



Naturopathic Institute

The Holistic Labor Companion Program

We've all been born, even if you've never "seen" a birth before. Birth can be a powerful, life changing event for all of those involved. In the past, women labored at home with family or friends for emotional support. There was rarely a need for physical support because as long as the mother felt safe, her body would know what to do. Today, we have a much different picture of birth, with strangers in a strange environment directing the physical aspects of labor with little to no emotional connection at all. How should tomorrow's future be brought into this world? There seems to be little that we can do as individuals to change the standards of routine.

Now, the Naturopathic Institute of Therapies and Education is proud to announce its newest certificate program, the Holistic Labor Companion (HLC). This program combines the hands on approach of traditional labor assistants with the intimate knowledge of herbs, essential

oils, homeopathic remedies, and more to promote a safe and more natural way of birthing. Whether helping a woman establish emotional comfort in a hospital setting or suggesting natural remedies for a planned home birth, the Holistic Labor Companion can provide tremendous benefits to the parents and their new family. What's more, the Holistic Labor Companion can work with a woman and her partner from prior to conception all the way through the first years of their child's life.

This program brings together the considerable talents from instructors Bessheen Baker, ND, and Kathryn Doran-Fisher, CN, with our newest instructor Beth Barbeau. Below is a recent article Beth wrote that was published in *Midwifery Today*, Autumn 2007.



Our deeper understanding of birth can come to us from the most unexpected sources and at the most unanticipated times. One of my most visceral "light-bulb" experiences came in New Mexico in the early 1990s when I was taking a break from midwifery and selling health insurance to self-employed individuals.

One day I drove several hours to meet with the general manager of an immense horse farm, hoping to sell a large policy to cover his many farm hands. I ended up wandering through some of the buildings, searching for my appointment. I mentally noted as I passed that

Safer in a Barn?

one of the stalls exuded energy that felt like birth. Peeking in, I found a swollen mare pacing restlessly in the afternoon quiet, deeply breathing and blowing.

We were in the middle of the insurance presentation about an hour later when an assistant breathlessly burst in, saying that "so and so" was foaling! The manager stood up immediately and said, "Do you want to see a foal born?" He was startled when I asked if it was the mare I had glimpsed earlier. When I shared that I had trained as a midwife and it just "felt and smelled of birth," he brightened and lost his taciturn ways, suddenly eager to

talk about what he loved.

Until the next few minutes I did not fully understand that I was in a very unusual place: a stud farm for some of the most valuable horses in the world. This particular unborn foal was worth about three million dollars and was expected to be of much greater value after birth because it shared lineage with two Triple Crown winners. The horseman explained what I was about to see as we hurried over. He was adamant about his instructions, stressing the careful attention to detail needed to protect the well-being of this babe of breath-taking value.

(cont. on page 9)

Assistant Professor from Tokyo, Japan to Speak on Autism

Thursday, January 3rd, at 7:00pm

Iwao Uehara is a Forestry Specialist and has found a connection between neurological challenges and the benefits of trees and forestry terrain. Seize this incredible opportunity to hear him speak free of charge at the Naturopathic Institute.



This spring will bring a new home for the Naturopathic Institute, Herbs, Etc., and the Naturopathic Community Center. Although we have enjoyed our location on Mission Street, it's time for a little green grass and some windows! The new location is only two blocks west of Mission on Broadway. There is a large, private parking lot, and downtown is only a few blocks away. The new location will allow for a gift area at Herbs, Etc., will increase the classroom sizes for the Institute, as well as add an additional cooking classroom and an exercise area. We will also be able to host larger conferences and have some outdoor activities.

Outdoor picnic and quiet areas will be added for students. Herbal gardens will evolve after a few seasons. Special lunch and massage services will be more accessible to downtown patrons, and no one will miss the Mission Street traffic.



Safer in a Barn (cont.)

"Don't let the mare see you; crouch here in the hallway where you can peek over the half wall of the foaling box—the stress of seeing strangers at this time could put the foal in danger!"

"The only person allowed near the mare is her familiar stable lad; even her vet is crouched as small as possible in the corner." (And he was, hunched on his heels, silent and still, head and eyes downcast.)

"We keep the lights dimmed, because bright lights agitate and distract the laboring mare."

"You'll see that we've removed her halter and lead—you would *never* restrict the movement of a birthing mare; foals have been lost for less! She must be free to move any way she wants."

