

Your Health Matters

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location of the prostate, bowel health is especially vital for total prostate health.

In the Final Analysis

People are often unreasonable, illogical and self-centered;
Forgive them anyway.
If you are kind, people may accuse you of selfish, ulterior motives;
Be kind anyway.
If you are successful, you will find some false friends and
some true enemies;
Succeed anyway.
If you are honest and frank, people may cheat you;
Be honest and frank anyway.
What you spend years building, someone may destroy overnight;
Build anyway.
If you find serenity and happiness, they may be jealous;
Be happy anyway.
The good you do today, people will often forget tomorrow;
Do good anyway.
Give the world the best you have, and it may never be enough;
Give the world the best you've got anyway.
You see, in the final analysis, it is all between you and God;
It was never between you and them anyway.

—Mother Teresa of Calcutta.



Men's Formula

"Real Men" Use Herbs Too.

This is a unique blend of nutrients, which have been identified, in scientific studies to benefit men's health, particularly the prostate gland. This powerful blend of concentrated, standardized herbal extracts combines the benefits of a powerful antioxidant—lycopene, and an essential mineral for the prostate gland—zinc. Men's Formula is considered especially beneficial for men over 40 or for any gentleman experiencing swelling, pain or difficulty urinating. It is commonly used for benign prostate hypertrophy (BPH) also known as enlarged prostate.

The major ingredients in this popular formula include Pygeum, which is native to Africa and is medicinally valued for its bark which contains various substances shown to relieve inflammation, pain and swelling of the prostate. It is also known to inhibit the action of certain enzymes, which affect the production of certain hormones. Saw Palmetto is well known to inhibit the conversion of testosterone into DHT which causes replication of prostate cells, possibly leading to enlarged glands or cancer. Stinging Nettle also reduces inflammation and has a mild diuretic action. Zinc is required in large amounts by the prostate gland and Lycopene is a well-known antioxidant, which in studies has shown effectiveness in protecting against various types of cancer.

In addition to this herbal combination, a diet well supplied with vitamins and minerals is advised; as well as avoidance of excess stress and environmental toxins and pollutants. Exercise is very important to improve circulation to the entire body. Partly due to the physical

Breast Assured

Protecting Women's Health

Next to skin cancer, breast cancer is the most common form of cancer among American women. The grim reality is that 1 in 8 women will have breast cancer some time in her life. Many researchers and natural health practitioners believe that the primary cause of many cancers is exposure to environmental toxins and electromagnetic pollution. One particular kind of environmental toxin is especially dangerous to women—xenoestrogens. These are chemicals in the environment that mimic estrogen, attaching themselves to estrogen receptor sites in breast tissue and overstimulating them, resulting in abnormal cell growth. Xenoestrogens come from pesticides, plastics and chemicals such as hormones found in our meat and dairy supply. Minimizing exposure to xenoestrogens can reduce breast cancer risk. Synthetic hormone medications can also contribute to the development of breast cancer for the same reasons. (How many million American women are on birth control pills or HRT - like Premarin or Estrace?)

The body can also be strengthened nutritionally to be more resistant to pollutants and irritants that set up the conditions for cancer in our body. This is where Breast Assured may be beneficial. It can supply ingredients that help to balance female hormones and inhibit some of the processes that can lead to the development of cancer. Nutritional substances help protect the body in several ways. First, they can stimulate the body to produce enzymes that deactivate carcinogens. Also they can block the formation of substances in the body which encourage the formation of cancer. And they can produce substances, which keep the body balanced and stronger to resist the conditions that may be right for cancer development.

The ingredients in Breast Assured are flaxseed meal, pomegranate extract, kudzu, maitake mushroom, lutein beads and calcium D-glucarate. While no scientific research has been carried out on this combination of ingredients, there is research and tradition that suggests that each of these components may help reduce the risk of breast cancer. For more detailed information, please stop by for a copy of Nature's Field educational handout.

