



Summer Newsletter

Are Your Dancing Shoes Ready?

Summer 2009

If you are looking for a romantic date night that is inexpensive, or if you are looking for a fun and mature evening to share with others, the NCC has just the event for you!

The NCC invites you to put on your dancing shoes and come to the Old-Time Community Dances that will be held the second Thursday of every month from 7pm to 10pm at Herbs, Etc., located at 503 E. Broadway in Mt. Pleasant.

Ron O'Neil, *A Party of One*, is a professional musician from Michigan and will provide the music, performing as a one-man band. He plays a variety of musical styles, featuring his ability to sing as well as play the keyboard, trumpet, and tenor and soprano sax. Ron has entertained numerous listening and dancing

audiences during the past ten years and has been a band director in the Michigan Public Schools for the past thirty years. It will definitely be an exciting party!

The dances kicked off on June 11 with an Ice Cream Social and will follow through the year with these dates and themes:

July 9

Starry, Starry Night

August 14

Nifty 50's

September 10

September Swing

October 8

Sweetest Day Dance

November 12

Enchanted Ball



And, if you've never actually used your dancing shoes, don't worry, because Lois and Richard Klender will be giving a 45 minute dance instructional starting at 7pm on each date. They will teach you all the moves you need to know!

The cost is \$20 per couple or \$10 per individual. Refreshments will be provided. The Enchanted Ball invites you to dress up in your suit or fancy gown for a sophisticated and formal evening and will cost slightly more.

We are excited to be able to host a fun, community gathering where everyone can share good music, laughter, and your best dance moves! So, save these dates, loosen up those feet (maybe with some reflexology?), and we will see you out on the dance floor.

Your Ticket To Health features a lunch and Chair Massage for only \$20 or 5 Tickets

Other services available include: the Body Vibe machine, Toning Exercise Tables, Magnetic Nutrient Bed, Infrared Sauna, Detoxing Foot Soak, Voice Analysis, and more!

Tickets are only \$4 each.

Come taste the new summer menu!

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The Big FAT Lie

The Big FAT Lie: Fats, Oils, and the Cholesterol Myth is a one-day class that will teach you everything you need to know about cholesterol and the fats in your body and in your foods.

For example, did you know:

No research has been able to prove that the cholesterol in natural foods causes heart disease. Or, that no research has shown that eating foods high in saturated fat raises blood cholesterol levels. In fact, heart disease is just as frequent in people with low cholesterol levels as in those with high levels.

Further, low cholesterol levels increase your risk of reproductive problems, depression, cancer and suicide. However, when you consume lots of saturated fat, your body needs only a small amount of essential fatty acids, like Omega 3 and Omega 6. And, saturated fat protects the liver from toxins like alcohol and prescription drugs. On the other hand, consuming too many long chain fatty acids like those found in vegetable oil may cause you to gain weight, while short and medium chain fatty acids like those found in butter and coconut oil increase your metabolism rate and

may help you lose weight.

For much more enlightening information, attend this class and learn the truth about fats and your health!

This class will be held on Monday, September 14, 2009, from 9am until 5pm. The cost is \$89, and lunch will be provided.

Call 989-773-3636 to register.



An All New Income

If you are thinking of a way to earn extra money or feeling like a career change is needed, it is a great time to consider a profession in natural health or massage therapy.

The first year program in natural health and the one-year massage therapy program at NITE will both begin in September. The natural

health program meets one weekend per month, and the massage therapy classes meet two weekends per month (one class and one lab). For both programs, a professional massage table and books are included in the price of tuition.

Classes are fun, informative, and interactive. And, just think of the

lives that you will help to improve by suggesting nutritional solutions or providing therapeutic body work for someone in pain. Not to mention, your own life will be greatly enriched with all of the new knowledge that you can put into practice for yourself. For more information or to register, call 989-773-1714.

Crystal Dig

NITE students and staff will be making an "unofficial" trip to Arkansas to dig for crystals over the Labor Day weekend.



These quartz crystals are beneficial for absorbing negative electromagnetic energy, like the kind that comes from computers, televisions, and cell phones. Placing them around the house or on your person helps protect you and your immune system from being overburdened with these negative energies.

