

# Your Health Matters

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January/February,

*A note  
from the  
Editor*

We wish everyone a Happy New Year and look forward to helping you achieve all of your healthy resolutions in 2001! Please notice that for the present time, YOUR HEALTH MATTERS will be mailed out bi-monthly instead of monthly. For those 'in between' months, we suggest that you stop by and pick up your copy of Sunshine Sharing. We thank you for your understanding and hope to see or hear from you soon!

February brings Valentine's Day and National Heart Health month and this is a good time to have a heart-to-heart about a huge problem that tells us a lot about our food habits, stress levels and lifestyles. Cardiovascular disease has been the #1 killer in the U.S. every year since 1900 (except for 1918) and this trend continues into the next century. CVD is so deadly that it claims more than 2600 Americans daily – with an average of one death every 33 seconds! It is no secret that **exercise and nutrition** form the foundation of preventing and treating cardiovascular disease. See page 3 for more information.

## Minnesota Temperature Conversion Chart

60 above: Floridians wear coats, gloves and wooly hats. Minnesotans sunbathe.

50 above: Arizonans try to turn on the heat. Minnesota people plant gardens.

40 above: Italian cars won't start. Minnesota people drive with the windows down.

20 above: South Texans shiver uncontrollably. Minnesota people have the last cookout before it gets chilly.

15 above: New York landlords finally turn up the heat. Minnesota people throw on a sweatshirt.

0 degrees: Californians fly away to Mexico. Minnesotans lick the flagpole.

20 below: People in Miami cease to exist. Minnesota people get their winter coats out of the storage closet.

40 below: Hollywood disintegrates. Minnesota Girl Scouts begin selling cookies door to door

60 below: Polar bears begin to evacuate Antarctica. Minn. Boy Scouts postpone "Winter Survival" classes until it gets cold.

100 below: Santa Claus abandons the North Pole. Minnesota cows complain of farmers with cold hands.

460 below: ALL atomic motion stops.



Minnesota people start saying... "Uff da, cold enough for ya?"

## Stevia Wonder

Sweeten up your life without unhealthy calories

Stevia is considered by experts to be one of the most health restoring plants on the earth. Used by South American natives for hundreds of years as a food, this herb was 'rediscovered' in 1899 by a Paraguayan botanist. It took another 70 years before stevia was acknowledged as a commercially viable commodity in other countries. Japan, China, Taiwan, Paraguay, Brazil, Uruguay, Britain and Israel now use it as a favorite sweetening agent and the extract now constitutes over 40% of the Japanese sweetening agent industry. In the U.S. where artificial sweeteners and high caloric sweeteners such as refined sugar is big business, it is no wonder that this natural, inexpensive and non-patentable substance remains approved by the FDA only as a dietary supplement.

Stevia is unlike any other known sweetener, mainly because of its other attributes. Not only does it lack the negative constituents of refined sugars and artificial sweeteners, it works in many ways to help the body heal and supply nutrients needed by the body. Various studies have found the leaf to contain proteins, high levels of chromium, fibers, carbohydrates, iron, phosphorus, calcium potassium, sodium, magnesium, zinc, rutin, vitamins A and C plus many other nutritious constituents.

**Stevia** is an exceptional aid in weight loss and weight management because it contains no calories while it reduces cravings for sweets and fatty foods. It has been noted to improve digestion and gastrointestinal functions, soothe upset stomach and possibly inhibit prostate disorders. It helps reduce alcohol and tobacco cravings. Preliminary studies show that long-term use of stevia may have a cardiogenic effect, mildly strengthening the heart and cardiovascular system and it appears to lower elevated blood pressure. It also inhibits the growth and reproduction of some bacteria, including those that cause tooth decay and gum disease. A vitally important benefit is stevia's tonic action for low or high blood sugar. It nourishes the pancreas and helps restore normal pancreatic functions, which is beneficial for diabetics. It is an adaptogenic herb, thus making stevia so safe for anyone to use.

Almost every toxicity test imaginable has been performed on stevia extract or stevioside at one time or another. The results have always been negative; an obvious indication is that there have never been any reports of ill effects in hundreds of years of continuous use in Paraguay and over 10 years of widespread use in Japan. Compare that to aspartame, which is the number one source of consumer food complaints made to the FDA.

NSP's extract of stevia leaf can be easily mixed in foods and beverages to provide sweetness without calories and the aftertaste found in some stevia products. Use sparingly, as stevia is about 300 times sweeter than sugar.

