



# Your Health Matters

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## You wouldn't need nutritional supplements if:



- Our nation's soil was virgin –which it is not!
- Our ancestors had been perfect—they were not!
- You could teach people to eat to satisfy the body's needs and not their appetites—which you cannot!
- We could all have our cow or goat, raise our own meat and poultry—which we cannot!
- Foods were not harvested green and immature—but they are!
- Storage did not produce vitamin deficiencies—but it does!
- We lived in a stress-free world—but we do not!
- Chemical fertilizers were not used in our soil—but they are!
- The animals were not force-fed hormones and antibiotics to increase their weight for an earlier market day—which they are!
- Today's conventional farmers put nutrients back in to the soil—which they do not!
- The animals we eat were fed a perfect diet—which they are not!
- Insecticides did not penetrate every cell of our food—but they do!
- Most of our grains were eaten whole and not refined into dried cereals—which they are!
- Our white sugar possessed anything more nutritive than sand—which it does not!
- Our modern white flour was all used for wallpaper paste instead of bakery goods—which it is not!
- Our foods were not overcooked—but they are!
- Deep-fat fryers were not found in nearly every restaurant—but they are!
- Man would live by the laws of nature—which he will not!
- Our environment (water, air, food, etc) was not severely polluted—which it is!

Therefore, we need supplementation.

Courtesy of Tree of Light Institute



## CholesterReg II

Don't put up with the terrible side effects of the cholesterol-lowering drugs

Although, it isn't exactly a four-letter word, cholesterol has become a heart stopper. At the mere mentioning of the word, you can almost feel the arteries clogging. But cholesterol isn't a really bad thing. In fact, it is actually a necessity of life. Found dancing with the lipids in the bloodstream, this soft, waxy matter is an element essential to forming cell membranes, bile salts, hormones and some tissues. There are numerous other factors that enter into the picture that turn cholesterol from being a useful nutrient into an artery plugger – like chlorinated water, lack of exercise, too much hydrogenated oils and a high carbohydrate diet. Because all these other factors are so prevalent in our American lifestyle, many Americans are being encouraged to reduce their cholesterol and LDL levels, while increasing HDL, with the intention of preventing heart attacks and strokes.

Many cholesterol-lowering drugs are available today that are quite effective at lowering cholesterol; however many people are finding that they come at a great cost to their health. If you become familiar with the side effects associated with most cholesterol-lowering drugs, you can understand why Baycol was recently taken off the market due to 31 deaths that were linked to the not-so-unusual side effect of breakdown of muscles. Other cholesterol-lowering drugs have similar dangerous side effects and as Dr. Mathias Rath says – the "Baycol withdrawal is only the tip of the iceberg."

Fortunately, there are some natural products that have wonderful potential for those concerned with promoting heart health and maintaining normal cholesterol levels. NSP has introduced an amazing formula that has proven to be beneficial for healthy cholesterol levels. This CholesterReg II contains policosanol, phytosterol, inositol nicotinate, resveratrol and artichoke powder. Policosanol appears to perform a similar action in the body as red rice extract and studies show that 20 mg is as effective as 100 mg of aspirin in maintaining already-normal platelet aggregation. Plant sterols compete with the absorption of cholesterol in the body. Niacin helps relax smooth muscles and improves microcirculation and is helpful for managing triglyceride levels. Resveratrol is noted for its antioxidant abilities and artichoke powder benefits the liver and digestion. Recommended dose is 1 capsule 3 times daily.

Dangerous  
drugs kill!  
Use herbs instead.



# Essentials Of Health Enzymes

Enzymes are large protein molecules found in all living things. They are composed of 2 parts: the protein portion and the coenzyme portion. The protein part is a long chain of thousands of amino acids in specific sequential arrangement. The coenzyme part is usually a mineral or vitamin or a molecule manufactured from a vitamin. In other words, vitamin and mineral intake is wasted unless there is an adequate supply of the appropriate enzyme to utilize them. At the present time, enzymes are not considered 'essential' because unlike vitamins and minerals, they can be produced in the body. However, as we stray further and further from the original raw food diet, it is becoming more and more 'essential' to supplement to compensate for the extra burden that cooked food places on our bodies.

In spite of the fact that enzymes are not on the US RDA list, they are essential nutrients. All living things contain enzymes. The enzymes found in food are responsible for the biochemical reactions that bring plants and fruits to ripeness. The enzymes found in all foods are the workers responsible for the benefits given to vitamins and minerals – which are really co-enzymes that do not have the capacity to do work, but rather supply the fuel or energy to *do* the work.

