



Your Health Matters

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January/February 2005

Join us at our Grand Opening Celebration on January 27-28-29

Join the Northwest Chamber of Commerce diplomats at our ribbon cutting ceremony 8:30 a.m. on Thursday, January 27, 2005. Several neighboring businesses will be having their grand opening celebrations as well during this 3-day event (Thursday, Friday and Saturday). There will be food, fun and special discounts at many of the businesses, so plan to come and check out the festivities!

We wish to take this opportunity to thank you – our valued customers - for your support and patronage both in our ‘old’ location and at our new home. It is because of your support and friendship that we have been successful in changing the lives of many through natural health and nutrition. We look forward to many more years of partnering together for good healthy & vitality!

We hope to see you at our Grand Opening on Thursday, Friday and Saturday, January 27-29! See the enclosed coupon for a special discount for our mailing list only.

Every body is different.
Good nutrition is universal.

Natria's Age-Relief Cream “Better than Botox”

Few things grab our attention more than something that will halt or slow down the aging process and NSP's Age-Relief Cream is certainly grabbing the attention of men and women all over the country who desire to have the beautiful, ageless skin that most only dream about. This specially formulated cream contains oligopeptides, which is the active ingredient found in many of the highly advertised, expensive creams like Strivectin—but only at a more affordable price.

An 8-week clinical study produced these results:

84% experienced a reduction of fine lines.

79% experienced a reduction in wrinkles.

82% experienced an increase in firmness of the skin.

82% experienced improvement in skin elasticity.

98% experienced improvement in smoothness of the skin.

86% experienced improvement in skin tone.

The skin is constantly subjected to the intrinsic and external aging process and eventually begins to show signs of aging. The Triple Effect Age Relief Cream applies rapidly for immediate and long-lasting results in helping support youthful-looking skin. Its powerful triple action reduces the signs of aging. Acetyl hexapeptide-3 and hydrolyzed Hibiscus esculentus decrease the depth and appearance of wrinkles caused by repeated muscle contraction. Palmitoyl oligopeptides and palmitoyl tetrapeptide-3 improve firmness and tone. Saccharomyces/sylinum/blacktea helps to maintain thickness and suppleness.

Apply a moderate amount over the entire face and neck including the area around the eyes and mouth. Massage gently into the skin until completely absorbed. For maximum results, use both morning and night.

Don't wait until your next high-school reunion to enjoy more youthful-looking, smoother skin. Start turning back the clock today! Psst – a great Valentine's gift!

Natria's Age-Relief Cream

“Better than Botox”

“Safer than Botox”

Dance like no one's watching...

We convince ourselves that life will be better after we get married, have a baby, then another. Then we are frustrated that the kids aren't old enough and we'll be more content when they are. After that, we're frustrated that we have teenagers to deal with. We will certainly be happy when they are out of that stage. We tell ourselves that our life will be complete when our spouse gets his or her act together, when we get a nicer car, are able to go on a nice long vacation, when we retire. The truth is, there is no better time to be happy and healthy than right now. If not now... then when?

Your life will always be filled with many challenges. It is best to acknowledge this and decide to be happy anyway. One of my favorite quotes comes from Alfred D'Souza. He said, "For a long time it had seemed to me that life was about to begin—real life. But there was always some obstacle in the way, something to be gotten through first, some unfinished business, time still to be served, a debt to be paid. Then life would begin. At last it dawned on me that these obstacles were my life. This perspective has helped me to see that there is no way to health & happiness...because, health and happiness is the way."

Treasure every moment that you have. Time waits for no one. Stop waiting until you finish school, until you go back to school, until you lose 10 pounds, until you gain 10 pounds, until you have kids, until your kids leave home, until you start work, until you retire, until you get married, until you get divorced, until Friday night, until Sunday morning, until you get a new car or home, until your car or home is paid off, until spring, until summer, until fall, until winter, until you are off welfare, until the 1st or 15th, until your song comes on, until you've had a drink, until you've sobered up, until you die, until you are born again – to decide that there is no better time than right now to be healthy and happy...



Health & happiness is a journey, not a destination.

"Work like you don't need money,
Love like you've never been hurt,
And dance like no one's watching."
(Author unknown)

The ESSIAC TEA STORY

Rene Caisse was a nurse living in Canada, who for a period of almost 60 years, treated hundreds of people with an herbal remedy she called Essiac (Caisse spelled backwards). She discovered this remedy through a patient in the hospital where she worked who had been healed of cancer by using an herbal remedy given to her by an Ojibwa herbalist. Rene left the hospital and opened the Bracebridge clinic in Ontario, Canada in 1922. Here she refined the recipe, experimented with mice and began administering Essiac to all that came to her. The majority of those whom she treated came on referral, with letters from their physicians certifying that they had incurable or terminal forms of cancer and that they had been given up by the medical profession as untreatable. Thousands were cured and lived out long, healthy lives.

