



Your Health Matters

Mustard Seed Herbarry
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News from the Crew

March marks the 10 year anniversary for the Mustard Seed Herbarry and to celebrate, we're offering a special gift *to you!* Just come into the store during the 10 days from March 5th to March 15th and tell us "Happy 10th Anniversary" and we'll take 10% off your entire purchase! And even better, enter our drawing to win one of 10 gift certificates for \$10 off any purchase made in 2007!

After last months discussion on "hurry disease," I've been trying to pay more attention to our focus and priorities. Education seems to be the focus for the next few months. We're thrilled that Nature's Sunshine is sponsoring a class especially for our Spanish speaking clients on March 17th. And, we're also delighted to be sponsoring a key speaker for Sun Health's Women's Expo at the Wigwam, Clell Fowles. Clell is a speaker, author and manager of Health Sciences at Nature's Sunshine and you'll not want to miss his presentation. He will also present "Growing Up without Drugs" at one of our local schools (check back for location) on Friday evening, April 6th. We are also beginning our next series of Untold Truth classes—at Chez Nous as well as at our Tuesday evening Healthy Choices classes. Please call or check the website for more detailed information about the whole list of classes we have scheduled this spring.

As you continue your journey to better health, we appreciate the opportunity to be of service to you. For the last 10 years we have been striving to bring you the quality products and excellent service that you deserve.

Until next time, keep well!

Ellen and Staff

Looking for a Bilingual Team Leader

to build *own* business helping others with their health. Must be enthusiastic and enjoy working with people. Prior knowledge or experience is not necessary. Work full or part time.

Call us for more information.

Nature's Chi

Vital Energy for Life

Traditional Chinese Medicine (TCM) is based on the theory that all things have an energy field. This energy, which flows in, through, and around our bodies, is called Chi (or Qi). Acupuncture charts show lines of energy flow through the body called meridians—which carry the life energy, or Chi, through the various organs and parts of the body. If the flow of life energy is either excessive or blocked, then that organ through which the Chi flows will become diseased in some way. Thus all illness is a manifestation of imbalanced energy in the body.

Recent discoveries in quantum physics are validating this theory. What the Chinese have called Chi for thousands of years is now recognized by modern-day science as they begin to realize that everything we see, hear and are, is composed of energy.

Not only is the Chi the animating flow of electricity through the body, it is body itself. When this Chi is out of balance, manifestations of imbalance appear as symptoms of disease. Rather than cover up the symptoms, TCM works to balance the energy that is out of balance. Now we have help—with the reformulated blend of herbs called Nature's Chi.

This ephedra-free product is designed to invigorate the body while reducing the desire to eat. It supports metabolism, invigorates blood circulation, supports cellular energy levels and energizes the body during physical activity. Reports are that it helps emotional imbalance as well—in giving an overall general feeling of balance from physical and emotional stress. Users report "they just feel better" with better mental clarity and focus. The blend contains herbs which empowers the immune system, stimulates the body's metabolic functions and boosts blood circulation without nervousness or insomnia. With the natural ability to suppress the appetite, reports of losing weight slowly over time (which is the best way) have appeared as a "side benefit" of feeling better and more balanced taking this product.

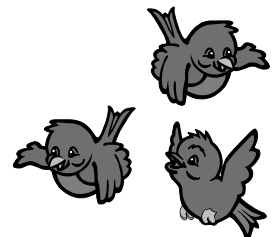
Nature's Chi is a Chinese TCM concentrate blend of these herbs: astragalus root, tang-kuei root, fo-ti root, eleuthero root, cinnamon twig, peony root, forsythia fruit, gardenia fruit, panax ginseng root, hoelen sclerotium, mint leaves, schizonepeta flower, scute root, siler root and licorice root.

Recommended dose is 1 capsule between meals twice daily. For maximum weight and energy balance, it has been suggested to take 2 capsules mid morning for all day support.

Nature's Chi

15% off*

*thru April 2007





Dates To Remember:

For more detailed information about the classes, please visit our website. *Note: Not all classes are held at the Mustard Seed Herbarium.*

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

Note: Classes may cancel if there is not sufficient advance registration.

Tuesday, March 6 - 7 pm

Cholesterol: Friend or Foe?

Wednesday, March 7 - 10:30 am

**The What, Whys & How of Aromatherapy
(Sun Health)**



Tuesday, March 13 - 7 pm

Herbal Jeopardy!

Thursday, March 15 - 7 pm

“Sweeten Your Life” Opportunity Meeting

Saturday, March 17 - 7:30 pm

Un Evento Especial Para Los que hablan Español!