Food enzymes are removed from our food supply in order to achieve an extended shelf life. While the food industry may be careful to attempt to replace vitamins and minerals (the co-enzymes) lost in the processing of food, they do not replace the more important food enzymes. Unless supplemental enzymes are taken, our diets will remain deficient in these essential nutrients. So, the longer the shelf life (and notice that it is getting longer and longer with irradiation, ultra-pasteurization, etc) – the more 'dead' the food is and the less it is able to sustain life.

There are 3 main groups of enzymes: metabolic, digestive and food enzymes. **Metabolic** enzymes catalyze various biochemical reactions within the cells (i.e. energy production, detoxification). **Digestive** enzymes are secreted in the gastrointestinal tract for breaking down various components of foods so our body can utilize the nutrients from the foods. **Food** enzymes are those present in raw foods – they are destroyed during cooking or processing.

There are thousands of types of enzymes, but the most common digestive enzymes are **protease**, **amylase** and **lipase**. They each serve a specific purpose in the digestion of foods. Protease, which digests proteins, is powerful in keeping us healthy when used systemically. Everything that gets into our system is either a protein or is protected by a protein. (Bacteria, fungi and parasites are all proteins; viruses and cancer cells are protected by proteins.) Amylase, which normally breaks down carbohydrates, can also regulate histamine levels when taken on an empty stomach. And lipase, which normally digests fats, gets into the bloodstream and can reduce the amounts of blood fats. There is evidence that lipase can reduce cholesterol, triglycerides and plaque in the blood.

The human body has enzyme-producing potential and must make up for the shortage of food enzymes. If inadequate enzymes are available, digestion suffers and the poorly digested food will then rot, ferment or become rancid in the digestive tract, producing illness-causing toxins.

Enzymes are needed for every chemical reaction that takes place in the body and supplementation may be the single most beneficial supplement we can take to improve our health.

## *Exactly what is our "Biological Terrain"?*

The science of Biological Terrain (BT) had its beginnings in Europe as a French physiologist named Dr. Claude Bernard formulated a theory that the primary cause of illness and disease was due to imbalances in the underlying biochemistry of the body. He believed that disturbances in the body's "interior" or Biological Terrain compromised cellular functioning. It is this Biological Terrain or interstitial fluid that bathes and nourishes every cell in the human body and Dr. Bernard believed that disturbances or imbalances in this cellular environment affected the entire body. Bernard's theory was opposed by Dr. Louis Pasteur, who believed that illness and disease was caused by microbes outside the body (also known as the "germ theory"). Dr. Pasteur is quoted as claiming that the Bernard's theory was indeed correct – on his deathbed.

To enhance our understanding of the science of biological terrain, it is helpful to compare its concepts to the science of Horticulture. Plants and human cells have something very important in common: they both need healthy, nutrient-rich environments in order to grow and maintain health. Elements from the soil are absorbed by the roots and are sent through the stem into the branches, leaves, blossoms and flowers. The integrity of the plant's roots and the vitality of the soil strengthen the probability that the plant will grow and flourish. Unfortunately, this concept is little used in agriculture anymore; however the true farmer treats the soil, not the plant.

The countless cells in the human body are bathed in a nutrient-filled fluid matrix called the Biological Terrain. Other names include interstitial fluid and extracellular fluid. This environment, like the soil, feeds and nourishes all the cells in the body. The outermost wall of every cell (membrane) is permeable, which means that certain elements flow in and out of this membrane. The cells absorb electrolytes, vitamins, minerals, enzymes and fluid in very specific amounts and are then utilized by the cell to maintain health and growth. The waste products from these cellular reactions are also released back into the biological terrain for proper filtering and disposal by the body.



This interstitial fluid requires very balanced and specific chemistries such as pH (acid-alkaline) as well as specific mineral, vitamin, electrolyte, enzyme and hormone levels. When a healthy plant is placed in an environment of healthy soil, it flourishes. This plant enjoys a much higher resistance to disease and opportunistic microbes and pests. The health and vitality of the soil terrain, is essential to the overall health of the plant. Similarly, when a human cell is living in a healthy biological terrain, it too will flourish. Essential nutrients flow into the cell and waste products flow out of the cell for disposal. When the body chemistry is properly balanced we have homeostasis and the ability to sustain health.

