



Herbs Etc. / N.I.T.E. Newsletter

Spring 2005

THE CHOLESTEROL SCAM, by Bessheen Baker

Recently the acceptable number for total cholesterol was changed from under 200 to under 180. Naturopathically, this concerns me! If your cholesterol gets below 140, you cannot produce many hormones that regulate body functions. As a matter of fact, the production of male and female hormones is directly affected. Does that make you wonder about the popularity of sex drive and sexual performance prescriptions?

In the past, cholesterol below 300 was acceptable, then 250, later 200, and now 180. It is good to be reminded that six of the people on the advisory board that made that last reduction were also financially tied to pharmaceutical companies. Some cholesterol lowering drugs such as Lipitor, Zocor, Mevacor, and Prevacol have contributed to cardio-vascular disease, not lowering cholesterol. Although these drugs can lower numbers, no studies show benefits for women, and there is only minor evidence to indicate that they will help you live a longer or better life or reduce your chances of a

heart attack. Treating the numbers alone is simply addressing the symptoms, and not the cause.

The important point is that our bodies produce two to three times more cholesterol than is consumed. The liver manufactures approximately 1000 mg of cholesterol per day, and we tend to consume another 500 mg from our daily food intake. That is why changing the food alone does not always produce the results that tests by allopathic medicine are looking for, hence the drugs. My question is: at what cost? All drugs have side effects. The effects of the cholesterol lowering drugs are especially harsh on the liver, the very organ in need of support to properly manufacture and distribute cholesterol. Our brains rely on a healthy supply of cholesterol, and I have found high numbers in some clients with poisonings such as mercury and nickel. I believe the body is using the cholesterol to buffer the nerves and other organs from tissue damage.

Finally, consider that the numbers suggested may not fit your genetic background, age, liver and brain requirements, and the many other aspects of your individual strengths, weaknesses, and needs.

Featured Product: THE GOOD OILS, by Amy Jo Howard

When looking at the diet and nutrition in regard to cholesterol, it is important to have a healthy balance of good quality fats like olive oil, flaxseed oil, black currant oil, and others. These types of oils provide essential fatty acids to the body and improve the ratios of HDL and LDL cholesterol.

Essential fatty acids assist the body in better assimilating and synthesizing the natural cholesterol that it produces. This is important because the body produces cholesterol in order to aid hormone production, lubricate the nerve sheaths for transmission in the brain, and help in the production of energy, just to name a few uses.

Omega-3 oils emerged in popularity when studies were done on the Eskimo diet: their high fat consumption and low rate of heart disease were worth noting. Likewise, most Mediterranean diets are high in fat, yet these people also have low cholesterol levels and a reduced risk of heart disease.

So, put down the saturated fats and forget about low-fat diets! Go out and grab some pumpkin seeds, avocados, raw nuts, and olive oil. The Omega-3EPA and Flaxseed Oil products from Nature's Sunshine are also excellent sources to supplement a healthy intake of good quality fats into your daily routine.



Hormone Balance for Men and Women, by Mollie Tamminga

The main task of HDL (the “good cholesterol”) is to carry cholesterol from the tissues, including the artery walls, to the liver. There it is excreted with bile or used for other purposes such as providing a starting point for the manufacture of hormones—estrogen, progesterone, and testosterone. If your good cholesterol has gotten too low, you may be experiencing some hormone imbalances.

A hormonal imbalance can cause many problems including water retention, PMS, irregular periods, ovarian cysts, depression, infertility, insomnia, lowered libido, and impotence. With the increasing number of people suffering from the symptoms of hormonal imbalances, sexual performance pre-

scriptions, as well as hormone replacement therapy, have gotten to be quite popular over the years. We of course prefer that you bring your hormones back into balance naturally.

Here are a few suggestions: Nature’s Sunshine’s X-Action is a blend that is specially formulated for men or women. It will help to nourish and strengthen the circulatory, glandular, reproductive, and nervous systems. This blend contains herbs and nutrients known to increase energy and vitality, enhance sexual functions, and facilitate hormone balance, while relieving anxiety and depression.

We also like to use essential oils. The single oils of bergamot, clary sage, geranium, sage, ylang ylang are

some of our favorites. You can do the oils singly or have us make you a personalized blend just for you! The essential oil blends Mister (mainly for men), Dragon Time (for women) and EndoFlex are some available already blended on the shelves. Put the oils on the bottom of your feet as well as the inside and outside of the ankles, which are the reflex points for the reproductive system.