"She's been in this box stall (when not out to pasture) for weeks, because she must be in a familiar environment to birth smoothly."

"There is her usual water and hay in the stall—*never* restrict their food in labor!"

"Don't say a word. *Any* sound might disrupt the birth and a disruption puts the foal in danger."

With these admonishments ringing in my ears, I crouched in the dim, silent passageway outside the birthing box with several others. We watch the mare birth a huge colt with grace, barely pausing in her pacing as he slid with a thump to the floor. All was quiet and still in the long minutes afterwards as the colt organized his breathing, gathered himself and finally staggered up. He was so unusually large and long-legged that he stood on his ankles, his cartilage too soft to support his weight. Still, the horse-man was elated with the outcome, passing off the odd and worrisome appearance with a "give him time, he'll work it out!"

Ironic, isn't it? The protocols in the world of animal husbandry to protect an offspring at the time of birth—no strangers, dimmed lights, freedom of movement, familiar environment, unlimited nourishment, respectful quiet, no disruptions—are done without hesitation because to do otherwise invites "unexplained distress" or sudden demise of the offspring. These thoughtful conditions are the norm, along with careful observation to determine when to use the technological

expertise in true emergencies. When we have veterinarians in our childbirth education classes, they always start to smile and nod when I tell this story. In fact, what did your mom tell you when you found the cat birthing kittens in the drawer? "Shhhhhh!" And why? Because she MIGHT STOP GIVING BIRTH (AND move the kittens!). These are givens—instinctive givens, even, for animals of all descriptions!

Yet what are the "givens" for the human who births not in a barn, but in a "modern and advanced" hospital? In many cases 100% the opposite! Usually a minimum of a dozen strangers pass through the world of the laboring mother in her first 12 hours in the hospital—security officer, patient transporter, triage secretary, admission clerk, triage nurse, resident and/or doctor on call, admitting nurse, first shift nurse, break nurse, additional nurse at delivery, doctor or midwife plus possibly students, anesthesiologist, pediatrician, etc. Bright lights in the triage and labor rooms are challenging to dim. Mothers are tethered to monitors or IV poles and are moved through a bright hall with unfamiliar sounds to a new room in a building devoted to illness/trauma that most have visited once briefly if at all. They receive poor quality "clear liquids only." They are exposed to voices of others in the hall or chatting by the attendants during contractions and endless disruptions throughout! But then, do we ever find that we have an offspring experience "unexplained distress?" Of course, and at frightening rates! Yet, oddly, many of these disruptions are promoted as minor inconveniences or necessary to "protect" the baby.

Curiously, while veterinarians commonly have to *defend* interventions in light of the additional cost and the risks associated with interfering with nature, providers caring for human mothers within the medical system more commonly are forced to defend why they did NOT intervene! Consider the high rates of inductions, epidurals, artificial rupture of membranes, immediate cord cutting, cesareans and the vigorous defense necessary to fight for anything different, especially if time is involved (time to go into labor, to progress,

to push, to allow the cord to stop pulsation or to get "done bonding"). I've recently seen outstanding CNMs and obstetricians sacrifice their own political reputations and suffer departmental reprimands for births with great outcomes where they protected the mothers' yearning for privacy, allowed extended pushing time with great vital signs or, during a healthy normal birth, followed their intuition and honored the mother's begging to check heart tones frequently by hand during pushing instead of what the mother considered the massive intrusion of wearing the monitor belt. Interventions are considered to be the ultimate protection from litigation in human care, yet they contribute mightily to the high rates of distress in mothers and babies!

In animal husbandry, the first line of defense for protecting the unborn is to protect and nurture the nutritional needs and comfort of the birthing female. In the case of institutionalized birth for humans, however, in spite of evidence to the contrary, the norm is to act as if the nutritional needs and the comfort of the birthing mothers are of concern to, at most, the marketing and public relations department! It's an affront to common sense that as a society we are currently more accepting of the needs of foaling mares, whelping poodles and high-producing cows than of our birthing humans. From the high rates of fetal distress, meconium staining and breastfeeding problems, the consequences are clearly devastating to our infants, just as any decent horseman would predict.

Beth Barbeau, midwife and educator, began attending homebirths in 1979 as the 16-year-old babysitter for the "big kids." She has taught Childbirth Education classes for over 25 years. She and her stunt choreographer husband, Christopher, live in Ann Arbor and are parents to two homebirthed boys, Jianmarco (7) and Marcellin (5).

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Feel Better Now!