## Stevia



# Essentials of Na Health Sodium

**Sodium** is the last of the macro minerals discussed, but certainly not the least. Proper sodium balance (especially with potassium) is necessary for maintaining proper water balance and blood pH. Sodium contributes to the formation of saliva and other digestive enzymes while maintaining the correct amount of water in the body. Sodium is an alkaline mineral and will neutralize acidity in the blood and the lymphatics. It co-functions with potassium and chlorine to regulate and equalize the water content of the body and is needed for proper muscle contraction. It is essential for the production of hydrochloric acid, an enzyme produced in the stomach and vital in the role of digestion.

Sodium is a very misunderstood mineral. Sodium is essential for the body to perform many functions, but common table salt which is Sodium Chloride is an *inorganic* (foreign to life) form of sodium that is toxic to the body. Table salt is not completely soluble in water or the blood stream and it will adhere to the artery walls and cause edema. This is not the sodium we need! The sodium that is necessary for health is *organic* sodium found in food sources such as whole grains, raw fruits, vegetables and nuts and seeds. Herbs are also an excellent source of sodium, especially aloe vera, kelp and alfalfa. Celery, oysters, wheat germ and raisins are very high in sodium.

The two minerals, potassium & sodium must be in correct balance for the body to function normally. The amount of sodium ingested is regulated in the body by the adrenal hormone, aldosterone, which controls the kidneys. When the heart or the kidneys are not functioning normally, the sodium concentration within the cells rises. The cells cannot pump fast enough to eliminate this excess and water is retained. This results in edema or swelling of the body tissue. This is usually caused by insufficient potassium.

A low sodium diet is often erroneously advised for the treatment of edema, says Dr. LePore. He says the first thing to do is to raise the potassium level, which would not diminish the amount of sodium, but reduce sodium's potent hold on the fluid, thus reducing the water retention in the body. Diuretics (water pills) not only take the fluid out of the body, but also the sodium, potassium and other minerals that might be in the solution, therefore starving the body of essential nutrients!

Common deficiency symptoms include abdominal cramps, anorexia, confusion, dehydration, depression, dizziness, fatigue, flatulence, hallucinations, headache, heart palpitations, low blood pressure, memory impairment, muscular weakness, nausea and vomiting, poor coordination, recurrent infections, seizures and weight loss. Antagonists to natural sodium include alcohol, tobacco, soft drinks, coffee, chocolate, refined sugar and sugar substitutes, overcooked foods, dairy products, synthetic estrogen, birth control pills, microwaving foods and most drug medications.

Low sodium causes a person to become allergic to many things. Sodium is an important alkaline forming and curative element, counteracting acidosis, producing alkalinity of the salivary secretions, pancreatic juices and bile. It is necessary to convey carbon dioxide from the tissues to the lungs, keeping one supply and preventing hardening of the arteries. Sodium gives energy, strength, endurance and good digestion. It checks 'salt cravings.'

## A Smile for You

Smiling is infectious - you catch it like the flu.

When someone smiled at me today,  
I started smiling too.



I passed around the corner and someone  
saw my grin,

When he smiled, I realized I'd passed it on to him.

I thought about that smile, then I realized its worth

A single smile, just like mine could travel around  
the earth.



So if you feel a smile begin,  
don't leave it undetected.

Let's start an epidemic quick  
and get the world infected!

--Author Unknown - Contributed courtesy of A. VanKlombenberg

## How Much is Too Much?

Arctic explorers who ingested several *million* international units (IU) of vitamin A by eating polar bear or seal livers experienced drowsiness, irritability, headaches, vomiting and peeling skin. (The polar bears and seals were upset too!)

Most over-the-counter doses of vitamin A are between 5,000 and 10,000 IU. Acute toxicity (too much taken at one time) can occur in children with doses over 300,000 IU. Chronic poisoning (too much builds up in the body over time) can occur if adults take over 100,000 IU daily for 10 months and if children take 20,000 IU to 60,000 IU daily for 3 months.

So you can see, as an adult you have to take 10 times more vitamin A than is normally present in a vitamin A supplement and you'd have to do it for months before having any problem.

People wanting extra protection against cancer, living in highly polluted areas or smokers should consider supplementing their vitamin A with beta carotene. The body converts beta carotene into vitamin A only as needed, so toxicity is rare. Some people do not convert beta carotene very well - such as those suffering from diabetes, liver disease or an underactive thyroid - and intake of beta carotene should be limited to 10,000 IU daily.

