



Your Health Matters

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May/June 2005

Kat's Korner

Greetings! Spring has sprung and we're quickly on our way to a warm, desert summer. I really can't complain with the beautiful winter and spring we've had so far! Our new "home" on the northwest corner of Bell and Litchfield Roads is turning out to be a great success! Thanks to those of you who have stopped by and visited with us. If you haven't had a chance to do so we look forward to seeing you in the near future.

In addition to Nature's Sunshine we're now carrying products by Garden of Life, Laid in Montana (emu oil), and NOW. We also have a variety of new beauty products and healthy foods, including snacks and cold drinks, regularly in stock. And don't forget our old favorites – Wild Alaskan Salmon, Wild Alaskan Halibut, and Natural Beef (no hormones or antibiotics)!

Some changes we are working on to make the store more customer-friendly are easily identifiable sections for Body Systems such as Circulatory, Heart, Immune – to name a few; gender specific and children's sections, along with a special selection of products to support those on gluten-free, Candida, or weight management diets.

Our Aromatherapy Bar will be fully functioning within the next month. We've got a special corner for it along with our other quality beauty and personal care products. You'll be able to create your own aromatherapy item at the bar using one of our recipes or look for an upcoming "hands-on" aromatherapy workshop that will be held at the store.

The response to our Tuesday night classes and workshops has been wonderful! We feel that the way to create and sustain good health is through education and those who have attended on Tuesdays have responded enthusiastically to the various health practitioners and topics. Look for upcoming classes and workshops in the calendar section of this issue.

Until next time – take care,

Katrina

Nature's Fresh First Aid Kit & Household Miracle Worker in a Bottle

Nearly 25 years ago, Nature's Sunshine Products introduced a product called Nature's Fresh, (NF) an enzyme spray used as a household stain remover and deodorizing agent. The product has proven to be remarkably effective at knocking out all kinds of organic odors (pet smells, smoke, food odors, etc)

Natural remedies usually have multiple uses and "side benefits" and when an innovative herbalist was inspired to spray NF over the area of a spinal slipped disk, a multitude of unique uses developed for this product. Since spinal disks are composed largely of enzymes and water, it was decided that this might help promote healing in the damaged disk. It worked and before long, natural health enthusiasts were spraying Nature's Fresh on just about everything with almost miraculous results!

Since many of us aren't into chemistry, we'll ignore the chemistry behind how it works & go directly to some of its uses.

Nature's Fresh (NF) can be sprayed on topically for a wide variety of health problems or taken internally. It is effective in relieving pain when applied topically, especially when Deep Relief is added to it. Others have had phenomenal results to ease the discomfort of fibromyalgia. Women have been amazed to find that spraying NF on the breasts have helped lumps to disappear and is used as a natural deodorant. It can be used topically for minor injuries to prevent bruises and reduce swelling and is beneficial against itching, sunburn and bug bites.

NF is great for pets and pet odors – spray directly to eliminate odors and help keep the kitty litter smelling better. It helps control fleas and when combined with chlorophyll, it helps "doggie breath" (on both humans and pets). Plants love NF as it appears to help plants hydrate faster and grow better.

It is effective for general household cleaning and laundry. It is used as a natural spot remover for the dishwasher and is effective for removing food stains, cigarette smoke and dirt. It's a wonderful, harmless drain de-clogger and helpful for septic tanks too! Adding essential oils make a wonderful smelling, natural household cleaner along with Sunshine Concentrate.

Nature's Fresh is not a permanent cure for health problems, so other supplements, dietary changes, etc need to be implemented to remove the underlying causes. Since we've run out of room to tell you more, please stop by the store and pick up the list of uses for this popular miracle worker!

**Tell us about a new use you've
discovered for Nature's Fresh & get 30%
off your next bottle!**

The Importance of the Calcium/Magnesium Balance

Are you taking your calcium with magnesium and still getting leg or foot cramping? Possibly the problem could be in the balance (or imbalance) of the two. The first fundamental is that these two minerals are necessary for life and well being. They are both powerful and each has many different functions. All life organisms need calcium and magnesium. But the balance is essential.

Calcium and magnesium function together. It is imbalances between these minerals or deficiencies in them that can cause sleep difficulties, body tension, fatigue, muscle spasms, cramps or stiffness, heart problems, kidney stress, adrenal stress, PMS, bad disposition, weak bones, nervousness, constipation and racing heart.

Due to the heavy promotion of calcium, many people have the false impression that calcium alone is necessary. Calcium is added to nearly every cereal, cracker, juice and antacid. This has now created a calcium/magnesium imbalance for a large number of people. None of these "calcium added" products have balanced them with added magnesium. This imbalance can produce the symptoms listed above.