Student Massage Schedule

The students in the Therapeutic Bodywork (Massage Therapy) Program at the Naturopathic Institute of Therapies and Education invite you to come in for a massage or other therapy in the upcoming months.

Clients who are frequent no-shows will not be allowed to make future appointments. Remember: the students are counting on you to show up at your allotted time so that they can gain the experience they need to become competent massage therapists. Please note that the type of massage or therapy (such as craniosacral, reflexology, light healing touch) may vary. Check with Herbs Etc. when you make your reservation as to which type of therapy is being offered. The deposit is \$10, non-refundable for no-shows, and paid in advance (or held with credit card) at Herbs Etc.

Following are the dates and times for upcoming Student Massage Weekends:

Saturday & Sunday, February 16 & 17, 2008	12:00, 1:30, 3:00, or 4:30
Saturday & Sunday, March 8 & 9, 2008	12:00, 1:30, 3:00, or 4:30
Saturday & Sunday, March 15 & 16, 2008	12:00, 1:30, 3:00, or 4:30
Saturday & Sunday, April 12 & 13, 2008	12:00, 1:30, 3:00, or 4:30
Saturday & Sunday, April 19 & 20, 2008	12:00, 1:30, 3:00, or 4:30





Herbs Etc.

WINTER GIFT CERTIFICATE SPECIALS

(good through 12/31/07)

BODY WORK SPECIALS

- 2 half-hour massages - \$69
- 2 one-hour massages - \$112
- 5 one-hour massages - \$269
- 10 one-hour massages - \$499

OTHER SPECIALS

- 6 colonics - \$224
- 5 one-hour saunas - \$65
- 5 half-hour saunas - \$45
- Foot Soaks Package - \$99
(5 foot soaks and a one-hour consultation)



SILVER PACKAGE – \$99

1 hot rock massage, 1 reflexology,
and half-hour sauna.



GOLD PACKAGE – \$149

1 one-hour massage, 1 reflexology,
1 one-hour nutritional consultation,
and 1 foot soak.



DOUBLES PACKAGE – \$159

2 one-hour relaxation massages, 2 reflexology sessions
and 1 hour in the sauna together.

Gift Certificates are Great Gifts for Employees!



New Year's Resolution to Weight Release by Becky Fodor

With all those family dinners occurring around the holidays, New Year's may have you wondering how to get rid of those few extra pounds. Nature's Sunshine can offer some help! Here are four of their top weight loss products:

Nature's Hoodia Formula This herbal blend is designed to help reduce appetite and calorie intake while promoting a feeling of fullness. The hoodia plant grows in the Kalahari Desert in Africa where it has been used by indigenous people as an appetite and thirst suppressant for hundreds of years. To balance out the blend, Nature's Hoodia Formula also contains caralluma (considered a famine food in western India), chromium, gymnema, apple cider vinegar extract, garcinia, l-carnitine, marshmallow root, and psyllium seed hulls. These additional herbs and nutrients have been shown to inhibit the production of fat in the body, lower cholesterol and triglyceride levels, and promote balanced blood sugar levels.

CLA Conjugated linoleic acid (CLA) is a naturally occurring polyunsatu-

rated fatty acid present in many foods, especially beef and dairy products. CLA has been shown to reduce body fat and to increase lean body mass in many studies. There have been several clinical trials showing significant decreases in body fat (from 2 to 20%) in both overweight and normal weight volunteers. CLA appears to decrease the ability of fat cells to take up fats from the bloodstream, inhibits the formation of new fat cells, and helps cells burn fat at a high rate, thus leading to a reduction in fat.

Fat Grabbers This is a specially formulated herbal supplement designed to assist weight management by dissolving and absorbing dietary fats, preventing them from being absorbed by the body. Fat Grabbers contains chickweed and lecithin, both natural fat emulsifiers, as well as guar gum and psyllium hulls, fibers which absorb fats and pull them out of the body via the intestinal tract. This is also beneficial for individuals desiring to increase their intake of fiber or lower cholesterol levels. Several clients have

attested to the fact that Fat Grabbers relieves the symptoms normally experienced by individuals who are unable to digest dietary fats, including fatigue, headaches, and joint pain.

MetaboMax EF This is a healthy and natural weight loss supplement that is 100% caffeine and ephedra free. It is designed to enhance the body's ability to burn fat by stimulating the sympathetic nervous system to increase metabolism. It also helps to reduce appetite and food cravings. The combination of herbs in this blend helps increase energy, eliminates excess fluid retention, promotes healthy glandular function, improves digestion, and provides individuals with a natural and safe way to lose unwanted weight.

