

Summer 2014

HERBS ETC \* NITE \* NCC

# Nite Light

YOUR NATURAL HEALTH MAGAZINE



SECOND EDITION

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# Your Ultimate Support...

Want to feel strong and full of energy? The secret is in supporting your kidneys.

The kidneys are a pair of organs, each about the size of a fist, located in back of the abdomen, approximately in line with the waist. Their main function is to filter the blood. Every day, your kidneys filter about 120 to 150 quarts of blood to produce about 1 to 2 quarts of waste products and extra fluid. Each kidney contains around one million nephrons (these are the microscopic filters) to remove the wastes that come from the normal breakdown of active tissues, like muscles, and from food. Whatever food the body does not use for energy or repair is sent to the blood, and if they were not removed by the kidneys, the wastes would build up in the blood and damage the body. As the kidneys filter the wastes out of the blood, this creates urine which is transported down the ureter tubes and into the bladder.

The kidneys also control fluid balance and regulate electrolytes in the blood. In addition to removing wastes, the kidneys measure out certain minerals, like sodium, potassium, and phosphorus, and return them back to the blood. The proper balance of these minerals is what determines the pH of the body and is necessary for vital functions.

Furthermore, the kidneys release important hormones: Renin (regulates blood pressure), Erythropoietin (stimulates the bone marrow to make red blood cells), and Calcitriol (the active form of vitamin D which helps maintain calcium for the bones).

Symptoms of a kidney imbalance can include backaches, especially of the low back, kidney stones, blood pressure issues, edema and swelling, ear problems, loss of hair on the head, joint problems, gout,

and lack of energy.

Probably, the most beneficial remedy for kidney function is to drink water! Your kidneys will have a hard time filtering wastes into urine if they do not have enough water in which to put the wastes once they take them out of the blood. Also, because the kidneys affect electrolyte and mineral balance which affects your energy levels and your bones, if you are not drinking enough water, and if you are drinking liquids that strip your minerals (think drinks like pop, coffee, and hydration drinks with fake sugars and chemical additives), then you will lack energy, and your joints will ache! Aim to drink half your body weight in ounces per day of clean, pure water!

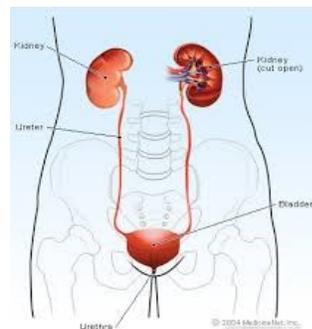
## Remedies

A number of herbs offer support and nutrition for balancing kidney function. Consider Kidney Activator, Kidney Drainage, Chinese KB-C, Urinary Maintenance, Parsley, and Cornsilk.

Essential oils that are helpful include: Juniper, EndoFlex, and JuvaFlex. Apply 1-2 drops of your chosen oil over the kidney area on the back or in the center of the bottom of each foot.

Homeopathic remedies to take note of are Berberis vulgaris, Nat phos, and Nitric acid.

***The emotions of the kidneys have to do with fear, anxiety, indecisiveness, not feeling supported, or lacking a secure foundation.***



# ...Your Kidneys!

When these emotions are present, they block the flow of energy through the kidneys and can manifest into physical ailments. Recognizing these emotions and taking action to make life changes can be very powerful in healing. Additionally, there are flower remedies available to assist in balancing these emotions. Here are a few: Aspen for unknown fears and anxiety; Cerato for doubt and depending on advice; Larch for fear of failure; Mimulus for specific and known fears; Red Chestnut for fear and worry for others; and Scleranthus for indecision and wavering between two choices.

Working with the meridians, or the energy pathways, for the kidneys and its partner, the bladder, will aid in restoring energy flow to those organs and the body areas that they affect. To trace the Bladder Meridian, place your fingertips on the inside of each

of your eyes. Now, begin moving your fingertips up over your head, down your back and legs, and down to the outside of each little toe. To trace the Kidney Meridian, place your fingertips on the bottom of the center area on the balls of your feet on both sides of your body. Now, move your fingertips up the front of the body, ending when you reach the hollow area below each collar bone. It is best to trace each meridian pathway three times, tracing on both sides of the body.

So, if you struggle with anxiety or fear; if you can't seem to make a decision; if your back hurts and your joints ache, it is time to nourish your kidneys and enable them to be the best filters for you that they can be!



## Kidney Cleansing Recipes

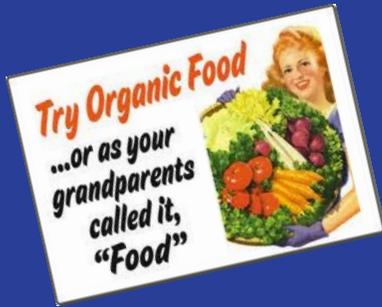
The Kidneys are like gentle old souls and prefer simple cleanses that are easy and completed in a short period of time, rather than long more intense cleanses like those for parasites and the bowels.