The characteristics and condition of the Biological Terrain affect the entire body as this fluid is continually circulating throughout the body. Measuring the body's biological fluids (i.e. urine and saliva) can serve as a means of monitoring certain aspects of the underlying biochemical state of the body.

Worrying does not empty tomorrow  
of its troubles. It simply empties  
today of its strength.

# Poison Control: Is there charcoal in your medicine cabinet?



Parents may save themselves a trip to the ER if they keep activated charcoal on hand to treat accidental poisonings, according to an 18-month Kentucky study published in a recent issue of *Pediatrics*.

Poison center staff recommended activated charcoal to parents in 138 cases of accidental poisonings in children who ingested medications, mushrooms or other similar toxins. Home treatment was successful in 115. The other 23 couldn't find activated charcoal at a store in time, didn't have a home phone number or preferred going to the hospital.

Activated charcoal works best if given within one hour after the poison is swallowed. The fine powder acts like a sponge to soak up toxins and keep them from being absorbed into the bloodstream. It can then be safely eliminated thru the colon. Charcoal is found in capsules and can be mixed into water, juice, yogurt or milk for easy swallowing if desired. And unlike syrup of ipecac, it doesn't trigger vomiting.

Charcoal use is not limited to children. Adults will respond similarly to charcoal when taken soon after an overdose. Be prepared and include charcoal in your herbal medicine cabinet.

Source: USA Weekend, Jan 11-13, 2002



## Surprise!

### Eggs may lower cholesterol

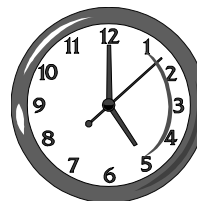
Kansas State University nutrition researchers have found that eggs contain a lipid that may lower cholesterol absorption and evidence has been published that the absorption of cholesterol is reduced by another compound in the egg – a lecithin.

The 3 researchers whose work has been issued a U.S. Patent for their 'findings' have published their conclusions in the September issue of *Journal of Nutrition*. The findings contradict the widely accepted notion that dietary cholesterol found in eggs directly contributes to raising blood cholesterol – resulting in many 'authorities' urging their patients to limit their egg consumption.

Under experimental conditions that closely mimic human physiology, these researchers found that a particular egg phospholipid interferes with the absorption of egg cholesterol and markedly lowers its uptake by the intestine. Even though a good amount of cholesterol is consumed when the egg is eaten, much of the cholesterol becomes "unavailable for absorption" in the presence of the phospholipid according to these studies.

Eggs contain a higher quality protein than protein found in meat, milk or fish. Also, egg is a significant source of vitamins A, B-6, B-12 and folate. Isn't it amazing that this 'perfect food' that creates life itself, is finally being exonerated by some fancy research that has resulted in the issuance of a patent?

## Mustard Seed Herbarry STORE HOURS



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

## HERBAL TIDBITS

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



**Amanda finds that taking FOCUS ATTENTION and NERVE CONTROL (formerly Combination Eight) helps her stay more FOCUSED doing schoolwork and less STRESSED especially for tests. Making the honor roll last semester confirms it really does help her. Keep up the good work, Amanda!**

Pam has noticed that the BONE SPURS in her hands are gone since using SKELETAL STRENGTH daily. This is vitally important for her since she is a massage therapist and the pain and discomfort was hindering her work. Her husband had GOUT and SAFFLOWER herb neutralized it.

**"The NATURE'S FRESH OZONE PURIFICATION DEVICE is worth every penny," says Debbie. She reports it adds many days of life to her fresh vegetables and fruits. "I'm sure I throw away 1/3 less than what I used to..."**

Jeffrey takes his COLOSTROM PLUS faithfully during COLD and FLU season. His children and wife have all had their turn with 'the crud' and nearly everyone in his office has missed workdays, but not him! He credits a stronger immune system.

**Judith suffered from 'BURN OUT' and she struggled with her job and family responsibilities. She felt "she was going crazy" because she couldn't cope anymore. Then she discovered HS-C (Nervous Fatigue Formula) and wow! What a difference it has made in her life because it supports and strengthens her adrenal glands.**

53-year old Jill had LIVER SPOTS on her hands. She started taking PROTEASE PLUS and they are going away!