****Whenever you are trying to release unwanted weight, it is important to eat healthy, drink half of your body weight in ounces of water per day, and exercise regularly. If you are still struggling with weight loss, come in and see one of our Naturopaths for a weight release consultation.**

Massage, A Unique New Year's Resolution by Mary Booms

Every year, many people make resolutions and promises to themselves to do something life changing. Often, these resolutions involve losing weight, quitting smoking, exercising, eating good foods, and overall, getting healthy.

Regular massage has many health benefits to many body systems. Massage moves the lymphatic system, helping the body to eliminate

toxins and eliminate fluid retention. It increases metabolism and breaks up fat cells. It relaxes and reduces stress in the body, making you feel younger and lighter. Emotionally, massage leads to better moods over longer periods of time. Massage tones muscles, improves muscle function, and reduces muscle pain and soreness. Whether you make regular massage a "New Year's Resolution" or

use it as an aid to other resolutions, we hope to see you more often in 2008!



Help A Loved One Stop Drinking by Kathryn Doran-Fisher

Alcoholism really is a disease, and so, like other diseases, the most effective way to cure it is by building the body's nutritional integrity to a state where the need for a "lift" will be eliminated. Kudzu/St. John's Wort formula from Nature's Sunshine is perfect for those wanting to reduce consumption of or break an addiction to alcohol. It contains herbs to relieve cravings, inhibit alcohol metabolism in the liver, and soothe withdrawal symptoms including increased anxiety, depression, insomnia, and nervousness. You may want to supplement with

L-Glutamine. L-Glutamine is a non-essential amino acid that nourishes the brain. Glutamine has been shown to decrease cravings for alcohol and may prevent mental degeneration often witnessed in alcoholics. Another herb useful for decreasing alcohol cravings is, surprisingly, hops. Hops are most commonly known for their use in beer, adding flavor and aroma, but when taken separately as an herb, hops can actually calm the nervous system and cut cravings for alcohol. Other suggestions for alcoholism include: licorice, which helps with

any type of addiction; milk thistle to repair the liver; B-complex and essential fatty acids like black currant oil for the nervous system; and magnesium, which is easily depleted by alcohol. Aromatherapy can also help. Try Clary Sage, Bergamot, Roman Chamomile, or Ylang Ylang. Remember, addicts have problems processing sugar and carbohydrates and are protein deficient, so changing dietary habits is an important part of overall recovery.



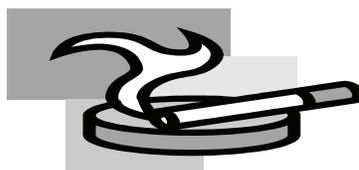
Quit Smoking Naturally by Elizabeth Lo

Year after year, hundreds of people attempt to "kick the habit" of smoking, and year after year, many fail to do so. Here is a guide to natural remedies that will help to diminish the urge to smoke:

Lobelia: this herb has been used traditionally as a substitute for tobacco. Lobelia contains lobeline, which has a similar molecular structure to nicotine. Because it is so similar, it works to satisfy the urge for nicotine, which is the addictive ingredient in cigarettes. However, the lobeline itself is not addictive nor does it contain any harmful qualities. Lobelia also will work to re-build and strengthen the respiratory system.

St. Johns Wort: this herb helps with the emotional addiction to smoking.

Tobacco Detox: this is a blend of different homeopathic remedies. It is formulated to provide relief of tobacco withdrawal symptoms which may include: cough, nausea, nervous tension, and more. Plus, it helps aid in the body's detoxification processes.



B-complex: many individuals smoke to maintain weight, to soothe their nerves, and to relieve tension. But any addiction will lead to a depletion of vitamins and minerals in the body which, over a period of time, will further weaken the body. The body will be forced to rob one area of nutrition, leaving another area overworked and stressed. B-vitamins are crucial to a healthy nervous sys-

tem, hormone production and drive, digestion, and immune functions. By supplementing B-vitamins, the body will maintain a state of balance, and the addiction will be easier to overcome.

Clove Oil: 1 small drop on the tongue will strongly curb the desire to smoke.

Bergamot Oil: 2 drops applied directly on to the stomach, abdomen, and liver areas will help with the detoxification of tobacco from the body. It may also be applied to the bottom of the feet.

