



Your Health Matters

Mustard Seed Herbarry

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News from the Crew

We're quickly marching into the least-favorite time of year in Arizona, but haven't we enjoyed a beautiful spring! While some of us just "endure" Arizona summers, others are "escaping". We're sorry to see you go and look forward to your return next fall. Please keep us informed of your mailing address, or this newsletter just won't make it to your temporary home.

We've got a hot list of classes on the agenda so far, so mark your calendar and plan to attend! But please 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 to our presenters, please let us know at least 2 days ahead you are coming.

We keep busy with our services, including Asian Body work, Acupuncture, Reflexology, Nutritional Consultations (includes iridology and Voice Bio) and our ENERGY detox foot baths. We're also introducing Cranial Sacral Therapy and Live Blood Cell Analysis (one day only). Many people are discovering the many benefits of natural alternatives and we encourage you to try it for yourself.

We're also pleased to introduce to you the latest additions to our staff. Carol has been a customer for some time and is currently studying for certification as a Natural Health Consultant. Lynn works primarily at Lavendar Moon in Avondale, but you'll see her smiling face here occasionally. Stop in and say hello to the entire staff!

Until next time, keep well!

Ellen and Staff

Nature's Sea Calcium

Calcium Your Body Can Use

There is a lot of stuff out there on the information highway about calcium, how much we should take everyday and where the best food sources are. Unfortunately, a lot of that commonly accepted information is not entirely accurate. Much of the media hype about calcium – is just that – hype. Space does not afford us the opportunity to fully explain the facts and myths of calcium intake. We'll just touch on some highlights so that you can do more research yourself and not be swayed by the plethora of information that we read about and see on TV – and hear from our medical personnel.

Calcium is the body's most abundant cation and cardiac electrolyte and plays many important roles beside bone development. Lack of calcium in the bones is usually due to an acid condition in the body which causes the calcium to be robbed from the bones to buffer the pH. This over acid condition is caused by improper diet, poor digestion, stress and lack of oxygen.

The body can only utilize about 200 mg of calcium at a time and that is *only* if the digestive system is working optimally. Taking calcium by itself isn't going to be properly utilized and will likely create an excess of free calcium in the body. An excess of free calcium is more detrimental than low calcium levels, and is linked to increased risk of cancer, metabolic alkalosis, thyroid & parathyroid problems.

Sufficient dietary protein is necessary to allow the calcium to work, along with the ability to digest the proteins--thus dietary enzymes are essential for calcium absorption. Also, magnesium, phosphorus and other minerals are important to properly use calcium.

The best absorbed type of calcium is from a plant source. A relatively new source of calcium is found in the sea, made from a brittle species of algae found just off the pure, mineral-rich waters shores of Ireland. Initial studies have shown some amazing results in helping to rebuild bone (+2.4% annually) as well as maintaining bone density. Even though it doesn't offer large amounts of calcium in a single serving, it is very bioavailable, which means the body is actually able to utilize the natural calcium and magnesium in the product and therefore receive the benefits of bone building, cardio-supporting and pH balancing. It is also a natural source of trace minerals with added FOS to increase absorption.

Complementary products include Herbal CA, Hair, Skin & Nails, Food Enzymes and Herbal Trace Minerals to provide a balanced approach to optimal calcium absorption.

Reconsider the common suggestions that we need to take 1200+ mg of supplemental calcium daily. Without taking the right kind, adequate digestion and combinations of other nutrients, it just might be causing your body more harm than good.



Nature's Sea Calcium

Nature's Sweet Life

~ Chocolate Bars ~

Buy 3, get 1 free

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!



Dates To Remember:

For more detailed information about the classes, (including specials) please visit our website at www.mustardseedherbary.com.

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

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

Tuesday, May 1 – 7 pm

Walk Away Your Back Pain

Thursday, May 3 – 10:30 am

The Diabetes Epidemic

Held at Chez Nous (SCW Interfaith) \$10

Tuesday, May 8 – 7 pm

Raising Healthy Children – Naturally \$3

Tuesday, May 15 – 7 pm

America is Stressed Out! \$3

Thursday, May 17 – 10:30 am

Reversing Heart Disease

Held at Chez Nous (SCW Interfaith) \$10

Thursday, May 17 – 7 pm

Opportunity Meeting

Tuesday, May 22 – 7 pm

Estrogen Overload \$3

Tuesday, May 29 – 7 pm

Qi Gong for Everyday Health

Thursday, May 31 – 1 to 5 pm

Live Blood Cell Analysis \$50

Tuesday, June 5 – 7 pm

The Magic of Muscle Testing

Tuesday, June 12 – 12 pm NOON

Bach Flower Remedies to Balance Emotions

Tuesday, June 19 – 7 pm

Natural Health for our Furry Friends

Thursday, June 21 – 7 pm

Opportunity Meeting

Tuesday, June 26 – 7 pm

The Basics of Homeopathy

Tuesday, July 3

Happy Independence Day – No Class!

