

# Your Health Matters

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## Declare Your Independence... From Prescription Drugs

Millions of Americans have harmful reactions to prescription drugs each year and an estimated 106,000 of these incidents result in death. If that isn't enough for you to declare your independence from drugs, consider that 30-60% of all medications prescribed today are not to treat a new condition, but to cover the side effects of a previously written prescription.

Occasionally allopathic health practitioners advise their patients that a specific drug has no side effects. This simply is not true. Ask the young parent whose child died from using Tylenol. Or ask the man who is now bound to a wheelchair because he took a flu shot to avoid getting the flu. Go ahead and ask the women whose husband died from hemorrhaging because of an incorrect dose of Coumadin. The very fact that it is classified as a drug means it has met certain criteria that makes it lethal. Don't ever forget, **all** drugs, including over-the-counter ones, have side effects with varying results depending upon your genetic makeup, overall health, other medications used, diet, age, weight, etc. Be informed about any medication you are taking and discuss it with your healthcare practitioner before making any changes.

Physicians—and their patients—are constantly faced with the difficult decision of whether the benefits of using a particular drug outweigh the potential risks. Why should we have to make that choice repeatedly when nature has provided a very effective, safe pharmacy? After all, most drugs have their origin in plants or have been modeled after nature.

Prescription drugs kill and they injure. Join the health revolution & declare your independence from these potentially harmful substances. Then go have an herbal tea party.

### SugarReg™ Life Can Be Sweet Again

Diabetes is a debilitating disease that ranks as the 6<sup>th</sup> leading cause of death by illness affecting some 16 millions Americans. Type II diabetes (also called Adult Onset Diabetes) is rising at alarming rates and increasingly affecting children. It is a well-established fact (at least among the non-allopathic practitioners) that the cause is primarily diet related. Most Americans eat a diet high in refined carbohydrates, fats and sugars and therefore are right on track for diabetes or Syndrome X (insulin resistance). But since this malady is like most diseases – nutritional in origin – it can be prevented and treated with daily attention to nutrition, diet and exercise.

SugarReg is a unique, nutritious combination that works naturally to promote healthy blood sugar levels while providing antioxidant and protective nutrients that guard against damage that is often associated with abnormal blood sugar levels.

#### ~~~~~INGREDIENTS~~~~~

**Banaba Leaf, Gymnema and Bitter Melon** have all been used extensively for lowering blood sugar levels. Gymnema is a Hindu names that means, "sugar destroyer." **Fenugreek** is an old herbal remedy used for respiratory ailments as well as reducing urinary glucose levels. **Nopal (Prickly Pear)** is very nutritious focusing most of its action on the digestive system, including the colon, liver and pancreas. **Chromium** is an important trace mineral essential for helping insulin get into the cells and **Vanadium** is another trace mineral which mimics the activity of insulin.

#### ~~~~~BENEFITS~~~~~

- H Provides nutrients that help insulin to be utilized by the cells and normalizes blood sugar levels.
- H Provides antioxidant benefits and helps combat the effect that poor blood sugar control causes to the body.
- H Supports healthy functioning of the glandular system, particularly the pancreas.
- H Provides nutrients for the liver and aids in digestion.

Recommended use is 1 capsule three times daily. Complementary products include Stevia, Psyllium hulls, Bilberry, Super Antioxidant and Siberian Ginseng.

## Essentials

# Of Health

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## Trace Minerals from A to Z

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Trace minerals are elements that are needed in *trace* amounts and although only minute quantities are needed, they are nevertheless important for good health. Because these minerals are needed in tiny amounts, it is especially important to obtain them through natural sources to avoid toxicity of these minerals, which in excess can lead to health problems.

**Iodine** is needed only in trace amounts, but it is vital to maintain thyroid gland health and function. It enables the thyroid to regulate body metabolism which influences physical and mental growth, affecting all nerves, muscles, circulation and cell processes. It helps metabolize excess fat and increases the body's metabolism of calcium. Iodine deficiency has been linked to breast cancer and is associated with fatigue, dwarfism and weight gain. It is a difficult mineral for the body to utilize as pH imbalance effect the iodine assimilation into the body tissues. Iodine is an integral component of the thyroid hormones, which actually regulate the body's metabolism as well as nervous system functions. It is also vital for a healthy lymphatic system. Food sources include seafood, kelp, asparagus, dulse, garlic, sesame seeds, soybeans, spinach, summer squash, Swiss chard and turnip greens.

