



Your Health Matters

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Volume 9, No. 4 ~ staff@mustardseedherbary.com ~ www.mustardseedherbary.com ~ July/August 2005

Kat's Korner

Greetings! Summer is well underway and while the traffic has lightened up a bit with some folks out of town, we're staying busy at the store researching new products, cleaning and organizing (we're still recovering from our move last fall!), and hosting or conducting weekly classes, workshops, and seminars. Speaking of seminars, by the time you receive this newsletter the Untold Truth seminar we hosted at the Windmill Suites in Surprise will be over. We sold out with close to 60 people registering! If you attended the seminar, we hope you enjoyed yourself and took away some good information to use for yourself and your family. If you weren't able to attend, please check with us on possible upcoming special seminar dates this fall.

We recently received a fresh supply of Arizona honey (Mesquite, Orange Blossom, Flagstaff Wildflower, Camelthorn, and Desert Wildflower) from Mountain Top Honey Co. in Flagstaff along with other bee products such as bee pollen, propolis, and royal jelly from Y.S. Organic Bee Farms. A few of the numerous health benefits provided by honey include using it topically to heal minor burns and abrasions. Since honey doesn't spoil, it's easy to have a jar on hand for emergencies. Honey also has pre-biotic properties, which means it helps promote the growth of the healthy bifidobacteria in the intestinal tract.

I also read in *Delicious Living Magazine* (June05) that "In the ongoing fight against cancer.....researchers from the University of Zagreb, Croatia, recently found that mice injected with a variety of honey-related products showed either decreased tumor growth or a decrease in metastasis (tumor spread), as well as increased survival time (Journal of the Science of Food and Agriculture, 2005, vol. 85, no. 3). Besides honey, the mice were injected with propolis, a resinous substance used in the construction of beehives; caffeic acid, a chemical found in propolis; royal jelly, the food for young bee larvae; and bee venom." The next time you're in our store take a moment to check out our delicious honey and bee products!

Until next time – take care,

Katrina

Cellular Build - Nucleotides Building Blocks to Optimal Health

Nucleotides are biological compounds that play a major role in almost all processes in the cell. Our cells in the body are constantly dividing in order for the body to survive. When cell division occurs, a complete copy of the DNA is made for the new cell. Nucleotides are the building blocks of DNA and RNA, just as amino acids are the building blocks of protein. This constant dividing process requires millions and millions of nucleotides, because nucleotides are required to produce DNA. In addition, nucleotides are involved in almost all activities of the cell either by themselves or in combination with other molecules and display a wide range of functions critical for infant and adult health. **These benefits include intestinal, immune system, liver health, tissue renewal/wound healing, energy transport and response to body stress including injury or illness.**

There are 3 sources of nucleotides which include the body synthesizing them, recycling or salvaging them or obtaining them through the diet. Until recently, it was believed that dietary sources of nucleotides were unnecessary for normal growth and development because the body was capable of making sufficient amounts on its own at times of greater need. Recent studies have shown that certain parts of the body depend upon the recycling of nucleotides and dietary supplies to maintain their great demands, particular in the gastrointestinal tract and immune system.

Nucleotide creation in the body is a very complex process requiring many components, many steps and huge amounts of energy. This is under very tight control since energy is wasted when making too much and DNA replication is slowed down when making too little. Cellular energy is conserved and DNA replication is enhanced by making sure that our cells are constantly supplied with exogenous nucleotides. Nucleotides are known as "conditionally essential nutrients" because there are certain conditions such as rapid growth, limited food supply and metabolic stress where nucleotide supplementation through the diet is required.

Certain cells which are rapidly replaced, like white and red cells in the blood, or cells in the digestive tract benefit from dietary supplementation. The need for supplementary nucleotides also increases during time of stress, such as illness or injury.

Nucleotides can:

- Strengthen the immune system
- Promote tissue renewal and wound healing
- Help heal the body from the stress of injury or illness
- Promote tissue growth and benefit athletes
- Improve intestinal and liver health

20% off thru 8/31/05



America: The Land of the Over- Medicated and Home of the Sick and Tired

=====
Drugs don't cure diseases. Instead they mask symptoms without regard to what might be causing the underlying problem in the first place. In the process, the production of certain hormones may be suppressed while others are indiscriminately increased. Drugs also deplete minerals and vitamins and they routinely interfere with the formation of hundreds of other essential compounds in the body.

There is no doubt that drugs can save lives under certain circumstances. Antibiotics can help fight massive infections that would otherwise overcome the normal defenses of the body. Supplemental hormones can be helpful when organs can't produce their own supply because they are damaged or cease to function. However, our society has been brainwashed into thinking that routine drug use is "better living through science." Most have accepted the false premise that popping a drug is at least as effective as making simple changes to their diet & lifestyle—they believe it because they want to; it certainly is more convenient.

