

NITE LIGHT

Natural Health Quarterly

Herbs etc. • NITE • NCC



Fall 2018

*Top Natural Health Tips & Tools
Free Classes Schedule
New Amazing Services*

Editor's Note



Letter from the Editor

What does health mean to you? Does it mean not having aches and pains? Does it mean not taking medications? Does it mean that whatever you have “going on” isn’t serious enough to do something about, because you can “live with it?”

In homeopathy, health is defined as a state of freedom. This freedom means that you are not only feeling well physically, it means that underneath it all, there is harmony and balance. This harmony radiates from all parts of you: physically, mentally, emotionally, spiritually, and energetically. The most wonderful thing about natural health is that it honors each person as an individual and seeks to provide this freedom for each person by using that which is available to us in nature in order to achieve that harmony.

One of my favorite aspects of naturopathy is that it respects that you are in charge of and responsible for your own health. You have the power to claim a state of ease or the power to refuse a state of dis-ease. You can actually do this for yourself, and it doesn’t mean turning to outside authorities to make decisions for you or spending large sums of money in order to do it. Now, the key word is responsible; this can be daunting to some people, because this means that you have to listen to your body and your inner voice, make decisions that are in your best interest, and take action in implementing changes and activities to support those decisions. Yet, once you achieve your goals and are living the life you’ve always desired, then you, alone, can take credit for your amazing transformation. And really, no one else can “cure you” or “make you healthy;” your health really is your responsibility. Though at times we may not want to admit it, isn’t this the freedom for which we are longing?

In that spirit, this edition of the NITE Light is filled with simple practices and remedies that you can use at home to address those areas that have lost their balance. Education is empowerment. The more you learn about how to use natural health at home to help yourself, the more you wield your power: you begin to listen to your body more, trust your own instinct more, and as a result, your own good health grows stronger. You free yourself. Then, when you live in your state of freedom, you start to free others, too. Your family members and friends will witness your vitality, and they will become interested in finding out how to accomplish this for themselves.

I hope you enjoy this issue and find inspiration that can enrich your life daily. Let’s all be free.

Amy Jo Howard, ND



Nature's Sunshine Products

- ◆ Anxiousless
- ◆ Distress Remedy
- ◆ Refuge Essential Oil

10% off October & November

Natural Solutions

Hepatitis



Viral hepatitis infections are the most common cause for liver disease. According to the U.S. Department of Health and Human Services, hepatitis is a viral infection that causes liver inflammation which can ultimately result in liver damage. Hepatitis occurs in several different forms including A, B, C, D, & E. Hepatitis A & E infections can occur from contact with an infected person's stool or contact through food or water that has been contaminated; these infections are typically acute or short in duration. Meanwhile, Hepatitis B, C, & D are spread through coming into direct contact with an infected person's blood or other body fluids; these infections are typically chronic and can lead to cirrhosis of the liver, liver failure, and liver cancer (2017). The best way to avoid infection is to exercise good hygiene practices and stay away from locations where hygiene isn't regulated.

The risks for infections increase for those traveling overseas to countries where sanitation levels are subpar. Also, the risk increases for those who have been acutely exposed to bodily fluids, human waste, or contaminated foods. Direct exposure to those infected with hepatitis creates the most concern for those suspecting an infection. Standard medical procedures recommend hepatitis vaccines to help prevent the spread of infections. However, because the vaccines contain a high amount of their own toxins and risks factors, looking to a more natural means of prevention is necessary. One way to do this is through nontoxic homeopathic prophylaxis; these work like vaccines except without the toxic burdens on the body. Additionally, these homeopathics can be taken as antidotes if one has already contracted the virus.

Natural treatments for hepatitis can depend on the type of hepatitis presented. Hepatitis A & E are considered acute viruses and typically, are resolved by the body's immune system within 4-6 weeks. During this process, the immune system can be bolstered in order to speed up the recovery. The first thing is to reduce inflammation by supplementing with high doses of Vitamin C, Lecithin

and Milk Thistle; these help protect the liver during the infection phase. Secondly, a rotation of antiviral herbs including Yarrow, Una De Gato, VS-C, Olive Leaf Extract, and Morinda helps assist in removal of the viruses. Over the next couple weeks, the recovering person should spend time resting and focusing on eating lots of vegetables, healthy fats, and non-processed foods; this allows the body to focus on the healing process rather than adaptation to other external stressors.

Chronic hepatitis infections that occur from Hepatitis B, C, & D more commonly can lead to cirrhosis, liver failure or cancer. Typically, the body does not recognize these viruses as easily, and so, the process of removal may need to be assisted through antiviral treatments medically. However, there are cases where recipients do not respond to these treatments, and in these instances, research shows that those who do not respond to standard medical treatments for the viruses actually respond once supplemented with Vitamin D (Petta, et al. 2009). Evidence suggests that Vitamin D levels play an important role in the ability for the body to fight off these viruses. Additionally, research also shows that B12 supplementation is helpful for the body dealing with these chronic types of infections as well (Rattue 2012). As with the acute versions of the virus, controlling inflammation levels is key, using high doses of Vitamin C, Lecithin, Colostrum, CoQ10, and Milk Thistle. These will help prevent liver damage during the infection phase of the disease. Additionally, research shows that there is a link between developing liver cancer as a result of the virus and low levels of selenium (Ming-Whei Yu et al. 1999). So, adding in therapeutic doses of selenium to the healing process can be helpful in preventing damage to the liver cells as well. It is important that the body gets plenty of rest and healing and nutritious, non-processed foods during this time. Consult with a Naturopath for specific personalized healing plans in the case of these types of hepatitis.

