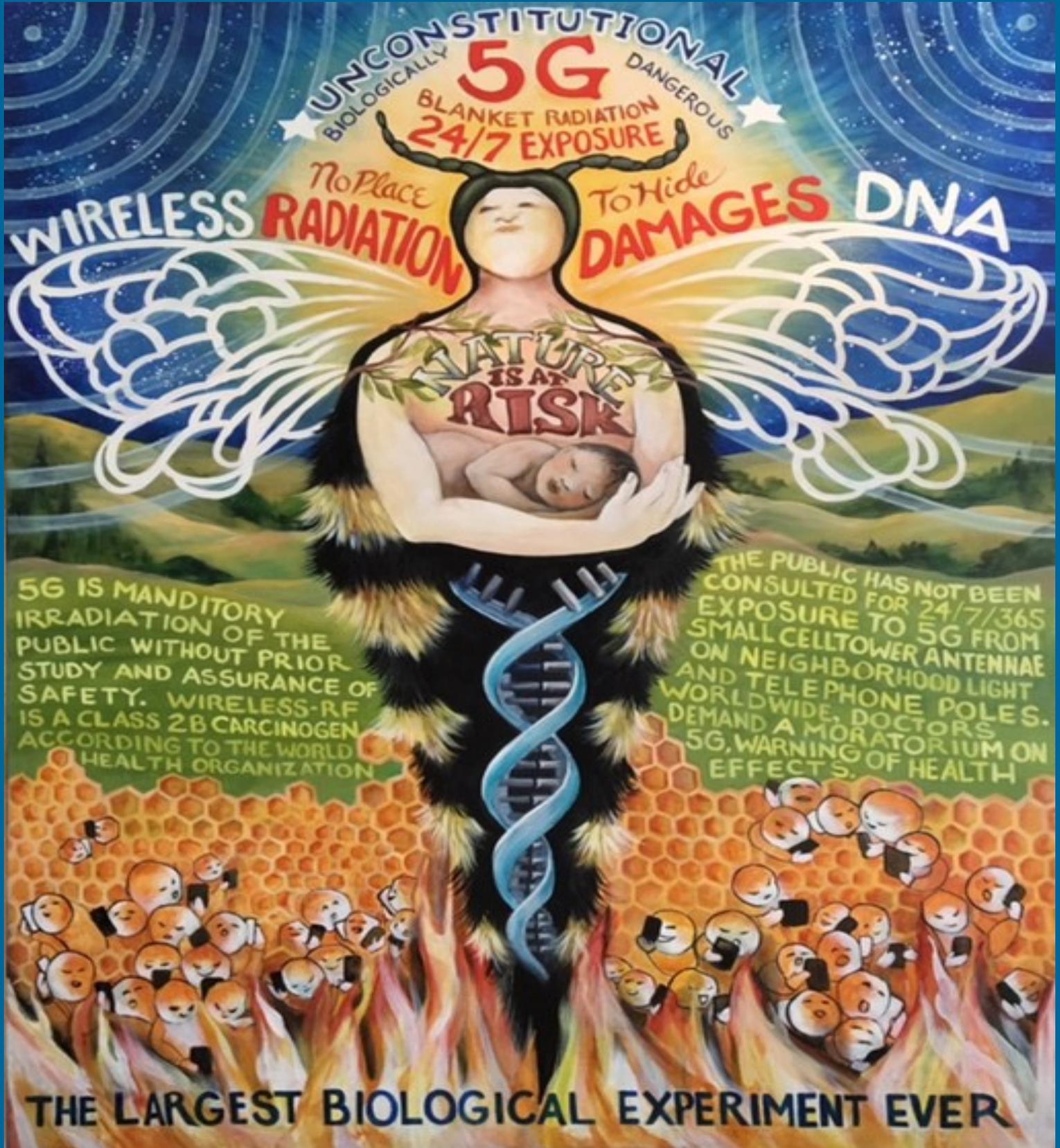


NITE LIGHT

Herbs etc
NITE & NCC

Natural Health Quarterly

16th Edition
Summer 2018



Editor's Note



We cycle through another season, entering into summer. What do you love most about summer? Warm days, trips to the beach, long bike rides, green trees and colorful flowers, the taste of ripe, juicy strawberries?

At this time, the sun will reach its highest point over the equator, and we will bask in its warmth and revel in the longer days. This intense, high energy light and warmth is symbolic of the process of creation; the sun symbolizes awakening and enlightenment, and it speaks more deeply than to our skin taking on a tan. It stirs the light within each of us. It challenges us to live to the full potential of our individuality and also, to unite with others and lift up our communities.

We enjoy the fullness of earth's bounty, partaking in fresh fruits and vegetables by visiting farmer's markets, joining CSA's, and working in our own gardens. In the evening, we gather together, sitting around bonfires, which are a tangible celebration to the connection of the sun, and we laugh, sing, and tell stories.

Writer Henry James is quoted as saying, "Summer afternoon – summer afternoon; to me those have always been the two most beautiful words in the English language."

Yet, a word's power only comes from the meaning to which it has been assigned. So, unleash your inner sunshine, use your creative power, and define your summer afternoon: enjoy the light of the sun, breathe the warm air, eat locally grown produce, and walk a restorative path. Consider the story you are creating as you live your life. Awaken and grow into your full self. Then, enlighten those around you just by being the most authentic version of you, and share the bounty this season celebrates.

