

# Your Health Matters



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## A note from the Editor

We apologize for the delay in getting this newsletter into your hands. We waited until we had all the new product information so that you have the latest about these fantastic new products that NSP is offering. We hope that you enjoy the enclosed Sunshine Sharing.

*Please take special note of the upcoming events at the Herbarry and mark your calendar to attend! We've got some other classes and events in the works, so let us know if you would like us to offer something in particular.*

Our new weight management program is sure to help you reach your weight loss goals. Obesity is not only a cosmetic issue; soon it is expected to be the 2<sup>nd</sup> leading cause of death! If you or someone you love has challenges with weight, we hope you'll attend one of our introduction classes to learn more about it. We're excited about the new Body Gem that takes weight management to a new, high-tech level.

*Join us on Friday and Saturday, October 18<sup>th</sup> and 19<sup>th</sup> at our Home Spa and Aromatherapy Open House. We'll be joining Heartfelt Memories and Marlene's Resale Dress Shop (our retail neighbors) during their anniversary celebrations with specials and goodies. See you then!*

*Ellen*

We are looking for one or two individuals dedicated to losing weight – the healthy way! Candidates must be at least 30 pounds overweight and be willing to actively participate (at no cost) in the weight management support group for 3 months. In exchange, you will receive free RMR tests, use of a PALM PILOT and the BALANCE LOG software during the 3 months – a value of nearly three hundred dollars! If you are interested in participating in this pilot program, please contact Ellen or Kent at the Mustard Seed Herbarry for an interview.

### Natria™

Nature's Skin Nutrition



Healthy, beautiful skin is achieved by caring for your body both internally and externally. The foods and supplements you consume help nourish your skin from the inside. But just as important are the nutrients required on the outside for your skin's health and well-being and for a beautiful appearance at any age.

*NATRIA™* is an innovative personal care product line formulated with naturally derived, nourishing ingredients that condition, strengthen and defend your skin. Vitamins and botanical extracts deposit powerful antioxidant protection and vital nutrients directly to your skin. A unique moisture-replenishing complex guards against harmful external elements and ensures optimal hydration. Specialized DNA defense enzymes counteract the damaging effects of UV rays and help correct visible damage caused by sun exposure. In addition, a powerful skin renewal complex dramatically reduces the noticeable signs of aging, restoring your skin's youthful appearance.

Correctly determining your skin type is a key to successful skin care. *NATRIA™* is offered for both nourishing "Normal to Dry" and balancing "Combination to Oily" skin. Each regimen provides rich rewards in cleansing, toning, skin refining and lotion for day and recovery cream for night use. *NATRIA™* also offers Completely Clean Makeup Remover, Deep Detoxifying Mask, Five-Phase Eye Refine, Moisture Full Body Wash & Irish Moss Hand & Body Lotion. The line provides superior hair care to repair, restore & restructure with Restoring Shampoo & Restructuring Conditioner.

*NATRIA™* is clinically tested by cosmetic scientists and dermatologists and is proven to offer visible results.

Discover your source of skin nourishment.

Discover your most beautiful self.

Discover *NATRIA™* – Nature's Skin Nutrition.

## Please visit our new website!

Check us out at [www.mustardseedherbarry.com](http://www.mustardseedherbarry.com).



We're online! Visit us at our website and tell us what you think! The site is still being improved and will be updated weekly (we will be including coupons and online-only specials plus newsletters and other interesting information) - so keep checking it! There'll be lots of information and you can also order online and save money.



# A bountiful fall harvest of new products...

**Yeast/Fungal Detox** is a special blend of herbs and nutrients that will modulate the growth of unfriendly organisms while building your body's immune system. This formula helps maintain the balance of microorganisms and supports the immune, digestive and urinary systems to promote optimal health. A healthy body is host to a delicate balance of yeast and friendly micro flora. That balance is easily compromised through a poor diet (especially sugar and caffeine) and many prescription medications – turning your body into a breeding ground for yeast and fungal infections. Those fighting against yeast (*Candida Albicans*) or fungus may benefit from this potent detoxification product.