Because magnesium regulates the body's use of calcium and other minerals, it is a senior mineral. Without magnesium, calcium cannot be used properly by the body; thus creating deficiencies. This may be why people taking calcium for osteoporosis still have problems; they aren't getting adequate levels of magnesium. High quality calcium will always have an adequate amount of magnesium with it. Have you checked yours?



WILL YOU BE LEAVING US SOON?

We're sorry to see our friends leaving the area, but don't worry about getting the products you need while you're gone. We regularly ship products to customers all over the United States. Let us know what you need and you can still enjoy the benefits of personal service and top-quality products while you are away – or ask us about the autoship program. Have a great summer and we'll see you upon your return!

We'd still like to keep you informed.....

However, the U.S. Postal System will not forward this newsletter each month to your summer address. If you would like to continue to receive this mailing, please give us your new address.

SAVE THIS DATE!

Saturday, June 4 ~ 8:30 am

We're excited about the new Weight Management group beginning soon that will focus on HEALTH GAIN not just WEIGHT LOSS. If you have interest in making a difference in your health thru proper weight management, please attend this *focus group* where we'll listen to you about what you need and want in a weight management group. See you then!

Nature has provided everything in nature to be healthy. The challenge is for science to find it.

The first step toward health...

Have you ever thought that, from where you are right now, the road to good health is too long and too difficult and would require more effort and energy than you've got? Well, the truth is, health is a choice that we make every day. Smoking one less cigarette, choosing fruit instead of cheese cake, or taking a stroll around the block after dinner rather than watching TV are small but powerful decisions that can add up to big changes in your health over time.

Many find their interest in health after a personal or familial illness or health challenge and they realize that something must change or they won't have the health to enjoy long life or to see their children or grandchildren grow up or to enjoy retirement, etc. etc. We all have longevity goals by nature and we each have our own motivation. Find yours.

Don't allow yourself to be paralyzed into doing nothing by the thought of how far you have to go to achieve your "ideal" state of health. And forgive yourself when you stumble because with each minute of the day you have more opportunity to make healthy choices and you get a chance to start again. Keep your goals reasonable. For example, reducing your food intake by a scant 250 calories per day (one chocolate bar) will have you losing a pound of fat in two weeks and 25 pounds in one year! Likewise, burning an extra 250 calories per day by doing simple things like taking the stairs instead of the elevator, parking further from the mall and walking to pick up the kids from school will accomplish a similar drop in weight, while at the same time improving your cardiovascular health.

You may be surprised at how much better you will feel by incorporating a few simple changes to your day. Regularly adding a few fruits and a fresh salad to the daily menu will give your body vital enzymes and minerals that improve digestion, structural health and circulation, as well as increase your energy. It might just be that extra bit of energy is all you need to get off the couch and go for that morning walk. The fresh air and exercise will in turn give you more energy, improve mental outlook and you'll want to make even more healthy choices. Before you know it, you'll realize the true benefits of health and you will have created a new way of life for yourself.

When it comes to health, oftentimes the biggest obstacle isn't the journey itself, it's the first step. Keep taking that first step and soon you'll realize what a difference a little change can make!



Dates To Remember:

Call (623) 583-2286 to register.

A Scentsational Aromatherapy Workshop

/ **Tuesday, May 10 – 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 May 7th.

Let's Play! Herbal Jeopardy

/ **Tuesday, May 17 – 7 to 8 pm**

This game is a fun way to learn more about natural health and herbs. Game show host is the Mustard Seed Herbarry and the prizes are fabulous! Sign up by May 14th to insure your spot as a participating contestant!

"The Magic of Magnetic Therapy"

/ **Tuesday, May 24 – 7 to 8 pm**

Magnetic therapy is well known for its therapeutic benefits, but few of us really understand how and what it does for the body. Come listen to Tonya Hofgard from Healthy Expression and see how you can integrate this method of healing into your life.

Decreasing the Chronic Stress Response with Natural Solutions

/ **Tuesday, May 31 – 7 to 8 pm**

Chronic stress is a killer and many diseases have their origin in this malady. Dr. Melanie Dias-Zair has lots of good tips from Eastern medicine to help to reduce stress and thereby improve your health - hope you can join us!

"Chakra Talk"

/ **Tuesday, June 7 – 7 to 8 pm**

Do you completely understand the system of Chakras and how it affects our bodies? Neither do we, so we are turning to Debra Powers-Willis, Reiki Master and Teacher to help us understand this unique aspect of natural energetic medicine. Please join us!

