



# Your Health Matters

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Visit our website: [www.mustardseedherbary.com](http://www.mustardseedherbary.com)

## COUNTING THE COST

A number of factors are involved in the price of any herbal or vitamin supplement—from the conditions under which the product is grown, to the time and success of harvest, to the knowledge and expertise of the processors and the methods they use—all of which combine to determine the quality of the finished product.

Less expensive products will save you money—or will they? If what you're getting is poor quality, you're really not saving money at all. In fact, you may be getting something completely different from what you think. Plus, you may not get the results you are looking for and you'll be disillusioned with the body's ability to utilize nature to heal itself.

Nature's Sunshine herbs are grown, harvested and processed properly. Their expert knowledge of tradition combined with technical, scientific skills ensures that their products are among the best. Their 31+-year track record proves it.

The next time you are questioning why the difference in the prices of nutritional supplements—remember one thing: poor quality is very costly. You don't want to cut corners where it matters the most—your precious health, for which there is no replacement. Time has proven over and over that "you get what you pay for."



There is a direct relationship between cost and quality. That's why we use Nature's Sunshine Products. We think you deserve the best too.

## Services Offered

at the Herbarry ~ call (623) 583-2286 for an appointment.

- Iridology
- Bodywork, including Reiki
- Muscle Testing
- Nutritional Counseling & Lifestyle Analysis
- Weight Management Services
- Classes and Herbal Hours
- Aromatherapy Workshops
- Ear Coning

## Vegetarian Cooking Class



On Monday, October 20<sup>th</sup> at 6 PM. Cost is \$42 per person, which includes a meal and the recipes. Come join us in a warm home setting and learn to cook healthy vegetarian meals! Registration and prepayment (cash or check) is required by October 15<sup>th</sup>.

## S O D with Gliadin An Enzyme to Make You Feel Young

Superoxide Dismutase or SOD, is both a powerful antioxidant and an important enzyme. It helps slow cellular degeneration and mutation, making it highly beneficial for protection against degenerative disease, as well as aging in general. SOD naturally occurs in healthy cells, protecting them from the damage caused by free radicals. SOD also helps protect against radiation damage – whether from biological warfare or treatment of cancer.

SOD is a natural part of the body's detoxification system and is present in every cell in the body. Not only does this enzyme play an important role in neutralizing superoxide radicals into oxygen and hydrogen peroxide, it may help prevent age-related decline and maintain neurological health. It is commonly injected in joints for inflammatory conditions such as arthritis, offering support for the structural system.

SOD plays an important role in the immune response and cell maintenance by protecting leukocytes and macrophages. In doing so, SOD prevents the damage to these cells. SOD supplementation has been shown to stimulate innate immunity by triggering the production of immune factors.

As we age, our bodies produce less SOD, which contributes to the natural aging process. This exclusive formula combines SOD with gliadin. Gliadin protects SOD in the stomach, allowing for its absorption in the small intestine. Very little is actually known about the oral uses of SOD, but it is known to be partially digested by the acids in the stomach, except when bound to a protein complex. This complex is called glisodin and it is made from a proprietary mixture of melon extract (SOD) and wheat extract (gliadin). This protein complex allows the SOD to be effectively absorbed.

This unique product may:

- \* Relieve minor muscle soreness after exercise.
- \* Promote healthy joint structure and function.
- \* Enhance immune system function.
- \* Support vision.
- \* Defend against cellular damage and aging.
- \* Support the nervous, respiratory and cardiovascular systems.

Do not take SOD with gliadin if you are allergic to wheat products, have gluten intolerance or have celiac disease. Recommended dosage is 1 capsule twice daily with meals.

## SOD with Gliadin

Protect Your Cells.

Slow the Aging Process.



# Fall Harvest of New Products

## MetaboMax EF (Ephedra-Free)

This popular product for weight loss is now available without ephedra for those overweight individuals whose bodies cannot tolerate Ma Huang. Also caffeine-free, this herbal combination promotes the burning of stored fat thru increasing metabolism, reducing water weight and suppressing appetite. This unique product contains Lotus Leaf and Green Tea extracts and synephrine from Bitter Orange fruit to help suppress appetite and promote lipolysis, the process of breaking down fat into free fatty acids and glycerol. Lipolysis must take place before fat can be burned. It also contains Garcinia, L-Carnitine, Cordyceps, Eleuthero, Chromium, Bee pollen, Spirulina, Vitamin E and Kelp to support the body during periods of dieting and weight loss.