Also available are isopathic remedies, which we can combine into a unique hormone blend just for you and your specific needs. Come in soon for a consultation and let us help you get your health and hormones back on track. Call us at (989) 773-3636!

**Herbs Etc.
has two new
massage
therapists!**



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Welcome to Susan Daves and Luci Phillips!

There are two new faces here at Herbs Etc. We are delighted to welcome Susan Daves, Natural Health Educator/Massage Therapist, and Luci Phillips, Therapeutic Bodywork Practitioner, to the staff.

Susan is a graduate of the Naturopathic Institute’s 1st year Natural Health program and is an accomplished 10-year veteran in massage

therapy techniques. She uses both massage and natural health approaches to ease your aches and pains. After a session with her, you will feel rejuvenated and ready to take on the world! Her abilities to target what ails offer extraordinary results.

Luci is a graduate of the Naturopathic Institute’s Therapeutic Bodywork Practitioner program. As

you experience her healing touch and her extreme sensitivity to your needs, you will know what it is like to be truly cared for! She has a knack for tuning in to all that is going on in your muscles, bones, head, and heart to give you what you need in an excellent massage.

Call for an appointment with Susan and Luci now!

(989) 773-3636

Uttati Oils: The Perfume Blends

These pure oils are the result of the collective wisdom, skill, and artistry of the Uttati International network in Egypt, which has been dedicated for generations to the production of the highest quality aromatic oils possible.

ARABIAN KNIGHTS – Warm the night with this invitation to intimacy. Equally suitable for wear by men or women.

CELEBRATION – For an evening of exhilarating and sensual encounters, this blend is appropriate for men and women.

CLEOPATRA – Evoke the essence of this artful seductress by wearing this beautiful blend.

CLEOPATRA’S SECRET – Although a lighter scent than Cleopatra, its effects are more potent and straight-forward.

HATSHEPUTS – This blend identifies with the executive woman and her projection of self-confidence in the workplace.

NEFERTITI – Namesake perfume of the Queen of ancient Egypt, this blend entices with the essence of exotic beauty and sensual intrigue.

OMAR KHAYAM – Identifies the wearer as a sensitive man willing to build a romantic relationship slowly and thoughtfully.

QUEEN OF EGYPT – Regal blend that evokes images of the feminine beauty and power of ancient Egyptian dynasties.

SECRET OF THE DESERT – For sensual immediacy with your special loved one.

TUT ANKH AMUN – This luxurious blend will command the undivided attention of your companion.



MOMMA/BABY CLUB

Sometimes it's hard to find the support you need when you are doing or wanting to do things the "natural way." The Momma/

Baby Club is designed to give moms and their babies a place to go to find this support. Each month we will focus on different topics as well as have some time for questions and sharing. All moms, babies, and moms-to-be are welcome! The first meeting will be Tuesday, June 7, 2005, at 6:30 p.m. at Herbs Etc. Come join Mollie Tamminga, Certified Naturopath and Doula, for an informative, fun evening!

THREE GREAT UPCOMING CLASSES THAT ARE OPEN TO THE PUBLIC:

Live Food Preparation, July 8, 9, 10, 2005

Herb Walk, August 12, 13, 14, 2005

Death and Dying, September 23, 24, 25, 2005

Anyone would be interested in these three great classes! Call (989) 773-1714 to find out more and to sign up! Cost is \$300.00.

See insert for discount offer!

N.I.T.E. Student Corner

- The NITE website Student Page is now ready for you to use! Go to www.nite-mtp.com and click on the STUDENT PAGE link. For a limited time, all students can use the following for access:

USER NAME: nite2005
PASSWORD: student

From this page, you will be able to submit and read other students' questions (and then answers) about homework, policies, and client needs. You will also find printable forms and answers to your most common questions. Everything is now right at your fingertips!

- Graduation Video from the spectacular January 29, 2005, celebration is now available for \$14.95 at Herbs Etc.
- Tutors are now ready to help you with homework. Contact the NITE office at (989) 773-1714 or e-mail nitemtp@localnet.com.
- Internship Hour Requirements explanation sheets for 4-year program are now available.
- Shift Club: Learn back-to-basics community and survival skills: May 11—First aid/emergency, taught by EMTs; June 8—Prophecies about the coming shift (Bring your research to share). Drumming begins at 6:00; meeting 6:30-8:00.
- CranioSacral Video Now Available! To supplement your CranioSacral class experience, you can



now purchase this video to help you understand key concepts and terminology and keep fresh the flow of the protocol to ensure that you fully master this great therapy! Get your copy at Herbs! Cost is \$19.95.