**Iron** is best known for its part in the formation of red blood cells and hemoglobin, the portion of the blood, which transports oxygen to the cells. Furthermore, iron is also present in enzymes, which allow cellular respiration to occur. Iron is necessary to 'burn' food consumed on the cellular level and produce the biological energy needed to sustain life. It is the mineral most abundant in the blood. The integrity of connective tissues is maintained by collagen and elastin, both of which need iron for their construction. Dietary sources of iron include meat (especially organ meat such as liver), fish, poultry, eggs, green leafy vegetables, whole grains, almonds, avocados, beets, dates, dulse, kelp and soybeans.

There must be sufficient hydrochloric acid (HCl) present in the stomach in order for iron to be absorbed. Copper, manganese, molybdenum, vitamins A, B complex and C are needed for complete iron absorption. Excessive amounts of zinc and vitamin E interfere with the absorption.

**Selenium** is a vital antioxidant, especially when combined with vitamin E and its principal function is to inhibit the oxidation of lipids (fats), thus protecting the immune system. It is also found to function as a preventive against the formation of certain types of tumors. Selenium and vitamin E act synergistically to aid in the production of antibodies and to guard against cancer, heart and liver disease. It also appears to play a part in fertility and the manufacturing of sperm.

Selenium has been shown to detoxify alcohol, cigarette smoke, various drugs and even toxic heavy metals such as mercury and cadmium. Experiments suggest that selenium binds with the toxins to generate inactive compounds.

Selenium can be found in meat, grains and many vegetables such as broccoli, cauliflower, garlic, onions and radishes. Its content in these foods however is contingent upon the amount of selenium in the soil where the animals and plants are grown. Studies have indicated those very low levels of selenium in the soil correlates with high incidences of heart disease, strokes and the development of various types of cancer.

Sources: Nutritional Healing by Balch and Balch  
The Ultimate Healing System by Donald LePore, ND  
Herb Allure, 1997

# Do You Know...

Men who consume three or more servings of vegetables everyday cut their risk of prostate cancer in half.

The "average" American woman is 5'4", weighs 138 pounds and wears a size 11. The average mannequin wears a size 6.

The USDA reports that the top sources of calories in the American diet are milk, cola, white bread, sugar, ground beef, white flour and processed American cheese.

While 50% of all American women will have a hysterectomy in their lifetime, only 10% of these are medically imperative.

Cutting your salt intake in half enables your body to retain 18% more calcium.

Toxins are the building blocks for disease and premature death. Toxins are defined as substances that create irritation or cause other harmful effects on the body. No disease can exist without toxic material in the body, so the first step toward remission is detoxification.

A diet high in refined sugars does not feed you – it feeds disease.

In 1986 the federal government set up a National Vaccine Injury Compensation Program to compensate those damaged by vaccines (that are approved by the FDA, of course). To date, more than \$1.1 billion has been paid – nearly \$75 million each year.

You can't go according to plan if you have no plan.

Symptoms are not the problem, but rather the result of the problem.

In Germany one of the most frequently prescribed treatments for heart conditions is the herb Hawthorn (*Crataegus oxycanthoides*)

Dr. Bernard Jensen: I believe in education, not medication.

Cranberries are sorted for ripeness by bouncing them; a fully ripened cranberry can be dribbled like a basketball.

Only 25% of the sugar in Americans' diets is added by the consumer themselves. The rest comes in the form of factory-made foods, snacks and drinks.

All people smile in the same language.

In many countries, the physician is paid for keeping patients healthy. If they get sick, they are treated for free.

Lack of water is the #1 trigger for daytime fatigue.

You can put a T-bone steak in a bowl of Coca-Cola and it will be gone in 2 days. In order to transport the concentrated Coca-Cola syrup, the commercial truck must carry the hazardous material placard that is reserved for highly corrosive materials.

