

Your Health Matters



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Anthrax kills 5

Cardiovascular disease kills 1,000,000*

Anthrax has caused a great stir in our nation the last few months. Despite its undeniable danger, we need to put things into perspective and get 'stirred' up about the real threats to our health – things like cardiovascular disease, diabetes and our adulterated food supply. Cardiovascular disease kills far more people *in an hour* than anthrax has ever been recognized to kill during its entire known existence. So why aren't we in an uproar about that?

Could it be perhaps then we would have to admit that we have brought the pandemic of cardiovascular disease unto ourselves? Could it be that we couldn't then accuse someone else for our dilemma – but we'd have to blame ourselves and our current lifestyles? Could it be that we would sooner be 'victims of attack' rather than acknowledge responsibility for our current massive national health challenges?

February is heart health month and this is a good time to take inventory of our responsibilities to our own health. This number one killer leads all other causes of death; it claims more lives than the next 6 causes of death combined. It is none too early to take this problem to heart, because keeping your heart in circulation is serious business.

Most of us know what we should do to protect our circulatory system. Like, we *should* exercise more, we *should* stop smoking, we *should* reduce stress, we *should* eat 5-6 servings of fruit a day and we *should* eat at least 5-6 servings of vegetables every day. We *should* drink less alcohol; we *should* stop eating fast food/junk food/sugar/bad fat/processed foods. We *should* support our circulatory system with supplements known to nourish our heart and blood and we *should* increase our fiber intake. **But will we?**

Heart disease is not the only thing that occurs when we ignore our body's need for healthy support. Consider cancer, diabetes, autoimmune disorders, and arthritis. They are all associated with poor health habits and will improve when we take care of our health and actually *do* what we *should*.

Are we Americans going to continue to pour in millions of dollars and spend our precious time and natural resources to go after the pussycat and ignore the roaring lion in our face?

*As of December 2001, approximate, annual deaths according to national statistics

Triple Relief

If you knew what was in most lice remedies, you'd prefer the lice.

Head lice need no introduction because everyone knows about it – maybe you have even had an encounter or two with it sometime during your life. The tiny bloodsucking parasites live on the human scalp and lay eggs (nits) in amazing plenitude. They are not a sign of unsanitary conditions and they infest the rich and poor alike. Common head lice do not live on pets.

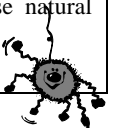
The last count from the CDC (Center for Disease Control) says that some six million children are affected, but researchers say the count is more like double. Head lice infestation is second only to cold and flu as a cause of absenteeism from school.

Symptoms of lice infestation include itching of the scalp particularly around the ears and nape of the neck. You may be able to visually identify them crawling in the hair or seeing the nits (eggs) on the hair shaft itself. Once identified, you must notify the school, preschool or daycare that your child attends to prevent a broader infestation and ultimately a re-infestation of your own child. Occasionally adults will also become infested from seats in airplanes, movie theaters, etc.

Head lice have been around for 'ages' and since the more recent use of pesticides and insecticides, it has been found that lice have become resistant to the chemicals used in those remedies and are thus becoming ineffective. This is much like what has happened because of the overuse of antibiotics against certain bacteria.

Perhaps even more alarming is the safety of many of the common lice remedies on the marketplace. The toxic chemicals - that are often flammable, are *known* to cause a variety of maladies including headaches, skin rashes and even brain damage! These challenges in eliminating head lice have left parents and childcare providers in a very unpleasant predicament.

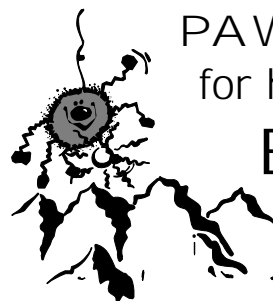
Fortunately, Nature's Sunshine has exclusive rights to Paw Paw combined with the essential oils, tea tree and thymol in a shampoo base. This formula has been tested to be completely safe and effective when used correctly. It comes with complete instructions and a lice comb. Lice do not become resistant to these natural ingredients, nor is it toxic to your child. Use according to directions. Works for pets too!



Don't put poisons on your head.