**George had a TORN MENISCUS in his knee and it was very painful. He's been taking 6 ounces of NATURE'S NONI and found it very helpful – but with one side effect. His back pain went away too!**

Esther had a medical chart 3 inches thick from recurrent URINARY INFECTIONS – until she began taking URINARY MAINTENANCE. Not one since.

**Angie has no more HEARTBURN after one round of the CLEANSTART and no more Midol for Carol's former PMS since she now uses the PRO-YAM cream!**

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Time Sensitive Material – Please Deliver Promptly



**Attention:**

Ask about our member's  
wholesale buying plan &  
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 Spring!**

PRESORTED

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## Ask the Herb Specialist

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**Question: What is MSG and why is it so bad for our health?**

Answer: MSG is Monosodium Glutamate – which plain and simple, is a drug added to our foods to enhance the flavor of our processed foods. Originally it was isolated from seaweed called Kombu, but today it is produced from a variety of sources—usually through extensive chemical processing of a protein. MSG is found in most of the food prepared by the major fast food chains as well as in our ‘better’ restaurants. It is *not* exclusive to Chinese food. It has also found a regular place in the pantries of our modern kitchens. Because of the known reactions to MSG and the public’s discovery that MSG is not very consumer health-friendly, it is now being hidden in our foods under unsuspecting names such as hydrolyzed protein, autolyzed yeast, yeast extract, caseinate or ‘natural flavorings’. There are also MSG enhancers used – monosodium inosinate or disodium guanylate or other compounds referred to as 5’-nucleotides. Occasionally a food product or restaurant will advertise “No MSG Added” on its package or written on the menu. This only means that monosodium glutamate in its purest form has not been added to the food product—but not that MSG-containing substances such as hydrolyzed protein aren’t used. This is misleading people to believe that they aren’t consuming much MSG. What is bad about MSG? Headaches, including migraines are a common symptom of MSG sensitivity. So is PMS symptoms, prostate and urinary problems, Schizophrenia, obesity, heart palpitations, skin rashes, asthma, cramps, diarrhea, dizziness, blurry vision, depression, paranoia, rage reactions, panic attacks, muscle aches, back pain, arthritis, facial numbness, slurred speech, thirst, behavioral problems and ADD – to name a few. MSG is added to foods because of its neuroexcitatory effects on our taste buds and a spreading excitation throughout the brain. The industry calls this the “flavor burst”. Unfortunately, the thousands of reported adverse reactions to MSG have virtually gone unnoticed by the government agency assigned “to protect the public.” You would do well to minimize consumption of this drug. Read *In Bad Taste* by George R. Schwartz, M.D. for more complete information.

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### 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

## Our Services

Ear Coning \$30 plus ear cones

Iridology \$60 includes pictures, analysis, muscle testing and one follow up appointment

Myomassology, Lymphatic Drainage Therapy and other Corrective Integrated Bodywork  
\$50/ hour by Diane Pierson, NCTMB, CLMT

Nutritional Health Assessment & Consultation  
\$75 – includes, iris, tongue & pulse analysis, health history, muscle testing.

Osteopathic & Manipulation Services  
by Dr. Earl Kimbell III, D.O.  
Call 623-363-9436 to schedule an appointment.

Gift Certificates Available

# Less taxing!

We'll pay the sales tax on  
all in-store purchases  
made on April 15, 2002

Mention this ad to receive your discount.



## Dates To Remember:

/ Thursday, March 7<sup>th</sup> - 6:30 PM

Enter the Amazing World of  
Biological Terrain Assessment™

Your biological terrain is the interstitial fluid that nourishes the 100 trillion cells in your body. In addition to delivering electrolytes, minerals, enzymes, vitamins, hormones and water to the cells, this extracellular fluid also transports the waste products that the cells release. This class will help you to understand the biological terrain and how it can identify underlying factors or stresses that may be contributing to low energy and lack of vitality and well being. Reservations are suggested for this free class, so please call (623) 583-2286 today, as space is limited.

/ Friday, March 8<sup>th</sup> and April 5<sup>th</sup> – 10:30 AM

/ Tuesday, March 19<sup>th</sup> and April 23<sup>rd</sup> – 6 PM

### "Intro to Herbs"

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. Reservations are requested; so call (623) 583-2286 to register.

/ Monday, March 11<sup>th</sup> – 8 to 10 AM

Biological Terrain Assessment™  
(BTA) Testing

Appointments are required for the test.  
See reverse side for more details.

