

Your Health Matters

Mustard Seed Herbarry

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News from the Crew

It's hard to imagine that we're heading into the second quarter 2008 already, but as our winter visitors leave and the temperatures start climbing, we look forward to a beautiful spring and upcoming summer.

It is the time of year when we enjoy spending time outdoors and getting in shape. We know the value of regular exercise to good health and the importance of a healthy diet. We're also excited because some new weight loss products are available that are proving to deliver more than empty promises. Come in and check out our display and take advantage of some great specials.

We're in the process of organizing a support group for those suffering from *Candida Albicans* (yeast) as well as a *weight management* group. If you are interested in participating in either of those, please call Ricki so we have a better idea of what your needs are. Both of those health challenges are more easily managed with sufficient, ongoing support for improving diet and lifestyle choices.

Don't forget about our specialized services like our Wellness consultations, ear coning, Asian bodywork and the Ionic foot detox bath. Thru June, have one service done and get \$5 off any second service. Ask us for more details.

Until next time, keep well!

Ellen and Staff

Second Quarter 2008 Specials

April	May	June
<i>AL-J Capsules</i>	Natural Changes	<i>Men's Formula</i>
<i>Bifidophilus FF</i>	Thai Go	<i>X-Action for Men</i>
<i>VitaWave Liquid Multi-Vitamin</i>	X-Action for Women	<i>Stress Pack</i>

20% off

above products during the month.

In-store only. Limited to quantities on hand.

Collatrim Plus

Trim Up for Summer Fashions!

So many people find themselves "expanding" as they get older. In fact, approximately two-thirds of American adults are overweight. As we age, our metabolism slows down and our poor eating habits catch up with us. While many turn to extreme dieting or dangerous major surgery, there is a better way. New Collatrim Plus supports weight management by utilizing high levels of protein and important amino acids contained in NSP's premier source of collagen. Collatrim Plus is a unique herbal and nutritional supplement that enhances weight loss efforts by promoting the body's ability to burn fat and by providing the body with essential nutrients for maintaining healthy muscle and skin tone. Collatrim Plus contains nutrients that help maintain levels of the hormones *insulin* and *glucagon* in a ratio that promotes thermogenesis – the burning of fat stores for energy. By enhancing insulin sensitivity and promoting a healthy balance of insulin and glucagon, Collatrim Plus helps to re-establish the body's normal thermogenic (fat-burning) process.

Collagen is the most abundant protein in the body. Collagen is essential for maintaining the health and strength of bones, cartilage, tendons, and other connective tissues, including skin and muscle tissue. In fact, muscle tissue contains a greater percentage of protein than bones, cartilage or skin. Individuals with inadequate protein intake often experience sagging of muscles and skin over time, due to loss of collagen. Protein deficiency can also lead to fatigue and weakness, lowered immunity and water retention. In addition, recent research confirms that insufficient protein intake inhibits the production of bone-matrix proteins, which can lead to decreased bone mineral density and the development of osteoporosis.

Collatrim Plus can be taken several times daily for joint, skin and muscle support or just before bedtime for maximum weight loss results. The new Collatrim Plus powder provides 4.6 grams of protein and 5 grams of premier quality, hydrolyzed collagen per serving in a delicious citrus flavor, sweetened with xylitol. Good for your health, great for your weight and definitely worth a try!

~ Collatrim Plus ~

Weight Management & Structural Support

~ ~ *New or Improved Products* ~ ~

▪ *Silver Shield Liquid and Silver Shield Gell*

Silver Shield is now more powerful than ever! With a newly obtained patent for the innovative technology used to create this virtually non-toxic, extremely potent colloidal silver, NSP has also introduced a Silver Shield gel. Now you can get the benefits of liquid colloidal silver in a highly bio-available gel for topical use. With the increase in both antibiotic resistant germs and infectious diseases posing a threat of epidemic proportions, NSP's colloidal silver is being heralded as the most potent natural disinfecting antibiotic available. NSP's colloidal silver has the power to kill anthrax and MRSA (the flesh-eating strep virus) that has been of recent concern to the public. As a matter of fact, it is so potent that it can be used to purify water, yet so non-toxic that a person could consume a bottle once a day for 99 years without accumulation. That's why colloidal silver is safe for children, animals and pregnant women. In a liquid form, it can be used in the eyes, ears, nose and throat, as well as internally. The gell is a convenient product for external use.

▪ *Everflex with Hyaluronic Acid*

Hyaluronic Acid (HA) is an important component of cartilage that occurs naturally throughout the body. This molecule plays a crucial role in joint motion and in the maintenance of joint balance. In addition, hyaluronic acid plays an important part in tissue hydration, joint lubrication and cellular function. HA has even been nicknamed by the press as "the key to the fountain of youth" because it provides a reservoir of water under the skin, which can help aging skin regain elasticity and tone. So for healthier joints & younger looking skin, try our 'improved' Everflex – now with **hyaluronic acid!**



▪ *Xylitol Gum and Mints*

More than a thousand studies on xylitol confirm its wide-ranging health benefits for tooth decay & gum disease as well as diabetes, ear infections, allergies & osteoporosis. What is xylitol? Xylitol is a natural substance found in various vegetables, fruit and several hardwood trees like birch. Xylitol has 40% fewer calories and 75% fewer carbohydrates than sugar. In addition, it is more slowly metabolized than sugar, so it is safe for diabetics. Xylitol looks, feels and tastes very much like sugar, so it is ideal for cooking. Xylitol is now used as a sweetener in gums, candy and mints to help balance the oral pH as well as to help fight tooth decay. NSP now offers even more flavors of gum and mints by introducing **berry** mints and **peppermint** gum. Don't forget about the Xylitol sweetened chocolate bars too!

