



Your Health Matters

Mustard Seed Herbarry
Phone: (623) 583-2286

12213 W. Bell Road, #116
Toll Free: 1 (866) 267-5296

Surprise, AZ 85374
Fax: (623) 583-0248

Volume 7, No. 4

ellen@mustardseedherbarry.com

July/August 2003

Visit our website: www.mustardseedherbarry.com

You asked for it...

Your repeated requests for more herbal information have prompted us to begin monthly Herbal Hours in September. Each month will be a different discussion ~ but always about herbs and natural health. Reservations are requested, but not required. If you're among those who wish to continue studying more about the benefits of herbs and natural healing, join us from 6 to 7 PM on the 3rd Monday of each month for a relaxed, fun hour of learning.

September 15, 2003
October 20, 2003

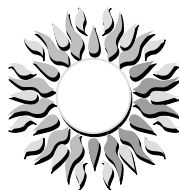
November 17, 2003
December 15, 2003

Cool Deals for Hot Days!

 **25% off**

These three top-selling products with the purchase of another product at regular price through July 30, 2003.

- Nutri-Calm (100)
- Food Enzymes
- ALJ Capsules



See page two for more information.

Thyroid Support Thyroid hormones regulate metabolism

Since thyroid hormones regulate metabolism in every cell in the body, a deficiency can affect virtually all body functions, including body temperature, enzyme activity, growth, heart rate, oxygen consumption and respiratory rate.

Production and secretion of thyroid hormones-T4 and T3 from the thyroid gland are controlled by a feedback mechanism involving the pituitary gland and the hypothalamus. Commonly used blood tests measure thyroxin levels in the blood only, therefore, a enormous number of thyroid deficiencies are missed because many are not adequately converting T4 to the much more active T3 even though the blood tests exhibit "normal thyroxin levels."

This powerful product is formulated to nourish the thyroid gland and bolster healthy thyroid function. It contains essential nutrients required for the manufacturing of thyroid hormones, as well as herbs, enzymes and bovine glandular extracts to ensure optimal intake, absorption and utilization of key nutrients that restore healthy thyroid hormone regulation and function.

In addition to kelp, which has a long history of improving sluggish metabolism because it among nature's richest sources of iodine. It also includes stinging nettle, which is popular as a kidney tonic, but also a very nutritious herb to feed the thyroid. It contains a protease blend, which helps to break down nutrients, especially the raw animal glandular tissues. The glandular substance (thyroid, anterior pituitary and hypothalamus) is used to nourish the corresponding human glands and support its function. The glandular substances that are used are certified BSE-free from New Zealand.

The blend also contains the non-essential amino acid - Tyrosine - that is a precursor to thyroid hormones necessary for the synthesis and secretion of thyroid hormones. Manganese is a trace mineral also essential for the formation of T4, as is Zinc and copper. Vitamin B-6 is included because of its importance in metabolism and the production of the TSH (thyroid stimulating hormone).

Thyroid deficiency (hypothyroidism) is a common health problem today resulting in weight gain, constipation and fatigue. Or it may increase sensitivity to cold and cause muscle cramps. Hair loss, dry skin, depression, insomnia, elevated cholesterol and triglycerides, fibromyalgia and menstrual problems are a few other symptoms associated with an underactive thyroid.

Fire Up Your Metabolism with Thyroid Support



Triple Specials

for Triple-Digit Weather!

Stress happens. According to many researchers, stress and its negative effects on the body has surpassed the cold virus as the most common health problem in North America. Living with continual stress, or just feeling as if you can't get out from under stress, is enough to cause disease. Combine too much stress with inadequate nutrition and you have the cause of many of our health complaints. Natural anxiety relievers include a good diet rich in low-fat, high-fiber fruits and vegetables and exercise! Nature also provides a variety of "chill pills". When it comes to stress and anxiety, vitamins B and C stand out in the crowd. Combine that with some powerful nerve herbs and you have the prescription for relief: **Nutri-Calm**. This key system product provides important nutrients that support the nervous system and adrenal glands during the stress and pressures of daily life. It helps soothe frazzled nerves, relaxes muscle tension, and reduces the negative effects of stress upon the body. In addition, it enhances the body's ability to adapt to hormonal fluctuations & helps relieve anxiety, insomnia and nervousness. Nutri-Calm contains vitamins B & C in a base of Schizandra fruit, Bee Pollen, Wheat germ, Lemon Bioflavonoids, Valerian root, Passionflower and Hops flower. Nutri-Calm takes the stress out of stress relief.