Amy Jo

Amy Jo Howard, ND, CH

Primitive/Survival Skills June 21-24, 2018

Thursday Night - Sunday Afternoon

3.5 days \$399 Includes Daily Lunch



- ☑ Fire without Starter
- ☑ Rope from Plants
- ☑ Water Resources
- ☑ Wild Medicine



World Class Instructor: Wayne Weiseman

Multiple Classes & 2 Family Member Discounts Available

It's Time to Get Your Skills in Order!

Mature Adolescents & Teens Welcome

Massage Bodies Needed!

Want to be a Professional Student Massage Client?
Fill out both sides of this form, cut it out, and submit it by:

- Dropping it off at Herbs etc
- Emailing it to: contact@naturopathiccommunitycenter.info
- Mail it to: NCC, 503 E. Broadway St., Mount Pleasant MI 48858

I agree to receive any of the following therapies: *(Please check all that apply)*

<input type="checkbox"/> Massage	<input type="checkbox"/> CranioSacral	<input type="checkbox"/> Reflexology	<input type="checkbox"/> Light Healing Touch
Massage often involves full body, i.e., neck, back, arms, shoulders, and legs, to loosen and relax muscular tension, help with flexibility, and boost the immune system. Many report more self-esteem, confidence and an incredible improvement in attitude!	During this therapy, you relax fully-clothed on a massage table while the therapist uses a light touch to hold points of tension along the spine and head. This is great for injuries, headaches, migraines, thyroid and adrenal support and more.	This therapy will focus on your feet; reflexing the 7,200 nerve endings to increase circulation, work out areas of tension and congestion, relieve pain, and promote your well being. Also popular for sinuses, allergies, lung weakness, neuropathy, and digestive concerns.	Designed to reduce stress and negativity from others as well as pollution from cell phones, computers, etc.; this unique and popular therapy uses light touch and the space around your body to remove congestion in and around your body, greatly improving mental clarity, energy, drive, and optimism.

If you meet the professional student massage client requirements, you will be added to the Professional Student Massage Client Call List and contacted as scheduling begins. Please remember, these courses are an important part of our students' education, and ***your attendance is crucial to their success.***

A receipt of my \$20 donation will be given at time of session/payment.

I have read and understand this information. See reverse side for details.

Signature: _____ **Date:** _____

Do not write in area below / for staff use only		
Approved By: _____	Date: _____	
Notes:	Initials	Date
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____



Professional Student Massage Client Application

Name: _____ Phone: _____

Street Address: _____ City _____

State: _____ Zip: _____ Email: _____

I am at least 16 years of age: Yes / No

Would you be interested in a **free** health evaluation from a natural health student? Yes / No
(this is part of the student curriculum and could be scheduled like the massage labs – regularly \$99)

As a professional school for Natural Health, Massage, Bodywork Therapy, and Holistic Doulas, we are looking for *Professional Student Massage Clients* to assist our students in their learning process. To give our students a **“real life”** experience in their field, we need clients of all shapes, sizes, ages, and abilities.

Not only does it help our students and staff to have you as part of this process, it is an amazing experience for you. It’s a perfect way to introduce yourself to new therapies, relax, and help a student on their path to success; all for only \$20!

However, there are a few requirements that you must meet in order to qualify to be a Professional Student Massage Client. Please **read carefully and initial** each of the following to verify that you meet the requirements and sign the form on the reverse side to be considered.

As a Student Client:

_____ I agree to pay a **\$20** non-refundable fee prior to the appointment. *This fee is used as a donation to our non-profit Naturopathic Community Center, which allows us to provide free classes and other services.*

_____ I agree to show up for my scheduled appointment at least **ten** minutes early.

_____ I agree to turn my cell phone **OFF** and to **not eat** during the therapy.

_____ I agree to receive therapy from any student, regardless of gender.

_____ I acknowledge that I can climb a flight of stairs.

_____ If I must cancel my appointment, I agree to do so at least 48 hours in advance (or as soon as possible in an emergency situation).

_____ I acknowledge that two cancellations or a No Call No Show will cause me to be removed from the Professional Student Massage Client List.

_____ I acknowledge I am not allowed to bring my children or pets and leave them unattended during my session.

_____ I acknowledge I will need to disrobe (in privacy) to my underwear for certain therapies. No swimming suits or exercise attire allowed.

_____ I acknowledge that tipping the student for their time and effort is encouraged and appreciated but not required.

_____ I acknowledge that sometimes students have unforeseen circumstances that prevent their attendance.

Every effort will be made to notify you as early as possible if this occurs. In the rare instance a student is unable to attend a session, I agree not to show anger/frustration toward the “bearer of bad news.”

_____ I understand that **student therapists are assigned to clients by the instructor prior to my arrival**, and my attendance is necessary in order for the student to complete their required hours.

_____ I understand that student therapists are applying overall health practices for the assigned lab and that they are not tailored to individuals (though students may inquire about areas of concern).

Poison Ivy Remedies



Poison Ivy is a spring and summer rascal that we see causing customers severe irritating rashes on the original contact area and often, spreading far beyond that!

For those who are allergic to its toxic ingredient, *urushiol*, having home remedies on hand during the summer months is crucial. One of the most important things to do after being exposed to urushiol is to wash the affected area with dish soap; the quicker the toxic compound is removed from the skin, the less time it will have to react to cause irritation. After this, apply either bentonite clay or activated charcoal topically to the affected areas: this will draw out any remaining toxin.

