

# Your Health Matters



Mustard Seed Herbarry

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Volume 11, No. 4 ~ staff@mustardseedherbarry.com ~ www.mustardseedherbarry.com ~ July/August 2007

## News from the Crew

Summer is definitely here and we are too! We've been especially busy since the AZ Republic ran several articles about our business, with special focus on ear coning. It has prompted many to give ear coning a try and they love the results! Give Nance' a call to schedule your session.

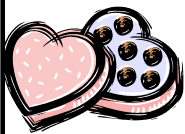
And don't forget about the Live Blood Cell Analysis. Ann is coming again in July and August; you will be amazed at what you can see and learn about your health in a single drop of blood.

We're offering a nice variety of coooool classes this summer. See page 2 for a brief listing of each class, but to learn more about each class, please go to our website. And, don't forget to let *us* know that you're planning to come, as we must cancel classes that don't have the minimum pre-registration requirement. With respect for our presenters, please let us know at least 2 days ahead that you are coming to the class.

Very soon we expect to actually have stock in some healthy natural pet foods and supplements. We've spent a lot of time researching the health needs of our furry friends and feel confident that you will notice a difference in their health with better food & supplements. Look for another class in September when we will share with you what we've learned to help our pets obtain optimal wellness.

Until next time, keep well!

*Ellen and Staff*



**Nature's Sweet Life**

**~ Chocolate Bars ~**

**Buy 3, get 1 free**

**or save even more -**

**30% off an entire box of 28!**

Get your antioxidants and other nutrients without the guilt! These delicious chocolate bars are sweetened with Xylitol, a naturally occurring sweetener with a great taste and low glycemic index. These yummy bars are safe for diabetics or other low-sugar diets and contain no artificial sweeteners, preservatives or colors. Stop in for a sample of this tasty treat!

\*in stock items only.



## Capsicum

is really hot stuff

It isn't hard to see why Capsicum—otherwise known as cayenne pepper—is one of the most important herbs available. Its popularity is largely due to the fact that Capsicum has a catalyst effect. This means that it works to help carry all the nutrients in other herbs and food to the sites in the body where they are most needed, which will ultimately increase their effectiveness. Thus, you can think of Capsicum as a very “helpful” herb, because not only does it provide lots of benefits because of its own nutritional profile, but it enhances the effects of other nutrients on the body as well.

This small, spicy fruit helps many ailments, but most significantly, Capsicum is known to be unequalled in promoting blood circulation. It revitalizes cells, arteries, veins and the heart. Capsicum increases the resistance of blood vessels in the body to harmful bacteria and further, research reports that capsicum strengthens and feeds the cell structures of the circulatory system so they will regain their elasticity. It regulates the flow of blood so it influences the heart immediately—the frequency of the pulse is not increased, but is given more power. A highly alkaline substance, Capsicum is known to normalize blood pressure and increase heart action.

Capsicum has been found to build up the immune system and because it is high in Vitamin C, it is good to take when fighting colds and flu. It is sometimes taken as a gargle for sore throats, pyorrhea and candida in the throat.

Powdered Capsicum can be poured directly on an external wound to stop bleeding (no, it doesn't sting, but it does work—I've tried it!), fight infection and promote healing. Studies show that this pepper fruit has the ability to rebuild tissue in the stomach and heals stomach and intestinal ulcers.

In the early 70's, Capsicum played a major role in establishing encapsulated dry herb powders as a convenient, safe dosage form for herbal remedies. Have you ever tried to swallow a teaspoon of Capsicum before? In fact, one of the world's largest herb companies, Nature's Sunshine Products, had its beginning in 1972 when Gene Hughes, the beloved company founder, looked for an alternative way to take Capsicum to heal his bleeding ulcer—and because of the challenge to actually take powdered capsicum—he started encapsulating herbs. Because of his outstanding success with the herb and the process of encapsulation, Nature's Sunshine Products had its humble beginnings on his kitchen table.

Capsicum is found in many herbal combinations because its stimulant (catalyst) effect will speed circulation, enhance digestion and absorption and thus the effectiveness of the blend. Stimulation is the key to healing. When the body and its organs are properly stimulated, they will heal, cleanse and begin to function properly.

## Capsicum

some really hot stuff





## Dates To Remember:

Call (623) 583-2286 to pre-register.

*Note: Classes may cancel if there is insufficient advance registration.*

For more detailed information about the classes, please visit our website at [www.mustardseedherbary.com](http://www.mustardseedherbary.com).

