



Your Health Matters

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Have we seen you lately?



It's that time again – and we need to hear from you! We like sending these newsletters to everyone who enjoys reading them and benefits from them, but we don't want to simply keep our postal service in business, if you don't have the time or the interest to read them!

So, we are asking that you let us know if you desire to continue receiving these bi-monthly newsletters. Please email us at ellen@mustardseedherbarry.com or call us at (623) 583-2286 and let us know your wishes. If we don't hear from you by February 15th, we will assume that you don't want to remain on our mailing and we will regretfully remove your name. If you have purchased from NSP or us within the last 6 months, you will automatically remain on the list unless you tell us otherwise.

Thank so much for your co-operation. 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.

To help you keep your New Year's Resolutions:

- * MetaboStart ~ 25% off
 - * All other weight loss products ~ 10% off
 - * \$7 off RMR tests ~ now only \$35
 - * \$5 off Balance Log Software
- through February, 2004



~ Welcome ~

We are happy to welcome **Cindy Johnson** to our staff. Cindy brings a variety of talents to our group and an enthusiastic interest in natural health and in your unique health challenges. We hope you'll come in and get acquainted with Cindy!

Seasonal Defense

Defend Yourself Against Illness

Seasonal changes can be quite stressful to the body. A change in season can often have an adverse affect on health and the immune system. That's why it is important to support your immune system. Seasonal Defense harnesses the immune-boosting benefits of Androphaphis with other immune-supporting herbs, including Fructus aurantia (6% synephrine extract), thyme, oregano and eleuthero root for complete immune support.

Andrographis has been used widely in Ayurvedic medicine and is considered a "cold property" herb. In traditional Chinese medicine, it is used to rid the body of "heat" and dispel toxins. Andrographis supports the immune system by promoting both specific and non-specific immune response functions as well as maintaining the health of the respiratory system.

Studies show that synephrine from Bitter Orange Fruit may be able to help maintain the mucous membrane of the respiratory tract and as a expectorant, it is helpful for eliminating excess phlegm and relieving congestion. By increasing circulation to the head, shrinking swollen tissues and dilating respiratory passages, it is very effective as a natural herbal decongestant.

Thyme contains a volatile oil, which has strong antiseptic properties, to enable thyme to effectively treat respiratory and minor throat infection. It also promotes expectoration of phlegm, while exhibiting potent antifungal activity. Furthermore, studies show that its antispasmodic qualities are beneficial for chronic coughs, while dilating the bronchioles.

Oregano also contains volatile oils that are effective antifungal agents, plus there are confirmed studies validating its anti-microbial activity against numerous genera of bacteria and other disease-causing organisms.

Eleuthero (formerly known as Siberian Ginseng) is an adaptogenic herb, which contain substances that build immunity to chemical, emotional or physical stressors. Adaptogens stimulate natural killer cells and other immune functions, increase the oxygenation of cells, balance blood pressure and blood sugar levels and increase the production of adrenal and thyroid hormones.

Use this product along with Colostrum w/Immune Factors to help minimize the discomfort and duration of seasonal immune challenges such as colds and flu. It is also important to take this product when the people you live or work with are sick or when you are traveling or otherwise exposed to illness.

Weather the Cold & Flu Season with Seasonal Defense

Some Ways to Avoid the Winter Flu

and getting a flu shot isn't one of them...



The human body includes specialized systems that prevent against damage from both internal and external elements. At the core of this protection is the immune system, a complex structure of organs, cells, chemicals, chemical mechanisms and pathways that search for and destroy invading pathogens such as bacteria, viruses, fungi and other foreign intruders. The immune system is the first line of defense against allergies, colds, and flu, and begins with the skin and moves inward to the microscopic cells that fight off infections that have made it past initial defenses.

Americans are just beginning to understand that the best way to prevent infection is to build a healthy immune system. This means sticking to a healthy lifestyle and avoiding factors that weaken immunity such as: nutritional deficiency, physical and emotional stress, alcohol, smoking and sugar. There are a number of ways we can reduce our chances of getting colds or the flu. If we take good care of our health and plan for a healthy winter, we don't have to be numbered among the 110,000 who are hospitalized or the 20,000 people who die from flu infections annually. It has been estimated that the average American catches between two to six colds per year—that's a lot of colds and sick days, which obviously has a major economic impact as well.

Get enough rest. Just like it becomes harder to get your daily tasks done if you're tired, your body will struggle to fight off the flu or colds if it is fatigued. To recharge the immune system, most people need seven to eight hours of quality sleep per night. You'll know you're well rested if you don't need an alarm to wake up in the morning.