**Heavy Metal Detox** is another potent detoxification support product designed to bind with and remove heavy metals from the body. It also supports the liver in its efforts to cleanse, detoxify and replenish the body with essential minerals. It is estimated that over 50% of Americans have too much heavy metal in their bodies. These metals, which include lead, mercury, aluminum, cadmium and arsenic, are found in industrial byproducts as well as tainted drinking water, pesticides and even things as common as dental fillings and cooking utensils. Heavy metal toxicity has been found to be the culprit in a variety of maladies, including immune, mental and nervous disorders and liver and bowel stress.

**Cellular Energy** is a blend of nutrients that augments essential nutrient reserves and support cellular energy production. People who experience fatigue, reduced stamina, feelings of weakness or who need an energy boost for prolonged physical activity could benefit from this unique blend. This is important because nutrients from foods are digested and subsequently used for cellular energy production in order to sustain metabolic processes and physical activities. Cellular energy is essential to promote energy, improve motor performance of skeletal, cardiac and smooth muscle as well as provide some antioxidant effects.

**Magnesium Complex** blends magnesium citrate and malate – 2 highly bioavailable forms of magnesium—for a product that is both alkalizing and beneficial for musculoskeletal health. Magnesium is an important macro-mineral in the body and is present in more than 300 enzymatic systems where it is crucial for energy production and other metabolic functions. The heart, brain and kidneys cannot function without adequate levels of this nutrient. It is necessary for metabolism of vitamin C, phosphorus, potassium and sodium and governs how calcium is used in the body. It is important to the nervous system. Magnesium deficiency may result in decreased membrane integrity and function and increased susceptibility to oxidative stress; while naturally preventing the formation of kidney stones.

**Dulse Liquid** is a red seaweed that grows in the North Atlantic and Northwest Pacific oceans. It is rich in protein and contains very little fat and no sugar or cholesterol. Dulse provides a natural source of iodine, an essential trace mineral that is needed by the thyroid gland to maintain proper metabolism. Iodine is an essential ingredient in the thyroid hormone that helps to regulate body temperatures, blood cell production, and muscle and nerve function. It is also naturally detoxifying and in many countries is

used a food and medicine. NSP's dulse liquid is formulated in a glycerin base making it very palatable to the taste.

**Liquid B-12 Complete** is a highly bioavailable source of essential B vitamins, especially B-12. B vitamins have many health benefits including promoting energy, maintaining the nervous system, improving immune functions and buffering the effects of stress. Notably, the B vitamins influence the health of most internal organs of the body & may reverse the pathogenic courses of many diseases. Vitamins can be obtained from the diet, but many of them (especially B and C vitamins) are easily lost or destroyed during cooking and processing. Most dietary sources of B12 are found in animal sources; therefore supplementation is crucial for vegetarians. Sublingual administration allows for quick absorption.

**Alpha Lipoic Acid** is now available as a single antioxidant from NSP! ALA is often called the universal antioxidant as it is both fat and water-soluble and can cross any membrane in the body to protect the cells. It also enhances the efforts of other antioxidants; helps support the body's natural removal of metal toxins and offsets oxidative stress. In addition to its superb antioxidant properties, ALA directs calories away from fat production and toward energy production, supports blood sugar levels and enhances the nervous and cardiovascular systems. It has been shown to maintain blood pressure and protect the liver.

**N-Acetyl Cysteine** is a chemical precursor to glutathione, one of the body's natural antioxidants to help step up the body's own efforts to combat oxidative stress and damage. Its benefits include protecting the liver, maintaining normal blood pressures levels, heavy metal detoxification and protecting skin and eyes. Studies also support the use of NAC in joint health. NAC is essential for the body to mount a defense against free radicals and it supports the natural elimination of harmful toxins from drug therapies, metal poisoning and second-hand smoke.