By Rachel Friesen, ND

Once beyond this point, one should take the homeopathic antidotes for poison ivy; these help the body's own vital force overcome and neutralize the toxins. The main homeopathic remedy for poison ivy rash is *Rhus toxicodendron*, 3 to 5 doses can be taken daily for the first few days. In tougher cases, if a different remedy is needed. Consider *Croton tiglium* or *Anacardium orientale*. Typically, *Croton tiglium* works better on rashes that occur on the face; whereas, *Anacardium* indications may include rashes that have a blistering type appearance.

In addition to homeopathic antidotes, herbals that are helpful for clearing the toxins out of the bloodstream include Nature's Sunshine blood cleaning formula, BP-X or Oregon Grape. To minimize the inflammation reaction of the body, high doses of Vitamin C and Protease Plus, an enzyme that neutralizes the protein poisons, can clear up the most extreme cases. Miracle II neutralizing gel topically greatly reduces the itch. Of course, it is best to avoid this plant when possible and wear protective footwear, clothing and disposable gloves if needed.

HERBS ETC SUMMER TOOL KIT



- Sunscreen—Keeki Pure & Simple Sunscreen
- Bug Repellent—Buzz Away Bug Spray
- Sunburns—NSP Aloe Vera Gel or Calendula Cream
- Spider Repellent—Peppermint essential oil
- Tick Bite—Ledum 30c homeopathic
- Dehydration/Heat Exhaustion—NSP Solstic Revive
- Bee or Wasp Sting—Apis 9c and Basil Essential Oil
- Itchy Bites and Rashes—Lavender Essential Oil

Aircrete Dome Workshop Symbiosis Ranch!

Coming to Mount Pleasant July 26 - August 5

- Amazing 10 Day Course
- Affordably Sustainable
- Unique Multi Dome Structures
- See Videos on Dome Gaia



Instructor: Joseph Mikrut

Contact: SacredDomeHomes@ProtonMail.com
to register or for more info!



A Quicker Way to Illness?

By Amy Jo Howard, ND, CN

5G is coming. (It even sounds ominous, doesn't it?) While most of the world is excited about this and telling us that we should be excited, too, there are some very valid reasons to be seriously concerned.

5G is the "5th Generation," or latest generation, wireless network in mobile technologies and cellular telecommunications. Because the current frequency bandwidths are being over saturated by cell phones and similar technology, and because we want more, and we want it faster, 5G is being born to promise us super fast download speeds (10 Gigabits per second), unrestricted call volumes, near infinite data broadcast, "smart" cities that have better energy usage and reduced commuting times, as well as connection to self driving cars, washing machines, and other utilities and devices. It is expected to be 10 to 100 times faster than the 4G technology we use now and capable of supporting 100 billion devices.

In order to fulfill all of those wonderful promises, 5G must rely primarily on the bandwidth of the MMW (millimeter wave) which is between 30GHz and 300GHz. These high frequency waves have shorter wavelengths, so they can't travel far. Another problem is that MMW's do not travel well through buildings, and they tend to be absorbed by rain and plants. Because this interferes with the signal, 5G will use smaller cell stations that will scramble and unscramble and redirect packets of data. So, this could lead to wireless antennas on every utility pole, lamp post, business, and home in entire towns and cities. This would create unprecedented exposure to wireless networks using a technology that has not been widely used before with unknown consequences to public health.

Further, the current 4G cell towers have about a dozen antenna ports to support communication, while the 5G cell towers will carry about a hundred ports. These towers will be about 4 feet tall (compared to the 90 feet tall 4G towers), the cells will be available within a 100 meter range, and the smart antennas will be able to differentiate between various mixed signals. 5G will break down data and send it with only a 1 millisecond delay versus the 50 millisecond delay of 4G. Marcus Weldon, the CTO of Alcatel Lucent comments, "*Up until now, we've designed the networks for people and their needs, and now, we're designing it for things.*" (Did you catch that? *Things.*)

So, why is there reason for concern? First, the International Agency for Research on Cancer, an agency of the World Health Organization, declared in May 2011 that radiation from cellphones was a Group 2B "possible carcinogen," meaning a possible cancer-causing agent. Also, the \$25 million dollar National Toxicology Program concluded that radio frequency radiation of the type currently used by cell phones can cause cancer. And, actually, there are thousands of studies showing that low level wireless radio frequency exposures are linked to a number of adverse biological effects including: DNA single and double strand breaks, disruption of cell metabolism, generation of stress proteins, oxidative damage, increased blood brain barrier permeability, disruption to brain glucose metabolism, and melatonin reduction.

There are even more health concerns mounting regarding 5G. One of the biggest new concerns is how 5G will affect the skin. Our sweat glands act like antennas when exposed to these wavelengths, meaning that we become more conductive. This can have an impact on the nociceptors in the skin that flare up in recognition of damaging stimuli; in other words, it could create physical pain as well as creating skin diseases. The waves also penetrate 1 to 2 millimeters of human skin tissue and are absorbed by the surface layers of the eye's cornea. Because of this action, this technology could worsen problems with antibiotic resistant bacteria and lead to greater production of cataracts.

Also, low levels of nonionizing radiation have already been linked to disturbances and health issues in bees and birds, and since the MMW's are absorbed by both rain and plants, other environmental concerns begin to be posed. If the water that falls from the sky is irradiated, and the plants are showing stress protein changes because of the radiation they have absorbed, and humans and animals both consume plants for food, we will be left with food that is not safe to consume.