/ Friday and Saturday, March 15 & 16

Open House and Anniversary Sale

Help us celebrate *five* years of business during these two days! We'll have healthy refreshments and healthy discounts on all the products in the store. See enclosed flier for more details.



We are dedicated to the philosophy  
that health is much more than the  
absence of illness and that all people  
have the right and responsibility to  
manage their own health and  
happiness.

## Have you tried these brand-new products ?

**Triple Relief** is a real knock out. This revolutionary product is a blend of herbs that have been used traditionally to soothe general discomfort, PMS, backache, dental pain, gum inflammation, post-surgical pain, endometriosis, sinus and tension headaches and muscle pain. It contains willow bark, Boswellia and Nexrutine (plant extract from Phellodendron). These 3 standardized products have natural pain relieving and anti-inflammatory properties and are found to possess natural Cox-2 inhibitors. This product does not cause the significant side effects like the potent Cox-2 inhibiting drugs do, such as gastrointestinal ulcers and bleeding.

**EverFlex** blends the popular glucosamine, chondroitin, MSM and devil's claw. This formula is found to protect connective tissue and help maintain the integrity and mobility of joints. This combination cost you 30% less than purchasing the products individually, plus you get the added benefit of revered devil's claw for free!

**Breast Assured** supports breast health for women. Since breast cancer is a leading cause of death in women, this formula can help and support reproductive health, especially the breasts, balancing female hormones and promoting overall health. The active compounds and metabolites that compose Breast Assured act as antioxidants, block estrogen receptors and boost immune stimulation. With its balanced hormone profile, it can also provide nutritional support for menopausal women.

**Maca Extract** is well known in South American countries as a natural means for improving sexual desire and performance. It may also support physical and mental strength in men and women and as an adaptogen, it helps restore stamina and buffer the effects of stress. It is also known to support the adrenal glands and promote mental clarity.

Make April 15<sup>th</sup>



# You're Invited!

Join us in celebrating 5 years  
of helping people find natural  
solutions to their health problems...  
with discounts of 5% to 50% off\*



We have special shopping hours  
for our valued customers!

Friday, March 15 ~ 8 AM to 6 PM  
Saturday, March 16 ~ 9 AM to 5 PM

*Everything* in the store is discounted...

plus we'll have door prizes for free products and services  
like massage therapy, osteopathic manipulation,  
health assessments and iridology!

Light refreshments served.

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NSP members also save! These two days *only*,  
all current members get 15% off member price.

(Must have a current, unexpired NSP membership number. No QV transfers)

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\*Discount off retail prices ~ limited to stock on hand.

Do you suffer from low energy?

Do you need help and guidance in designing a specific nutritional program that meets your individual needs?

Do you wonder if you are wasting money on supplements that may not even be helping you?

Perhaps it time to try a new approach. Perhaps it is time to explore the amazing world of Biological Terrain Assessment (BTA)

The BTA or Biological Terrain Assessment involves the monitoring of your saliva and urine for pH, redox and resistivity. While these parameters do not diagnose diseases, they will give you valuable information about the internal environment (biological terrain) of your body, including:

- ❖ Adrenal Stress
- ❖ Circulatory System Health
- ❖ Digestive Capabilities
- ❖ Immune Stress
- ❖ Kidney Stress
- ❖ Liver Stress
- ❖ Lymphatic Effectiveness
- ❖ Mineral Levels
- ❖ Pancreas Stress
- ❖ Possible presence of Fungus or Bacteria
- ❖ Thyroid Stress
- ❖ Your ability to produce Energy

Join us for an introduction to BTA, the scientific, computerized assessment that will tell you how to improve your health, energy and well-being through changes in your supplement program, diet and exercise as well as determining what the effects of chronic stress, poor diet and exposure to toxins and chemicals are having on your body.

Lecture: Thursday, March 7<sup>th</sup> ~ 6:30 to 7:30 pm. Call (623) 583-2286

This *free* lecture and testing will be presented by Kay Lubecke, B.S., M.A., Certified BTA Practitioner and Nutritional Consultant with 21 years of clinical experience using natural therapies.

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BTA Testing: Monday, March 11<sup>th</sup> ~ 8:00 to 10:00 am. Call (480) 488-9153

BTA Testing fee is \$75 and assessment is \$50 with full credit given upon first purchase (within 7 days) of BTA recommended supplements. Net cost is only \$75!

Reservations are required for both the lecture and testing. For more information, or to schedule  
call (623) 583-2286