If it were me, I would take Lobelia and St. John's Wort herbal blend at 2, 3x per day; B-complex at 2, 2x per day; Tobacco Detox drops 3x per day, plus every time I had an urge, I would use the oils as needed.

Exercise Your Way by Amy Jo Howard

As the new year approaches, everyone is making resolutions so that they can have their best year yet. Beginning a weight release or exercise program is always a top resolution. If you are looking to begin an exercise program for the new year in order to release weight, move more, or just feel better, here are some things to keep in mind.

First, decide which type of exercise is best for you. The form of exercise you choose should be something that you are, for the most part, capable of doing, and yet, it should still challenge you. Most importantly, it should be something that you enjoy doing. Let's face it: we're not all marathon runners. So, consider what type of exerciser you are. Are you a walker, runner, or jogger? Do you want to lift weight? Would you like to jump rope, do step aerobics, salsa dance, or kickbox? Do you prefer stretching, yoga, pilates, or deep breathing? Pick the form or forms (if you like variety) that most appeal to you.

Now, are you a self-starter, do you work best with a buddy, or do you need an instructor? Decide what you need in order to do the form of exercise you have chosen. Depending on these factors, you may be able to exercise along with a video, you might use the buddy system, or you may be signing up for a class or two. What is going to make it happen?

Next, you need to schedule your exercise time. That's right, write it down in your planner even if you are exercising solo at home. Schedule it in. Make it part of your regular routine. This way, it's an appointment, and you can't make



excuses to not show up. Also, schedule realistically. Schedule at a time of day when you are not rushed and you have energy. Also, do not schedule for seven days a week if you know you are only going to fit it in twice a week. Focus on what you can do, not what you can't. This is the way to build success.

Remember, your resolution to exercise is more about feeling better and living a healthier life. This is a commitment to yourself. Honor that commitment. Honor yourself. Exercise should not be a chore. It's not about the end result. If the end result is your only focus, you will probably ditch it when you've met that final goal. How does that foster a healthy lifestyle? Enjoy the journey, because that's where you will feel healthiest and happiest. And, that's the best resolution of all.



Naturopathic Community Center

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

Intensive Detox or Build Clinic

Winter may be in full swing but now is the time to start planning for spring cleaning. What better way to clean out the holiday junk than to attend the Intensive Cleanse and Build Clinic at Herbs, Etc.? Last year, we had 4 people take the challenge of spending 6 days and nights under direct naturopathic care. We laughed; we cried; and, most importantly, we released all kinds of physical, emotional, mental, and spiritual goop! A big thanks goes out to all of the wonderful student volunteers who helped the program run smoothly; we look forward to seeing some of you again this year.

For those of you who are new to this idea, the Intensive Cleanse and Build Clinic includes a personalized natural health program combined with regular exercise, bodywork, infrared sauna, detoxifying foot baths, magnetic therapy, and much, much more to assist the individual in whole body healing. Plus, participants get to spend their evenings at a beautiful B&B where they can unwind

from the stresses of the world. In the meantime, our naturopathic staff is hard at work using the best of their skills to give each participant exactly what they need to achieve optimal health. You will not find a program like this anywhere else.

This year, the clinic is scheduled for April 6-12. The cost is \$1200 per person; lodging, transportation, herbal program, and therapies included. This is a great way to cleanse the body of heavy metals, toxins, and chemicals, and rebuild it with healthy tissue from the finest nutrients available. Don't put off that spring cleaning any longer; sign up for the Intensive Cleanse and Build Clinic today!

Call 773-3636 for more information.



INTENSIVE DETOX OR BUILD CLINIC

AT HERBS ETC. FOR
APRIL 6-12, 2007

\$1200 PER PERSON

*(WORTH WELL OVER \$2300 IN
PRODUCTS AND SERVICES)*

**SPEND SIX DAYS UNDER PERSONALIZED
NATUROPATH CARE!**

LODGING, MEALS, TRANSPORTATION, HERBAL PROGRAM,
AND ALL-NATURAL PERSONAL CARE PRODUCTS
ARE INCLUDED IN THE PRICE.

DETOXIFYING THERAPIES INCLUDE:
INFRARED SAUNA, MASSAGE THERAPY, IONIZING
FOOT BATH, VOICE BIO SOUND THERAPY,
AND SPECTROCHROME COLOR THERAPY.

DETOXIFY YOUR BODY!

GET HELP FOR CHRONIC AND DEGENERATIVE DISEASES!