Common Concerns and Natural Health Protocols

The Herbal Rub

The Peppermint, Capsicum, Lobelia rub therapy is a relaxing and healing therapy for the muscles, tendons, and ligaments. This therapy uses a combination of essential oils and herbal tinctures topically along the spine in conjunction with specific massage techniques and thermo-hydrotherapy. The therapy works to loosen the pelvic and spinal muscles allowing the spine back to come into alignment; additionally, it reduces inflammation, muscle spasms, and promotes relaxation.

What to Expect? To start, the recipient will lie face-down on a massage table. Four drops of Peppermint essential oil will be applied alongside the spine from the base of the head, down the spine, to the sacrum (low back). This will open up the pores and warm the area, which will help loosen the muscles. Next, 15 drops of lobelia extract will be applied along the same regions; this will help relax the muscles and reduce any spasms. Lastly, 10 drops of capsicum liquid herb will be applied along these regions in order to promote circulation and warmth to the tissues.

The herbs will be worked into the tissues with light pressure first and then, increased to deeper pressure, the therapist making circular motions along the spine. Long sweeping strokes will be applied from head to sacrum to help the flow of circulation.

A muscle pain relief technique called trigger point therapy will be applied to the muscles along the spine to release any hypertonic muscles. The connective tissue around the sacroiliac joint (low back area) will be released using a light pressure myofascial release technique.

At this point, a hot towel will be applied over the back region if the recipient is okay with the heat. Then, a dry towel maintains warmth. The muscles of the upper leg will be warmed up with massage, and mild isometric stretching will be applied to balance the pelvic muscles.

The recipient will be asked to roll onto their back, so the therapist can work the front muscles of the leg and continue with the stretches. Muscles of the abdominal region are considered antagonists to the muscles along the spine. The therapist will work this tissue using myofascial release techniques or trigger point therapy.

The herbal rub therapy is safe for most everyone! It can also be repeated at home with just the 3 key ingredients applied to the spine, knee, shoulders, etc. with the wet towel being a key to penetration and muscle comfort.

Warts

Warts are a result of a virus in the body. There are some key natural remedies used to get rid of warts that also deal with the underlying cause of the virus. First, VS-C; this is a Chinese herbal blend from Nature's Sunshine that was formulated specifically to resolve chronic viral disorders. Second, choose a homeopathic remedy: Antimonium crudum or Thuja occidentalis. The combination of the VS-C with one of these homeopathic remedies has been very successful in ridding the body of warts, even in cases that have been stubborn or long-standing. Take both of the above and apply Tea Tree Oil or Purification Oil until all the warts have disappeared.

Hot Flashes: News Bulletin from the Liver

Many people think that hot flashes are "normal," relating to menopause and changing hormones. However, hot flashes are a sign from your liver that things are out of balance. The liver is the largest internal organ, and when it is overworked or under stress, it generates a lot of heat in order to process hormones and perform its other functions. So, you get hot, and then, you sweat in an attempt to cool your overheated body and allow for the release of built up toxins. To make your liver happy, squeeze fresh lemon juice into your drinking water. Eat beets. Choose a supplement to support the liver; Nature's Sunshine has Liver Cleanse Formula, LIV-J, Chinese Liver Balance, and Milk Thistle Combination. They also make a blend called FlashEase that helps with hormone balance in addition to assisting the liver.

Allergies are a Gut Issue

Any type of allergies, whether food or environmental related, actually begins due to an imbalance in the intestinal lining. Have you heard of leaky gut? This is when the lining of the intestines becomes irritated, inflamed, and permeable and allows substances to pass through the lining into the bloodstream. These substances then trigger an "allergic response" by the immune system and become an allergen. So, the best way to heal your allergies is to heal your gut. Here are some steps: drink pure water, eat real foods, eat organic foods, avoid processed foods, avoid using a microwave, consume bone broth, take probiotics, and Liquid Restore (a supplement made specifically to heal and restore the gut lining). In addition, a very popular remedy called Protease Plus greatly reduces allergies by breaking down the very protein poison of each individual allergen.

The Power of Massage for Acid Reflux

According to Mayo Clinic, more than 3 million people a year are diagnosed with hiatal hernias, or stomach hernias. A hiatal hernia is a condition where the stomach pushes up through the esophageal opening in the diaphragm muscle and can lead to abdominal pain, nausea, and acid reflux. Are you one of the 3 million people that suffer from this discomfort on a weekly or even daily basis? An easy, non-invasive step to help address these symptoms may be to ask your Massage Therapist to implement abdominal massage into your bodywork sessions.

The protocol for “pulling down the stomach,” is... basically, what it sounds like. As a client getting bodywork, you would start by lying face up on the table. Your therapist would then present you with a towel or sheet to cover the chest, while they pull down the sheet to a few inches below the navel. The therapist will apply lotion and work the entire abdominal area to release tension from the muscles and then work up to the stomach. Using the tips of the fingers, pressure will be applied inward toward the spine to try and “grip” the stomach. A slow, downward motion, as in pulling towards the feet, is then applied to bring the stomach to its normal resting spot. This protocol will help release the stomach from pressing upwards into the esophagus, reducing the prospect of acid reflux.