If you like Green Tea, but don't want the caffeine, simply steep the tea in boiling water for 30 seconds. Remove the tea from your teapot or cup and throw it away. Then using the same teabag, make another cup or pot, allowing it steep for a full minute or more. Since most caffeine is released in hot water during the first 30 seconds, you're now left with lots of antioxidants, but little caffeine.

Hippocrates, considered the Father of Medicine, was an herbalist.

Essential fatty acids elevate mood, lift depression and improve our ability to deal with stress, while stabilizing heartbeat, helping the kidneys expel excess water, and protecting DNA from damage.

You make a living by what you get, but you make a life by what you give.

I've learned that our background and circumstances may have influenced who we are, but we are responsible for who we become.

Cardiovascular disease in the U.S. kills over 100 people each hour, yet we spend over \$117 billion per year on heart disease.

Sources: From Various and Sundry Places ©

# It's All About Balance

The body continually strives to maintain proper pH. When this balance is threatened, many unpleasant symptoms can occur. In particular, our blood system is always working to keep itself at that narrow range of pH of 7.3 to 7.45 or serious consequences – like death, will occur. This process is called homeostasis.

pH is a measure of the acidity or alkalinity of a solution. The lower the pH number, the more acidic the solution is. The higher a pH number, the more alkaline the solution is.

When we drink sodas which have a very low pH averaging about 1.5, the bloodstream does not lower itself to that level. Instead, in order to sustain life the body calls upon its alkaline reserves to bring the pH up and keep the blood at the proper pH. Without this blood buffering mechanism, the outcome will be undesirable.

When we strive to balance our body's pH, what we are really doing is working to create a stable blood buffering system. This system is dependent on seven major mineral electrolytes. Calcium, magnesium, sodium and potassium are alkaline; chlorine, phosphorus and sulfur are acid. These combine to form 12 mineral salts and it is these mineral salts in the body that determine the stability of our pH. The more stable the levels of the mineral salts, the more stable the blood is and the more stress it can handle. It is the mineral content of the foods we eat which supplies the mineral salts for our blood. Meat is high in sulfur, hence it is acid-forming. Grain is high in phosphorus, hence it is also acid-forming. Leaf green vegetables are high in magnesium and potassium, therefore it is alkalizing.

We can measure the pH of the saliva and urine to determine what the body is dumping. If there are too many acid-forming minerals in the diet, then the blood will dump excess acid minerals in the urine and saliva. This means the pH of the urine and saliva are indicators of dietary choices and their effect on your health.

We need to be slightly alkaline to be healthy as disease lives in an acid condition. The problem of pH is primarily one of diet. We should be balancing acid-forming foods like meats, grains, sugar, and caffeine with alkalizing foods such as vegetables, fruits and herbs in at least a 30:70 ratio. Stress – both mental and physical, can also form acid deposits in the body

Your body is able to assimilate minerals and nutrients only if the pH is properly balanced. It is possible for you to be taking in healthy nutrients and yet be unable to absorb them. Iodine for instance, is only utilized fully when the pH lies between 6.3 and 6.6. Therefore it is necessary to maintain a proper pH for good health.

For more information, please stop by the store and pick up an audio tape and brochure. pH strips are available so you can monitor your pH and work to correct imbalances. For those serious about improving their pH and their health, we suggest that you register for the pH Balancing class on July 16<sup>th</sup>. What you don't know about pH could hurt you.

## Mustard Seed Herbarry STORE HOURS

Sunday	CLOSED
*Monday	CLOSED
Tuesday	9 to 5
Wednesday	9 to 5
Thursday	9 to 5
Friday	9 to 5
*Saturday	9 to 5

\*Note change in hours

## HERBAL TIDBITS

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

**Because Gina is so allergic to many of the chemical cleaners, she uses this recipe in place of LYSOL: 2 cups apple cider vinegar, 20 drops each of Lavender, Rosemary and Peppermint essential oils. Mix together in a spray bottle and have a clean, chemical-free house!**

Raymond had SLEEP APNEA. He now uses TEI FU OIL and no longer does he SNORE or wake up trying to catch his breath. He's thrilled because it helps his sinuses too! Dottie and Arnold slept in separate rooms because he SNORED so loudly. They don't anymore – thanks to TEI FU OIL which he uses just before bed. Joan uses TEI FU OIL to relieve STRESS HEADACHES.

