

# Your Health Matters

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## Need Another Good Reason to Keep Healthy with Natural Products?

Based on a report published in the Journal of American Medical Association (JAMA; Vol. 284, July 26, 2000), "standard" conventional medicine is the *third* leading cause of death in the United States, following only heart disease and cancer. Mistakes made by doctors and other healthcare workers kill up to 98,000 Americans each year – *more than twice as many deaths* as are caused by breast cancer according to the Institute of Medicine.

The author of this report, Dr. Barbara Starfield of the John Hopkins School of Hygiene and Public Health, listed these statistics:

12,000 deaths from unnecessary surgery – annually  
7,000 deaths from medication errors in hospitals – annually  
20,000 deaths from other errors made in hospitals – annually  
80,000 deaths from infections in hospitals – annually  
106,000 deaths from the negative effects of drugs – annually

Dr. Starfield also gives us several cautions about the data. First, the data is derived from hospital studies (includes hospitalized patients only). Second, these estimates are for deaths only and do not include the vast negative effects that are associated with disability or discomfort. It is estimated that an additional \$77 billion is spent annually due to "standard" conventional medicine.

Who needs another reason?

## Celebrate Health & Happiness!

Remember our beloved Mothers  
and Fathers on

Mothers Day  
May 13  
Fathers Day  
June 17

## HistaBlock™

Breathe a Sigh of Relief

Allergies need no explanation for the 22 million American sufferers. Webster describes it as "a condition of unusual sensitivity to a substance or substances which in like amounts, do not affect others." It is easy to identify because the sneezing, coughing, watery eyes and dripping noses are hard to hide. But fortunately, another powerful blend has joined the war on allergies and it is showing great promise in the fight. HistaBlock is a unique formula that helps stabilize mast cells that are responsible for the drastic reactions that occur during seasonal respiratory attacks and inhibits the swelling that occurs in the mucous membranes.

### ~~~~~INGREDIENTS~~~~~

**Stinging Nettle** provides well-known support against allergic rhinitis in hay fever sufferers. **Quercetin** is a bioflavonoid that has been used for its reputed effects in supporting the respiratory system. It is believed that this antioxidant helps stabilize mast cells, which the histamine releases during an allergy attack. **Bromelain** is an enzyme that works as an anti-inflammatory to help reduce the swelling of mucous membranes during allergic reactions. **Fructus aurantia** contains synephrine, which helps the body's natural decongestant processes open up the airways. It also may reduce runny nose and watery eyes.

### ~~~~~BENEFITS~~~~~

- f Provides nutrients that support the respiratory system in its battle against allergens, pollutants and toxins
- f Provides antioxidant strength to help stabilize mast cells.
- f Supports the body's efforts to control inflammation and swelling of mucous membranes.
- f Supports free breathing and may help reduce unpleasantness associated with allergies.

Recommended use is 1-2 capsules every two hours as needed for acute use, up to 12 capsules a day. As a maintenance measure, take 1-2 capsules two to three times daily. For added support, take HistaBlock with AL-J, Sinus Support, High Potency Grapeine, Allergy Homeopathic or Breathe Free essential oil blend.

## HistaBlock™

90 Capsules  
Stock No. 776-1  
Retail Price: \$19.95  
Member Cost: \$12.95

# Essentials Of Health

# The Joys of Soy

## Trace Minerals from A to Z

Trace minerals are elements that are needed in *trace* amounts and although only minute quantities are needed, they are nevertheless important for good health. Because these minerals are needed in tiny amounts, it is especially important to obtain them through natural sources to avoid toxicity of these minerals, which in excess can lead to health problems.

**Copper** has many functions in the body, which include energy production, hair and skin coloring, taste sensitivity and improves healing. It is also needed for healthy nerves and joints and aids in the formation of bone, hemoglobin and red blood cells and works in balance with zinc and vitamin C to form elastin. Copper stimulates the brain and high concentrations of it are found in the brain, liver, kidneys and heart. Some of the early signs of copper deficiency are osteoporosis, graying or balding of the hair, general weakness, skin sores and increased blood fat levels (triglycerides). Copper toxicity can cause diarrhea, eczema, high blood pressure, kidney disease, autism, mood swings, senile dementia and sickle cell anemia.