Abdominal massage may be the path to help relieve stomach complaints and acid reflux. It's easy, simple, and can be incorporated into your regular massage or be the focus of your entire session. Whether you are new to massage or a regular client, ask your therapist to guide you. Improvement is felt after just one session!

Vaginal Dryness

This can result due to a number of reasons. One way to increase natural lubrication and balance estrogen levels is by doing a Yoni egg practice. Yoni eggs are egg-shaped polished stones, usually made from jade, onyx, or quartz, that you self insert temporarily into the vagina to stimulate the bartolin glands that are responsible for producing natural lubrication. Yoni eggs are also beneficial for strengthening the pelvic floor muscles to help with incontinence, to prevent prolapse, and more. From a nutritional standpoint, Vitamin D, Vitamin E, Maca, and probiotics can also be beneficial. Peppermint oil on the low back (sacrum) area can also stimulate lubrication; just don't get it on any soft tissue area!

Incontinence

Loss of bladder control, or urinary incontinence, is a concern for many. There are different types of urinary incontinence, including stress incontinence, urge incontinence, overflow incontinence, functional incontinence, and a mix of types.

First of all, consider Uva Ursi. This is an herb that helps to strengthen and tone the bladder and urinary system. Next, start incorporating Kegel exercises into your daily routine and/or Yoni eggs (see the Vaginal Dryness article for more information on Yoni eggs).

Also, consider CranioSacral therapy. This is a light touch bodywork therapy that works with the alignment of the spine. It encourages the proper flow and nourishment of the nerves that feed into the spine including the nerves that nourish the bladder and other pelvic organs. (So, tension or misalignments of the low back can affect the bladder and lead to incontinence.) We also offer an essential oil blend called Uttati Urinary Blend to be placed on the sacrum.

Toe Fungus is More than Fungus

Toenail fungus is a common issue that is more than what meets the eye. This unsightly condition is another way that the body indicates that there is a more serious issue. There are several possible root causes for toenail fungus, the most common being an imbalance in gut health. Other possibilities include thyroid health or lowered immunity; it may be wise to see a natural health practitioner to confirm the root cause. Toenail fungus can be spread easily and thrives in a moist and warm environment. It is wise to keep the feet clean, treat all toes on both feet, and expose feet to open air.

Gut health is the first area to work. Digestive enzymes such as *Proactazyme* by Nature's Sunshine and a multiple strain probiotic are very important. *Living Streams Multi-Blend* is unique in the fact that it is a liquid probiotic designed to both take internally and apply externally. Topical application is essential when it comes to working with toenail fungus. A foot soak with apple cider vinegar works wonders at ridding the body of the infection. The essential oil Tea Tree is popularly known to aid in the healing process with toenail fungus.

Remember, the fungus did not develop overnight. This is an expression from the body of an imbalance of health that is possibly years in the making. Patience will pay off, and your body will thank you for it!

Cell Salt Chart

We carry these safe fast acting mineral salt remedies that work on reestablishing minerals within the body. These homeopathic pellets can be combined with any medicines or other remedies without fear of negative interactions. Along with physical and emotional ailments, the cell salts can also be determined by the date of birth and 2 months following.

Cell salt	Main focus	Emotional symptoms	Other physical symptoms
#1 Calc Fluor Calcium Fluoride June 22 - July 22	Bones, teeth, muscles, ligaments, and veins	Indecisiveness, low self-esteem	Poor tooth enamel, hemorrhoids, varicose veins, carpal tunnel, any tissue that is too weak and needs strength
#2 Calc Phos Calcium Phosphate Dec. 22- Jan. 21	Bones, teeth, and muscles	Lack of motivation, mental weakness, discontent, and restless	Structural stress, tooth formation, headaches, growing pains, repair for bones, wounds
#3 Calc Sulph Calcium Sulphate Oct. 24- Nov. 22	Blood, mucus membranes, and skin	Fatigue, nervousness, nerve sensitivities	Sinus congestion, coughs, sore throat, skin eruptions, reproductive weakness.
#4 Ferrum Phos Iron Phosphate Feb. 20- Mar. 20	Blood, Cell Oxygen	Stimulation and overheating following dullness	Anemia, blood loss, inflammation, first stage of cold or cough, nose bleeds.
#5 Kali Mur Potassium Chloride May 21- Jun. 21	Blood, muscles, saliva, and mucus membranes	Irritability, apathy, sluggishness	White coated tongue, swollen glands, blisters, stuffy heads, earaches, lung/ear complaints
#6 Kali Phos Potassium Phos. Mar. 21- Apr. 21	Nerves, brain, and muscles	Nervous exhaustion, moodiness, difficulty with concentration, self-pity	Nerve/sleep issues, poor memory, nightmares, overuse of brain fatigue, anxiety.
#7 Kali Sulph Potassium Sulphate Aug. 24- Sept. 23	Skin, lungs, and mucus membranes	Timid, aversion to work	Dandruff, psoriasis, eczema, hot flashes, thick yellow mucus, skin eruptions
#8 Mag Phos Magnesium Phos. July 23- Aug. 23	Muscles and nerves	Sensitivity, impulsive, fatigue from brain exhaustion	Sciatica, hiccups, spasms, nausea, nerve headaches, cramps, dehydration.
#9 Nat Mur Sodium Chloride Jan. 22- Feb. 19	Skin and mucus membranes	Isolation, deep grief, control issues	Salt cravings, dry mouth, constipation, water retention, cold sores
#10 Nat Phos Sodium Phosphate Sept. 24- Oct. 23	Joints, stomach, and intestines	Depression, low self-esteem, sleeplessness	Acid rising in throat, pain after eating, stiff and swollen joints, muscle soreness
#11 Nat Sulph Sodium Sulphate Apr. 22- May 20	Head and liver	Confusion, depression, irritability	Asthma, headaches, feels every weather change, neck and liver complaints.
#12 Silica Silica Nov. 23- Dec. 21	Bones, skin, hair, glands, teeth, nails, mucus membranes	Low self-esteem, timid, vanity	Athlete's foot, boils, abscesses, constipation, weak hair/nails, rebuilds bones from injury