**Indole-3carbinol (I3C)** is one of the reasons why your mother insisted that you eat your brussel sprouts. I3C is a powerful antioxidant found in the cell walls of cruciferous vegetables, i.e. broccoli, cauliflower, cabbage and brussel sprouts. This antioxidant is especially helpful in the metabolism of estrogens and in protecting breast tissue and reproductive organs from cell damage. The compounds in cruciferous vegetables that protect cells from oxidative damage are called indoles, among them I3C and its metabolites. These compounds work by binding to or activating certain receptors in the body to protect cells. It is found in a base of watercress for added protection. I3C is patented for alleviating sore muscles and fatigue and clinical studies have suggested I3C has the ability to reduce estrogen-dependent cell growth.



**Adrenal Support** is formulated with BSE-free adrenal glandular substance from New Zealand plus vitamins and herbs to help maintain proper adrenal function. The herbs include borage oil powder, licorice root and schizandra fruit plus vitamins B and C, pantothenic acid plus zinc, potassium, magnesium and protease. The adrenal glands are primarily responsible for offsetting the effects of emotional, mental and physical stress on the body. Modern dietary habits and stressful lifestyles have a deleterious effect on the capabilities of the adrenal glands and your level of energy, muscular strength, blood sugar levels and ability to respond to environmental stressors are all affected by adrenal function. In fact, adrenal hormones and their functions are linked to virtually all of the body systems.



## Dates To Remember:

/ **Friday, October 1<sup>st</sup> and Nov. 8<sup>th</sup> – 10:30 AM**

/ **Tuesday, October 22<sup>nd</sup> and Nov. 26<sup>th</sup> – 6 PM**



### "Intro to Herbs"

This class is a must for the beginner in herbs and natural healing. You will learn how herbs work, the importance of using quality products and how to take advantage of all that Nature's Sunshine Products and the Mustard Seed Herbarium has to offer. Attend these free classes and receive valuable information and gifts and be eligible for our door prize drawing. Reservations are requested; so please call (623) 583-2286 to register.

/ **Monday, October 14<sup>th</sup> - 3:30 PM**  
**Thursday, October 17<sup>th</sup> – 6:30 PM**

### Introduction to the Body Gem & BalanceLog and our all-new Weight Management Program.

Nature's Sunshine has recently provided us with high tech help for successful weight loss with an exciting new tool to test and track your internal flame. Metabolism, or the rate which you burn calories plays a key role in weight loss and now you can learn your individual resting metabolic rate to take the guesswork out of weight loss. At this intro class, we'll also be unveiling our all-new weight loss support program to help you achieve your weight loss goals. For an on-time drawing, we'll be giving away a FREE RMR (Resting Metabolic Rate) reading (value of \$42) at each class, so be sure to mark your calendar now! Reservations are suggested for this free workshop; please call (623) 583-2286 to save your spot. It isn't too late to feel and look great for the holidays!

/ **Friday, October 18<sup>th</sup> and**  
**Saturday, October 19<sup>th</sup> from 1 to 4 PM**



### Home Spa Aromatherapy Open House

Do you enjoy using spa and pampering products, but hate their high prices and the added chemicals? At this open house, we will be teaching you how to make popular products at a fraction of the cost using pure essential oils. We will be having ongoing demonstrations for making your own disinfectant sprays, shower gels, bath salts, bath bombs, air fresheners and natural household cleaners. Enter our drawing because we'll be giving away all the products we make! Stop by, relax and have a 'scent-sational' time.

/ **Tuesday, October 29<sup>th</sup> – 6:30 PM**

### Enter the Amazing World of Biological Terrain Assessment™

Your biological terrain is the interstitial fluid that nourishes the 100 trillion cells in your body. In addition to delivering electrolytes, minerals, enzymes, vitamins, hormones and water to the cells, this extracellular fluid also transports out the waste products that the cells release. This class will help you to understand the biological terrain and how it can identify underlying factors or stresses that may be contributing to low energy and lack of vitality and well being. Reservations are suggested for this free class, so please call (623) 583-2286 today.



/ **Friday, November 1<sup>st</sup> – 8 AM to Noon**

### Biological Terrain Assessment™ (BTA) Testing

Appointments are required for testing. Please ask for more details.