Sleeping Giants

Wood Betony is especially well known as an excellent remedy for head problems, such as headaches, face twitching, nervousness, attention deficient disorder and neuralgia. It's also has blood pressure lowering, relaxant and anti-inflammatory properties. As the Spanish say, "he has as many virtues as betony."



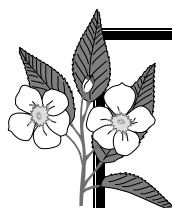
7-Keto is another sleeping giant. This derivative of DHEA secreted by the adrenal glands provides many of the same benefits without converting into sex hormones. The benefits are many, including enhancing muscle tone (even without exercise), memory, and increasing metabolism by raising T3 levels. It also lowers cortisol levels while triggering the body to use stored fat for energy and modulates the body's weight "set point" to regulate fat stores. It enhances the immune system and has shown to have anti-cancer properties. 7-Keto is well tolerated by everyone including pregnant women and children.

Cellu-Tone is a essential oil blend most well known to stimulate circulation to the skin, reducing cellulite and excess fluid retention. It is also calming and balancing to the nervous system. It will stimulate the lymphatic system to reduce lymphatic congestion and aid in immune function.

Collatrim is a unique protein supplement to support the collagen structures of the body, improving joint function and skin health and tone. As a weight loss support, it is excellent for tightening and toning the body—and if taken before bedtime will help to rebuild and strengthen lean muscle tissue. It is also beneficial for fibromyalgia patients to reduce pain and improve sleep.

Anamu' is a South American herb which has a long history of uses in the countries where it is grown, but little is known here. But research is showing it's effectiveness for a variety of ailments, including pain-relieving properties, calming the nerves, decreasing blood sugar levels, enhancing the immune system and reducing inflammation. South American women use it to ease birthing pains and traditional use suggests benefits against menstrual irregularities.

HCP-X is an herbal combination very effective to use at the beginning stages of a cold or flu. It will help to move out the irritant causing the symptoms very quickly and will dramatically shorten the duration of the cold, flu or fever. This is an original formula by herbal pioneer, Samuel Thomson, who used it to "scour the bowels and remove the canker (mucus/toxins)"



Pre-Summer Special!

**10% off any homeopathic remedy
or Bach flower essence (singles only)**

*valid thru 6/30/07

Homeopathy

"Like Cures Like"

Homeopathy is a scientific method of treatment which stimulates the body's own healing processes in order to treat illnesses. Homeopathy is based upon the discovery that a substance can cure symptoms similar to those it can cause.

Dr. Samuel Hahnemann, a German physician & chemist founded the concept in the early 1800's. Through numerous self-experiments, he furthered the known theory that "likes are cured by likes." According to his research, if a preparation causes someone to develop symptoms when they are well, a small dose of the same preparation can treat the illness that causes the same symptoms. He believed homeopathy stimulates the body's own healing process.

He continued experimenting, reducing the active ingredients of his treatments to such an extent that traces of the original active ingredient actually disappeared. In fact, he discovered that the lower the dose, the better the "medicine" worked.

Homeopathy has a long history of safety and effectiveness without side effects and because of the low dosage of the preparations, even the FDA considers them safe (albeit ineffective, as they say) and allows claims to be made for treating diseases. Those who have used homeopathy will attest to the fact, that despite their dilution and the difficulty understanding how it works, they are very effective as herbal medicine and often accompanies a nutritional program to enhance and expedite the healing process.

Bach Flower Essences

'Health depends upon being in harmony with our souls' (Dr. Edward Bach)

Dr. Bach was a physician well before his time. In his short career in the early 1900's, he moved from orthodox medicine into developing a natural form of medicine to treat emotional and spiritual health, very much in tune with the trends in natural health today. Early on, he was aware that people's personalities and attitudes have an effect on their state of health.

Flower essences are derived from 38 single wild flowers and tree blossoms, plus one made from the natural spring water. The emotional benefits of the flowers are concentrated by a specific process of creating an extract from the flowers.

