



Your Health Matters

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Have you read the latest Healthy Times Journal yet?

Several months ago, we sent you a copy of the premier issue of the Healthy Times Journal – the West Valley’s most complete source for natural and holistic health information. The July/August publication is hot off the press and we encourage you to come in and pick one up so you can keep up-to-date on all the latest in natural health information! You can also pick them up at various locations throughout the west valley – places like Curves Fitness for Women, Garden Café, Desert Palms restaurant, NW Chamber of Commerce, Sun City Visitors Center and other natural health practitioners.

Pick up your personal copy of the Healthy Times Journal - we’ve got one just for you!



Things go better with Water

Energy, well-being flow from adequate H₂O

It is a well established fact that our body needs water. Lots of it. Dehydration is implicated in many diseases and common physical and emotional problems are often treated with drugs. Dr. Batmanghelidj says in his popular book, *Your Body’s Many Cries for Water* - that you are not sick, you are thirsty! Don’t treat thirst with medications.

Obtaining pure water is becoming a more important challenge everyday. More and more impurities and contaminants are being identified with major negative implications on our health. And we can’t rely on the government – or even on bottled water – to provide the pure water we need. The safest water—and the most economical way to enjoy pure water—is the water you can purify yourself. Contact Desert Rain Water Systems to get your water tested and enjoy the beverage of choice – water, free from contamination and chemical wastes. Call (623) 910-0469 for an appt.

Thai-Go

Bringing the Best Fruits
Together for Your Protection

Antioxidants are getting more and more attention from the scientific community. It is well recognized that oxidative stress—from our environment, our food and water supply and even exercise—causes the body to age more quickly and be more susceptible to disease. The USDA even stated recently that “eating plenty of high-ORAC fruits and vegetables—such as spinach and blueberries—may help slow the processes associated with premature aging in both body and brain.”

Now available from Nature’s Sunshine Products is **Thai-Go**, which is a unique blend of Mother Nature’s richest arsenal of antioxidant protectors. It includes the esteemed Mangosteen, Wolfberry (lycium), Sea Buckthorn, Red grapes, Red raspberries, Blueberries, and Green tea. These were all selected for their superior ability to neutralize free radical and together, the product measures an Oxygen Radical Absorbance Capacity (ORAC) of over twice as competitors. Plus an independent lab conducted an immune response test that showed Thai-Go is at least 3 times better stimulating immune response as Xango.

Thai-Go contains ingredients that are rich in bioflavonoids and antioxidants. These enhance vitamin C absorption and help maintain collagen and capillary walls, while aiding the body’s defense system. The compounds found in Thai-Go are also known in the scientific community to support the immune, structural and digestive systems as well as benefiting the brain and skin.

Free radical damage to cells has been linked to the development of cancer and other debilitating diseases, including cataracts, atherosclerosis, Alzheimer’s disease, osteoarthritis and immune deficiency. Research shows that antioxidant nutrients can help prevent illness, treat degenerative disorders and may even slow the aging process.

Besides its powerful antioxidant properties, Thai-Go tastes wonderful! Recommended dose is 2 TBSP twice a day. More can be taken for quicker results or for more severe health problems. Thai-Go everyone?

Thai-Go

11 Elite Ingredients
One Amazing Juice

Untold Truth #1: We're Running on Empty!

In case you haven't noticed, America is finally beginning to wake up to its current health crisis. This is great news! People everywhere are starting to count calories, watch carbs and read labels. A few fast food restaurants have begun eliminating "super-sized" menu items and adding more healthy fruits, vegetables and salads to their food choices. This is because we are starting to become aware that the standard American diet is out of control and it is making millions of us sick. We're eating over-processed foods that are loaded with calories, yet devoid of real nutrition. We're getting fatter, more tired and more ill—yet few people understand why. Most never make the connection between sickness and diet. Clearly, our greatest nutritional deficiency is education. Before we can get healthier, we must get smarter.

