



Your Health Matters

Mustard Seed Herbarium
PHONE: (623) 583-2286

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

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

Volume 5 No. 6

Email: ebenavidez@juno.com

November/December 2001

The need to be healthy has never been greater...

As our nation struggles to understand and recover from the tragic events of September 11th, we realize it has become even more vital that we take diligent steps to protect *ourselves* and our families from the ongoing threat of terrorism. Regardless of where the threats originate, we recognize there are many things out there that are attempting to violate the standard of living to which we Americans have become accustomed.

A common reaction to the acts of terror has been to feel helpless and therefore do nothing, to be afraid to work and play normally, and to be much more conscious of the variability and volatility of our economy. This is normal; however we should understand that the need to be proactive about our lives has perhaps never been greater. Instead of remaining in the 'stalled' attitude, it is imperative that you move forward and take responsibility for some important things that are within your ability to control.

Like your health, for instance. With the ever-present concern for germ and bacterial warfare, it is absolutely essential that you build your immune systems with adequate nutrition. We are foolish to rely on potent antibiotics. Many people - and disease-causing pathogens, are now resistant to them because of overuse and may find them ineffective should the need arise. Instead, you should be strengthening your body's natural resistance, so that you are less susceptible to biological attack. This is our greatest hope for succeeding against the health crisis we now face.

We are also rightly concerned about the quality of our water supplies. It is irresponsible to leave something that is so vital to our lives for the government to manage. You can easily protect your personal water supply by purifying it *at the point of use* with quality water purifiers such as the Nature's Spring Reverse Osmosis or Ozone unit from Nature's Sunshine.

Besides fortifying your body with healthy food and supplements, you should learn the value of essential oils. These natural plant oils have been known to create an environment in which airborne infectious pathogens cannot survive.

There is natural protection from bioterrorism. But you don't have time to dally around. It is important to get started protecting yourself ***now***.

IGF-1 (Insulin-Like Growth Factor-1)

Human Growth Hormone (HGH) is secreted by some specialized cells in the anterior pituitary gland and acts indirectly by stimulating cells in the liver, skeletal muscle, cartilage, bone and other tissues to secrete another class of protein hormone called insulin-like growth factors or IGF.

IGF-1 is a metabolite of HGH that offers many of the same benefits as HGH, but without the harmful side effects of HGH. Scientists have discovered that supplementation with IGF-1 can have many important biological effects and health benefits. An extract of the velvet on the antlers of a particular species of deer has been found to contain 8 known growth factors. Deer antler velvet has been used for thousands of years in China and Korea and today it is harvested from the deer in the most humane and careful way that will never harm the animal.

IGF-1 helps restore and maintain muscle mass and reduces the breakdown of proteins for energy production in the absence of glucose. This means muscles stay larger and stronger longer. IGF-1 promotes the breakdown of fat for energy production, which may greatly benefit athletes and body builders as well as those seeking to lose weight. Growth hormone deficiency may result in the thickening of the inner layers of the heart muscle and deposition of atheromatous plaques, increasing the risk of stroke; therefore IGF-1 supplementation may protect the heart.