The compounds and the metabolites within Breast Assured not only assist in blocking estrogen receptors; they also improve antioxidant capacity and enhance immune function to protect the mammary tissue. This formula may also have a protective effective against prostate cancer in men. Recommended use is 2 or 3 capsules daily. Note: Do not use Breast Assured by itself as a treatment for breast cancer. Always consult with a competent health professional.

Supporting



Women's

Health Naturally

Essentials Of Health

pH Balancing – the Key to Wellness

By Kristin Leone Rice

Aches, pains, fatigue, and other symptoms of disease are indicative of a toxic body. Symptoms are nothing more than warning signs that the body's natural healing potential has been pushed too far. By bringing the pH of the body into balance, these symptoms of toxicity begin to disappear and the healing process can begin.

The term pH stands for "potential of Hydrogen"; it measures the relative acidity or alkalinity of a given solution. The scale for measuring the pH of a substance is from 0.00 to 14.0. pH of 7 is a neutral midpoint where it is neither acid nor alkaline (water falls into this range, assuming it is unpolluted). The higher the number on the scale, the more alkaline the solution; the lower the number the more acidic the solution. There is a tenfold difference between each unit of measurement because pH values are represented on a logarithmic scale.

For example: pH 5.0 is ten times more acid than pH 6.0, but pH 4.0 is one hundred times more acid than pH 6.0. Thus, the minor variations in the pH readings are representative of extreme changes to the health of your body and how it functions. A healthy body will function its best and begin to repair itself when the pH is 6.0 to 7.0. Not only will the body begin to heal itself, but all those supplements that you discarded because they weren't having an effect on your body can now be assimilated and metabolized more efficiently.

All substances are either alkaline or acid producing. The metabolic residue that is left after food has been digested or metabolized is called ash. Both animal and vegetable foods leave ash. The ash of animal protein, dairy products, eggs and grains is generally acid. The ash of most fruits and vegetables is alkaline. Most of the foods grown in nature contain all the elements needed for good nutrition; however, some foods have a higher percentage of acidifying minerals than others. Excessive quantities of acid mineral residue are left to be dealt with when the diet is predominately made of acid ash producing food. The minerals in your alkaline reserve – sodium, calcium, potassium and magnesium, must neutralize these strong acids. Lack of these minerals, due to a long-term insufficient diet of alkalizing foods and too many acidifying foods can result in disease.

For example: The mineral sodium (not sodium chloride found in table salt) present in your fruits and vegetables is the first line of defense in neutralizing acid ash. When this is not present, due to poor diet, the body then calls upon the mineral calcium to do the job. If there is not enough calcium to neutralize the acid-ash, the calcium is then taken from the bones to perform this neutralization function. The long-term effects of this abuse lead to osteoporosis. This is evidence that the body can function on back up systems for only so long before symptoms of disease begin.

A diet consisting largely of 75% fruits and vegetables (in their rawest form) and 25% processed/cooked foods or animal products and by-products is a diet whereby the ash produced by these foods can be neutralized without putting undue stress on the body.

The body functions optimally when the pH of the body is in balance. This is essential for achieving total wellness. You are the decision-maker of your life and your health!

Are Your Adrenal Glands Exhausted ?

- Do you have difficulty falling or staying asleep or do you have trouble shutting off your mind at night?
- Do you have vivid nightmares or dreams?
- Do you have low blood pressure (lower than 110/70) ?
- Do you feel as if you could take a nap after lunch?
- Do you crave or feel the need to drink caffeine or eat sugar to "keep up your energy"?
- Do you eat at least one processed or sweetened food at each meal or frequently skip meals?
- Are your pupils normally dilated, even during the day?
- Do you seem to get sick or suffer from allergies more frequently than you used to?
- Do you often feel pressured or rushed during the day?
- Do you experience light-headedness, mood swings or headaches if you go more than 4-6 hours between meals?

If you can answer "yes" to 3 or more of these questions, you may have some degree of adrenal burnout.

