



Your Health Matters

Mustard Seed Herbarry
Phone: (623) 583-2286

12213 W. Bell Road, #116
Toll Free: 1 (866) 267-5296

Surprise, AZ 85374
Fax: (623) 583-0248

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ellen@mustardseedherbarry.com

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Visit our new website: www.mustardseedherbarry.com

Why should you use Nature's Sunshine Products?



- Our nation's soil was virgin –which it is not!
- Our ancestors had been perfect—they were not!
- You could teach people to eat to satisfy the body's needs and not their appetites—which you cannot!
- We could all have our cow or goat, raise our own meat and poultry—which we cannot!
- Foods were not harvested green and immature—but they are!
- Storage did not produce vitamin deficiencies—but it does!
- We lived in a stress-free world—but we do not!
- Chemical fertilizers were not used in our soil—but they are!
- The animals were not force-fed hormones and antibiotics to increase their weight for an earlier market day—which they are!
- Today's conventional farmers put nutrients back in to the soil—which they do not!
- The animals we eat were fed a perfect diet—which they are not!
- Insecticides did not penetrate every cell of our food—but they do!
- Most of our grains were eaten whole and not refined into dried cereals—which they are!
- Our white sugar possessed anything more nutritive than sand—which it does not!
- Our modern white flour was all used for wallpaper paste instead of bakery goods—which it is not!
- Our foods were not overcooked—but they are!
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CholesterReg II

Don't put up with the terrible side effects of the cholesterol-lowering drugs

Although, it isn't exacty a four-letter word, cholesterol has become a heart stopper. At the mere mentioning of the word, you can almost feel the arteries clogging. But cholesterol isn't a really bad thing. In fact, it is actually a necessity of life. Found dancing with the lipids in the bloodstream, this soft, waxy matter is an element essential to forming cell membranes, bile salts, hormones and some tissues. There are numerous other factors that enter into the picture that turn cholesterol from being a useful nutrient into an artery plugger – like chlorinated water, lack of exercise, too much hydrogenated oils and a high carbohydrate diet. Because all these other factors are so prevalent in our American lifestyle, many Americans are being encouraged to reduce their cholesterol and LDL levels, while increasing HDL, with the intention of preventing heart attacks and strokes.

Many cholesterol-lowering drugs are available today that are quite effective at lowering cholesterol; however many people are finding that they come at a great cost to their health. If you become familiar with the side effects associated with most cholesterol-lowering drugs, you can understand why Baycol was recently taken off the market due to 31 deaths that were linked to the not-so-unusual side effect of breakdown of muscles. Other cholesterol-lowering drugs have similar dangerous side effects and as Dr. Mathias Rath says – the "Baycol withdrawal is only the tip of the iceberg."

Fortunately, there are some natural products that have wonderful potential for those concerned with promoting heart health and maintaining normal cholesterol levels. NSP has introduced an amazing formula that has proven to be beneficial for healthy cholesterol levels. This CholesterReg II contains policosanol, phytosterol, inositol nicotinate, resveratrol and artichoke powder. Policosanol appears to perform a similar action in the body as red rice extract and studies show than 20 mg is as effective as 100 mg of aspirin in maintaining already-normal platelet aggregation. Plant sterols compete with the absorption of cholesterol in the body. Niacin helps relax smooth muscles and improves microcirculation and is helpful for managing triglyceride levels. Resveratrol is noted for its antioxidant abilities and artichoke powder benefits the liver and digestion. Recommended dose is 1 capsule 3 times daily.



Friday, March 7 – 9 AM to 6 PM
Anniversary Sale

Thank you for *six* great years of business!
On March 7th, everything in the store will be 10% off.
This is not an advertised sale and is available
for our readers only!

**Dangerous
drugs kill!
Use herbs instead.**

More New Products are Springing Up!

pH GreenZone has the same healthful blend of ingredients as the original GreenZone formula minus the wheat grass powder, shiitake mushrooms, rosemary and papaya fruit – but with more potent greens! New greens include asparagus, broccoli and kale powder and sprouted Kamut, an ancient, non-hybrid wheat that nearly gluten and allergen-free. If you eat a diet consisting mostly of acid-forming foods (meat, dairy, sugars and processed foods) – you are likely too acidic and would benefit from this high-alkaline, low carb, high-energy drink. The high fiber content and rhodenol root in this product promotes colon health as well.

