

July 2006

Herbs/NITE Newsletter

Run Down & Exhausted: Help!

by Bessheen Baker

There are many reasons why you might be feeling run down and exhausted. Let me review a few suggestions/solutions to help you enjoy the rest of your summer with more energy!

Fluorescent Lights: Did you know that simple fluorescent lamps in your workplace, schools, stores, and many other places are endangering your health and making you feel more exhausted? Inside a fluorescent tube, mercury vapor is transformed by electricity into argon or neon gas. That produces a plasma substance that generates short-wave ultraviolet (UV) light. Studies suggest that especially older models of lights emit several types of potentially harmful radiation, which can actually create fatigue, boredom, and irritability! If you can't have natural light, try to

use full-spectrum light bulbs to help reduce fatigue, eye strain, neck and back pain, and UV exposure.

Voice Bio: Maybe you don't have the right "notes" in your life! All parts of the human body communicate with each other by way of sound frequency with each organ having its own keynote that resonates to the particular nutrients, minerals, and sound vibration required for function. For example, the colon vibrates to the note of B, while the liver vibrates to the note of G. At Herbs Etc., we can do a voice analysis so that we can identify the frequencies your voice has, determine missing or "stressed" notes, and then design a system that will help you strengthen weak areas and give you improved health and increased energy!

Crystals/Energy: There's a reason why watches run on crystal batteries, why computers have crystal chips in them. Crystals are a source of power from the earth that many cultures have used for hundreds of years to help with healing. They can be placed on the body and used for chakra tunings, or they can be set around the house to control electromagnetic fields, to reflect light, which puts energy back into your environment.

The crystal salt lamps, available at Herbs Etc., can also help get rid of ions that contribute to low energy.

Stop in at Herbs Etc. to check out our crystals and make an appointment for voice analysis.

Hope you have a great summer, and we look forward to seeing you soon!



Attention NITE Students!

We need all 2nd, 3rd, and 4th year students to fill out your registration forms NOW!

Please get them in as soon as possible!

Exhausted? So Are Your Adrenals!

by Amy Jo Howard

The adrenal glands are an amazing part of the body and have over 50 different functions. One gland sits on top of each kidney secreting epinephrine and norepinephrine, the "flight-or-flight" hormones in response to emergency or stress situations. Since a lot of people are stressed out most of the time, these glands work overtime to help their bodies respond to stress. The adrenals also play a role in regulating sugar and salt levels and sex hormones in the body.

High stress levels and poor nutrition hinder proper function of the adrenals. When they have been overworked, adre-

nal exhaustion can occur—and exhausted is how you will feel! Additionally, when the adrenals reach this state, they can also affect blood pressure, heart rate, circulation, metabolism, and many other hormones.

There are many natural remedies that will increase your energy by safely and effectively rejuvenating your adrenals. **Licorice Root** is an excellent herb that has long been used to strengthen the adrenal glands and increase endurance. **AdaptaMax** is a blend containing "adaptogen" herbs like **Astragalus**, **Suma**, and

Ashwaganda, which all support the body's natural defense mechanisms against stress and help reduce negative effects of stress both physically and mentally. The essential oil **Nutmeg** supports the adrenals and increases energy. Listening to music in the Note of D# is healing to the adrenals (see "Ear Food" CDs at Herbs).

Some other tips for taking care of your adrenal glands include avoiding coffee, pop, and excess sugars, and making sure that you are taking some stress-free time for yourself to breathe and relax!

FES Quintessentials

by Elizabeth Lo

This newsletter's insert lists Flower Essence Services' Quintessential flower remedies, overviews, and their healing patterns.

First, what are flower essences? They are liquid, potentized plant preparations which convey a distinct imprint pattern of a specific flower. They are highly beneficial and safe to use, and because they contain only minute traces of physical substance, flower essences are not classified as biochemical medicine. They belong to a new modality of potentized remedies which derive their active powers from life forces within substances. These essences expand our understanding of health care, recognizing a relationship between body and soul, and the interweaving of spiritual, mental, emotional, and physical aspects

of wellness. They address subtle but important realms of the human psyche, where thoughts and feelings emanate. Just as food sustains the body, flowers nourish the soul.

How are they used? They can be taken directly from the stock bottle, a few drops at a time; or three to four drops can be stirred into a small amount of water and sipped throughout the day. The standard dosage is four drops under the tongue four times per day. Potency is increased not by taking more drops at one time, but by increasing the frequency in emergency or acute situations. Flower essences can also be misted into the mouth or the environment, applied topically for absorption through the skin, or added to bath water.

How are they selected? You consult the list of positive qualities and patterns of imbalance in the chart insert in order to find your key issues and challenges. Select the essences most closely related to these; be aware of positive transformative goals as well as areas of pain and distress when selecting. You can use from one to six essences at a time.

What results do flower essences bring? The most typical effect is gradual over a period of time including shifts in relationships, life-style, self-image, stress level, attitude toward work, and state of well being.

Check out the insert! Come in to Herbs, and we'll do our best to help you select the right essence for you!

Healthy Eating Series 2006 and More!

Kathryn Doran-Fisher, Certified Naturopath, will be presenting the new "Healthy Eating Series" Saturday morning sessions, 8:00 a.m. to 12:00 noon July through November.

Cost is \$40 per seminar if pre-registered; \$45 at the door (\$40 no-show fee). Dates and topics are:

July 22—Substituting Good for Bad

August 12—Grains and Beans

September 9—Fruits, Vegetables, and Leafy Greens

October 14—Healthy Snacks for Kids of All Ages

November 4—Meal Planning and Grocery Shopping

You can take one or all five sessions!