How to Use Castor Oil Packs



Castor oil, made from the castor bean, is great to have on hand for at-home remedies.

Rich with fatty acids, flavonoids, phytosterols, amino acids, and other compounds, it has been noted as having many beneficial properties, including being: anti-inflammatory, anti-microbial, liver protective, lymphatic system supporting, an antioxidant, and more.

One of the best ways to use castor oil is to use it topically as a “pack” to draw out toxins and other impurities, encouraging the body to release them from where they have stagnated and to move them through the lymphatic system and even pull them out through the skin. To do a castor oil pack, heat the castor oil so that it is warm (but not super hot, otherwise it will burn your skin). Use a flannel or cotton cloth (one that you don’t mind if it gets stained) to soak up the castor oil. Apply the castor oil over the body area on which you want to focus (for example: liver, intestines, kidneys, or knee, etc.). You may also apply plastic wrap and/or a heating pad over the top of it to drive the oil deeper into the body. Leave on the body for 20-45 minutes.



The frequency with which you do this will vary depending on your area of focus. Do keep in mind that the castor oil will stain other clothing with which it may come in contact. This is especially great for liver and digestive concerns and even inflamed joints!

Tuesday Teachings

6:30 pm - 7:30 pm: NITE Classroom

- Oct 23: Using the Enneagram to Improve Relationships
- Nov 6: Your Eyes Tell a Story About Your Health
- Nov 20: Healing Emotions with Flower Remedies

Healthy Eating Classes (\$5 Donation)

6:00 pm - 7:30 pm: Odd Fellows Classroom

- Oct 9: Mediterranean Cooking
- Nov 13: Asian Inspired Dishes



Make Plans

First Annual NHIFF 2019

Natural Health Independence Freedom Festival

The Best 4th of July Imaginable
Vendors
Workshops
Entertainment
Speakers
Camping
Incredible Food
Games
Family Friendly



July 4th - The Way It Should Be!
Symbiosis Ranch, Mt. Pleasant, Michigan

Welcoming More Talent and Services

Amanda Hanley, LMT

Amanda joined the Herbs etc staff this August after completing the Therapeutic Bodywork Practitioner program at NITE a few seasons ago. She is a life-long resident of the Mount Pleasant area. She has had a career of helping people for many years and now, will put her newly honed skills into practice as a massage therapist. Amanda has very strong assessment skills for working with people who have structural concerns.

She offers sinus and headache relief massages, deep tissue massage, reflexology, cranial sacral therapy, healing touch, pregnancy and infant massages.

You can set up an appointment with Amanda by calling (989) 773-3636.



Braden Scharlow

Braden specializes in working with energy and the human energy field to help facilitate deep healing through the many layers and aspects of oneself. His focus is on integrating physical, mental, emotional, and spiritual wellbeing so that clients are able to identify their blocks and release what no longer serves them, allowing them to move forward and live fuller lives with more vitality and connection to themselves.

One of Braden's main focuses is to help strengthen his client's connection to themselves and help them understand the healing process, so that they feel empowered to continue doing their own healing work outside of sessions with him. Call (989)773-3636 to set up an appointment.



Pastor Dennis Kalil

Dennis provides spiritual based listening and advising. His 35 years of ministry experience has crossed denominational lines and untied people from every faith, using ageless principles he has learned and practiced.

These very principles that were shown to him and applied to his own life were instrumental in his finding strength, comfort, stability and peace throughout his early years and as a single parent of 4 children and now, 7 grandchildren.

Now, he has a passion to help others find their own joy in life, introducing them to the principles which will help them achieve the success and freedom they desire. Dennis is available for appointments during the week and on certain Saturdays. It's time to work on this level of healing; call now for your private, confidential appointment (989)773-3636.



Denise Denman, CN, ND

Denise is graduate of the Naturopathic Institute, earning her Certified Naturopath diploma and then, earning her traditional Naturopathic Doctor credential from the American Naturopathic Medical Certification Board.

