



# Your Health Matters

Mustard Seed Herbarium

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Volume 10, No. 6 ~ [staff@mustardseedherbary.com](mailto:staff@mustardseedherbary.com) ~ [www.mustardseedherbary.com](http://www.mustardseedherbary.com) ~ November/December 2006

## News from the Crew

Another two months have passed and I can't imagine where they have gone—except perhaps to China! Several have asked about our traveling experience there. While we had a delightful time and would never have missed this opportunity, it left us with a greater appreciation for our country and all we take for granted. Dirty air and living conditions, no “non-smoking” regulations, incredibly busy, chaotic streets, and common, extreme poverty is only a few of the reasons we were glad to return to the USA.

But we did meet some fine Chinese people & obesity was noticeably absent. Perhaps it is due to either walking or biking everywhere or to the array of vegetables for breakfast, lunch and dinner. America could certainly take some lessons there.

We really enjoyed our exposure to the ancient Chinese healing system. And, a real highlight was visiting a Chinese pharmacy, museum and herb market. Most were “plants” we had no idea of what they were, but some of it was identified as flying lizards, dog testicles or horse gallbladders. No worries; they assured us that these things were *not* found in our Chinese formulas—phew!

Back here, Ricki and Nance' did a great job keeping things going—doing lots of ionizing foot baths and getting ready for our winter visitors. We also wanted to tell you that starting in January we will be offering foot reflexology here. Call in December for more details and get in on our “introductory” special.

Enjoy the Season and until next time, keep well!

*Ellen and Staff*



We want to take this opportunity to thank you for your continued support this year and for your dedication to a healthier lifestyle. Have a joyous holiday season and a Happy, healthy 2007!

Ellen, Kent, Nance' and Ricki

## Stress Pack

'Tis the season...

Surviving today's fast-paced lifestyle sometimes means battling in a war zone of crowded freeways, work deadlines, mounting bills and sleepless nights. Add to that the stress of the holiday season, and we are setting the stage for headaches, stomachaches, muscular strains and stress, higher blood pressure and lowered immunity. Instead of turning to harmful substances to combat the enemy of stress, consider natural products designed to help you relax during the tense times, while improving your body's ability to adjust to life's stresses, strains and pains.

Stress Pack is a stress-relieving program designed to provide the body with essential nutrients for strengthening the nervous system, as these nutrients are easily depleted during times of emotional, mental or physical stress. Stress Pack helps calm anxiety, relaxes muscular and nervous tension, enhances the body's natural recuperative abilities and reduces the negative effects of various stresses upon the body.

Stress Pack is ideal for relieving anxiety, failing memory, insomnia, irritability, muscle spasms, muscular/nervous tension, nervous disorders, nervous or stress headaches, PMS, and sexual dysfunction. It comes conveniently packaged in 30 individual packets each containing:

**Hop Concentrate**, standardized to 5% alpha bitter acids, is used commonly for calming & relaxing nerves, excitability, irritability, tension headaches and nervous gastrointestinal complaints including IBS. Hops is a popular natural sedative for promoting sleep, as well as acting as a diuretic for bladder & kidney problems, as an expectorant to clear the lungs and as a pain-reliever. Don't worry; you won't get drunk on herbal Hops.

A mild herbal sedative, **Stress-J** helps relieve anxiety and nervous tension. It focuses special attention on relaxing muscular & nervous tension in the gastrointestinal tract. This combination includes Chamomile, PassionFlower, Hops, Feverfew – four special nerve herbs and Marshmallow, a soothing and healing mucilant.

**Nutri-Calm** is essentially a B-complex vitamin supplement with added Vitamin C. These vitamins are quickly destroyed by stress and therefore must be constantly replenished. It also contains Schizandra fruit and Bee Pollen to support the nervous system and adrenal glands to better equip the nerves to handle stressful conditions. Nutri-Calm also enhances the body's ability to adapt to hormonal fluctuations and helps relieve anxiety, insomnia and nervousness and reduces the negative effects of stress on the body.

**SUMA Combination** is a special adaptogenic combination to help normalize the body whenever it experiences stress. Adaptogens aim to improve overall health and wellbeing; therefore this combination brings the whole body into balance and harmony. Some of the finest herbal adaptogens are found in this formula such as Suma, Astragalus, Siberian Ginseng, Ginkgo, & Gotu Kola

Don't let the stress of the season take away your holiday spirit. Arm yourself with Stress Pack and have the best holiday season ever! Take 1 to 3 packets daily as needed.