Oh, and did anyone mention that the global 5G wireless network requires the use of rockets to deploy satellites which release black carbon into the atmosphere and can disturb the ozone?

So, yes, faster technology is convenient, but how convenient is a world whose food can no longer feed your body which, by the way, is in constant pain all over every inch of your skin?

5G is expected to be fully implemented by 2020; however, technology companies and certain cities are already working on switching over. Once 5G is installed in your neighborhood, there is no choice to opt out. If you would like to be involved in keeping 5G out of your community, please contact your legislators and voice your opinion. **You can also learn how to write, call or email the relevant agencies to protest against the 5G deployment by going to:** parentsfor safetechnology.org.

For further information and research on 5G:
www.electricsense.com/12399/5g-radiation-dangers/
A 5G Wireless Future – Dr. Cindy Russell
Latest on 5G Spectrum – EMFields Solutions Ltd
IJMTER ISSN (online) 2349 – 9745 Evolution of Mobile Generation Technology: 1G to 5G and Review of Upcoming Wireless Technology 5G by Lopa J. Vora
<https://5g.co.uk/news/5g-spectrum-auction-results/4336/>

Herbs etc 5G Protection Products

**Carbon 60
Silica G5
Selenomethionine
Orgonite
Safe Space -
Room Harmonizer
ORME's**



Top Allergy Products

By Denise Denman, NHP

It's that time of year again, the buds are starting to form on the trees, and life is coming to fruition. This is also the time when the dreaded allergy symptoms start to appear. The itchy eyes, runny nose, and sneezing can be incredibly annoying and can take the enjoyment out of the amazing diversity in season that we are lucky to experience in Michigan. Many people turn to over-the-counter medicines such as Benadryl to help with allergy symptoms. However, these medications just suppress the symptoms and don't allow true healing within the body.

All allergies, food and environmental, are caused from a leaky gut imbalance. This is where there are small tears in the intestinal lining where particles leach right into the blood stream. These particles don't have to just be from ingested substances in order to be related to a leaky gut issue. The particles that are in the blood stream cause a histamine reaction within the body that causes these symptoms to appear within the body.

Although many people are stuck with the belief that allergies are something that they will be plagued with for the rest of their days, there are many natural options that a person can employ in order to heal their bodies. Many talented naturopaths have the ability to perform an allergy correction that trains the body to stop responding in an unfavorable way to these substances. Probiotics and enzymes play an essential role in the allergy response. By supplementing with products such as Protease Plus or Probiotic Eleven by Nature's Sunshine, the deficiencies within the body are built back up to where they should be. Histablock and homeopathic antidotes are used in order to help stop the histamine reaction within the body. Another product carried at Herbs etc is Restore, a blend of amino acids and minerals designed to heal and seal the gut lining. Talk to your local naturopath to determine the best option for you, and begin the healing process in a natural and balanced way!

Minerals for Brain Enlightenment

Lori Becker, NHP



At Herbs etc we are always looking into the best ways to safely and naturally improve health. In this present age, we are dealing with mineral deficient food, exposure to loads of environmental poisons, and the bombardment of electromagnetic smog. Instead of focusing on all of the “bad” stuff, we have to be a part of the solution by spreading wisdom and awareness along with the solutions instead of perpetuating fear.

Here at herbs etc we have brilliant doctors who have developed impressive protocols to repair damaged DNA, safely eliminate toxins, and approach the human organism from an unparalleled holistic perspective to help our clients achieve health and harmony.

We are excited to share with you that we now offer one of the most fascinating forms of supplementation which has origins that date back to ancient Egypt. Have you ever heard of the term “Alchemy” or the “Philosopher’s Stone?” Our ancient ancestors were well aware of the enhancements monoatomic elements made to the human body and DNA. These obscure teachings of higher wisdom and health are gaining a resurgence.

“Orbitally Rearranged Monoatomic Elements”(ORMEs) were discovered in 1975 by an Arizona farmer named David Hudson. These elements exist both in a material and an immaterial, energetic form. They are also referred to as “M-states.” ORMES are superconductors and these elements resonate with the primal zero point energy from which all life originates. This allows for a quantum potential of possibilities. They are super absorbable and have the ability to correct DNA and repair health mentally, spiritually and physically.

Herbs etc now sells ORMES from a company called ZP.Tech. ZP.Tech (Zero Point Technologies) is the largest producer of M-State solutions worldwide. Through metallurgy, science, exploration and more, ZP.Tech aims to be the world’s most highly regarded health company. ZP.Tech focuses on increasing quality of life and solutions to the most profound mysteries in medicine.

“I love what these products do for my brain! The anxiety is down and I can really focus.”

Rebecca—RN, Bay City, MI

Herbs etc offers the entire set of Monoatomics for stages of progression and is a great option for those seeking the benefits of all the powders:

Zerolight—Stage 1 Monoatomic White Powder Gold

This is a good powder to start your monoatomic progression as well as a great maintenance powder. Gold being the foundation, you begin to experience clarity of thought and the physical benefits of M-State Gold. Contains: M-State Gold, Boron trace, Selenium trace, Phosphorous trace, and Silicon trace.