Just what are your adrenals? Also part of the renal (urinary) system – thus the name 'ad-renals', their name gives you a clue as to their location in your body. These flattened prune-sized glands sit on top of each kidney and produce a variety of hormones and perform a long list of functions in the body. Here are *some* of the jobs performed by these tiny, but very important glands: speeds up the heart rate, narrows blood vessels, raises blood pressure and blood sugar (to help the body survive during periods of stress), helps maintain proper weight, reduces muscle wasting and memory loss, regulates the balance of minerals and fluids within the cells, manufactures sex hormones and affects thyroid function.

The cells of the adrenal glands use vitamin C at a higher rate than any other cells in the body. Their use of vitamin C rises when the body is required to respond to stress of any kind (immune, psychological or physical). Therefore chronic stress results in vitamin C deficiency. Chronic stress also hammers away at the levels of B vitamins available in the body.

Adrenaline is meant to be released sparingly during times of intense stress, but it is also released when blood sugar levels fall below normal. This typically happens when refined carbohydrates are consumed. The lack of fiber in refined carbohydrates allows the sugars to release very quickly into the bloodstream, causing a spike in blood sugar levels. The pancreas then hyper-secretes insulin to drive sugar into the cells to bring the blood sugar levels down. When consumption of refined carbohydrates has gone on for some time, excessive insulin is released, causing the blood sugar to fall below normal. Then the adrenals are forced to release adrenaline, which triggers the release of stored sugar (glycogen) from the liver and muscles. This constant balancing act weakens the pancreas and adrenals over time, causing hypoglycemia, diabetes, weight gain, allergies, asthma and thyroid dysfunction.

Chronic stress and refined carbohydrates wears out the adrenals through the continual production of adrenaline and cortisol. See the next page to learn how to support these important, but often-abused glands.



Life is short and disease is optional.

Rest for your hard working Adrenals

Tired adrenals mean a tired person. In America, we love to be in a high-energy mode, zipping and zooming around being busy and efficient. What this means in terms of our hormone balance is that we exist in a culture that lives off its adrenal function. And a tired one at that.

Adrenal exhaustion **will** catch up with us – and it is. In our stressful society where sugar, processed foods, caffeine and other stimulants flow freely, our adrenal glands are under constant attack. The first & best remedy for restoring tired adrenals is rest.



Rest means relief from stress (physical & emotional), plenty of sleep & sufficient play time (gentle play—no bungee jumping)! Identify the biggest stresses in your everyday life and learn to manage them more effectively through creative outlets like exercise, counseling or journaling. Allow for more 'down-time' regularly so the adrenals can rebuild.

Supplementing with additional vitamin C (ascorbates is best) and vitamin B complex (with extra Pantothenic Acid) is important along with nervine herbs to help support the nervous system. These include chamomile, hops, passion flower, valerian root and schizandra. Supplemental calcium and magnesium are essential. Licorice root and HY-A or HY-C combinations support adrenal function. Dr. John Lee recommends natural progesterone cream to help the adrenal glands recover since it is precursor to the other hormones made by the adrenal glands.

And, of course, nothing works as well as **eliminating** sugar and other processed carbohydrates from the diet. For complete recovery, this is vital.

Source: What Your Doctor May Not Tell You About Premenopause by John Lee, M.D.



Featured Book:

Your Body's Many Cries For Water

By F. Batmanghelidi, M.D.

You Are Not Sick, You Are Thirsty!
Don't treat thirst with medications.

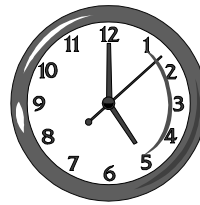
This book explains the discovery that lack of water in the body—chronic dehydration, is the root cause of many painful degenerative diseases—asthma, allergies, hypertension, excess body weight, and some emotional problems including depression. The book explains the damaging effects of dehydration in detail.

You will learn how to use water to:

- ❖ Prevent and reverse premature aging.
- ❖ Eliminate pains including heartburn, back pain, arthritis, colitis pain, angina pain, migraine headaches.
- ❖ Cure asthma in a few days, naturally and forever.
- ❖ Cure hypertension without diuretics or other medication.
- ❖ Lose weight effortlessly and naturally, without strict dieting.