Secretion of growth hormone and IGF-1 decreases with age. IGF-1 supplementation has been found to remedy many organ and system dysfunction associated with aging and may increase quality of life.

~~~~~BENEFITS~~~~~

- ☺ Helps restore & maintain muscle and bone mass.
- ☺ Improves energy and endurance.
- ☺ Promotes the growth of new tissue.
- ☺ Supports healthy joints.
- ☺ Boosts the immune system.
- ☺ Supports sexual performance.

IGF-1 is available in a convenient liquid liposomal sublingual spray delivery system with a pleasant lemon flavor. Spray twice under the tongue three times daily. Hold 20 seconds before swallowing.



Grow younger, feel better with IGF-1 Essentials

Of Health Water

Your body is made up mostly of water. In fact, water makes up 75-85% of your cells and is responsible for and involved in nearly every bodily process, including digestion, absorption, circulation and excretion. Water is also needed for the maintenance of proper body temperature, is the primary transporter of nutrients throughout the body and provides natural solvent properties, supporting the body in the great task of breaking down substances for use or disposal. Water carries vitamins, minerals and nutrients to the tissues of the body, feeding them and carrying away waste products.

Water has been known to benefit many conditions for which drugs or other invasive procedures are often prescribed. These conditions, which include heartburn, gastritis, back pain, arthritis, headaches, high blood pressure, elevated cholesterol, weight problems, asthma, allergies and diabetes – are often improved simply with the addition of *pure* water. While this seems too simple to be true, it is estimated that 75% of Americans are chronically dehydrated. Even mild dehydration will slow down our metabolism as much as 3%. Lack of water is thought to be the #1 trigger for daytime fatigue; while a mere 2% drop in body water will bring on memory problems.

Don't wait until you feel thirsty to satisfy your need for *pure* water. As much as 37% of Americans are thought to have thirst mechanisms so weak that thirst is often mistaken for hunger. When your mouth or skin is dry, you are already seriously dehydrated. Do not substitute coffee, tea, alcohol or soda for water. These substances are actually diuretics and cause you to lose more water through urination.

A good rule of thumb is to drink ½ ounce of *pure* water for every pound of body weight – more when you exercise. Water is best consumed at room temperature – too hot or too cold will inhibit the digestive process and is especially detrimental when consumed with meals. Don't try to consume your daily quota of water all at once. 4 ounces of *pure* water every ½ hour is best and will keep you from visiting every bathroom you can find.

Obtaining *pure* water is no longer an easy matter. Water contamination is quickly becoming a top priority for us. Many people assume when they turn on the tap they are getting clean, safe, healthy drinking water, but this is not true anymore. More & more chemicals (chlorine, fluoride & alum) are being added to our water in an attempt to make them safe for consumption, but the additives are also creating health concerns. Industrial and agricultural wastes are being added to our environment today in colossal quantities - also ending up in our water supplies.

Many people turn to bottled water or vending machines for pure water, but according to a report from the Natural Resources Defense Council in February, 1999, there is no assurance that bottled water is any safer than tap water. About 25-40% of bottled water is the same water as you get from the tap. 60-70% is exempt from FDA rules and about 1/3 of the bottled water tested contained significant chemicals & bacterial contaminants. According to a report in 1998, 93% of vending machine water tested had bacterial levels up to 163 times as high as in domestic tap water. 38% failed to remove common organic compounds as required by state regulations.

The only way for you, the consumer, to be absolutely sure about the purity of your drinking water is to purify it yourself at the point of use. Today's technology offers you several methods for obtaining the purest water available. Ask your herb specialist for more information.

Our Services

Iridology \$60 includes pictures, analysis,

muscle testing and one follow up appointment

Ear Coning \$30 plus ear cones

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

Muscle Testing & Nutritional Counseling
Call for pricing.

Gift Certificates Available

Festival of new products

Cholester-Reg II – this amazing product replaces the original Cholester-Reg (recently discontinued due to a patent issue) and it promises to be equally effective. It combines policosanol, a waxy material from the sugar cane, which inhibits the enzyme that controls cholesterol production so your body produces less cholesterol. It also supplies phytosterols (plant sterols) which compete with the absorption of cholesterol in the body. Inositol nicotinate (a non-flushing form of niacin) helps relax smooth muscles and improve microcirculation and studies show it very effectively lowers LDL and VLDL levels and supports healthy triglyceride levels. Resveratrol (naturally present in grapes and other plant foods) and artichoke powder are antioxidants that benefit the liver and promotes healthy circulatory system.

Lutein for Eye Health – since age-related macular degeneration is the leading cause of vision impairment for people over 55, studies that indicate a link between a diet rich in carotenoids is especially important. Lutein (a carotenoid) helps protect the macula and retina and will promote lasting eye health. Lutein has also been shown to support breast health and may be of particular importance to women. NSP Lutein gives you 10 mg of lutein per capsule.