▪ *All-natural cosmetics*

We've received repeated requests for an **all-natural, non-toxic** line of **cosmetics and skincare**. After much research, we've chosen a high quality, all-natural European line of cosmetics. The importance of limiting your skin's exposure to toxins cannot be understated. It is a well known fact that the body absorbs toxins through the skin much faster than orally. Always check the ingredient labels on the skin care products that you choose, avoiding chemical additives and preservatives. These toxins only serve to accelerate the aging process by stressing our already overburdened liver. Taking care of your skin naturally will not only help keep you looking youthful and healthy on the outside, but it keeps your insides looking pretty too!

▪ *Garden of Life Fucothin for Weight Management*

With the introduction of **Fucothin**, countless Americans are already experiencing astounding results in their weight loss journey. Now thru Jordan Rubin's new book **Perfect Weight America**, a system which incorporates eating well with an exceptional supplement program has been born. The success of **Fucothin** has been so remarkable because it is the only product proven to increase thermogenesis (fat burning) as much as 40%, while green tea only causes a 4% increase. **Fucothin** was 7 years in the making and can be characterized as a non-stimulant weight management supplement with a thermogenic effect for fat metabolism. In fact, **Fucothin** has shown an ability to break down belly fat by raising the body's metabolic rate without causing jitters, an increase in heart rate, or lost sleep. **Fucothin** is produced from the pigment that turns brown seaweed "brown". In clinical trials, participants taking **Fucothin** showed a 450% greater weight loss and 422% greater fat loss than the placebo group. The group taking **Fucothin** also experienced a reduction in liver fat, blood pressure, triglycerides, and C-reactive protein (CRP). The 'Perfect Weight Loss Program' includes everything you will need to lose weight. It's a perfect compliment to a healthy diet and supplementation program.

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Lotus Flower Tea Light Holders

The lotus flower is one of the oldest and deepest symbols of our planet originating from ancient Egypt. The lotus flower thrives in muddy waters and rises to the surface during the day to bloom. The beauty of the flower is untouched by the mud in which it grows, symbolizing new life, purity, health, honor and good luck.



Our handmade tea light holders made from Philippine capiz shells are available in a variety of gorgeous colors. Stop by and take a look – they make great gifts! (Psst—Mother's Day is coming up...)

WILL YOU BE LEAVING US SOON?

We're sorry to see our friends leaving the area, but don't worry about getting the products you need while you're gone. We regularly ship products to customers all over the United States. Let us know what you need and you can still enjoy the benefits of personal service and top-quality products while you are away – or ask us about the autoship program. Have a great summer and we'll see you upon your return!

We'd still like to keep you informed.....

However, the U.S. Postal System will not forward this newsletter each month to your summer address. If you would like to continue to receive this mailing, please give us your new address.





Have you ever been
accused of being
a health fanatic?

~ You might be healthier because of it! ~

They might not be laughing at dietary supplement fanatics much longer. According to an authoritative study published in *The Nutrition Journal* last year, avid dietary-supplement users who, on average, take 17 different supplements daily were judged to be far healthier than adults who just take a single supplement such as a common multivitamin, or who do not take dietary supplements at all. The study headed by Gladys Block of the University of CA at Berkeley is the first to examine measurable health parameters among consumers who take a broad array of dietary supplements, such as Vitamins B, C, E, D, flax or fish oils, lecithin, CoQ10, glucosamine and others. Nearly nine in ten multi-supplement users consumed 20 or more different kinds of supplements throughout the year.

While more than half of U.S. adults take dietary supplements, nearly half of these supplement consumers take only one type of supplement, most commonly an inexpensive multivitamin.

The study compared 602 adults who took no supplements with 176 consumers who took a single supplement (usually daily or every other day, and usually a multivitamin) with 278 consumers who took a large number of different supplements.

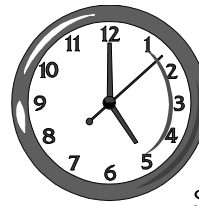
The results of the study are startling. Instead of anticipated side effects and over-dosage, researchers found the following: ***Suboptimal levels of nutrients were far less common among the multiple supplement users.*** Risk for disease was far lower among the multi-supplement users compared to non-users. Risk for diabetes was 73% less, coronary heart disease 52% less, and self-determined health status (report health status was rated as "good or excellent") 74% more often, compared to non-supplement users.