Tuesday, March 20 - 7 pm

Traditional Chinese Medicine & Acupuncture

Tuesday, March 27 - 6:30 pm

**Why Some People Don't Heal:
Intro to Thetahealing™**

Tuesday, April 3 - 7 pm

The Power of Flower Essences & Emotional Health

Friday, April 6 - 7 pm

Growing Up without Drugs

Saturday, April 7 - 9 to 1 pm

Women's Health Expo (Sun Health)

Tuesday, April 10 - 7 pm

Untold Truth #1: Running on Empty

Tuesday, April 17 - 7 pm

**Untold Truth #2: Upgrade to Permanent Weight
Management**

Tuesday, April 19 - 7 pm

The Next Trillion Dollar Business

Tuesday, April 24 - 7 pm

Untold Truth #3: Colon in Crisis

Tuesday, May 1 - 7 pm

Walk Away Your Back Pain

Get Right to the Point...

Spring is a natural time to do some intestinal cleansing. Cleansing can help relieve the body of excessive weight and toxins that have accumulated during our less-active months. It can help fight against allergies, improve skin health and calm the nerves. Have you come clean yet?

Do you have any idea how much low-level radiation you are exposed to daily from electromagnetic fields that surround you? This health hazard comes to us from TV, fluorescent lights, microwave ovens, computers, high power lines, cell phones and electronic equipment in our cars. Diodes are made of natural elements that work to maintain the proper energy level along the meridian lines and hold the body in its correct frequency or hertz while absorbing negative stray electromagnetic fields. It might be your answer to fatigue, stress and chi imbalance.

Are you cooking or baking with Xylitol yet? This has become the family favorite because it is a healthy alternative to sugar and artificial sweeteners. Extracted primarily from corn, Xylitol is naturally occurring in fruits and vegetables and the body makes it too! It is helpful to prevent tooth decay, fights ear infections and suppresses appetite. And it can be used for baking in the same ratio as sugar. Its low glycemic index makes it safe for diabetics and at less than half the calories as regular sugar, it is popular for weight management.

Nature's Sunshine Products Colloidal Silver is the only silver product on the market protected by a patent (all others are pending) and the only silver with an EPA designation as non-toxic. It is safe to use everyday and studies have proven it is effective against Strep, Staph, Candida, E-coli, and Hepatitis.



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.

Green tea is available in capsules (3 capsules equals 10 cups of tea) or in a tasty liquid concentrate (15 drops) in 6 oz of water.

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

What is that "little purple pill" really doing to you?



The *Journal of the American Medical Association* created a stir on 12/27/06 in revealing that regular use of those "little purple pills" caused a 44% increased risk of hip fractures (which has a 20% mortality rate) vs. non users. And, even worse, the longer you use them—the greater the risk.

Oh, this is nothing new to those of us in the "alternative health" arena. We've known for a long time, that proton pump inhibitors—like Nexium, Prevacid and Prilosec—are all counter-productive for the body. They are stopping a process that is critical for life itself, and like all drugs, can cause more problems than it *appears* to resolve. Unfortunately, "little purple pills" are the biggest sellers in the drug world after Lipitor and Plavix—contributing to a major health crisis among our population.

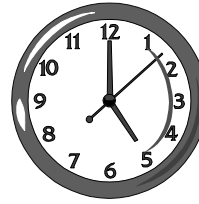
The family of drugs to which "the little purple pill" belongs, works by shutting down the production of hydrochloric acid (HCl) by blocking the enzyme system (proton pump) in the stomach that produces it. This mechanism is the body's first line of defense against stomach ulcers and acid reflux. Stomach acid is also necessary to kill microbes such as bacteria and parasites and minerals require an acidic environment in the stomach to be absorbed. So inhibiting the HCl production causes things like ulcers, acid reflux, food poisoning, diarrhea, constipation, gas, bloating and headaches while blocking mineral absorption such as calcium, iron, zinc and magnesium. This is where the increased risk of hip fractures comes in – poor absorption of minerals as well as creating an acidic pH in the tissues which robs the body of the calcium and magnesium it does get.

So what can you do if you have the all-too-common problem of acid reflux, gas and bloating? First of all, don't stop the body's natural process by taking drugs! Enhance your digestion instead of stopping it! This can easily be done by taking food enzymes with each meal. Taking them in between the meals as well will help to break down anything that wasn't completely digested.