We will be traveling caravan style, and the entire trip takes 5 days. We will leave on the Thursday before Labor Day and return on Mon-

day. It's a 20 hour drive! Wear old clothes as they will get stained like the red clay we dig in. The group discount is \$10 per day, per person, for all you want to take home. We also will make a trip to Hot Springs for the old style bath, scrub, and massage.

Call Nancy to be put on the list of those going and to be contacted about further details.

Students Earn \$200 For Referrals

Attention all NITE students and Alumni! Did you know that you can receive \$200 dollars for referring a new student to the massage or Natural Health Programs!

Word of mouth is the best form of advertising and what better way to learn about the school than from its experts our very own students and graduates.

Simply send a friend, client, family member, or new acquaintance to the Institute. When they have enrolled and fully paid for the program, you will get the referral bonus. Please remind them to mention you as the primary reason for attending!



Partial referral bonuses can also be given to shared referrals. These would include other students or NITE's own advertising efforts.

You can use your referral dollars towards future tuition, extensions on homework, Herbs Etc. items and services, or simply ask for a \$200 check!

Advertising is a costly endeavor, especially when trying to cover the entire state of Michigan. We would much rather pay our student body!

We are also happy to supply you with extra professional school tri-folds and even catalogs. Simply, neatly write your name somewhere inside the brochures or attach your business card and hand them out to prospective students. This is a win for everyone!

Magic of Birth Classes - A Big Success

Students, alumni, and laypersons are loving the Magic and Anatomy of Birth I and II.

Every mother, father, grandmother- to -be needs this class! The naturopaths are loving it, and the massage therapists are loving it. Fellow instructors are peeking their noses in and just can't pull away.

We have had amazing compliments on this essential program and its inspiring classes. Instructor Beth Barbeau, an experienced doula and midwife, brings to life the possibilities of truly natural births.

"The statistics, the compassion, the magic...it's a must for everyone in this field."

"You will never look at birth the

same, after spending a weekend in the Magic with Beth."

Plan to join us for the next Magic of Birth I and II in April and May 2010.

Take it for an additional diploma or simply, for additional knowledge; take it for your family; simply don't miss these classes!

What to Wear for Graduation

What would you wear to best express yourself and your personality? Jeans and a t-shirt? A fairy costume complete with wings? Crowned and regal like royalty? The upcoming graduation for the current second, third, and fourth year naturopaths will be held on January 30, 2010, and the theme invites you to wear the clothing that best describes exactly who you are.

When studying to be a naturopath, the journey takes you through more than books and new ideas: it takes you deep into the center of yourself. This graduation celebration asks that you express the core of your being, even with your attire.

So, graduates, family members, friends, and fellow students who will be in attendance, start looking through your closet and looking inside at yourself:



What will you be wearing to graduation?

Herbs Etc / NITE./NCC

503. East Broadway
Mt. Pleasant, MI 48858

Phone: 989 773-3636

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Feel Better Now!



Apply to Be a Professional Bodywork Volunteer

As you may know, massage students at the Naturopathic Institute give free massages and bodywork two weekends per month. Now, we are pleased to announce a new system for volunteers to receive their free massages and other forms of bodywork from the students at NITE. We ask that you fill out a one-page application to become a professional volunteer.

The student massages no longer require a deposit, and once we have received your application, you will be notified if you have been selected as a positive and professional volunteer. We will then call qualified individuals on a rotational basis to fill the volunteer needs for the students.

If you wish to receive an application, you may stop in and pick one up at Herbs, Etc., or you may call us at 989-773-1714 to receive an application by mail.

This new system is more efficient and will be beneficial for everyone!





Mending a Heart

Many factors can affect the health of the heart, even in babies. Prenatal exposure to mercury produces marked toxicity to babies, including a high incidence of abnormal hearts, characterized by a dilation with a thinning and weakening of the heart walls. The FDA finally decided to indicate that this is a significant hazard to mothers and their unborn babies.

Other times, little ones can be born with weaknesses in their heart due to inherited weaknesses or even from being born prematurely.

