



# Your Health Matters

Mustard Seed Herbarry

13980 W. Bell Road, #19

Surprise, AZ 85374

Phone: (623) 583-2286

staff@mustardseedherbary.com

www.mustardseedherbary.com

Volume 12, No. 1

January/February/March 2008

## News from the Crew

The year 2008 has gotten off to a running start and we've noticed that many of you are back on track working towards maintaining good health through nutrition. We're glad that our physical bodies really are quite forgiving when we do not-so-good things to it during the holiday season!

Speaking of running and "back on track", we can't forget about how important exercise – and movement is to our health. Our bodies are made to move. With all the fancy gadgets out there (like TV remotes and the Internet), it is easy to allow our lives to get too sedentary. When there is a lack of activity and movement, lots of things don't work like they should. Our joints start creaking, our muscles stiffen, the mind gets foggy and bodily functions slow down. Exercise is critical in heading off health issues like osteoporosis, heart disease, obesity, diabetes, hormone problems, arthritis, stress & anxiety. Take advantage of the enclosed offer from our resident real estate agent and it can help you get healthy and fit too!

A lot of people are also finding that the Ionic foot detox bath is an excellent way to help the body speed up the cleansing process. Cleansing is helpful to jumpstart a weight loss program and often precludes a nutritional health program. We still have our special pricing thru the end of January, so hurry in to schedule your foot bath.

Until next time, keep well!

*Ellen and Staff*

## First Quarter 2008 Specials

January	February	March
<i>Ultimate Green Zone</i>	<b>Chinese Red Yeast Rice</b>	<i>Bifidophilus FF</i>
<i>Bifidophilus FF Probiotic 11</i>	<b>Cardio Assurance</b>	<i>ALJ Capsules</i>
<i>Hoodia Formula</i>	<b>Super Omega 3 Fish Oils</b>	<i>Proactyzme Plus</i>

### 20% off

above products during the month.

In-store only. Limited to quantities on hand.

## Vitamin D<sub>3</sub> The Sunshine Vitamin

**Vitamin D** is the only vitamin whose "active form" is a hormone manufactured in the skin from the ultraviolet rays of sunshine. D can be found in trace amounts in certain foods, primarily egg yolks, fatty fish, liver and milk fat; however, it is more commonly acquired through supplementation and sunshine.

Lighter skin allows greater amounts of Vitamin D to be produced and darker skin inhibits it. Our bodies have a built-in safety factor of sun tanning; in fact some researchers believe that sunstroke may be related to excessive intake of vitamin D. Smog also blocks the sun's rays from getting into the skin and people living in heavily polluted areas or areas with little sunshine should be aware of their vitamin D requirements.

In the past, there have been concerns about over dosage of Vitamin D however recent research is indicating the much higher doses are not only helpful, but necessary for good health. Any reported cases of Vitamin D toxicity was from a synthetic type of Vitamin D<sub>2</sub>, not the natural form of Vitamin D<sub>3</sub>. Vitamin D<sub>3</sub> is produced from the lanolin of sheep's wool.

The elderly are highly susceptible to vitamin D deficiencies as a result of low levels of vitamin D in their diets, taking meds which disrupt vitamin D metabolism, or simply by not getting enough sunlight. Others at risk include those of us who spend large amounts of time indoors, or are covered with sunscreen and clothing while outdoors. Food sources are limited today.

Vitamin D is necessary for the body to absorb calcium and phosphorus and is critical for bone and teeth development. A vitamin D deficiency in children can result in the development of rickets, which causes abnormal bone formation. In adults, a vitamin D deficiency can lead to serious bone loss as well as bone deformities, osteoporosis and brittle bones. Muscle synthesis requires Vitamin D.

Doctors have long known that Vitamin D enhances immune function. Recent discoveries show that this vitamin boosts levels of a powerful germ-killing peptide found in the immune system, skin and other cells. More than 60 studies have found that high levels of Vitamin D reduce the risk of several cancers. One clinical trial found that Vitamin D and calcium supplements led to a 60% lower risk of leukemia, myelomas and breast, colon, lung and lymph cancers. Wow!

With all this positive medical research support about the benefits of Vitamin D, it is no wonder that it is quickly emerging as one of today's hottest supplements. Have you had your bit of sunshine today?



~ Vitamin D<sub>3</sub> ~

Let the Sun Shine In



## Dates To Remember:

Call (623) 583-2286 to pre-register.