~ Stress Pack ~  
For less stress and more joy  
this holiday season



## Dates To Remember:

Call (623) 583-2286 to pre-register.

Please note that some classes may cancel if there is not sufficient advance registration.

### Fetching healthy tips for Fido, Ferrets, Felines & Our Other Friends

- Tuesday, November 14 – 7 pm

Good health is so important for our furry friends too! Come learn from someone experienced with pets and natural alternatives how to keep your pets healthy–naturally.

### Common Holiday Foods and Healthy Alternatives

- Tuesday, November 21 – 7 pm

Eating healthy during the holidays doesn't have to be boring. Find out how to eat healthy and still enjoy treats during the season.

### Own Your Own Life

- Monday, November 27 – 7 pm

Have you ever thought about what it would be like if you could own your own life? Do you know anyone who likes to travel or go on vacations? It takes 3 things–time, money and good health. We can show you how to have all three.

### The Secrets of Traditional Chinese Medicine – part I

- Tuesday, November 28 – 7 pm

At this class, East meets West through one of the oldest systems of healing. In part I, we'll discuss how Traditional Chinese Medicine works to balance overall health.

### Osteoporosis, Vitamin D & Bone Health

- Tuesday, December 5 – 7 pm

Osteoporosis is more than a debilitating condition–it's a fast growing killer that used to affect primarily the senior population. Now it's affecting younger people as well. Learn ways from Dr. Gerhart to improve general structural system health through natural methods.

### The Secrets of TCM – Part II

- Tuesday, December 12 – 7 pm

Meeting East with West again, we'll learn in this class about specific TCM remedies for energetic imbalances and how they work to balance your system.

### Aging Beautifully

- Tuesday, December 19 – 7 pm

Wrinkles, dry, sagging skin, grey hair and fatigue is not a requirement for getting older. With proper nutrition, exercise and a positive attitude, you can fool Mother Nature and Father Time.

### No Class – Happy Holidays!

- Tuesday, December 26



### Untold Truth #8 – Permanent Weight Loss

- Tuesday, January 2 – 7 pm

Obesity is gaining in America and the epidemic is literally killing us – along with our children. Learn the benefits of health gain, not just weight loss and see how to transform your health–and transform your shape. Cost is \$7 which includes a booklet and CD.

### New Year...New You...through EFT!

- Tuesday, January 9 – 7 pm

Come learn this wonderful healing modality of Emotional Freedom Technique from Jonnata that can be used for stress, anxiety, panic, anger, grief and much more! This class was overbooked last time, so call early for your reservation. This releasing system could change your life!

### Fight the Yeastie Beasties and Conquer...

- Tuesday, January 16 – 7 pm

Now that the holiday parties are over, it's time to get healthy again. Candida Albicans is a big problem for America because of our love affair with sugar and antibiotics. We'll discuss the wide array of symptoms related to Candida and how to eliminate this problem--permanently.

### Other Classes Coming Soon!

- Feng Shui for the New Year
  - Aromatherapy 101
  - Thyroid Concerns



### Here's what some of our spa users have told us about their ionizing foot spa experience:

“Suzie” who works at a local fitness center says that she has an incredible amount of energy when she has regular foot baths.

Some report feeling tired. Many will have “detox” reactions such as slight nausea, loose stools or bloating. Those that include probiotics & fiber in their diets find that once the body has eliminated the stirred up toxins, they feel better than ever.

“Bob” reported that he passed some obvious parasites several times after his foot spa session.



## Energy Foot Spa

Buy one at regular price

and get the 2<sup>nd</sup> one

at 50% off!

(\$60 for 2 – save \$20!)

\*Thru 12/31/06

\*limitations apply

# Flu Shot or Not?

Does it really help or is it just hype?



Every year, we are faced with this decision. The media (backed by the pharmaceutical companies, of course) encourages us to take this "preventative" step – and warns us of the dangers of not succumbing to these chemicals in the illusive search to have a flu-free winter. They carefully direct our attention to the "1000's of people" that die from influenza annually,

but neglect to inform us just how ineffective and harmful the vaccine is for most people. It's becoming increasingly difficult to separate facts from hype in this highly emotional issue of "getting the flu shot or not?"