This brings us to the story of Bailey. Kris, Bailey's mother, was having pre-eclampsia early into her pregnancy. The doctors tried to hold off on delivery, but because Kris' blood pressure was still so high, Bailey was born at 24 weeks. And, because she was born so prematurely, Bailey was born with a hole between two chambers in her heart and a valve that was too small. The doctors were sure that she would need surgery for her heart, but because she was so tiny, they wanted her to gain some weight before attempting surgery.

At around 3 months old, Bailey had stabilized enough so that she could leave the hospital, and the doctors would continue checking and monitoring her to see when they would need to do the surgery. However, Bailey's grandmother, Judy, a devoted and long-time client, found out about the herb, Hawthorn Berry, and how it helps the heart and took it home for Bailey. Bailey's parents started giving Bailey the liquid Hawthorn Berry in everything that they could put it in. At the time of Bailey's one-year check-up, the hole between the chambers had closed. The doctor is reported as saying, "I don't know what happened. I've never seen this before."

Bailey has grown into a sweet and energetic 11 year-old. She has never had heart surgery. The valve is still a little small but is growing as she grows, and as long as that continues, the doctors say that she may never need surgery. She continues to take her Hawthorn Berry, and we love seeing her smile when she comes in to Herbs, Etc. Thank you, Bailey, for your story!

This newsletter is full of information on Hawthorn and other herbs that help the heart as well as essential oils, amino acids, and flower remedies. Also, continue reading for more of the dangerous effects that mercury has on the heart and circulatory system. If you are wondering how to improve the health of your circulatory system, consider consulting one of the naturopaths here who can work with you to complete a non-invasive assessment of your health and provide natural heart-healthy suggestions that are personalized to you.



Mercury Toxicity and Its Effect on the Heart

The dangers of mercury toxicity, especially from fillings in the teeth, can have a profound impact on the functioning of the whole body. However, for more than 70 years, research has documented the effect that this poison has on the heart.

To begin, mercury has been shown to be concentrated in the heart tissue of people with heart disease. It promotes heart disease by inactivating the body's natural antioxidant, glutathione, which then allows more free radical generation and increased levels of fat accumulation in the arteries. Mercury has also

been associated with elevated blood pressure, abnormal heart rhythms, and increased heart attacks. It interferes with red blood cell oxygenation and clotting, leading to easy bleeding and bruising.

Clinical studies have found that persons with mercury amalgam fillings experience significant hypertension, higher blood pressure, lower hemoglobin levels, damage to blood vessels, heart valves, and heart muscle tissue, constriction of coronary arteries, chest pains, rapid heartbeat, fatigue, and tire easily.

Further, both blood and urine tests

measure only very recent exposures and are not reliable indicators of mercury body-burden.

To determine if mercury is affecting your health, make an appointment with one of the naturopaths at Herbs, etc. by calling 989-773-3636.



Using Amino Acids for the Cardiovascular System



Amino acids are the building blocks of life. If you remove water and fat from the body, amino acids make up 75% of what remains. As a result, they are vital for every organ and function in the body, including the heart and its efficiency.

The amino acid **Carnitine** aids in fat metabolism, converting fat into energy, energizing and oxygenating the heart, and reducing angina.

If Carnitine is deficient, the fats will build up as unwanted cholesterol and triglycerides.

Arginine prevents clumping of the platelets in blood vessels that can lead to heart attacks.

Taurine regulates the muscular

rhythm of the heart by playing a part in calcium metabolism. In Japan, it is widely used for all types of heart disease.

The best food source of these amino acids is meat, so supplementation of these specific amino acids can be very helpful, especially for those with a vegetable-focused diet.

Heart Healing with Flowers

The heart is seen as the core of our being. Its rhythm governs the flow of many life-giving nutrients, and also, it is where some of our deepest feelings lie. Consequently, it is where we store some of our strongest hurts.

Flower remedies are designed to help us heal emotionally. They are the liquid essence of the plant: a subtle essence that speaks to our souls.



Bleeding Heart helps when one is involved in relationships that are emotionally co-dependent and are based on fear, possessiveness, or neediness. This flower opens the heart to love others unconditionally

and with emotional freedom.

Borage is for heavy-heartedness and grief; it lifts the heart, bestowing buoyancy, courage, and optimism.

Yerba Santa is used for constricted feelings in the heart and lungs resulting from repressed emotions. It harmonizes the expression of emotions and balances breathing with feeling.

