

Your Health Matters



Mustard Seed Herbarry
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News from the Crew

Cooler days are coming and we're eager to welcome our summer travelers back to Arizona! We're here to assist you in your commitment to better health and again, you'll find a great selection of excellent classes to help you.

Perhaps you've seen a new face at the store. Wendy comes to us with lots of business experience and an enthusiastic interest in natural health. Her skills are keeping the inventory current and the store running smoothly – so we hope you'll come in and get acquainted with the entire outstanding staff!

Fall is traditionally an excellent time to do some cleansing. We have several outstanding cleansing products that will help to move out the accumulation of toxicity from our bodies. Cleansing not only gives us more energy, but it is beneficial for boosting our immune systems, which is important as we approach the cold & flu season. It is also helpful for weight management and stress reduction.

We now have a nice selection of pet products and we are finding that our furry friends really love the food! My own German shepherd puppies have never expressed much interest in the 'healthy food' I've previously given them—until they tried the Artemis! They make it clear to us that it definitely is a better choice! We have free samples to give you – and also a discount on the products in October!

Until next time, keep well!

Ellen and Staff

NEWSLETTER SPECIALS

- ☛ **10% off all Pet Foods** (October 1-31, 2007 only)
- ☛ **Free sample of Artemis pet food ***
- ☛ **Buy 1, get 1 free – Nature's Sweet Life Chocolate Bar with Xylitol***
- ☛ **Buy 2 Ionic Foot Baths, get 1 free***

*while supplies last

*good thru 10/31/07

RG – MAX

Taking circulation to the MAX

Since 1990, over 10,000 articles have been published in medical journals on the benefits of arginine. Much of the research has focused on its involvement in nitric oxide production. Nitric oxide (NO) plays an important role in numerous functions, especially related to cardiovascular health. For example, research has revealed that NO relaxes the arteries to maintain normal blood pressure, dilates coronary arteries that supply blood to the heart (preventing angina), reduces serum cholesterol levels and prevents oxidation of LDL, reduces platelet aggregation & facilitates blood flow to extremities.

Given NO's cardiovascular effects, research suggests that arginine supplementation may offer potential for preventing and treating cardiovascular diseases such as: Angina, Chronic or Congestive Heart Failure, Intermittent Claudication (peripheral vascular disease) and Erectile Dysfunction (ED) or impotence.

RG-MAX contains 5 grams of L-arginine per serving plus other amino acids, which are the building blocks of protein. Muscles are made of protein and amino acids help repair and build muscles, including the heart. Improving circulation can help support increased energy and stamina levels as well as sexual function. It contains grape skin extract from red grapes, providing added antioxidant and blood vessel support.

The additional amino acids which include taurine, L-isoleucine, L-leucine, L-methionine, L-tyrosine, L-threonine, N-acetyl cysteine, L-glutamine and acetyl L-carnitine help to detoxify the body, assist in healthy brain function, stabilize blood sugar levels, increase endurance, promotes healing, breakdown fats, and improve muscle tone. They are also important for overall metabolism, it regulates mood, suppresses the appetite and reduces body fat.

Recommended use is 1 level scoop of this powder with 8 oz of water; shake until dissolved and drink once daily. Because of the high dosage of L-arginine, it is not recommended for individuals with a history of herpes without L-lysine supplementation, since arginine stimulates the growth of certain viruses. It should also be used with caution for pregnant or nursing women or persons with schizophrenia. While other arginine supplements often contain large amounts of sucrose, RG-MAX is sweetened with natural, low-glycemic xylitol for responsible blood sugar support.

Providing targeted nutrition to the heart muscle and vascular system, RG-MAX is a delicious supplement to consider for increased energy, improved circulation and enhanced sexual function.

RG – MAX

**Circulation * Sexual Function
Muscles * Stamina**





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.

Tuesday, September 11 – 7 pm

Using Pendulums to Change Energy

Tuesday, September 18 – 7 pm

Emotional Freedom Technique 101

Saturday, September 22 – 7 pm

The Eight Causes of Disease (in Phoenix)

Monday, September 24 – 11 am to 4 pm

Live Blood Cell Analysis \$50 (prepaid by appt only)

Tuesday, September 25 – 10:30 am

Colon in Crisis**

Tuesday, September 25 – 7 pm

Hypothyroidism—the Unsuspected Illness

Tuesday, October 2 – 7 pm

Intro to CranialSacral Therapy

Tuesday, October 9 – 10:30 am

Healthy Holiday Cooking**

Tuesday, October 9 – 7 pm

What Should I Eat for Disease Prevention?

Discussion Group

Tuesday, October 16 – 7 pm

Fresh Food for Pets—Think Outside the Bag!

Saturday, October 20 – 11 am to 4 pm

Live Blood Cell Analysis \$50 (prepaid by appt only)

Tuesday, October 23 – 7 pm

Healthy Breasts for Healthy Women

Tuesday, October 30 – 7 pm

Tricked by Treats

Tuesday, November 6 – 7 pm

Aromatherapy to Combat Stress & Illness

Tuesday, November 13 – 7 pm

What Should I Eat for Disease Prevention?