- HOMEWORK (Directed Studies) POLICY clarified:
 - Homework should be in a folder with the Directed Study Log-In sheet indicating name of class.
 - Homework must be time-stamped by a staff member if turned in in person. If mailed in, it will be time-stamped upon receipt.
 - Every time homework is due, you must submit one of the following:
 - the completed homework assignment

OR

 - An extension form with \$50 fee. Extension forms cannot be turned in without the fee!
 - Due dates are 30 days after class for massage students, 60 days after class for naturopath students for most classes.
 - If you have only partially completed the assignment, you still need to pay the fee. If you turn in your homework a week after it is due, you still need to pay the fee. If we don't get either the homework or the extension fee and form, a letter will be sent out to you.

Herbs Etc. / N.I.T.E.

Herbs Etc. / N.I.T.E.
1410 S. Mission St.
Mt. Pleasant, MI 48858
Phone: 989 773-3636
Fax: 989 775-7319



Start feeling better now!

**Check out our
website:
www.nite-mtp.com**

Herbs Etc. Free Tuesday Night Classes



No registration is necessary. Classes meet 6:30—7:30 p.m. at Herbs Etc.

May 10, 2005—How Your Childhood is Still Affecting Your Health:
Learn about what minerals were available in your birth month that have affected you ever since! This class will be team-taught by Kathryn and Amy Jo.

May 24, 2005—Iridology:
Back by popular demand, this exciting and fun class is taught by Bessheen. You will always learn something new in this one!

June 7, 2005—Momma/Baby Club:
The first meeting of this special club, taught by Mollie.

June 21, 2005—Colon Cleansing for Weight Loss:
Amy Jo's favorite class to teach! You'll be amazed at the wondrous colon and how it is all-important to everything else!

July 19, 2005—Ten Common Herbs Found in Your Yard and How to Use Them:
Did you know that there are fabulous things growing naturally in your yard? Bessheen will teach you about these and other wonders in this great class.

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SPECIAL OFFER

Use this form to register for the following classes
by May 15, 2005, and get **\$25 off the cost of the class!**

LIVE FOOD PREPARATION, JULY 8 - 10, 2005

This class will cover the preparation of food without destruction of the extremely important enzyme content and nutritional value. Students will observe and actually practice sprouting seeds, growing fresh greens, composting, juicing, and preparing unique meals. Creating meals with high levels of nutrients for total cellular repair in the body is the focus. Best of all, the food prepared will be consumed by students!

HERB WALK, AUGUST 12 - 14, 2005

Students will have a unique opportunity to see the herbs growing in gardens specially prepared to enhance their healing energy and therapeutic value. The entire class will take place outside where students will observe planting patterns; patterns for energy and growth; how to establish their own gardens; proper replanting; when to harvest the herbs; identification of plants; and folk history about their uses and preparation for home use.

DEATH & DYING, SEPTEMBER 23 - 25, 2005

This course has the objectives of training students to help others prepare for death and the dying process, creating awareness about the moment when the spirit leaves the body and the journey to a peaceful departure. Most importantly, students will learn to assist family members and loved ones to become active participants in this beautiful progression. Additional topics will include sudden or traumatic death situations and how to be an aid even to strangers. So many times death is treated as a clinical event; however, you can learn how to make a difference in one of the most important journeys a human being will ever take. This course isn't really about death and dying; it is about life and living.

Also coming up is a

SURVIVAL CLASS WEEKEND JULY 29 - 31, 2005.

You will learn how to survive in the wilderness, including making your own shelter! This will require sleeping outdoors, bringing your own food, and testing your abilities to live in the wild! This class costs \$175, and you can use this form to register for it, too. *[No discount for this class.]*

Name _____

Date _____

Address _____

Class(es) registering for:

Live Food (\$300*)

Herb Walk (\$300*)

Death & Dying (\$300*)

Survival Class (\$175)

(no discount on the Survival Class)

Amount enclosed: \$ _____

*\$25 discount can be applied *(to first three classes)* if sent in by May 15, 2005