



# Your Health Matters

Mustard Seed Herbarry  
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## News from the Crew

The enclosed calendar is another reminder that 2007 has nearly come to an end and we are again looking forward to a new year! We want to take this opportunity to make sure you understand that we sincerely appreciate your patronage and friendship over the years and look forward to another healthy year together!

As we approach the holiday season, it is a good time to reflect on our own personal healing journey and set some goals for more positive changes in our health, both physically and emotionally. This becomes more important as each year we are faced with increasing opposition to good health, by dangerous pathogens, stronger and more pollutants and environmental toxins, poorer quality foods and medical and political bureaucracy. Without a greater dedication to a healthier lifestyle through diet, exercise and stress management, we may find ourselves prone to chronic disease and pain just like the millions of Americans depending upon traditional medicine.

Our services continue to be popular, as we do more ear conings, foot detox baths, bodywork therapies and wellness consultations. Personal service along with top quality products is a very important aspect of our business that we feel gives us—and you as clients—an edge over the “big box” stores, corporations and franchises that may not be able to give you the individual help you need.

Until next time, keep well!

*Ellen and Staff*

### Year End Holiday Special

**Buy one Ionic Foot Bath and  
get a \$10 MSH gift certificate.**

It's important to understand that our detox foot baths are not necessarily removing toxins thru the feet, but rather they are introducing vital energy into the body, so it can detoxify on its own—thru the bowels, kidneys, lungs, skin, & lymph glands. Some providers are claiming that what you see in the water has come directly from the feet, which may be incorrect. It is also important to use a system that introduces the right kind of energy into the body as opposing energies may interfere with proper cleansing.

\*good thru 12/31/07

## Super Trio

**Good Nutrition Comes in Threes**

People sometimes ask another if “they believe in vitamins”, which to me, is like asking if they believe in air. Vitamins and minerals are essential to life. You can choose to “believe” in them or not, but your body won't function properly without them. Perhaps people really mean “do you believe in supplements?” To that we can also answer a definite “yes” because supplements are really nothing more than a delivery system for nutrients—nutrients that were once abundant in our diets, but are increasingly hard to get in therapeutic and protective amounts from our current food supply. Can you live without them? Of course. You can also live without electricity and indoor plumbing, but now that it is available, why would we?

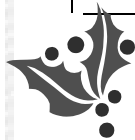
The idea that we can get “all you need from food” has even been debunked by the medical community. In 2005, the *Journal of American Medical Association*, reported that all Americans would benefit from daily use of a multiple vitamin & mineral supplement.

The “minimum wage theory” of nutrition, which says that all you need is the RDA levels of vitamins and minerals, is only sufficient to protect against vitamin deficiency diseases like scurvy, rickets and beriberi. The RDA does little to reduce the risk for the multitude of diseases like cancer, Alzheimer's, hypertension, diabetes, obesity, irritable bowel syndrome, PMS, & heart disease. Higher, therapeutic doses of nutrients are essential in order to support the body against the diseases, toxins & stress that we face today.

Americans resist against taking too many supplements everyday for various reasons...can't remember, they don't like to take pills, cost too much, etc. Because science hasn't yet provided us with a way to get the extra nutrition just with intent, we must make the effort to adequately feed our bodies. As a leader in natural health, Nature's Sunshine Products has put together a convenient package that is affordable and easy-to-take – called Super Trio.

This trio of products centers around the popular **Super Supplemental Multiple Vitamin & Mineral** which provides a wide array of nutrients that support vitality, longevity and daily nutrition. It also includes **Super Omega 3-EPA**, a potent source of fish oil which is known to support healthy cardiovascular function. It also is a powerful anti-inflammatory, supports the nervous system, lowers cholesterol and fights arthritis. The last ingredient is a new product call **Super ORAC**, a strong antioxidant equivalent to Thai-Go, helpful for inflammation, immune system support and anti-aging.

Recommended dose is 1 packet (1 of each) twice daily. Ask about the auto ship program for ease of use and maximum savings.