Monday	9 to 5
Tuesday	9 to 5
Wednesday	9 to 5
Thursday	9 to 5
Friday	9 to 5
Saturday	10 to 4

## HERBAL TIDBITS

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



**Eileen and Ted started taking FOOD ENZYMES and PROACTYZME to AID DIGESTION and lo and behold, they noticed LESS ACHES AND PAINS in their joints and muscles as well!**

Joy started using the Natria skin products and in just 2 weeks she could notice an improvement in the feel and look of her SKIN. She considers it a "miracle" because her skin looks more youthful and firm with less noticeable skin damage.

**Doreen loves CRAMP RELIEF. It lessens the discomfort and cramping associated with her menstrual cycles and makes her "much more pleasant to live with".**

The new HEALTHY BLAST drink mix is so convenient and offers an 'explosion' of nutrition for Darren everyday. During the 2 months he lost 20 pounds, he used it as a meal replacement and now he takes it daily as a supplement. It gives him 8 grams of fiber and only 9 grams of sugar per serving and contains 15 grams of protein from soy, whey and spirulina. It is perfect for his busy on-the-go lifestyle.

**Mike had GAS that was uncomfortable and embarrassing. Adding BIFIDOPHILUS took care of the problem completely. He also takes FOOD ENZYMES when eating a heavy meal to aid digestion and relieve bloating.**

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Watch for these 3 new products available October 15<sup>th</sup>:

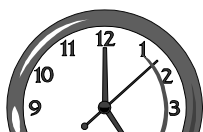
**Kidney Drainage**  
**Lymphatic Drainage**  
**Thyroid Support**



We are dedicated to the philosophy that health is much more than the absence of illness and that all people have the right and responsibility to manage their own health and happiness.

## Mustard Seed Herbarium STORE HOURS

Sunday CLOSED



Mustard Seed Herbarry  
12213 W. Bell Road #116  
Surprise, AZ 85374

PRESORTED  
STANDARD  
U.S. POSTAGE PAID  
SUN CITY, AZ  
PERMIT NO. 68

Address Service Requested

Time Sensitive Material – Please Deliver Promptly



## Attention:

Ask about our member's  
wholesale buying plan &  
save 25% to 40%

**EVERY DAY** on the entire  
line of top quality Nature's  
Sunshine Products.

Membership is free with  
a qualifying one-time purchase.

Have a safe and enjoyable Halloween

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## Ask the Herb Specialist

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**Question:** How can I learn more about natural health and healing?

This is an excellent question! Being informed is the key to good health. Fortunately, there are several excellent sources of information about natural health and healing. For basic information, we offer the "Intro to Herbs" class twice a month. This is for the beginner (everyone has to start somewhere) – and for those who want to learn more, we recommend the NSP School of Natural Health. NSP offers it to our community with a minimum number of students; this is an all-day, information-packed school that I recommend to everyone! If you are interested, please contact me so we can arrange to have the class in our area. The NSP website is also a good source of information at [www.naturessunshine.com](http://www.naturessunshine.com).

**Question:** We've heard so much in the news about the dangers of synthetic hormone therapy. What alternatives do I have?

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Answer: Conventional medicine has denied for decades the dangers of synthetic hormones while natural medicine has been diligent in seeking to inform the public of better & safer alternatives to these risky drugs. Please remember that menopause is not a disease and it should not be treated as one. Mother Nature is able to handle quite well the normal phenomenon of the "change of life" and its accompanying symptoms. While nature does not provide hormones (only the body produces hormones), there are many natural products that act like hormones in the body or utilize the hormone receptor sites to aid the body during this time. Some options include Red Raspberry, Red Clover, Black Cohosh, Dong Quai, Wild Yam, soy products and progesterone cream. Supporting the adrenal glands and thyroid is also essential for total glandular health. While conventional HRT aims to reduce heart disease and hip fractures (but there is no clear evidence that it does either), HRT increases the risk of cancer by a whopping 26% according to recent studies! Natural products such as soy, certain herbs, flax seed and omega-3 fatty acids all have evidence that they may help maintain good cholesterol levels, reduce hot flashes, increase bone density and help offset some of the effects of hormonal imbalance, while supporting joint health and a positive mental attitude. It is good news that the medical community is attempting to dispel the myth of the benefits of HRT and has taken steps to protect women. This is clearly a case where *bad news is good news* for women's health.