**Kidney Cleanse #1** - One to two days of watermelon fasting; that's right, all you eat for 2 days is seeded watermelon, the other kind isn't even healthy! You can still drink water or herbal teas, but no food. This is a great summer rinse, and the kidneys just love it! It's a great idea to eat the white seeds, because they are great for the reproductive system. Some folks, like Bessheen, even juice the watermelon with the inner rind and white seeds included. "It's very strengthening!"

**Kidney Cleanse #2** - This one is great for people who ache all the time! Remember, what is understood around the world in traditional healing arts, the kidneys rule the structure, and when there is a problem with the joints, bones, back, muscles etc., it's time to support and heal the urinary system! Start with one good urinary formula such as Urinary Maintenance, Kidney Activator, or Kidney Drainage. Follow the instructions on the bottle or touch base with your natural health consultant. While doing the aforementioned, drink 1/2 c. fresh lemon juice per day in your drinking water, and use Hannah Krueger's Kidney Tea, drinking one strong quart per day! This can be done for 3 days to 3 weeks. Longer than 3 weeks could become draining to your kidney vitality. Those who have tried it ache a lot less or not at all!

**Kidney Cleanse #3** - This cleanse is good for those with tendencies toward infections with the kidneys and/or bladder system. JP-X is a hands down favorite urinary infection formula. It is often taken 2 caps 3 times per day. Additionally a good friendly bacteria is used like Probiotic 11; this is also taken 2 caps 3 times per day. Then, the oil of juniper is applied to the back and lower abdominal area by means of a roller bottle diluted with base oil; this is applied 3x a day. This fights infection and/or tendency for infection: 10 days is recommended. If infections persist, it's time to come in for a 15 minute appointment and see if you have one of 3 problematic parasites that live in the urinary system and cause repeated infections: these parasites are resistant to antibiotics!





**NCC Brings Healthy Food and Affordability Together!**



## Discount Organic Food Club

It's not a co-op: that requires time, board members and more than most of us have energy for! Quite to the point, we are getting together to save money on good food and make it more accessible and support Michigan and other good food growers. The NCC has researched great food sources and using the strength of multiple people buying, received a discount for us all. We

will order **by the 14th** of each month, and the pick up will occur at **herbs etc.**, 503 E. Broadway St. in Mt. Pleasant, the **4th Saturday** of each month! So far, we have a Michigan turkey farm, beef farm, organic apple and honey orchard, berry farm, nuts, beans, flour/grain, grass fed cheese products, coconut products, local produce, greens year round, Redman salt and more! Please con-

tact us with your feedback. Would this work better for you fall thru spring and take the summer off? Would it be better to create orders on a quarterly basis? What would serve you best? Membership to the NCC is required and is only \$5 per year! To place orders or ask questions, contact Deb Porter, our amazing volunteer at 989-854-0317.

## Ladies Getaways

A natural health retreat for you and the girls! Who couldn't use an incredibly affordable health retreat/getaway?

The NCC is offering a getaway opportunity for families, couples, friends, or anyone who would benefit from a retreat. One person needs to be a member of the NCC; membership is only \$5 per year!

**Here's how it works:**

Rent either individual rooms (sleeps two, 2 single beds, one room available with a single and a queen) for \$75 for 2 nights or an entire furnished apartment, sleeps 4 in single beds, for only \$199 for 2 nights. Then, sign up for all day unlimited use of the therapy room for only \$49 each, per day. Add a professional massage for \$59 or other affordable services like a colon hydro-

therapy session, Cranial Sacral, reflexology, hot stone massage or even a facelift massage!

Later, make use of the kitchen to make a special dinner or head downtown for your choice of 6 great restaurants and the option of movies, bowling or Frisbee golf at local favorite hangouts! Call Julie to reserve your retreat at 989-773-1714.

## New Food Classes & Private Lessons

*We did it! The NCC has found an experienced and fun teacher to help you create healthy food THAT TASTES GREAT!*

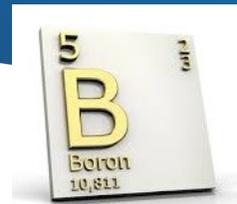
Gigi Gannette has been a well respected caterer, restaurant owner and friend of the Naturopathic Institute for the past several seasons! We encouraged this talented

lady to help us help you! "People would eat better if they knew how to," is a common phrase amongst our staff members.

Gigi will be holding classes at the Institute every other Wednesday all year long. There is a \$5 suggested donation for her class, and the list of titles is located on page 6.

For those with an interest in learning even more and having the hands-on experience, see Julie, Bessheen or Gigi for her private classes held at herbs etc. Topics include gluten free, cooking for the week in 4 hours, cooking from scratch and several others.