Use safe, effective
PAW PAW Shampoo
for head lice instead.

Essentials



Of Health

Enzymes

We can live a few weeks without food, a few days without water, but only a few minutes without oxygen. This colorless, tasteless and odorless element is the most abundant element needed to support life. It is so essential to life that it comprises 65% of our body, 50% of the earth's crust by weight, 42% of all vegetation, 85% of seawater, 46% of igneous rocks and 47% of dry soil.

All functions of our body are regulated by oxygen and it must be replaced continually because our life energy depends upon it. Cells regenerate because of the energizing effect of oxygen and it is needed to metabolize food and to eliminate toxins and waste through oxidation. Our brain requires oxygen every second to process information and to control every bodily function. We develop permanent brain damage if robbed of oxygen for a mere eight minutes.

Oxygen is the only element capable of combining with almost every other element to form the essential components of food— protein, carbohydrates and fats – which build and maintain our body. Experts have concluded that the lack of oxygen in human cells and tissue is linked to a vast variety – and likely – every health problem and disease. It has been said that hypoxia – or the long-term lack of oxygen in the tissues – is the *only* cause of pain. Dr. Ellen Tart says, “where there is pain, there is a lack of oxygen.”

Initial symptoms of oxygen deficiency can include overall body weakness and pain, fatigue, circulation problems, poor digestion, muscle aches and pains, dizziness, depression, memory loss, irrational behavior, irritability, acid stomach and bronchial problems. Our body is more susceptible to opportunistic bacterial, viral and parasitic infections as well as cold and flu when lack of oxygen compromises the immune system. Cancer and other life threatening diseases will result from prolonged oxygen deprivation.

Since oxygen is readily found in nature, why have we become so oxygen deficient? Many scientists believe that we cannot extract all the oxygen we need from the air because the air itself is oxygen depleted, especially in large cities and industrial areas. Science has determined we have almost 50% less oxygen available to us now. Ocean plant life and rainforest vegetation is the world's main sources of oxygen, yet both are rapidly being destroyed. Our standard American diet (SAD) is complicating the problem because our foods are lacking in oxygen, plus highly processed and “junk” foods require large amounts of oxygen just to be metabolized.

Oxygen is *not* a vitamin (as in “vitamin O”) and stabilized oxygen products are usually nothing more than chlorine dioxide (bleach) or sodium chlorite. That is not the way to increase oxygen levels in the body. The best, simplest and most reasonable way to increase oxygen is to *breathe!* Shallow breathing and lack of exercise is a major cause of oxygen deficiency. Drink healthy, alive water with minerals in it and eat food with high mineral content (fresh, organic fruits and vegetables in particular). Oral oxygen does not increase oxygen in the tissues – it isn't chemically logical to think it does, as oxygen in the stomach has little to do with oxygen in the blood. Herbs such as pau d'arco and blessed thistle, nutrients like chlorophyll and CoQ10, germanium, iron and antioxidants can naturally increase oxygen circulation in the tissues.

Sources: The Oxygen Answer for Health and Healing by Tonita d'Raye
NSP Forum, June 2000, July 1999, May 1999

BOLSTERING IMMUNITY



Guardian Essential Oil Blend This is a particularly useful blend because it contains essential oils that act synergistically to counteract the effects of weakened immunity and fight bacterial, viral and fungal infections. It is particularly beneficial for disinfecting the air to help prevent the spread of infectious airborne pathogens (disease-causing organisms). It contains Lavender, Ravensara, Roman Chamomile and Tea tree oils. It is best diffused in the air or mixed with NSP's massage oil and rubbed on the feet.

Elderberry Defense – This combination provides nutrients, which encourage a greater sense of wellness, especially during the seasons when both the immune and respiratory systems are often overwhelmed. This blend can help strengthen and maintain immunity and healthy respiratory function, working to prevent colds and flu, respiratory infections and ear and throat problems. It contains the popular Elderberry extract, Echinacea, Royal jelly and the powerful Olive leaf extract.