## IMPORTANT NOTE:

*The information included in this newsletter has not been evaluated by the Food & Drug Administration and 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.

## Our Services

Ear Coning \$30 plus ear cones.

Iridology \$60 includes pictures and analysis.

Myomassology, Lymphatic Drainage Therapy  
and other Corrective-Integrated Bodywork  
\$50/ hour by Diane Pierson, NCTMB, CLMT

Nutritional Health Assessment & Consultation  
\$75 – includes, iris, tongue & pulse analysis,  
health history and muscle testing.

Biological Terrain Assessment™  
by Kay Lubecke, B.S., M.A. Call 623-583-2286  
or 480-488-9153 to schedule an appointment.

Gift Certificates Available

GET FREE Monthly Training.   
Just pick up the phone.

The monthly NSP Product Focus Meetings give you in-depth information on NSP products. Join us the second Wednesday of each month at 4:30 pm Arizona time (7:30 pm Eastern). Call 1-800-325-8957 and use the participant code 7224. If you miss the live meeting, call 1-800-756-3819 and use code 007220. This recorded call is available for approximately 3 weeks. Listen for product specials too! Topics vary each month. For more information, call us or visit [www.naturessunshine.com/member/education/meetings.asp](http://www.naturessunshine.com/member/education/meetings.asp).

*Save time, save money  
with AutoShip*

Do you use the same products every month, but find yourself running out of time and energy to get out and purchase them? Now available is the Autoship program to save both time and money. For more details, contact us or log onto [www.naturessunshine.com](http://www.naturessunshine.com) and follow the link for the Autoship program.

## More New Products !

**Menstrual Reg** contains anti-hemorrhagic herbs as well as herbs that provide overall support to the female body. These herbs can help regular blood flow and keep hormones properly balanced. Yarrow, shepherd's purse, nettle leaf and lady's mantle help to slow and reduce blood flow, while sarsaparilla gets closer to the root of the process – it enhances progesterone activity. Black haw can help ease cramped uterine muscles, while chaste tree and false unicorn help to support proper female hormone levels. Together, these herbs may slow menstrual flow and lead to more comfortable periods.

**Breast Enhance** is a natural, safe and inexpensive alternative to breast augmentation. The combination of kudzu, saw palmetto, dong quai and alfalfa naturally enhances breast size and firmness as well as promoting breast health and maintaining normal hormone balance, boost vitality levels, promote fertility and ease female discomfort. This new product can help women achieve the look they want without expensive and risky surgeries while nourishing the body.

**Cramp Relief** allows the body to relax contracted muscles and ease menstrual cramping. Herbs traditionally used to ease all kinds of female discomfort include cramp bark, wild yam, black cohosh, lobelia and plantain. Many of these herbs help to relieve fluid buildup in the pelvic region and are antispasmodic.

**Home Spa Party Plan** is a new exciting way to learn more about aromatherapy and how to make bath salts, personalized perfumes, body spritzers and much more! This program utilizes popular bath and pampering aromatherapy products (essential oils) in a home party setting and it's fun! Hosting a HomeSpa party entitles you to earn free product credit for your own use and earn extra income! We'll be scheduling parties beginning in September, so call now to set up your party date. All you have to do is invite your friends and prepare to have a "scent-sational" good time! Packets and training also available for those interested in becoming an Aromatherapy Health, Home & Beauty Expert. Call for details or log onto [www.naturessunshine.com](http://www.naturessunshine.com) and follow the link to the Home Spa Party Plan.



### Dates To Remember:

/ **Friday, July 12<sup>th</sup> and August 9<sup>th</sup> – 10:30 AM**  
/ **Tuesday, July 16<sup>th</sup> and August 20<sup>th</sup> – 6 PM**



#### "Intro to Herbs"

These classes are designed for the beginner in herbs and natural healing. You will learn how herbs work, the importance of using quality products and how to take advantage of all that Nature's Sunshine Products and the Mustard Seed Herbarium has to offer. Attend these free classes and receive valuable information and gifts and be eligible for our door prize drawing. Reservations are requested; so call (623) 583-2286 to register.