~ Super Trio ~

**Multiple Vitamin & Minerals**

**Antioxidant \* Essential Fatty Acids**





## Dates To Remember:

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

*Note: Classes may cancel if there is insufficient advance registration.*

For more detailed information about the classes, please visit our website at [www.mustardseedherbary.com](http://www.mustardseedherbary.com).

Tuesday, November 13 – 7 pm

### What Should I Eat for Disease Prevention?

Discussion Group

Tuesday, November 20

### No Class – Thanksgiving Week

Tuesday, November 27 – 7 pm

### Safe Personal Care & Health and Beauty Products

Tuesday, December 4 – 7 pm

### What Should I Eat for Disease Prevention?

Discussion Group

Tuesday, December 11 – 10:30 am

### \*\*It's All About Balance – pH Balance\*\*

Tuesday, December 11 – 7 pm

### Bach Flower Remedies for Pets & Their Owners

Tuesday, December 18 – 7 pm

### The Silver Lining of Colloidal Silver

Immune System Support

Tuesday, December 25

### Merry Christmas – No Class

Tuesday, January 1

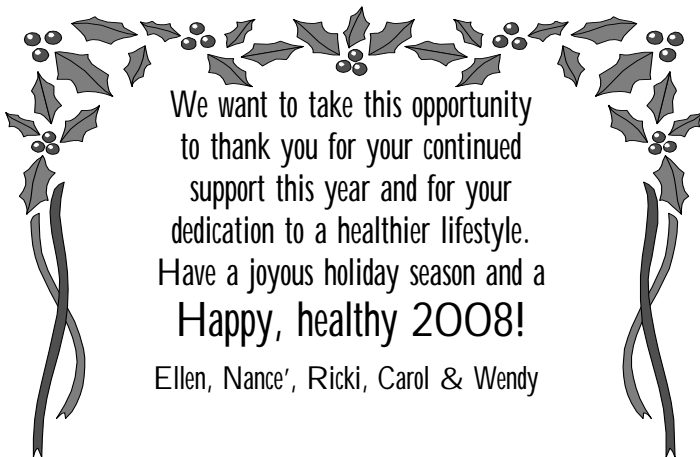
### Happy New Year – No Class

Tuesday, January 8 – 7 pm

### What Should I Eat for Disease Prevention?

Discussion Group

\*\* Held at Chez Nous (SCW Interfaith)\*\*



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 2008!**  
Ellen, Nance', Ricki, Carol & Wendy

## Silver Shield

### Worth it's Weight in Gold

Recent advances in silver technology have resulted in a silver solution that can be used in an effective daily regimen to prevent against bacteria, viruses, mold and food poisoning as well as help with wound healing. This new, patented silver supplement is safe enough to use everyday, while powerful enough to destroy the cause of many serious diseases like strep throat, staph, pneumonia, salmonella, dysentery and yeast. Silver has been used successfully for years to help fight contagious diseases, but until recently, we never really understood how it works.

Silver has been shown to help reverse antibiotic resistance. It has a unique advantage that bacteria do not mutate to destroy its activity, without damaging the good (probiotic) bacteria which is necessary for good health. And, research has been published that states that the new silver, when used alongside a traditional antibiotic, has a synergistic effect with it, thereby extending the life of the efficacy of these antibiotics. According to *Science Digest Journal*, "Silver is our mightiest germ fighter." The journal also reports how silver is virtually non-toxic to humans and is emerging as a wonder of modern "medicine."

This is very exciting, because we are hearing more and more about antibiotic-resistant bacteria and disease-causing microorganisms. Health officials are concerned about the effects of MRSA, the Asian Bird Flu, West Nile Virus, Lyme's Disease, tuberculosis, influenza, staph, strep and food poisoning because those pathogens are killing us. Even cancer is now associated with certain viruses.

Now we have something that kills the pathogens. The new patented technology features an engineered nano particle whose catalytic properties neutralize pathogens continuously. This Silver Shield can do more, in less concentration—while being absolutely safe and non-toxic. This new silver is documented to kill 99.9% of most bacteria, yeasts and molds within 10 minutes or less. Scientific research has validated that Silver Shield will kill 99.9% of MRSA, TB, Bird Flu, Strep, Staph, Hepatitis and more in concentrations of 10 ppm or less.

