

Your Health Matters

Mustard Seed Herbarry

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News from the Crew

It's hard for me to settle down and write this little note because I hardly know where to begin!! These last few months have been very busy and also very exciting! We've got some great classes on the Tuesday evening Healthy Choices class schedule and we're committed to some "learning" too! We're all scheduled to attend the Untold Truth seminar in Tempe on March 11th. (It's not too late for you to register either...) We're also introducing a technology that we think will make a big impact on our ability to help you make good choices for your health! The VoiceBio technology (see last page) is a unique method of allowing your tone of voice to tell us what needs to be balanced. This will be included in our wellness consultations as soon as we receive certification. We will be "testing" it on some real live clients, so if you have interest in participating, let us know! We're really excited about this technology and what it can mean for all of us.

Perhaps you've had an opportunity to meet Ricki – the newest addition to our staff. Ricki comes to us with a great enthusiasm for natural health and has a background as an assistant to a Scottsdale Naturopathic physician. She and Nance' will both be trained as Wellness Consultants by the end of March. We're delighted to have Ricki's knowledge and caring manner as part of our staff. We invite you to stop by and get acquainted!

We would like to hear from you if you wish to remain on our mailing list. It is very important that we hear from you to let us know you want to continue receiving the newsletter. Please send the enclosed post card back to us or feel free to call or email us.

We hope that you are as committed as we are to natural health and alternatives to drugs and surgery. We strongly believe that we are our own best doctor and we value your confidence in allowing us to be your partner and Alternative Advisor for your most precious asset – your health.

Until next time,

Ellen and Staff

Health isn't everything,
but without health,
everything is nothing.

Inflammation Fighters

A Natural Way to Battle a Serious Killer

Inflammation is now the buzzword in medicine—making headlines in major magazines and newspapers while herbalists and natural healers have known for years that this condition leads to illness and disease. In fact, today's medical researchers are connecting inflammation to nearly every health malady, including heart disease, cancer and diabetes—a real medical breakthrough!!

Inflammation is not all bad. Inflammation is necessary as the body's first line of defense against infections and injury. Inflammation is nature's way to heal and rebuild tissue. Signs of inflammation include redness, swelling, heat and pain. In the world of medicine, inflammation is identified by adding "itis" to the organ or body system that is injured. For example, tonsillitis is inflammation of the tonsils, appendicitis is inflammation of the appendix, etc. Physicians are usually able to identify inflammation by touch, as acute inflammation is pain that worsens when touched.

While acute inflammation is necessary in the healing process, chronic inflammation is not a good thing. Chronic inflammation is constant irritation and swelling that has degenerative effects in the body. It damages the cell membranes making them stiff and less receptive to insulin and other nutrients and less able to remove toxic waste. Chronic inflammation leads to tissue break-down that leads to disease and eventually death. That is why inflammation must be controlled, or better yet—eliminated.

The 3 main causes of inflammation are injury, toxicity and nutritional deficiency. Aside from injury, inflammation is primarily due to our lifestyle and therefore can be controlled by lifestyle. Toxicity that affects our health comes in many ways—through our diet, the air we breathe, the water we drink and the stress we endure. Reducing the toxic load can have huge rewards in reducing inflammation, but perhaps the most important way to control inflammation is by what we put into our mouth. Sugar, salt, wheat, dairy and chemically altered foods are all inflammatory, as are synthetic chemicals, pesticides, artificial ingredients and stress. These things are found in abundance in our traditional diets and are contributing to chronic inflammation. In order to improve our health and avoid disease, it is imperative that we get a grip on the amount of inflammatory chemicals we put into our bodies.

The other key factor in inflammation is the lack of nutrition that we are receiving through our traditional diets. Even "healthy" foods are usually of poor quality and lacking in nutritional value. Food is grown today in very chemical-laden and nutrient-deficient soil; thus it cannot offer the nutritional support needed for healthy bodies. Improving the quality of our diets and reducing toxicity is paramount to reducing inflammation. Without proper nutrition, our body's ability to reduce inflammation is greatly diminished as it doesn't have the strength to heal itself. For more inflammation support see page 2.