Tuesday, July 10 – 7 pm

**Get Fired Up about Ear Coning!**

Tuesday, July 10 10:30 am

**\*\*Cholesterol: Friend or Foe?\*\*\***

Tuesday, July 17 – 7 pm

**Don't Suffer Needlessly. Use EFT!**

Thursday, July 19 – 7 pm

**The Next Trillion Dollar Industry**

Monday, July 23 – 11 am to 4 pm

**Live Blood Cell Analysis \$50 (by appt only)**

Tuesday, July 24 – 7 pm

**What's *so* special About *Those* Herbs?**

Tuesday, July 31 – 7 pm

**Could your Food be causing your Headaches?**

Tuesday, August 7 – 10:30 am

**\*\*Are You a Sugarholic?\*\*\***

Tuesday, August 7 – 7 pm

**Fibromyalgia & Chronic Fatigue Syndrome:  
Misdiagnosed, Misunderstood, Mistreated**

Tuesday, August 14 – 7 pm

**It's All about Balance – pH and Your Health**

Thursday, August 16 – 7 pm

**The Next Trillion Dollar Business**

Tuesday, August 21 – 6:30 to 8 pm

**Sweeten Your Life Home Party (limited to 10)**

Saturday, August 25 – 11 am to 4 pm

**Live Blood Cell Analysis \$50 (by appt only)**

Tuesday, August 28 - 10:30 am

**\*\*America is Stressed Out!\*\*\***

Tuesday, August 28 – 7 pm

**Experience the movement of Qi Gong**



**\*\* Held at Chez Nous (SCW Interfaith)\*\***

## Insomnia...

### A Rising Problem

11:00...11:15...11:30...11:45...every 15 minutes the clock in the hall chimes, mocking your attempts to fall asleep. In frustration, you roll over with new resolve to get some sleep. After what seems an eternity, you look at your clock through bleary eyes and find that only a few minutes have passed. Exasperated, almost angry, you reach for the sleeping pills. You know they'll leave you groggy tomorrow, but for a few hours of precious sleep, it seems worth it.

And then, the next morning you feel irritable, a little hostile, and you are still tired. You start to realize that the kind of sleep you get, not the amount, is what really counts. But what if you could get good sleep the natural way—you know, put your head on the pillow, close your eyes and head off to dreamland with little effort? Then you could reap the rewards of natural sleep—be refreshed and ready for the next day's tasks. There is increasing evidence that you can sleep better without resorting to drugs just by doing the things you should be doing anyway. In fact, staying away from sleeping pills may be just the ticket to a better nights rest.

Avoid sleeping pills! Designed to help you get to sleep you need, sleeping pills do just the opposite. Studies have shown over and over that the most important sleep is Stage 4 and REM sleep. Stage 4 sleep is vital for growth and repair of the body while REM sleep is crucial for growth, development and repair of the brain. Unfortunately, sleeping pills suppress this deep sleep and you lose out on the sleep you really need. The lower sleep quality these pills give leaves you with a "hangover" the next morning. Sleeping pills are also addictive and the body builds up a tolerance to them. Soon you are taking more and more pills for less and less sleep. Insomnia can actually be a side effect of these drugs (look it up). This class of drugs changes brain function which can lead to serious side effects like nervousness, confusion, aggressiveness, bizarre behavior and suicidal thoughts.

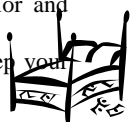
Set a bedtime and rising time & stick with it. Don't keep your body's clock guessing and trying to keep up with your changing schedules. Also, remember that the best quality sleep starts before midnight. It's been said that every hour of sleep before midnight is equivalent to 2 hours of sleep after midnight.

Watch what you eat. Insomnia can be a sign of food intolerance or insufficient protein consumption. Some common foods to watch out for include dairy, wheat, corn & caffeine, including chocolate. Drugs (prescription & OTC) and alcohol also disturb the sleeping process. Have a healthy snack before bedtime which includes some protein.

Do you remember how sleepy you felt after last Thanksgiving dinner? Turkey contains a natural amino acid called tryptophan which increases sleepiness and reduces the amount of time to fall asleep because it works to increase serotonin production, which induces sleep. A good source of this is 5-HTP, which naturally produces tryptophan. We've also been told that naturally induced HGH, found in deer antler velvet (IGF-1) is helpful for insomnia.

Exercise! Research has proven that regular exercise will combat insomnia effectively as long as you don't exercise too close to bedtime! The stimulating effects of exercise need sufficient time to wear off or you may find yourself wide awake instead of lost in sleep!