**Fluorine** works with silicon to form the enamel of the teeth and bones, strengthens and builds resistance to disease and preserves youthfulness. It is a germ killer and is normally present in seawater and naturally 'hard' water. Organic fluorine is found in grains, rice and seeds, spinach, sprouts, egg yolks, fish, cheese, beets and avocado. Unlike inorganic fluoride – which is a toxic, chemical manufacturing by-product added to drinking water in certain areas and to some popular toothpastes, organic fluorine is essential for healthy bones and teeth. Medicating our water source is not only unnecessary, but also harmful. Have you ever noticed that toothpaste that contains fluoride also carries a warning mandated by the FDA: **"Keep out of the reach of children under 6 years of age. If you accidentally swallow more than used for brushing, seek professional assistance or contact a poison control center immediately."**

**Germanium** is an important trace element, which increases cellular oxygen intake, as well as improves both circulation and overall cardiovascular functioning. It has also been shown to facilitate the removal of toxic metals, especially mercury, cadmium and lead and to protect the body from carbon monoxide poisoning. Germanium promotes a normalizing effect on the body's physiological functions, including blood pressure and immune response.

Germanium possesses antiviral and anti-tumor properties and has been shown to inhibit the growth and spreading of tumors in animals. There have been numerous reports of positive effects on human cancer, most likely due to germanium's ability to restore and enhance immune function, particularly interferon production, and its ability to enhance cellular oxygenation.

This trace element has been shown to enhance poor circulation and inhibit the progress of advanced Raynaud's disease. It is reported to help relieve joint pain and morning stiffness associated with arthritis and rheumatism.

Germanium is found in abundance in some medicinal plants and mushrooms. Other sources include unrefined aloe vera juice, barley, chlorella, comfrey, garlic and suma.

Soy's ability to lower the risk of heart disease, diabetes and cancer, help strengthen bones, ease menopausal discomforts and supply plenty of beneficial protein have inspired researchers around the world to carefully study this versatile food. Let's look at what they've found.

Research shows that soy protein, when consumed everyday, can significantly lower your cholesterol. So many studies have supported soy's benefits for cardiovascular wellness that the FDA now allows foods that contain at least 6.25 grams of soy protein per serving to point out their contributions to heart-health on their labels.

In addition, soy's benefits against cancer are also well established from research. The biologically active compounds (isoflavones) of soy may reduce cancer risk by inhibiting the activity of tyrosine kinase, an enzyme that otherwise might promote cancer cell growth. Genistein, the predominant soy isoflavone, is able to block the activation of this unwanted enzyme. "In 1996, researchers demonstrated that in this manner, genistein was capable of inhibiting prostate cancer cell growth," say Mitchell Gaynor, M.D., director of Medical Oncology at Strang-Cornell Cancer Prevention Center.

Genestein also works to reduce the high levels of stress hormones produced by cancer cells. "It turns out that genistein has the happy attribute of suppressing the production of stress proteins," says Gaynor. Soy may rob cancer cells of their protective chemical shield, allowing the immune system to prevent them from growing into a serious health threat. Cancers also need to build their own network of blood vessels to grow. Soy can disrupt this process and help the body destroy small tumors. This possible anti-cancer effect is supported by experiments at Illinois and Ohio State Universities.

Asian diets typically contain less fat and a higher proportion of vegetables, including soy protein when compared to Western diets and many researchers feel it has a direct correlation to the lower incidence of cancer among the Asian people.