Inflammation Killers!



Dates To Remember:

Call (623) 583-2286 to pre-register
Please note that some classes may
cancel if there is not sufficient advance registration.

~ The Ideal Spine ~

/ [Tuesday, March 7 – 7 to 8 pm](#)

What should the spine look like? Learn some at-home exercises to maintain proper spinal curves for optimal structural & back health.

The Untold Truth about Health & Disease

/ [Saturday, March 11 – 9 am to 5 pm](#)

Americans are the most overfed and undernourished people in the world. The untold truth is that proper nutrition will affect every disease or health condition and therefore it is time to get educated and learn the truth about health and disease. Call for more details.

Weight Loss thru Hypnosis

/ [Monday, March 13, 20 & 27 – 6-8 pm](#)

This series of 3 classes for weight management teaches you how to utilize hypnosis as a way to improve self-image & alter your thinking about food and what makes you fat. Affordably priced at only \$180 for 3 classes, this group is limited to only 5 participants, so sign up early and get ready for summertime fun & fashions!

Emotional Freedom Technique for Children

/ [Tuesday, March 14 – 7 to 8 pm](#)

You and your child will learn how to handle fears, anger, frustration and much more! This hands-on class can help your children really see the power they have within to overcome any obstacles.

Aromatherapy 101

/ [Tuesday, March 21 – 7 to 8 pm](#)

Aromatherapy is just more than pretty smells. Get an introduction to this amazing healing modality that can change your physical and emotional health through the use of pure essential oils.



IF Relief

IF Relief is a new product blend with herbal extracts that can help support the body's natural process for muscle pain and inflammation relief. This formula has a very high ORAC value. (this means it is a good antioxidant, which may help to reduce inflammation by neutralizing free radicals.)

This formula contains **Turmeric Root Extract** which is a spice that is used in Indian & Chinese medicine. Curcumin is the active ingredient which is been researched to be a potent antioxidant and anti-inflammatory. **Mangosteen Pericarp Extract** is a powerful antioxidant with high levels of xanthenes which appears to help modulate the production of prostaglandins to influence inflammation. We aren't too familiar with **Andrographis**, but this is no stranger to Indian & Oriental medicine. It is a potent immune stimulator especially helpful for respiratory and other infectious and chronic diseases. **Boswellia** contains boswellic acids, which relieve pain and inflammation and promote healing of blood vessels and tissues damaged by inflammation. **White willow bark** contains salicin, a forerunner of aspirin. This has been used for centuries to reduce fevers and inflammation, relieve pain and tighten/ tone body tissues without the side effects of synthetic aspirin.

Holistic Menopause

/ [Tuesday, March 28 – 7 to 8 pm](#)

Menopause is a normal, natural period of change for women and need not be treated like a disease. Learn some helpful lifestyle changes and holistic approaches from an expert author & speaker.



Are you Stressed out?

/ [Tuesday, April 4 – 7 to 8 pm](#)

Do you have a daily de-stressing ritual? Get a reality check on your resistance to stress and learn simple lifestyle tips from the ancient science of Ayurvedic medicine by Dr. Melanie Dias-Zair.

Intro to Dowsing

/ [Tuesday, April 11 – 7 to 8 pm](#)

Come learn this fascinating technique that you can use for so many things—and get some hands-on practice with pendulums!

Educate America!

/ [Wednesday, Apr. 12 – 6:30- 8:30 pm](#)

This program is a grass-roots campaign committed to reversing the trend in America's health by sharing the truth behind our current health crisis and natural solutions that can help to correct it.

Golf—the Mind Game

/ [Tuesday, April 18 – 7 to 8 pm](#)

Enhance your golf game by learning self-hypnosis to use the power of your mind. Hypnosis is an excellent tool for weight loss, stress and to stop smoking too.