Colloidal Silver – has long been heralded as the most powerful, virtually non-toxic, natural disinfecting antibiotic available. Although mostly unknown among the general public, silver has been used in medicine for centuries, particularly as a preserving and purifying substance. In the early 1900's it was widely used in the treatment of infectious diseases such as meningitis, diphtheria and rheumatic fever. Today it is used for burns, inflammation, and microbial infections normally requiring antibiotics. Although the exact mechanisms by which silver destroys pathogens are unclear, it is known that silver reacts with the bacterium's cell wall inhibiting oxygen transfer into the cell, resulting in suffocation. Colloidal silver boasts the virtual inability for pathogens to develop resistant strains; in fact it is known to destroy over 650 disease-causing organisms.

Nature's Immune Stimulator – is formulated with a natural blend of substances to do just that. Working synergistically, the powerful immune-stimulating and disease-fighting ingredients help strengthen the body's immune system, while providing specific antibacterial, antiviral, antioxidant and anti-tumor activity. This blend consists of Arabinogalactan, which is known to activate macrophages to act against microorganisms, Beta glucan, which is recognized by researchers to stimulate the immune system into action. It also contains Colostrum which is “mother's first milk” and necessary to establish the immune matrix in the body, Cordyceps – a highly prized fungus known to stimulate immune function and Maitake and Reishi mushrooms. These mushrooms contain numerous phytochemicals that have been shown repeatedly to slow, reverse or even prevent the growth of tumors by increasing immune cell activity.

Nature has a whole pharmacy at hand for bolstering immunity. These are just a sampling. Ask your herb specialist for more details.



Worrying does not empty
tomorrow of its troubles. It
empties today of its strength.



Poison Control: Is there charcoal in your medicine cabinet?

Parents may save themselves a trip to the ER if they keep activated charcoal on hand to treat accidental poisonings, according to an 18-month Kentucky study published in a recent issue of *Pediatrics*.

Poison center staff recommended activated charcoal to parents in 138 cases of accidental poisonings in children who ingested medications, mushrooms or other similar toxins. Home treatment was successful in 115. The other 23 couldn't find activated charcoal at a store in time, didn't have a home phone number or preferred going to the hospital.

Activated charcoal works best if given within one hour after the poison is swallowed. The fine powder acts like a sponge to soak up toxins and keep them from being absorbed into the bloodstream. It can then be safely eliminated thru the colon. Charcoal is found in capsules and can be mixed into water, juice, yogurt or milk for easy swallowing if desired. And unlike syrup of ipecac, it doesn't trigger vomiting.

Charcoal use is not limited to children. Adults will respond similarly to charcoal when taken soon after an overdose. Be prepared and include charcoal in your herbal medicine cabinet.

Source: USA Weekend, Jan 11-13, 2002

Surprise! Eggs may lower cholesterol

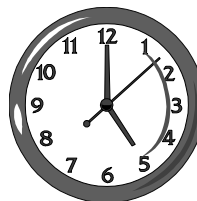
Kansas State University nutrition researchers have found that eggs contain a lipid that may lower cholesterol absorption and evidence has been published that the absorption of cholesterol is reduced by another compound in the egg – a lecithin.

The 3 researchers whose work has been issued a U.S. Patent for their 'findings' have published their conclusions in the September issue of *Journal of Nutrition*. The findings contradict the widely accepted notion that dietary cholesterol found in eggs directly contributes to raising blood cholesterol. Subsequently, many 'authorities' have urged their patients/clients to limit their egg consumption.

Under experimental conditions that closely mimic human physiology, these researchers found that a particular egg phospholipid interferes with the absorption of egg cholesterol and markedly lowers its uptake by the intestine. Even though a good amount of cholesterol is consumed when the egg is eaten, much of the cholesterol becomes "unavailable for absorption" in the presence of the phospholipid according to these studies.

Eggs contain a higher quality protein than protein found in meat, milk or fish. Also, egg is a significant source of vitamins A, B-6, B-12 and folate. Isn't it amazing that this 'perfect food' that creates life itself, is now being exonerated by some fancy research that has resulted in the issuance of a patent? Didn't we know all along that the Creator made no mistake in the creation of the egg?

Mustard Seed Herbarry STORE HOURS



Sunday	CLOSED
*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.