Spiralight—Stage 2 Monoatomic Gold and Platinum

Spiralight is Stage 2 in the Monoatomic Progression Powders and a great individual M-State blend powered by Gold and Platinum. With the union of these two Noble Metals, Platinum and Gold together can enhance Grey Matter development for better multitasking and the health benefits of the trace minerals. Contains: M-State Gold, M-State Platinum, Boron trace, Selenium trace, Phosphorous trace and Silicon trace.

Spacious—Stage 3 Gold, Platinum, Copper & Silver

This is a powerful brain food alchemy for synaptic processes, clarity and retrieval of higher information. At Stage 3, you have the foundation within the body to promote the next levels of increased awareness, faster thinking and deeper states of meditation. The powerful health benefits of trace elements are being fully absorbed by the body. Contains: M-State Gold, M-State Platinum, M-State Copper, M-State Silver, Boron trace, Selenium trace, Phosphorous trace and Silicon trace.

Astralight—Stage 4 Gold, Platinum, Copper, Silver, Rhodium & Iridium

Now that you’ve conditioned yourself with Zerolight, Spiralight or Spacious, you’ll want the entire group: Gold, Platinum, Copper, Silver, Rhodium, and Iridium. Stage 4 of the Progression Powders. Astralight’s design is about synergy. Experiences often include faster reflexes, better sleep, increased awareness and clarity of thought. Your body is thriving off the powerful trace minerals quickly absorbed for a boosted immune system and more energy. With precision formulation of trace minerals and six M-States, Astralight is the finishing touch to a total solution. Contains: M-State Gold, M-State Platinum, M-State Copper, M-State Silver, M-State Rhodium, M-State Iridium, Boron trace, Selenium trace, Phosphorous trace and Silicon trace.

Herbs etc also Carries

Aquasilver Liquid

AquaSilver is monotomic (or hydrogen-reacted) silver in water at 600 ppm of silver. It's highly bio absorbable, which means that the body absorbs it with ease. It's only transition element in the monotomic state is silver, which brings about health, harmony and balance, and more energy. It's sweet, clear, clean, soft, and has amazing restorative capabilities. It's a living water in the purest sense of the term.



Aquagold Liquid

Monotomic Gold by high-energy electricity

A good place to begin. Many users like Aquagold and Zynergy for the awesome sense of calm, centeredness and connection. There is an etherically generated field associated with gold in crystal particulate form. It is a great foundational monoatomic liquid. Many users drink Aquagold and Aquasilver together creating a one two punch as a solid defense against viral and infectious issues.



Zynergy+ Liquid

This is a daily use, foundational monoatomic liquid and is used to keep the levels in the body elevated. The brain and the immune system react extremely well when these elements are present. It allows for a wide array of healing, strengthening, and recovery. Zynergy enhances food and mineral absorption and supports proper hormone and immune function.



Kinetic Liquid

Monotomic Gold, Rhodium & Iridium

Kinetic liquid has excellent health, physical and spiritual benefits. Kinetic is able to harness the bodies vast capabilities to heal and move forward. Kinetic increases energy and metabolism as well as the ability to convert dense, toxic malignant tissues to healthy tissues. Kinetic liquid aids in eliminating lesions and greatly reduces pains caused by inflammations from trauma, growths, migraines and additional complications.

Contains: M-State Gold 600 ppm, M-State Rhodium 600 ppm, M-State Iridium 600 ppm, Boron trace, Selenium trace, Phosphorous trace and Silicon trace.



Spectrum Liquid and Powder

This is a precision blend of 28 easily absorbable M-States and Minerals for the most expansive Mineral Therapy collection from ZPTech. Spectrum contains M-States for higher brain function and focus combined with immune boosting and body enhancing minerals. It is good for daily maintenance, foundation for healthy growth, and ascension reinforcement.

Spectrum's ingredients with health benefits:

Chromium: A key player in liver enzyme synthesis of fatty acids. This helps regulate metabolism, insulin and sugar levels. Chromium helps the body lose weight by stimulating enzymes that metabolize glucose for energy. This is especially helpful for the senior users as aged bodies are not able to store as much Chromium.

Cobalt: Studies show Cobalt helps retain Myelin sheath covering enhancing brain function and activity. Cobalt also supports the assimilation of Iron and the building of red blood cells.

Germanium: An exciting recent Trace element, has displayed functions for supporting oxygen uptake and supports the natural cleaning cycle of toxins and pollutants.

Magnesium: Assisting in digestion and enzyme activation, magnesium also functions as a stress reducing mineral for its ability to aid in relaxation.

Manganese: This "Brain Mineral" aids memory, memory writing and recall and enhances oxygen deliveries in the body.

Molybdenum: By assisting in regulating the body's pH levels, this trace mineral is helpful in assisting metabolism and enhancing the body's ability to burn fat.

Vanadium: A "basics" mineral that is a foundational assistance to the common needs of the body, Vanadium helps and supports the circulatory system and helps maintain cholesterol and blood sugar levels that are already within healthy ranges.