We're happy to have Kathryn back giving these

You have been asking for this sort of seminar!

Let Kathryn help you figure out meals, snacks, and more!

seminars and also seeing clients. Along with providing general naturopathic consultation, Kathryn is also a Naturopathic Birthmother's Companion offering assistance to women before, during, and after the birth of their child.

Look for more on her services in the next newsletter!

Call Herbs Etc. to register for any of the seminars—**989 773-3636**.

Infant Massage Class September 9, 2006

Sharing massage with infants can provide the following benefits:

- Encourages coordination and development
- Has a positive effect on sleeping habits
- Creates bonding between infant and caregiver
- Improves digestion
- Reduces pain and stress

- Promotes overall infant health
- Kendra Reisner, Nationally Certified Massage Therapist and Certified Infant Massage Instructor, will facilitate a one-day seminar that is open to our massage therapy students and graduates (for continuing education) and also to the general public. Techniques learned here can be applied through four years of age. Learn how to incorporate massage into daily care

of infants and children.

Class will be conducted on the floor; bring blankets and pillows; oils will be provided.

Enhance the bond between you and your infant with massage techniques that will continue for several years!

Call Herbs at 773-3636 to sign up for this one-day **Sept. 9, 2006**, class. Cost is \$99.

New Products at Herbs Etc.

TWO NEW PRODUCTS THAT PROTECT YOU FROM INVISIBLE ELECTRO-MAGNETIC FIELDS!

- **Cell Phone Diodes** are small devices that help protect you from and counteract low-level radiation from electromagnetic fields, specifically from your cell phone. They attach directly to the outside of the receiver close to the ear piece. They can also be used on hair blow-dryers.
- **EM (Electro Magnetic) Pulse Protectors** also protect you from radiation, but in a wider range (60' in all directions) also covering low-level radiation pollution from computers,

power lines, as well as cell phones. You can put them in your pocket, set them on your desk, or clip them to your belt.

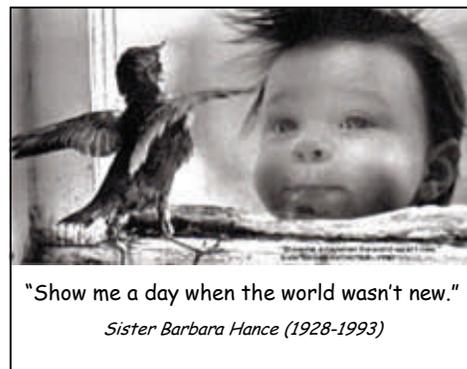
With either product, keeping your own electro magnetic field strong and balanced is what they are all about.

Also new at Herbs Etc... BOREALIS cards

Herbs Etc. is now carrying a wonderful line of amusing and touching greeting cards! According to one customer: "These are my favorite greeting cards, and you have the best se-

lection I've ever seen! I'm glad I don't have to leave town to find them any more." Come in today to find the perfect card for any occasion at Herbs Etc.

Here's one of our favorites:



Factory Farming: The Gateway to Hell

We are happy to announce that Lesley Demos, author of "Factory Farming, The Gateway to Hell" will be presenting at our Tuesday Night Class on November 7, 2006. Perhaps you've seen her book on the shelves at Herbs Etc.

Lesley has graciously agreed to discuss modern day industrialized factory farming and how it has become an important public and political

issue. She has devoted her life to bringing awareness to the public of the unspeakable atrocities camouflaged behind the concrete walls of factory farms across our nation.

Be prepared to be shocked—and enlightened—by this compas-

"...unspeakable atrocities camouflaged behind the concrete walls of factory farms across our nation."

sionate woman who has done wonders in her campaign against exploitation so that before death, animals can have a life that is worthy.

Lesley Demos has a website devoted to promoting change in factory farming practices:

www.helpittlebing.com

Announcements

- Healthy Eating Series 2006: on Saturdays **July through November!** See article on page 2 about this new offering.
- Survival Class II: **September 15–17, 2006**, we'll be doing it again! Surviving in the wilds continuation of Survival I.
- Live Food Class: **September 22–24, 2006**, will be a weekend to remember! Learn how to prepare food without destroying enzymes and nutrition. Create meals that will provide

total cellular repair! Sign up now by calling 773-3636.

- Don't forget about the Infant Massage Class being held on **September 9, 2006!** See article on page 2.
- October 7, 2006 Conference: "Tools of the Trade" at the Comfort Inn will focus on the basics for men's/women's health, Chinese herbology, urgent care, home emergencies, the best reference guides, and much more. Details will be distributed

soon. Call 773-3636 for more information and to register!

- NSP Phone Conferences: **ongoing!** Offered every **2nd Monday** afternoon of the month—you can attend in person or by phone! To participate by phone, you need to call at 3:00 p.m. on the second Monday of the month: 218 862-6100, and give the access code 103170#. Call Herbs at 773-3636 for more information about these informative Nature's Sunshine Products informational live conferences!

July 2006

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Feel Better Now!



Tuesday Night Free Classes 2006

No registration necessary. ∞ Classes begin at 6:30 p.m.

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| July 25 | How to Heal Your Thyroid & Colon with Music |
| August 8 | Feng Shui: How to Move Clutter to Get Rid of Emotional/Physical Illness |
| August 22 | Reflexology: Help Sinuses & Allergies through your Feet |
| September 12 | Cooking with the Foods of the Season |
| September 26 | What Your Face Has to Say: Face Analysis |
| October 3 | Emotional Healing with Essential Oils & Writing Therapy |
| October 17 | Men's Health: Intimacy, Vitality, & Energy |
| November 7 | The Gateway to Hell: Factory Farming (<i>see article on page 3</i>) |
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