Don't let stress become overwhelming. We all face some stress everyday, but if stress becomes excessive, then your body will be less able to fight off disease-causing pathogens. It has been estimated that up to 90% of illness and disease is stress-related ~ indicating that stress *kills*.

Exercise increases your circulation, reduces stress and improves the mood. With regular exercise, the components of your immune system will have a better chance of finding and destroying pathogens before it has a chance to spread.



Wash your hands regularly and disinfect other "germy" areas around the house. It's one good way to prevent the spread of disease. If your immune system is strong, it should be able to fight off the virus if it does enter the body, but washing your hands provides a bit of extra protection especially during the flu and cold season. But don't use antibacterial soaps. They are completely unnecessary and can cause more harm than good because it reduces the body's natural immunity.

Avoid sugar. Sugar decreases the function of your immune system almost immediately. Keeping sugar out of the diet for the long haul will do wonders for your health and make your body stronger and more able to resist harmful microorganisms.

When it comes to colds and flu, drug therapy is counter-productive. Drugs stop the symptoms, which is the body's natural way of cleansing out the viruses or germs. Herbs, on the other hand, are an excellent aid to overcoming colds and flu because they nourish and strengthen the body, which speeds the recovery process. Herbs have been shown to help bolster the body's natural immune response, dispel congestion and phlegm and strengthen the entire immune system. There are many herbs and supplements on the market that are extremely effective because of their antibacterial, antiviral and anti-fungal properties. Plan ahead and have some immune-supporting herbs on hand so when you are exposed to the flu virus or colds, you are prepared to keep well! Isn't it true that "an ounce of prevention is worth a pound of cure"?

Even the healthiest individuals need extra immune support when bombarded by the germs surrounding them in our environment. Some herbs to have on hand to fight infections include: garlic, elderberry, echinacea, goldenseal, rose hips, astragalus, anamu and yerba santa. Some nutrients that are especially beneficial for the immune system are vitamin C, beta-carotene, colostrum, Beta Glucans, Omega-3 fatty acids, zinc and probiotics. Don't be overwhelmed or confused because nature offers so many choices. All can help to support the body to speed recovery and bolster the body's natural immune response.

You will notice that natural therapies against the flu or cold do not include getting the flu shot. Flu shots don't prevent illness—it can actually weaken the immune system and make you more predisposed to sickness. And the side effects of the flu vaccine include cough, runny nose, nasal congestion, irritability, headaches, chills, muscle aches and fever—they sound just like the flu symptoms, don't they? If you decide to get the nasal flu vaccine, you will not only get a live flu virus in each dose, but also table sugar and MSG. Flu shots will contain toxins such as aluminum and mercury (25 micrograms of mercury per shot – and one microgram is considered toxic. Is that why Alzheimer's is expected to quadruple?) Besides that, the flu vaccine business is BIG \$\$\$ business.

We recommend that you support your body's immune system with natural products that work *with* the body instead of against it. Using nutritional therapy can mean the difference between having a healthy winter and one that takes you from one infection to another. Which will you choose?

If you always do what you've always done, you'll always be when you've always been.



Dates To Remember:

Call (623) 583-2286 to register for any of these classes.



"Weight No More!"

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

- / Wed. Jan 7th and Thurs. Jan 8th
Topic: Exercise Your New Year's Resolutions!
- / Wed. Jan 21st and Thurs. Jan 22nd
Topic: Fire up Your Thyroid
- / Wed. Feb 4th and Thurs. Feb 5th
Topic: Fight the Yeastie Beasties & Lose Weight!
- / Wed. Feb 18th and Thurs. Feb 19th
Topic: The Blood Sugar Blues

Note: All Wednesday classes are at 10:00 am
and Thursday classes are at 6:30 pm

This group meets bi-weekly on Wednesday mornings and Thursday evenings to offer the friendly support necessary while making healthy lifestyle changes. Classes are \$15 for 5 classes or \$5 each. Call for information or for your personal orientation.

"Intro to Herbs"

- / Tuesday, Jan 27th – 6 PM
- / Friday, Feb 20th – 10:30 AM



At this class, 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 one of these free classes and receive valuable information and gifts and be eligible for our door prize drawing!

HomeSpa Aromatherapy Workshop

- / Dates to be announced

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 \$20 registration fee includes supplies for making your own personalized product to take home. Please call to register or for more information.

This is a party program that is lots of fun, new and different!
Earn free health products by hosting your own Aromatherapy HomeSpa party. Contact Katrina at 623-583-2286 or at 623-566-1376 or visit the website: www.mynsp.com/katgaines.