Discussion Group

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



Are You Hosting a Parasite Party?



You're tired, nauseous, and your stomach has declared war. Something is definitely wrong, yet you can't seem to put your finger on it. Even though you're eating "right", the problem refuses to go away. As incredible as it may seem, perhaps the problem is that millions of parasites have decided to take up residence in your body. They're sharing your food, partying in your intestines and releasing their waste into your bloodstream. Oh, yuk!

Even in our ultra-advanced technologically sophisticated society, parasites aren't as rare as you might imagine or hope. Some parasite experts suggest that between 75 to 90 percent of the American population is infected with some type of parasite.

Symptoms? The symptoms can be as varied as the number of known parasites (there are over 1,000 different kinds we can host). Parasites cause nutrient malabsorption and infections that damage the immune system. The most common complaints are digestive pain, nausea, headaches, diarrhea, constipation and persistent skin problems. Acute symptoms include ulcers, acne, foul breath, coated tongue, menstrual irregularities, eczema, sleep disturbances (especially grinding of teeth), itching of the skin and the anus and constant nose picking. Many experts believe parasites may be a potential or underlying cause of Epstein-Barr or Chronic Fatigue Syndrome, Candida Albicans, colitis or Irritable Bowel Syndrome, allergies, flu and cancer.

So how do we get these buggers? The most frequent ways they enter our body is through contaminated water and food, petting and handling animals and their feces, fleas and other insect bites, saliva (kissing) or sexual intercourse. They continue to survive in our bodies because the environment is right for them!

And, now how do we get rid of them? Depending upon the degree of involvement, it may be necessary to have medical intervention, which is oftentimes ineffective. Self treatment includes cleansing the intestinal tract, modifying your diet and water sources and rebuilding the intestinal tract with friendly flora and avoiding re-infection through lifestyle changes.

It is important to understand that parasites cannot survive in a healthy environment. Remove the mucus and encrusted waste found in our colons through colonics or enemas, along with the use of herbal fibers such as psyllium, and parasites have little to feed on. Parasites are believed to be most active during a full moon; therefore, do an intestinal cleanse just before a full moon. Drinking lots of water, eating figs and sesame seeds on an empty stomach will assist your cleanse. You may experience flu-like symptoms as the parasites die off. Hydrated bentonite, charcoal and other blood purifiers may reduce die-off symptoms. Colon cleansing and diet modification is critical in parasite cleansing as parasites only live in a toxic body. Sugar feeds parasites, so stop feeding them!!

Herbs that have been historically used in parasite cleansing are Black Walnut, Garlic, Clove, Elecampane, Mugwort, Wormwood, Pumpkin Seeds, Ginger and Caprylic Acid. NSP has an excellent, easy to use program designed to kill these critters. Along with colon cleansing, it is suggested that you take Para-Cleanse for 10 days; then rest for 5 to 7 days to allow the parasite eggs to hatch and follow up with another 10-day packet. It is recommended that you do 3 rotations and finish with Artemisia Combo for complete results. This program is simple and you might "look before you flush" to assess your results.

It is important to modify your diet to eat more fresh fruits and vegetables and avoid white flour and white sugars as sugar feeds parasites. Eating a more nutritious diet with lots of organic minerals will create an environment in the body over time that parasites cannot survive in.

Autumn is an awesome time for bowel cleansing. Start with a general bowel detox and then add the parasite cleansing. It is NOT normal or healthy to have these critters in our bodies feeding off our nutrients, blood and waste materials. We do not need these hungry hitch-hikers having a party inside us. Evict them!

Sources: Guess Who Came For Dinner by Ann Louise Gittleman
Parasites – the Enemy Within by Hanna Kroger



Supplements could save billions in health care costs-study shows.



More than \$24 billion in national health care costs could be saved according to a new study, if key US populations would make appropriate use of select dietary supplements.

The study conducted by the Lewin Group for the Dietary Supplement Education Alliance, estimated potential cost savings that could result from daily use of certain "supplements" for which the highest standard of evidence exists at this time and for which the FDA has approved health claims. (What this means is that this study took only a select group of supplements and there are many more that would improve health and cut costs as well, but aren't in the limited list that the FDA has reviewed and says might be OK.)

Lewin analysts combed Internet and print journals for information and research about each supplement's efficacy, then plugged results into a peer-reviewed model to estimate cost savings.

For example, if people on Medicare used calcium & vitamin D supplements appropriately, they could avoid 776,000 hip fractures over five years, resulting in \$16.1 billion in savings. If *one-fourth* of American women of childbearing age began supplementing their diets with folic acid, neural-tube defects could be prevented in hundred of newborns, savings as much as \$1.4 billion in 5 years. And, daily Omega-3 supplementation could save \$3.2 billion by reducing coronary heart disease.