Tin: Tin is an adrenal gland support mineral and assists in cardiac function and respiratory function. Tin has displayed more recent exciting function within the body and our cell receptors for it. *Also includes: M-State Boron, M-State Calcium, M-State Chromium, M-State Cobalt, M-State Copper, M-State Germanium, M-State Gold, M-State Indium, M-State Iodine, M-State Iridium, M-State Iron, M-State Magnesium, M-State Manganese, M-State Molybdenum, M-State Platinum, M-State Potassium, M-State Phosphorus, M-State Rhodium, M-State Ruthenium, M-State Selenium, M-State Sodium, M-State Silicon, M-State Silver, M-State Sulfur, M-State Tin, M-State Vanadium, M-State Zinc.*



Naturopathic Community Center

Public Classes - Summer Schedule

June 2: *CranioSacral in the Mouth* Headaches or migraines? Teeth trouble or TMJ? Brain fog and difficulty concentrating? Advance your skills in CranioSacral therapy by learning to release tension inside the cranium to benefit nervous and glandular system functions. Special considerations will be given to the health concerns that arise from having worn braces or other dental devices and balancing the restrictions they cause. These advanced techniques help to improve health, focus, mental clarity, hormonal imbalances, and much more. *Instructor: Amy Jo Howard, ND* *Class Fee: \$89*

June 21—24: *Primitive/Survival Skills: Permaculture as Seen Through the Eyes of the Hunter-Gatherer* *Instructor Wayne Weiseman* 4 days only \$399, discounts available (see page 2)

June 24: *Make It & Take It with Essential Oils* This is an entry level class where you will learn how to make healthy products using essential oils. A \$15 supply fee to cover the cost of supplies. *Instructor Jan Doerr, ND* 1- 5 pm *Class Fee: \$50 + \$15 = \$65*

July 19-22: *Agricultural Settlement, Pastoralism (Animals), Natural Building Methods* This is a class focused on budgeting for a homestead, natural green building, renewable energy, biological waste management, food preservation and storage, permaculture principles, aqua-culture and aquaponics. This four day seminar will be held at the Symbiosis Ranch. The cost is \$349 if paid before May 19; \$399 after May 19. Lunch will be provided each day. *Instructor: Wayne Weiseman*

July 29: *Parent Child Connection* Open to a parent (of any age) and a child (ages 11 and up) to improve upon compassion and communication with each other, with an emphasis on respectfully supporting the unique nature of the individual. This class is for the parent who would like to connect on a profound level with their child. This is a three-part class, each building on the next. Meeting once a month for three months from 1 - 5 pm. Grandparents and care-givers are welcome. Pay in advance for all three classes and receive \$50 off! Otherwise, each session is \$89. *Class 1: Learning to Trust in Each Other, Manifest-ing Your Perfect Relationship.*

August 19—Class 2 Learn, Laugh and Love Each Other, Staying Present

September 16—Class 3 Respecting the Journey, Where To Go From Here *Instructor: Heather Dexter, CN, ND, Doula*



August 4: *Fungi are Fabulous!* Come and learn more about this fantastic kingdom. Mycology has many facets, much more than "What can I eat and how to cook it." Learn what fungi are and how they live. This overview of the world of fungi will also cover the history of medicinal and spiritual uses, growing mushrooms, and the biology, cultivation and micro-mediation of our earth today. Everything is connected, and fungal ecology exists from the soil to the sky. Class will include an educational field experience and "hands on" identification of mushroom specimens. Mycologists have more Fun-gi! *Instructor: Sr. Marie Kopin, C.P.P.S.* *Class Fee: \$89*

August 24—25: *Interpreting Your Own Blood Tests—Part 1* For many practitioners, blood analysis is simply a matter of comparing a test result with a reference chart and seeing whether or not the client's results are normal or abnormal. In the class, we will present another method of analysis, one that looks at blood chemistries from a functional or prognostic perspective which will give us data on how the physiology of the body is functioning. Two day seminar: Friday 1 - 9 pm, Saturday from 9 am - 5 pm *Instructor: Jackie Featherly, ND, CCH* *Class Fee: \$175*

Restoring the Wisdom of Natural Health for Families and Communities

Call NCC @ 989-317-4787 to Register

September 8: CPR/AED for the Community Rescuer and First Aid: This full day course will teach the newest OSHA standards for CPR, AED and First Aid practices. The class will be taught using a blended learning method of text book, video and hands on practices. Content includes such topics as legal issues, patient assessment, single rescuer CPR for adult, child and infant. AED and Choking care. First Aid topics include bleeding, seizure, EpiPen, diabetic emergencies. Wear comfortable clothing, pack a snack and a lunch, and get ready to learn how to save a life. *Instructor: Tracey Miret Class Fee: \$89*

September 16: *Natural Beauty with Natural Products-* An entry level class geared towards the community. Topics discussed will be what chemicals are in typical make-up products and where to find healthy alternatives. *Instructor Jan Doerr, ND 1 - 5 pm Fee: \$50*

September 28—30: *Sacred Feminine Council* This gathering of women ages 16 and up will incorporate experiential techniques for mind, body, spirit and emotional balance, along with action for community unity and creative projects for grounding and connection. The focus of each weekend is you. Come prepared to sink into the depths and unveil the pieces of you, long awaited. This weekend seminar will be held at the Symbiosis Ranch. Meals, snacks and camp sites will be available. This seminar is Friday from 6 pm to Sunday 4 pm *Leader: Heather Dexter, CN, ND, Doula Class Fee: \$399*

October 11—14: *Appropriate Technology and the Ecological Epoch: Urban/Suburban A Permaculture Approach -* The course components in this last segment on permaculture principles and design will look at land use planning, pattern understanding and observational skills, vegetation, land cover and natural resource mapping, natural medicine, earth works and water systems. This four day seminar will be held at the Symbiosis Ranch. The cost is \$349 if paid before August 11; \$399 after August 11. Lunch will be provided each day. *Instructor: Wayne Weiseman*

Call NCC @ 989-317-4787 to Register

HEALTHY EATING CLASSES

(\$5 Donation) 6 - 7:30 pm:

Meets in the Odd Fellows Classroom

May 15: Pasta from Scratch

June 12: Mexican Cuisine

July 10: Stir Fry

August 14: Against the Grain: Quinoa and Cauliflower

Sept 11: Something's Fishy!

