



Your Health Matters

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Volume 7, No. 1

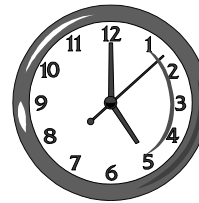
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January/February 2003

✓ Class Dates To Remember:

- / **Monday, January 20th – 6:30 PM**
Introduction to our "Weight No More" Program
- / **Thursday, January 23rd – 6:30 PM**
"Weight No More" Support Group
- / **Saturday, January 25th – 1 to 3 PM**
Aromatherapy HomeSpa Workshop
- / **Tuesday, January 28th – 6 PM**
Intro To Herbs
- / **Wednesday, January 29th – 10 AM**
"Weight No More" Support Group
- / **Friday, January 31st – 8 AM to Noon**
Biological Terrain Assessment™ (BTA) Testing
Appointments are required for testing
- / **Thursday, February 6th – 6:30 PM**
"Weight No More" Support Group
- / **Wednesday, February 12th – 10 AM**
"Weight No More" Support Group
- / **Friday, February 14th – 10:30 AM**
Intro to Herbs
- / **Thursday, February 20th – 6:30 PM**
"Weight No More" Support Group
- / **Tuesday, February 25th – 6 PM**
Intro to Herbs
- / **Wednesday, February 26th – 10 AM**
"Weight No More" Support Group
- / **Thursday, March 6th – 6:30 PM**
"Weight No More" Support Group
- / **Wednesday, March 12th – 10 AM**
"Weight No More" Support Group
- / **Friday, March 14th – 10:30 AM**
Intro to Herbs

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

Class Summaries:

"Intro to Herbs"



This class is a must 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.

"Weight No More!"



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

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 to offer the friendly support necessary while making healthy lifestyle changes. Call the Herbarry at (623) 583-2286 for more information about the program or for your personal orientation. **You're invited to come to the introductory class on Jan. 20th to learn more and register to win a free RMR!**

Enter the Amazing World of Biological Terrain Assessment™ (BTA)

Your biological terrain is the interstitial fluid that nourishes the 100 trillion cells in your body. In addition to delivering electrolytes, minerals, enzymes, vitamins, hormones and water to the cells, this extracellular fluid also transports out the waste products that the cells release. This assessment can help you to understand your biological terrain and how it can identify underlying factors or stresses that may be contributing to low energy, lack of vitality and well being or disease. Reservations are necessary for BTA testing.

Aromatherapy HomeSpa Workshop

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 this fun workshop 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 product.

We're Online! Please visit our website.

Check it out at www.mustardseedherbary.com.



How can you lose weight if you don't know how many calories you burn every day? Have your RMR (resting metabolic rate) tested and get started on your own weight management program!

Mustard Seed Herbarry
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Surprise, AZ 85374

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Herbal Tidbits

Jackie's 7 year-old daughter was diagnosed with ADHD, so she gives her **FOCUS ATTENTION POWDER**, **SUPER ALGAE** and **FLAX SEED OIL**. She now does very well in school and teachers don't threaten her with Ritalin anymore.

Dawn says she has had an EARACHE off and on over a year with a sore, tender neck. **CBG** and **COLLOIDAL SILVER** helped somewhat, but after two doses on **LYMPHATIC DRAINAGE**, the pain and tenderness are gone! As an added benefit, her arthritic shoulder stopped hurting also.

For a natural shaving cream and after-shave lotion, Larissa recommends 7 drops of **LAVENDER**, 3 drops each of **SANDALWOOD & FRANKINCENSE**, 2 TBSP of **MASSAGE OIL** in one bottle of **HERBAL TRIM**. Heals razor burn too.

Kim uses **CELLUTONE** as a hot compress to treat LARYNGITIS as it tonifies the vocal cords. She also uses it on her massage clients to relieve their ARTHRITIS and FIBROMYALGIA PAIN because it helps move toxins out of the body.