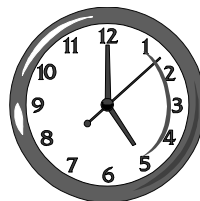
While those of us in the natural health field have realized for years that supplements save money in the long run, we find this study a good validation. Taking drugs, which are often covered by insurance, might seem cheaper in the short term for the consumer, but the reality is that because they simply mask symptoms and cause side effects, you pay for them twice. You pay for them when you purchase them, and then you pay the price due to the health problems they often create or fail to heal. Not good economic sense.

You can expect that the national healthcare crisis will be a hot topic in the upcoming elections. Rather than concentrate on the cost of medical care, perhaps it would be well to concentrate on prevention instead – just look how much money you could save!

Can You Help ?

Many of our customers have asked us if we can give referrals for practitioners that will cooperate with them and honor their belief in natural health. We are delighted every time that we hear from our customers that their medical practitioner is willing to work with them by using natural products and therapies in conjunction with traditional medicine. So we are asking that you help us compile a list of supporting practitioners (physicians, dentists or therapists, etc) by giving us the practitioners name, contact information & specialty. A business card would be helpful. We would like you to give us a brief written explanation of your positive experience with them & how they support natural health. This information will then be available in the store for others to refer to when they need a referral. Thank you for your input!

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.



Our German shepherd puppy is very SHY and seems to be AFRAID of many things, especially other dogs. Before our 2nd visit to the doggie park, I gave her ASPEN Bach Flower Essence and DISTRESS REMEDY. It was amazing the difference in her – SASHA actually played with other dogs bigger than her and went off on her own!

Sharon suffered with terrible HEARTBURN for years, but after starting on some FOOD ENZYMES and SLIPPERY ELM, she's noticed not only is her heartburn gone, but she's also losing a few unwanted pounds – without dieting!!

Rick has been taking COLLOIDAL SILVER and OLIVE LEAF EXTRACT for his PSORIASIS and says it started to clear up after only one week. Now, he is ready to start a CLEANSING program because he knows that toxicity is also a part of the skin problem.

Glen says that he noticed right away that MEN'S FORMULA has helped bring down his PROSTATE SWELLING and lessened his frequent NIGHTTIME URINATION.

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

Ed says that his abnormally HIGH LIVER ENZYMES have come down rapidly with MILK THISTLE COMBO and THAI GO. He is also eliminating sugar and white foods.

Keri has been taking COLLOIDAL MINERALS for her LEG CRAMPS and FLASH EASE for her HOT FLASHES and says that her symptoms are gone for both of them.

Mary says that TEI FU OIL behind her ears not only helps with the RINGING, but also helps with HEADACHES. Jim finds it reduces his SNORING and Peggy always has it handy for SINUS CONGESTION.

Celeste was having a hard time with MILK PRODUCTION after her daughter was born, but has started taking BLESSED THISTLE and ALFALFA. Not only has the production increased, but it has become very rich and is the consistency of cream!

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.

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Ignore your health – and it will go away.



~ Get Your Immune System Winterized!



It's that time of year again. The time when we should think about strengthening our immune system so we don't succumb to common winter illnesses. Oftentimes we discuss the immune system in terms of war, which suggests that maintaining health is a constant battle against microbes. In fact, this is the same approach taken by the medical model of health and disease that led to the 'germ theory.' While no one can deny that microbes (i.e. germs) are involved in

disease, natural health practitioners have long disputed the idea that they are the direct and primary cause of illness. If they were, we'd be sick most of the time. Think about it. We live in a "sea" of microorganisms. They are found everywhere: in the air, water, food, on our skin and in our bodies. Even the strongest disinfectant can't eliminate the millions of microbes present.

But don't fret. The good news is that most of the time we live in harmony with these disease germs. Something has to happen in our bodies before they become harmful. Most of us are born with natural immunity, a state of resistance to pathogenic invasion. It is important to understand that rather than being the cause of diseased tissue, germs seek their natural habitat—diseased tissue, just as mosquitoes seek stagnant water, but do not cause the water to *become* stagnant. Suppose we see a fly sitting on a pile of garbage which is composed of decaying organic matter. Is the fly causing the garbage or does the garbage breed the fly?

Our body has an internal environment or biological terrain. When we keep that environment healthy thru good nutrition, natural hygiene and other healthy habits, we enhance *natural* immunity. We shouldn't have to think constantly about battling disease because our body isn't a good natural host (thanks to our perfect design) to disease-causing germs. If you aren't a good host, guests will leave.

Many traditional herbal remedies don't contain substances that directly kill microorganisms or even stimulate our immune system. They act instead to alter the biological terrain and create an unfriendly environment for disease microbes. An example of this is alteratives or 'blood purifiers' that work to "clean up the blood", meaning they clear up morbid matter in the body – thus eliminating the environment that feeds disease. Reducing our toxic load by cleansing can give similar results.

Natural immunity is one of the most precious qualities for which man could have – we encourage you to protect it ~ naturally.

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:

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.