Digestive complaints are the #1 reason people visit the doctor or emergency room, so it is obvious that we Americans suffer from enzyme deficiencies. To counteract enzyme deficiency, you need to eat more natural sources of enzymes like raw vegetables and fruits, raw or cultured dairy and sprouted grains. Consider too, that cooking reduces natural food enzymes in the food and as you age, your body produces less pancreatic enzymes and hydrochloric acid, both essential to digestion. This means as you get older, digesting meals become more difficult, uncomfortable and will deliver fewer nutrients to your body.

There is an entire arsenal of enzymes available that will enhance digestion, reduce acid reflux, gas and bloating and encourage mineral absorption. And even better, they don't increase your risk of hip fracture—but will actually enhance your health and fight against disease and illness. Ask us for more information.

Mustard Seed Herbarary 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.



Jay was an emotional "wreck" after multiple family deaths and crises within a short time. He was given the NATURE'S CHI to take and *immediately* he felt more balanced and emotionally stronger. He faithfully takes 2 every morning and has LOST 10 POUNDS in 5 months.

ENZYMES completely keep Kay's ALLERGY SYMPTOMS controlled. She is careful with her diet as well, but she will notice a flare-up immediately if she misses her PROACTZYME PLUS with each meal.

Julia suffered with INTERSTITIAL CYSTITIS for a long time, but has found wonderful relief by taking SLIPPERY ELM POWDER, PAU D'ARCO and PROBIOTICS. Alice finds that program very helpful as well, but she adds MSM whenever she has extra stress to avoid flare-ups.

ACNE has been a problem for Jessica since her early teen years, but has noticed that DANDELION, PRO-G-YAM cream and ACNE HOMEOPATHIC cleared it up very quickly. She also uses the ACNE soap with Emu oil and she has beautiful skin for the first time in years!

Gilbert says the NATTOZIMES + has an immediate effect on lowering his HIGH BLOOD PRESSURE. It works similar to ACE inhibitors, but it also protects the kidneys. Jill had live blood cell analysis and after one month on NATTOZIMES+, the FIBRIN, which contributes to heart disease and BLOOD CLOTS, had completely broken down!

Todd wanted to avoid taking medications for his HIGH BLOOD PRESSURE which he knew was aggravated by STRESS, so he started taking STRESS PACK, FOOD ENZYMES and HAWTHORN BERRIES. It wasn't long before he realized that he was much less stressed and his blood pressure normalized! Even his doctor is impressed.

We've found that ASTHMA, ALLERGIES and SINUS INFECTION respond very well to the NASAL WASH made with XYLITOL. Other helpful products include ASTHMA HOMEOPATHIC, SINUS SUPPORT, ENZYMES and PROBIOTICS – along with completely eliminating dairy and sugar from the diet.

Richard is very prone to COLD SORES. Taking L-LYSINE, OLIVE LEAF and PROBIOTICS keep them away if he takes them regularly. Bobbie found that taking VS-C for 3 months stopped her breakouts completely.

Spring Special!

Buy 1 foot reflexology session at regular price, Get one Detox Foot Bath at 50% off!

\$20 savings!

*valid thru 4/30/07



Mustard Seed Herbary
13980 W. Bell Road #19
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If you always do what you've always done,
you'll always be where you've always been.

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*

**Acupuncture*

**Reflexology*

**Ear Coning*



This and That from NSP's Leadership Conference

Our diets have the power to alter our genes and our DNA.

Mangosteen has the ability to stop the oxidation of cholesterol.

Food is your best medicine – make sure you digest it well.

Bacteria is probably our best health ally.

If you change the terrain, Candida and other pathogens cannot survive.

Never, never, never use rancid oils.

Enzymes are more effective than Coumadin for blood thinning; also helpful for intermittent claudication.

Respiratory, as well as food allergies, start in the gut and respond well to enzyme therapy.

Protease therapy has been approved by the FDA as an adjunct therapy for Multiple Myeloma

Problems with the colon always start "upstream" – with the stomach, pancreas, liver and small intestine. (digestion)

Traditional diets always included both raw and cooked foods, both plant and animal foods, were not low fat (certain fats were actually sought after) and were always high fiber.

Preservatives contain enzyme inhibitors, which preserves shelf life, but inhibits their digestion.

If "they" know that certain foods and herbs can thin the blood, why don't "they" just use them instead of using rat poison?

Almost all of the warnings on bottles of supplements are theoretical—created by scientists based on *possible or theoretical* issues.

The body creates cancer cells everyday, but a healthy immune system destroys them as they appear.

All autoimmune disorders have severe enzyme deficiencies.

Taking enzymes is critical for colon cleansing.

To neutralize radiation exposure (from X-Rays, radiation treatments, etc), take large amounts of SOD (a particular type of enzyme).

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 Herbary 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.

Thanks for visiting our website.