Dr. Alex Duarte lists 7 pillars of prevention which are essential nutrients that the body needs to produce a more vibrant, healthy you. We recommend that you come in and pick up a copy of the booklet: *Running on Empty* for more details.

Pillar #1: Water – Drink it Up with Gusto! Water is the fluid of life, keeping organs and tissue hydrated, helping to keep food moving through the digestive systems and eliminating toxins. You should be drinking at least ½ your body weight in ounces (75 oz. for a 150 pound person). And no, coffee, soda and other beverages don't count as water. An important component in drinking water is the issue of water purity. More affordable than bottled water is a water purification system that will deliver clean healthy water right from your tap. And remember, either you filter your water, or you can let your kidneys and liver do it. But a filter is much easier and less costly and painful to replace than your liver or kidneys!

Pillar #2: Enzymes are key to healthy digestion, restoring pH balance and vitamin/mineral absorption. Digestive complaints are the number one reason people visit the doctor or emergency room, so it is obvious that our Americans suffer from enzyme deficiencies. To counteract enzyme deficiency, you need to eat more natural sources of enzymes, like raw vegetables and fruits, raw or cultured dairy and sprouted grains. Consider that cooking reduces natural food enzymes in the food and as you age, your body produces less pancreatic enzymes and hydrochloric acid, both needed to aid in digestion. This means as you get older, digesting meals become more difficult, uncomfortable and will deliver fewer nutrients to your body. Nutritionists will recommend that dietary supplementation of enzymes are taken with each meal.

Pillar #3: Fiber promotes colon health, regulates the digestive process and helps keep blood glucose stable. Food will provide fiber and unless your diet is built on wholesome, raw foods, including high-fiber grains, salads and fresh fruits and vegetables, you are not likely getting the 30-40 grams of fiber daily. The average eater consumes only 10-13 grams per day and that's why so many suffer from constipation, hemorrhoids, diverticular disease and other colon maladies. A blend of fiber which includes, apple pectin, oat bran and psyllium hulls is recommended daily for maximum health.

Pillar #4: Multi-vitamins and minerals can reap huge health benefits. They are easy to take and provide an all-around benefit that bolsters your health and immune system. It is so much more affordable than sickness.

Pillar #5: Get the proper skinny on essential fats. Your body needs good fats to transport vitamins, to create certain chemicals and to regulate cholesterol metabolism. The right fats give you energy and healthy skin, while protecting us from cardiovascular disease. Essential fatty acids increase fat metabolism, thin the blood, lowers the incidences of cancer, improve brain function, reduces inflammation and treats neurological diseases. And the good fats do not make you fat.

Pillar #6 – Antioxidants have powerful immunostimulatory benefits. They are the body's natural defenses against free radicals or molecules that move through the body resulting in cellular damage. Free radicals are known to be a cause of premature aging, inflammatory conditions and most chronic and degenerative diseases such as arthritis, cancer, Alzheimer's disease and cataracts. Thai-Go made from the Mangosteen fruit, Grapes, Red raspberry, Blueberry, apple and Green tea is a very powerful antioxidant in ORAC value and should be taken daily to protect against the ravages of oxidation.

Pillar #7: Probiotics are good bacteria that are essential to our life. The "friendly" bacteria are easily destroyed by antibiotics and other drugs and must be replaced in order for them to effectively break down our food, aid in nutrient

absorption and fight inflammation to kill dangerous microorganisms. A probiotic supplement is the best way to obtain adequate numbers of the beneficial bacteria.

The 90-Day Habit of Health Challenge

Take the Challenge... ...and Feel the Difference.