*Note: Classes may cancel if there is insufficient advance registration.*

**Tuesday, January 22 – 11 am to 4 pm**

### **Live Blood Cell Analysis**

Live blood cell analysis is done by viewing a drop of blood from the finger in a live state thru a microscope. By this method you can see things pertaining to person's nutrition, circulation, digestion, immune system, liver health, overgrowth of bacteria, Candida, cell health, and other deficiencies. Cost is only \$60 (regularly \$75) and receive an additional \$10 discount when prepaid. Appointments requested.

**Tuesday, January 22 – 6:30 pm**

### **The Top 10 Ailments & Their Natural Remedies**

There was a recent poll taken revealing the top 10 most common ailments for men and women – and all of them could be prevented or eased with natural remedies. Consider the dangers of commonly prescribed drugs for these problems and then consider the alternatives.

**Tuesday, February 12 – 6:30 pm**

### **Balancing the Emotions using Flower Essences**

Bach Flower Essences can have a positive influence on our emotions in a very delicate, but definite way. They are safe, effective and easy-to-use on adults, children and pets. We'll be discussing the 38 different remedies—please join us for an interesting evening!

**Tuesday, February 26 – 6:30 pm**

### **Intro to Emotional Freedom Technique**

This was seen on *The Morning Show* with Mike & Juliette, (Jan 4, 2008) as a form of Self-Acupressure! Learn how to use EFT to overcome stress, fears, habits, and so much more. This is a hands-on class taught by Jonnata Mata, so bring your issues & concerns that you would like to reduce or eliminate!

**Tuesday, March 11 – 6:30 pm**

### **Fight the Yeastie Beasts – and WIN!**

Now that the holiday parties are over, it's time to get back to better health! Candida Albicans is a common problem in America because of our sugar and antibiotic overuse. This class will teach you how to be free from this plague and all its related symptoms, permanently. *At this class, all "acceptable" sweeteners will be 20% off!*

**Tuesday, March 25 – 6:30 pm**

### **Qi Gong: Experience the movement**

Learn how to maintain health thru Qi Gong exercises that focus on the nine gates and three hearts. These few exercises taught by Sun City acupuncturist, Gail Thurman, can be easily memorized and utilized after the class. Wear comfortable clothing.

## Keeping Your Heart In Circulation

Heart health involves many components which includes the mechanical and the electrical part of the heart, the veins and arteries, cholesterol issues, stress (and attitude), exercise and certainly nutrition. Causes of heart disease are less often genetic than related to stress, poor diets, lifestyle choices (smoking, for instance) compounded by a lack of exercise. This is good because it means that good heart health is within our reach – that is *if* we are willing to choose the lifestyles that contribute to health.

Are these changes worth the effort? It has been said that Americans would rather die than exchange their unhealthy lifestyle for good health. While for many people the first sign of heart problems is death, the majority suffers a lingering, chronic, painful disability in the name of "heart disease" as a result of poor habits and malnutrition. It is very costly financially, but also in terms of personal pain, lack of mobility and burdens on family and others.

We all know we should exercise more, stop smoking, lose weight, reduce stress and eat more fresh fruits and vegetables. Are we also willing to acknowledge we should eat less sugar, refined flour and hydrogenated oils (such as processed peanut butter, margarine & Cool Whip), cut out all artificial sweeteners and drink more water instead of the addictive coffee, tea or soda? Good nutrition is more than actively seeking highly nutritious foods or through supplementation, but also of limitation of foods and choices that constantly stresses our bodies.

There are a generous variety of vitamins, minerals, herbs and specialty supplements designed for healthy heart function available to us. Included in that list is CoQ10, MegaChel, garlic, hawthorn berries, grape seed extract, Nattozimes Plus, magnesium, potassium, vitamin E, capsicum, ginkgo biloba, Resveratrol, flax seed and fish oils. Even with improved diets and lifestyle choices, appropriate supplementation has proven to be very beneficial for good cardiovascular health. While heart disease continues to lead the list of killers in the U.S., preventative lifestyle approaches including a variety of nutrients, may help minimize the risk.

Don't be a statistic. Make whatever changes might be necessary to help you have the best quality and length of life possible. Do it for yourself—and for your family. It's really is well worth the effort.



Around the first of February, we will be launching our all-new website where we'll have more information, a calendar of events, testimonials, links and coupons. Please visit our website regularly ([www.mustardseedherbary.com](http://www.mustardseedherbary.com)) and let us know what you think!

