

# Your Health Matters



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March/April 2005

## Some changes...

We're delighted to share with you that Katrina will be taking the position as Store Manager. She has been working with us since June 2001 and is a Certified Natural Health Consultant. As a trained Aromatherapist, she teaches our monthly aromatherapy workshops and other natural health classes and will be available for individual nutritional consultations.

Many of you have already met Nance' who joined our part-time staff in December. She comes with several years of experience in natural health and an enthusiastic interest in holistic health and energy work.

For those of you who have health questions specifically directed towards me, you should know that I will not be available on Wednesdays, Fridays and alternating Saturdays. It is best to make an appointment with either Katrina or myself in order to receive the kind of quality personalized service that you've come to appreciate and expect from us!

*Ellen*

### Our services include:

Muscle Testing (up to 30 minutes)	\$22
Ear Coning	\$30 + cones
Resting Metabolism Testing	\$35
Nutritional Consultation (up to 75 min)	\$39
Biochemical Blood Analysis	\$105

## Don't miss this rare opportunity!

We have the Biological Terrain Assessment machine available to us for the first week in March and if you want to try to a new approach to wellness, we suggest you sign up for your test today! Cost is only \$60 and it may just be what you need to help you to improve your health, energy and overall well-being through changes in your supplement program, diet and exercise as well as determining the effects that chronic stress, poor diet and exposure to toxins and chemicals are having on your body. Come by for more information on this scientific assessment available only March 3<sup>rd</sup>, 5<sup>th</sup> and 7<sup>th</sup>.

## Nature's Cortisol Formula A new weight loss/stress product

Researchers have begun to notice the connection between cortisol production and weight management indicators such as calorie consumption and fat storage. They speculate that lower levels of this stress hormone may support weight management efforts.

What is cortisol? It is a hormone produced in the adrenal glands in response to stress and is often referred to as the "stress hormone". It promotes the formation of glucose, which is used as fuel during stressful situations. The body increases its production during times of stress—physical, mental and emotional. Cortisol is related to weight gain/loss because cortisol decreases the body's metabolism, increases hunger and cravings, unbalances blood sugar levels and signals the body to store fat.

Nature's Cortisol contains Relora® (a blend of magnolia bark extract and phellodendron bark extract) to help the body manage stress and maintain normal cortisol and blood sugar levels. Other key ingredients not found in competing products—banaba, holy basil, chromium and vanadium—help to maintain blood glucose levels and give this product the edge over competing Cortisol formulas. This product also features DHEA, a hormone precursor that interacts with the adrenal glands, which may subsequently affect cortisol production. It also contains green tea extract (60% EGCG), l-theanine and calcium ascorbate, which also support the body during stress and reduce fat storage.

This product contains no stimulants and it is a very cost-effective formula. Recommended dosage is 1 capsule with a meal three times daily. Combine with a healthy diet and a reasonable exercise program for optimum results. Allow 60 to 90 days for best outcome.

Summer and swimsuit weather is coming! Don't weight any longer to start your health and weight management program!

## Nature's Cortisol Formula

*"The answer is not in  
Weight Loss, but in  
Health Gain"*

Kat James



# Spring is here, but you don't need to be miserable with allergies...

Ah, springtime. Blooming flowers, a gentle breeze, warm temperatures—all perfect for enjoying the outdoors. But just minutes after you step outdoors, pollen spores whiz by your nose, and *aachoo!* Your day amidst nature's splendor dissolves into one long sneeze-fest and soon the only thing running is your nose. Welcome to hay fever season.

Allergic rhinitis—the medical name for hay fever—afflicts some 22 millions Americans, making it the most common chronic respiratory illness in the U.S - and the numbers are quickly rising. Ironically, most hay fever is not caused by hay, but from microscopic airborne pollens released by various seasonal plants.

Why are some people plagued by hay fever or 'allergies' and some are not? Perhaps it falls back on the immune system. Allergy sufferers all have an immune system that makes the same strategic mistake. It reacts as if under attack by a harmful substance and the body is trying to protect itself by producing the symptoms of a runny nose, sneezing, watery eyes and coughing in an attempt to rid itself of the 'harmful' invaders.

Many people have discovered natural alternatives as an answer to their allergies. A healthy diet is the first place to start. It has been discovered that if allergy sufferers will decrease their intake of 'junk foods' (foods that are high in fat, sugar, caffeine and salt) – and increase their intake of healthy foods like fresh fruits and vegetables, they will experience fewer symptoms of allergies.