# Minerals Spotlight on Boron



Published in the June/July 2012 issue of *Nexus* magazine

How the Arthritis Cure has been Stopped <http://www.health-science-spirit.com/borax.htm>

You may not be able to imagine that Borax, this humble insecticide and laundry detergent, has the potential of single-handedly bringing down our entire economic system. But you do not need to worry, the danger has been recognized and the necessary steps are already being taken to defuse the situation. I will start with the basics and you will understand what I mean as the story unfolds. Borax is a naturally occurring and mined mineral salt and the source of other manufactured boron compounds. The main deposits are in Turkey and California. Chemical names are 1) **sodium tetraborate decahydrate**, 2) **disodium tetraborate decahydrate**. This means it contains **four atoms of boron** as its central feature combined with two sodium atoms and ten molecules (or sometimes less) of crystallization water. Ingested boron compounds are rapidly and nearly completely excreted with the urine.

Formerly, boric acid was widely used as a preservative in foods but is now **banned** for this purpose in most countries and is also banned from public sale in **Australia**.

According to conventional medicine, it is not known if boron is essential for humans, but research shows that we do need it. The reason why it was difficult to answer this question is the presence of boron in all plants and unprocessed foods. Diets with a fair amount of fruit and vegetables provide about 2 to 5 mg of boron per day, but this also depends on the region where the food was grown and how it was grown. In reality, the average intake in developed countries is 1-2 mg of boron per day. Institutionalized patients may receive only 0.25 mg of daily boron. Chemical fertilizers inhibit the uptake of boron from the soil: an organic apple grown in good soil may have 20 mg boron, but if grown with fertilizer, it may have only 1 mg of boron. Fertilizers combined with poor food choices have greatly reduced our boron intake compared to 50 or 100 years ago. Further, unhealthy cooking methods greatly reduce the availability of boron from food. The cooking water of vegetables containing most of the minerals may be discarded during home cooking or commercial processing; **phytic acid** in baked goods, cereals and cooked legumes may greatly reduce availability, while gluten sensitivity and Candida overgrowth inhibit the absorption of minerals. All this makes health problems due to boron deficiency now very common.

**Health Effects of Boron** Due to their content of boron, borax and boric acid have basically the same health effects with good antiseptic, antifungal, and antiviral properties but only mild antibacterial action. In plants as well as animals, boron is essential for the integrity and function of **cell walls** and the way signals are transmitted across membranes. Boron is distributed throughout the body with the **highest concentration in the parathyroid glands**, followed by **bones** and **dental enamel**. It is essential for healthy bone and joint function, regulating the absorption and metabolism of calcium, magnesium and phosphorus through its influence on the parathyroid glands. With this, boron is for the parathyroids what iodine is for the thyroid.

**Boron deficiency** causes the parathyroids to become **overactive**, releasing too much parathyroid hormone *which raises the blood level of calcium by releasing calcium from bones and teeth*. This then leads to **osteoarthritis** and other forms of arthritis, **osteoporosis** and **tooth decay**. With advancing age, high blood levels of calcium lead to *calcification of soft tissues* causing muscle contractions and stiffness; **calcification** of endocrine glands, especially the **pineal gland** and the **ovaries**; arteriosclerosis, kidney stones, and calcification of the **kidneys**, ultimately leading to kidney failure. Boron deficiency combined with magnesium deficiency is especially damaging to the bones and teeth. Boron affects the metabolism of steroid hormones and especially, of sex hormones. It increases low testosterone levels in men and estrogen levels in menopausal women. It also has a role in converting vitamin D to its active form, thus increasing calcium uptake and deposition into bone and teeth rather than causing soft tissue to calcify. Also other beneficial effects have been reported such as improvement of heart problems, vision, psoriasis, balance, memory and cognition.

The German cancer researcher Dr Paul-Gerhard Seeger has shown that cancer commonly starts with the deterioration of cell membranes. As boron is essential for cell membranes and boron deficiency widespread, this may be an important cause for the initiation of tumor growth. Boron compounds have anti-tumor properties and are "potent anti-osteoporotic, anti-inflammatory, hypolipemic, anti-coagulant and anti-neoplastic agents" (1). This overview shows the wide-ranging influence of boron on our health. In the following, I want to describe some of these health effects in greater detail.



## Tuesday & Wednesday Teachings

For 19 years, we have brought you free classes with the theme of empowering yourself through the knowledge and wisdom of Natural Health. This great tradition continues with new topics, more teachers, and more fun than ever before! The classes have been upgraded, samples are available, hands on experience is encouraged and seating is for up to 60 people. Classes start at 6:30 pm and last approximately one hour. The Intimacy classes are 2 hours long. There is no need to sign up, just show up. The Tuesday classes are focused on natural health topics, and there is no charge. The Wednesday classes are for eating and preparing healthy foods. There is a \$5 suggested donation for the food classes to cover the expense of food samples and the instructor. Donations are also welcome for the natural health classes as it helps the instructors for their time and fuel. No matter what, you need to be there!