Try some natural remedies. There are plenty of substances designed by nature to help you sleep naturally and healthily. These include Chamomile, Valerian Root, Passion Flower, Hops, Kava, Blue Vervain, Catnip and Magnesium. Many herbal combinations like Herbal Sleep, Stress Relief, Nerve Eight and Stress-J can help to put the insomniac in a sleepy mood. Essential oils like Lavender, Chamomile and Red Mandarin, herbal teas or warm herb or essential oil baths will also get you yawning. Melatonin—the hormone of the night, or the homeopathic combination, Rescue Sleep is helpful to send you deep into Dreamland without any morning drowsiness.



## Reaping the Wholesome Goodness of Herbs



Our bodies are truly marvelous machines. They include all the equipment needed to maintain good health—provided we feed them in the way nature intended. When we don't feed them properly, we become much more susceptible to illness. A weakened immune system is manifested in many ways—frequent colds and flu, viral or bacterial infections, fatigue and irritability. A weak immune system can make us more susceptible to more serious health problems such as cancer, diabetes and heart disease.

The most obvious solution to health problems is to prevent them in the first place. (The insinuation that early detection prevents disease is ridiculous.) The most effective way to prevent problems is to eat foods that strengthen the body's natural resistance. That's where plant foods—particularly herbs—can play a major role. Herbs can naturally provide many nutrients and much of the wholesome goodness that is lacking in our diets.

Most people who are skeptical about herbs simply lack information, not realizing that the benefits of the herbs lie in the same realm as any other food source: in their vitamin and mineral content, essential oils, protein and other inherent ingredients that feed the body.

Scientific research has confirmed that plants contain certain chemicals, (don't confuse them with manmade chemicals) that can actually promote and maintain optimal health. Modern research continues to uncover more wonderful properties of herbs and benefits of vitamins and minerals. Because herbs can provide a concentrated, natural source of vitamins and minerals in their natural state, they go a long way toward fortifying the body's natural immunity.

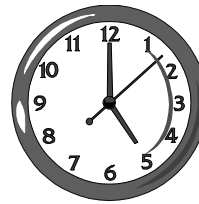
## The Health Hazards of High Fructose Corn Syrup

Considering the profit factor, High Fructose Corn Syrup (HFCS) is the cheapest ingredient in the American food chain after air, water and salt. Maybe that is why it is found in so many foods; with no regard of the price we are paying in terms of our declining health. HFCS is not the same type of fructose that Mother Nature puts in fruits. HFCS is a highly refined form of sugar made from corn and is found in a lot of processed foods—and even in some so-called "healthy" energy bars and foods.

The digestion, absorption & metabolism of fructose are different than those of glucose. It does not stimulate insulin secretion or enhance leptin production like glucose does. Because insulin and leptin act as key signals in the regulation of food intake and body weight, HFCS will contribute to increased caloric intake and weight gain. HFCS is received by the same cellular receptors as heroin and opium, so it is very addictive. Plus, HFCS is made from genetically modified corn—a whole new health issue.

HFCS converts to triglycerides (high cholesterol anyone?) and adipose tissue (fat) within 60 minutes of ingestion. It has no enzymes, vitamins or minerals and robs the body of nutrients in order to assimilate itself. HFCS causes a significant increase in acid levels found in the urine and blood. It is associated with gastrointestinal distress (IBS, Crohn's, diarrhea, etc.) Learn more about it – you will want to stay away from HFCS as if your life depended upon it – 'cuz your health sure does.

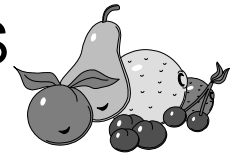
## Mustard Seed Herbarry STORE HOURS



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.



**"Thanks for saving our puppy" is what Tricia wrote in an email. Her puppy became very ill with PARVO and there was no money for the vet. She began giving COLLOIDAL SILVER, SLIPPERY ELM and IPECAC. Within a short time, the VOMITING and DIARRHEA stopped and soon he was his spunky self again. Herbs are great for animals too!**

Dr. Pedersen gave us his recipe for stubborn NAIL FUNGUS. He says to file the shine off the nail, then soak a piece of gauze in COLLOIDAL SILVER and place it on the nail. Cover with duct tape to keep the moisture in and make sure it is on for at least 30 minutes. Of course, ELIMINATING SUGAR and white foods is very important for permanent results.