L. Reuteri, Chewable is naturally found in the intestinal flora of humans and other animals and is the most well-documented and clinically studied probiotic available. L. Reuteri strengthens the body's natural defenses against invaders and helps to maintain equilibrium in the gastrointestinal tract while helping other friendly strains repopulate the gut while suppressing the growth of unfriendly microorganisms like bacteria, fungi and yeast. It is available as a chewable tablet and does not require refrigeration. Due to the prolific nature of this strain and its ability to remain intact through stomach acid, only 100 million organisms per day are needed for maximum benefit.

Probiotic Eleven is a blend of 11 species of live microorganisms that exert many beneficial health effects. These microbes help regulate intestinal functions and greatly support colon health. Probiotics are “friendly” microorganisms, which naturally inhabit the intestinal tract, aiding digestion and absorption of nutrients as well as enhancing immune function. Probiotic Eleven contains a total of 6 billion friendly bacteria in each enteric-coated capsule (to ensure its sustained release into the intestine) along with a prebiotic blend of short- and long-chain FOS. FOS is necessary to improve the growth of friendly bacteria, enhance mineral absorption, soothe the bowel and increase resistance to foreign invaders.

Proactyzme Plus is a unique, general-purpose enzyme supplement to assist in the digestion of most food types. It contains plant-sourced enzymes in a digestion-enhancing herbal base of caraway, dandelion, fennel, gentian and ginger. This formula contains enzymes to help digest fats, proteins, starches, carbohydrates & sugar. This formula is enhanced with additional enzymes to digest sugars and starches plus a blend of protease enzymes formulated to digest proteins at various pH levels.

Lymphatic Drainage is a special blend of herbs and nutrients that works to maintain optimal lymphatic function and flow by stimulating movement through the lymph nodes and vessels. The specially formulated blend of herbs help the lymph system pump toxins out of the body. This liquid product should be used during periods of physical stress or lowered immunity, during times of fatigue or following any type of physical trauma or overstraining with exercise. This is important because the lymph system—which plays a key role in bringing nutrients in and waste out—has no “pump” leaving it vulnerable to stagnation. A properly functioning lymph system is crucial to a healthy immune system.

Kidney Drainage is another potent detoxification support product designed to bind with and remove heavy metals from the body. It also supports the liver in its efforts to cleanse, detoxify and

replenish the body with essential minerals. It is estimated that over 50% of Americans have too much heavy metal in their bodies. These metals, which include lead, mercury, aluminum, cadmium and arsenic, are found in industrial byproducts as well as tainted drinking water, pesticides and even things as common as dental fillings and cooking utensils. Heavy metal toxicity has been found to be the culprit in a variety of maladies, including immune, mental and nervous disorders and liver and bowel stress.

Thyroid Support is a blend of nutrients that augments essential nutrient reserves and support cellular energy production. People who experience fatigue, reduced stamina, feelings of weakness or who need an energy boost for prolonged physical activity could benefit from this unique blend. This is important because nutrients from foods are digested and subsequently used for cellular energy production in order to sustain metabolic processes and physical activities. Cellular energy is essential to promote energy, improve motor performance of skeletal, cardiac and smooth muscle as well as provide some antioxidant effects.

Irritable Bowel Fiber was formulated to provide essential nutritional support to the bowel, particularly for those suffering from an inflamed, irritated or spastic gastrointestinal system. It contains slippery elm, FOS, flax meal, marshmallow, apple pectin, peppermint leaf, fennel, chamomile, una de gato and asparagus. These ingredients are high in mucilage, which offers soothing and softening effects on the intestinal system. It contains soluble, viscous, fermentable fiber, and insoluble, non-viscous, slowly fermentable fiber which helps to alleviate diarrhea, constipation, IBS, colitis, Crohn's, diverticulitis, ulcers and other inflammatory or spastic conditions in the bowel.

Improved!

Bifidophilus Flora Force provides billions of beneficial intestinal microorganisms which naturally inhabit the intestinal tract, aiding digestion and absorption of nutrients, as well as enhancing immune function. Now, it is even more potent and complete with the addition of 2 additional strains of probiotics. These 2 strains, Lactobacillus casei and Lactobacillus rhamnosus add more protection against unwanted invaders and enhances the production of vitamins.

Carob Tofu Moo is a special blend of herbs and nutrients that will modulate the growth of unfriendly organisms while building your body's

Urinary Maintenance

Lymphomax

Milk Thistle Combinations

Get serious about your body's
health...it is the only body you
will ever have.

