



Your Health Matters

Mustard Seed Herbarry 13980 W. Bell Road, #19 Surprise, AZ 85374
Phone: (623) 583-2286 Fax: (623) 583-0248

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News from the Crew

It's hard to believe that it is time to say "good-bye" to 2005 and welcome in 2006. As we observe the passing of time, we realize that life is short and we want to fill our lives with things that will enhance our lives and give us a better quality of life. Most people understand that long life isn't what is important, but rather the quality that we enjoy each day. We believe that it doesn't matter if we live to be 100 years old, if we spend the last 20 years confined to a facility that cares for our body and compensates for our mental incapacities. We'd rather live 80 quality years. The AZ Republic reported recently that life expectancy is up again—but the baby boomers have an all-time high of hypertension & obesity, which means we are in worse shape than Americans were a decade earlier. We might be living longer, but are we living better? The time to start thinking about enjoying good health and wellbeing is right now. It is later than it has ever been before, but it is also earlier than it will ever be again.

You understand that nothing can replace your health. Modern medicine has made great advances, but it is still limited when it comes to improving quality of life. This comes from within; good health is more than a strong physical body. A healthy mind, emotions and mental health all must accompany a strong physical body to truly enjoy good health.

We believe that nature has provided everything we need for good health. The challenge is for science to find it and for man to keep it unadulterated.

We sincerely hope that the year 2006 brings you health and happiness and that you will be inspired to bring things into your life that will add greater joy and wellbeing to your life and of those that you love.

Until next time,

Ellen and Staff

MARK YOUR CALENDAR!!

Untold Truth Seminar

/ **Saturday, March 11 – 9 am to 5 pm**

It's coming back to Phoenix! Mark your calendar now, so you don't miss the opportunity to learn from the experts about the Untold Truths of health. Pre-registration is suggested before March 3rd. Call 623-583-2286 for more information.

Hoodia Formula

A Natural Way to Help Control Snacking!

Hoodia gordonii has been eaten by the San Bushmen of South Africa for thousands of years to suppress hunger in a land with little food. This succulent plant is native to the Kalahari Desert and has been used as a food by the South African tribesmen to help hunters endure long hunting expeditions without food.

Caralluma fimbriata is traditionally used in India as a famine food to curb the desire to eat. Now, people everywhere are beginning to see the benefits of *Hoodia* and *Caralluma* as a nutritional supplement. These two powerful appetite suppressants are combined with other unique ingredients to help support weight management. This new addition to Nature's Sunshine extensive line of weight-loss products offers another safe, caffeine-free, non-stimulant product to help you reach your weight management goals.

Dry apple cider vinegar appears useful in suppressing the desire to eat and may help increase metabolism. **Garcinia** has been known to affect fat metabolism and may inhibit the conversion of carbohydrates into fat. **L-Carnitine** helps in the production of cellular energy to burn fat and **Gymnema, chromium, marshmallow** and **psyllium hulls** all help to maintain blood glucose levels. The high mucilage content of marshmallow and psyllium also helps protect the digestive system.

One of the most difficult aspects of weight management is knowing when to quit eating – and then doing it. Many eat because of boredom or stress, not because there is any hunger. In today's society, food is everywhere, and portions are bigger today than they've ever been; and sometimes the quantity of the food is often the measurement of the quality of the food—thus leading to obesity. Despite an abundance of low-fat, no-fat, sugar-free, and taste-free foods and more diets and diet books than ever before, we are fatter than ever. Could it be that the foods that we eat are simply not giving us the nutrition we need, therefore we keep eating and eating in an effort to satisfy our nutritional needs? A healthy diet combined with this new Hoodia Formula, just might help free us from the grip of continual food cravings and frequent consumption of "junk" food.

There are more than 20 species of Hoodia that grow throughout the world and only *Hoodia gordonii* has been reported to exhibit appetite-suppressing qualities. Nature's Sunshine Hoodia Formula uses only pure, unadulterated *Hoodia gordonii* from South Africa. When combined with other healthful, weight-balancing ingredients, you just might find this unique formula can contribute to a decrease in appetite and provide other benefits in your weight management program.

