



Your Health Matters

Mustard Seed Herbarry

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Volume 10, No. 4 ~ staff@mustardseedherbarry.com ~ www.mustardseedherbarry.com ~ July/August 2006

News from the Crew

As we settle into the Arizona summer, we are glad to share some *cool* news. It's always a little quieter during these hot months, so we take the opportunity to get some vacation time! In between family reunions and weddings, I'll be in and out during the last 3 weeks of July but you can expect to see either Ricki and Nance' here to help you...

One of the places we expect to visit this August is Texas (more heat ☺). Dallas is hosting the NSP convention this year—Texan style! It'll be a busy week attending classes and workshops (and rodeos), but we expect to come back with a bunch of new information and more tools to help maintain good health. We might be on minimal staff during that time, so we appreciate your patience and understanding as we better our ability to help you.

We're excited to welcome Roxann to our Mustard Seed Herbarry family. She is a talented bodyworker with a unique Asian therapy that can make your body feel young and agile again! After a session with her, you might be surprised what your range of motion and flexibility is. She will be here on Wednesdays, so we hope you'll come in to meet her and schedule your session. 623) 330-8488 is the number to call for more information.

Have you visited Lavender Moon Treasures & Gifts in Avondale yet? You'll find the tiny little shop a delightful place to locate unique items for health and vitality. Tonya also carries Nature's Sunshine Products and is a VoiceBio practitioner. You can reach Tonya at (623) 332-6532.

Speaking of VoiceBio – have you had your voiceprint done yet? We'll be taking another class this summer to learn more, but we're amazed at what it tells us. Perhaps somewhat difficult to truly understand how it works, we see evidence nearly every day that your voice really does reveal what your body already knows.

Until next time, keep cool!

Ellen and Staff

Health is a matter
of choice, not a
matter of chance.

The Benefits of Growing Your Good Flora

Probiotics are live microorganisms that help your body maintain its delicate balance of intestinal flora. They do this by re-populating areas of depletion inside your entire colonic tract. Since it is difficult to restore this delicate intestinal balance due to stress, over-exposure to sugar and processed foods, environmental toxins and antibiotics, supplementation is a necessity. Also healthy colonic flora dies off as we age, so supplementation becomes even more important after age 40. Unfortunately, in today's society, even babies are born depleted of their natural probiotics. This is often due to the exposure of the mother to stress, chemicals and antibiotic use.

People may experience symptoms of poor flora balance such as gas, GERD, heartburn, cramping, Candida overgrowth (toenail fungus, dandruff, skin problems, yeast infection, etc), parasite activity, IBS, colitis, acne, diarrhea, constipation, low immune function – to name just a few.

The good news is that healthy probiotic balance can be restored fairly quickly with proper supplementation. Symptoms like gas and GERD can sometimes be controlled in as little as a few minutes. Probiotics are safe and effective for *every* age because they aid in digestion, improve the absorption of nutrients, enhance immune function and help protect against harmful bacteria, viruses and fungi. Probiotics can be used for both therapeutic purposes *and* preventative maintenance. Much of the research on probiotics has focused on diarrhea prevention and intestinal health, stomach ulcers, immunity and women's urogenital health. However, promising data also exists on the use of probiotics for combating the H. Pylori stomach infection thus reducing the risk of certain cancers, reducing serum cholesterol and oxaluria – the excess of calcium oxalate in the urine, which contributes to the formation of kidney stones. Furthermore, research has shown that probiotics have a positive effect on the treatment of colitis (IBS), Crohn's disease and ulcerative colitis.

Since there are many different strains of probiotics found throughout the digestive tract, it is a good idea to supplement with a multi-strain probiotic, particularly after antibiotic use. It has long been known that antibiotics not only work to kill the infectious invader, but it also kills the good bacteria (flora) within the intestinal tract. This explains why the use of antibiotics often leads to yeast infections or diarrhea. Many medical doctors are now recognizing the potential harm that antibiotics can cause and are recommending supplementation with a quality probiotic.