Also, you can help us be more "green" when you ask to receive the newsletter via email or our website. Please send us your email address to [staff@mustardseedherbary.com](mailto:staff@mustardseedherbary.com).

# Salt: Friend or Foe?

*Real Salt® makes a real difference in your health*

Long before the earth knew pollutants of any kind, a huge ancient sea covered what is now North America. Pure, natural salt was the main ingredient of this sea, & over millions of years, the water evaporated, leaving the salt in undisturbed deposits deep in the earth. Salt from this natural source will have all the trace minerals still intact & is beneficial to our health because it is still “whole”. “Real Salt” is best because it is mined from the earth & ground to table salt consistency. It will contain unique flecks of color that are the result of trace minerals, including natural iodine. They are not “impurities”.

Refined table salt is used in almost all processed foods today. Today’s refined, white salt damages both the environment & human health – due to its origin of polluted waters, fossil mines & stagnant lakes; the method of extraction which is commonly kiln or oven drying; & the artificial extraction of stripping it of its vital minerals & lacing it with chemical anti-caking additives, bleaches & toxic conditioners.

You should be aware that the FDA is considering putting warnings on processed foods that contain over a certain amount of sodium. They want to remove salt from the GRAS (generally regarded as safe) list – because high levels of *processed* sodium are known to be a contributing factor to our number one cause of death – heart disease. This is not true of non-processed, non-refined sea salt.

Sodium is the primary mineral in real salt. This highly misunderstood mineral is often avoided due to the use of refined table salt. The mineral sodium is a blood electrolyte and is responsible for making blood minerals soluble. Sodium contributes to the formation of saliva and other digestive enzymes while maintaining the correct amount of water in the body. Sodium and potassium must be in correct balance in the body to function properly. Diuretics (water pills) will upset this balance in the body as well as other essential minerals, thereby starving the body of nutrients! Organic sodium is found in celery, kelp, okra, carrots, strawberries, apples, cucumbers and spinach. Natural foods are the preferred way to obtain this mineral—which is critical to health.

Natural sea salt has the same specific gravity as the blood system. Perhaps this is one reason that many people find Real Salt® to be *very helpful* for conditions such as hypertension, edema and fatigue.

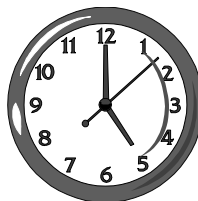


## HIMALAYAN SALT CRYSTAL LAMPS

These lamps are created from the salt crystal rocks formed long ago & mined from deep in the Himalayas. The lamps are carefully handcrafted to retain the unique, beautiful & natural shape of the rock. A 15 watt bulb is used to create a light warmth. It is this warmth that promotes comfort, relaxation and a healthy environment. It acts as a purifier by neutralizing harmful pollutants and emitting health-promoting ions thru a process only possible with mineral salt. Speleotherapy is an ancient therapy done in salt mines & used for people suffering from chronic congestive problems and other health issues.

This popular item found in a variety of shapes & tones of apricot, off-white & dark peach is soothing & supportive of a reduced environment of harmful negative ions.

## Mustard Seed Herbarry STORE HOURS



Sunday	CLOSED
Monday	9 to 6
Tuesday	*9 to 7
Wednesday	9 to 6
Thursday	9 to 6
Friday	9 to 6
Saturday	9 to 5

*\*Note: we will be closing at 7 pm on Tuesdays.*

## HERBAL TIDBITS

Please note: These are real testimonials.  
The results will vary in each individual.



**Elsa's hair has been falling out for several months. After starting on the HSN-W formula, she noticed in a very short time that not only has her HAIR LOSS slowed down, but she has a lot of new growth and body to it.**

Dale has had worsening ANXIETY ATTACKS for the past 3 months. After missing a lot of work, he started taking KAVA KAVA 3 times a day. Within 2 days, he began feeling “better than he has in months” and began to sleep thru the night.

**Kay's 8-month daughter has been on Nexium, Prevacid, antibiotics & prescription formula because of severe DIGESTIVE ISSUES since birth. She suffered from REFLUX, GAS, CONSTIPATION & VOMITING. Kay switched her to GOATEIN & gave her BIFIDOPHILUS. Within 2 days, she called to say how much better her baby was doing & was able to keep food down the first time since birth!**

Teresa's dog has been battling VALLEY FEVER for years. She began giving him SILVER SHIELD and PAU D'ARCO and before long the dog's energy & spunk was back!