According to the American Institute of Cancer Research, isoflavones possibly may substitute for estrogen at certain cellular sites, because it acts as weak estrogens. They may perform as anti-estrogens, preventing the hormone from wielding its cancer-promoting effects, thus providing beneficial effects. This theory may clarify why high-soy diets have been linked specifically to lower risk of hormone-related cancers. Estrogen receptor sites can be likened to docks at a port; if a ship is already docked, another cannot take its place. Isoflavones work in very much the same way; if a receptor site is occupied by a phytoestrogen, then estrogen simply won't dock on that particular receptor site. If enough soy isoflavones are circulating in the body, the majority of these receptor sites will remain occupied by beneficial isoflavones.

In addition to its anti-cancer properties, soy isoflavones function as antioxidants, which seek and destroy damaging molecules that have the ability to impair immunity and increase chronic diseases. Research concluded at the University of Illinois and Kentucky have found that soy contributes to markedly higher bone density and actually facilitates new bone growth.

Don't want to make a soy protein drink or eat tofu? Then get your soy isoflavones through Nature's Sunshine's **Phyto-Soy**, a standardized soy extract rich in the phytonutrients known to possess these outstanding qualities mentioned.



*Overheard:*

**If we are what we eat,  
then I'm fast, cheap & easy.**

# Estrogen & cancer linked



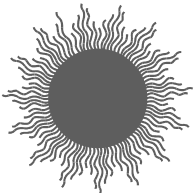
Women who take the synthetic hormone estrogen for 10 years or more substantially increase their risks of dying with ovarian cancer compared with women who do not take the hormone, according to a study released in March 2001.

In the American Cancer Society study of more than 211,000 post-menopausal women, those with *any* history of using hormone replacement therapy had a higher death rate from ovarian cancer than non-users; the highest for those who had taken estrogen for 10 years or more. The study is published in the *Journal of the American Medical Association*. (March 21, 2001)

Researchers found that women that had taken estrogen for 10 or more years had **more than twice** the death rate from ovarian cancer than women who had not taken the hormone. Estrogen has recently been recommended to be added to the carcinogen list (cancer-causing agents).

We in the natural health industry hesitate to say "we told you so", but estrogen replacement therapy is not a panacea for youth, healthy bones, heart and memory like pharmaceutical companies want you to believe. We suggest that you understand well the dangers of estrogen replacement therapy and be fully informed before you subject your body to this unnatural approach to a natural phenomena – menopause. Suggested reading is *What Your Doctor May Not Tell You about Menopause* by John Lee, M.D.

There are many safe alternatives to use during the transition into menopause. Ask your Herb Specialist to help you get started.



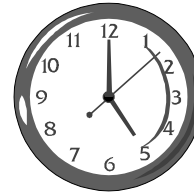
## SUN CARE

### SUNSCREEN-SPF 25 LIP BALM-SPF 15

Nature's Sunshine Sun Care Sunscreen is an all-season sunscreen that provides maximum, broad-spectrum protection against harmful UV rays with an ideal protection rating of SPF 25. In addition, the formula includes protective antioxidants and healing botanicals: vitamins C and E, Camellia oleifera (green tea), calendula, German chamomile, linden, orange peel and rosemary. Naturally derived emollients are also added to help moisturize, soften and soothe sun-exposed skin. NSP SunCare sunscreen leaves no sticky or ash-colored residue and contains no PABA, which may cause allergic reactions. *Apply sunscreen to all body parts exposed to the sun, including ears, neck and tops of feet. Reapply every 40 minutes or after swimming, towel drying or excessive sweating.*

The Sun Care Lip Balm rounds out your sun protection because it is formulated with special sunscreens (SPF 15) to shield lips from harmful UVA and UVB rays. It contains moisturizing and soothing emollients to help lips look and feel their best, and it conditions and protects lips with aloe vera, apricot, castor and jojoba oil, squalene, beeswax, bee propolis, Icelandic moss, golden seal, menthol, camphor and antioxidant vitamins A, C and E. *Use liberally daily, especially when lips are exposed to the sun, wind, heat or cold.*

# Mustard Seed Herbarry STORE HOURS



Sunday	CLOSED
*Monday	CLOSED
Tuesday	9 to 5
Wednesday	9 to 5
Thursday	9 to 5
Friday	9 to 5
*Saturday	9 to 5