Oct 9: Mediterranean Cooking

Nov 13: A Touch of the Orient—Asian Inspired Dishes



FREE TUESDAY TEACHING

No Registration Required 6:30 - 7:30 pm

May 22: What Hidden Poisons Are You Exposed To?

June 5: Unlock the Knots with Trigger Point Therapy

June 19: 10 Minerals that Could Save Your Life!

July 24: Homeopathics for Every Medicine Cabinet

Aug 21: Herbal Remedies are Growing in Your Yard!

Sept 18: Improve Wealth - Sacred Geometry/Feng Shui

Oct 23: Using the Enneagram to Improve Relationships

Nov 6: Your Eyes Tell a Story About Your Health



YOUR DOG'S HEALTH DEPENDS ON YOU

By Tonya Holcomb, N.T.

Is your dog trying to tell you something is off? Are you listening?

Just 50 years ago, 1 in 100 dogs got cancer. Today, it's 1 in 1.65 dogs that will be diagnosed with cancer this year. Cancer is currently the leading cause of death in dogs (excluding euthanasia by humans for various reasons). Skin disease is the leading reason for elected euthanasia and why people often surrender dogs to shelters. These dogs are literally living with debilitating chronic dis-ease their entire lives - and much worse - living in the torment of their own skin.



Same with humans, chronic dis-ease for dogs is really a state of imbalance. And it begins with symptoms... UTI's, diarrhea, itchiness, ear infections, yeast overgrowth, anal gland issues are all an effort to say, "Hey, I'm out of balance!"

When we simply "treat" or suppress the symptoms using drugs, the issues don't go away. In fact, it only pushes it deeper down in the tissues and creates a much bigger problem for the dog in the future.

Except for the case of true emergency, when your dog communicates with you by showing a symptom, always seek ways to help your dog heal using natural modalities.

The pet health crisis is real. Our pets can't protect themselves – so it's up to us to help them achieve balance in a toxic world. And it's time for us to include our four-legged loved ones on our quest to living a more nourished life.

Let's look at four ways to get your dog started on the journey to real preventative care and root cause healing.

Let Food Be Thy Medicine

What you choose to feed your pet is the foundation of their health. And, let's face it, much of the pet food we find on shelves today is filled with chemicals. Processed pet kibble taxes the liver and increases general toxin levels. Processed wheat and corn are NOT healing foods. Not for humans. Not for dogs. They irritate the GI tract, cause a sudden increase in blood glucose (raising the glycemic index, affecting inflammation in the body), are carbohydrates that contribute to obesity, diabetes, arthritis, and inflammation, and are genetically modified. And here's more truth to consider, dry kibble can sit in a dog's digestive tract like a cement block, sucking up all the body's moisture just to move through. This can cause kidney disease and overall weakness; ultimately, this process is creating dehydration and stripping the dog's minerals.

Think about it, without minerals the body can't make or use incoming vitamins. It's a big problem!

Watch out for the table scraps like sugars, grains, white potatoes, wheat, corn, syrup, breads as these are most likely only contributing to acidity and inflammation in your dog's body. Carbs increase inflammation! Chronic, hidden inflammation is a silent killer. It's the root of nearly all dis-ease. If it's a healing food, give it. If it's a hurter, put it in the compost or the trash!

I recommend feeding your dog a balanced raw food diet which includes meaty bones, muscle meat, organ meat and fruits and veggies. If feeding kibble, opt for a grain-free version and soak with a little bone broth. *(Note: dogsnaturallymagazine.com is a phenomenal resource for recommendations on raw feeding.)*

Your Dog's Source of Water Matters

Just like humans, pets need clean, filtered water. Consider supercharging his water by adding in cell salts. Healthy cells are essential for a healthy body, and cell salts can be used to restore balance in the body's cells. This is one of the simplest, affordable, and most effective remedies to begin adding into your dog's diet immediately. BioPlasma is a combination of all 12 cell salts and is a great place to start. Simply add the pellets to your pup's water, and you'll likely notice some positive changes in overall vitality.

Fill in the Nutritional Gaps

In today's toxic world and soil depletion, dogs need whole food supplements to help fill in the nutritional gaps, too. Here's a few of my favorites:

Herbal Trace Minerals

is a combination of kelp, alfalfa and dandelion. Rich in minerals, this blend was originally designed as a supplement for pets. It prevents fleas, improves healthy skin and coat. Just dip the tablet in coconut oil and give to your dog.

Liquid Chlorophyll is

nature's blood-cleanser for animals. It helps red blood cells take up oxygen and supports the immune system. It aids in digestion and deodorizes the body. Chlorophyll, with its pH of about 11, will help to create an alkaline body as well as dump toxins out of the cells. Simply add a splash to fresh water.

Turmeric is an amazing herb. It has antioxidant, anti-inflammatory, antiviral, antibacterial, antifungal, wound healing and anticancer activities. Turmeric can be hard for your dog to absorb by itself, so be sure to combine it with a healthy oil like coconut. While turmeric works and is safe, it is a "warming" spice, so if your dog is always hot and seeking out cool floors, turmeric may not be for him.