/ **Wednesday, July 24<sup>th</sup> – 10:30 AM**  
**Enter the Amazing World of  
Biological Terrain Assessment™**

Your biological terrain is the interstitial fluid that nourishes the 100 trillion cells in your body. In addition to delivering electrolytes, minerals, enzymes, vitamins, hormones and water to the cells, this extracellular fluid also transports the waste products that the cells release. This class will help you to understand the biological terrain and how it can identify underlying factors or stresses that may be contributing to low energy and lack of vitality and well being. Reservations are suggested for this free class, so please call (623) 583-2286 today.

/ **Friday, July 26<sup>th</sup> – 8 to 10 AM**  
**Biological Terrain Assessment™ (BTA) Testing**

Appointments are required for testing. Please ask for more details.

We are dedicated to the philosophy that health is much more than the absence of illness and that all people have the right and responsibility to manage their own health and happiness.

Do you suffer from low energy?

Do you need help and guidance in designing a specific nutritional program that meets your individual needs?

Do you wonder if you are wasting money on supplements that may not even be helping you?

Perhaps it time to try a new approach. Perhaps it is time to explore the amazing world of Biological Terrain Assessment (BTA)

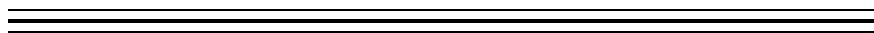
The BTA or Biological Terrain Assessment involves the monitoring of your saliva and urine for pH, redox and resistivity. While these parameters do not diagnose diseases, they will give you valuable information about the internal environment (biological terrain) of your body, including:

- ❖ Adrenal Stress
- ❖ Circulatory System Health
- ❖ Digestive Capabilities
- ❖ Immune Stress
- ❖ Kidney Stress
- ❖ Liver Stress
- ❖ Lymphatic Effectiveness
- ❖ Mineral Levels
- ❖ Pancreas Stress
- ❖ Possible presence of Fungus or Bacteria
- ❖ Thyroid Stress
- ❖ Your ability to produce Energy

Join us for an introduction to BTA, the scientific, computerized assessment that will tell you how to improve your health, energy and well-being through changes in your supplement program, diet and exercise as well as determining what the effects of chronic stress, poor diet and exposure to toxins and chemicals are having on your body.

Lecture: Thursday, May 7<sup>th</sup> and June 11<sup>th</sup> ~ 6:30 to 7:30 pm. Call (623) 583-2286

This *free* lecture and testing will be presented by Kay Lubecke, B.S., M.A., Certified BTA Practitioner and Nutritional Consultant with 21 years of clinical experience using natural therapies.



BTA Testing: Monday, May 10<sup>th</sup> and June 14<sup>th</sup> ~ 8:00 to 10:00 am. Call (480) 488-9153

BTA Testing fee is \$75 and assessment is \$50 with full credit given upon first purchase (within 7 days) of BTA recommended supplements. *Net cost is only \$75!*

Reservations are required for both the lecture and testing.

For more information, or to schedule call (623) 583-2286

# BIOLOGICAL TERRAIN ASSESSMENT™ – A NEW APPROACH TO WELLNESS

By Dr. Robert Greenberg, edited by Ellen Benavidez as reported in the *Sunshine Manager Extra* April, 2002

No single issue is as important, or as prominent in the news or is as controversial as the issue of health. Being at the forefront of our national consciousness, you can hardly turn on a television, walk by a newsstand or have a conversation without confronting the issue of health and healing. Pharmaceuticals are a multi-billion dollar industry. We pay more for health care today than at any other time in our history, and yet people are not getting well.

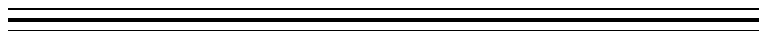
Those of us who embrace a holistic approach to health and wellness already suspect the reason. Traditionally, we have been treating symptoms and dispensing pills or conducting subjective and extremely costly tests to determine a treatment protocol. We have been trying to heal “from the outside” rather than uncovering the underlying root cause of the dysfunction.