This book could change your life!
Through June 2002 ~ get 25% off.

Mustard Seed Herbarry STORE HOURS



Sunday	CLOSED
*Monday	CLOSED
Tuesday	9 to 5
Wednesday	9 to 5
Thursday	9 to 5
Friday	9 to 5
Saturday	10 to 4

PLEASE NOTE: The store will be closed from Saturday, May 25th through Monday, May 27th in observance of Memorial Day.

*Beginning June 1st, we will be closed on Mondays for the summer.

HERBAL TIDBITS

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



Neil presented during a severe ASTHMA ATTACK and nearly passed out from the lack of oxygen. He refused medical intervention and chose to use essential oils instead. He inhaled a blend of equal parts of SANDALWOOD, BERGAMOT and CLARY SAGE and *immediately* got relief. What a relief!

Marcus was diagnosed with MONO and his doctors told him to quit his job and drop out of school and just rest, rest, rest. Instead he took VS-C, LYSINE, PAU D'ARCO, SPLEEN ACTIVATOR, ECHINACEA, LIVER BALANCE and COLOSTROM every day in high doses. Except for the initial sore throat symptoms, he didn't feel sick or tired and he didn't have to quit his job or school. He *knows* that herbs work!

Bev has found that CAPSICUM EXTRACT works great for helping to dry up COLD SORES in just 1-2 hours after applying. She suggests using it several times daily until symptoms are gone.

Bruce says he doesn't need his glasses nearly so much now that he is taking MEGA CHEL and EYEBRIGHT PLUS.

Dick loves LIQUID CHLOROPHYLL. The doctors tell him he has no need for BLOOD THINNERS since he started using it. He is very pleased to be free from the dangerous blood thinners that was causing bleeding and bruising.

Geri adds NATURE'S FRESH to her laundry and feels it does make it brighter and whiter. The enzyme activity in the liquid helps to break down the water and dirt. Joey adds it to the SUNSHINE CONCENTRATE he uses to wash his vegetables and says his fresh produce lasts longer with it.

CHICKWEED is the only thing that has worked for Alice's SKIN RASH. She took it internally and as a poultice. It is also excellent for DIAPER RASH – and helps break down CELLULITE too.

PAW PAW LICE SHAMPOO worked marvelously on Tiffany and Matthew's stubborn case of LICE. For weeks, she had tried several other OTC remedies – with no luck.

Mustard Seed Herbarry

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Time Sensitive Material – Please Deliver Promptly

Happy Mother's Day on May 12!
Happy Father's Day on June 16!



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Ask the Herb Specialist

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Question: How safe are cell phones?

Answer: Unfortunately, cellular phone safety goes beyond the risk of distraction while driving. These marvelously convenient, wireless wonders that can be seen—and heard—nearly everywhere, do have some safety issues that are largely unknown at this time, but more and more evidence is surfacing that indicates trouble is ahead. While a cell phone is in use, it emits a radio frequency (RF) radiation, mostly from the antenna. This radio frequency radiation is like a microwave, the type used for cooking, only at a much lower frequency. In cooking, food absorbs the microwave energy and heats up. A similar thing happens when this microwave radiation comes out from the antenna. Close to 60% of this radiation is absorbed by the head and hand. Are we cooking our brains? Perhaps, although this microwave energy is very small when compared to a microwave oven and the body is fairly efficient in discharging the heat – we hope. There is no significant rise in brain temperature; but there is some evidence that continual and long-term exposure to RF radiation may increase the risk of cancer. Cellular phones do interfere with pacemakers and is particularly dangerous for children whose smaller heads are affected to a greater level. Since the evidence is still unclear to what degree this radiation is affecting us, I suggest minimizing your use of cell phones and protecting yourself with a diode made of natural materials that has been shown to absorb some of this negative electromagnetic pollution.

Question: What is the Maca herb used for?