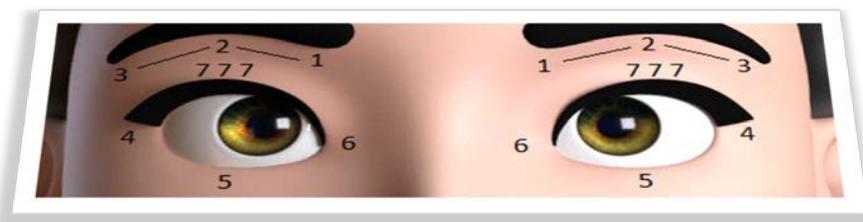
Denise is seeing clients at Herbs etc. for natural health evaluations, voice analysis, iridology, emotional healing, reflexology, colon hydrotherapy, massage and body work. She has a gift and passion for helping women with female concerns, including polycystic ovarian conditions, PMS and hormonal imbalances. Denise is also an instructor at the Naturopathic Institute teaching in the Reflexology lab classes.

Call (989) 773-3636 to get your appointment with Denise and start on your path to good health.



Exercises to Improve Eyesight

- Step 1:** -Fully extend your arm in front of you and study your index finger in every detail (15-20 seconds)
-Repeat at a medium distance (15-20 seconds)
-Repeat with your index finger in front of your face (15-20 seconds)
-Repeat entire process one more time
- Step 2:** -Position eyes to look at 12 o'clock, 1 o'clock, 2 o'clock, etc., moving clockwise (hold the eye in each position for 3 seconds)
-Repeat this counterclockwise
-Repeat the entire process one more time
- Step 3:** -Rub your hands together for 15 seconds.
-Place the palms of your hands over your eyelids and hold for 30 seconds
- Step 4:** -Stimulate each pressure point (as shown) for 5 seconds; hold lightly for another 5 seconds (feel for a notch in each area) - Point #7 is a slight pressure, then release 3x



- Step 5:** -Rub your hands together for 15 secs and place over your eyes and hold for 5 seconds while saying "Thank you lord, for allowing me to see the world with renewed clarity."

Note: Do these exercises without contacts or glasses.

Lori Becker, CN, ND

Lori wears many hats at Herbs etc and NITE. She is the instructor of "Sacred Geometry and the Healing Art of Feng Shui." Lori is dedicated to teaching the art of creating sacred space, and as a Feng Shui Advisor, she assists clients with a dynamic approach to healing. She has earned a Permaculture Design Certification under Wayne Weiseman who is the Founder of the Permaculture Project.

Lori's ongoing area of specialty and personal focus resides in Philosophy. Lori is passionate about applying philosophy and the Fundamental Laws of Nature to the training and development of her students and clients. Lori is a Certified Naturopath and a Naturopathic Doctor; she takes clients on Wednesdays, call (989)773-3636 for appointments.



Helen Kociba, CN, ND

Helen is a board certified Traditional Naturopathic Doctor, Holistic Birth Doula, and owner of Wise Woman Natural Health Center. She became a birth doula and has continued to witness the miracle of birth for the last 20+ years. In 2010, she began her next chapter at the Naturopathic Institute, first earning her diploma in Holistic Labor Companion and then, continuing on to earn her credentials as a Certified Naturopath.

Her passion for women's health has expanded to the love of helping the whole family. She sees a variety of clients at her office and shares her passion by teaching community natural health classes each month. She is honored to instruct the Conception, Childbirth and Childhood class at NITE, where she will share her wisdom of experiences with students.





Each organ, gland, and system in the body has its own frequency that resonates to particular nutrients and vibrations required for their function. A Voice Analysis session analyzes the frequency patterns in your voice to reveal which tones are showing “high” or “low” on your personal print. A “high” tone indicates a note that is stressed, and the corresponding areas of the body are stressed and overworking. A “low” tone indicates a note that is weak, and the corresponding areas of the body are weak and functioning below their ability.

Once you have a Voice Analysis session and see where your tones are, then you can use Sound Therapy and Color Therapy to bring these areas of the body back into balance. Listening to certain sounds, as indicated from your analysis, enables your frequency patterns to harmonize and restore balance to those areas of the body that were overworking or weak. Additionally, you can also receive Color Therapy by lying and relaxing under certain color lights to achieve a similar effect or to enhance the work of the Sound Therapy. Schedule your Voice Analysis session for only \$36 and discover your personal frequency print! Below is a chart indicating areas of the body and their corresponding sounds and colors.

BODY AREA	SOUND / NOTE	COLOR	BODY AREA	SOUND / NOTE	COLOR
Brain/Nerves	F#	 Lemon	Liver	G	 Red
Eyes and Ears	F	 Lemon	Gallbladder	G#	 Yellow
Sinuses	F	 Green	Kidney – right	C#	 Magenta
Nose and Mouth	D#	 Indigo	Kidney – left	D	 Magenta
Thyroid	C	 Orange	Adrenals	D#	 Magenta
Neck/Shoulders Left	D	 Orange	Small Intestine	C	 Yellow
Neck/Shoulders R	C#	 Orange	Large Intestine	B	 Yellow
Lungs	A	 Orange	Bladder	A	 Green
Heart	A#	 Magenta	Low Back	G#	 Turquoise
Stomach	F#	 Orange	Legs and Feet	G	 Green
Pancreas	F	 Yellow			

Article by Amy Jo Howard, ND

Certified Naturopath's - Class of 2018



Lori Becker, Mt. Pleasant
"My motivation for the natural health program was to learn about the root causes of illness and how disease manifests in the body."