Alicia's baby had RSV and she used **BLUE VERVAIN**, **ECHINACEA/GOLDENSEAL**, **ALJ**, **COLOSTROM** and **BREATHE FREE** essential oils in a vaporizer. She didn't need to have him hospitalized and her doctor was amazed how quickly he recovered.



Jenni had a BLOOD VESSEL BREAK in her leg and it was **PAINFUL** and looked black and horrible from the pooled blood. She applied a compress of **GREEN TEA** and **TEI FU OIL**. She sprayed it down with **NATURE'S FRESH** and in 2 hours she reported the pain and ugliness was gone! Judy uses **NATURE'S FRESH** on SPIDER VEINS along with **VARI-GONE** and is noticing a definite improvement! **PRISCILLA** used **NATURE'S FRESH** on a STRAINED MUSCLE and BACK PAIN and within minutes the pain was greatly diminished!

Ruby suffers from SAD (Seasonal Affective Disorder) and **YELLOW DOCK** has been a lifesaver! Jason uses 5 HTP for **SAD** and Lisa gets help from **ST JOHN'S WORT**, **FEVERFEW** and **LICORICE** concentrate.

Alex had painful CANKER SORES in his mouth. He took a few drops of **WILD OREGANO** oil mixed with water and swished around in his mouth and they cleared up completely within 24 hours!

IMPORTANT NOTE:

The information included in this newsletter has not been evaluated by the Food & Drug Administration and 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.

Do you suffer from low energy?

Do you need help and guidance in designing a specific nutritional program that meets your individual needs?

Do you wonder if you are wasting money on supplements that may not even be helping you?

Perhaps it's time to try a new approach. Perhaps it is time to explore the amazing world of Biological Terrain Assessment (BTA)

The BTA or Biological Terrain Assessment involves the monitoring of your saliva and urine for pH, redox and resistivity. While these parameters do not diagnose diseases, they will give you valuable information about the internal environment (biological terrain) of your body, including:

- ❖ Adrenal Stress
- ❖ Circulatory System Health
- ❖ Digestive Capabilities
- ❖ Immune Stress
- ❖ Kidney Stress
- ❖ Liver Stress
- ❖ Lymphatic Effectiveness
- ❖ Mineral Levels
- ❖ Pancreas Stress
- ❖ Possible presence of Fungus or Bacteria
- ❖ Thyroid Stress
- ❖ Your ability to produce Energy

Join us for an introduction to BTA, the scientific, computerized assessment that will tell you how to improve your health, energy and well-being through changes in your supplement program, diet and exercise as well as determining what the effects of chronic stress, poor diet and exposure to toxins and chemicals are having on your body.

Lecture: (call for upcoming lecture dates). Call (623) 583-2286

This *free* lecture and testing will be presented by Kay Lubecke, B.S., M.A., Certified BTA Practitioner and Nutritional Consultant with 21 years of clinical experience using natural therapies.

BTA Testing: Friday, February 21, 2003, ~ 8:00 to 12 noon. Call (480) 488-9153

BTA Testing fee is \$75 and assessment is \$50 with full credit given upon first purchase (within 7 days) of BTA recommended supplements. *Net cost is only \$75!*

Reservations are required for both the lecture and testing.

For more information, or to schedule call (623) 583-2286

BIOLOGICAL TERRAIN ASSESSMENT™ – A NEW APPROACH TO WELLNESS

By Dr. Robert Greenberg, edited by Ellen Benavidez as reported in the *Sunshine Manager Extra* April, 2002

No single issue is as important, or as prominent in the news or is as controversial as the issue of health. Being at the forefront of our national consciousness, you can hardly turn on a television, walk by a newsstand or have a conversation without confronting the issue of health and healing. Pharmaceuticals are a multi-billion dollar industry. We pay more for health care today than at any other time in our history, and yet people are not getting well.