Poor digestion is another cause of allergies. Poorly digested food is often the culprit for respiratory congestion and constriction because undigested proteins can activate allergic responses, which cause the release of histamines.

Bee Pollen is all the buzz for many suffering from allergies. It is referred to by many as the "world's only perfect food" because it is balanced nutritionally; it also protects the body against allergens. Herbs can help. AL-J or FOUR are very popular combinations because it performs like an expectorant and decongestant while improving digestion. Mullein, marshmallow, fenugreek, boneset, astragalus, lobelia and fennel are all popular herbs for fighting allergies and asthma.

Citrus Bioflavonoids, Stinging Nettles, beta-carotene and Pantothenic acid are natural antihistamines and can relieve allergy symptoms while boosting the immune system.

Go ahead and enjoy the springtime. Head off hay fever naturally – *simply improve your food choices and take advantage of the herbal and nutritional support available.*

Each day I choose to:  
Fill my mind with truth  
Fill my heart with love  
Fill my life with service.

Thomas S. Monson



## Isn't it time to do some spring cleaning?

Cleansing the colon of poisons, toxins and waste stored in the body is perhaps the best way to restore health and vitality. Colon cleansing is not a passing fad, but a natural way to address problems in the body such as obesity, diabetes, skin problems, cold hands/feet, high/low blood pressure, asthma, edema, aching and swollen joints, low sex drive, anemia, bad breath or body odor, food cravings, fatigue, headaches, gas, depression, insomnia, impotency, hot flashes, pot bellies, fibroid tumors, endometriosis, cramps, infertility, menopausal and menstrual concerns, poor circulation, arthritis, yeast infections, prostate problems, autoimmune diseases, high cholesterol, parasites, fibromyalgia and the list goes on and on...

The power of colon cleansing is not to be underestimated. A properly functioning colon is necessary for the transport of nutrients and the elimination of accumulating wastes. When the walls of the colon are lined with a collection of feces, the colon cannot absorb nutrients or eliminate wastes properly; therefore food remains undigested and the waste goes uneliminated.

A healthy colon eliminates after each meal due to the gastro-esophageal reflex. Some doctors may consider it "normal for you" to have a bowel movement every few days, but it is *not* healthy. Even if you eliminate daily, you may not be truly cleaning your pipes unless you include extra fiber in your diet. Fiber is considered the colon "broom" and acts to sweep out toxic wastes and accumulated toxins.

An under-functioning colon is a breeding ground for parasites and yeast problems. It also is critical in keeping the liver performing at peak levels and for keeping clean blood circulating throughout the body.

No one wants to talk about this SECRET SOURCE OF DISEASE, yet people are truly dying to know. Every year colon cancer kills about 48,000 people – perhaps totally preventable with proper colon care.

We suggest that you try CleanStart, a comprehensive, yet gentle colon cleanse and detoxification program that could change your life. Don't wait any longer to stop by and get started *today* with quite possibly the most important aspect of your personal spring cleaning...



### Dates To Remember:

A Mini Untold Truth seminar is scheduled on Monday evening, March 21<sup>st</sup> from 6:30 to 9:30 pm at the Phoenix Marriott (1101 N. 44<sup>th</sup> St.). Topics covered are Running on Empty, Weight Loss and Diabetes Epidemic. Cost is only \$10 – registration is required. Don't miss it! 623-583-2286

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

## Using Hypnosis to Stop Smoking and for Weight Control

/ **Tuesday, March 1 – 7 to 8 pm**

At this workshop by Julie Jones, ChT, we'll learn how hypnosis can change the desire to smoke and change your eating patterns for effective weight loss.

## Biological Terrain Assessments

/ **Thursday, March 3<sup>rd</sup>, Saturday, March 5<sup>th</sup> and Monday, March 7<sup>th</sup> – 8 to 10 am**

For only \$60 learn valuable information about your pH, Redox potential and mineral levels.. Knowing these numbers can help you address your health issues from the "inside out". Call us for more information or to sign up for your individual assessment. See pg 1.

## "The Blueprint for Your Life"

/ **Tuesday, March 8 – 7 to 8 pm**

Feng Shui practitioner, Luckie Bosselman is presenting this fun and informative workshop about how this ancient art of placement and color can affect your life and happiness. Please register early.

## A Scentsational Aromatherapy Workshop

/ **Tuesday, March 15 – 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 March 14<sup>th</sup>.