It is helpful to know the term "probiotic" means "pro-life" whereas "antibiotic" means "anti-life". We understand that the benefits of supplementing your good intestinal flora are many. From enhanced immune function to combating diarrhea, it pays to feed your good flora!

Probiotic ELeven * Acidophilus
Bifidophilus Flora Force



Dates To Remember:

Call (623) 583-2286 to pre-register

See insert for a complete list of classes...

Are Your Adrenal Glands Exhausted ?

- Do you have difficulty falling or staying asleep or do you have trouble shutting off your mind at night?
- Do you have vivid nightmares or dreams?
- Do you have low blood pressure (lower than 110/70) ?
- Do you feel as if you could take a nap after lunch?
- Do you crave or feel the need to drink caffeine or eat sugar to “keep up your energy”?
- Do you eat at least one processed or sweetened food at each meal or frequently skip meals?
- Are your pupils normally dilated, even during the day?
- Do you seem to get sick or suffer from allergies more frequently than you used to?
- Do you often feel pressured or rushed during the day?
- Do you experience light-headedness, mood swings or headaches if you go more than 4-6 hours between meals?

If you can answer “yes” to 3 or more of these questions, you may have some degree of adrenal burnout.

Just what are your adrenals? Also part of the renal (urinary) system – thus the name ‘ad-renals’, their name gives you a clue as to their location in your body. These flattened prune-sized glands sit on top

of each kidney and produce a variety of hormones and perform a long list of functions in the body. Here are *some* of the jobs performed by these tiny, but very important glands: regulates the heart rate, blood pressure and blood sugar, narrows blood vessels, (to help the body survive during periods of stress), helps maintain proper weight, reduces muscle wasting and memory loss, regulates the balance of minerals and fluids within the cells, manufactures sex hormones and affects thyroid function.

The cells of the adrenal glands use vitamin C at a higher rate than any other cells in the body. Their use of vitamin C rises when the body is required to respond to stress of any kind (immune, psychological or physical). Therefore chronic stress results in vitamin C deficiency. Chronic stress also hammers away at the levels of B vitamins (which are also consumed under stress) available in the body.

Adrenaline is meant to be released sparingly during times of intense stress, but it is also released when blood sugar levels fall below normal. This typically happens when refined carbohydrates are consumed (such as sugar and white flour). The lack of fiber in refined carbohydrates allows the sugars to release very quickly into the bloodstream, causing a spike in blood sugar levels. The pancreas then hyper-secretes insulin to drive sugar into the cells to bring the blood sugar levels down. When consumption of refined carbohydrates has gone on for some time, excessive insulin is released, causing the blood sugar to fall below normal. Then the adrenals are forced to release adrenaline, which triggers the release of stored sugar (glycogen) from the liver and muscles. This constant balancing act weakens the pancreas and adrenals over time, causing hypoglycemia, diabetes, weight gain, allergies, asthma and thyroid dysfunction.

Chronic stress and refined carbohydrates wear out the adrenals through the continual production of adrenaline and cortisol. See below for some things to consider for these very important, but often-abused glands.



Rest for your hard working Adrenals

Tired adrenals mean a tired person. In America, we love to be in a high-energy mode, zipping around being busy and efficient. What this means in terms of our hormone balance is that we exist in a culture that lives off its adrenal function. And a tired one at that.

Adrenal exhaustion will catch up with us – and it is. In our stressful society where sugar, processed foods, caffeine and other stimulants flow freely, our adrenal glands are under constant attack. The first & best remedy for restoring tired adrenals is rest. Rest means relief from stress (physical & emotional), plenty of sleep & sufficient play time (gentle play—no bungee jumping)! Identify the biggest stressors in your everyday life and learn to manage them more effectively through creative outlets like exercise, counseling or journaling. Allow for more ‘down-time’ regularly so the adrenals can rebuild.