Needle-less Acupuncture

/ **Tuesday, June 14 – 7 to 8 pm**

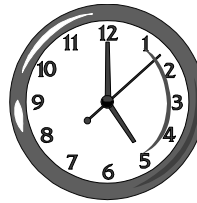
Want to have acupuncture but afraid of needles? Then this is just for you! Dr. Terese Farrar will introduce this 'not-so-new' system of acupuncture that is painless and effective in helping to balance our meridians and restore health

A Scentsational Aromatherapy Workshop

/ **Tuesday, June 21 – 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 June 18th.

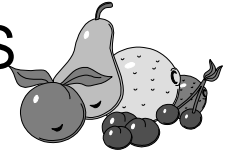
Mustard Seed Herbarry STORE HOURS



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.



Jacque has found that Valerian root helps to **CALM** her jittery horses and she also gives them NONI juice prior to a performance race. The NONI helps them to **PERFORM BETTER, MORE CALMLY and RECOVER MORE QUICKLY.** She gives them 8 oz a day the day before, day of and day after. She loves using herbs for her favorite animals!

Suzie has been plagued with awful **GAS** and **BLOATING** – so much so that she has to wear larger clothes and is concerned about being in public. She also suffers from **ALLERGIES.** After starting the **CANDIDA** program (no sugar or caffeine) and adding **YEAST/FUNGAL DETOX, CAPRYLIC ACID** and, **BIFIDOPHILUS**, she is amazed at how much better she feels and **NO MORE GAS!** Her allergies are much better too.

Ivy travels frequently and won't be without **GUARDIAN OIL.** She finds it helps keep her immune system strong and protected from bugs. Since using the essential oil, she hasn't gotten sick during or from any of her travels.

"I have been so stressed since the death of my husband," says Joanne, "but the **NUTRI-CALM** has helped so much." She tells us that it helps her deal with the emotional stress as well as improving her sleep. For extra support, she'll add **DISTRESS REMEDY** when she needs it.

Nature's Fresh has so many uses for the Eloisa family. When **Jeff strained his back he got great relief with PLS II and the spray.** Anna considers it her favorite household cleaner and little **Joey** recovered from a bunch of bug bites very quickly with a couple of spray applications.

Ellie cut her thumb badly and couldn't stop the **BLEEDING.** She opened a capsule of **CAPSICUM** and poured it on the bleeding wound and within seconds the bleeding stopped. It was a deep cut and rather than get stitches, she cleaned it with **TEA TREE** and **LAVENDER** oils before bandaging it. She started taking the **CELLULAR BUILD**, containing Nucleotides to help **HEALING.** The cut closed up nicely within a short time with hardly a scar or any nerve damage.

Judy couldn't get her family to eat salmon until she introduced them to the **WILD CAUGHT ALASKAN SALMON** and now they ask for it a couple of times a week. "It is amazing how much better it tastes and we know it is so much healthier for us," she says. "The rich **OMEGA-3** oils are so beneficial for circulation, skin and good "brain food" too! We won't ever go back to farm-raised fish again – it's so toxic and tastes like it too!"

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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@MustardSeedHerbarry.com

Time Sensitive Material – Please Deliver Promptly

Happy Memorial Day – May 30
(store will be closed)

~ Oats for the Gluten Intolerant? ~

It seems like more and more people are consuming foods that are gluten-free and the natural health foods industry is responding by introducing more foods that are acceptable for those who suffer from a gluten allergy or have been diagnosed with Celiac Disease. Dr. Dan Lukaczer reports in the *Natural Food Merchandiser* that oats do not appear to contain the offending gluten sub fraction not tolerated by those who have a gluten sensitivity so oats should be able to be consumed in small amounts without problems, while those with diagnosed with Celiac Disease may do better to avoid oats completely, because contamination can occur in the processing that might introduce some gluten.

One question that I have considered over and over is why is it that so many people suffer from this malady? What is happening to our food supply that has made our intestines unable to digest gluten-containing grains? I have no real answers, but I am very suspicious that it has to do with our overuse of wheat and the hybridization of the wheat that we consume in this country. Wheat is not like it used to be and perhaps our bodies are unable to adapt to the modifications made to our wheat. Ever mixed flour and water together and made a sticky paste? One thing we can do to keep our small intestines healthy is to supplement with a product called *Small Intestinal Detox*. Our small intestines have millions of tiny villi which are hair-like projections that are responsible for absorbing the nutrients from our food into the bloodstream. When they get all “gunked” up with the glue from certain grains, it would seem reasonable to consider that it will eventually cause them to malfunction and eventually sustain permanent damage. The ingredients in this product help to clean off and break down this mucus buildup on the villi and eliminate it thru the colon. It should be a part of every good intestinal support program.

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.