**Bonnie was going 'crazy' with unexplained ITCHING. Combination EIGHT gave her immediate relief – she's still not sure what caused it – maybe nerves?**

Doris R had ASTHMA and very LOW ENERGY. "I could not make myself get up and do anything," she said. Then she decided to try CORDYCEPS. She took it as recommended – 3 capsules 3 times a day and she says, "I felt the difference in just a matter of days! I feel alert and alive now! Everyone else around me can tell the difference and wants to try it too!"

**Jim's ENLARGED PROSTATE was causing so many problems he could hardly urinate anymore. SAW PALMETTO only gave him minimal relief until he added the PRO-G-YAM-500 cream, MEN'S FORMULA and P-X. He's 'back to normal' he says.**

Travis uses 7-KETO to help build LEAN MUSCLE MASS. This product helps release HGH and IGF-1 hormone for more energy, rejuvenation and building.

**Lori usually has lots of PAIN requiring Ibuprofen for many days after dental work. Last time she took the homeopathic DETOXIFICATION at the suggestion of her naturopathic physician and – no pain and no painkillers!**

Wanda has suffered with BURSITIS in her hip for about 25 years and the doctors could offer nothing but cortisone shots, which she refused. She now takes 6 BLACK CURRANT OIL capsules everyday and after 1 month, she continues to have no pain. "These amber caps are like gold to me," she says.

Mustard Seed Herbarry

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and give us your name and address and  
you, too, can receive this newsletter every month.

## Ask the Herb Specialist



**Question:** My doctor recommended Astragalus for my fatigue and general malaise. What is it and what does it do?

**Answer:** Good choice! Astragalus is an herb that has been used in traditional Chinese medicine for thousands of years as an energy tonic and to enhance the immune system. It is a preferred herb to strengthen and rebuild depleted energy in general and especially immune and endocrine system functioning. It is a warming (activating) herb for cold (weakened) conditions. It is also used to "strengthen the upright qi" and is thus useful for prolapsed tissues. This herb has attracted quite a bit of scientific attention which support its reputed ability to enhance the immune system. It also has anti-viral properties, helping to reduce the duration and incidence of the common cold. It helps speed recovery after cancer chemotherapy and is used against HIV infections. Astragalus is used for chronic weakness about everywhere in the body – restoring energy in the lungs and kidneys as well as improving sperm mobility. A wide variety of phytochemicals have been isolated in Astragalus that provides this restorative action on the body.

**Question:** Another of my friends was just diagnosed with Fibromyalgia. Is this the newest this 'epidemic'?



**Answer:** It's true that the number of people diagnosed with Fibromyalgia is increasing steadily. Fibromyalgia means pain in the muscles and the fibrous connective tissues. Really, I think a more accurate definition of it is that you hurt all over, the doctor has no idea why so they give you a name for your pain and that is supposed to make you feel better. And for some, it does – it's no longer "in their heads." Seriously though, the pain is very real, but the reason for the pain isn't clear. Those who work with nutrition understand the relationship to our diets and lifestyle to how healthy we feel. There is evidence that fibromyalgia is directly related to our Standard American Diet (yes, it's S.A.D.) and triggered by trauma or some stress upon the body. Many people diagnosed with 'fibromyalgia' have been able to reduce their symptoms dramatically (and in fact, 'cured' themselves) by changing their diet to include more fresh fruits, vegetables and whole grains while eliminating 'non-foods' such as sugar, fats and processed foods. Reducing stress and supplementing certain nutrients is helpful. Read *Reversing Fibromyalgia* by Dr. Elrod for more information.

## 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

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

Ear Coning \$30 plus ear cones.

Myomassology & Other Integrated Bodywork  
(Specialized corrective massage.)  
\$50/ hour by Diane Pierson, NCTMB, CLMT

Muscle Testing & Nutritional Counseling  
Call for pricing.

## More New Products

### Focus Attention Powder

Millions of people, children and adults alike, have overstimulated and undernourished brains. Now this popular formula for supporting mental nourishment is also available as a tasty powder. Great for children ages 3 to 99.