Candida Albicans-the Fungus Among Us

/ [Tuesday, April 25 – 7 to 8 pm](#)

This common problem plagues many men, women and children. Learn its symptoms and what you can do to permanently eliminate it. Sign up early, as this class is always very popular!

Nature's Phenyltol w/NEM

This popular pain-relieving formula is back – improved with NEM (Natural Eggshell Membrane). This product contains **D** and **L Phenylalanine**, **White Willow Bark**, **Morinda**, **Wood Betony** and the **Natural Eggshell Membrane**. This NEM is the soft membrane that separates the eggshell from the fluid egg inside the shell. This membrane is rich in glucosamine, chondroitin, hyaluronic acid and collagen. These substances are helpful in rebuilding cartilage, replenishing synovial fluid, and supporting the connective tissues of the body, particularly the structural system.

The other ingredients help to modulate the production of prostaglandins, reduce pain, support the nervous system and are important mood enhancers providing the neurotransmitters of norepinephrine, epinephrine and l-dopamine.

These 2 new inflammation fighters are a great addition to IF-C, a Chinese herbal combination to fight inflammation, EverFlex, the popular glucosamine/chondroitin/MSM/Devil's Claw formula, Noni and Thai-go. If you're feeling the heat and pain of inflammation, you might try one or more of these combinations, which along with a healthy diet and regular elimination of toxins can help eliminate this chronic killer.

Last month we attended NSP's Herbal Leader's Conference in Florida with the main topic being Inflammation. Here are a *few* things we learned...



Chronically inflamed tissue leads to cancer.

In double-blind, placebo-controlled studies, Omega-3 essential fatty acids are proven to cut the death rate of heart attacks by one-half.

You don't catch disease – you create it.

Americans are overfed and undernourished.

All chronically ill people are shallow breathers.

Sufferers of asthma and autoimmune conditions are always linked to adrenal weakness.

There is consciousness in every cell of the body—our very thoughts influence how our body works.

Nutrition affects how your genes work and adapt to external stressors. Diet overrides DNA or genetics.

Surveys indicate that only 3% of Americans eat well; making nutritional supplementation critical to good health. Food *is* your best medicine.

Wheat allergies are tied to thyroid dysfunction.

95% of serotonin is found in the gastro-intestinal tract. Refined sugars block serotonin uptake; as do parasites and Candida Albicans. We can't produce serotonin without sufficient levels of Omega-3.

Alter the intestinal flora and you will always have mental problems or brain issues. Probiotics have been useful in the reduction of migraine headaches.



The Benefits of Green Tea

Made from the unfermented leaves of *Camellia sinensis*, green tea has been used to promote good health and prevent disease throughout Asia for centuries. Green tea provides antioxidant, anti-cancer, anti-tumor, antimicrobial properties, as well as immune stimulant, cholesterol lowering properties. It also resists tooth decay.

Green tea contains compounds known as polyphenols that do all these wonderful things. Research shows that these polyphenols—catechins and gallic acid, including EGCG—are powerful antioxidants that directly scavenge free radicals. These EGCG's are antimutagenic and may help protect against tumor development and inhibit the action of potential carcinogens—cancer causing agents.

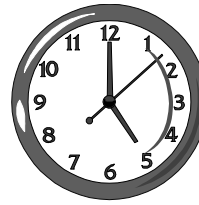
Several studies suggest that green tea drinkers have a lower risk of gastrointestinal cancers, including esophageal and stomach cancers. It shows similar risk reduction effects against the development of other cancers as well.

Green tea also provides antibiotic activity against a wide range of bacteria & virus, including Salmonella, staph, HIV and influenza.

In addition, medical journals report that green tea can prevent the oxidation of LDL cholesterol and abnormal blood clotting, reduce high blood pressure and balance triglyceride levels. It may also protect against liver disorders.

So when you wonder what to do green for St. Patrick's Day – consider Green Tea. It could do a body good for life.

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.