Amanda finds that taking FOCUS ATTENTION and NERVE CONTROL (formerly Combination Eight) helps her stay more FOCUSED doing schoolwork and less STRESSED especially for tests. Making the honor roll last semester confirms it really does help her. Keep up the good work, Amanda!

Pam has noticed that the BONE SPURS in her hands are gone since using SKELETAL STRENGTH daily. This is vitally important for her since she is a massage therapist and the pain and discomfort was hindering her work.

Elizabeth suffered from ARTHRITIS from silicon poisoning (from breast implants years ago). 6 days after taking the IGF-1, she reported no joint or muscle pain!

Shirley added 7 KETO to a 2000-calorie diet and she has LOST 42 POUNDS in 10 months – and it is staying off! Lisa loves METABOMAX because it DECREASES APPETITE to help her lose weight, but it made her jittery. Then she discovered NUTRI-CALM. The combination gives her good energy & she is losing weight without the jittery, edgy feeling.

Elidon had IRRITATED VOCAL CORDS & it was causing a raspy voice. He uses a compress of tea twice a day. The irritation is gone & the voice is back to normal. He's happy to be singing in the choir again!

Glenda loves ELDERBERRY DEFENSE combination for all types of colds, flu and respiratory ailments. Her husband had a headache, cough and swollen sinuses and within one hour of using ELDERBERRY DEFENSE, the headache was gone and in one day, all signs of cold, etc had disappeared.

Don had suffered several CONCUSSIONS within a few months, which left his mind, and thinking ability severely compromised. A few months on Ginkgo Biloba gave him his mind back.

Eddie was fighting a losing battle against STAPH INFECTION (which he got during a hospital stay) - until he eliminated junk food and caffeine and started a nutritional program which included GASTRO HEALTH, OLIVE LEAF EXTRACT, COLLOIDAL SILVER, IF-C and KIDNEY ACTIVATOR. His doctors had given up - but he hadn't.

Mustard Seed Herbarry
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Surprise, AZ 85374

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Important Insurance Questions & Answers ?

Q: I just joined a new HMO. How difficult will it be to choose the doctor I want? A: Just slightly more difficult than choosing your parents. Your insurer will provide you with a book listing all the doctors who were participating in the plan at the time the information was gathered. These doctors basically fall into 2 categories – those who are no longer accepting new patients and those who will see you but are no longer part of the plan. But don't worry—the remaining doctor who is still in the plan and accepting new patients has an office just a half day's drive away.

Q: What does HMO stand for? A: This is actually a variation of the phrase “Hey, Moe!” Its roots go back to a concept pioneered by Doctor Moe Howard, who discovered that a patient could be made to forget pain in his foot if he was poked hard enough in the eyes. Sophisticated modern practice replaces the physician finger poke with hi-tech equivalents such as voice mail and referral slips, but the result remains the same.

Q: Do all diagnostic procedures require pre-qualification? A: No, only those that you need.

Q: What are pre-existing conditions? A: This is a phrase used by the grammatically challenged when they want to talk about existing conditions. Unfortunately, we appear to be pre-stuck with it.

Q: Well, can I get coverage for my pre-existing condition? A: Certainly, as long as they don't required any treatment.

Q: What happens if I want to try alternative forms of medicine? A: You'll have to find alternative forms of payment.

Q: I think I need to see a specialist, but my doctor insists he can handle it. Can a general practitioner really perform a heart transplant right in his office? A: Hard to say, but considering that all you're risking is the \$15 co-pay, there's no harm in giving him a shot at it.

Q: What happens if I'm away from home and get sick? A: You really shouldn't do that. You'll have a hard time seeing your primary care physician. It's best to wait until you return home and then get sick.

Q: What accounts for the largest portion of health care costs? A: Prescription drug companies paying off lawsuit damages.

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.

Our Services

Ear Coning \$30 plus ear cones

Iridology \$60 includes pictures, analysis, muscle testing and one follow up appointment

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, muscle testing.

Osteopathic & Manipulation Services
by Dr. Earl Kimbell III, D.O. Call 623-363-9436 to schedule an appointment.