It much the same story for vitamin D. Problems can occur with vitamin D if an infant receives more than 40,000 IU daily for one to four months or if an adult takes more than 100,000 IU daily for several months, which is far more than found in most vitamins.



## A note for Members:

- ❖ Did you know that you can order your Nature's Sunshine products online and save an additional 1-% off the direct cost? Ordering online is easy, safe and convenient. Visit the website at [www.naturessunshine.com](http://www.naturessunshine.com) and see for yourself just how easy it is. Have your account number handy and get ready to have some fun! (When they ask for your PIN, use the last four digits of your social security number.) If you need more information, please stop by the store and we'll help.
- ❖ Nature's Sunshine has weekly product specials available – saving you even more money! To find out what is on special each week, just call order entry at 1-800-453-1422 or visit their website. You can usually save \$1 to \$6 off each bottle or up to 20%! We recommend that you always check the weekly specials before placing your order and *s a v e!*

## Keep Your He<sub>T</sub>rt 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.

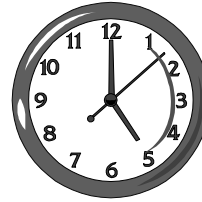
Are these changes worth the effort? It has been said that Americans would rather die than exchange their unhealthy lifestyle for good health. But, while for many people the first sign of heart problems is death, the majority suffers a lingering, chronic, painful disability as a result of poor habits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

We 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 margarine and Cool Whip) and drink more water instead of the injurious 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. Included in that list is CoQ10, Mega Chel, garlic, hawthorn berries, grape seed extract, magnesium, potassium, vitamin E, capsicum, ginkgo biloba, flax seed and fish oils. Even with improved diets and lifestyle choices, appropriate supplementation is very beneficial for good cardiovascular health. While heart disease leads the list of killers in the U.S., preventative lifestyle

approaches, including a variety of nutrients, may help minimize the risk.

## Mustard Seed Herbarry STORE HOURS

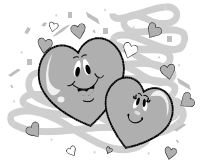


Sunday	CLOSED
Monday	9 to 5
Tuesday	9 to 5
Wednesday	9 to 5
Thursday	9 to 5
Friday	9 to 5
Saturday	10 to 4

**NOTE: The store will be closed on Saturday, January 13<sup>th</sup> as we will be attending the aromatherapy class. Please join us there!**

## HERBAL TIDBITS

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



**Glenda has been bothered with discomfort in the hips and the pain was causing her to limp while walking. After just a short time of taking JNT-EASE, she has gotten tremendous relief from the pain and now takes 2 packets regularly. Maria's mother found great relief too from her ARTHRITIS PAIN in just a few days too!**

"SAM-e has changed my life", says Ann. It has given her INCREASED ENERGY, helps her handle STRESS better and has relieved her NAUSEA.

**IMMUNE STIMULATOR and COLLOIDAL SILVER has kept Pat's and her family out of the doctor's office this year when all her co-workers have been SICK and her children's friends have all had the FLU.**

CAFFEINE DETOX and CATNIP herb has really helped Ron kick the CAFFEINE HABIT. He says, "I had no idea how addictive that stuff is until I tried to quit it!" He feels much better, his stomach doesn't bother and his mind is clearer too!

**"I didn't think the AL-J was really helping my ALLERGIES but I've been out of it for a few days and I can really tell the difference!" reports Jeanne. When she adds EW Combination to the AL-J, it helps her RED & ITCHY EYES.**

"MILK THISTLE keeps me "regular" now and FOOD ENZYMES help the gas and bloating I had" writes Mary.

**FLASH EASE, C-X AND MENOPAUSE homeopathic are the only things that help Judy's HOT FLASHES she says. Esther finds relief with 1200 IU of VITAMIN E, PRO-G-YAM CREAM and 2 EVENING PRIMROSE OIL everyday.**

"I can't live without my LICORICE ROOT!" Faye reports that it gives her ENERGY, but most importantly, she has no PMS MOOD SWINGS! It keeps her "mellow" and feeling good.