## Using Muscle Testing to Determine the Proper Nutritional Program for You

/ **Tuesday, March 22 – 7 to 8 pm**

Also known as kinesiology, muscle testing is a way to allow the energy (chi) of your body to tell you what it needs to maintain health. We'll teach you how to use this popular technique that can help you choose the best nutritional program for yourself.

## The Power of Reiki for Health & Healing

/ **Tuesday, March 29 – 7 to 8 pm**

A lot of us don't really understand Reiki and how it is used to facilitate natural healing. Learn about the value of Reiki in your quest for better health from Master Reiki Practitioners, Debra Willis-Powers.

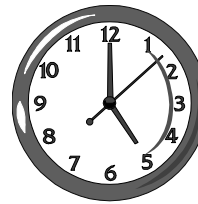
## The Yeasty Beasties – Has Candida Albicans taken over your life and your health?

/ **Tuesday, April 5 – 7 to 8 pm**

This class is back again by popular demand because it has become such a common problem due to our American lifestyle. This class could change your life!



## 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.



Nancy was taking Thai-Go for general well-being and noticed that all the "AGE-SPOTS" on her face were lightening up. Before long, she sees they are gone! Michelle also was taking Thai-Go and was soon having problems seeing. She went to her eye doctor and he had to change her prescription because her eyes were *improving!* She has worn glasses since she was 9 years old.

Carol has ELEVATED CHOLESTEROL and was told by her physician that she needed to lower it. She chose to avoid the dangerous statin drugs, and went on CHINESE RED YEAST RICE and Co-Q10 instead. Combined with better eating habits and exercise, her cholesterol and triglycerides have improved significantly! She is happy and so is her doctor!

Joyce has finally conquered her DEPRESSION with MSM and SAM-e on an empty stomach everyday. Doug likes that combination as well, but needs to add 5-HTP for total relief.

Nicole says of Nature's Cortisol: "I love it! I noticed within about three days that my appetite started to decrease and my stomach started to feel flatter. After a few more days, I could really tell that something different was happening with my body. I was starting to feel slimmer."

Connie has noticed an increased METABOLISM, as confirmed by a RMR (RESTING METABOLISM RATE) test and she feels it due to taking CLA with OMEGA 3 FISH OILS for a couple of months. This makes it easier to maintain her weight.

Debbie's infant daughter was very uncomfortable from COLIC and made it very difficult for mom and dad to get much sleep at night! Since she was treated for a YEAST INFECTION when she delivered her daughter, she decided that little Kristy was likely infected as well. She gave Kristy liquid PAU D'ARCO, PROBIOTICS and rubbed CATNIP and FENNEL on her tummy and everyone felt better within a few days!

Julie's BIOCHEMICAL BLOOD ANALYSIS showed that her liver and kidneys were under functioning, so she began a program of Milk Thistle, LIVER BALANCE, KIDNEY DRAINAGE and KIDNEY ACTIVATOR. She was amazed at how much more ENERGY she felt and how her skin cleared up in such a short time!

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Time Sensitive Material – Please Deliver Promptly

Would you like to receive our bi-monthly newsletter via email instead of getting a paper copy? If so, please let me know at [ellen@MustardSeedHerbary.com](mailto:ellen@MustardSeedHerbary.com)



Happy Spring!

PRESORTED  
STANDARD

## ~ The Best of Dallas ~

Katrina and I attended the Nature's Sunshine Leadership Conference in Dallas in early February and as always, we were impressed with all that was shared with us on various health and mind issues. The following is just a few of the highlights that we learned:

*Choice is our greatest power.*

Stress is not an event, but a reaction to an event.

*We need to be an example of what we want others to follow. The head, lips and the heart must be in balance. Be an agent in your own healing.*

Surround yourself with those who remind you that we are in this together. Nobody makes it alone.

*The answer is not in weight loss, but in health gain.*

If the food never "goes bad", it was never alive!

*"I don't want my lifespan to exceed my health span." Are you among the "living dead"?*

8 oz of uncooked pasta equals 1 cup of sugar.

*The body uses fat to sequester toxins and keep them away from the vital organs. Since fat stores toxins, the more fat we have, the more toxins are stored. Therefore, cleansing is vital to weight loss.*

Restoring blood & lymph flow to the tissues is vital to reducing body fat and changing your body shape.

*The low-fat diet of today is the senility of tomorrow.*

Waking up groggy (not feeling refreshed) is a sign of a congested liver.

*Fiber is the key to controlling blood sugar.*

### 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.