### Health Classes

- June 17** The Secret Treasures of Herbs Etc.:  
Special recipes for difficult ailments, including how to make your own medicine cabinet
- July 1** \*Sex and Intimacy Naturally III: Understanding Your Partner's Personality Inside and Outside the Bedroom
- July 15** Iridology: How your eyes reveal the health of your body and mind
- July 29** \*Sex and Intimacy Naturally IV: The Art and Grace of Seduction
- August 12** Colon Therapy: How to quickly improve digestion, colon elimination, slim down, and feel incredible
- August 26** \*Sex and Intimacy Naturally V: Bringing Back the Magic Through Creativity
- September 9** Using Music to Heal Emotions, Repair Nerves, Improve Sleep and More
- September 23** Your World According to Your Cells: View your immune system in action, check out bacteria, viruses, parasites and the longevity of your red blood cells through the microscope
- October 7** Explore the Benefits of Acupuncture
- October 21** How to Treat Emotional States without Drugs: Running a peaceful household, temper control, anxiety relief and more with Essences

### Food Classes

- June 11** Sexy Salad - Beyond Iceberg lettuce
- June 25** Berry Yourself in Dessert
- July 9** Where's the Beef - How to Prepare and Cook Meat
- Aug. 6** Local-Vore - How to Make Meals from the Farmer's Market
- Sept. 3** Spice it Up - How to Use Spices
- Sept. 17** Bottomless Beans - Endless Ways to Use Beans
- Oct. 1** Simple Super Soup
- Oct. 15** An Apple a Day - Apples All Winter
- Oct. 29** Out of Your Gourd - Creative Ways to Serve Squash
- Nov. 12** The Grand Finale - Healthy Holiday Dishes



# Saturday Seminars



These classes are open to the Public, Natural Health Professionals, Massage Therapists, and anyone who desires to gain an in-depth understanding of natural health. Classes are held 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. Registration and payment is preferred at least 2 weeks prior to the class. **Purchase 5 seminars and get the 6th one free!** For more information, visit us at [www.naturopathicinstitute.info/ncc](http://www.naturopathicinstitute.info/ncc)

**June 7** - Curds and Whey: Make Your Own Yogurt, Butters, Cottage and Other Cheeses (a hands on class) by *Jennifer Wilkins, NP*



**June 28** - Healing Traumatic Births for Doulas & Parents by *Heather Dexter, ND*

**July 26** - CranioSacral in the Mouth - TMJ, Migraines, Tooth and Jaw, The Truth about Braces and Oral Devices/Surgeries by *Amy Jo Howard, ND*

**August 2** - How to Successfully Talk to Your Clients about Vaccines using Personality Based Approaches by *Sarah Mokma, NP and Heather Dexter, ND*



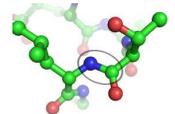
**September 6** - Making Your Own Herbal Remedies Part I by *Suzy Sikora, ND*



**September 27** - The Postpartum Process: Empowering Yourself and Your Clients to Embrace Life after Childbirth by *Heather Dexter, ND*

**October 4** - Making Your Own Herbal Remedies Part II by *Suzy Sikora, ND*

**October 18** - Naturopathic Understanding of Pharmaceutical Pathways in the Body Phase II, by *Jackie Featherly, ND*



**October 25** - Advanced Essential Oil Treatments for the Brain and Spine by *Jan Doerr, ND*

**November 1** - How Music, Color and Sound Therapy Can Beat the Blues, Anxiety and More by *Darryl Pitts, Music Therapist*



**November 15** - Naturopathic Understanding of Pharmaceutical Pathways in the Body Phase III by *Jackie Featherly, ND*

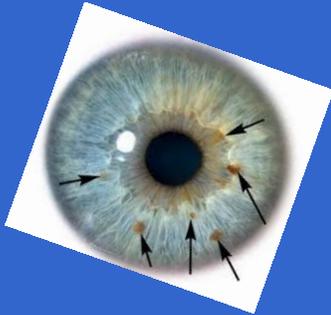
**December 6** - The Business of Being a Naturopath by *Micah McLaughlin, NP*



# Your Consultation for Better Health



**Saturday  
Appointments**



For 21 years, herbs etc. has been offering natural health consultations. These appointments are designed to empower you to be in charge of your own health. Using non-invasive tools, we assess your health through your eyes, your tongue, spots on the skin, your observations, when you feel the best, when you feel the worst, your stressors, and your joys. The average medical appoint-

ment is only 3-7 minutes. Here, we spend no less than 60 to 90 minutes on the first appointment and 30 minutes on each follow up visit!

When you know a client on a more personal level, the root issues, which are often covered with irritating symptoms, can now be truly resolved. We coach, encourage, inspire and teach you every step of the way. Once you have gained strong

health, you only need to see your Naturopath 3 to 4 times per year.

The health system of the future will be based on education and prevention. Now, more than ever, you can see the need to take charge of your health! Where will you be in 10 years if you don't start now? We are open to help, Monday—Saturday!

## Iridology and Sclerology

Your eyes reveal the health of your body. With Iridology, we look at the iris, or the colored part of the eye. The fiber structures that make up the iris are actually nerve fibers, and these nerves reflex to every part of the body. So, by assessing the fibers and

colors that show, we can determine which areas of the body lack balance and need nourishment. With Sclerology, we are looking at the sclera, or the whites of the eyes. The different red lines and markings that appear in the whites also relate to parts of the

body. Generally, the iris reveals more long-standing imbalances, while the sclera reveals areas of concern right now. Learn all about yourself through your own eyes! We give you a photo of your eyes and show you every detail that your body is illustrating!