**VIRAL RECOVERY and INFLAMMATION HOMEOPATHIC along with VS-C and COMBINATION FOUR relieved Arthur's PLEURISY PAIN. NATURE'S PHENYLTOL and LAVENDER essential oil eased Laura's MUSCLE and SCIATIC pain.**

Mustard Seed Herbarry  
12213 W. Bell Road #116  
Surprise, AZ 85374

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## Attention:

Ask about our member's wholesale  
buying plan & save 25% to 40%  
EVERY DAY on the entire  
line of top quality Nature's  
Sunshine Products.

Membership is free with  
a qualifying one-time purchase.

## Happy Valentine's Day!

Would you like to be on our mailing list? Call  
and give us your name and address and  
you, too, can receive this newsletter every month.

## Ask the Herb Specialist



**Question:** What health benefits do cranberries have except as a condiment for my holiday dinners?

**Answer:** This lovely red berry is often forgotten about except during the traditional dinners of Thanksgiving, Christmas or Easter. However, cranberry has a long history of American folk use as a medicinal food year-round for urinary problems, liver and gall bladder complaints, arthritis and mild constipation. Throughout the centuries, most cultures have made little distinction between medicine and food so many medicinal herbs were built into daily dishes. Thus, many of the herbs and foods we think of today as culinary – are also medicinal. Cranberry's use as an accompaniment to a robust, cholesterol-laden traditional holiday dinner illustrates the simple beauty of this herbal wisdom. This red berry's actions perfectly meet the digestive and eliminative demands that such Herculean meals makes on our bodies. Cranberries also provide anthocyanins, a flavonoid compound that provides antioxidant and anti-inflammatory actions plus cardiovascular protection. Because of it's sour taste and bitter compounds, cranberry is usually eaten today with large amounts of refined sugars which minimizes much of its beneficial properties, thus cranberry capsules have become the form most recommended for use by herbalists today.

**Question:** How much fiber should we get in our diet everyday?



**Answer:** Fiber – often called the “forgotten nutrient” keeps the entire gastrointestinal system functioning smoothly. It is not a ‘laxative’ but is an internal regulator and has the ability to scrub out the toxins and wastes deposited in the intestines. Fiber helps keep the “inner you” clean and healthy. Fiber binds up to 10 times its weight in water, which softens the stool and dissolves and dilutes dietary, environmental and metabolic toxins. Without adequate and varied fiber to bind them, these toxic materials are usually reabsorbed into the body and are very irritating to the colon, as well as detrimental to our health. Fiber is also very important for blood sugar control, cholesterol and gall bladder problems and of course, for constipation and diarrhea. Our forefather's diet included about 100 grams of fiber daily, but health officials estimate that much of our society gets less than 10 grams today. An average adult needs a *minimum* of 25 to 30 grams a day.

## 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.

# KNOWLEDGE IS POWER

30%  
Off

Begin the new year (and technically the new millennium) with a library of books that can help answer your health questions. We have a good selection of popular titles that are good resources for study and they've never been offered at a better price than now! Until February 28<sup>th</sup> all in-stock books are available for 30% off retail price! Now is the time to stock up; you must bring in or mention this flier to receive the discount.

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## Index of Services

Iridology \$60 includes pictures, analysis, muscle testing and one follow up appointment. (allow 1½ hours first appointment)

Ear Coning \$30 plus ear cones

Myomassology & Other Integrated Bodywork  
\$50 (for 60-75 minutes)

Muscle Testing & Nutritional Counseling  
call for pricing

Gift Certificates and  
Combination Specials Available.

T PLEASE NOTE: T

IF YOU ARE INTERESTED IN PARTICIPATING IN OUR 'GOOD LIFE' FOOD BUYING CLUB, THERE ARE ONLY A FEW OPENINGS REMAINING! ORDERS FOR ORGANIC PRODUCE AND OTHER WHOLESOME FOOD PRODUCTS ARE RECEIVED MONTHLY. *Remember, a bad diet with good supplements – is still a bad diet. This can help!*

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## SELF TESTS FOR VARIOUS HORMONE AND NUTRITIONAL LEVELS

Now available are a variety of self-tests that can help evaluate certain levels of hormones and nutrients in the body. They are only \$59.95 (2 kits are \$105) and are easy to use – you do them in the privacy of your own home! The test results are sent directly to you from Body Balance Laboratories (shipping is prepaid). The tests are for informational purposes only and are not diagnostic tools. You may want to contact a qualified healthcare practitioner concerning the results.

