

Your Health Matters



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Spring is here, but you don't need to be miserable from allergies!

Ah, springtime. Blooming flowers, a gentle breeze, warm temperatures—all perfect for enjoying the outdoors. But just minutes after you step outdoors, pollen spores whiz by your nose, and *aachoo!* Your day amidst nature's splendor dissolves into one long sneeze-fest and soon the only thing running is your nose. Welcome to hayfever season.

Allergic rhinitis—the medical name for hayfever—afflicts some 22 millions Americans, making it the most common chronic respiratory illness in the U.S - and the numbers are quickly rising. Ironically, most hay fever is not caused by hay, but from microscopic airborne pollens released by various seasonal plants instead.

Why are some people plagued by hayfever or 'allergies' and some are not? Perhaps it falls back on the immune system. Allergy sufferers all have an immune system that makes the same strategic mistake. It reacts as if under attack by a harmful substance and the body is trying to protect itself by producing the symptoms of a runny nose, sneezing, watery eyes and coughing in an attempt to rid itself of the 'harmful' invaders.

Many people have discovered natural alternatives as an answer to their allergies. A healthy diet is the first place to start. It has been discovered that *if* allergy sufferers will decrease their intake of 'junk foods' (foods that are high in fat, sugar, caffeine and salt) – and increase their intake of healthy foods like fresh fruits and vegetables, they *will* experience fewer symptoms of allergies.

Poor digestion is another cause of allergies. Poorly digested food is often the culprit for respiratory congestion and constriction because undigested proteins can activate allergic responses, which cause the release of histamines.

Bee Pollen is all the buzz for many suffering from allergies. It is referred to by many as the "world's only perfect food" because it is balanced nutritionally; it also protects the body against allergens.

Herbs can help. Ma Huang benefits the entire respiratory system. AL-J is a very popular combination because it performs like an expectorant and decongestant while improving digestion. Mullion, marshmallow, fenugreek, boneset, astragalus, lobelia and fennel are all popular herbs for fighting allergies and asthma.

Citrus Bioflavonoids, vitamin C, beta-carotene and pantothenic acid are natural antihistamines and can relieve allergy symptoms while boosting the immune system.

Go ahead and enjoy the springtime. Head off hayfever naturally – *simply improve your food choices and take advantage of the herbal and nutritional support available.*

Cardio Assurance™

A Valuable "Life Assurance" Policy

Most everyone agrees that your heart is perhaps the most important organ in your body and you can't afford to gamble with the health and safety of this incredible muscle. NSP's new Cardio Assurance is a new blend of heart-benefiting ingredients designed to protect your heart from disease and damage and prevent the death of heart cells. Cardio Assurance combines the benefits of powerful, proven ingredients known to support heart functions, control heart dysfunction and prevent possible damage to the heart.

BENEFITS

- † Keeps blood vessels clear.
- † Reduces risk of cardiovascular disease.
- † Increases circulation to peripheral tissues.
- † Helps clear fat from blood vessel walls.
- † Normalizes blood flow.
- † Provides antioxidant benefits.

INGREDIENTS

Hawthorne Extract is the most researched herb for heart and circulatory disorders. Studies show that hawthorn inhibits mild congestive heart failure and irregular heart beat, mainly due to its abundance of flavonoids, which proffer potent antioxidant and heart-protecting effects.

Red Clover Extract is a concentrated source of isoflavones, about ten times that of soy. These isoflavones improve artery elasticity, reducing the risk of cardiovascular diseases. Red clover also promotes the synthesis of HDL—good cholesterol.

Ginkgo biloba exerts a positive influence on the brain and the nervous system due to its ability to pass through the blood-brain barrier with ease. It quickly increases blood supply to brain cells.

Capsicum (also known as cayenne pepper) supports healthy circulation and normalizes blood flow.

Folic Acid, Vitamin B₆ and B₁₂ work synergistically to bring about the breakdown of homocysteine, which is toxic to blood cells. Vitamin B₆ also aids the synthesis of coenzyme-Q10, a heart-protecting compound.