Measurable health parameters were also far superior among the multiple supplement users. Elevated CRP and homocysteine levels (markers of inflammation that is indicative of increased risk for heart disease) were 54% and 34% higher respectively in the no supplement takers compared to those who took multiple supplements daily. Multi-supplement users had significantly higher HDL "good" cholesterol, lower triglycerides, and lower blood pressure, markers of cardiovascular health, than non-users and multiple vitamin users.

This study may dispel a common belief that a low-dose multi-vitamin may be sufficient to address essential nutrient shortages. So go ahead—and take that handful of supplements. Your good health depends upon it.

Thanks to Kay Lubecke & Bill Sardi (Health Freedom News, October 2007) for contributing this information. *The Nutrition Journal*, 6:30, 2007

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

HERBAL TIDBITS

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



Edith has been battling HIGH BLOOD PRESSURE and EDEMA for over a year. After starting on KIDNEY DRAINAGE and MAGNESIUM, her edema is gone and her blood pressure is completely normalized.

Larry works too many hours and has a very physical job. He often feels FATIGUED and LACKS FOCUS. After taking 1 KOREAN GINSENG daily, his boss began asking what he was doing different – and where could they get it!

Emily has had a CHRONIC SINUS/EAR INFECTION on and off for the past year and half. She's tried so many different things, but only noticed a difference after doing an EAR CONING and taking EW. Within 3 days, she was able to hear from her right ear—something she hadn't been able to for several months! LYMPHATIC DRAINAGE is what eliminated Carol's sinus problems.

Baby Stella had THRUSH. Her caring mama gave her BIFIDOPHILUS and COLLOIDAL SILVER – and within a week, the thrush was gone. And she's in a better mood too, 'cuz her tummy doesn't hurt.

Stephanie wanted to LOSE a few pounds before a trip to the beach. She began supplementing with the NUTRI-BURN for one meal a day and managed to lose 7 pounds in 2 weeks! It's satisfying and healthy too!

Guy has been trying to reduce his LDL using Lipitor, but was experiencing SEVERE JOINT PAIN and MEMORY LOSS. He switched to Red Yeast Rice and CoQ10-75 and not only does he no longer have pain, he has dropped his LDL by 15 points in just one month!

Ron and Gina have GUM DISEASE and worried about tooth loss. After using XYLITOL MOUTHWASH, TOOTHPASTE and Co-Q10 for three months, their dentist really noticed a radical improvement in oral health!

Tom has an older bulldog with severe ARTHRITIS. After switching him to ARTEMIS dog food, JOINT SUPPORT and FLAX SEED OIL, his dog is acting like a puppy again!

Beth has had adult ADD and MEMORY PROBLEMS for quite some time. She started DHA and immediately noticed a change in her temperament. After adding FOCUS ATTENTION, co-workers began to comment on how much calmer and more organized she was.

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Ignore your health – and it will go away.

Our Services Include:

**Wellness & Nutritional Consultation
(includes Iridology, Voice Bio & muscle testing)*

**Ionic Energy Detox Foot Bath*

**Resting Metabolism Test*

**Wellness Classes*

**Asian Bodywork*

**Muscle Testing*

**Ear Coning*



The Beauty of Flower Essences



Springtime is a time for beautiful flowers and it is a wonderful time to get acquainted with flower essences! Completely different than essential oils, the essences made from flowers in a very specific manner (similar to homeopathy) are a safe, natural mode of healing that help to restore mind/body equilibrium. They can be taken orally, applied topically, put into a bath or on a compress. These wonderful essences enhance other therapeutic modes such as nutrition and homeopathy and can be used by adults and children, pets, and even plants. As we face the stresses of each season plus all the national, regional and personal instabilities, flower essences can help us achieve emotional well-being and physical health through balancing the mind/body connection. Let's learn about just a few...

Focus (Daydream Remedy for Kids) made from Clematis flower is helpful when a person is not grounded by reality. Those needing Clematis live in a world of their own with no interest in the real world and they find it hard to live in the present. They tend to lack energy and appear absent minded often with poor memory and lack of attention to details. This tendency to daydream makes them have difficulty in concentrating on school, at work or other tasks. Clematis helps give people a sense of purpose and ability to control their thoughts.

Kids Confidence Remedy – Larch flower is a remedy for individuals who lack self-confidence and for anyone who won't even try because they are sure in advance that they will fail, as well as for those suffering from feelings of inferiority. This remedy is useful before examinations, interviews or new responsibilities. It helps kids take initiative to work towards achieving their full potential.

Emotional Eating Support Kit – it is a well known fact that many eating disorders have their basis in emotional imbalances. This kit contains 3 remedies that work together to support healthy weight management. Cherry Plum is for helping when you feel you might lose control and give way to impulses; Chestnut Bud will help you learn from the past and break the old cycle and develop a new positive behavior, and Crab Apple is a cleansing formula for those suffering from poor self image.

Stressed? Do you have too much to do and feel overwhelmed? Take Elm to restore confidence and perspective so you can prioritize with confidence & self assurance. If you lie awake worrying at night, chose White Chestnut to restore peace of mind & to clear your head so you can have a restful sleep. Walnut helps you adapt to new or stressful situations. The essence of Star of Bethlehem helps to neutralize the effects of trauma and aids in recovery.

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.