By the late 1930's, there was considerable pressure to have Essiac recognized by the medical profession as a cancer cure. So startling was the effectiveness of this herbal remedy, it could not be ignored, and the Canadian government became involved. Friends, former patients and grateful families petitioned the Canadian officials for Rene's right to administer the remedy to anyone who asked for it without the threat of interference from authorities.

The Gunderson Laundry Ball™

- Just throw it in your washing machine.
- Use for up to 2,000 washes or 2 years.
- Save water, time & electricity.
- Save drying time (soap holds in water).
- Save money. No more laundry detergent or softener!
- Less lint, less static cling, easier on fabrics.
- Non-irritating, soap/chemical free clothes, non-toxic.
- Stop putting chemicals & soaps into our water supply.
- Earth friendly.

The makers of the ball tell us that the mineral solution within the GLB acts upon itself as it is being tumbled in the water; through physics this makes the water finer so it can flow through the fibers of your fabrics. They claim the fine water will clean your clothes naturally, save you water, time, electricity, money and extend the life of anything you wash.

We do have an opportunity to make a difference in improving the quality of our environment. Stop putting contaminated water into our drinking water system. Start by dropping the Gunderson Laundry Ball™ into your wash.

Sunshine Concentrate

For those occasions where soap is necessary, we recommend using SUNSHINE CONCENTRATE. This is a general purpose, non-flammable cleaning concentrate containing no polluting phosphates, borates or nitrates. Its biodegradable cleaning and sudsing agents break down easily. In various dilutions, it can be used to clean an extensive variety of items such as kitchens, laundry stains, windows, floors, pots and pans, showers and bathtub ring. Soak your fruits & vegetables in it. Add peppermint, pine, cinnamon or lemon essential oil and it smells as great as it cleans!

The Cancer Commission, however, recognized only limited benefits from using Essiac in the treatment of cancer and refused to acknowledge it as a cure. It demanded to know the ingredients as a prerequisite for allowing the herbal tea to be tested further, which Rene refused to do until she handed it over to the Respirin Corp. in 1977. She insisted that if she were to hand over her formula to the medical establishment, her cancer treatment would be shelved forever, as she felt certain offices were opposed to her work. In fact, throughout her career, every imaginable effort was made to prevent her from helping others with her remedy. Even today, the Canadian government has banned the sale of the main herb used in the remedy, even though it is a common herb.

The herbal treatment she used goes to the root of the trouble no matter where it is and gives the healthy cells the strength to resist the demands of malignant cells, thus causing a recession of the malignant cells from the stronger, healthier cells. Essiac works as a blood purifier and immune stimulant. Essiac Tea is readily available in the U.S. and its benefits continued to be enjoyed by many.

✓ Dates To Remember:

Call (623) 583-2286 to register for any of these classes.

"The Pleasure of Grounding" – An opportunity to get in touch with ecstasy through Energy Healing

/ Tuesday, January 25 – 7 to 8 pm

Sandy Egli, ThD and Energy Practitioner, will present the value of Energy Healing for various health concerns. While we may not yet understand the power of our internal energy, we would benefit from learning how it can improve our lives.



Unraveling the Mysteries of Chinese Medicine

/ Tuesday, February 1 – 7 to 8 pm

Chinese Medicine has been a treasured system of healing for many cultures for thousands of years and it has become more popular among natural health practitioners today. It is a simple system of healing, but can be confusing unless some basics are understood. Learn these basics from Chinese Medical Doctor, Jill O'Brien.

The Yeasty Beasties – Has Candida Albicans taken over your life and your health?

/ Tuesday, February 8 – 7 to 8 pm

Candida Albicans has affected the lives and well-being of people for generations; but its effects are becoming more noticeable because of the overuse of antibiotics and increase in the consumption of sugar. This class could change your life!

West Valley Natural Health Alliance meeting

/ Tuesday, February 15 – 7 to 8 pm

This group meets monthly to network together for the purpose of increasing understanding among the public and within the natural health professional community about the different modalities of alternative healing.



"The Blueprint for Your Life"

/ Tuesday, February 22 – 7 to 8 pm

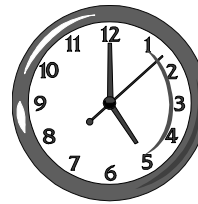
Feng Shui practitioner Luckie Bosselman of Feng Shui Concepts is presenting this fun and informative workshop about how the art of placement can affect your life and happiness. This will be a popular class, so register early to assure yourself a seat.

