginners, more advanced students, and couples.

Beginner Line Dance Lessons

5:30-7:00pm

All lessons are beginner level. A different dance is taught each week. Cost: \$5 per person

Intermediate Line Dance Lessons

7:00-8:00pm

These dances are for those who know the basic dance steps, such as: shuffles, jazz box, montereyes, etc.

Cost: \$5 per person

Couples Dance Lessons

8:00-9:00pm

Night Club Two-Step. All lessons are beginner level, designed to build on patterns learned in previous weeks of that session. Participants will learn 6-8 basic patterns in each style. Regular attendance is encouraged.

Cost is \$7 per person. Smooth soled shoes are recommended.

(Note: if taking any of the previous classes, cost is \$5 per person.)



Hot Rock Class

Hot Stone Massage is often seen as a trendy spa-therapy that feels good; however, massage and stones have been used by many ancient cultures as a form of healing. The stones used for this therapy were formed as part of the earth millions of years ago and contain a unique vibrational energy.

It is the stones that give hot stone massage its numerous benefits and the ability for your clients to create profound connection between their body, mind, and spirit.

One great way to decide if you should incorporate this therapy into your practice is by coming into Herbs etc. and getting a Hot Stone Massage for yourself. After experiencing this incredible therapy, you will want to offer this great experience to your clients as well!

See the Alumni schedule and get signed up today!



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.

March 13, 2012

What is your dominant gland and how would you balance your weight and energy if you knew what **Glandular Type** you were?

March 27, 2012

What **Amino Acids** can do for depression, anxiety, and energy

April 10, 2012

Have your own **Homeopathic First Aid Kit** and how to use it

April 24, 2012

Using **CranialSacral** to relieve headaches, insomnia, sinuses, and more

May 22, 2012

Healing emotional hurts, turning your insecurities into strengths, and becoming a more positive person with **Flower Essences**

June 5, 2012

Learning the **Minerals** that create the fountain of youth

June 19, 2012

What the feet can say about health through **Reflexology**. Be ready to practice!