



## Winter Newsletter

### Dr. Baker Opens New Clinic

December 2012

Beginning in January, Dr. Baker and a team of interns will be accepting new clients for the first time in 6 years! After a 6 month sabbatical and a chance to get the new ranch up and running, I wanted to come back with a fresh idea that offered even more to clients and helped the students of the Institute to receive even more hands on experience.

Clinic Days will be available multiple Thursdays and Fridays each month. Starting at 10am to 4pm, clients receive a thorough evaluation as well as any therapies that your team of naturopaths feel will most benefit you.

A Clinic Day will consist of thorough evaluations that could include Biological Age Assessment (which tells how old your body feels), live blood analysis (looking at your blood cells under a dark field microscope), iridology (analysis of the iris of the eye), sclerology (analysis of the whites of the eye), voice analysis, tongue, face, and nail analysis and more.

Your day might also include forms of bodywork, such as massage, craniosacral, neurological organizational technique, magnets and polarity therapy and therapies in the Therapy Room like the infrared sauna, color therapy, sound therapy, the Migun massage bed, and others.

This is a perfect opportunity for a variety of people. If you are already familiar with natural health and want to delve deeper into the full potential of your program, this day will take you through a range of evaluations and therapies. If you are new to natural health and want to explore your health options, this day will give you a detailed assessment and suggestions for you to implement right away. And, if you are seriously ill and need natural health assistance, this day will give you the greatest care at an affordable rate.

A Clinic Day only costs \$200 for the extensive evaluation and therapies provided (this is a \$360 value). Please pack a healthy lunch and wear comfortable clothes. Call ahead for January, February, and March. There will be a limit of four people per Clinic Day, so call soon. You and your health are worth it!

Call today to make your Clinic Day appointment!

989-773-3636

Feel better now!



#### Inside this issue:

Symbiosis Ranch	2
Green Movement	3
What Is a GMO?	4
Alumni Classes	5
Free classes	6
Distributor Getaway	7
Magnets for Pain	9

## Over Twenty Years of Naturopathy - by Bessheen

Hello friends, I am still here. After, twenty plus years of natural health appointments, classes, seminars, and more, I wouldn't change a thing about being a Naturopath. Recently, it was in my (and my family's) best interest to take 6 months off from seeing clients and finish the work on building our new home and ranch. The ranch project had been on my mind and on the design board for a few years, then 3 years ago, we began physically building it. Construction will be complete at the end of 2012, and next year, we will take the 2nd to last step in building the herbal and angle gardens that will make up the front yard. The ranch includes a

home, greenhouse, home for my parents, and garage/barn all connected and underground (for the most part). It is off the grid and working towards being self sustaining. We are over 50% there on the sustainability with our own eggs, meat, milk, fruits, vegetables, wood heat, and solar panels. It has been a true labor of love, sometimes more for me than the younger ranch members.

We have enjoyed students, volunteers, and curious guests by the bus and van load during the entire process. As 2013 begins, we will start small with classes monthly and expand into a full experience hands on training fa-

cility. We plan to add a row of yurts, more gardens, and even a sweat lodge. If you wish to see or be a part of this amazing project, start by attending the free Tuesday night classes or one day ranch classes.

Why this after 20 years? It's a natural evolution: you see people struggling for better health, and it all starts with going back to basics. We need a healthy, happy work environment, nutritious food, work that gives fitness and appreciation for the land, each other, and the simple things in life. We are creating it as an inspirational model. Come see what you can do with a little dirt, hard work and a smile.

### Symbiosis Ranch Offers Classes

Classes are half day from 10 am to 2 pm for \$40, Full day from 9 am to 5 pm for \$75

Registration is required at the NCC by calling (989)773-1714

Always wear old clothes suited to work, shoes for mud, skin coverage for sun and insects, a good pair of gloves even on kitchen days, and a healthy sack lunch.

January 11, 2013 - Canning: 1/2 day on fruits and vegetables, 1/2 day on meats & meals

February 15, 2013 - Raw Milk Fundamentals & Beyond (including milking the cow!)