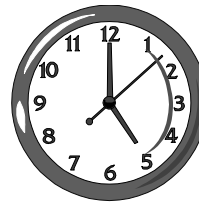
Flower essences work specifically on the emotional condition of the person and the effect is not to suppress negative attitudes, but to transform them into positive ones, stimulating one's own potential for self-healing and freeing the physical system to engage fully in fighting diseases and stress.

Dr. Bach developed 38 essences and divided them into 7 groups which represented fundamental conflicts such as: fear, uncertainty, insufficient interest in present circumstances, loneliness, over-sensitivity to influences and ideas, despondency or despair and over-care for the welfare of others.

Flower essences are powerful, yet simple and safe to use. It always works to bring about a positive change, never a negative change. Only a few drops are needed for effect & changes are usually noticed quickly. Come in for your personal questionnaire or for more information, be sure to attend the class on June 12th.

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.



Pharmacist Clell Fowles gave us his magic recipe for COLD SORES: Mix together 1 tsp of GOLDEN SALVE and 5 capsules of PAW PAW. Take VS-C internally and bye-bye to those painful, ugly outbreaks.

Clell also shared his recipe for DIAPER RASH, ATHLETES FOOT or JOCK ITCH: 1 TBSP PAU D'ARCO LOTION and 5 capsules of PAW PAW blended together. This is stable for several months and is highly effective, along with the proper diet of NO SUGAR.

It's time for Maria to make her BUG BITE BLEND again for summertime. She uses ½ ounce of MASSAGE OIL with 6 drops each of LAVENDER, SWEET THYME and EUCALYPTUS essential oils. It works great to prevent BUG BITES or for reducing SWELLING and INFECTION after a bite.

MENSTRUAL REG has made Anna's MENSTRUAL CYCLE much more tolerable and more regular. She used to have all the PMS symptoms – including irritability, cramps and headaches, but not anymore as long as she takes her herbs!

HANGNAILS are a nuisance, but it also indicates vitamin deficiencies. VITAMINS A and B and either FLAXSEED or BLACK CURRANT OIL keep Sara's hands free of this painful and unsightly problem.

7-KETO has really made a big difference with DECREASED APPETITE and INCREASED ENERGY for Ruth – in a very short time. It is also beneficial for THYROID PROBLEMS, EMOTIONAL ISSUES and STRESS-CAUSED WEIGHT CHALLENGES. It is known to help change the weight set-point – very important for permanent weight control.

Cindy reports that she's had wonderful results with COLLATRIM capsules for ARTHRITIS in her knees. Jane loves the COLLATRIM liquid for relief from her FIBROMYALGIA. It helps her SLEEP without PAIN as well as move around without SORENESS and ACHING.

Carla and her husband had all the symptoms of FLU: fever, chills, congestion, etc. They quickly took 4 HCP-X three times a day with INFLUENZA homeopathic and almost immediately their symptoms disappeared.

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

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*

More of This and That...

Chronically inflamed tissue leads to cancer.

Cholesterol is a marker of heart disease risk, not a cause of it

All chronically ill people are shallow breathers. Take a deep breath for better health!

Wheat allergies are linked to thyroid dysfunction and brain inflammation.

All depressed individuals have digestive problems.

95% of your serotonin level is found in the GI tract.

In a double blind, placebo controlled study, Omega-3 oils were proven to cut the death rate from heart attacks in half.

Alter the intestinal flora balance and you will have an increase of neurological or brain problems.

Refined sugars block serotonin. So do parasites and Candida. We can't produce serotonin without sufficient levels of Omega 3 oils.

Fact: you can't manage results, you can only manage the activity.

Indole3-carbinol pulls xenoestrogens out of the cells and has shown to be more effective than Tamoxifen. From cruciferous vegetables, it may be beneficial for cervical dysplasia and the HPV (virus) too.

You don't catch disease, you create it.

The weapons of mass destruction: fork, knife and spoon.

In weight management, it is important to "release" weight—don't just lose it. You can usually find things you've lost. You must deal with the emotional attachments in effective weight management.

The body uses fat cells to sequester toxins to keep them away from vital organs. To be successful in weight management, you must cleanse.

Choice is the greatest power.

America has an energy crisis & it has nothing to do with the Middle East.

I don't want my lifespan to exceed my health span. Are you among the living dead?

8 oz of uncooked pasta equals 1 cup of sugar.

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.