The pharmaceutical companies have done an amazing propaganda job of convincing the public that drugs are the safe, effective answer to all our health woes. Consider the fact, that despite all the drugs available to us and all the billions of dollars spent in "research", we are sicker than ever before and record numbers of Americans are dying from heart disease, diabetes and cancer.

Proponents of natural health encourage cleansing from toxins and the building up of the body thru nutritious foods and herbs that can support the body's ability to heal itself. It's never been sound science to give the body poisons or simply remove body parts in an attempt to regain health. Declare your Independence from harmful substances and let your body heal itself like it was made to do – through what nature provides.

**JOIN OUR LOSERS
and GAIN GOOD HEALTH!**
Transform Your Health ~ Transform Your
Shape Weight Loss Group

Our first group is already in session, but we still have room in our next weight loss group starting in early September. Call us or stop by for details and you, too can gain good health by losing!



Dates To Remember:

Call (623) 583-2286 to register.

Workshop: Summertime Skin Care & Aromatherapy

/ Tuesday, July 5 – 7 to 8 pm

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. The \$20 registration fee includes supplies for making your own personalized product to take home. Registration is required before July 1st.

Ayurveda ~ The Ancient Science of Self Healing from India

/ Tuesday, July 12 – 7 to 8 pm

This ancient natural health system is not widely understood, so we have Dr. Melanie Dias-Zair, Chiropractic Physician and Ayurvedic Practitioner here to teach us this method of healing. Register early as this will be a popular class!

The Yeastie Beasties ~ The Candida Connection to Illness & Disease

/ Tuesday, July 19 – 7 to 8 pm

You asked for another presentation about this common problem, so please mark your calendar and register early.

Hypnosis & Weight Loss Think Thin - Be Thin.

/ Tuesday, July 26 – 7 to 8 pm

You can change your mind about weight loss and health. Join Julie Jones, Cht as she teaches us how to think thin and be thin.

Celiac's Disease and other Inflammatory Bowel Disorders - suffer no more...

/ Tuesday, August 2 – 7 to 8 pm

Celiac's Disease, Irritable Bowel Syndrome, Chrohn's, Gluten Intolerance - is there really no remedy for these maladies? We don't think so; come learn about natural health alternatives. There will be food samples and lots of information. Register early!

Workshop: "Back to School" Immune System Support with Aromatherapy

/ Tuesday, August 9 – 7 to 8 pm

It's that time again ~ a time when our children are again exposed to all kinds of bugs - and time to build our immune systems! Please register by August 5th - \$20 includes supplies.

Topic: To be Announced

/ Tuesday, August 16 – 7 to 8 pm

/ Tuesday, August 23 – 7 to 8 pm

These classes aren't really a secret, but the topic hasn't been confirmed yet, so we ask that you call our office or stop by and find out the topic and speaker for these evening' classes. Or, just come to the store those evenings for a pleasant surprise!



Dates To Remember

(continued from page 2)

Breathe to the Rhythm of Life

/ **Tuesday, August 30 – 7 to 8 pm**

Oxygen is critical to good health and life itself and so few of us really breathe correctly. Energy healer, Sandy Egli, Th.D will show us how to exhale all that old stale air and get a good breath of fresh air! Wear comfortable clothing. Class size is limited.

Super Size Me ~

An Oscar-Nominee Documentary Film

/ **Tuesday, September 6 – 7 to 8 pm**

This amazing film could change your life and certainly will change your thinking about fast food and how diet really does affect our health. Register early for this fascinating story on film and we'll even serve up some healthy popcorn and drinks!

Visions of Health

What your eyes reveal about your health

Iridology is the study of the iris of the eye including its texture and its color. It is a gentle, noninvasive way to identifying inherited strengths and deficiencies in the body. Through iris analysis, areas of the body that lack the vitality to resist illness can be determined and supported through good nutrition and other natural health options. Iridology also can show genetic predispositions, which is especially valuable for children and young adults and can help older adults understand developing health patterns in their bodies. Iridology is used by natural health practitioners as an important tool to discern potential structural and functional imbalances within the body and help clients determine an appropriate plan to help their bodies "be all they can be".

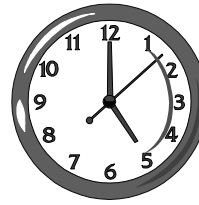
Certified Iridologist, Kathryn Brooks from Scottsdale will be here on Monday, July 25 to offer a complete iris analysis, by appointment, to help you learn what your body has to tell you about your inherent strengths and weaknesses. If you pre-register and pay for the analysis before July 20th, you will receive a \$20 discount off the regular price of \$85. 1/2 hour appointments for \$45 are also available.