Essential Oil Therapy for the Heart

Essential oils are fantastic remedies for the heart. Physically, the oils increase circulation and oxygen flow while also eliminating bacteria, viruses, and other toxins. Emotionally, they are uplifting and calming. Addressing these multiple aspects, they seek to balance all levels of heart function.

Some oils to consider:

Cypress strengthens the blood capillary walls, increases the function of the circulatory system, decongests the lymphatic system, and is refreshing and relaxing.

Ylang Ylang helps to lower blood pressure, calms arterial hypertension, balances the function of the heart, and aids heart palpitations.

AromaLife is a blend of Cypress, Helichrysum, Marjoram, and Ylang Ylang. This blend strengthens and improves the circulatory system, cleanses and balances the blood, lowers blood pressure, and reduces stress.

Joy is a blend of Lemon, Mandarin, Bergamot, Ylang Ylang, Geranium, and Rose. It soothes the hormones, eases stress and tension, brings every cell into harmony, and brings

back the feelings of joy, self-love, and confidence.

After choosing the appropriate oil, one to two drops may be applied externally to the heart, neck, or bottom of the feet one to two times daily. They may also be diffused in a bowl of water, bath, or diffuser for aromatherapy. For these and other oils, stop in at Herbs, etc. to breathe in their balancing effects.



Herbal Heart Remedies

Herbally, there are many remedies that will address the physical issues of the heart, strengthening the heart muscle and its valves, regulating its rhythm, balancing blood pressure, and addressing other aspects of the entire circulatory system.

Hawthorn is one of the best noted herbal heart tonics. It enhances circulation, promotes oxygen flow,

and strengthens and normalizes the heartbeat as well as balancing blood pressure.

Capsicum has a long history of increasing circulation and aiding in the prevention of heart attacks and stroke. Better known by the name cayenne, capsicum is warming for poor circulation and because of its stimulating action, is believed to break down cholesterol build-up.

Cardio Assurance is a blend containing Vitamins B6 and B12, Folic acid, L-arginine, Resveratrol, Hawthorn, Taurine, Proline, and TMG. These ingredients are designed to protect the heart and blood vessels from damage, strengthen the cardiovascular system, and reduce blood pressure and cholesterol.

All of these and more are available at Herbs, etc.

Educational Opportunities

There are several educational opportunities in which students and others seeking to increase their knowledge of natural remedies can take advantage.

On the third Monday of each month, beginning at 3pm, there is an Herbal discussion to learn more about herbs; at 3:30pm, there is a Roundtable discussion to seek help with case studies; at 4pm, there is an Oil discussion to

learn more about essential oils and aromatherapy (the last 20 minutes will be question and answer); and at 5pm, a Homestead group meets to share ideas for self-sustainable living.



Come in to Herbs, etc., or call to participate via phone conferencing. By phone, call 218-844-3377 and enter the access code 103170.

Please note that the Roundtable discussion moved from the third Friday of each month at 7am to this new day and time: the third Monday of each month at 3:30pm.

Join us!

Children Needed for Civil War Camp!

There's room for more! The first ever NCC Civil War Camp for children will be on July 20-23rd. This is a great opportunity to learn a little history and have a whole lot of fun.

Campers can come for the day or even camp overnight with or without a parent. You can bring your own food supplies, or there is even an option for lunch or all meals included. The daily events will be from 9 am to 5 pm.

Best of all, there will be a reenactment for family and friends on Thursday, the final day. All soldiers will get to keep their hats, haversacks, guns, and canteens.

We hope to make this an annual event. Both boys and girls, age 7 and up, are welcome. All

four days and all equipment are only \$150.

We are hoping for a few more 'volunteers' so that we do not have to enact the draft! Late registrations are welcome, and later pickups can be arranged to better meet pickup schedules. Call for further details and to enroll.



They'll be talking about it for years!

Survival Class Builds Confidence for All Ages

This will be our 7th season of amazing survival courses! These classes are open to everyone and to every skill level. We've seen husband and wife teams, mothers and sons, business men, domestic goddesses, young teens, and grandmothers.