Choline is required for proper metabolism of fat; its fat-emulsifying activity reduces the risk of heart disease.

Taurine facilitates the utilization of sodium, potassium, calcium and magnesium while regulating heartbeat.

Cardio Assurance is a unique proprietary blend of herbs combined with vitamins, which are facilitated in their work by the help of capsicum (which opens the blood vessels and allows other nutrients to pass through more easily) and yield a powerful, natural supplement for optimal heart health. Recommended use is one capsule three times a day.

Cardio Assurance™

Protect Healthy Heart Function





Essentials Of Health

Trace Minerals from A to Z

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.

Aluminum is a trace mineral most well known in its inorganic (not from nature) form such as aluminum foil and cooking pans but is also readily found in many medications, antiperspirants and antacids. Inorganic aluminum is toxic to the body and has been linked to many disorders such as Alzheimer's Disease. Inorganic aluminum should be avoided and intake of it should be limited to natural sources such as food and reputable colloidal mineral products.

Boron is needed in trace amounts for healthy bones and for calcium, magnesium and phosphorus metabolism. This trace mineral stimulates vitamin D utilization and the estradiol and testosterone hormones, which are also necessary for calcium utilization. Perhaps more importantly, boron has been shown to greatly reduce urinary loss of calcium, magnesium and phosphorus and an USDA study has found that boron helps prevent demineralization of bone.

Chlorine is a cleansing trace mineral, which purifies and aids digestion. Unlike the chemical chlorine that is put in drinking water and pools, (which is an inorganic, toxic manufacturing by-product), organic chlorine is found in most foods. Chlorine unites with Hydrogen and other elements to form Hydrochloric Acid, which is needed for proper protein digestion and mineral assimilation. It also helps the liver in its detoxifying activity.

Chromium is an *essential* mineral involved in the metabolism of glucose and is needed for energy. It is the primary mineral in insulin production and is a key component of GTF (glucose tolerance factor), a substance which enables cells to absorb blood sugar to burn for energy. Chromium improves the effectiveness of insulin and its ability to monitor glucose, preventing both diabetes and hypoglycemia.

Chromium is also required for carbohydrate metabolism, especially sugars and for protein synthesis. Many clinical studies have shown that chromium lowers fasting blood sugar levels, improving glucose tolerance and reducing the need for insulin. At the same time, hypoglycemic patients have been able to increase their blood sugar levels with chromium because it improves the ability of the body to monitor glucose levels.

It increases HDL cholesterol, while reducing overall cholesterol. Reduced chromium levels have been shown to contribute to high blood cholesterol. Since glucose is the body's main source of energy, inefficient glucose metabolism resulting from chromium depletion causes the body to depend upon lipid (fat) metabolism for energy. This type of impaired energy exchange can cause the development of lipid metabolism by-products, which form cholesterol. Furthermore, studies show chromium deficiency may reduce the liver's ability to absorb cholesterol and fatty acids, which in turn may promote lipid accumulation in the arteries.

Aging, eating refined foods, pregnancy and athletic activities increase the need for chromium supplementation while refined white sugar burns up chromium. More about trace minerals next time...

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

COOL FLASHES

Stops hot flashes – cold.

4 oz distilled water (put in bottle first)

4 drops Clare Sage

3 drops Roman Chamomile

3 drops Geranium

1 drop Pine

2 drops Peppermint

Blend together well and spritz into the air or on the body

Several times daily or when a hot flash comes.

Keep refrigerated for best effect.



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Now is a Great Time for some Internal 'spring' Cleaning...

Many of us are motivated to do some deep spring housecleaning at this time of the year – when new life is evident outside and new vegetation growth occurs. This is a great time to do some deep spring cleaning in our bodies too – and just like proper maintenance helps our property to maintain its value, internal cleansing helps our bodies to function better. Many experts realize that the bowel is the hub of the human body – claiming that toxic build-up in the bowel is a precursor to various types of health issues like heart disease, diabetes and cancer.