Gift Certificates Available

- / Friday, March 1st and April 5th – 10:30 AM
- / Monday, Jan. 21st and Feb. 18th – 6 PM

"Intro to Herbs"

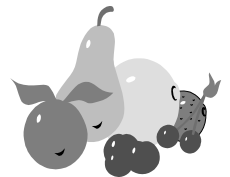
These classes are designed for the beginner in herbs and natural healing. You will learn how herbs work, the importance of using quality products and how to take advantage of all that Nature's Sunshine Products and the Mustard Seed Herbarry has to offer. These **free** intro classes are held the first Friday morning and the third Monday evening of each month. Attendees will receive valuable information and gifts, a \$10 store gift certificate and be eligible for our door prize drawing valued around \$40. Plus, new NSP members receive a 20% discount coupon off their first order. Reservations are requested, so call (623) 583-2286 to register. Subsequent classes discussing the individual uses and actions of herbs will begin in January.

- / Tuesday, March 1st and April 5th – 10:30 AM

Does your healthy food spoil faster than you can eat it?

Protect your health—and your wallet!
Try the Nature's O₃zoneFresh refrigerator unit!

Do you get frustrated because you are trying to eat healthier & buying lots of fresh fruits and vegetables—only to find them in your refrigerator a few days later covered with mold so you have to toss them away?



Now you can stop throwing away your hard-earned money on good food and support your good health habits with Nature's O₃zoneFresh portable ozone generator. This revolutionary device is safe and convenient and it will quickly pay for itself by helping to eliminate bacteria and mold growth on fresh food to extend its useful lifespan. It's been tested to keep food fresher up to **four times** longer!

Ozone is a bluish, water-soluble gas that has a distinctive, clean smell (kind of like after a good rain). It is created naturally in the atmosphere by ultraviolet rays, but it can also be safely created with an ozone generator. Ozone is known to kill microbes, molds and viruses including staph, strep, Salmonella and E. coli.

Ozone Fresh will also remove odors in your refrigerator from fish, broccoli and other strong smells.

Nature's Sunshine Concentrate

Have you tried NSP's Sunshine Concentrate yet? This all-purpose, concentrated cleaner is tough on dirt, grease and grime, yet it is gentle on you and the environment because it contains no phosphates, borates or acids. Its biodegradable, chemical-free cleaning and sudsing agents break down easily, helping to prevent foaming in lakes and streams.

Use it in the kitchen to clean appliances, sinks, counters, fine dishes, ovens, walls and floors. It even works in automatic dishwashers and is safe and effective as a fruit and vegetable wash. It is excellent for use in the laundry room, for shampooing pets and people too! Works for tools, grease on concrete, leather goods and prevents mineral buildup in irons and humidifiers. It is safe for bubble baths leaving no bathtub ring! It has a pH of 6.5, which is easier on your skin than most soaps with higher pH.

You will save money with Sunshine Concentrate. One bottle equals 200 gallons of window cleaner or 64 gallons of your average household cleaner.

✓ **Dates To Remember.**

Water Pollution Solutions

NATURE'S SPRING REVERSE OSMOSIS

Stock No. 1935-3

Reverse osmosis technology has been proven capable of purifying even seawater. Now NSP has developed a state-of-the-art four-stage RO unit that works on all potable water systems (regardless of pH) and that utilizes two solid-block carbon filters to help remove dangerous chlorine and chloramines from the water. Nothing works better than RO at removing heavy metals like lead and aluminum.

- ◆ Up to 35 gallons of water a day
- ◆ Works with all potable water sources
- ◆ Great-tasting water

NATURE'S SPRING OZONE

Stock No. 1924-1

This water purification system uses a four-stage process featuring a corona discharge ozone generator and patented ozone baffle with 21 feet of ozone-to-water contact. Nothing works better than ozone at killing bacteria (including E. coli, Salmonella, Giardia, Cryptosporidium), viruses, molds, parasites and other organic matter that may be present in the water. It also eliminates pesticide residue and removes odors (including sulfur).

- ◆ Water on demand—1/2 gallon per minute
- ◆ Patented ozone-water baffle chamber
- ◆ No rinse water!

Nature's
 Spring