## Your Biological Age

How old does your body feel? Older than your chronological age? With the Biological Age Assessment, you complete a 12 hour fasting period (mainly while you sleep), then you collect a first morning urine sample and a saliva sample in order to analyze various

aspects of your health. This assessment takes note of your pH, mineral levels, energy levels, hydration levels, digestion, ability to detoxify, as well as major organs and cell structures. Once complete, you are given a colored chart of your organs, mineralization and toxicity levels.

We are amazed when 15 year old children have 57 year old biological ages! Yet, the most satisfying day is when you or the children you care about change that internal health and the assessment shows the body getting younger at the biological level. Are you ready to get younger?

# Look at What we Offer!

Meridians are pathways in the body that correspond to the organs and distribute energy for the purpose of interacting with the anatomical system, transmitting electromagnetic current for healing purposes, and interacting with the external environment. Different points along the meridian pathways are commonly used in acupuncture and acupressure

therapies. Just like an electrical power line, when a meridian has a disruption in its flow, it affects your overall health and energy. The Meridian Clearing therapy is designed to ensure that every meridian is "on line" and its energy is flowing smoothly to promote balance and optimal health. Relax on a massage table while your naturopath works with points

on your body and in your electromagnetic field to realign your personal power grid.

*This technique reduced my allergies so much, I didn't need shots anymore! Dr. Howard helped me get rid of both my allergies and asthma. Now, I know that I didn't just get allergies, I caused them, therefore I can get rid of them!*



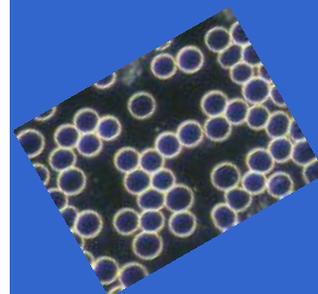
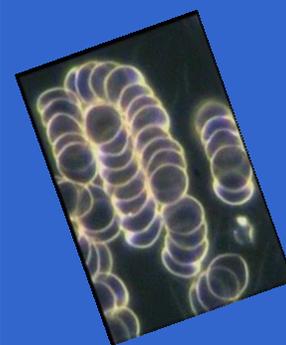
## Live Blood

Look at one drop of blood under a microscope and see your own universe! The Live Blood Analysis shows us your internal environment: your red blood cells, white blood cells, food, bacteria, metals, chemicals, parasites, and more. What we are able to see in the blood and the condition of the cells tells us about your immune sys-

tem, digestion, your level of hydration, energy, key vitamins and minerals, and other health points. This is performed with a dark field microscope, meaning that the background is black, and everything is illuminated from behind which allows us to see tiny details that would probably be missed by looking at a white background.

What a great picture into the health of your body – how does your blood look?

*Looking at my blood was so motivating! I really wanted to take care of all those little cells, I am the mayor of a great city! If I didn't make health changes, I might not get re-elected!*



## Organize Your Nerves

N.O.T. is an abbreviation for Neurological Organizational Technique. This is a therapy that allows your nervous system to restore its connection and communication with all the other systems in your body. Usually, an imbalance occurs after a trauma, like an

accident or birth, but it can also occur from being nutritionally depleted or exposed to toxins. Developed by a chiropractor who wondered why his adjustments weren't holding, you relax on a massage table while your naturopath holds, taps, or

rubs specific points on the body to unblock and open those nervous system pathways. This is a very effective technique to enhance your current health program or to make progress when your health program isn't progressing as expected.

**Plus 9  
More  
Great  
Tools and  
Therapies**

# Alumni Spot Light on...



**“By class two, I found my passion.”**

**Look Here Every Issue for NITE Graduates**

Before becoming a Naturopathic Doctor, Ann Cole was a stay at home, homeschooling mom. She was also frustrated. She had come to a point in life where she had gained weight and was not happy with how she looked. Her husband, Jason, had also gained weight, and after visiting their medical doctor, they were told to eat healthy and that would help them lose the weight. Eat healthy: what did that mean exactly?

Jason then attended a homeschooling conference that featured a naturopath as a guest speaker. He came home excited with information about herbs and other natural remedies. Ann’s dad, who was confined to bed waiting for back surgery, started taking some

of the nutritional remedies recommended by the naturopath. By the time he was due for surgery, the surgeon told him to keep doing what he was do-

**There is power in these herbs. Let’s start a store!**

ing. Ann’s dad got better without surgery and told Ann, “There is power in these herbs. Let’s start a store with herbs.”

Herbs & More opened in April of 2007. In May, Bessheen’s brother visited Ann’s store and told her about the Naturopathic Institute, and by June, Ann was enrolled in the school. She says she had no idea what she was getting into; she just wanted to gain some knowledge to better run her store. Then, she says, “By class two, I found my passion.” Ann graduated from the four year natural health program at NITE as a Certified Naturopath and is a Board Certified Naturopathic Doctor in 2012.