Some components of a successful cleaning include water, soap, a scrub brush and broom, some disinfectant and of course, we need *energy* to accomplish the task. Sometimes repair needs to be done. Same thing applies to body cleansing – we need tools to help get the job done right. Let's learn what it takes to have a successful cleansing experience.

Water. This is one of the most vital parts to cleansing. Water is a solvent, carrying invisible ingredients like minerals, and nutrients throughout the body and waste products out of the body. Water makes up 65 to 75% of the human body. It is second only to oxygen in order of importance to sustain life; it is instrumental in flushing out wastes and toxins. When the body is dehydrated, toxins tend to stagnate, hindering all digestive and eliminative processes. Drinking ½ oz of water per pound of body weight (excluding other liquids like coffee, tea, juices and soda) is necessary to facilitate cleansing – and thus health.

Soap is another necessary element to cleansing. Soap helps the water break down the dirt for removal. Poorly digested foods inhibit the eliminative processes and create an allergic-type response in the body. Enzymes act to break down nutrients and toxins in the body thus assisting in the cleansing process. A full spectrum food enzyme product will help breakdown undigested food and waste to help clean up the body.

A **broom** is a vital part of cleaning. Psyllium hulls provide a rich source of fiber for the colon and is fondly known as the "colon broom". Its action is to absorb toxins in the digestive tract and provide bulk to aid in the 'sweeping out' of the waste. For those that need a gentler 'brush' – we recommend fresh ground flaxseeds.

Continued next page.



Spring Cleaning continued from page 2

No cleaning person should be without a **scrub brush**.

Marshmallow and Pepsin (renamed Small Intestinal Detox) is a special combination that works on digesting the mucous coating the small intestines. This is necessary because mucous produced by certain foods (such as milk, cooked foods, white flour, breads etc) can build up and coat the tiny villi that line the small intestine. The villi's job is to absorb nutrients from the digested food and supplements - and when the mucous on the villi get so thick and tough, it blocks the absorption of nutrients. The combination of Marshmallow and Pepsin helps scrub off the mucous coating, digest and eliminate it. Bentonite also acts like a scrub brush in the colon cleansing - having a "adsorbent" quality, which means its electrical charge attracts toxins and poisons and neutralizes them for safe and effective removal from the body.

For really toxic environments, we must add a **disinfectant**. Chlorophyll is an old favorite because it has a mild antibiotic action, which destroys bacterial growth and anaerobic fungi and yeast. It helps to remove drug deposits (even from prescription medicines) from the body and negates the harmful effects of radiation, toxins and many carcinogens. Chlorophyll acts as a natural deodorant, eliminating both body odor and halitosis. It promotes the growth of health intestinal flora, is often used for anemia and encourages tissue repair.

A colon filled with uneliminated, old hardened fecal matter is a perfect breeding ground for parasites and worms. 'Disinfecting' the colon with Chinese Para Cleanse will help rid the body of these unwelcome visitors that can create a myriad of symptoms ranging from rectal itching, black circles under the eyes, swollen abdomen to diarrhea. Cleansing with Black Walnut, Herbal Pumpkin, Elecampane, Caprylic Acid helps destroy and expel parasites and worms, Candida and other fungi.

Whew! Cleansing is hard work. You need some **energy** to get that junk moved out. After years of being a 'slouch potato', the muscles of the colon get lazy and need a little help to get moving. That's where Cascara Sagrada, found in LBS II, comes to the rescue! LBS II is an intestinal stimulant, containing a special blend of herbs which stimulate the production of digestive fluids and bile to promote peristaltic action in the colon. Aloe Vera is also part of a good cleanse because it helps provide the **energy** needed to absorb toxins and stimulate bowel movements. Aloe supplies many nutrients needed during a cleanse (especially certain minerals), but it also is strongly laxative in nature.