\*Note change in hours

## HERBAL TIDBITS

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

**Mildred stopped taking Lipitor (a cholesterol-lowering drug) and within days, the pain in her back and down her legs was gone. Now, she is taking CHOLESTER-REG and CoQ-10 and it is safely and effectively keeping her CHOLESTEROL levels down ~ without the side effects!**

Gina has been CONSTIPATED all her life she says. After one dose of CASCARA SAGRADA (4 at bedtime), she eliminated more than she had for weeks. Now she takes it regularly with NATURE'S THREE psyllium combination and she reports, "I feel better now than I can ever remember feeling – even as a child. I will never be without those products."

Ronald says the HISTABLOCK works better than anything he's tried for his ALLERGIES. He was stuffed up and could hardly breathe after doing some landscaping and said, "it gave me relief almost instantly!"

FLASH EASE and RED CLOVER have reduced Carol's HOT FLASHES to an occasional one here and there. She sprays the essential oil blend (COOL FLASHES) on her pillow every night and no longer has any flashes during the night.

"Ed is a different person now that he is taking AD-C and 5-HTP for his DEPRESSION," says his wife. "He sleeps better too."

GASTRO HEALTH (formerly called Herbal HP Fighter) has helped Ben's GASTRITIS. Before using the product, he could hardly eat without stomach gas and pain.

A major university research center did an independent study that showed that NSP's Noni juice outperformed the other leading brand in stimulating immune system response better than 6 to 1. No wonder Ray says he prefers it and notices he FEELS BETTER when taking it daily.

Joe loves CORDYCEPS – a highly prized Chinese tonic. He says he has a lot more ENERGY perhaps due to its ability to improve liver function. He notices better BRONCHIAL functioning & his heart ARRHYTHMIA is significantly reduced.

Kristine found that FC with DONG QUAI and PRO-G-YAM cream has eliminated all signs of PMS for her. No more BLOATING, IRRITABILITY and CRAMPING!

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Surprise, AZ 85374

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## Ask the Herb Specialist



**Question:** How important is anti-bacterial soap and does it help keep us safe from bacteria and viruses?

**Answer:** No matter how many disinfectants we use, we will never kill all of the microorganisms in our environment. Germs are ever with us – and will be, living on our skin, in our mouth and in our gut. The good news is that our bodies are naturally resistant to these microorganisms. Hence, our obsession with disinfectants and antiseptics is really misplaced. Harmful microorganisms aren't going to get a foothold in our bodies if we keep our internal environment (our biological terrain) clean and healthy. When our bodies have adequate nourishment, rest and exercise, we are naturally immune to the microbes in our external environment. So, keeping our homes, bodies and clothes clean is only half the picture of natural hygiene – which can be successfully done with a good environmentally friendly, biodegradable soap like **Sunshine Concentrate** and essential oils. The other half of the picture is to keep our biological terrain clean and healthy with good health habits and nutritional herbs.



**Question:** Please explain Syndrome X and what causes this insulin resistance?

**Answer:** Research has recently brought to light a previously hidden cause of many modern illnesses. Dubbed “metabolic syndrome X”, this condition involves cellular resistance to a hormone called insulin. Science has thought that a deficiency of insulin produces diabetes, but found that is only true in certain cases. Only type I diabetes (found in 10-15% of cases) involves a lack of insulin production. In type II diabetes, insulin is sufficiently or even excessively produced, but it isn't doing its job – due to cellular resistance to the insulin. Too much insulin is linked to high blood pressure, arteriosclerosis, obesity (insulin is a fat storage hormone), water retention and of course, diabetes. What causes this insulin resistance is primarily a diet that includes too many refined carbohydrates (foods that trigger excess insulin production), deficiency of certain vitamins and minerals, sedentary lifestyles and lack of exercise, imbalances of essential fatty acids, low-fat diets or diets high in saturated fats, high carbohydrates and low protein. To correct this insulin resistance requires some very basic lifestyle and dietary changes.