✓ 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.

e/ Thurs. March 6th and Wed. March 12th

Topic:

/ Thurs. March 20th and Wed. March 26th

Topic:

e/ Thurs. April 3^d and Wed. April 9th

Topic:

/ Thurs. April 17th and Wed. April 23^d

Topic:

e/ Thurs. May 1st and Wed. May 7th

Topic:

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

Weight management is a very personal issue and so is your metabolism, or the rate which you burn calories. With this unique program, you can learn your individual resting metabolic rate (RMR) and take the guesswork out of weight loss. This group meets weekly on alternating Wednesday mornings and Thursday evenings to offer the friendly support necessary while making healthy lifestyle changes. Note the different topics and dates above. Call for more information or for your personal orientation.

"Intro to Herbs"

/ Friday, March 14th and April 11th – 10:30 AM

/ Tuesday, March 25th and April 29th – 6 PM

These classes are designed for the beginner in herbs and natural healing. 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 these free classes and receive valuable information and gifts, and be eligible for our door prize drawing.

Biological Terrain Assessment™ (BTA) Testing

/ Friday, March 28th – 8 to 10 AM

Appointments are required for the test. Ask for details.

/ Saturday, March 22nd 7 PM

"Natural Defense for Cellular Abnormalities"

Learn how to receive \$100 in FREE product and learn about this topic that affects everyone. No registration is necessary for this FREE educational meeting. Call for exact downtown location.

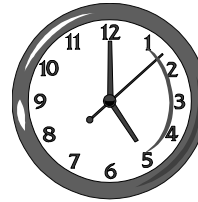
/ Saturday, March 22nd – 1 PM to 3 PM

/ Saturday, March 22nd – 1 PM to 3 PM

HomeSpa Aromatherapy Workshop

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 "scentsational" workshop you'll learn how to make your own personal and home care products using pure and natural essential oils. The \$12 registration fee includes supplies for making your own product to take home.

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.



Jim was able to get off his medicine for DEPRESSION since taking B-COMPLEX VITAMINS and the OMEGA-3 FISH OILS.

No more SINUS HEADACHES for Pam since taking ALJ and HISTABLOCK. Joe gets good results with ALJ and FENUGREEK & THYME. SINUS SUPPORT has eliminated CHRONIC SINUS INFECTIONS for Geana.

Kim had BLACK MOLD in her shower so she mixed up a blend of 8 oz. of NATURES FRESH, 8 oz of vinegar and 6 drops each of the GUARDIAN, LEMON, TEA TREE, OREGANO AND THYME essential oils. She sprayed it on the affected areas and by morning, it was gone – even without scrubbing it!

Ann had a HERNIATED DISK from a car accident. She took 5 PLS II five times the first day and the pain was gone. She continued to take 9 a day for 1 week and she has not had any problem since. PLS II has helped Denise's SHOULDER PAIN especially when used with NATURES FRESH.

For his DIABETES, George takes FOOD ENZYMES each meal & PROACTYZME in between meals. To support the pancreas, he takes TARGET P-14, CHROMIUM and NOPAL. He no longer needs insulin. Irene controls her HIGH BLOOD SUGAR with NOPAL and BILBERRY. Her doctor says "keep taking it because your sugar levels are perfect!"

Heidi suffers from SEASONAL AFFECTIVE DISORDER. She has gotten lots of help from taking 6 YELLOWDOCK daily, which feeds the Pineal gland.

Elouise had a BLADDER INFECTION, so instead of getting an antibiotic, she started taking JP-X, UVA URSI and BIFIDOPHILUS and within one day the pain and other symptoms were gone. She continued taking them for 7 days to avoid a recurrence.

Esther had early morning NAUSEA of unknown origin. A few capsules of GINGER and it's gone!

The CLEANSTART cleansing program has restored Alice's ENERGY to a level she hasn't enjoyed for at least 10 years, she says!

Mustard Seed Herbarry
12213 W. Bell Road #116

Surprise, AZ 85374

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Time Sensitive Material – Please Deliver Promptly



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Ask the Herb Specialist

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Question: What is MSG and why is it so bad for our health?