For more information visit www.nsphoodia.com.



Hoodia Formula

Don't be a slave to food cravings!



Dates To Remember:

Call (623) 583-2286 to pre-register or if you have additional questions about any of the classes.

Please note that some classes may cancel if there is not sufficient advance registration.

Educate America!

/ Wednesday, Jan. 11 & Feb. 8 – 6:30- 8:30 pm

This program is a grass-roots campaign committed to reversing the trend in America's health by sharing the truth behind our current health crisis and natural solutions that can help to correct it.

A New You - through Diet & Exercise!

/ Tuesday, January 3 – 7 to 8 pm

It's a new year and it's time for a new you. Learn what some simple dietary and lifestyle changes can do for you and your wellbeing.

Keeping Your New Year's Resolutions

/ Tuesday, January 10 – 7 to 8 pm

Julie will show us how hypnotherapy can help us with healthy food and lifestyle choices, such as weight loss and smoking cessation.

Analyze Your Meridians!

/ Tuesday, January 17 – 7 to 8 pm

Jill O'Brian will be here to give you a free analysis of your acupuncture meridians and will help you learn ways to correct imbalances. This free treatment has a \$30 value.

Feng Shui for the Chinese New Year

/ Tuesday, January 24 – 7 to 8 pm

Luckie is here again to teach us more about the Chinese art of placement and how it can have positive effects on our life.

"Emotional Freedom Technique"

/ Tuesday, January 31 – 7 to 8 pm

This is an amazing technique that has changed lives. Release all that "trapped" negative energy that causes fatigue and emotional symptoms. Come learn how!

Ask the Doctor

/ Tuesday, February 7 – 7 to 8 pm

Dr. Timothy Gerhart will be on hand to discuss your health concerns. Sign up early to reserve your spot.

Happy Valentine's Day

No class on February 14th

Healing Through the Source

/ Tuesday, February 21 – 7 to 8 pm

MaryAnn Beilin will teach us about a type of Reiki called ARCH that enables people to let go of their symptoms & experience healing.

Inflammation is a Killer

/ Tuesday, February 28 – 7 to 8 pm

At the root of all diseases, inflammation has become a #1 enemy. Come learn what you can do to reduce inflammation and fight back with natural supplements and lifestyle.

Our motto is Quality, Service & Integrity and we pride ourselves in being Herb Specialists. In order to help you help yourselves to a happier, healthier life, we have attended countless classes, seminars and workshops to learn more about natural health. Here are a few bits of information we have learned recently that we have found helpful...

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When stress is increased, immune function is decreased.

Insulin levels are more of an indicator of heart disease than cholesterol levels are.

An excellent herbal combination for leaky gut syndrome is Kudzu/St. John's Wort.

If you have disease, it is because you ate it.

It takes 5 to 7 times the normal amount of nutrition to build and repair as it does to maintain health.

Sweet nothings are best remembered when whispered in the left ear. The left ear is controlled by the right side of the brain, where emotions are processed.

Myrrh has antiseptic qualities that make it a wonderful treatment for flesh wounds. It can also help the healing of the umbilical cord on a newborn child. It helps the body to expel excess mucus, which can help the body to defend itself against respiratory ailments.

Exercise is perhaps even more important than calcium supplementation in developing strong bones in girls & young women.

It's never too late to stop smoking! Within 10 years of quitting smoking, the risk of heart attack is nearly the same as for a person who never smoked. And, within 15 years, the risk of lung cancer is about the same.

Omega-3 essential fatty acids in sufficient levels can reduce heart attacks by 83%.

1 cup of pasta equals 1 cup of sugar in digestion.

Good energy should never need to be induced.

Nearly 90% of all diseases start in the colon. Instead of "you are what you eat" – it is "you are what you don't eliminate."

Old is when your memories exceed your dreams.

More important than weight loss is health gain.