Allergies aren't just about springtime, budding trees, blooming flowers and green grasses anymore. It affects over 22 million Americans year around, making it the most common chronic respiratory illness in the U.S. How do you spell R E L I E F? Fortunately, nature has provided thousands with relief in the form of herbs and many are surprised and delighted at how effective these remedies can be without the toxic side effects that is so common with drugs or other over-the-counter remedies. One of the most popular herbal formulas for relieving sinus and upper respiratory congestion associated with allergies is a combination called **ALJ**. This product contains herbs, which stimulate perspiration and the production of mucosal fluids to remove allergens and other toxins. ALJ also increases circulation, soothes inflamed tissues, enhances lymphatic function and acts as an antiseptic to help fight infection. Furthermore, because most allergies come from the gut, ALJ improves digestion and helps reduce allergies and respiratory problems resulting from poor digestion. ALJ is most effective when taken with Food Enzymes (see below) or another broad-spectrum enzyme supplement. Boneset, Fennel, Fenugreek, Horseradish and Mullein work together as an expectorant, antiseptic, anti-inflammatory and antispasmodic. They help to remove toxins from the respiratory track and loosen phlegm while being a digestive stimulant providing soothing relief to the lungs and throat, making ALJ a best-seller herbal combination.

A
L
J

Life could not exist without enzymes. What this means is that our breathing, sleeping, eating, working and even thinking are enzyme dependent. Enzymes are energized protein molecules necessary for life and they perform all the biochemical reactions in our bodies. One type of enzymes, food enzymes are essential to the proper digestion of food. Present in all raw foods and as supplements, enzymes include proteases, amylases, lipases, bile salts, hydrochloric acid and others. You can swallow pounds of vitamins, minerals and herbs, but without enzymes, nothing works – so could you be wasting your money? Every *body* needs enzymes. Even if you eat raw foods, your body needs more help than what the raw food can provide, especially if the food is not organic. Most people eat commercialized foods that are genetically altered to decrease their enzyme content – to increase shelf life! "Civilized" people eat such large quantities of cooked and processed foods that their enzymes are utilized simply digesting dead food. As a result, the body lacks the enzymes needed to maintain and create healthy tissue. Digestive complaints hospitalize more people than any other disorder and billions of dollars are spent annually on products that cover up the symptoms of digestive problems, but they often do not take care of the cause—poor digestion. By supplementing with enzymes, you spare the body the stressful task of breaking down the foods you eat into nutrients that your body can utilize. Since whatever you do not digest becomes a toxin, many symptoms are associated with enzyme deficiencies. These include allergy symptoms, blood sugar issues, yeast overgrowth, gallbladder and stomach problems, constipation or diarrhea, insomnia, kidney & liver disorders, headaches, hormonal problems and weakened immune system. According to some physician researchers, enzymes may be the key factor in preventing chronic disease and extending the human lifespan. It is commonly agreed among alternative physicians that *the older you get, the more you need enzymes*. **Food Enzymes** is a broad-spectrum digestive enzyme supplement formulated to aid digestion of carbohydrates, fats and proteins to ease digestive problems. It can help to improve the absorption of vitamins and minerals, help maintain normal pH levels, detoxify the colon and stimulate the growth of healthy intestinal bacteria. Since enzymes are the workhorses that help the body extract the nutrients from your diet, supplementing with enzymes may be the most important thing you can take for your health. ♪

save!



Dates To Remember:

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

"Weight No More!"

Join our group that specializes in *healthy, balanced* weight maintenance.



- / **Thurs. July 10th and Wed. July 16th**
Topic: Muscle Toning with Paul Hlodnicki
- / **Thurs. July 24th and Wed. July 30th**
Topic: Weight Loss Aids: Ephedra (good or evil?)
- / **Thurs. August 7th and Wed. August 13th**
Topic: Dance of the Hormones
- / **Thurs. August 21st and Wed. August 27th**
Topic: Fire Up Your Furnace (metabolism)
- / **Thurs. Sept. 4th and Wed. Sept. 10th**
Topic: Does Your Immune System Affect Weight?

Note: All Thursday classes are at 6:30 pm and all Wednesday classes are at 10:00 am.

Weight management is a very personal issue and so is your metabolism, or the rate which you burn calories. With this unique program, you can learn your individual resting metabolic rate (RMR) and take the guesswork out of weight loss. This group meets weekly on alternating Wednesday mornings and Thursday evenings to offer the friendly support necessary while making healthy lifestyle changes. Note the different topics and dates above. Call for more information or for your personal orientation.

"Intro to Herbs"

- / **Friday, July 11th and August 8th – 10:30 AM**
- / **Tuesday, July 22nd and August 26th – 6 PM**

These classes are designed for the beginner in herbs and natural healing. You will learn how herbs work, the importance of using quality products and how to take advantage of all that Nature's Sunshine Products and the Mustard Seed Herbarry has to offer. Attend these free classes and receive valuable information and gifts, and be eligible for our door prize drawing.