# Anne Cole, ND at Herbs & More

Located in Elkton, which is in the thumb area of Michigan, Herbs & More offers consultations, therapies, Nature's Sunshine products, homeopathic remedies, flower remedies, essential oils, natural healthy and beauty products, natural cleaning supplies, and bulk herbs. And, of course, healthy foods.



Ann says that she was telling her clients to eat healthy, but they had nowhere to get healthy food, so Herbs & More now carries organic meats, fruits, and vegetables, gluten free and dairy free foods, bulk foods, and other organic foods, like cheeses, milk, and frozen foods.

As a naturopath, Ann loves working with people and learning about minerals and how they work in the body. She sees that most of her clients need help with their digestion and nervous systems. A top priority is helping people learn how to cook and how to use different foods, especially avoiding wheat. "Our food is our medicine, and we have lost the art of knowing how to eat to stay healthy," Ann shares.

Ann, herself, has lost over 80 pounds since her journey into natural health began. She feels healthier and has more energy. She says, "My entire life has been turned upside right, and I see the world in a different light."

To current natural health students, she offers the advice of keep on keeping on. "The schooling is tough, but it is worth it when you



are done. When sitting down with people and being able to shine a light in their darkness; it is one of the best feelings ever." She also adds that one of your biggest clients is yourself. "The healing I went through was well worth the schooling. The first step starts with you and getting yourself healthy and educated before you can help other people."

*Herbs & More*  
*5224 Whalen Street*  
*Elkton, Michigan.*  
*Contact Ann at*  
*989-375-2237*  
*or visit their website*  
*[www.herbsmore.com](http://www.herbsmore.com).*





# Ranch Classes

Learning to be a sustainable steward is now a hands on experience! Welcome to the **Symbiosis Ranch!** In community with the Naturopathic Community Center, we are offering summer classes on multiple topics.

Your attendance guarantees future classes and even more topics. Students of the Naturopathic Institute can use these classes towards internship hours.

Classes are from **9 am to 4 pm** on Saturdays and Mondays. **Please pack** a lunch, plenty of drinking water, gloves for working, garden shoes or boots every time, note taking material and cameras are welcome. Each class is only \$59 with a package special of \$49 when you register and pay for 4 or more ranch classes. Register now with **herbs etc** at (989)773-3636!

**June 14th** - Dirt and Carrots Love Tomatoes

*The Miracle of Life Thru Composting & Soil and Companion Planting*

**June 28th** - Intro to Biodynamic Gardening

*Beyond Organic*

**July 28th** - Protecting Your Land From Chemicals and EMF's

*Making Chem. Trail and EMF Busting Tools*

**Aug. 23rd** - The Forest Walk

*Learning to Identify and Eat Mushrooms*

**Sept. 8th** - Canning

*Pressure Canning for the Beginner*

**Oct. 11th** - Canning

## Students: More Diplomas!

Once you've graduated one program at NITE, **the next one is even easier!** Below is a list of programs available to alumni with class and financial credits for topics already taken.

**Become a Doula:** 1st, 2nd, & 3rd year Natural Health Graduates, become a Doula for as low as \$1350, includes 3 classes, and exam.

*Massage Therapist become a doula:* \$1,750, includes 4 classes, exam and supplies.

*Certified Naturopath become a doula:* \$1,070, 2 classes, and an exam.

**Massage Therapist, to a Natural Health Educator:** 6 classes and an exam plus books. As low as \$2,925!

**Doula to a Natural Health Educator:** 8 classes and an exam, plus massage table and books, as low as \$3,995.

**Natural Health Educator, to a Massage Therapist:** 9 classes, 8 labs, exams and books, as low as \$3,800!

**Natural Health Therapist to a Massage Therapist:** 7 classes, 5 labs, exams and books, as low as \$2,850.

**Natural Health Practitioners and Certified Naturopaths to a Massage Therapist:** 6 classes, 4 labs, exams and books, as low as \$2,250!



# Saturday Appointments Available

That's right, appointments for natural health consultations and colon hydro-therapy are now available on Saturdays at herbs etc. Jennifer Wilkins, NP, has extended her schedule to help people like you have the convenience of a weekend appointment. Jennifer has a strong background in creative and healthy cooking, and she loves doing iridology and muscle testing as well. This could be a perfect way to get that hard to schedule person started on a good path.

Jennifer would also like to encourage all clients of herbs etc. to remember that a 15 minute 'Ask the Naturopath' appointment can be just the ticket when you have a cold, sore throat, migraine headache, poison ivy or any other sudden ailment that needs immediate care. Now, you can use the remedies you prefer, natural ones, for things that pop up suddenly! See Jennifer Wilkins during the week as well!

## Thanks, Dara!

*For the past 12 plus years, Dara Clark has been reading, correcting and cheering on the homework of the entire Naturopathic Institute's student body! That's a lot of pages to read and notebooks to correct. Thank you, Dara! Dara will also be teaching the Sclerology class in 2015 and beyond, congratulations, Dara.*



# Uttati Oils

# For a Calm Mind

My friends, ever since I learned about essential oils and their benefits for months after one single application, I've been hooked. We use them for skin care, bathing, medicinally, perfumery, seduction, massage, first aid and even the laundry! Please enjoy this special list of massage and relaxation blends designed by our Egyptian friend and founder of Uttati Oil, Raed!