R R R R R

Friday, January 30th from 10 AM to 4 PM

Join us as we introduce our new

Aromatherapy Bar

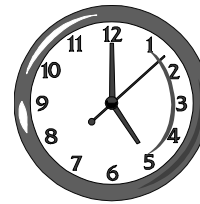
- On-going aromatherapy demonstrations
- Try it out and make a blend to take home
- Receive aromatherapy recipes

R R R R R



Mustard Seed Herbarry

STORE HOURS



Sunday	CLOSED
Monday	9 to 5
Tuesday	9 to 5
Wednesday	9 to 5
Thursday	9 to 5
Friday	10 to 4
Saturday	10 to 4

HERBAL TIDBITS

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



NONI juice and the probiotic combination, BIFIDOPHILIS FLORA FORCE has relieved John's CHRON'S DISEASE symptoms for the first time in 12 years!

Suzy tells us that SUGAR REG and FOOD ENZYMES control her BLOOD SUGAR levels and she has been able to reduce her DIABETES medication.

Jon suffered with GASTRITIS and stomach PAIN for years and FOOD ENZYMES and PROBIOTIC ELEVEN helped, but the pain disappeared after 2 bottles of GASTRO HEALTH (formulated to kill the H PYLORI BACTERIA).

George was told he needed knee surgery because of ARTHRITIC PAIN, but after using the EVERFLEX formula, he has been able to postpone it indefinitely.

Joanne was recently diagnosed with COPD. She had difficulty breathing and medicine only gave temporary relief. After a few months of a nutritional program of LUNG HEALTH, 75 mg COQ10, VITAMIN C ASCORBATES, CAROTENOID BLEND, UTLIMATE GREEN ZONE and PROACTYZME, she rarely needs medications anymore and her breathing has improved.

Deborah had BONE SPURS in her feet, and the pain went away after a short regimen of HYDRANGEA, ALFALFA, YUCCA and URINARY MAINTENANCE.

Alice has BACK PAIN and taking one CALCIUM and two GLUCOSAMINE/CHONDROITIN daily eased the discomfort somewhat. When she increased her CALCIUM to 5 daily and added PDA for absorption, she noticed the back pain was *gone*.

Randy just didn't feel good. He was TIRED all the time and had HEADACHES and INDIGESTION frequently. Bowel cleansing was suggested and he used CLEAN START and FOOD ENZYMES for 14 days. He reports that he feels better than he has for many years and he says he "can now keep up with his wife and young son!" He recommends it to everyone and plans to cleanse at least twice a year now.

Dean says SEASONAL DEFENSE has kept him and his family HEALTHY this flu and cold season when so many at their workplace and school have been "out sick" – often for many days. They take it daily during the winter months.

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Time Sensitive Material – Please Deliver Promptly

Ignore your health and it will go away.

Introducing...our all-new Aromatherapy Bar

Are you among the many who are intrigued with the benefits and uses of essential oils in aromatherapy, but are not sure how to use them or don't want to invest in a lot of oils until you become more familiar with them? Then we have just the thing for you – our all-new Aromatherapy Bar! This unique concept allows you to make your own personal and home care products at a fraction of the cost of commercial items – with the purest oils and time-tested recipes. And, you can try the different oils to find out what smells you like and what combination of oils works best for you and your family. It's our new "make-it and take-it" Aromatherapy Bar!

The ancient art of aromatherapy is based on the various therapeutic properties of the 100% pure, unadulterated essential oils extracted from aromatic plants. Essential oils offer several therapeutic benefits. They can help diminish stress and tension, encourage relaxation, increase concentration, build up the immune system, inspire detoxification for given body organs and affect emotions. They are called "essential" because they are the essence of plants and are part of the plant's immune system. Essential oils have antibacterial, antifungal, antiseptic, antiviral, analgesic and immune-stimulating properties that are calming, soothing, revitalizing and balancing. Aromatherapy helps to restore balance between the body, the mind and the emotions. Because of this balanced approach to healing, the use of essential oils in aromatherapy is a powerful healing tool. The oil's potent immunostimulating properties make it a therapy of choice when dealing with challenges for the immune system and recently essential oils have become very popular choices for safe and healthy cleaning products for the home and personal care items.

Some of the most popular essential oils include lavender, geranium, eucalyptus, rosemary, lemon, oregano and thyme. While there is some general agreement about the actions of certain oils, the results of aromatherapy are very individual, which makes experimentation so fun and so satisfying. The aromatherapy bar is an excellent way to let your creative juices flow without a major investment in both time and money. We invite you to come in and pull up a barstool and join in the 'scentsational' fun with this unique concept ~ the Mustard Seed Herbarry Aromatherapy Bar!

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.