**Tara says that GINGER is the only thing that helped her PREGNANCY NAUSEA. She also took RED RASPBERRY to tone the uterus in preparation for childbirth resulting in a much easier CHILDBIRTH.**

HYPERTENSION and HIGH CHOLESTEROL has been a challenge for David for over 8 months. He's been on & off prescriptions with poor results and severe side effects. Once he added MAGNESIUM regularly, his HIGH BLOOD PRESSURE has regulated. He was able to bring down his LDL and raise his HDL with LOCLO and OMEGA-3 FISH OILS.

**Peggy has been using MACA for 1½ months & has already experienced WEIGHT LOSS and INCREASED ENERGY. Also, her HEAVY PERIODS have begun to normalize.**

Tory had started BELCHING almost constantly and it didn't seem to matter what he ate or if he took ENZYMES. He began taking GASTRO HEALTH throughout the day and noticed full and immediate relief from the embarrassing belching.

**Steve felt a COLD coming on. He started SILVER SHIELD, but also added ECHINACEA & the COLD homeopathic. The symptoms disappeared immediately, but he noticed that whenever he ate any SUGAR, they started coming back. *Now he sees the diet connection to health!***

Mustard Seed Herbarry  
13980 W. Bell Road #19  
Surprise, AZ 85374

Address Service Requested

PRESORTED  
STANDARD  
U.S. POSTAGE PAID  
SUN CITY, AZ  
PERMIT NO. 68

*Ignore your health – and it will go away.*



## Allergies don't have to spoil a beautiful Arizona spring

Ah, springtime. Blooming flowers, a gentle breeze, warm temperatures—all perfect for enjoying the outdoors. But just minutes after you step outdoors, pollen spores whiz by your nose, and *aachoo!* Your day amidst nature's splendor dissolves into one long sneeze-fest and soon the only thing running is your nose. Welcome to hay fever season.

Allergic rhinitis—the medical name for hay fever—afflicts some 22 millions Americans, making it the most common chronic respiratory illness in the U.S - and the numbers are quickly rising. Ironically, most hay fever is not caused by hay, but from microscopic airborne pollens released by various seasonal plants. Why are some people plagued by hay fever or 'allergies' and some are not? Perhaps it falls back on the immune system. Allergy sufferers all have an immune system that makes the same strategic mistake. It reacts as if under attack by a harmful substance and the body is trying to protect itself by producing the symptoms of a runny nose, sneezing, watery eyes and coughing in an attempt to rid itself of the 'harmful' invaders.

Many people have discovered natural alternatives as an answer to their allergies. A healthy diet is the first place to start. It has been discovered that if allergy sufferers will decrease their intake of 'junk foods' (foods that are high in fat, sugar, caffeine and salt) – and increase their intake of healthy foods like fresh fruits and vegetables, they will experience fewer symptoms of allergies. Poor digestion is another cause of allergies. Poorly digested food is often the culprit for respiratory congestion and constriction because undigested proteins can activate allergic responses, which cause the release of histamines.

Bee Pollen is all the buzz for many suffering from allergies. It is referred to by many as the "world's only perfect food" because it is balanced nutritionally; it also protects the body against allergens. And herbs can help in big ways. AL-J or FOUR are very popular combinations because it performs like an expectorant and decongestant while improving digestion. Mullein, marshmallow, fenugreek, boneset, astragalus, lobelia and fennel are all popular herbs for fighting allergies and asthma. Citrus Bioflavonoids, Stinging Nettles, beta-carotene and Pantothenic acid are natural antihistamines and can relieve allergy symptoms while boosting the immune system.

Go ahead and enjoy the springtime. Head off hay fever naturally – *simply improve your food choices and take advantage of the herbal and nutritional support available.*

### IMPORTANT NOTE:

*The information included in this newsletter has not been evaluated by the Food & Drug Administration & is for educational purposes only. It should not be used to diagnose, treat, cure or prevent diseases. If you have a serious health problem, we recommend that you consult with a competent health practitioner.*

Your Health Matters is a newsletter produced by the Mustard Seed Herbarry bi-monthly to provide you with information about alternative health products and services. If you would prefer not receiving this mailing, please call us at 623-583-2286 and we will promptly remove your name from the mailing list.

Thanks for visiting our website!  
Check back soon for more  
updates!