**Balancing:** Designed to reconnect the balance between the physical and the emotional. Balances the right and left brain, harmonizes the energy centers of the body.

**Deep Relaxation:** Deeply penetrating the tissues, this is a great one for diluting and using while massaging. Reoxidizes the body and promotes toxin release created by overexertion of the body. Promotes sleep and gentle dreaming. Lavender, Orange, Frankincense, and Sandalwood, plus 9 other great oils!

**Emotional Release:** If you lead a stress-filled life or have a lot on your mind, this will help you relax and bring you back to yourself. It is excellent for trauma and emotional distress as well. The energies of lotus provide the cornerstone of this blend.

**Energy Booster:** Used to rejuvenate tired and stressed users by rousing sore muscles. It stimulates the physical body while enhancing mental alertness. If stress has exhausted you, this is your blend. A unique blend of citrus and peppermints.

**Quiet Mind:** Stills mental chatter, creates sense of calmness and clarity. Great for children, adults and hyper friends!

**Relaxation:** Lighter than the deep relaxation formula, it offers a soothing and gentle detoxifying experience. It helps improve mood and productivity. If you suffer from fatigue and have trouble concentrating or getting to sleep, this is your blend.



**Stress Release:** Calm, relaxed, stress free. Especially good when the mind suffers from anxiety. Picking one blend to work with at a time is best, and rotate them every few weeks after you decide on two to three blends total.

**Toning:** Strengthening the body back to normal after stress & high physical/mental demands.

**Tranquil:** If coping with stress and high demands is a daily routine for you, then it's time to support your nervous system with this blend of 32 well chosen nerve builders!

# Boron Continued

**The Arthritis Cure of Rex Newnham** In the 1960's, Rex Newnham, Ph.D., D.O., N.D, developed arthritis. At that time, he was a soil and plant scientist in Perth, Western Australia. Conventional drugs did not help, so he looked for the cause into the chemistry of plants. He realized that plants in that area were rather mineral deficient. Knowing that boron aids calcium metabolism in plants, he decided to try it. He started taking 30 mg of borax a day, and in three weeks all pain, swelling and stiffness had disappeared. He told public health and medical school authorities about his discovery, but they were not interested. However, some people with arthritis were delighted as they improved. Others were scared to take something with a poison label on the container and meant to kill cockroaches and ants. Eventually, he had tablets made with a safe and effective quantity of borax.

Within five years and only by word of mouth, he sold 10,000 bottles a month. He could no longer cope and asked a drug company to market it. That was a major mistake. They indicated that this would replace more expensive drugs and reduce their profits. It so happened that they had representatives on government health committees and arranged that in 1981, Australia instituted a regulation that declared boron and its compounds to be poisons in any concentration. He was fined \$1000 for selling a poison, and this successfully stopped his arthritis cure from spreading in Australia. (2) Subsequently, he published several scientific papers on borax and arthritis. One was a double-blind trial in the mid 1980's at the Royal Melbourne Hospital which showed that 70% of those who completed the trial were greatly improved. Only 12% improved when on placebo. There were no negative side-effects, but some reported that their heart ailment had also improved, and there was better general health and less tiredness. (3)

Most of his later research was devoted to the relationship between soil boron levels and arthritis. He found, for instance, that the traditional sugarcane islands, *due to long-term heavy use of fertilizers*, have **very low soil-boron levels**. **Jamaica** has the lowest level, and arthritis rates are about **70%**. He noted that even most dogs were limping. Next comes **Mauritius** with very low boron levels and **50% arthritis**. The daily boron intake in these countries is **less than 1 mg/day**. An interesting comparison is between **Indian** and native **Fijians**. The Indians are estimated to have an arthritis rate of about **40%** and eat much rice grown with fertilizer, while the native Fijians with an estimated arthritis rate of **10%** eat mainly starchy root vegetables grown privately without fertilizer. These are also high in Israel with an estimated daily boron intake of 5 to 8 mg and only 0.5 - 1% arthritis.

Bone analysis showed that arthritic joints and nearby bones had only half the boron content of healthy joints. Equally, **synovial fluid** that lubricates joints and provides nutrients to the cartilage is boron deficient in arthritic joints. After boron supplementation, bones were much harder than normal, and surgeons found them more difficult to saw through. **With additional boron, bone fractures heal in about half the normal time in both man and animal**. Horses and dogs with broken legs, or even a broken pelvis, have fully recovered. Borax is also effective with other forms of arthritis, such as **Rheumatoid Arthritis**, **Juvenile Arthritis**, and **Lupus** (Systemic Lupus Erythematosus). For instance, Dr Newnham saw a young girl aged 9 months with juvenile arthritis. He was able to cure her in **2 weeks**.