Using Hypnosis to Stop Smoking

/ Tuesday, March 1 – 7 to 8 pm

In January we learned how hypnosis is effective for weight loss and stress and at this workshop, we'll learn how it can change the desire to smoke. Julie Jones, ChT will teach you what hypnosis is and is not.

Mustard Seed Herbarry STORE HOURS



Sunday	CLOSED
Monday	9 to 6
Tuesday	9 to 8
Wednesday	9 to 6
Thursday	9 to 6
Friday	9 to 6
Saturday	9 to 5

HERBAL TIDBITS

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



Christine asked to get a "lifetime supply" of Natria's AGE-RELIEF CREAM (also known as "Better than Botox") because she just loves how it makes her skin feel! She hasn't taken it long enough to evaluate its effects on wrinkles, but she plans to find out! So much less expensive than its competitor – Strivectin – this product is a big hit with men and women alike.

Elsworth came down with COLD symptoms and wasn't getting better so he went to his physician who said he had a VIRUS, but gave him an antibiotic anyway. (What for? Antibiotics only work for bacterial infections??) He decided not to take it and chose VS-C, COLLOIDAL SILVER and GUARDIAN essential oil blend instead. Within a few days, he was good as new!

Sandy had come down with a SINUS HEAD COLD and felt feverish, tired and had no energy. She took 4 capsules of SEASONAL DEFENSE twice a day and within 2 days, all signs of the cold were gone.

Phyllis developed a SKIN RASH of unknown origin that started on her hands and then spread to her back and entire body. It was not only unsightly, but very uncomfortable. Medication helped, but only for a short time. After 1 month of taking 4 SUPER OMEGA-3 EPA and 4 SUPER GLA daily, it has disappeared and hasn't recurred. These products provide a wide range of the Essential Fatty Acids that are necessary for every body function while "lubricating" cellular membranes.

Chelsea has a daughter with AUTISM and she is able to function quite well with the help of a strict nutritional program which includes lots of antioxidants, Vitamins B, C and E, Calcium/Magnesium and a diet without any sugar. She noticed an unusual craving for oils and when she added SUPER OMEGA 3 EPA and FLAX SEED oils, she found that her daughter was much calmer and able to learn better in school.

Tom loves NONI because he suffered from extreme pain from RHEUMATOID ARTHRITIS and was on several medications to control the pain. His daughter sent him some NONI juice and in 6 months, he is completely off his PREDNISON and MORPHINE and is now back to competing in horseshoe tournaments! Christy likes NATURE'S NONI because it helps support her EXHAUSTED ADRENAL glands.

CHECK THE STORE FOR OUR
AROMATHERAPY WORKSHOP DATES.

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13980 W. Bell Road #19
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Address Service Requested

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PERMIT NO. 68

Time Sensitive Material – Please Deliver Promptly

Ask about our member's wholesale
buying plan and 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 Valentines Day!

We have Wild Alaskan Salmon and All-Natural Beef!

We've been told for years that we should eat more fish and now with the popularity of the low-carb diets, good quality fish, chicken and beef are in great demand. Today unfortunately, it is no easy task to locate meat and fish that are not full of antibiotics, hormones and chemicals. Mad cow disease is still a threat. The conventionally raised meat is more detrimental to our health than just giving us saturated fats. The real offender is not the fat content at all – but rather the toxic substances that our meat contains because of the unhealthy diet it consumes and the toxic environment it lives in.

For example, most beef consumed today is raised in feedlots. If you ever driven past one of these, I'm sure you are well aware of it simply by its not-so-pleasant aroma! It is a stench that comes from animals raised in an unnatural and unhealthy environment of adulterated foods and cramped quarters. Most never see a piece of grass to graze on, and some never see the sun! Fishing is also turned to a sorry state. Research has shown that many fish, tuna and salmon in particular, are so contaminated with toxic metals and cancer-causing chemicals that they should be consumed no more than once a month! This is mostly due to the high mercury levels in lakes and streams as well as aquaculture, where the fish are "farmed" – meaning it is raised in pens that confine large quantities of the fish in small areas. Just like beef and chicken, the fish are fed an unnatural diet which includes hormones, antibiotics and food colorings.

Meat has a very important place in our diet, but the high levels of toxins and chemicals in them, do not. Make sure to protect your health and eat only meat raised in natural, healthy environments.

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.

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.

Your Health Matters is a newsletter produced by
the Mustard Seed Herbarry bi-monthly to provide you