

Your Health Matters



Mustard Seed Herbarium

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News from the Crew

We've survived another long summer in Arizona and along with the lower temperatures, we're glad to see some of our "snowbird" friends flying in as well. Welcome back!

We are very excited to introduce Gina Burleson and reflexology to our menu of services again. She is certified in reflexology with a degree in holistic healthcare from the Southwest Institute to Healing Arts in Tempe. She has an amazing understanding of the body's energy and combines eastern and western reflexology to give you a truly unique therapy experience. See the enclosed flier for more information.

Since I am also a REALTOR®, I wanted to give a brief update as we see the market. Throughout the nation, the real estate market is unsettling, but in Arizona – it seems we may be well on the way of getting thru the mortgage fiasco which has contributed to so many foreclosures. Homes that are priced very aggressively have been selling quickly (with multiple offers, I might add) and once the foreclosures are mostly gone, we'll start seeing the prices turn around again. Our opinion is that prices are *bumping* along near the bottom, so sellers take heart – soon it will be *your* turn again!

Don't forget to reply to our request to update our mailing list – *as you will receive no more newsletters in the mail* unless you respond or meet the criteria described. See page 2.

The enclosed 2009 calendar is another reminder that another year has flown by & we look forward to a brand new year of working towards better health! While it is easy to be dissatisfied with current conditions in our nation, let's not forget to be grateful for all that we do have—there is much to be thankful for. Until next time, keep well!

Ellen and Staff

Fourth Quarter 2008 Specials

October	November	December
<i>Stevia products</i>	Chlorophyll 32 oz	<i>SynerProtein</i>
<i>Xylitol products</i>	Thai Go	Nutri-Calm
<i>Foot Detox Bath</i>	Foot Detox Bath	<i>Foot Detox Bath</i>

20% off

In-store only. Limited to quantities on hand.

Hoodia Formula

Control Snacking & Appetite Naturally

Hoodia gordonii has been eaten by the San Bushmen of South Africa for thousands of years to suppress hunger in a land with little food. This succulent plant is native to the Kalahari Desert and has been used as a food by the South African tribesmen to help hunters endure long hunting expeditions without food.

Caralluma fimbriata is traditionally used in India as a famine food to curb the desire to eat. Now, people everywhere are beginning to see the benefits of *Hoodia* and *Caralluma* as a nutritional supplement. These two powerful appetite suppressants are combined with other unique ingredients to help support weight management.

Dry apple cider vinegar appears useful in suppressing the desire to eat and may help increase metabolism. **Garcinia** has been known to affect fat metabolism and may inhibit the conversion of carbohydrates into fat. **L-Carnitine** helps in the production of cellular energy to burn fat and **Gymnema, chromium, marshmallow** and **psyllium hulls** all help to maintain blood glucose levels. The high mucilage content of marshmallow and psyllium also supports the digestive system.

One of the most difficult aspects of weight management is knowing when to quit eating – and then doing it. Many eat out of boredom or stress, not because there is any hunger. Mindless eating and excessive portion sizes are contributing to the runaway obesity problem in America. Despite an abundance of low-fat, no-fat, sugar-free, and taste-free foods - and more diets and diet books than ever before, we are also fatter than ever.

Mindless eating also means we aren't paying attention to the foods that we are eating. Could it be that the foods that we thoughtlessly eat are simply not giving us the nutrition we need, therefore we keep eating and eating in an effort to satisfy our nutritional needs? A healthy diet combined with a multi vitamin/mineral and this new Hoodia Formula just might help free us from the grip of continual food cravings and frequent consumption of "junk" food.

There are more than 20 species of Hoodia that grow throughout the world and only *Hoodia gordonii* has been reported to exhibit appetite-suppressing qualities. NSP's Hoodia Formula uses only pure, unadulterated *Hoodia gordonii* from South Africa. When combined with other healthful, weight-balancing ingredients, you just might find this unique formula can contribute to a decrease in appetite and provide other benefits in your weight management program.

~ Hoodia Formula ~

Control Snacking * Suppress the Appetite
Manage your Weight

~ *New & Improved Products* ~

GENTLE MOVE – intestinal system irregularities not only is a common problem today, but it is uncomfortable and unhealthy. Some of the more aggressive “laxatives” are too strong for some sensitive systems, but this new product works to *help* you go, rather than *make* you go. It helps hydrate the intestinal system, provides bulk and a mild stimulant action for a gentle alternative to constipation and toxicity build-up.

CANDIDA CLEAR – is a convenient 14-day cleansing program to help maintain the normal Candida Albicans balance in the colon with a new enzyme blend specifically designed to minimize the die-off symptoms. It is important to combine this with the proper diet and probiotics for maximum results.

FIZZ ACTIVE is a much healthier alternative to the popular AIRBORNE, which contains not-so-healthy ingredients like Splenda! It contains beta glucans, arabinogalactans, Echinacea, elderberries, ginseng, Vitamin C, zinc and potassium. Let it dissolve in pure water and watch those immune destroyers just fizzle away! Great to take when traveling and for kids too!