He wrote that people can commonly get rid of their pain, swelling and stiffness in about 1 to 3 months. Then, they can reduce treatment from 3 to 1 boron tablet (each 3 mg) per day as a maintenance dose so that they can avoid any future arthritis. He also stated that patients with rheumatoid arthritis commonly experienced a **Herxheimer reaction** [healing reaction], and that this is always a good prognostic sign. They must persevere, and in another 2 or 3 weeks, the pain, swelling and stiffness will be gone. (4,5)

I found this statement not only interesting, but also surprising. The Herxheimer reaction is an early aggravation of symptoms with increased pain. It is commonly due to toxins released by **killed Candida** and **mycoplasma**. This is very common with antimicrobial therapy, and borax definitely is an **exceptionally good** and strong **fungicide**. What surprises me, however, is that this fungicidal effect is already present at this rather low dose of 75 to 90 mg of borax. Equally surprising is the finding that also up to 30% of those with osteoarthritis experienced a Herxheimer reaction, suggesting that the border between osteoarthritis and rheumatoid arthritis is rather fluid. I believe that in long-standing and especially resistant cases, it will be advisable to use other antimicrobials in addition.

**Osteoporosis and Sex Hormones** Boron deficiency causes greatly increased amounts of calcium and magnesium to be lost with the urine. A borax supplement will reduce the daily loss of calcium by nearly 50%. As this calcium comes mainly from reabsorbed bone and teeth, **boron deficiency may be the most important factor in causing osteoporosis and tooth decay.** It has been estimated that 55% of Americans over 50 have osteoporosis, and of these, about 80% are women. Worldwide, 1 in 3 women and 1 in 12 men over the age of 50 may have osteoporosis, and this is responsible for millions of fractures each year. Rats with osteoporosis were given a boron supplement for **30 days** with the result that their bone quality was now comparable with that of the healthy control group and of a group supplemented with estradiol (6).

The beneficial effect of borax on bones seems to be due to two interrelated effects: a **higher boron content** of the bones which **makes them harder** and a **normalization of sex hormones** which stimulates the **growth of new bone.** Low estrogen levels after menopause are thought to be the main reason why so many older women develop osteoporosis. In men, testosterone levels decline more gradually which seems to be reflected in their later onset of osteoporosis as a group. Research has now shown that boron supplementation in postmenopausal women doubles the blood level of the most active form of estrogen, 17-beta estradiol, to the level found in women on estrogen replacement therapy. Equally, the blood levels of testosterone more than doubled (7). With HRT [hormone replacement therapy], there is a higher risk of breast or endometrial cancer which is not known to happen with hormones produced by the body as with borax supplementation.

Some women get premenstrual problems because estrogen levels are too high and progesterone too low and therefore, may be afraid of using boron. However, I found no evidence that boron raises estrogen above normal healthy levels. Boron may balance levels of sex hormones similar to the action of maca root powder. Maca acts on the pituitary gland not only to increase but also to balance our sex hormones and seems to stimulate our own progesterone production as needed. A recent study in younger men (29 - 50) showed that the level of free testosterone (the form that matters most) had risen by one third after a daily supplementation of about 100 mg of borax for one week (8). This is of special interest for bodybuilders.

Contrary to the medical preference of chemically castrating men with prostate cancer, research with **boron has shown** that elevated testosterone levels are **beneficial** by **shrinking prostate tumors** and **PSA levels**, PSA [prostate specific antigen] being a marker for tumors and inflammation in the prostate. Also, significantly **improved memory** and **cognition in elderly individuals** may be partly due to increased levels of sex hormones and partly to improved membrane functions of brain cells (9). I have been asked about boron supplementation for women with estrogen-sensitive breast cancer. **Breast cancer** is related to **calcifications in the breast.** In my opinion, it is more important to normalize the calcium-magnesium metabolism and cellular membrane functions rather than feel restricted by a possibly faulty medical concept, especially as I believe that cancer can usually be controlled with long-term antimicrobial therapy. Therefore, I would use boron as well as maca in this case

There is another 5 pages to this amazing article, and we simply didn't have the room for it! Please come in for a complete copy or look it up on the internet. We are now carrying Fruite B, a wonderful Boron supplement. I have been taking it since January and have noticed improved mental clarity, reduction in radiation stress from the Japan leak which is on-going since March 2011. Additionally, my joints and back are significantly better and I am only using 1 per day; others could benefit from two a day to start and later, go back to 1 capsule per day. We thought you should know about boron, please seek out the rest of the article! Hugs, Besshen

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## Free Herbal Training Every Quarter

Attention all **herbs etc.** customers, clients and friends of natural health: Every 3 months, we offer a free one day seminar on our herbal products from Nature's Sunshine and other great companies, including oils, homeopathics, teas and more.

The class is free, fun and very informative! Class time is from 9 am to 4 pm with a one hour lunch break. Bessheen Baker, ND, is the

founder of **herbs etc.** and the Naturopathic Institute. She teaches all the quarterly classes and fits more into your brain than you ever thought possible!

Please bring note taking material and anyone interested in learning how to take care of their health naturally. Please call the store to let us know you will be attending.

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