- **Commit** to taking 6 key products for **90 days**. (see list below.)
- **Save money and time** through NSP's autoship program.
- **Receive a gift** and additional savings upon completion of 90 days.
- **Save about 20%** off regular *wholesale* prices!
- Come into the store and get more details before you sign up to **take the challenge for a healthier YOU!**

**Our Guarantee: You will feel better in
90 days – or your money back!**

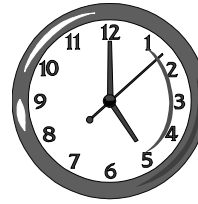


The six key products included in the 90-Day Habit of Health Challenge are:

- **Food Enzymes or Proactazyme Plus**. These are enzyme supplements which will promote maximum digestion and minimize digestive discomfort.
- **Nature's Three**: This fiber combination of oat, apple and psyllium will help to insure that you get the 30-40 grams of dietary fiber needed to contribute to a healthier lifestyle.
- **Super Supplemental Vitamins & Mineral** (with or without iron): a powerful blend of vitamins, minerals, antioxidants and other nutrients in a super-nutritional base of herbs to help you get the optimal levels needed for optimal health.
- **Omega 3- Hi EPA** replaces the bad fats with the good fats. This combines EPA and DHA in the ideal ratio allows you to supplement your diet with essential fatty acids from fish.
- **Bifidophilus Flora Force** is a highly potent microflora supplement that helps to replenish the "good" bacteria that belongs in our digestive tract. Beneficial organisms help bolster our immune system, support proper digestive function and improve intestinal health.

Mustard Seed Herbarry

STORE HOURS



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

HERBAL TIDBITS

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



Kati was hesitant to participate in the 90-day Habit of Health Challenge because "it was so many things to take" and she was afraid that she wouldn't stick with it. After being on the program for one week, she reports, "I feel wonderful!" This is after undergoing recent thyroid irradiation after which she felt "**HORRIBLE**" and had very **LOW ENERGY**. She knows it has already made a big difference in her life.

Freda suffers from **OSTEOPOROSIS** and instead of just adding more calcium to her diet, she takes **MAGNESIUM COMPLEX** and **HSN-W** or **SILICA** (horsetail) for absorption. Her last bone density tests showed substantial improvement and her doctor is even amazed. She feels less **PAIN** as well.

Jeff has used an inhaler for years (20+) for his **ASTHMA**. A few weeks on 2-3 **LOBELIA** daily and he no longer needs to use the inhaler. He also takes **FOOD ENZYMES** and **PROBIOTICS** for **DIGESTIVE SUPPORT**, which also improves **RESPIRATORY FUNCTION**.

We're hearing wonderful things about **THAI-GO**. Jolene has suffered from severe bouts of **DIARRHEA** for years, but after taking ½ bottle twice a day for two days, it is gone and has not returned! Ed had constant **LEG PAIN**. Just 1 oz twice daily for ten days and his pain is gone. Julia has **HEPATITIS C**, **LIVER CIRRHOSIS** and was recently diagnosed with **GLAUCOMA**. 1 oz of **THAI-GO** three times a day and 6 weeks later, her liver enzymes are almost normal and the eye doctor says he sees no signs of glaucoma anymore.

Carol had **CANCER** in the **LYMPH NODES** and a **SKIN TUMOR**. 6 months after beginning a nutritional program of **PAW PAW CELL REG**, **IMMUNE STIMULATOR**, **NONI**, and **HIGH POTENCY PROTEASE**, her doctor declared her "**CANCER-FREE**". She feels great and has made many lifestyle & dietary changes to stay healthy!

Richard uses **PHYTO SOY** and **HSN-W** to stop **BALDING**. He stopped taking them for awhile ('cuz he didn't think it was working) and then realized how much more was coming out, so he is back on them and he reports that his hair is growing faster and coming back thicker and more manageable.

ZINC added to the **FOCUS ATTENTION** has really helped **John** manage his adult **ADHD**.

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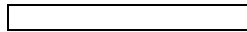
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Take the 90-Day
Habit of Health Challenge
...and Feel the Difference.

Time Sensitive Material – Please Deliver Promptly

- I t's convenient.
- I t's affordable.
- I t's life-changing.
- I t's guaranteed.



We now 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 Atkins and South Beach 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. 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.

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.