Silver is easy to use and safe to take internally everyday. Dr. Pedersen recommends at least 1 tsp daily internally as a disinfectant. A few drops in the ear, eye, mouth or nose will reduce the bacteria and viruses that cause many symptoms of ear, eye, and nose infections.

Silver is also great for wound healing. It can be used directly on an open wound, acne or rashes. Sprayed into the mouth, it will affect sore throats and it has been used in a nebulizer against pneumonia and other lung problems. Used vaginally as a douche, it helps in the fight against *Candida Albicans* without destroying the good probiotic bacteria necessary for good immune support.

Silver Shield is different than the silver made at home. While colloidal silver has the ability to destroy disease-causing microorganisms, Silver Shield's multiple mechanisms of action ensure its efficacy and protects against toxicity.

We don't need to wait for the medical world to "discover" a new treatment for the latest "superbug" – we have a simple, safe and effective alternative already in existence. This product could just be ***what the world needs now*** – a silver solution worth its weight in gold.

# Don't Do Flu



It's that time of the year again...the time where people wait in long lines to get their flu shots. It's that time of year when the media and the government get the public stirred up into panic mode—as if without the vaccine, we might as well plan to spend the winter in bed—sick. It's become increasingly difficult to separate fact from fiction in this highly debated topic. In order to make an informed decision about whether to submit to the “shot or not”, it is of utmost importance that you do your homework. This involves doing research of the safety issues surrounding the flu vaccination and being aware that there are alternatives available that the media and our traditional medical system prefer to ignore.

When you do your research, be sure that you understand that *all* vaccines will contain many of the following: mercury, formaldehyde, residual egg proteins, polysorbate 80 (a potential carcinogen) and antibiotics. In addition, *many* individuals will respond to the flu vaccine by getting the flu—even though vaccine proponents say it can't or doesn't happen.

OK, now that we've made the decision to avoid the vaccine, what can we do to enjoy a flu-free winter? Fortunately, nature has provided us a large variety of substances that have a long history of use in supporting the immune system and killing infectious agents. Other than the ultra powerful Silver Shield discussed on page 2, some favorites include Olive leaf extract and garlic. Olive leaf has been researched to be effective against staph, strep, candida, E coli and salmonella and parasites. Garlic is powerful against candida, worms, viral and bacterial infections. Other good supplements include VS-C, Seasonal Defense, Green Tea, Vitamin C, rosehips & Colostrom. All contain nutrients known to build the immune system & fight against harmful pathogens.

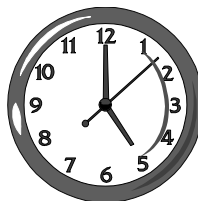
Other important considerations are essential oils. These plant essences have a long history of use not only supporting emotional health, but they are unparalleled in their ability to kill pathogens that are resistant to traditional medical approaches. Essential oils like oregano oil, tea tree, eucalyptus and the Guardian blend are best used externally or in a massage or bath. Homeopathy can also be very helpful to prevent colds or flu, especially the Prevention blend.

If you happen to fall victim to the flu, remember that running to the doctor to get an antibiotic can be counter-productive. Flu is a viral infection – and antibiotics are ineffective against viruses or fungi. Overuse of antibiotics, particularly where not indicated has caused a very big problem in that pathogens are mutating against the antibiotics and they are not longer effective in killing many bacterial infections. This is creating significant serious health challenges, such as the MRSA—which is expected to kill more people than AIDS. Fortunately, natural supplements & essential oils still work!

Good supplements to take when exposed to the flu virus, is the FV herbal combination, Oscillocochinum, Influenza or Viral Recovery homeopathy, Silver Shield, vitamin C or High Potency Garlic. Enemas can be very effective. Essential oils like peppermint, oregano, eucalyptus and Guardian work well with herbal supplements.

Don't be caught up in the media hype about flu vaccines. Protect yourself naturally instead.

## 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.



**Carmen says that RG-MAX has not only helped her LOSE WEIGHT, but her MEMORY is improved and her CHOLESTEROL has already dropped 10 points!**

Jean has been using E-TEA (Essiac Tea) for several months and has recently been declared CANCER-FREE!