## MetaboStart EF (Ephedra-Free)

This 2-week weight management program contains 5 different product formulas: 7-Keto, Fat Grabbers, Carbo Grabbers, CLA and MetaboMax EF. This comprehensive program provides 6 ways to manage weight: 1) Grab fat. 2) Cut carbs. 3) Suppress the appetite. 4) Boost the fat thermostat. 5) Burn fat thru thermogenesis. 6) Build lean muscle mass.

## Nutri-Burn

This delicious, chocolate-fudge flavored whey protein meal replacement is already hard to keep on the shelves! Providing 30 grams of protein and 6 grams of fiber per serving, it also provides 60% or more of the Daily Value of 14 essential vitamins and minerals. It provides only 210 calories per serving, making it easier to reduce the amount of calories eaten everyday for calorie-conscious consumers. Nutri-Burn contains L-carnitine, which promotes the burning of fat for energy, garcinia cambogia known to inhibit fat production and storage, chromium, vanadium, green tea extract, plus the popular CLA (see below). This is a popular supplement for athletes because of its bodybuilding and energizing effects. Nutri-Burn is caffeine and ephedra-free.

## CLA (Conjugated Linoleic Acid)

CLA is making the news because it is an essential fatty acid that is important to the body to help modify body composition by sustaining lean muscle tissue and enhancing the burning of fat. It is known to assist the body in regulating fat and protein metabolism – decreasing body fat while increasing muscle mass. CLA has also been shown to improve insulin sensitivity, which enhances thermogenesis. Significant decrease in abdominal obesity was observed in a controlled study of subjects taking 4.2 grams of CLA daily. This is a “fat” that burns fat!



## Seasonal Defense

We now have another powerful immune system booster in Seasonal Defense. This unique combination contains the synergistic blend of Andrographis herb with bitter orange, thyme, oregano and eleuthero root. Andrographis herb is widely used in Indian Ayurvedic medicine and is considered a “cold property” herb used to rid the body of heat and dispel toxins (much like a fever does). It is excellent to help the body maintain it’s immune defenses during seasonal changes.

## Co-Q10 – 75 mg softgel

Co-Q10 is a vitamin-like compound that helps protect the heart muscle cells and helps maintain energy levels. It also works as an antioxidant, scavenging free radicals and helping to prevent oxidation of fats. It may also offer specific benefits to the nervous and immune system. Interest in the application of CoQ10 in the treatment of cancer is growing. Research has shown that levels of this nutrient decline with age, and that supplementation may enhance exercise performance. Studies also have shown that a softgel (liquid) form of CoQ10 was up to 3 times more bioavailable than the powder form; therefore this new product in soybean oil is replacing the 100 mg capsule – with an added benefit of an 18% lower price per milligram!

## X-Action Gel

Now available to compliment the herbal combination of X-Action for Women, is the X-Action Gel, which has been introduced to help correct sexual problems found in nearly 45% of American women. This unique formula combines L-arginine with menthol and herbal extracts to increase the nitric oxide production, which is important for



super circulation associated with intimacy, arousal & sensitivity. It also can assist in lubricating and hydrating vaginal tissues.

## Coral Calcium Capsules

The benefits of coral calcium are well advertised—for everything from acid reflux to cancer. The reasoning behind the effectiveness of coral calcium is that it helps to make the body more alkaline—and since disease exists primarily in an acidic environment—raising the pH will create a healthier environment for our cells to live in. Now this high quality coral calcium harvested from the fossilized coral washed up on the shores near Okinawa, Japan is available in convenient capsules.

## Vitamin E Complete

Vitamin E is indispensable to all oxygen-breathing life and is important for energy production on the biological level. It is a fat-soluble vitamin made up of several substances called tocopherols and tocotrienols. Many of the vitamin E products on the market include only one or two of these compounds—but now NSP has a complete product with all eight! The added benefits allow a wider range of support plus it also contains the antioxidant selenium which helps maximize the absorption of vitamin E.