SYNER-PROTEIN – is a delicious way to get adequate protein each day! Certified non-GMA soy has been associated with improved cardiovascular function, plus it is beneficial for menopausal women and is rich in antioxidants. Now with an improved natural vanilla flavor, consuming enough protein and getting amino acids is easier and tastier than ever!

RG-MAX – boasts 5 mg of l-arginine per serving plus other amino acids, which are the building blocks of proteins. Muscles are made of protein and amino acids help repair and build muscles, including the heart. It is known to support improved circulation which can increase energy levels, stamina as well as sexual function.



FREE Education Week at NSP November 17-21

Offered via Webinar and/or conference calls, enjoy a one-hour seminar and exclusive discounts on various health subjects and speakers each night that week. Call us for more information about the topics, speakers and times or check online at www.nspwebinars.com. Learn from the comfort of your home from some of the best natural health teachers!

We are planning to run the Webinars from the store each day as well, so if you want to join us, please call and let us know~!

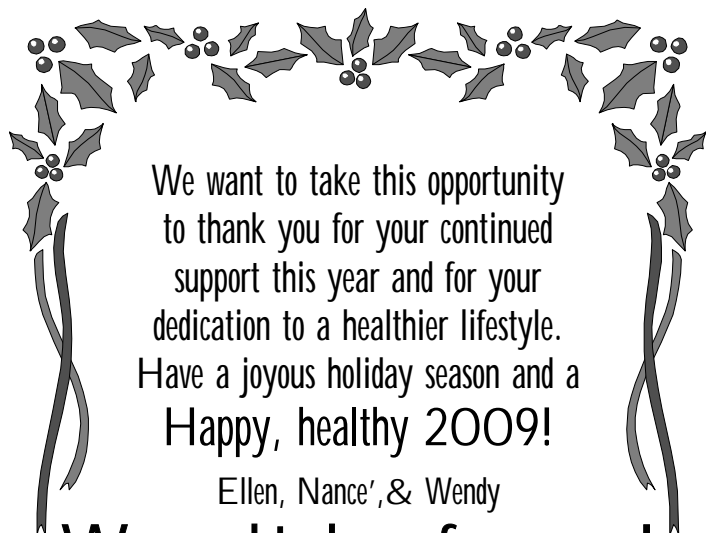
It's that time again –time to clean up our mailing list. We love sending newsletters to everyone who is committed to natural health and enjoys reading them, but we don't want to send them out simply to keep our postal workers busy or to fill your recycle bin.

So we are asking for your help in letting us know if you'd like to continue to receive the newsletters via snail mail. Please email us at staff@mustardseedherbary.com or call 623-583-2286 to let us know your wishes. You can also ask to receive it via email. If we don't hear from you by December 1st, we will assume that you no longer wish to receive them and we will regretfully remove your name off our mailing list. If you have signed up or ordered directly from Nature's Sunshine within the last 6 months, you will automatically remain on the list unless you tell us otherwise.

Thanks so much for your cooperation. We love to share the good news about herbs and nutrition and hope that you will enjoy better health as a result of our combined efforts.

Watch your email for unadvertised specials

Some of you may have been getting our weekly emails with the NSP specials, but we've started expanding on those and adding limited time special deals on products or services **to our email list only**. Send an email to staff@mustardseedherbary.com and write in the subject line: ADD ME TO YOUR EMAIL LIST. Then watch the emails carefully – you never know when you'll be offered more healthy tidbits or ways to save!



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 2009!

Ellen, Nance', & Wendy

We need to hear from you!



Dates To Remember:

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

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

Tuesday, October 14 – 5 to 7 pm

Celebrate Breast Health Month

There is a Safe Alternative to Mammograms!

Thermal Imaging of AZ will be here to answer your questions about this safe and reliable diagnostic test that is radiation-free. No registration is necessary – just stop by anytime between 5 and 7 pm.

Tuesday, October 28 – 6:00 pm

Insomnia and other Sleep Disorders

Few things are more annoying than not being able to sleep well, plus it is very destructive to good health. Learn some natural ways to get a good night's sleep, feel rested & ready to go in the morning from our chiropractor friend, Dr. Gerhart.

Tuesday, November 11 – 6:30 pm

Ways to Keep Healthy and Enjoy the Holiday Season

Weight gain, over-eating, stress, irritability, anxiety and depression are just a few of the issues we face during the busy holiday season. Let natural supplements and therapies help you enjoy these days filled with extra social, financial and physical requirements.

Saturday, November 15 – 9 am to 3 pm

Young at Any Age

Take charge of your health and reclaim your vitality—it's never too late to make the first step toward a future filled with greater health and happiness. Sponsored by Nature's Sunshine, this inspiring seminar could take years off your life! Call us for more information or to register. Held at the Phoenix Airport Marriott, cost is only \$25 if registered by 11/5/08. *Optional business training follows from 3:30 to 4:30.*

Tuesday, November 18 – 6:30 pm

An Introduction to Reflexology



Gina will introduce you to reflexology & the mind/body/spirit connection highlighting its ability to balance, relax & rejuvenate all the body's systems—plus learn how it affects your emotional and spiritual dimensions. Be sure to attend – maybe you will be the winner of the free session given away!