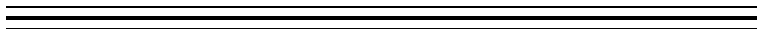
Those of us who embrace a holistic approach to health and wellness already suspect the reason. Traditionally, we have been treating symptoms and dispensing pills or conducting subjective and extremely costly tests to determine a treatment protocol. We have been trying to heal "from the outside" rather than uncovering the underlying root cause of the dysfunction.

Biological Terrain Assessment (BTA) approaches health from an entirely different perspective, allowing us for the first time, to address health "from the inside." It provides a "biochemical window" into the unique internal state of every individual. Indeed it allows us to begin to get well and keep well by assessing our health at a cellular level.

We all know that negative influences exist and always will, and that we are assaulted with them in greater numbers and at higher levels every day. Pollution, insecticides, hydrocarbon wastes and ever evolving and mutating microbes make the world a proverbial minefield for individuals seeking a state of health and wellness. We will never be able to rid the world of these attackers.

What we can do is stop focusing on the outside influences and start focusing on the terrain—the internal environment that determines how our bodies cope with these outside influences. Just as a healthy crop can only flourish in rich, nourished, hydrated soil, so our internal soil—our biological terrain—determines the way our bodies deal with the ever-present stressors and disease.

The concept of Biological Terrain Assessment has been around since the 1800s, when Claude Bernard proposed that disease results from imbalances within the body, rather than as a result of microbes and elements outside the body. This is direct conflict with the Pasteur theory, which blames all our ill health on outside influences that attack the body.



Join us for an introductory free lecture about BTA, the scientific, computerized assessment that will tell you how to improve your health, energy and well-being through changes in your supplement program, diet and exercise as well as determining what the effects of chronic stress, poor diet and exposure to toxins and chemicals are having on your body.

BTA Testing: Friday, Feb. 21, 2003, ~ 8:00 to 12 noon. Call (480) 488-9153

Net cost for the BTA Testing fee is only \$75 for the 1st test and \$35 for repeat tests.

Reservations are required for both the lecture and testing.

For more information, or to schedule, call (623) 583-2286

What's *Your* Burn Rate?



Unlocking the mystery of metabolism

How many times have you felt that you must have a slow metabolism because you can't seem to lose weight no matter what you try? This thought might have more truth than you realize. Metabolism, or the rate at which you burn calories, plays a key role in weight loss and should play an integral role in determining your weight-management strategy.

Weight management is simply a matter of arithmetic: balancing the number of calories "in" against the number of calories "out". If you take in (eat) more calories than you burn, you'll gain weight. If you take in fewer calories than you burn, you'll lose weight.

Now, regardless of what your unique metabolism is, we can help. Recently introduced are two new tools that take the guesswork out of weight loss. The first will determine your resting metabolic rate (RMR) and the second will help you work with your metabolism to improve your health and achieve your weight loss goals.

The BodyGem is a revolutionary, handheld device that allows you to measure your resting metabolic rate (RMR) easily and accurately. This number tells you the amount of energy (or number of calories) your body burns each day at rest—up to 80 percent of the calories you burn daily! Because people burn calories at different rates, it is important for you to determine your unique metabolism, or burn rate, to successfully manage your weight. Age, activity level, diet, genetics and current weight all influence your RMR.

Once you take this simple breathing test, you'll know exactly how your body uses energy and you can design a nutrition/exercise/supplement program to meet your individual needs. You'll want to re-measure your metabolism every 2-6 weeks to adjust your program to your changing RMR.

Once you have determined your RMR, you are then ready to begin using BalanceLog, a user-friendly software application that allows you to quickly and easily establish and track your personalized nutrition and weight management program. It just takes a few minutes a day to log your food and exercise so you can monitor your energy balance equation (calories in – versus – calories out). It's easy and its fun to use! BalanceLog runs on a PC or PALM OS device.

If you are interested in learning your resting metabolic rate (RMR), please contact us to make an appointment. Cost is only \$42 to learn your RMR. Knowing this number could be the start to your personal weight loss success!

Get the skinny on this revolutionary
new tool. Call (623) 583-2286