Appointments are limited, so register early to take advantage of Kathryn's expertise in iridology and learn what your eyes reveal about your health. Call 623-583-2286 for your appointment today!

If you think you can't afford prevention, then how do you think you can afford the disease?

Mustard Seed Herbarry

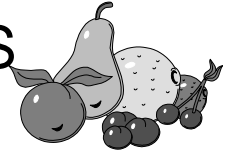
STORE HOURS



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.



Lorna was diagnosed with FIBROMYALGIA and has been in severe, constant pain for nearly 5 years. She started taking GLUCOSAMINE & MSM for JOINT PAIN and LECITHIN for the "BRAIN FOG" and noticed significant relief. COLLATRIM + helps her SLEEP. But she still had muscle pain, so when she discovered FIBRALGIA, (magnesium & malic acid blend), she has enjoyed the first pain-free days in years. She won't be without it and carries it everywhere so she can be physically active again!

"PRIMAL DEFENSE and NONI juice cured my CHROHN'S" is how Allen feels about those products. He said he has suffered with the pain and discomfort for about 8 years, so he is delighted to be pain-free and able to eat "normally". Of course, he understands that eliminating processed foods and most meats and eating lots of high-fiber foods are essential to maintaining a healthy intestinal system.

B-COMPLEX and SUPER OMEGA-3 FISH OILS have eliminated the uncomfortable and unsightly CRACKS at the corners of Becky's lips. She feels less stressed and able to concentrate better at school too.

Linda has noticed that the symptoms connected to her MITRAL VALVE PROLAPSE have pretty much disappeared after just one bottle of THAI GO. She feels a lot more ENERGY overall as well and is pleased to see that her BROWN SKIN SPOTS are fading as well.

Nance's cat seemed to have BACK PROBLEMS and could hardly jump onto furniture anymore, so she sprayed NATURE'S FRESH on the cat's back and by morning it was jumping around and appeared considerably better! Juanita uses it to keep her doggie free from FLEAS. Jeff uses it on his garden to keep his roses free from APHIDS.

Kelly reports that HEEL SPURS are gone after one week of HYDRANGEA, YUCCA, ALFALFA, MAGNESIUM, PDA and HERBAL CA in high doses.

MICHAEL'S LIBIDO and VIRILITY had recently plummeted so he started taking MEGA CHEL to improve circulation, MACA and Men's X-ACTION and within a few days he's noticing an improvement. Now his wife asks for the Women's X-ACTION in order to keep up with the changes.

1 SINUS SUPPORT and 2 ALJ daily is all that is necessary to keep Jennifer free from SINUS INFECTIONS and ALLERGIES.
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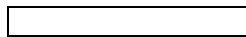
Time Sensitive Material – Please Deliver Promptly



"Back to School" Special!

25% off all in-stock books.

Mention this newsletter for your discount.



It's a True Story...

"Mary" took their doggie to the vet and it was diagnosed with arthritis. They gave him **Joint Support Herbal Combination** and their dog got well. When they took the dog back to the vet six month's later, he asked when they got their new dog.

When the vet was told that they'd given the "old" dog herbs, he said, "That herbal stuff is all in people's heads." (i.e., it's just a placebo effect).

Mary replied, "It's a good thing we didn't tell that to the dog." ☺ ☺ ☺

The Purpose of Pain

We all know someone (or some animal) who suffers from joint pain of some kind. Perhaps that is why there are so many products on the market that suggest relief for joint pain. Because the natural health perspective is not to simply mask the pain, it works to correct the core problem so that the pain does not continue or return.

While most of us would say that we are not a big fan of pain, it does provide us a great service to the body when dealt with correctly. Think of it as the oil gauge light in your car. If the oil light comes on, would anyone consider just covering it with tape, taking out the fuse, or beating out the light with a hammer? Not likely, because the light comes on as a warning that something more serious can happen if the issue is not properly addressed.

Outside of sports injuries, some other reasons for joint pain are:

- * Poor digestion because of poor choices in food
- * Lack of good minerals to aid in the absorption of calcium
- * Poor elimination which causes an increase in toxicity
- * Poor diet which does not provide the necessary building blocks
- * Lack of good water to build, repair or cleanse tissues

An herbal combination called **Joint Support** is a carefully selected herbal combination to nourish and cleanse the different body systems while providing resources to repair damaged areas to help decrease pain. This used in conjunction with good water, wise food choices and proper exercise can help to address the purpose of pain in our bodies

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 Herbary 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.