March 15, 2013 - Preparing the Gardening (from garden size, soil, to seed)

April 12, 2013 - What is Biodynamic and How to Start (homeopathic fertilizer for less)

April 26, 2013 - Raising Chickens, Turkeys, Sheep and Large Animals (no matter how much land)



Fall classes include: All About the Fire (cutting wood, safe woodstove use, and chimney care), Menu Planning for the Week (no more need to eat out), Seed Saving necessity for true sustainability), and Living Off the Garden (good food, low cost)

## Polarity Therapy to Restore Your Energy

It's easy to miss some of the subtle, great therapies available at Herbs etc. and NITE with so many to choose from! Did you know that one of the easiest ways to regain your energy is to make sure your compass is pointing North?

That's exactly right, from all the exposure to cell phone towers, computer energy pollution, even from high tech vehicles, our own bodies' energy field can become congested and polluted! We have two recommendations: getting polarity therapy done by one of

our experienced staff members or lying on our North Up magnetic bed. The session with the therapist is far more detailed and lasts 50 minutes. Your therapist determines if your side to side, top to bottom, or overall energy is not flowing smoothly and then, makes simple, gentle corrections to restore the proper flow.

Your other option is to lay down on the magnetic bed for 15 to 30 minutes for only \$4 to \$8 and allow the cells of the body to respond to the north charged

poles of the bed. Clients report getting up already feeling better focus, less burdened, and mildly energized. After a night's rest, you generally feel more rested, stronger immunity, and less emotional negativity!

Another great therapy you needed to know about! Call to make an appointment for a therapist or just stop in for a trip to the self serve therapy room, and we'll help you get started.



## After 10 Years, Prices are Changing

We have held out as long as we could, and in April, we will be changing all of our hourly rates to \$69 instead of the current \$59.

Ten years is a long time to not update and change the rate of services, and it's long overdue. Most professionals in our field

charge 20% to 30% more than we currently are charging! Because we are in such high demand, we have been able to offset our expenses by simply working harder and longer.

Well that is no longer enough, and it's time to make an adjustment. Thank you for your contin-

ued patronage as we make this small and necessary adjustment. Prices on products in the store will remain below market average, the therapy room prices remain the same, and the classes on Tuesday night are still free. Thank you in advance for understanding.

## Magnets for Pain

Each cell in the body is a magnet, having both a north pole and a south pole. The outer surface of the cell has a magnetic field surrounding it, which allows it to draw in substances that it needs, like calcium, magnesium, etc.

Wherever there is pain in the body, these are cells whose magnetic field is out of balance.

Therefore, using the right kind of magnet therapeutically can restore the magnetic field and allow that area of the body to return to a state of balance.

To use a magnet for pain relief, apply the north pole side of a unipolar magnet onto the painful area for several minutes. Repeat several times throughout the day as needed.

Generally, the north pole properties of a magnet are calming, soothing to nerve pain, inflammation reducing, acidity decreasing, and attracting to blood cells for increased healing.

Magnets are wonderful tools to have on hand for natural pain relief. You can find unipolar magnets for sale at Herbs, Etc.



## Herbs Etc / NITE./NCC

503. East Broadway  
Mt. Pleasant, MI 48858

Phone: 989 773-3636

Fax: 989 775-7319

*Feel Better Now!*



## Interns, Get Ready!

Attention Natural Health students needing internship hours! Dr. Baker will be offering Clinic Days on Thursdays and Fridays of each month starting in January 2013. This is your opportunity to complete your internship hours and fulfill all of your requirements before graduation.

Sign up and assist Dr. Baker and her clients with their health programs. You will be able to practice what you have already learned in your classes and of course, learn new forms of evaluation and therapies!

What an exciting way to meet new people, work within the natural health field, and be able to use all of the skills that you have been so excited to share! Sign up now for your internship days by calling Herbs, Etc. at 989-773-3636. There is a limit of 6 interns per clinic day.

Read through the newsletter for other fun internship opportunities!



---

# Herbs Etc.



## The Green Movement is Healthy

Go green—for the environment, for the holidays, for your health.

You hear a lot about the Green Movement these days, and you see products that are labeled "green," and that's supposed to be a good thing, but what does it all really mean?

Yes, the Green Movement is the support of environmentally friendly products, but it is far more than that.

In the United States, the Green Party actually came up with "Ten Key Values of the Green Committees of Correspondence" (1989) and lists these values and explains the goals and ideas of each value in greater detail. These 10 values are: Ecological Wisdom, Grassroots Democracy, Social Justice, Nonviolence, Decentralization, Community Based Economics, Feminism, Respect for

Diversity, Global Responsibility, and Sustainability.