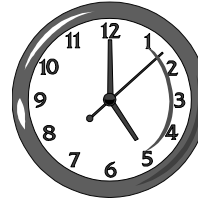
- / **Saturday, August 16th – 9 AM to 5 PM**
Advanced Aromatherapy by Larissa Jones

Mark your calendar for this one! This is another of Nature's Sunshine NHC classes and you won't be disappointed! Cost is \$99 - call the store or NSP for more information.

- / **Dates to be announced**
HomeSpa Aromatherapy Workshop

Essential oils have been used for their health benefits for years; however many of the aromatherapy products available today use artificial fragrances and additives that can be harmful. At these "scentsational" workshops, you'll learn how to make your own personal and home care products using pure and natural essential oils. The \$12 registration fee includes supplies for making your own personalized product to take home. Please call 623-583-2286 or 623-566-1376 for the class dates and times.

Mustard Seed Herbarry STORE HOURS (summer)



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

HERBAL TIDBITS

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



Karen uses the PAW PAW shampoo as a facial cleanser and it has cleared up her ACNE! John puts the PAW PAW shampoo on his TOENAIL FUNGUS and it is almost completely gone after having it for 14 years! Judith uses it regularly for FLEA CONTROL on her dogs.

Al's ELECTROLYTES tested low, but after one dose of CHINESE MINERAL CHI and the RECOVERY drink, it tested normal again.

Kelly was suffering from severe DEPRESSION, but was unable to handle any traditional medications. After a few weeks on SAME-e, CALCIUM/MAGNESIUM + D, VITAMIN B COMPLEX, and ST JOHN'S WORT, she says she feels like a new person and is able to resume a normal lifestyle.

Dr. Kim has a patient with a LOW WBC & STAGE 4 CANCER and since adding GERMANIUM to the PAW PAW CELL REG, her CA-15-3 markers have changed 125%!

Jerold uses IF-C for the PAIN caused from the degeneration in his left hip. It keeps the pain away until he is able to schedule his hip replacement surgery.

Shannon used the essential oil blend she mixed up for SHINGLES and they went away in record time! She uses 20 drops of GERANIUM with 15 drops of ROSE in 4 tablespoons of NSP'S MASSAGE OIL. She also gets relief from her FOOT PAIN with the blend.

COLLATRIM liquid has helped Chris LOSE 5 INCHES recently because the CONJUGATED LINOLEIC ACID (CLA) in it stimulates fat metabolism in muscle and fat cells while reducing the size of the existing fat cells. Pat uses the capsules to reduce the discomfort from ARTHRITIS in his knees and shoulders.

William has suffered with STOMACH PAIN for years and nothing he tried helped – until he started using FOOD ENZYMES with each meal. No more pain. He also uses WILD OREGANO essential oil for POOR CIRCULATION in his legs and the pain is drastically reduced there too!



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

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

Address Service Requested

Time Sensitive Material – Please Deliver Promptly



Weight No More

to join our weight management group that meets on alternating weeks. Weight management is not just about looking good, but it's about feeling good and staying healthy too! Let us help you reach your weight goals the healthy way!

Call for more information or for your personalized orientation. Don't weight anymore to be healthy!

Knowing Your Metabolism Can Help You Lose Weight Too!



Knowing the rate at which you burn calories – or your metabolism – plays an important role in weight loss and should play a fundamental part in determining your weight-management strategy. Weight management can be as simple as a matter of arithmetic: balancing the number of calories “in” against the number of calories “out”. If you take in (eat) more calories than you burn, you’ll gain weight. If you take in (eat) fewer calories than you burn, you’ll lose weight.

Regardless of your unique metabolism, there are two recently introduced tools that can help you. The first tool will determine your resting metabolic rate (RMR) and the second tool can help you work with your metabolism to improve your health and achieve your weight management goals. Age, activity level, diet, genetics and current weight all influence your RMR. Now you can find out what your unique RMR is by simply taking a breathing test. This easy 10-minute test will tell you the amount of energy (or number of calories) your body burns each day at rest. This can account for nearly 80% of the calories burned daily! Knowing this number is key to designing a nutritional, supplement and exercise program to meet your individual needs. Call the Herbarry at 623-583-2286 to schedule your RMR test.

Once you know your RMR, you are then ready to use BalanceLog, a user-friendly software application that allows you to quickly and easily establish and track your personalized nutrition and weight management program. It just takes a few minutes to log your food and exercise so you can monitor your energy balance (calories in vs. calories out). It's easy and lots of fun to use!

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.