### **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.*

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 Herbarium bi-monthly to provide you with information about alternative health products and services. If you would prefer not receiving this

# Services Offered

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

Ear Coning \$30 plus ear cones

Myomassology & Other Integrated Bodywork (massage)  
\$50 (1 hour) by Diane Pierson, LMT

Muscle Testing & Nutritional Counseling  
call for pricing

## New Name ~ Same Great Product

Some of the products you have come to know and believe in are now labeled with a new, easy-to-understand name! To acquaint you with a few of these popular combinations, here are some of the ones you love with a new and better descriptive name...

New Name	Old Name
Thyroid Activator	KC-X
Sinus Support	SN-X
Skeletal Strength	SKL
Trigger Immune	IMM-C
Intestinal Soothe & Build	UC3-J
Anti-Gas Formula	AG-X
Gall Bladder Formula	BLG-X
Stress Relief	Combination Eight
Female Comfort	FC with Dong Quai
Gastro Health	Herbal HP Fighter
Lymph Gland Cleanse	HIG II and IGS II
Herbal Sleep	HVP
Joint Support	JNT-A
Kidney Activator	Combination K
Liver Cleanse Formula	LIV-A
Small Intestine Cleanse	Marshmallow & Pepsin
Pro-Pancreas	P-14
Nerve Control	RE-X
All Cell Detox	Special Formula #1
Stress-J	STR-J
Urinary Maintenance	URY

## Just an E-mail Away!



We'd love to hear from you! Email us with your questions, comments, suggestions and testimonials.

[ebenavidez@juno.com](mailto:ebenavidez@juno.com)



## Dates To Remember:

⌘ Saturday, May 19<sup>th</sup> – 9 AM to 5 PM  
**Prescription Drugs & Their Natural Alternatives**

This all-day class is part of the certification program for Natural Health Consultants and is available to everyone interested in natural health. Taught by Clell Fowles a registered pharmacist, tuition is only \$99 for this full-day class. This is a valuable topic, so if you are interested in learning more about safe alternatives to drugs or becoming NHC certified, contact the Herbarium and find out more about this program. Don't miss it as this class won't be taught in the Phoenix area anytime soon!

⌘ Tuesday, June 5<sup>th</sup> – 7 PM  
**Exercise: The Prescription to a Longer, Healthier Life**

We've put it off long enough! Exercise is vital to our health and this class might just get you motivated enough to add exercise to your health habits. This lecture is presented by Dr. Frank Hatch and is held at the SCW Foundation (14465 RH Johnson Blvd).

⌘ Wednesday, June 6<sup>th</sup> – 7 PM  
**Home Health Remedies**

Let's go back in time and get familiar with the remedies that our grandparents used. This presentation by Dr. Greg McWhorter is held at the Unity Church at 10101 W. Coggins in Sun City.

⌘ Tuesday, June 12<sup>th</sup> – 7 PM  
**You Are What You Eat, Assimilate and Eliminate.**

While this topic isn't exactly glamorous, it is absolutely vital to good health. Come join us and learn about how the system works and what we can do naturally to improve its function. Call (623) 583-2286 to reserve your chair.

⌘ Thursday, June 21<sup>st</sup> – 7 PM  
**Learn and expand your potential at this NSP Member's Night Out!**

Not sure what to do with your time this summer? Would you like to learn how you can share your knowledge and interest in natural health with people and earn extra income besides? We'll teach you how at this free class; call today to register. (623) 583-2286

⌘ May 7<sup>th</sup>, May 21<sup>st</sup>, June 4<sup>th</sup>, June 18<sup>th</sup>  
**The 4 Pillars of Successful Weight Management**

This is in and we're making progress at these classes offering a variety of nutritional tips and encouraging support for everyone wanting to maintain a healthy weight! Join our big (weight) losers and call for class times, fees and reservations!

Ignore your health ~  
and it *will* go away.

PLEASE NOTE: ←

Beginning May 1<sup>st</sup>, we will be  
closed on Mondays.