Looking at the list, you can easily see why people involved in natural health would want to be involved in the Green Movement. For example, in natural health, we rely on the earth to provide us with natural remedies, like herbs and nutritious foods, so ecological wisdom, global responsibility, and sustainability alone are pretty important.

Also, one of our biggest passions in natural health is educating others. Therefore, we will always try to share with you information that will make your life greener. (It's such a good color, don't you think?)

Here are some little things that you can do to make an impact on our environment and your health.

-Unplug electronics and appliances when not in use, especially cell phones; the waves affect your nervous system in profound ways.

-Walk or car pool when possible; we could all use the exercise.

-Use glass or stainless steel re-usable water bottle; plastic bottles have false estrogen and other hormone disruptors.

-Buy locally grown and produced products; they generally are healthier and help the local economy.

-Reduce waste. This includes many things: make your own snacks instead of buying pre-packaged, individually wrapped snacks. Take your own re-useable bags to the grocery store. Use your own sandwich boxes and containers instead of using sandwich bags. Most of them contain

BPA, and this is very hard on weight balance and energy!

-Open your curtains and enjoy natural light as much as possible; sunlight improves our attitude.

-Before buying anything new, check Good Will or Craigslist or other places.

-Make your own household cleaners with healthy ingredients.

-Use cloth towels instead of paper towels.

There are lots of things that you can do to help the environment, your health, and everyone on this planet. Start with one or two things today, and watch the green grow!



# What Is a GMO?

A *GMO* is a genetically modified organism. These are plants or animals that are created through gene splicing techniques, also called genetic engineering or biotechnology. This experimentation merges DNA from different species, creating unstable combinations of plant, animal, bacterial, and viral genes that do not occur in nature.

Nearly all *GMO*'s are engineered to withstand herbicides and/or to produce an herbicide. Despite biotech industry promises, the *GMO*'s do not offer increased yield, enhanced nutrition, or any other consumer benefit. In fact, more evidence is connecting *GMO*'s with health problems, environmental damage, and violation of both consumers' and farmers' rights.

Most developed nations, including Australia, Japan, and all of the countries in the European Union have significantly restricted or banned the production and sale of *GMO*'s. In the United States, the government has approved *GMO*'s based on studies conducted by the same corporations that created them and profit from their sale.

The Non-*GMO* Project was created in the absence of mandatory labeling and is committed to working diligently to maintain an accurate list of risk ingredients so that consumers can have an informed choice.

The following is excerpted from [www.nongmoproject.org](http://www.nongmoproject.org):

Agricultural products are segmented into two groups: (1) those that

are **high-risk** of being *GMO* because they are currently in commercial production, and (2) those that have a **monitored risk** because suspected or known incidents of contamination have occurred and/or the crops have genetically modified relatives in commercial production with which cross-pollination (and consequently contamination) is possible.

**High-Risk Crops** (in commercial production; ingredients derived from these must be tested every time prior to use in Non-*GMO* Project Verified products (as of December 2011):

- **Alfalfa** (first planting 2011)
- **Canola** (approx. 90% of U.S. crop)
- **Corn** (approx. 88% of U.S. crop in 2011)
- **Cotton** (approx. 90% of U.S. crop in 2011)
- **Papaya** (most of Hawaiian crop; approximately 988 acres)
- **Soy** (approx. 94% of U.S. crop in 2011)
- **Sugar Beets** (approx. 95% of U.S. crop in 2010)
- **Zucchini and Yellow Summer Squash** (approx. 25,000 acres)

ALSO high-risk: animal products (milk, meat, eggs, honey, etc.) because of contamination in feed.

**Monitored Crops** (those for which suspected or known incidents of contamination have occurred, and those crops which have genetically modified relatives in commercial

production with which cross-pollination is possible; we test regularly to assess risk, and move to the "High-Risk" category for ongoing testing if we see contamination):

- Beta vulgaris (e.g., chard, table beets)
- Brassica napa (e.g., rutabaga, Siberian kale)
- Brassica rapa (e.g., bok choy, mizuna, Chinese cabbage, turnip, rapini, tatsoi)
- Cucurbita (acorn squash, delicata squash, patty pan)
- Flax
- Rice



## Common Ingredients

### Derived from *GMO* Risk Crops

Amino Acids, Aspartame, Ascorbic Acid, Sodium Ascorbate, Vitamin C, Citric Acid, Sodium Citrate, Ethanol, Flavorings ("natural" and "artificial"), High-Fructose Corn Syrup, Hydrolyzed Vegetable Protein, Lactic Acid, Maltodextrins, Molasses, Monosodium Glutamate, Sucrose, Textured Vegetable Protein (TVP), Xanthan Gum, Vitamins, Yeast Products.