Answer: This member of the radish family addresses the needs of the glandular system. It may provide a natural means for improving libido and sexual performance while supporting physical and mental strength in men and women. Also known as Peruvian ginseng, maca may help enhance physical energy and endurance, promote mental clarity and concentration and boost work capacity. As an adaptogen, it helps restore stamina and buffer the effects of stress.

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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.

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.

Our Services

Ear Coning \$30 plus ear cones.

Iridology \$60 includes pictures and analysis.

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 and muscle testing.

Biological Terrain Assessment™
by Kay Lubecke, B.S., M.A. Call 623-583-2286
or 480-488-9153 to schedule an appointment.

Gift Certificates Available



Congratulations to these 5 Winners of Our March Anniversary Sale Drawing!

1 hour free Therapeutic Massage: Beth Hansen

Free Iridology/Health Assessment:

Carole Hogg and Judy Saniter

Free Products: Jean Mueller and George Helinski

Thanks to you for a wonderful five years of helping people
help themselves to a healthier, happier life! We look forward
to being your health partner for many years to come!



Dates To Remember:

- / Friday, May 3rd and June 7th – 10:30 AM
- / Tuesday, May 14th and June 18th – 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.

- / Tuesday, May 7th - 6:30 PM
- / Tuesday, June 11th - 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, May 10th – 8 to 10 AM
- / Friday, June 14th – 8 to 10 AM

Biological Terrain Assessment™ (BTA) Testing

Appointments are required for testing. Please ask for more details.

More New Products !

TNT- Total Nutrition Today is a real benefit in today's fast-paced lifestyles. This is a meal replacement beverage that you can use to get a powerful energy boost or to ensure that you are giving your body what it needs to function at its best. Each serving of this delicious, orange cream-flavored drink mix provides 15 g of protein, 8 g fiber and 35% of the RDA of 12 vitamins and 11 minerals. This explosion of nutrition comes in handy packs for those on the go – a perfect supplement for the busy individuals who don't want to sacrifice their health.

Stevia Packets makes it easier and more convenient to have stevia when we want it. These small dietary supplement packets can fit in your wallet, purse or pocket and are ready to use anytime, anywhere. It is no secret that excessive sugar consumption is compromising the health of the American people and NSP's stevia has been reported to 'satisfy sugar cravings' without the bitter aftertaste found in some stevia supplements.

Perfect Eyes will replace Eyebright Plus and will contain all the same eye-benefiting nutrients plus several more! The additions include N-Acetyl-Cysteine (NAC), taurine, zinc, selenium, quercetin and hesperidin. This improved formula is designed to provide your precious eyes with the antioxidant and nutritional support they need to keep your vision as sharp as it can be.

Essential Oils such as Cinnamon Leaf, Neroli, Jasmine, Mandarin and Marjoram have been added to the NSP line of essential oils. The emotional and physical benefits of these oils are many and varied, but Jasmine is well known to provide anti-depressant, aphrodisiac benefits and is beneficial for the skin. Cinnamon is anti-infectious and anti-parasitic. Neroli is revered for its ability to bring the mind, body and spirit into balance; while Red Mandarin is gentle, uplifting and beneficial for the liver. Sweet Marjoram promotes peace and sleep, relaxes muscles which contribute to headaches, supports the parasympathic nervous system and augments intestinal peristalsis. The queen of all oils for women – Rose Bulgaria is now available in an affordable 2 ml bottle.

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.

Do you suffer from low energy?

Do you need help and guidance in designing a specific nutritional program that meets your individual needs?

Do you wonder if you are wasting money on supplements that may not even be helping you?