**Ellie was nearly disabled from CARPUL TUNNEL SYNDROME until she used herbs. She had to take them for 6 months and occasionally has a little relapse if her diet isn't what it should be. She took VITAMIN B6 (1 gm), B-COMPLEX, COLLOIDAL MINERALS, HERBAL CA CONC, HYDRANGEA and PROACTYZME PLUS**

Even if a physician says "perpetual menstrual cycles are not natural" – a healthy female body *should* have regular, non-painful menstrual cycles. Lorene has suffered from IRREGULAR PERIODS since she started at age 14. After just a few weeks on NF-X (Normal Female balancer), she started her cycle again and has been regular ever since.

**Nancy reports that her husband has had trouble SLEEPING, but the first dose of RESCUE SLEEP (a homeopathic remedy) knocked him out within minutes. If he wakes up during the night, another dose helps him return to a full night of restful sleep without drowsiness.**

Seana LOST 10 POUNDS in one month taking NATURE'S HOODIA and 7-KETO. She also changed her diet and stopped eating sugar.

**Ariel feels that a series of the IONIC FOOT BATHS helped cleanse her body of toxins enough to enable her to get PREGNANT, after unsuccessfully trying for years. Nature has a way of prohibiting pregnancy if the body isn't healthy enough to carry a healthy baby to full term.**

**ULTIMATE GREENZONE, HIGH POTENCY PROTEASE, E-TEA and IMMUNE STIMULATOR dropped Gary's PSA count 10 points in one month. He also eliminated sugar.**

Mustard Seed Herbarry  
13980 W. Bell Road #19  
Surprise, AZ 85374

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*Ignore your health – and it will go away.*

## *Our Services Include:*

- \*Wellness & Nutritional Consultation  
(includes Iridology, Voice Bio & muscle testing)*
- \*Ionic Energy Detox Foot Bath*
- \*Resting Metabolism Test*
- \*Wellness Classes*
- \*Asian Bodywork*
- \*Muscle Testing*
- \*Reflexology*
- \*Ear Coning*



## Wellness for our Furry Friends ~

Pets seem to find a way to wiggle their way into their owners' heart—and pocketbooks, for good reason. Studies have shown that pets can have a positive influence in our lives, from childhood to the last stages of life. Pets are often used as therapy in hospitals and elderly living homes. A pet can be a trusted friend and companion during all periods of our lives; pets require care and give us a reason to get up; pets make us laugh and pets can help us exercise. Pets keep us happy and active, which equates to a longer, happier life.

Parents seem to innately understand the importance of teaching their children about animals, whether they have a pet in the home or not, as they point out different animals in books or noticing different animals while driving in the car. It seems that animals not only bring us in tune with the world around us, but they also teach us about ourselves. Children learn compassion, loyalty and accountability when learning to care for a pet.

Caring for a pet is little different than caring for our own health. Pets are subjected to the toxic environments, denatured foods, dirty water and nutritional deficiencies that we are. And modern medicine seeks to cover up and cut out health problems in pets just like it is done with us. And, just as there is a better way to better health than drugs and surgeries for us, there is a better way for our pets. Wild animals know instinctively what to do when injured or sick, but for “us domesticated animals”, we need to be taught to get back to nature. Herbs are nature's gifts and herbs work wondrously for pets as well as for their owners.

For all living creatures, diet is of utmost importance to good health. Pet food that is properly balanced with the right nutrients is only the start – we must make sure to avoid certain by-products (not all by-products are bad) and preservatives. Avoid products whose main ingredients are corn and wheat. Raw foods are important, as is sufficient protein and fat in the diet.

Vitamins and herbs can help to supplement a healthy diet. They are excellent sources of natural nutrients that result in shiny coats and healthy joints and bones. Most supplements used for humans are appropriate for pets, just in different quantities (no aspirin or white willow bark for cats.) Good choices include Yucca, dandelion, horsetail or alfalfa for arthritis and kidneys; garlic, black walnut or herbal pumpkin for parasites; acidophilus, slippery elm and enzymes for digestive issues. Stop in to visit our *developing* pet section.

## 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.

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Range of Motion Bodyworks  
623-330-8488

Debby Rains, IIR Certified Reflexologist  
Sole Remedy Reflexology  
623-826-2709

Nance' Perry  
My Crystal Rainbows  
Certified Ear Coning Specialist  
480-785-6694 or  
623-583-2286

Also Available at the Mustard Seed Herbarry:

Ionic Energy Foot Baths  
Wellness Consultations  
Resting Metabolism Testing  
Muscle Testing