## Everflex Pain Relieving Cream

Structural discomfort can make life unpleasant. Now you don’t have to wait for an oral tablet to take effect to help relieve pain. This new topical pain-relieving formula can help when you need fast relief so structural discomfort doesn’t slow you down. Apply this cream directly where you need it, when you need it & feel the relief in as little as 10 minutes. This product features the cooling relief of menthol in a unique base of cetylated fatty esters, olive oil and MSM. EverFlex cream not only gives you fast pain relief, but it also promotes joint mobility and flexibility. It’s especially effective when used in conjunction with EverFlex tablets.

Educate – instead of medicate.  
Learn how to stay well.



## Dates To Remember:

Call (623) 583-2286 to register for any of these classes.

### "Weight No More!"

Join our group that specializes in *healthy, balanced* weight maintenance.

- / Wed. Oct. 1<sup>st</sup> and Thurs. Oct 2<sup>nd</sup>  
Topic: Intro to Weight Loss
- / Wed. Oct. 15<sup>th</sup> and Thurs. Oct. 16<sup>th</sup>  
Topic: Eat Right for Your Blood Type
- / Wed. Oct. 29<sup>th</sup> and Thurs. Oct. 30<sup>th</sup>  
Topic: Lose Weight with Water!
- / Wed. Nov. 12<sup>th</sup> and Thurs. Nov. 13<sup>th</sup>  
Topic: The Truth about Artificial Sweeteners

Note: All Wednesday classes are at 10:00 am and all Thursday classes are at 6:30 pm

Weight management is a very personal issue and so is your metabolism, or the rate which you burn calories. With this unique program, you can learn your individual resting metabolic rate (RMR) and take the guesswork out of weight loss. This group meets weekly on alternating Wednesday mornings and Thursday evenings to offer the friendly support necessary while making healthy lifestyle changes. Note the different topics and dates above. Call for more information or for your personal orientation.

### "Intro to Herbs"

- / Friday, October 10<sup>th</sup> – 10:30 AM
- / Tuesday, November 18<sup>th</sup> – 6 PM



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 Herbarry has to offer. Attend these free classes and receive valuable information and gifts, and be eligible for our door prize drawing.

### Herbal Hour

- / Monday, October 20<sup>th</sup> – 6 PM

Learn more about the properties and benefits of herbs. This class is in response to your frequent requests for more information about herbs and natural health. We hope to see you at this free class on the 3<sup>rd</sup> Monday evening of each month - *as we will continue these classes based upon sufficient interest!*

### HomeSpa Aromatherapy Workshop

- / Saturday, Sept. 27<sup>th</sup> 1 to 3 PM
- / Wednesday, October 1<sup>st</sup> 6 to 8 PM
- / Saturday, October 18<sup>th</sup> 1 to 3 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. At these "scentsational" workshops, you'll learn how to make your own personal and home care products using pure and natural essential oils. The \$12 registration fee includes supplies for making your own personalized product to take home. Please call 623-583-2286 or 623-566-1376 for the class dates and times.

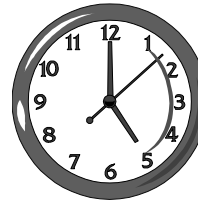
Earn free health products by hosting your own Aromatherapy HomeSpa party. Contact Katrina at 623-566-1376 or [www.mynsp.com/katgaines](http://www.mynsp.com/katgaines).



## Mustard Seed Herbarry

### STORE HOURS

Please note these changes!



Sunday	CLOSED
Monday	9 to 5
Tuesday	9 to 5
Wednesday	9 to 5
Thursday	10 to 6
Friday	10 to 4
Saturday	10 to 4

## HERBAL TIDBITS

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



Susan had STOMACH PAIN and medical tests could find nothing wrong. When she took GASTRO HEALTH for 3 months as recommended, the pain was a thing of the past. Eric tested positive for the stomach H PYLORI BACTERIA and antibiotics didn't control it, plus it gave him a YEAST INFECTION. GASTRO HEALTH and the new PAW PAW PARASITE cleanse cleared it up for him!

Colleen has a favorite for anyone with KIDNEY or BLADDER INFECTION. She recommends 6 JP-X three times a day - decreasing by one until the bottle is gone. She also adds PROBIOTIC ELEVEN and CRANBERRY/BUCHU depending upon how chronic the problem is.