Pau d'arco kills yeast (especially candida overgrowth) and viruses, expels parasites, relieves inflammation (and therefore pain), enhances immune system function and fights free radicals. It really shines to heal serious internal or external fungal infections.

Hemp-Derived CBD Oil gives the healing of cannabis without the high as there are only trace amounts of THC. It's incredibly calming to the body and supports both chronic and acute dis-ease. Studies show that CBD Oil

reduces anxiety, fights cancer, treats seizures and epilepsy, relieves pain, reduces chronic inflammation and autoimmune dis-ease, promotes cardiovascular health, aids digestion, and so much more. Holistic vets are also finding CBD Oil to be useful in treating acute ailments like sprains, strains, torn ligaments, bone breaks and even during post-operative care to reduce swelling, pain and stiffness. CBD is a proactive preventative (or even life-saving) herb to many of the issues pets develop. Be sure to choose a quality CBD oil that has lab test results from accredited third party testing facilities.

Living Pet Probiotic™ contributes to the health and balance of the intestinal tract by supplying the necessary "friendly" bacteria for proper digestion and bowel health.

The digestive system is the first line of defense for the

immune system. Just add to water and you will see within days, your animal will be livelier and energy levels will increase significantly.

Embrace Routine

Cleansing It just needs to be done – the natural way, of course. Pets, like humans, can't escape toxins. Because the liver works so hard at filtering and eliminating all of these toxic substances, it is highly

susceptible to serious damage. Milk Thistle is a beautiful restorative herb that not only prevents damage to the liver, but also helps to repair it. Consider adding Milk Thistle into your dog's protocol routinely with the seasons, such as every spring and fall.

Trust as with all things, baby steps are the best place to start. Add a little bone broth to your dog's food, start incorporating raw scraps and meaty raw bones when you can. STOP feeding your dog carbs of all kinds (yes, even when they give you those puppy eyes)... Use real food treats instead. If your dog has serious health issues, don't fall victim to suppressing the issues deeper in the tissues. Instead, work with a Naturopath to get to the root issue. Just like with humans, the root cause of all dis-ease is toxicity and nutritional deficiency. And the more we build up the body with minerals, the more the body will naturally push out the toxins.

Tonya Holcomb, NHT is Natural Health Therapist currently seeing clients, including dogs, at Luminosity in Grand Rapids. tonya@tonyaholcomb.com.



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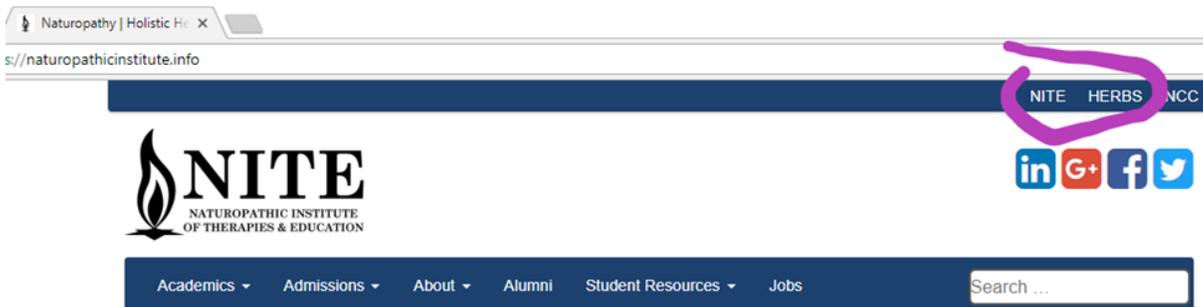


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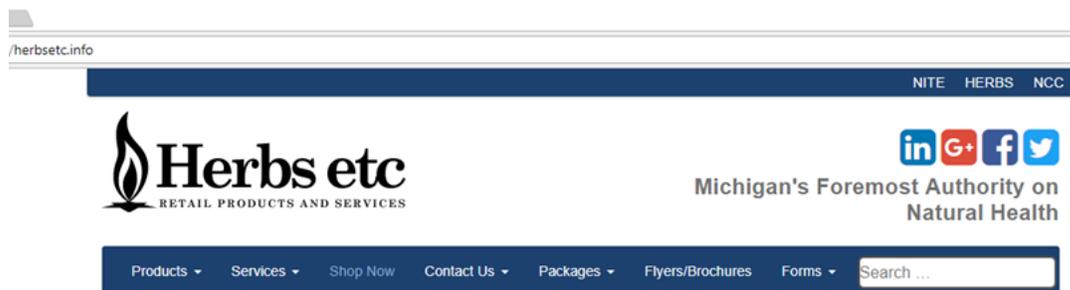
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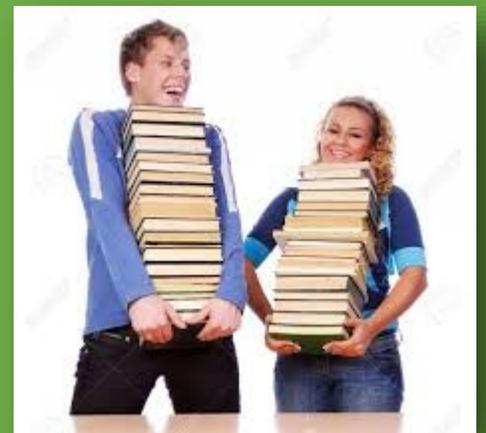
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