Hot Cereal Breakfast



from "Nourishing Traditions"
by Sally Fallon

- 1 cup oats, rolled or cracked
- 1 cup warm filtered water
- 2 T. whey, yogurt, kefir,
buttermilk, lemon juice,
or vinegar (optional)
- 1/2 t. sea salt
- 1 cup filtered water
- 1 T. flax seeds (optional)

For highest nutritional benefits and best assimilation, grains should be soaked overnight or even longer. Once soaked, oatmeal cooks up in

less than 5 minutes—truly a *fast food*.

Mix oats with 1 cup of warm water and 2 tablespoons of acidic ingredients (whey, lemon juice, etc.). Cover and leave in a warm place for at least 7 hours and as long as 24 hours. Bring an additional 1 cup of water to a boil with sea salt. Add soaked oats, reduce heat, cover and simmer several minutes. Meanwhile, grind optional flax seeds in a mini grinder. Remove from heat, stir in optional flax seeds and let

stand for a few minutes. Serve with plenty of butter or cream and a natural sweetener like evaporated cane juice, date sugar, maple syrup, maple sugar, or raw honey. You may also wish to add raisins, cinnamon, nuts, or other ingredients to taste.

Variation: Use 1 cup coarsely ground kamut, spelt, or rye, or you can use a finer grain, such as teff, millet, quinoa, or amaranth. Rye may need extra soaking time and more water for complete hydration.



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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| Jan 15, 2008 | Six Easy Self Serve Therapies and Their Benefits: Foot Soak, Sauna, Magnetic, Color, Sound and Massage Bed. |
| Jan 29, 2008 | Herbology - How to Make Your Own Remedies. |
| Feb 12, 2008 | How to Feel Younger in 30 Days. |
| Feb 26, 2008 | How Amino Acids Can Solve Depression. |
| Mar 11, 2008 | The Truth about Microwaves, and How Alkaline Foods Heal Joints. |
| Mar 25, 2008 | Periods and Pregnancy without Prescriptions |
| Apr 8, 2008 | Removing the Negativity of Work and Others From Your Being. |
| Apr 22, 2008 | How to Use Color for Healing. |
| May 6, 2008 | Iridology: Determine Your Health Through Analyzing the Eye. |
| May 20, 2008 | Solving Headaches and TMJ. |
| June 3, 2008 | Open House and Tour of the New Facility. |

Is Your Body a Temple of Health? (cont.)

Now add up your score and see which category you fall under below.

(-)45 to (-)21 The Sugar Shack - It's time to start taking a serious look at your health habits. You are probably already suffering from several health issues like allergies, frequent illness, digestive disorders or worse. Be encouraged, there is always time to make some simple changes to benefit your health. Try doing just one thing each week or each day and see a naturopath. That's what we're here for! We can provide more than just nutrition information and herbal supplements; try menu planning, emotional clearing and much, much more.

(-)20 to 0 Fixer Upper - You're already aware of some things you can be doing to benefit your health but maybe you have a few things you wish were better. The more information you can gather at this point the better and a naturopath can be a great resource for pointing you in the right direction. Just remember, a truly healthy body takes time, effort, and a good system of support to back you up.

1 to 20 Moving On Up - Give yourself a pat on the back! There's a lot of confusing info out there about how to get healthy but you've stayed on the right track and are seeing the benefits for yourself. If you get stuck or feel like you've hit a wall in your progress just remember to check in with your naturopath for some new ideas. Good health comes from not just the physical body, but the emotional, mental and spiritual levels as well.

21 to 45 Temple of Health - Wow! Have you considered a career in Natural Health? You'd be a perfect example of how to be truly healthy! Now it's time to go to an even deeper level of health, maybe right down to the vibration of your DNA, and your naturopath is the perfect person to guide you through it. What an exciting opportunity to explore all aspects of what makes you, uniquely you! Keep up the good work!

Natural Health for the Home



**One-day Layman's Courses for
People On-the-Go!
Saturdays 9:00 AM - 5:00 PM**

January 12

Reflexology: Influencing Body Systems
Through Touch

February 9

Reading the Face & Tongue for Signs of Dis-ease

March 8

Muscle Response Testing: Practical
Application for Beginners

April 19

Simple Massage Techniques You Can Use
at Home

May 3

Iridology: How the Eyes Show Health or Dis-ease

June 7

Aromatherapy for Home & Office Use

\$89 per class