Rhonda Sappington, West Branch
"This program taught me to accept and meet people where they are. In order to do that, we have to accept who we are, what we do, and how we do it. This program gave me the tools to do that."



Denise Denman, Mt. Pleasant
"I have a lot of grand ideas for the future. I love teaching and seeing clients with a focus on women's health and energy work. I also have a dream of someday making my own herbal remedies."



Renee Statfield, West Broomfield
"Where I would like to go with naturopathy, is to plant seeds of knowledge and information through teaching people who are at the beginning stages of their natural health journey."



Corey Muzik, Brighton
"I would like the world to know that Natural Health is not an easy path, but for those willing to commit and do the work, it is a path of true miracles."



Deshawn Smith, Gross Pointe Woods
"The hardest lesson I learned in the program was that you are not meant to "save" everybody. You share the gift of natural health knowledge, and it is up to them if they choose to take it. Not everyone wants to help themselves and do their own work."



Correne Tait, Byron Center
"Natural Health became my passion, when in 2009, allopathic medicine was not enough to save my life when I was so ill."

Free Health Education to Your Community

Introducing Health to Community! We will teach classes in your home to your family and friends. It seems like everyone around us is suffering from some form of poor health. Everywhere you go, you hear about the unfortunate situations of people, friends, and loved ones. At Herbs etc, The Naturopathic Institute, and the Naturopathic Community Center, we are focused on health education and support to our community and beyond. The only way to make a difference is to be the change you wish to see in the world.

For that very reason, our Naturopathic staff, students, and alumni are coming to you. That's right, if you will help us with this incredible campaign of wellness for our country, we will teach a class in your home, community hall, church, school, or meeting place, free of charge! We have alumni and students all over the state... we can get to where you are.

Our founder, Bessheen Baker, ND, will be guiding the way with classes in our community and the surrounding area as well as helping students and alumni throughout the State of Michigan. If you can gather a minimum of 10 guests, including yourself and even children 12 years old and up, we will bring the teaching materials, light, and hope to your community.

Popular Topics: [Gut Health](#) Better Digestion, Immunity, Energy, and Stress through Cleansing and Building
[Female Health](#) Hormone Balance, PMS Relief, Pregnancy, Menopause, Bone Health
[Stress & Emotions](#) Nourishing the Nerves, Natural Remedies for Emotions and Brain Function

Several topics are available! Leave a message for Dr. Baker to arrange for a class in your home or community by calling (989) 317-4787. Include your name, location, and class type, and Dr. Baker will contact you for scheduling. You may also email your information to contact@naturopathiccommunitycenter.info.



Top 10 Tips

1. Headache

Headaches can sometimes be triggered by stress as well as tension in the neck and shoulders. This causes misalignment of the spinal vertebrae. Rubbing Tei Fu Oil and lobelia into the neck and shoulders can relax muscles and relieve many headaches.



M-Grain

M-Grain is an essential oil blend that is traditionally used for Migraines and Stress Headaches. The oils in this blend have the ability to aid in various problems related to the nervous and structural system. M-Grain can be used in a couple different easy ways to aid in relief. You can add a couple drops to the palms of your hands and cup over your nose and inhale. Another application is to massage along the brain stem and/or rub a few drops of the blend on the Vita Flex Brain area on both large toes.

2. Hair and Anti Aging

Pink Grapefruit

If you want shiny, healthy hair, consider adding one drop of the essential oil of pink grapefruit, by Uttati, into your hand and massage throughout your hair. This oil in small amounts enlivens your hair and makes it look healthy and shiny!



Wrinkles Away

A very special lotion made by one of the world experts in aromatherapy and skin care. The owner of Uttati shared this amazing blend with us several years ago, and the people that use it come back again and again. It hydrates the skin with absolutely no oily feel. It absorbs quickly, and you can experience the changes, especially around the eyes and mouth, right away.

3. Anxiety

Solle Renue drink mix provides the nutritional support necessary to deal with everyday stressors that can cause mental anxiety, physical unease, and weakened immunity. Renue contains herbs like Lemon Balm, Passion Flower, and Motherwort to help restore balance in mood and calm, restore, and re-center ourselves.



4. Fluid Retention

Nat Mur Tissue Salt

Fluid retention is a sign that the body is having trouble with eliminating water. This can be caused from an imbalance of the electrolytes present in the extracellular fluid, which aid in the exchange of water between cells and maintain a fluid balance in the process. Nat Mur is a Homeopathic Tissue Salt of Sodium Chloride that helps keep the amount of fluid inside and outside of our cells in balance. You can simply dissolve 4 pellets under the tongue up to 4 times a day to aid in the balancing process.



Nature's Sunshine Lymphatic Drainage

This liquid blend of herbs affects the cardiac system, kidneys, and the lymphatic system. It helps eliminate excess fluid by stimulating lymphatic drainage and clears toxins from tissue spaces. You can take ¼ teaspoon in water twice daily.

Is this a Chronic Condition?

Does it seem like you have tried everything and the fluid just isn't coming off? This can be an indication of a chronic heart and/or kidney condition. Also, sometimes, parasites within the blood and lymph system can cause obstruction of the flow of fluids. Partner with your Naturopathic Doctor to formulate a protocol which consists of the appropriate therapy and modalities to aid in the healing process.