Check the Non-*GMO* Project's website for a listing of foods, brands, and companies that are verified non-*GMO*. Herbs, Etc. carries items from Annie's, Barbara's, Barleans, Beanitos, Bragg, Dr. Bronner's, and Enjoy Life whose companies all have products that are verified to be free from genetically modified organisms. You can also search their website for ideas on how to be more informed and more involved. If it's not natural, then is it really healthy?

## Book Highlight - "Lessons in Nature" by Malcolm Beck



"Lessons in Nature" by Malcolm Beck offers 50 years of organic advice from the Southwest's foremost composter, gardener, and farmer. Beck is a lifelong organic farmer, speaks throughout the country, and has authored many books on organic gardening.

This book is based on Beck's approach to farming that "if you work with nature, nature will reward your efforts." The book gives practical and helpful information on composting, mulching,

fertilizing, microorganisms, greenhouses, beneficial insects, biological control, pest identification, organic insecticides, and much more. He outlines the rules to follow when growing plants for health and top production. There are also chapters that share his philosophy on gardening and organics that then detail the practical applications in the garden for these observations of nature. For example, he says that if we don't start respecting the dirt under our feet,

"Then planet Earth will be returned to lowly soil creatures.

The microbes will once again start Earth on the path to becoming fertile, beautiful and habitable."

This is just one of the many informative and exciting titles on the shelves in the Herbs, Etc. store. Come shopping, and purchase a book in the green/sustainable living section for **10% off** in December and January.

## Distributor Getaway Extraordinaire February 22nd & 23rd

Attention all NSP distributors!

Bessheen will be hosting a fantastic seminar for all Nature's Sunshine Distributors on February 22nd & 23rd. This two day event is designed to help you better understand NSP's great product line and learn even more about natural health. Friday

evening is designed to help you create a small hobby business or completely retire from your current job, living solely by helping others achieve wellness. Saturday will include understanding herbs and vitamins in great detail, how to work with depression and anxiety, solving complex cases, balancing the

glandular system in a sea of artificial hormones, and more!

There will be great food and snacks, free massages and therapies, plus lots of prizes!

Please call Nancy or Theresa at NITE at 989-773-1714 to reserve your seat and get all the details on times and events.

## Help Us Get Our Hallway Back!

We love the Spa Capsule! However, it is looking for a better home than at the end of the Herbs, Etc. hallway. It didn't fit where we hoped it would...

The Spa Capsule is a way to experience a fantastic water jet massage without getting undressed and without getting wet.

Twenty-eight computer con-

trolled water jets simulate a personal "finger tip" massage with adjustable water pressure, temperature, and pulsating frequency to relieve pain and tension in only 10 to 15 minutes.

What a great gift—for you or someone you love!



The Spa Capsule is for sale for \$2500 or the best offer.

Call 989-773-1714 to inquire about how you can take it home and experience a revitalizing water massage at any time.

Invest in your health; bring the Spa Capsule to your home or business!



# Herbs Etc.

## **WINTER GIFT CERTIFICATE SPECIALS**

*(good through 12/31/12)*



### **BODY WORK SPECIALS**

- 2 half-hour massages - \$69
- 2 one-hour massages - \$112
- 5 one-hour massages - \$269
- 10 one-hour massages - \$499
- 5 half-hour reflexology sessions - \$109

### **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 half-hour reflexology,  
and half-hour sauna.

### **GOLD PACKAGE — \$149**

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

### **DOUBLES PACKAGE — \$159**

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

### **TICKET TO YOUR HEALTH SPECIALS**

TICKET VALUE \$4 EACH

50 for \$180 and 200 for \$680



*Gift Certificates are Great Gifts for Employees!*





---

# Naturopathic Community Center

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

## Alumni and Continuing Education 2013 Class Schedule

Many have commented on the great courses, the great deal, and just wanting it all to fit into their busy schedule! So, in 2013, we picked the most popular and freshest topics for this year's schedule. By offering only 1 or 2 alumni and continuing education classes per month, you can relax and pick your favorite 3 or 4 this year and plan on the 2014 schedule to bring back the annual favorites and the new topics you've been waiting to attend.