### Vari-Gone Cream

Unsightly, painful varicose veins affect more than 50% of Americans over age 50 and is the most common of all venous (vein) disorders. NSP's Vari-Gone with Horse Chestnut has brought relief to many & now it is available in a convenient, skin-softening cream!

### SAM-e

Short for S-Adenosylmethionine (no wonder ☺), this natural compound is gaining popularity in the U.S. tho it has been used for over 30 years in Europe to improve mood, joint health and to provide heart & liver support. Doubled in potency, this product delivers 200 mg SAM-e in each tablet – at the same price – making it twice as affordable!

### Carbo Grabbers

This is the latest in the NSP line of powerful, natural supplements to aid in weight loss. This non-stimulant dietary supplement derived from northern white kidney beans naturally and safely prevents the digestion of starchy carbohydrates and reduces the available calories your body might otherwise convert to fat.

### Liquid Calcium

Calcium and magnesium are two essential macro-minerals that are now easier to get in this new balanced liquid formula. 1 tablespoon gives you 500 mg of readily available calcium and 200 mg of magnesium plus vitamin D and zinc.

### Astragalus

This famous Chinese herb that supports immunity and builds stamina is now available as a single!

### Coral Calcium

See reverse side for more information about this product that is so helpful to balance your pH and support the bones.

**No problem is ever  
resolved at the same level  
in which it was created.**

Source Unknown



## Dates To Remember:

/ Monday, July 9<sup>th</sup> – 6:30 PM

### **Stretch Your Way to Health and Flexibility**

Safe and effective stretching is essential for individuals with a history of back problems, pelvic imbalances & sciatica. At this class we'll focus primarily on the principles of proper stretching for the low back, hips & legs which can help increase flexibility & range of motion, help prevent injuries & maximize performance & agility. Taught by our extensively-trained therapist Diane, the cost is only \$10. You need to bring your own mat & wear comfortable clothing. Class size is v.e.r.y limited, so call *today* to register!

/ Tuesday, July 10<sup>th</sup> – 7 PM

### **IBS & Diverticulitis Often Misdiagnosed. Can Bowel Pain be Relieved?**

The pain and discomfort of poor bowel health doesn't have to be a 'way of life.' Learn how to improve it at this lecture presented by Dr. Hatch held at the SCW Foundation (14465 RH Johnson Blvd.)

/ Wednesday, July 11<sup>th</sup> – 7 PM

### **Home Health Remedies - Part II**

Let's go back in time and get familiar with more of the remedies that our grandparents used. This presentation by Dr. McWhorter is held at the Unity Church at 10101 W. Coggins in Sun City.

/ Monday, July 16<sup>th</sup> – 7 PM

### **Your Health is in the Balance**

Have you checked your pH today? High acidity can become a dangerous condition that weakens all major body systems creating an internal environment conducive to disease. Learn how to balance your pH to allow the body to resist disease. Cost for the class is \$10 which includes a pH test kit, audiotape and lots of information! Pre-registration required - call (623) 583-2286

/ Thursday, September 6<sup>th</sup> – 7 PM

### **Learn and expand your potential at this NSP Member's Night Out!**

Join us to learn about the new products and programs unveiled at the NSP National Convention in August. This class is open to everyone but it will benefit especially those interested in being an Herb Specialist and helping others obtain better health through herbs. Call to register (623) 583-2286.

/ July 2<sup>nd</sup>, July 16<sup>th</sup>, August 6<sup>th</sup>, August 20<sup>th</sup>

### **The 4 Pillars of Successful Weight Management**

This is in and we're making progress at these classes offering a variety of nutritional tips and encouraging support for everyone wanting to maintain a healthy weight! Join our big (weight) losers and call for class times, fees and reservations!

## **PLEASE NOTE:**

The store will be closed Monday, July 2<sup>nd</sup> through Wednesday, July 4<sup>th</sup> in observance of Independence Day.

We will be attending several classes and herb conferences during the month of August and store hours may vary slightly. Please call to get our store schedule during that time. We apologize for any inconvenience as we further our education in order to improve our services to you!