- ➔ Female Check (estradiol, progesterone and testosterone)
- ➔ Male Check (testosterone and DHEA)
- ➔ Antioxidant Check (antioxidant reserves)
- ➔ Sleep Check (melatonin levels)
- ➔ Osteo Check (bone breakdown)
- ➔ Stress Check (DHEA and cortisol)

## BLOOD TYPING KITS AVAILABLE...

Find out your blood type now without expensive doctor visits! Only \$12.95 per kit.

# Dates To Remember:



T Wednesday, January 3<sup>rd</sup> – 7 PM  
**New Year - New Body**

Wouldn't we all like a healthier body for the new year? Learn how at this interesting workshop given by Dr. Greg McWhorter and held in the Valley Church at 9745 W. Peoria.

T Thursday, January 11<sup>th</sup> – 7 PM  
**Learn and expand your potential at this special NSP Members Night Out!**

We have a unique evening planned at this monthly class where Mario Brown from NSP's home office will be here to share the 'inside story' for building your herb business! Class size is limited & reservations are required, so please call today at (623) 583-2286.

T Saturday, January 13<sup>th</sup> – 9 AM to 5 PM  
**Aromatherapy School - the Scents of Health**

Aromatherapy expert, Larissa Jones will be in Phoenix to teach us the uses and benefits of essential oils. This only happens occasionally, (store will be closed that day) so don't miss this opportunity to learn all about this unique and effective healing modality for yourself. Cost is \$85 which includes lunch, essential oils and product discounts. To avoid a late fee, *class reservations must be received by January 5<sup>th</sup>* so call (623) 583-2286 now!

T Monday, February 12<sup>th</sup> – 7 PM  
**Be Heart Healthy**

Heart disease is this country's number one killer and the numbers are rising. There is no better time to learn how to be heart healthy than during Heart Awareness month! Be sweet to your heart and make your class reservation today by calling (623) 583-2286.

T Friday, February 16<sup>th</sup> 10 AM to 4 PM  
**Cholesterol Screening**

For only \$18, come in and have your total cholesterol levels checked. 4 to 6 hour fasting recommended. Walk ins are accepted or call ahead for your appointment. Call (623) 583-2286.



## THE FOUR PILLARS OF SUCCESSFUL WEIGHT MANAGEMENT

You've been weighting for this! What have the holidays done to you and your waistline? Beginning January 8<sup>th</sup>, we are hosting ongoing classes offering a variety of nutritional tips & encouraging support for everyone struggling to lose some extra pounds – or for those just wanting to maintain a healthy weight! Class dates for January and February are:

January 8<sup>th</sup> and January 22<sup>nd</sup> – 10:30 AM and 7 PM  
February 5<sup>th</sup> and February 12<sup>th</sup> – 10:30 AM and 7 PM

Charter membership is \$15 annually and each class is \$8. Call the group facilitator, Jan Motley at (623) 875-7749 or the Herbarry for more information or to register. You too, can win at losing! So why weight any longer? Sign up today!



## IMPORTANT – PLEASE READ!!

Dear Birdwing Guests:

You have probably already noticed a few changes to this newsletter! As indicated, the newsletters will be mailed bi-monthly now; and you can see they have been mailed from the Mustard Seed Herbarium in Arizona. Joining with this retail outlet has allowed me to continue to send this out despite dramatically increased mailing costs. While there may be some occasional information that only applies to Arizona residents, most of the newsletters will be the same high quality information you have been looking forward to receiving each month.

I value your business and want to continue mailing this newsletter to everyone who reads and enjoys learning about various natural alternatives, but due to increased costs, I am forced to remove the names of those I haven't heard from for awhile. I hope you find the newsletters informative and interesting and that you will want to continue receiving them, but **I need to hear from you so your name remains on the list!**

There are several ways you can let me know that you wish to continue receiving this newsletter:

- ◆ Please call me at (320) 693-6064 during the day and leave a message for me. Or, you can call me directly in the evenings at (320) 693-7642.
- ◆ Mail a brief note to Elisabeth Carlson, RN  
21398 – 575<sup>th</sup> Avenue  
Litchfield, MN 55355
- ◆ Send an email to: [eliscarlson@juno.com](mailto:eliscarlson@juno.com).

I hope you will find it worth a few minutes of your valuable time to tell me that you enjoy the newsletters and want to continue receiving them. As, always, please let me know how I can help you with your natural health solutions. I look forward to hearing from you soon!

Elisabeth Carlson, RN