**Don used MILK THISTLE and CHINESE MOOD ELEVATOR to combat HIGH LIVER ENZYMES and the DEPRESSION that came with it.**

Mindy uses the NATURE'S FRESH enzyme spray on her DANDRUFF, ACNE and SORE MUSCLES daily. Leslie loves the spray on her CRACKED HEELS, but also uses it for PET ODORS and LAUNDRY.

**Agnes reluctantly tried MOOD ELEVATOR and MINERAL CHI, but now swears by it to help keep her ENERGY UP and her MOOD more balanced.**

Diane uses SILVER SHIELD internally as a douche to help fight her CANDIDA problem. Kristina had been fighting PNEUMONIA until she put SILVER SHIELD in her nebulizer and it's *gone!*

**Terri has been using GOATEIN, PROBIOTIC 11, FOOD ENZYMES and EVERYBODY'S FIBER to combat her severe COLITIS and put on some much needed WEIGHT.**

Ryan has been using FOCUS ATTENTION and DHA for his young son's ADHD for about 2 months. He reported back that the school has recently given him great positive feedback on his son's classroom behavior.

**Sylvia did the CLEANSTART for 2 weeks and then went on LOCLO and FOOD ENZYMES for WEIGHT LOSS. She says that her BLOOD SUGAR has normalized and she has lost 8 pounds!**

DRY SKIN has been a terrible problem for Estelle for years, but since taking BLACK CURRANT OIL, she has noticed her skin to be naturally smooth and moisturized.

**Dr Pedersen, whose company manufactures SILVER SOL said that the Russian man, who was imprisoned for traveling with TUBERCULOSIS and then later released because he was “cured”, was able to return to his home country after he took SILVER SHIELD in a nebulizer.**

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



## ~ Educate the World by Sharing and Caring ~

I've always hesitated to include an article in the newsletter about building a business selling nutritional supplements, but I realize that many people are unaware that opportunities abound in this arena. Like many people, I originally thought it was inappropriate to "make money to earn a living" helping people obtain better health – until I took a better look at our traditional medical model and realized that health is big industry. Traditional medicine, especially the pharmaceutical industry, is huge – and known to be among the most profitable. Disease is big business. Did you know that more people earn a living "off" of cancer, than have it? Is it any wonder that no cure has been "found"? This might seem preposterous, but why would they want to eliminate something that is so profitable for so many? It's something to think about.



Rather than lose precious time and energy fretting about injustices, I prefer to do something about it – for myself and for others. Perhaps the best we can do is simply to share our interest, our knowledge and the opportunity with others. Millions of people worldwide are searching for answers. We may not have all the answers, but we do know that nature has provided all that we need to be healthy – we just need to identify it! It's very apparent that our lack of knowledge about nutrition and how it affects our lives has contributed to our health crisis today because many people are finding that simple diet and lifestyle changes can reap amazing returns.

Nature's Sunshine Products offers an amazing opportunity to share the message of health to others. Not only do they offer superior products, they offer an outstanding opportunity for financial independence. Most people enter the business in order to overcome a personal or family health challenge and then continue to share the message of health because their own good results are too good to keep to themselves. The rewards are far greater than just the monetary payments.

If you are passionate about health and about helping people, you should consider caring enough to share this with others. All you need to get started is a Nature's Sunshine membership. Then start sharing the message of health with supplements—worldwide! You can do this full or part-time; formal education is not necessary, nor do you need to carry any inventory. Bilingual is a bonus. To help you understand how you can do this too, we will be offering a workshop in mid-January. Watch for details or ask me for more information.

### **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.

List of Practitioners available at the Mustard Seed Herbarry:

Roxann Christensen, ABT  
Range of Motion Bodyworks  
623-330-8488

Debby Rains, IIR Certified Reflexologist  
Sole Remedy Reflexology  
623-826-2709

Nance' Perry  
My Crystal Rainbows  
Certified Ear Coning Specialist  
480-785-6694 or  
623-583-2286

Also Available at the Mustard Seed Herbarry:

Ionic Energy Foot Baths  
Wellness Consultations  
Resting Metabolism Testing  
Muscle Testing

**THANK YOU FOR VISITING OUR WEBSITE.**