When you become comfortable with all the aspects of the outdoors, a new kind of confidence grows within you. You gain an even deeper respect for nature, you shed fears and insecurities, and become more in-tune with yourself.

Classes start with basic understanding of simple survival situations but also include plant identification, navigation, trap setting, first aid, stalking, awareness walking, group survival, tracking, tool making, underground ovens, and so much more. Class sizes are kept small and are all hands on focused.

July 17-19 - Level one (beginners at any age, shelters, fire without matches, awareness walking, plants, water, tools, and more) \$199.

July 31 - Aug 2 - Level two (beginners or those with a bit of experience, advanced shelters, skilled fire making, navigation, plants, tools, throwing tools, rope making, and more) \$199.

Sept. 19/20- 2 day open class (group shelters, bone setting, sutures, throwing tools and other highlights) \$150.



Discounts available for two or more people, or multiple classes.

Registration still open for all!

Naturopathic Community Center

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



Old-Time Community Dances

Second Thursday of every month from 7-10pm

\$20 per couple or \$10 per individual

July 9 - Starry, Starry Night

August 14 - Nifty 50's

September 10 - September Swing

October 8 - Sweetest Day Dance

November 12 - Enchanted Ball (price will be slightly more)



**Yoga and Qi Gong
Classes**

Monday and Thursday:
Yoga

Tuesday and Friday:

Qi Gong

12-12:30pm

Only one ticket per
class!

Free Cooking Classes



JULY 28 - KOMBUCHA AND KVASS FOR
LONGEVITY

AUGUST 11 - NAVIGATING THE GROCERY STORE FOR
HEALTHY FOOD

AUGUST 25 - KNOW YOUR FATS AND OILS

SEPTEMBER 8 - SUBSTITUTING INGREDIENTS IN
RECIPES

SEPTEMBER 22 -QUICK BREADS FROM SCRATCH:
ROLLS AND TORTILLAS

OCTOBER 6 - FIVE NEW VEGETABLES YOU'LL LOVE

OCTOBER 20 - MAKING YOUR OWN REAL BUTTER

NOVEMBER 3 -HOW TO READ LABELS AND KNOW
WHAT IS HEALTHY

NOVEMBER 17 -SOUP FROM SCRATCH

DECEMBER 1 -HEALTHIER HOLIDAY MEALS

DECEMBER 15 -DESSERTS FROM SCRATCH

DECEMBER 29 -COOKING CLASS WINTER PARTY
POTLUCK

CLASSES BEGIN AT 6:30PM

Laymen's Courses



Saturdays, 9am to 5pm

August 8 Gentle Pain Relief through
CranioSacral Therapy

Sept. 26 Homeopathy: Non-Toxic, No
Side Effects, and No Drug
Interactions

Oct. 3 Releasing Emotional Trauma
from Your Body

Nov. 14 Addressing Core Issues of
Wellness with Bach Flower
Remedies

Dec. 5 Beginner's Guide to Natural
Health

Dec. 12 Re-establishing Internal
Communication with Light
Healing Touch

Pre-registration is required. Each class is
only \$89. Call 989-773-3636 to register.



Civil War Camp

This year, the NCC is happy to host a Civil War Camp for kids on 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 pro-

vided 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.

Survival Classes

Learn how to save your life!

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
Group Shelters

Survival I and II are \$199 each. The Open Class is \$150. All are welcome to learn skills such as shelter making, fire-building without matches, navigation, tracking, safe foods of the wilderness, and more!



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.

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| July 21, 2009 | Are You Absorbing the Nutrients Your Body Needs? |
| August 4, 2009 | Getting in Tune with Your Fertility Signs |
| August 18, 2009 | Using Quality Essential Oils for Aromatherapy |
| September 1, 2009 | What To Do About Mercury in Your Teeth |
| September 15, 2009 | Grow Your Own Herb Garden |
| September 29, 2009 | Preparing Live Foods for Healthier Bodies |
| October 13, 2009 | Balancing Brain Chemistry with Amino Acids |
| October 27, 2009 | Bridging the Gap Between Medicine and Natural Health |
| November 10, 2009 | Lower Your Blood Pressure Naturally |
| November 24, 2009 | Sick of Sneezing? What To Do About Allergies |