When we clean up, we also realize that we need to do some **repair** work. While uncomfortable to talk about and to live with, hemorrhoids are really not very uncommon. They are enlarged and swollen blood vessels in the lower bowel causing pain, itching and sometimes bleeding. Vari-Gone, (contains Horse chestnut seed), White Oak Bark & Goldenseal are excellent to strengthen & tone vein walls helping repair the 'varicosed' veins.

As we cleanse the colon, we also cleanse the liver. This helps to

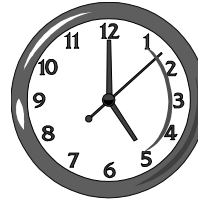
repair and rejuvenate this very hard-working, often toxic but vital organ. Milk Thistle is an excellent herb to support and repair good liver function.

The rewards of giving your body a good spring scrubbing can be seen & felt for years to come. Of course, just like you maintain your property regularly, good bowel health



is a result of continual maintenance & proper diet. We invite you to try it - you'll be glad you did!

Mustard Seed Herbarry 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

HERBAL TIDBITS

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



Larry had a '**URINARY PROBLEM**' that his doctors couldn't help him with and when he came into the store looking for a popular men's blend of Chinese herbs, he chose **MEN'S FORMULA** instead. In 16 days he literally skipped in and reported that he was now sleeping a full six hours and his 'urinary problem' was gone!

Jane reported a 4% increase in **BONE DENSITY** after taking **SKELETAL STRENGTH** at 4 daily for one year.

TRIGGER IMMUNE has made a big difference for Tony and his **CHRONIC FATIGUE**. He has more energy and doesn't catch every cold and flu bug like he used to.

Ground **FLAXSEEDS** have calmed down Dawna's **SPASTIC COLON**. Susan adds it to her favorite hot whole grain cereal for a tasty and nutritious breakfast. Flaxseed oil mixed with butter makes 'better butter' which is soft - even in the fridge.

Megan has lost 28 pounds alternating **METABOSTART** and **SYNERSLIM**. It gives her more energy to exercise, helps suppress the appetite and tones the body. Kris is down 4 sizes just by taking **FAT GRABBERS** before each meal.

Laurie stopped all **CAFFEINE** use (no more coffee, tea and chocolate) and her **MUSCLE ACHES** are 80% better she says! Plus her **HEART ARRHYTHMIAS** are gone and she **FEELS** better.

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Time Sensitive Material – Please Deliver Promptly

Attention:

Ask about our member's wholesale
buying plan & save 25% to 40%
EVERY DAY on the entire
line of top quality Nature's
Sunshine Products.

Membership is free with
a qualifying one-time purchase.

Happy Easter!

Would you like to be on our mailing list? Call
and give us your name and address and
you, too, can receive this newsletter every month.

Ask the Herb Specialist

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Question: Oh no! My colloidal minerals list aluminum as one of the minerals in it. Is it safe to use?

Answer: Our human bodies are made up of the "dust of the earth" which means we are mineral based organisms. Like all minerals, aluminum is an integral part of good health. You might be surprised to learn it is found naturally in a large variety of herbs and vegetables; however a distinction must be made between the biochemical (organic) and the chemical (inorganic) forms. Inorganic aluminum forms residues in the body especially in the arteries which has a weakening effect on the body; aluminum poisoning has been one of the suspected causes of Alzheimer's disease and senile dementia. Chief sources of chemical aluminum are cooking utensils, baking powder, children's aspirin, anti-acids, underarm antiperspirants and some bleached flours. Organic aluminum, on the other hand, exists in a natural state that is non-toxic and beneficial to our bodies, organically bound to an electrical energy field allowing it to be safely utilized and carried through the blood without falling out of solution. Rich organic sources of minerals are often used holistically to detoxify the body of inorganic sources of the same mineral. For example, Gotu Kola is very high in organic aluminum and is often used therapeutically to remove toxic levels of aluminum out of the body. To check on the safety of your colloidal minerals, I would recommend that you contact the manufacturer and ask for proof of quality assurance testing for the product.

Question: Diabetes seems to be on the rise. Why is this?