Answer: MSG is Monosodium Glutamate – which plain and simple, is a drug added to our foods to enhance the flavor of our processed foods. Originally it was isolated from seaweed called Kombu, but today it is produced from a variety of sources—usually through extensive chemical processing of a protein. MSG is found in most of the food prepared by the major fast food chains as well as in our ‘better’ restaurants. It is *not* exclusive to Chinese food. It has also found a regular place in the pantries of our modern kitchens. Because of the known reactions to MSG and the public’s discovery that MSG is not very consumer health-friendly, it is now being hidden in our foods under unsuspecting names such as hydrolyzed protein, autolyzed yeast, yeast extract, caseinate or ‘natural flavorings’. There are also MSG enhancers used – monosodium inosinate or disodium guanylate or other compounds referred to as 5’-nucleotides. Occasionally a food product or restaurant will advertise “No MSG Added” on its package or written on the menu. This only means that monosodium glutamate in its purest form has not been added to the food product—but not that MSG-containing substances such as hydrolyzed protein aren’t used. This is misleading people to believe that they aren’t consuming much MSG. What is bad about MSG? Headaches, including migraines are a common symptom of MSG sensitivity. So is PMS symptoms, prostate and urinary problems, Schizophrenia, obesity, heart palpitations, skin rashes, asthma, cramps, diarrhea, dizziness, blurry vision, depression, paranoia, rage reactions, panic attacks, muscle aches, back pain, arthritis, facial numbness, slurred speech, thirst, behavioral problems and ADD – to name a few. MSG is added to foods because of its neuroexcitatory effects on our taste buds and a spreading excitation throughout the brain. The industry calls this the “flavor burst”. Unfortunately, the thousands of reported adverse reactions to MSG have virtually gone unnoticed by the government agency assigned “to protect the public.” You would do well to minimize consumption of this drug. Read *In Bad Taste* by George R. Schwartz, M.D. for more complete information.

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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.

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.

Your Health Matters is a newsletter produced by the Mustard Seed Herbarry bi-monthly to provide you

Our Services

Ear Coning \$30 plus ear cones

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

Myomassology, Lymphatic Drainage Therapy and other Corrective Integrated Bodywork
\$50/ hour by Diane Pierson, NCTMB, CLMT

Nutritional Health Assessment & Consultation
\$75 – includes, iris, tongue & pulse analysis, health history, muscle testing.

Osteopathic & Manipulation Services
by Dr. Earl Kimbell III, D.O.
Call 623-363-9436 to schedule an appointment.

Gift Certificates Available

Less taxing!

We'll pay the sales tax on
all in-store purchases
made on April 15, 2002

Mention this ad to receive your discount.



Dates To Remember:

/ Thursday, March 7th - 6:30 PM

Enter the Amazing World of
Biological Terrain Assessment™

Your biological terrain is the interstitial fluid that nourishes the 100 trillion cells in your body. In addition to delivering electrolytes, minerals, enzymes, vitamins, hormones and water to the cells, this extracellular fluid also transports the waste products that the cells release. This class will help you to understand the biological terrain and how it can identify underlying factors or stresses that may be contributing to low energy and lack of vitality and well being. Reservations are suggested for this free class, so please call (623) 583-2286 today, as space is limited.

/ Friday, March 8th and April 5th – 10:30 AM

/ Tuesday, March 19th and April 23rd – 6 PM

"Intro to Herbs"

These classes are designed for the beginner in herbs and natural healing. 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 these free classes and receive valuable information and gifts, and be eligible for our door prize drawing. Reservations are requested; so call (623) 583-2286 to register.

/ Monday, March 11th – 8 to 10 AM

Biological Terrain Assessment™
(BTA) Testing

Appointments are required for the test.
See reverse side for more details.

/ Friday and Saturday, March 15 & 16

Open House and Anniversary Sale

Help us celebrate *five* years of business during these two days! We'll have healthy refreshments and healthy discounts on all the products in the store. See enclosed flier for more details.



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.

Have you tried these brand-new products ?

Triple Relief is a real knock out. This revolutionary product is a blend of herbs that have been used traditionally to soothe general discomfort, PMS, backache, dental pain, gum inflammation, post-surgical pain, endometriosis, sinus and tension headaches and muscle pain. It contains willow bark, Boswellia and Nexrutine (plant extract from Phellodendron). These 3 standardized products have natural pain relieving and anti-inflammatory properties and are found to possess natural Cox-2 inhibitors. This product does not cause the significant side effects like the potent Cox-2 inhibiting drugs do, such as gastrointestinal ulcers and bleeding.

EverFlex blends the popular glucosamine, chondroitin, MSM and devil's claw. This formula is found to protect connective tissue and help maintain the integrity and mobility of joints. This combination cost you 30% less than purchasing the products individually, plus you get the added benefit of revered devil's claw for free!

Breast Assured supports breast health for women. Since breast cancer is a leading cause of death in women, this formula can help and support reproductive health, especially the breasts, balancing female hormones and promoting overall health. The active compounds and metabolites that compose Breast Assured act as antioxidants, block estrogen receptors and boost immune stimulation. With its balanced hormone profile, it can also provide nutritional support for menopausal women.

Maca Extract is well known in South American countries as a natural means for improving sexual desire and performance. It may also support physical and mental strength in men and women and as an adaptogen, it helps restore stamina and buffer the effects of stress. It is also known to support the adrenal glands and promote mental clarity.

Make April 15th