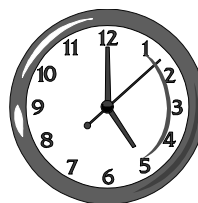
It's interesting to note that the CDC reported in January, 2004 ([www.cdc.gov/mmwr/preview/mmwrhtml/mm5301a3.htm](http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5301a3.htm)) that flu vaccines worked in from zero (0) to fourteen (14) percent of recipients. While this study may not have been the best formatted study (i.e. the participants reported whether they got the flu based on their own observations rather than lab tests), it still gives us a good idea of how ineffective this really is. Each year the flu vaccine is created to combat the previous years' strain and a guess of what strains might appear this year. This is another reason for its ineffectiveness.

With little chance for successfully fighting the flu, why put the chemicals into your system? You need to know what's in that flu shot. Usually made from an egg base, most vaccines also contain antibiotics, Triton X-100 detergent, polysorbate 80, gelatin and formaldehyde. It usually contains thimerosal as a preservative. This is mercury which is being investigated for its link to brain injury and autoimmune diseases. None of this is anything I would like to knowingly *inject* into my tissues.

The best part about the decision to avoid the flu shot is that nature provides a wide arsenal of flu-fighting options. There isn't enough room to list them all, but herbs such as Olive Leaf, Elderberry, Echinacea, Garlic and Rose Hips all have anti-bacterial and anti-viral effects. Supplementing with Vitamin C, probiotics, Colostrom, Colloidal Silver, antioxidants, fiber and enzymes will help keep your immune system strong. Of course, we must remember to minimize stress and get plenty of rest and exercise to help the body fight off pathogens that circulate especially during the fall and winter seasons.

Do yourself a favor this flu season and avoid the vaccine. Instead, make the healthy choice to start taking care of your body and giving it what it needs to keep your immune system strong. Ultimately, the decision is yours. Don't let the hype about a public crisis steer you into making a choice that works against your body in the end.

## 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.

**Bill was recently diagnosed with PARKINSON'S DISEASE. He was starting to shake noticeably. He began taking GLYCO ESSENTIALS and within 1 month, he reported that his shaking was almost gone!**

Bill also had PROSTATE CANCER with a PSA count of 12. He had surgery, but instead of radiation, he chose to take PAW PAW CELL REG, HIGH POTENCY PROTEASE, THAI GO, IMMUNE STIMULATOR and MEN'S FORMULA. In 3 months, his doctor reported that his PSA had dropped to .01!!

**Shelley told us that last holiday season, she took HOODIA along with FAT GRABBERS. That was the first year that she didn't GAIN WEIGHT despite all the holiday treats.**

Joyce has found that CELLULAR BUILD has really helped her low energy levels from CHRONIC FATIGUE. Todd suffered a severe KNEE INJURY from playing football and he found that CELLULAR BUILD really helped reduce healing time.

**Doug was told that he was exposed to STRONTIUM-90 from his cell phone that was leaking. Research found that ALGIN is especially efficient at absorbing and reducing retention of this dangerous radiation. It also is protective against other HEAVY METAL CONTAMINATION.**

David has suffered with HEAD and FACIAL PAIN for many years. After learning that WOOD BETONY is an excellent remedy for head problems, he started taking 6 daily. While not completely gone, the discomfort is now considerably less. This little-known herb is also helpful for various NERVOUS conditions and HYPERTENSION.

**Heather is 17 years and she hadn't began her MENSTRUAL CYCLE. She started taking NF-X and within 3 weeks, it began! As long as she continues taking the product, she has a normal, regular cycle every month. Liz finds that it keeps her cycle normal and pain-free as well.**

Karolyn has a lot of pain due to INTERSTITIAL CYSTITIS. When she takes the herb CORNSILK everyday, her pain is very minimal. It also protects her against KIDNEY STONES, she tells us. Cornsilk is often recommended to stop HEMORRHAGING during childbirth as well as being mildly analgesic (pain-relieving).

**Tim prefers PARTHENIUM to Echinacea to ward off COLDS & FLU. He takes it daily during the winter months.**

H A P P Y   H O L I D A Y S !