5. Skin

Herbal Face Food Products

Herbal Face Food IS food for your face. It is a 100% natural, raw, and edible skin serum. It contains powerful anti-oxidant botanicals that attack damaging free radicals and support collagen and elastin layers for smoother, younger looking skin. Herbal Face food can also be used for acne, sun spots, black heads, melasma, rosacea, eczema, and psoriasis. Herbal Face food helps tone, firm (gets rid of wrinkles!), feed, nourish, and repair the skin!



6. Coffee Addiction

Teecino:

Kick your coffee habit by using Teecino Chicory Herbal Coffee. It is a delicious blend of organic herbs, grains, fruits, and nuts that are roasted and ground to brew and taste like coffee. Teecino is caffeine free and won't interfere with sleep. Without the acid indigestion that coffee often causes, Teecino is perfect for promoting good digestion enhanced by chicory's prebiotic inulin that supports healthy probiotics.



Why is coffee "bad?" Caffeine stimulates the brain to produce the neurotransmitter dopamine by occupying the brain's adenosine receptors. In a nutshell, this can desensitize the receptors and result in the burn out of your dopamine stores! This process is then followed by the pituitary gland releasing hormones that signal the adrenal glands to produce adrenaline which can make us stuck in the fight or flight response. When we are stuck in this response on a long term basis, this causes adrenal exhaustion. Long story short, coffee consumption can eventually lead to sleeping problems, thyroid and adrenal imbalances, depression, and fatigue.

7. Keeping Focused

Solle Excell drink mix is designed to give your mind and body enhanced vibrancy and clarity. Excell's herbal blend of Cupuacu Fruit and Red, Yellow, and Black Maca enhances motor skills, supports libido, and improves memory and mood.



8. Upset Tummy

Stress J

Some of us have the tendency to hold our stress in the solar plexus area. This nervous stress can be a significant cause of cramping and digestive upset. Stress-J is formulated to relax spasms anywhere in the body but especially, in the colon. Stress-J has soothing herbs like chamomile, hops, and marshmallow which will help balance the stress response in the nervous system and are anti-inflammatory.

9. Brain Food

Selecting and balancing the fats and oils we consume is a huge factor in optimal health. Essential Fatty Acids are necessary for healthy hormone balance, nervous and mental balance, cardiovascular system, immune function, and anti-inflammation. Barlean's Omega Swirls contain the best possible ingredients and processing of Flax Oil and Fish Oil which are great sources of Omega-3s. They are non-GMO and have no dairy, sugar, or gluten. You can add Omega Swirl to your morning smoothie, favorite protein shake, on top of your yogurt or cottage cheese, or a teaspoon by itself!



10. Depression

Solle Adaptable is a mood enabling formula in capsule form. Adaptable contains adaptogenic herbs plus St. John's Wort. This blend helps overcome stress, combat depression, increases energy, and enhances all major body systems.

Gallbladder and Liver Flush - Use common sense and precaution for pre-existing conditions

This is a fast that some people use to flush the liver and gallbladder. It can work for stones as well—the hydrangea and malic acid (from the apple juice) soften hardened bile and stones!

What you will need:

- Hydrangea capsules
- Gallbladder Formula from NSP
- 1/2 cup olive oil (extra virgin is the best)
- 1/2 cup lemon juice (fresh squeezed is best)
- Lots of apple juice (organic is best)



Instructions: Fast for 2 days, consuming apple juice plus 1/2 your body weight in ounces of water w/ lemon each day. (Consider taking 3 caps, 3x a day of Hydrangea for 2 weeks before and during the flush and Gall Bladder Formula at 1 cap 3x a day for 2 weeks before and during the flush.) At the end of the 2nd day, before bed, blend together 1/2 cup olive oil and 1/2 cup lemon juice. Drink, then immediately get into bed, pull your knees to your chest, and lie on your right side. The oil stimulates a large release of bile; the lemon juice softens bile. Within hours, a sudden urge to evacuate the bowels may occur. Foul liquid and stones will mostly likely be in your toilet!

Uttati: Truly Essential Oils

The Company that Inspired Gary Young

Perfume Blends

The smell of essential oils has an immense impact on human emotions for both women and men. Not only do essential oils affect how we feel, they play a factor in non-verbal communication between individuals.

The Ancient Egyptian art of perfumery teaches us to choose our own suitable perfume blends that magnetize to our chemistry which, in turn, makes them a part of our identity.

A different perfume for different places, times, events, and occasions is also indicated within these teachings. You would not wear the same perfume to work that you would wear on a date!

Arabian Nights - Can be worn by men or women for an invitation to intimacy.

Celebration - Another blend for both men and women that stimulates the evening for sensual encounters.

Cleopatra - Wear this blend to evoke the art of seductiveness!

Cleopatra's Secret - A potent and straightforward scent for intent of seduction!

Hatshepsut - This blend identifies with the executive woman and her projection of self-confidence into the work-place.

Luxor - This is a universal blend that is great for public events, parties, and meetings.

Nefertiti - This enticing formula is filled with the essence of exotic beauty and sensual intrigue.

Omar Khayam - This light scent is made for the sensitive man who is willing to build a romantic relationship slowly and thoughtfully.

Queen of Egypt - This regal blend evokes the feminine beauty and power of the ancients.

Secret of the Desert - For sensual immediacy with your special loved one.