We've also attempted to have the classes on weekends where the junior and senior classes are not in session so more upper class persons can use them for internship hours. The price is still an amazing low cost of only \$89 per day and \$178 for two day courses and classes are from 9 am to 5 pm.

We would love your feedback on favorite topics we have already offered or the ones you would like to see! Below is a list of the topics for 2013 with some of the dates yet to be determined. This will get you started; remember feedback is a great way to get your favorite topic on the schedule!

### 2013 Schedule

- March 23-24, 2013 Astrology I for the Natural Health Person with Laura Allmacher, CN, RN
- June 1, 2013 Reiki I for the Natural Health Person by Dr. Kellie Speciale and Dr. Joan Prentice
- June 22-23, 2013 Astrology II for the Natural Health Person with Laura Allmacher, CN, RN
- June 29, 2013 Advanced Essential Oil Treatments with Dr. Jan Doerr
- July 13, 2013 The Work of a Doula—Home, Hospital, Placentas and Postpartum  
by Heather Dexter, Doula, NHT
- Sept 28-29, 2013 Naturopathic Understanding of Pharmaceutical Pathways in the Body  
By Dr. Jackie Featherly
- Oct 5, 2013 The Doula Conversation; Empowered and Informed  
by Beth Barbeau, T.M., M.C.E.
- Oct. 19-20, 2013 Hot Stone Massage Therapy by Mary Booms, MT
- Nov. 23, 2013 Cranial Sacral in the Mouth with Dr. Amy Jo Howard
- Dec. 7, 2013 The Business of Being a Naturopath by Micah McLaughlin, NHP





## 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.

Jan 8th, 2013	Introduction to Home Canning
Feb 12, 2013	Raw Milk Fundamentals
March 12, 2013	Preparing for Gardening
March 26, 2013	Garden Design and Companion Planting
April 9, 2013	What is Biodynamic and How It's Even Better Than Organic
April 23, 2013	Raising Chickens, Turkeys and Sheep
May 21, 2013	Farmers Market and Garden Recipes

**New**

**Sustainable  
Living Series**

Introducing a whole new flavor of classes! These new classes are all based on sustainable living and getting back to basics. This new series is taught by the local organic and biodynamic farm called Symbiosis Ranch. All instructors are ranch hands with fun stories and great experiences to share. Each class is an introduction to a 1/2 day or full day class offered at the ranch! Instructors Dr. Joan Prentice, Adam Thompson and Dr. Besheen will inspire you through easy to follow, beginner steps, on becoming self reliant and sustainable!

## NCC Offers Space for Teachers

### Abundance Intenders' Circle

Meditation, Gratitude, Sharing our Intentions.

A new community group has formed!

The intention of the circle is to support each other in identifying what would make our lives incredibly meaningful and then, creating that reality. What you desire could be new shoes or a new you! You will learn how to create crystal clear intentions. All our intentions are based in gratitude and for the highest good of all.

Each meeting of our circle will include short, guided meditations to ground and center ourselves and connect with Source (whatever that means to you). We will each be able to share what we are grateful for and our intentions.

The Circle is open to anyone and drop-ins are always welcome.  
Free will donation.

**2<sup>nd</sup> and 4<sup>th</sup> Mondays, 7 – 8 pm (in December: the 10<sup>th</sup> only)**  
**Herbs Etc. Library** Enter through front patio.

**Questions?** Contact Annie Notestein at 989-546-5373 or  
Annie@AnnieNotestein.com

*Annie Notestein, MS, Inner Peace and Purpose Coaching, is a Certified Professional Life Coach and Passion Test Facilitator specializing in teaching tools for creating your own inner peace, building strong self-esteem and confidence, and living your passions.*

### Self-Discovery Talk/Meditation

Join Allegra Miller every Wednesday at 7pm for her Self Discovery Talk/Meditation.

Allegra has a BS in Biopsychology, is a Natural Health Educator, and is a Certified Life Coach. She has been coaching for more than three years, and her teaching style cuts through the conceptual framework of many spiritual traditions—pointing to the heart at the root of all isms. She provides pointers to unglue the framework of the conditioned mind and to cultivate equanimity. A growing number of people are reporting profound shifts after attending her talks or being coached one-on-one.

Her talks are held at Herbs, Etc. (enter through the rear entrance) every Wednesday at 7pm. The contribution for attendance is a free-will offering.