The per-capita consumption of carbonated soft drinks in 2004 was 53.7 gallons (up from 49.9 gallons in 1994). The per capita consumption of bottled water in 2004 was 23.8 gallons (up from 11 gallons in 1994). We're heading in the right direction, but we've got a long ways to go!



**Health is a matter of choice,
not a matter of chance.**

Research Reports...

A chemical found in broccoli can help prevent cancer cells from spreading as much as 90%

Scientists have discovered that cruciferous vegetables such as broccoli, cauliflower, Brussels sprouts, & kale—are brimming with a natural chemical that can significantly lower your risk of cancer. The name of this extraordinary chemical is Indole-3-Carbinol or I3C for short.

The reason Indole-3-Carbinol (I3C) is thought to provide such an effective defense against the disease is its ability to balance the two main chemical forms of the hormone estrogen, 'estradiol' and 'estriol'. 'Estradiol' is a particularly potent form of estrogen that's been linked to cancer (especially breast & prostate), unlike the weaker form, 'estriol', which doesn't seem to pose a risk. Mounting research has shown that supplementing with I3C can reduce 'estradiol' levels and increase those of 'estriol', thereby significantly decreasing the threat of breast or prostate cancer.

Studies have demonstrated that I3C encourages a process called apoptosis, which involves the elimination of damaged cells from the body. They have also found that I3C can help prevent cancer cells from growing – inhibiting cancer cells by an extraordinary 90% in some cases (J Natl Cancer Inst 1994,86(2):126-131).

Tamoxifen is commonly prescribed to treat breast cancer, which helps to prevent cancer cells from dividing; however scientists have found it isn't successful in fighting all stages of cancer as it is unable to stimulate certain genes which are known to restrict cancerous cells from spreading. This is where I3C is proving to have a distinct advantage over Tamoxifen because researchers have observed that I3C not only prevents cancerous cells in the breast from multiplying, but it possesses additional benefits too (Cancer Res 1999,59:1244-1251). For example, when certain breast cancer cells were treated with I3C, they stopped dividing immediately while those treated with Tamoxifen remained unaffected. I3C was found to stimulate a certain gene called p21, which can successfully halt the spread of cancer where Tamoxifen had no effect. Plus I3C has none of the unpleasant side-effects of Tamoxifen.

Research has shown that I3C is more effective than over 80 different drugs commonly used to treat the disease (Ann NY Acad Sci 1999, 889:204-213).

I3C has been shown in studies to also help reduce the risk of prostate cancer as well. (Toxicol Appl Pharmacol 1996,141(1):68-75), (Clin Cancer Res 2002,8(4):1228-1236)

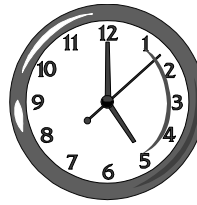
The benefits of I3C are not confined to fighting against breast & prostate cancer alone. It is a potent antioxidant that can help ward off age-related diseases like diabetes, arthritis and dementia. (Can Res 2001, 61(16):6120-6130). Scientists have also uncovered yet another protective action it possesses. They found that I3C helps to stimulate and protect your liver enzymes (Toxicol Appl Pharmacol 2001,174(2):146-152).

In addition to the cancer preventative studies, testimonials are coming in about its benefits for cervical dysplasia, hot flashes and PMS.

The recommended dosage is 200 mg twice a day. In order to get that amount, you'd need to eat five small, whole cabbages daily. Supplementing I3C is much easier, in addition to a diet rich in organic cruciferous vegetables.

Thanks to Nicole Bandes for this information.

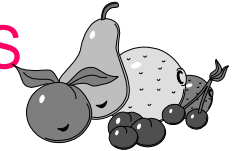
Mustard Seed Herbarary STORE HOURS



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.