Answer: It is as simple as our eating and exercise habits. According to the Center for Disease Control, diabetes is up a startling 33% nationally in the last 8 years, while the most drastic jump was among people ages 30 to 39 – *up a whopping 70%*. It was the 7th leading cause of death in Arizona in 1999, which is similar to the national mortality rate, but diabetes strikes the minority populations particularly heavily. Obesity was also up 57% in 8 years. The declining health of the American people is truly becoming a problem of epidemic proportions and the answer is much more complicated than the American population wants to believe. Increase your intake of fresh vegetables and fruits and cut out the processed foods, sugar, caffeine and bad (rancid and Trans) fats.

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.



Many of you have come to know and appreciate Rhonda Koehn, who has worked with me in the store since August 1997.

Rhonda and her family are moving this month to Tennessee where they will take advantage of new career opportunities! We wish Rhonda, Delton & Adrian well - we'll miss them!

Index of Services

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

Ear Coning \$30 plus ear cones

Myomassology & Other Integrated Bodywork
\$50 (1 hour)

Muscle Testing & Nutritional Counseling
call for pricing

Coming Soon!

Osteopath and Manipulation Services



Zap 'em...

As described in Dr. Hulda Clark's popular books (Cure for All Diseases and Cure for Cancer, etc) we now have "ZAPPERS" to help rid the body of parasites. This is an effective tool to use in conjunction with an appropriate herbal program like the Chinese Para Cleanse.

WILL YOU BE LEAVING US SOON?

⊗ We're sorry to see our friends leaving us already, but don't worry about getting the products you need while you're gone. At the Mustard Seed Herbarry, we regularly ship products to customers all over the United States. Let us know what you need and you can still enjoy the benefits of personal service and top-quality products while you are away. **Ask about our auto-ship program.** We hope that you have a good summer and we'll see you upon your return!

We'd still like to keep you informed.....

however, the U.S. Postal System does not forward this newsletter to your summer address. If you would like to continue to receive this mailing, please give us your new address before you leave the area.



Dates To Remember:

K Wednesday, March 7th - 7 PM

Dealing with Burnout Syndrome

Just can't cope anymore? Learn how to deal with burnout at this workshop given by Dr. Greg McWhorter. Please notice the location has changed to *Unity Church at 10101 W. Coggins in Sun City.*

K Monday, April 2nd - 7 PM

Candida - the Fungus Among Us

Candidiasis is a problem not limited to women, but has become a common "20th Century Disease" because of the tremendous increase in the use of sulfa drugs, antibiotics, sugar and caffeine. Learn how to identify this problem and remedy it naturally. This is a popular *free* class, so please call 623-583-2286 for reservations.

K Tuesday, April 3rd - 7 PM

Preventing Macular Degeneration

Our vision is too precious to lose. Learn what you can do naturally to protect it at this lecture given by Dr. Frank Hatch at the Sun City West Foundation at 14465 RH Johnson Blvd.

K Monday, April 9th - 7 PM

The Scents of Health -

Aromatherapy Blends and Remedies

Essential oils are the subtle volatile liquids that are distilled from herbs, shrubs, trees, flowers and roots of plants and have been used for thousands of years for cleaning and healing. At this fun class, we'll learn the benefits of many popular oils and learn how to apply them to our daily lives. Cost is \$12 and will include a bottle of lavender oil plus your own personal blend. Reservations are required so call (623) 583-2286 before April 6th.

K Tuesday, April 17th - 7 PM

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

Has tax time got you feeling the need to earn some extra income or to change your career? Would you like to learn how you can share your knowledge and interest in natural health with people and do just that? We'll teach you how at this free class, so please call today to register. (623) 583-2286

K Thursday, April 26th through Saturday, April 28th

~ Store Closed ~

We have some valuable annual training scheduled out of town during this time and the store will be closed during these days. We apologize for any inconvenience.

K March 5th, March 19th, April 2nd, April 16th

The 4 Pillars of Successful Weight Management

We're getting ready for summer at these ongoing 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!

If you do not take the time to be well, you WILL take the time to be sick.