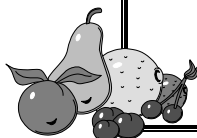
Supplementing with additional vitamin C (ascorbates is best) and vitamin B complex (with extra Pantothenic Acid) is important along with nervine herbs to help support the nervous system. These include chamomile, hops, passion flower, valerian root and schizandra. Supplemental calcium and magnesium are essential. Licorice root and HY-A or HY-C combinations support adrenal function. Dr. John Lee



recommends natural progesterone cream to help the adrenal glands recover since it is precursor to the other hormones made by the adrenal glands. Another popular formula is Adrenal Support, containing adrenal substance and other adaptogenic herbs. My all-time favorite for supporting the adrenals (because it also is fantastic for the kidneys) is the Chinese Mineral Chi Tonic. It works much better than it tastes, so don’t let a little undesirable flavor keep you from enjoying more natural energy and less stress.

Sufficient water intake and proper diet is also very important. No nutritional support will work as well without **eliminating** sugar, artificial sweeteners, caffeine and other processed carbohydrates from the diet. For complete recovery, this is vital.

At the Mustard Seed Herbarry, we are dedicated to the philosophy that health is much more than the absence of illness and that all people have the right *and* responsibility to manage their own health and happiness.



20% off all
food items
July 8th only

Limited to in-stock items.

Do you have gum disease?

- 1 tube Sunshine Brite toothpaste (3.5 oz)
- 2 capsules Black Walnut*
- 2 capsules CoQ10-30*
- 2 capsules White Oak Bark*
- 1 tsp Colloidal Silver
- 6 drops Tea Tree oil

Squeeze the toothpaste out into a small container with a wide lid. Open the capsule contents and add the liquids and stir into the toothpaste with a coffee stir stick. When it is ready to use, you can dip the toothbrush into the mixture or use a clean spatula to place the toothpaste mixture onto your toothbrush.

White Oak bark is helpful to “tighten and tone” gums, while CoQ10 oxygenates the tissues and Colloidal Silver & Tea Tree helps to fight infections and bacteria. Note: the mixture will be dark-colored, but Black Walnut is noted to “whiten” teeth – so mix it up and enjoy the results!

This is a recipe I’ve used for years – you can use the blend to enhance any quality toothpaste, but make sure you avoid any product with fluoride. Fluoride is a chemical byproduct and should never be ingested via toothpaste or drinking water. Fluoride and chloride displace iodine, which contributes to so much hypothyroidism in this country.

*These products sold in small packages.

Stress Kills

The Slow Poison of Stress

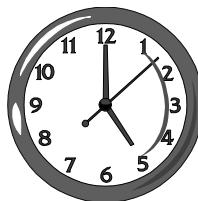
Did you know that the leading causes of death in America—heart disease, cancer, diabetes, lung ailments and immune system disorders, accidents and suicide—are all linked to stress?

We all experience stress. Physical, emotional and mental stress is a regular part of our lives. As detrimental as stress is to us, it isn’t the stress itself that is always dangerous. It is how the body and mind *react to the stressor* that is harmful. Because every body is different, stress affects everyone differently; however we know that constant, long-term stress will absolutely cause a breakdown in the body and to our health in some way.

How stress affects the body is very complex, but stress changes hormonal levels. Even slight alterations in the stress hormones can raise blood pressure, inhibit digestion, activate blood sugar imbalances, induce hot flashes or provoke asthma. Stress demands high quantities of nutrients and therefore causes a shortage within the body, complicating our already deficient levels. Stress suppresses our immune system – again, wreaking havoc on an already challenged body system. Stress affects our sleep – a time the body uses to regenerate and restore itself.

The “Chill Pill” does not include mind-altering drugs however. There are plenty of gentle, natural choices instead. Learn stress-reducing techniques and avoid negativity. Exercise is another excellent stress-buster. Good nutrition is critical, as this enhances overall physical well-being which helps people to feel the effects of stress less. We may not be able to eliminate the stress of living, but we can certainly increase our ability to handle it with positive lifestyle changes and nutritional support.