Susan got her semi-annual COLD, but by taking SEASONAL DEFENSE, COLLOIDAL SILVER and COLOSTROM PLUS, it lasted only 4 days, compared to the usual 10. "Herbs really work!" she says. Mabel skipped her FLU SHOT this year (she always gets very sick from them) and opted for DEFENSE MAINTENANCE, GUARDIAN oil and PREVENTION homeopathic instead. So far, so good!

RED CLOVER BLEND, OREGON GRAPE and BP-X have been very helpful in reducing BOILS for Glenda. Troy and Jennifer received a gift of INFECTIOUS BOILS from someone returning from the Middle East and OREGON GRAPE and ALL CELL DETOX have eliminated their outbreaks.

Alicia was given a diagnosis of MULTIPLE SCLEROSIS, but found it was ASPARATANE POISONING instead. She obviously eliminated all artificial sweeteners, but did the CLEANSTART for a month, before starting the HEALTHY HABIT CHALLENGE (6 key products) and she no longer has any of the symptoms she had for 2 years before!

Jessie has suffered for years with painfully embarrassing HEMORRHOIDS. A short time on VARI-GONE capsules and the VARI-GONE cream and he has more relief than ever before. "Its wonderful stuff and I won't be without it." He says, "Adding supplemental FIBER regularly will help them heal and reduce recurrence."

HOODIA is the newest WEIGHT MANAGEMENT product on the news these days, so when Mike heard it was helpful to reduce FOOD CRAVINGS, he decided to give it a try. His wife has noticed that he isn't raiding the cupboards nearly like he used to and he has lost a few pounds too!

Kerrie reports, "I was diagnosed with BIPOLAR DISORDER in 1999 & was on a serious psychotropic cocktail for several years. I switched doctors and we quit the meds. I used BERGAMOT essential oil regularly for the serious depression and I've been off all meds for over a year."

FREQUENT URINATION (from an enlarged prostate) keeps Joe from getting a good night's rest. After starting the MEN'S FORMULA though, he rarely has to get up before 6 am now! He notices that he voids more completely too.

Lisa loves THAI-GO. INCREASED ENERGY, NO GAS, BALANCED BLOOD GLUCOSE LEVELS and BETTER-LOOKING SKIN are just a few of the benefits she's noticed.

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Surprise, AZ 85374

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Would you like to receive our bi-monthly newsletter via email instead of getting a paper copy? If so, please let us know at staff@MustardSeedHerbarry.com.

Happy New Year !!



January is National Diet Month

All Weight Management products

20% off

Through January 31, 2005



Valentine Message: If your heart is full of love, you always have something to give.

GET YOUR GREENS AND YOUR PROTEIN FOR BREAKFAST

- 1+ cup multi-grain pancake mix or Buckwheat pancake mix
- 1 heaping Tablespoon GreenZone
- 1 heaping Tablespoon Hemp protein powder
- 1 free-range egg
- 1 TBSP olive or coconut oil

Mix together with enough water or soy milk to make the right pancake consistency. Preheat a large skillet; pour mixture onto hot skillet and cook until bubbles appear around the edge. Turn over and cook until done. Do not overcook! Makes 4-5 large pancakes.

Enjoy with coconut oil or butter, organic maple or agave syrup, applesauce or yogurt.

You'll find these very tender and filling, and a nutritious way to start your day! You can substitute other pancake mixes (or make your own). Try other nut milks instead of soy milk too.

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.

Do you value the opportunity you still have to choose your healthcare and to buy nutritional supplements without a prescription?

Every year, several pieces of legislation are introduced by the AMA, the pharmaceutical industry and other groups—that are designed to take away or limit the freedom that we currently enjoy to choose for ourselves the type of healthcare we use. For example, there is a bill trying to pass the House that would allow the FDA to take any dietary supplement off the market - for no reason and the burden of proof that it is safe, would be shifted from the US government to the manufacturer and citizens. This could be disastrous to your ability to choose your healthcare.

The Sunshine Health Freedom Fund has been established to help protect our national freedoms from bad legislation and misinformation. If you value your freedom, please join us in making a contribution to this national fund—please stop by the store and ask how you can help protect your rights.

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.