John was diagnosed with COPD (Chronic Obstructive Pulmonary Disease) from years of chemical exposure. He was on oxygen and found it difficult to walk the golf course. After a few days on COQ10-75, CORDYCEPS, MILK THISTLE and NAC and off artificial sweeteners, he no longer needed his oxygen, was feeling more energetic and his cough was gone. He continues to improve with PROACTYZME + and GREEN ZONE.

This year has been especially hard on persons with ALLERGIES or other RESPIRATORY problems. Herbal Combination FOUR and MARSHMALLOW/FENUGREEK has kept Jody out of the doctor's office and breathing just fine! 9-year-old Tasha has had ASTHMA most of her short years and after a little while on NATURE'S THREE fiber blend and PROACTYZME, she is off all her meds!!

David has used many different COLON CLEANSSES, but none work as well as CLEANSTART, he says. "The others just don't do as good of a job." He should know, because his PSORIASIS goes away after a good cleanout by CLEANSTART and some GREENZONE.

Kay had an especially vigorous workout & normally her joints and muscle ache with PAIN. She immediately started on the IF RELIEF & the NATURE'S PHENYLTOL with NEM and she was amazed that she barely hurt. Lucille has endured painful SCIATICA for 3 months with little relief anywhere. One week on IF RELIEF and EVERFLEX and her pain has diminished about 75% she says.

LuAnn had a burning pain in her stomach and thought maybe her ULCER had returned. She began drinking 4 oz of ALOE VERA JUICE and immediately the pain went away. After two bottles, her pain is gone completely.

Terry had a sudden onset of EYE FLOATERS. The doctor told her it was a nuisance she would have to live with. She started taking PERFECT EYES herbal blend with extra LUTEIN and after 2 weeks, she sees only an occasional spot in her vision.

Janie had a terrible SORE THROAT and felt like she was getting a COLD or the FLU. She took lots of herbs: CC-A, GARLIC, SEASONAL DEFENSE and rubbed GUARDIAN on her feet and SWEET THYME on her throat before going to bed. She woke up feeling perfectly fine!!

Tom loves THAI-GO. Increased ENERGY and no PAIN.

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Ignore Your Health and It Will Go Away



All Herbasway Green Tea Products

Get all the benefits of green tea at a much lower cost with the enjoyable, tasty, easy-to-use liquid extract.

15% off

Through April 15, 2006

Would you like to receive our weekly emails to get information about products, specials and upcoming classes? If so, send your e-mail address to staff@mustardseedherbarry.com!

VOICEBIO

Let Your Voice Tell You What Your Body Knows

"Sound" has come of age.

How Does it Work? The sound of the voice represents the composite frequencies of the human body. Each emotion, organ, gland and system of the human body has its own frequency that resonates to particular nutrients, minerals and vibrations required for their function. There are 12 keynote frequencies in the body corresponding to the 12 notes of the chromatic musical scale. As an example, the colon vibrates to the note of B, the liver to the note of G, a co-dependent personality to the note of C, etc.

VoiceBio[™] accurately reveals frequency patterns in the body, showing what tonal frequencies are either heavy (overworked or exhausted) or weak (stagnant or not working). An assessment of the heavy and weak areas of a VIBeprint empowers people to not only understand the root cause of their physical-emotional energetic imbalances, but also the *right* key to take back control of their own energetic health, holistically and expeditiously through appropriate nutrition, herbs, homeopathy, lifestyle changes, therapies of your choice, etc. Everything in the universe functions through sound vibration. Because this technology accurately reveals the frequency patterns of the body, it can be an invaluable and reliable assessment tool to understanding and realizing optimal physical health for most everyone.

Known and respected worldwide as an incredible energetic assessment tool due to its pain-free, non-invasive process, VoiceBio[™] will soon be available at the Mustard Seed Herbarry. Incorporated into our wellness consultations, this will be another tool to help us help you make good choices for your health. Ask us for more information – and register to win one of our *free* VIBeprint consultations!

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

Thank you for reading our
newsletter ~
Your Health Matters.

Please visit our website again!