**\*Schedule a Comprehensive Wellness Consultation and receive a \$20 product credit!**

\*must be applied to same day purchase as consultation.

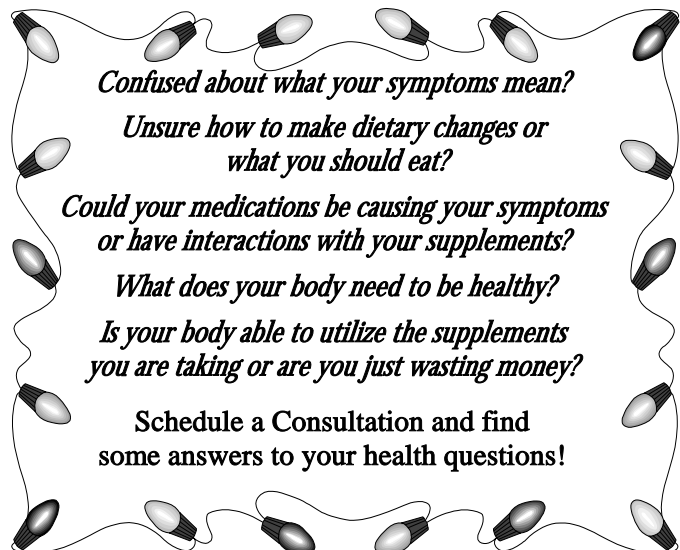
Special available through December, 2006

Mustard Seed Herbarry  
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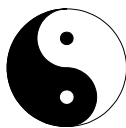
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Ignore Your Health and It Will Go Away



## Ancient Herbs – Modern Healing

Over thousands of years, the Chinese have developed one of the most complete and sophisticated systems of herbal healthcare in the world. Today, many “Westerners” are turning to this traditional method of healing for restoring health, but to use them efficiently, we need to understand Chinese philosophy and the principals of Chinese healing. Unlike our idea that health is merely physical or mechanical, the Chinese system is based on the theory that all things have an energy field. This energy, which flows in, through and around our bodies, is called Chi (or Qi) which is pronounced Chee. Lines of energy flow through the body in meridians to various organs and part of the body. If the life energy through the organ is either excessive or blocked, then that organ will become diseased in some way. Thus in Chinese healing, all illness is a manifestation of imbalanced energies in the body.



The notion of Chi is connected to the concept of yin and yang, represented by this familiar circle. It symbolizes the opposite forces from which the universe is created, such as light/darkness, male/female, day/night, positive/negative, etc. As the symbol indicates, the two forces are forever circling each other and nothing is purely yin or yang. YANG disease is an acute health problem where there is an excess of something (an irritant, fluid, heat) which needs to be eliminated from the body. Yang conditions are also called stressed conditions and are characterized by obvious symptoms like fever, sharp pains and mucous discharge. In contrast, YIN is chronic, or a weakened condition with long term symptoms such as fatigue, general weakness or dull pains.

All ancient cultures had elemental theories; the Chinese utilized a system of five elements of wood, fire, earth, metal and water, each relating to the five major organ systems in the body. The wood element is related to liver and gall bladder; the heart, blood vessels and small intestines are related to fire. The earth element is associated with the stomach, spleen and pancreas. Swords and shields are connected with metal; hence its element is immunity and respiratory conditions and it only makes sense that the water element be related to the kidneys and structural system.

The Chinese approach to healing may seem a little difficult at first, but with a little more study and understanding, we find that it makes very good sense. For more detailed and fascinating information, we suggest attending our “Secrets of Traditional Chinese Medicine” classes.

### 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.

# *Menu of Services*

Complete Wellness Consultation: \$65 (3 visits)  
includes VoiceBio Analysis and nutritional review

Comprehensive Wellness Consultation: \$95 (3 visits)  
includes Complete consult plus Iris Analysis & muscle testing

*Add a foot spa to either for only \$25! (up to 3)*

Energy Foot Spa: \$40  
Buy 4 Foot Spas, get the 5<sup>th</sup> free - \$160

Asian Bodywork: \$65

Ear Coning \$35 plus cones

Resting Metabolism Testing \$35

**COMING IN JANUARY – Foot Reflexology!!**