Biological Terrain Assessment (BTA) approaches health from an entirely different perspective, allowing us for the first time, to address health “from the inside.” It provides a “biochemical window” into the unique internal state of every individual. Indeed it allows us to begin to get well and keep well by assessing our health at a cellular level.

We all know that negative influences exist and always will, and that we are assaulted with them in greater numbers and at higher levels every day. Pollution, insecticides, hydrocarbon wastes and ever evolving and mutating microbes make the world a proverbial minefield for individuals seeking a state of health and wellness. We will never be able to rid the world of these attackers.

What we can do is stop focusing on the outside influences and start focusing on the terrain—the internal environment that determines how our bodies cope with these outside influences. Just as a healthy crop can only flourish in rich, nourished, hydrated soil, so our internal soil—our biological terrain—determines the way our bodies deal with the ever-present stressors and disease.

The concept of Biological Terrain Assessment has been around since the 1800s, when Claude Bernard proposed that disease results from imbalances within the body, rather than as a result of microbes and elements outside the body. This is direct conflict with the Pasteur theory, which blames all our ill health on outside influences that attack the body.



Join us for an introductory free lecture about BTA, the scientific, computerized assessment that will tell you how to improve your health, energy and well-being through changes in your supplement program, diet and exercise as well as determining what the effects of chronic stress, poor diet and exposure to toxins and chemicals are having on your body.

Lecture: Thursday, May 7<sup>th</sup> and June 11<sup>th</sup> ~ 6:30 to 7:30 pm. Call (623) 583-2286  
BTA Testing: Monday, May 10<sup>th</sup> and June 14<sup>th</sup> ~ 8:00 to 10:00 am. Call (480) 488-9153

Net cost for the BTA Testing fee is only \$75 for the 1<sup>st</sup> test and \$25 for repeat tests.  
Reservations are required for both the lecture and testing.

For more information, or to schedule, call (623) 583-2286

# What's Your Burn Rate?



## Unlocking the mystery of metabolism

How many times have you felt that you must have a slow metabolism because you can't seem to lose weight no matter what you try? This thought might have more truth than you realize. Metabolism, or the rate at which you burn calories, plays a key role in weight loss and should play an integral role in determining your weight-management strategy.

*Weight management is simply a matter of arithmetic: balancing the number of calories "in" against the number of calories "out". If you take in (eat) more calories than you burn, you'll gain weight. If you take in fewer calories than you burn, you'll lose weight.*

Now, regardless of what your unique metabolism is, there is help. Recently introduced are two new tools that take the guesswork out of weight loss. The first will determine your resting metabolic rate (RMR) and the second will help you work with your metabolism to improve your health and achieve your weight loss goals.

*The BodyGem is a revolutionary, handheld device that allows you to measure your resting metabolic rate (RMR) easily and accurately. This number tells you the amount of energy (or number of calories) your body burns each day at rest—up to 80 percent of the calories you burn daily! Because people burn calories at different rates, it is important for you to determine your unique metabolism, or burn rate, to successfully manage your weight. Age, activity level, diet, genetics and current weight all influence your RMR.*

Once you take this simple breathing test, you'll know exactly how your body uses energy and you can design a nutrition and exercise program to meet your individual needs. You'll want to re-measure your metabolism every few weeks to adjust your program to your changing RMR.

*Once you have determined your RMR, you are then ready to begin using BalanceLog, a user-friendly software application that allows you to quickly and easily establish and track your personalized nutrition and weight management program. It just takes a few minutes a day to log your food and exercise so you can monitor your energy balance equation (calories in – versus – calories out). It's easy and its fun to use! BalanceLog runs on a PC or PALM OS device.*

If you are interested in learning your resting metabolic rate (RMR), please contact us to make an appointment. Cost is only \$42 to determine your RMR. Knowing this number could be the start to your personal weight loss success!

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Get the skinny on this revolutionary  
new tool. Call (623) 583-2286

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