Ruth has had DRY, CHAPPED HEELS since moving to Arizona 8 years ago. She began supplementing with ZINC for an unrelated problem and soon noticed her feet were much better but when she added the SUPER GLA (essential fatty acids), she reports "soft & beautiful skin!"

Dennis cut the inside of his mouth and it was BLEEDING profusely. He put some CAPSICUM (cayenne pepper) on the wound and within seconds the bleeding stopped. A great addition to any first-aid kit!

Karoline's favorite little doggie was suffering from ARTHRITIS and his COAT was looking very rough. 5 days on the JOINT SUPPORT and HSN-W herbal blends, he was jumping around again and his hair had a shine again!

Gerry is a veteran gardener, but avoids using chemicals and pesticides. Her pumpkins and squash were being invaded by some type of hard-bodied bug that destroys the fruit, so she made a mixture of SUNSHINE CONCENTRATE, NATURE'S FRESH and the PAW PAW shampoo and sprayed the plants. The bugs scattered and haven't returned.

Judy frequently had dark bruise spots on her skin because of "THIN SKIN" due to aging—her doctor said. 6 weeks on ROSE HIPS, VARI-GONE, HSN-W and SUPER ALGAE have reduced the incidence of bruising nearly in half. Claude has gotten similar results with MSM, NAC, ZINC, FLAX OIL and CITRUS BIOFLAVONOIDS.

5-year-old Joey was sick with a FEVER & COLD. Just one application of GUARDIAN oil rubbed on his feet and his fever broke and his energy and appetite improved!

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Time Sensitive Material – Please Deliver Promptly

## We need your help!

Looking for an ambitious bilingual (preferred) team leader to build your own NSP business helping others with their health. Must be enthusiastic and enjoy working with people. Low start-up cost with excellent income potential and training is provided.

“Six Weeks to Manager” training in Scottsdale starting in October.  
Call for details and to register.

## The Ancient Art of Ear Coning

Experience the Powerful and Soothing Benefits of the Ancient Art of Ear Coning ~ By Kristin Leone Rice and Ellen Benavidez-Griswold

Ear coning is a technique that has been around for thousands of years originating in the ancient civilizations of India, China, Tibet, Egypt and Native American Indian cultures. These cultures found that by creating a long, narrow “cone-like” apparatus and creating a subtle vacuum in the ear canal, the body would naturally release toxins and debris in a non-evasive, effortless way.

The knowledge of acupuncture demonstrates how the ears co-ordinate with organs in the body since the ear contains approximately 4000 pores along with thousands of nerve endings. Nerves connect from one part of the body to the other, attaching themselves to organs, bones, muscles, skin, and run to the very extremities of our hands, feet, and ears. These nerves carry subtle energy flow. The pores run long, vast and deep into our system connecting to our sinuses, skeleton, lymph nodes, eyes, and other parts of the body. These pores also connect to the cerumen glands, which produce earwax. An over abundance of ear wax, fungus or yeast block nerve endings from picking up stimulus, and therefore vibrational energy frequencies cannot be transmitted through the nerve endings. As a result, the body is then disconnected from its energy flow.

The cone works by igniting the large end of the cone, then gently placing the opposite end of the cone to the opening of the ear canal to create a seal. Vapors of smoke with herbs travel into the ear, warming up the pores in the canal and softening wax. The flame creates a vacuum, which pulls infection, debris and ear wax into the cone, reducing problems of the body in a natural way. Ear coning is very relaxing and no heat or discomfort should be felt during this short process.

Some conditions within the ears are candida and parasites, which ear coning has been known to relieve these and other kinds of stressors from ears including headaches, itching, deafness, hyperactivity, swollen lymph nodes, allergies, and tinnitus. Other symptoms reported to have benefited from ear coning include clearing of the sinuses, nasal passages and Eustachian tubes. Many people also use ear coning prior to airline flights to ensure equilibrium and a balance in ear pressure during take-off and landing. People of all ages have utilized this method of healing, including children.

It is important to use a quality ear cone made up of unbleached material and beeswax. Paraffin wax causes the cone to burn rapidly and is toxic to the body. It is not recommended to do this on yourself. Call the store and make an appointment for this relaxing, non-invasive method of cleansing.

### 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.