Perhaps it time to try a new approach. Perhaps it is time to explore the amazing world of Biological Terrain Assessment (BTA)

The BTA or Biological Terrain Assessment involves the monitoring of your saliva and urine for pH, redox and resistivity. While these parameters do not diagnose diseases, they will give you valuable information about the internal environment (biological terrain) of your body, including:

- ❖ Adrenal Stress
- ❖ Circulatory System Health
- ❖ Digestive Capabilities
- ❖ Immune Stress
- ❖ Kidney Stress
- ❖ Liver Stress
- ❖ Lymphatic Effectiveness
- ❖ Mineral Levels
- ❖ Pancreas Stress
- ❖ Possible presence of Fungus or Bacteria
- ❖ Thyroid Stress
- ❖ Your ability to produce Energy

Join us for an introduction to BTA, the scientific, computerized assessment that will tell you how to improve your health, energy and well-being through changes in your supplement program, diet and exercise as well as determining what the effects of chronic stress, poor diet and exposure to toxins and chemicals are having on your body.

Lecture: Thursday, May 7th and June 11th ~ 6:30 to 7:30 pm. Call (623) 583-2286

This *free* lecture and testing will be presented by Kay Lubecke, B.S., M.A., Certified BTA Practitioner and Nutritional Consultant with 21 years of clinical experience using natural therapies.

BTA Testing: Monday, May 10th and June 14th ~ 8:00 to 10:00 am. Call (480) 488-9153

BTA Testing fee is \$75 and assessment is \$50 with full credit given upon first purchase (within 7 days) of BTA recommended supplements. *Net cost is only \$75!*

Reservations are required for both the lecture and testing.

For more information, or to schedule call (623) 583-2286

BIOLOGICAL TERRAIN ASSESSMENT™ – A NEW APPROACH TO WELLNESS

By Dr. Robert Greenberg, edited by Ellen Benavidez as reported in the *Sunshine Manager Extra* April, 2002

No single issue is as important, or as prominent in the news or is as controversial as the issue of health. Being at the forefront of our national consciousness, you can hardly turn on a television, walk by a newsstand or have a conversation without confronting the issue of health and healing. Pharmaceuticals are a multi-billion dollar industry. We pay more for health care today than at any other time in our history, and yet people are not getting well.

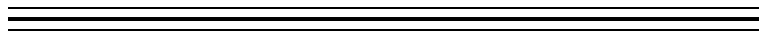
Those of us who embrace a holistic approach to health and wellness already suspect the reason. Traditionally, we have been treating symptoms and dispensing pills or conducting subjective and extremely costly tests to determine a treatment protocol. We have been trying to heal “from the outside” rather than uncovering the underlying root cause of the dysfunction.

Biological Terrain Assessment (BTA) approaches health from an entirely different perspective, allowing us for the first time, to address health “from the inside.” It provides a “biochemical window” into the unique internal state of every individual. Indeed it allows us to begin to get well and keep well by assessing our health at a cellular level.

We all know that negative influences exist and always will, and that we are assaulted with them in greater numbers and at higher levels every day. Pollution, insecticides, hydrocarbon wastes and ever evolving and mutating microbes make the world a proverbial minefield for individuals seeking a state of health and wellness. We will never be able to rid the world of these attackers.

What we can do is stop focusing on the outside influences and start focusing on the terrain—the internal environment that determines how our bodies cope with these outside influences. Just as a healthy crop can only flourish in rich, nourished, hydrated soil, so our internal soil—our biological terrain—determines the way our bodies deal with the ever-present stressors and disease.

The concept of Biological Terrain Assessment has been around since the 1800s, when Claude Bernard proposed that disease results from imbalances within the body, rather than as a result of microbes and elements outside the body. This is direct conflict with the Pasteur theory, which blames all our ill health on outside influences that attack the body.



Join us for an introductory free lecture about BTA, the scientific, computerized assessment that will tell you how to improve your health, energy and well-being through changes in your supplement program, diet and exercise as well as determining what the effects of chronic stress, poor diet and exposure to toxins and chemicals are having on your body.

Lecture: Thursday, May 7th and June 11th ~ 6:30 to 7:30 pm. Call (623) 583-2286
BTA Testing: Monday, May 10th and June 14th ~ 8:00 to 10:00 am. Call (480) 488-9153

Net cost for the BTA Testing fee is only \$75 for the 1st test and \$25 for repeat tests.
Reservations are required for both the lecture and testing.

For more information, or to schedule, call (623) 583-2286