Mustard Seed Herbarry STORE HOURS



Sunday	CLOSED
Monday	9 to 6
Tuesday	9 to 8
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.



Lydia came in with extreme HOT FLASHES and INSOMNIA. She started on Pro-G-YAM cream and FLASH EASE and reported relief within one week!

Dave began doing the MEGA CHEL program with MINERAL MAINTENANCE for his HYPERTENSION and ELEVATED CHOLESTEROL. Recently he informed us that his Cardiologist had just given him a rave review at his last heart evaluation – normal blood pressure and cholesterol levels!

Gary came in for help with a CHRONIC COUGH. He began drinking PAU D'ARCO tea, taking PROBIOTIC 11 at night and MULLEIN twice a day. A couple weeks later he came back to report his cough had improved and he was able to get better rest through the night.

Regina had PROBLEM SKIN. She began taking DANDELION, PRO-G-YAM cream and ACNE homeopathic. She also switched to a non-toxic soap made with EMU oil (ACNE SOAP). She tells us how much her skin has improved and what it has done for building her confidence again!

KYLE and MARIE were struggling with his LOW LIBIDO and she knew she had HYPOTHYROIDISM. He began X-ACTION for MEN and she took DULSE and ADAPTOMAX. One month later, they returned for a refill because both are feeling so much better!

Michelle needed help for her husband's ATHLETE'S FOOT. He began by cutting out sugars and refined foods and then added CAPRYLIC ACID and began applying TEA TREE OIL to the affected area twice a day. Two weeks later, she reported almost total relief from the symptoms of YEAST.

John has suffered for years with frequent HEARTBURN, despite regular use of prescription antacids. A few days on PROBIOTIC 11, FOOD ENZYMES, and GASTRO HEALTH, the fire had diminished and within a month, he was off his prescriptions.

Stephanie had CRAMPING, BLOATING and alternating DIARRHEA and CONSTIPATION and was diagnosed with IBS (Irritable Bowel Syndrome). She began a health regimen of EVERYBODY'S FIBER, PROACTZYME PLUS, PROBIOTIC 11 and INTENTIONAL SOOTHE and BUILD and wow – what a big difference in just 3 days!



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Would you like to receive our bi-monthly newsletter via email instead of getting a paper copy? If so, please let us know at: staff@MustardSeedHerbarry.com.

Ignore Your Health and It Will Go Away



***Earn Discounts
while you learn!***

Every day we will post a new health question and if you give us the right answer, you'll earn a discount off your purchase for the day! We'll have a new question each day and a new discount! Stop by often and earn while you learn! (thru August 2006)

Life is short and disease is optional.

Learn the Untold Truths of Health at these Study Group classes starting August 1st.

Many have been asking that we present some basic classes on natural health, herbs and nutrition. So, we're bringing back the series of Untold Truths classes – and including the new ones as well! Starting August 1st, we will begin a series of 9 classes that will reveal the different Untold Truths about health—from Colon Health to Heart Disease to Raising Children Naturally. Included with each class (we prefer to call them Study Groups), is a booklet, CD and lots of valuable information that could change your life! Each class has a \$7 charge, but if you pre-register and pre-pay for 4 of them, you pay only \$25; pre-register for all 9 and you only pay \$49!

We encourage you to sign up for the first of the series: "Running on Empty" and we think you'll see why this information series is so important for the health of you and your family. We all know something about the dangers of our "modern" lifestyle: poor diet, intense stress, and a toxic environment. But few know the iron-clad link that science is revealing between these risk factors and chronic disease. These classes can provide essential and timely nutritional information and strategies everyone needs to know and implement to attain optimal health. In spite of the modern-day hazards we face, when we make good health a habit, we can close the doorway to disease –and keep it closed.

Clearly, our greatest nutritional deficiency is education. Before we can get healthier, we must get smarter. Please join us! Call us for more information or to pre-register. Class size is limited, so register early.

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.