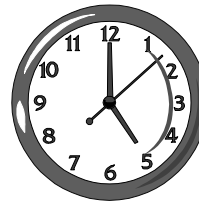
Tuesday, December 9 – 6:30 pm

Release Holiday Blues

Holidays can often be stressful with all the financial, social and physical requirements of the season—and it shouldn't be! Learn about Emotional Freedom Technique (EFT) that can help you breeze through the stresses of the holidays in a completely different state of mind. This class is often over-booked, so avoid that stress and register early.

Next class is January 13, 2009

Mustard Seed Herbarry STORE HOURS



Sunday	CLOSED
Monday	9 to 6
Tuesday	9 to 7
Wednesday	9 to 6
Thursday	9 to 6
Friday	9 to 6
Saturday	9 to 5

The store will be closed for the following holidays:

Thanksgiving - Thursday, November 27

Christmas - Wednesday & Thursday, Dec 24 & 25

New Years - Thursday, January 1

HERBAL TIDBITS



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

The top finalists in NSP's WEIGHT LOSS contest shared their favorite products that they felt helped them the most. All of them sited NATURE'S HOODIA as the #1 product. The 2nd most popular product was NUTRI-BURN because the protein drink satisfied them instead of a high caloric meal, plus it provides non-stimulant, fat-burning herbs.

Last holiday season, Patsy reported that this was the first year she didn't GAIN WEIGHT during the holidays. She directly attributes that taking NSP's HOODIA FORMULA because it controlled her desire to eat all the high calorie goodies and snacks. It is one product she always has on hand!

Tiffany doctored for 6 months for INFERTILITY with no success. She began taking 6 FALSE UNICORN, 4 DAMIANA and 6 DONG QUAI (daily) and 2 months later—a bun is in the oven!! Needless to say, she and her husband believe in the power of herbs.

Linda has DIABETES and she has been taking PRO-PANCREAS FORMULA and BP-X to purify the blood and balance the pancreas. Her doctor has now taken her off all of her diabetes medications.

How about a KILLER BEE story? Bob is an exterminator and exposed to chemicals daily. He uses the TIAO HE CLEANSE and ENVIRO DETOX regularly because of his business. Recently, he was stung by a swarm of killer bees and immediately after the attack took large doses of ALJ, TEI FU OIL, HAWTHORNE BERRIES and ST. JOHN'S WORT. He never even went into shock and had minimal reaction.

Mary Jo NEVER SLEPT WELL no matter what she did. Rather than become dependent upon addictive sleep meds, she chose to take MAGNESIUM at dinner & bedtime and also sprays LAVENDER & CHAMOMILE ESSENTIAL OILS on her pillow. She rarely has a sleepless night now, but if she has any trouble, she'll add HERBAL SLEEP and it is *lights out!*

VITAMIN A works great for Deanna whose fingers would bleed from severe HANGNAILS.

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Ignore your health – and it will go away.



IS YOUR NAME & ADDRESS CORRECT?

If not, please let us know.

Everything I know about nutrition – I learned from my Pets...



The “scare” a couple of years ago about contaminated pet food from China hasn’t gone away—instead it is now affecting children’s food and countless other products. When will we learn? But just because the industry has controlled that issue for now doesn’t mean that we should ignore the health of our furry friends. It is still very important to read the labels on the foods we give them. I think you’d be shocked to learn what goes into the commonly advertised brands – wherever they are imported from. Come into the store and we’ll show you an example of the junk that goes into some popular brands. Then we can show you what a good quality food is like as well.


Pets respond similar to children to nutrition and supplements—usually very quickly and effectively. Their little bodies love the added nutrition of food supplements and it’s so easy! You might find a lot fewer vet bills if you pay attention to their nutritional needs. For example, there are excellent herbs that are very effective at killing parasites. It is as simple as a few drops of Silver Shield in their fresh, purified water daily. Or a few drops of Black Walnut or garlic on their food. Dull, dry coats respond wonderfully to some essential fatty acids like flax or fish oil. Hairballs, allergies and gas disappear with enzymes. Constipation or diarrhea is no longer an issue with probiotics or slippery elm. Even serious issues like Parvo and Valley Fever can respond favorably to herbs.

Urinary tract infections can be easily managed with cranberry, Silver Shield and probiotics. It’s not a given than elderly pets need to suffer with joint pain and arthritis – try Everflex or Yucca instead. Behavioral problems like aggression, fear, jealousy and anxiety can be effectively addressed with Flower Essences like Aspen, Holly and Rescue Remedy. Pets with past trauma or abuse will respond well to Star of Bethlehem and domineering pets will become more cooperative with Vine.

Pets seem to find a way to wiggle their way into their owners’ heart—and pocketbooks, for good reason. Studies have shown that pets can have a positive influence in our lives, from childhood to the last stages of life. Pets are often used as therapy in hospitals and elderly living homes. A pet can be a trusted friend and companion during all periods of our lives; pets require care and give us a reason to get up; pets make us laugh and pets can help us exercise. Pets keep us happy and active, which equates to a longer, happier life. As pet parents, we have a responsibility to keeping them healthier and happier too.

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 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