Sensation Royal - This spicy blend reflects an attitude of self confidence and power, yet kindly inviting.

Tut Ankh Amun - This luxurious blend commands the undivided attention of your companion.



Aphrodisiac Blends

Stock up your secret arsenal in your undies drawer with these aphrodisiacs!

For those more "Intimate" occasions, Herbs etc. offers the Hathor Set. The sense of smell when using essential oils provokes sexual desire and RESPONSE. Each of the Hathor Blends has unique aromatic and sensual properties that enhance sexual intimacy and create pleasure when used individually.

Hathor Blends: The Intens, Essens, and Extens Trio were developed to work together to invoke, restore, or repair love and deepen passion.

Intens - Men and women, use with extreme caution! This potent blend is to be used when you are alone at night or with your partner in the bedroom. This is a powerful preparatory blend that arouses emotional warmth, physical desire, and sexual response.

Essens - Essens starts where Intens ends by opening communication and increasing the flame of physical desire.

Extens - Heightens the previous two blends by heightening and enhancing their power.

Heart to Heart - Celebrates and deepens the union between two lovers.

Rendezvous - Includes over 20 rare and precious oils which stirs desire for physical communication and an invitation to intimacy.

Soul to Soul - Culminates love at the highest level of union.

Our staff at Herbs etc. can provide additional information regarding Uttati essential oils as well as the entire Uttati Line. You can simply wear these essential oils directly on the skin, or we can make your own spray, dropper, or roll-on bottles for your convenience and multiple uses.

Empowering NCC Seminars

October

Sustainability for Everyone

*This unique course is divided into 4 classes. Take one, two, or all four. The half day is \$50, each full day \$89, or all four days for only \$299. All classes are held at Symbiosis Ranch; free camping is available; please bring your own meals. Instructor Wayne Weiseman **October 11th - 14th***



- Thursday: **Family Friendly Fermented Foods** Create and eat fermented foods that heal the body by repairing the gut, boosting enzymes, and restoring immunity. Symbiosis Ranch Kitchen, 5 pm to 9 pm
- Friday: **Tree Guilds** How to create synergistic gardens under fruit and nut trees. Discover what plants live well together in Michigan, including the tree, berry bushes, vegetables, herbs, animal needs, and ground cover. Hands on, 9 am to 5 pm
- Saturday: **Turning Your Yard into Food** No matter the size of your space, bring a map of your condo, house, cabin, empty lot, or future location. Together, we will design complementary growing systems for your future food supply. 9 am to 5 pm
- Sunday: **Learn How to Build a Sweat Lodge** In this hands on course, you will learn the correct and sacred way to build a lodge and do an actual sweat. Be hydrated, and pack clothes for working and then, sitting within the lodge. 8 am to 4 pm.

Genetics 101—Part 1

It may be hard to grasp, but everything that makes you who you are starts with four simple letters that represent substances that form the base pairs of your DNA. In this class the focus will be on learning about what DNA is and how genes work, as well as, how those genes apply to healthy body function or disease pathology. This two-day seminar starts Friday, 1 p.m.—9 p.m., and Saturday from 9 a.m.—5 p.m. Tests are not required to attend. *Instructor: Jacquelynne Featherly, ND, CCH* **Class Fee: \$175 October 19th - 20th**



Using Bio-Identical Hormones for Health and Balance

This workshop will cover **what** Bio-Identical hormones are plus **how and when** to use them. They can be a safe and effective means to achieve balance in the body when combined with proper diet and exercise. Participants will learn how to navigate hormone testing, assessment, and walk through real life case files. Participants will also receive, in hand, an extensive overview of available products, nine resources, reading suggestions, plus historical and descriptive information about all currently available Bio-Identical Hormones. This workshop is appropriate for all-natural health practitioners as well as the lay public! *Instructor, Jennifer Gale, NHP* **Class Time: 9 a.m. - 5 p.m. Class Fee: \$89 October 27th**



November

Interpreting Your Own Blood Tests—Part 2

Continuing from Part 1, by looking for optimum function, we increase our ability to detect the dysfunctions that plague us long before disease manifests. Our conventional lab testing becomes more comprehensive by being prognostic and preventative, as well as pathology oriented. This two-day seminar starts Friday, 1 p.m. - 9 p.m., and Saturday from 9 a.m. - 5 p.m. *Instructor: Jacquelynne Featherly, ND, CCH* **Class Fee: \$175 November 2—3**





503 East Broadway Street, Mount Pleasant, MI 48858
(989) 773-1714 e-mail: contact@naturopathicinstitute.info
web: www.naturopathicinstitute.info

Presorted Standard
U.S. Postage
PAID
Mt. Pleasant, MI 48858
Permit No. 110

Bessheen on the Road (Southern Michigan) October 22 - 25

For NSP growing members, students and alumni, Dr. Baker would love to visit you.
Call to have her stop by and help with *Business Ideas and Clients*. **If you call, she will come!**

Bessheen Hosts Lynda Hammonds VP of NSP Quality Assurance

Free to All NSP Managers, Members, NITE Students, and Alumni

Monday, November 26th, 2018 - 2 pm to 6 pm

Linda has powerful information on testing equipment and great insights on herbs!



Bessheen E. Baker, ND
Founder of Herbs etc. and NITE

Herbs etc

Michigan's Foremost Authority on Natural Health!