Carotenoid Blend – beta-carotene has long been known to be a powerful antioxidant, supports healthy vision, circulatory, glandular and immune systems. Because other less-known members of the carotenoid family have been shown to have a positive influence on overall health, NSP is combining a special blend of carotenoids mimicking the ratios in which they are found in body tissues.

Liquid Vitamin B-12 Complete – we know that B vitamins have far-reaching health benefits which include helping the body deal with stress, promotes energy, supports the nervous system and promotes immune functions, etc. But we also know that at least 20% of Americans get less than 50% of the RDA (which is low) of many B-vitamins. These vitamins are lost during cooking and processing which increases our deficiencies. This new liquid form allows the vitamins to be easily assimilated in the body. This formula contains 1000 mcg of vitamin B₁₂ per ml plus it has generous amounts of many of the other necessary B vitamins.

We don't get energy from the
food we eat, but from the energy
in the food we eat. Source Unknown



Immune Boosting Cocktail

by Glenda Hadley, N.D., M.H.

- 1 cup organic Black Cherry, Pineapple or Plum juice*
- 1 cup soy or rice milk
- 1 scoop Ultimate Green Zone
- 2-3 capsules Colostrum (opened and emptied into blender)
- ½ tsp. vitamin C Ascorbates
- 1 tsp. Coral Calcium
- 2 tsp. flaxseed oil liquid
- 1 TBSP. Synerprotein powder
- 2 kelp capsules (opened and emptied into blender)
- 1 Proactzyme capsule (opened and emptied into blender)
- 1 TBSP. pure, organic maple syrup

Blend the liquids well, then add the herbs and supplements – blend again until thoroughly mixed. Add ¼ cup organic frozen berries to mixture and 2 TBSP of organic tofu (optional). Blend well again. Drink and enjoy better health! Serves 1.

(Not only does it boost the immune system, but also it wonderful for muscle or joint aches and pains.)

*Vary juices according to blood type or personal preference as desired.

Stress Kills

The Slow Poison of Stress

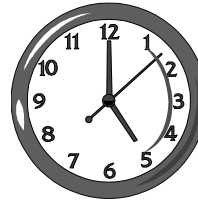
Did you know that the leading causes of death in America—heart disease, cancer, diabetes, lung ailments and immune system disorders, accidents and suicide—are all linked to stress?

We all experience stress. Physical, emotional and mental stress is a regular part of our lives. As detrimental as stress is to us, it isn't the stress itself that is always dangerous. It is how the body and mind react to the stressor that is harmful. Because every body is different, stress affects everyone differently; however we know that constant, long-term stress will absolutely cause a breakdown in the body and to our health in some way.

How stress affects the body is very complex, but stress changes hormonal levels. Even slight alterations in the stress hormones can raise blood pressure, inhibit digestion, activate blood sugar imbalances, induce hot flashes or provoke asthma. Stress demands high quantities of nutrients and therefore causes a shortage within the body, complicating our already deficient levels. Stress suppresses our immune system – again, wreaking havoc on an already challenged body system. Stress affects our sleep – a time the body uses to regenerate and restore itself.

The “Chill Pill” does not include mind-altering drugs however. There are plenty of gentle, natural choices instead. Learn stress-reducing techniques and avoid negativity. Exercise is another excellent stress-buster. Good nutrition is critical, as this enhances overall physical well-being which helps people to feel the effects of stress less. We may not be able to eliminate the stress of living, but we can certainly increase our ability to handle it with positive lifestyle changes and nutritional support.

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.



Josie's son was diagnosed with ATTENTION DEFICIT DISORDER. She tried Ritalin at the request of his teachers, but hated what it did to him – he became a zombie. So she took him off the drug and started a complete nutritional program, which includes FOCUS ATTENTION, and she says, "I have my loveable son again and he is happy to be off the medication too!"

Melissa was scheduled for BREAST AUGMENTATION surgery, but hesitated when considering the side effects and cost. Instead, she used an herbal program consisting of SAFFLOWER, SAW PALMETTO (not just a male herb) and MASTER GLAND. She also applied GERANIUM and YLANG YLANG oils daily. She has already increased a size.

Elizabeth suffered from ARTHRITIS from silicon poisoning (from breast implants years ago). 6 days after taking the IGF-1, she reported no joint or muscle pain!

Several family members had recurring, severe DIARRHEA and *nothing* seemed to help it – until they tried GASTRO HEALTH (formerly called HP Fighter). Apparently they all shared the H Pylori bacterium and it was causing the 'runs' because it stopped immediately after taking it.

R.K. was diagnosed with CONGENITAL CATARACTS. She decided to try EW Combination, both internally and as eyewash. In 9 months, she was able to see clearly again. She also tells us her DIABETES is under control with the PRO-PANCREAS formula.

Eric has occasional STRESS-RELATED CONSTIPATION and he found this essential oil combination would give quick relief. He uses DEEP RELIEF blend with extra CLOVE BUD and LEMON essential oils rubbed on the abdomen – smells great and it does the job!

Jean had a COLD SORE that didn't respond to the usual Lysine. Since she was cleansing, she tried ACIDOPHILUS and it cleared up in record time.

Sheila had 10 extra pounds she simply couldn't lose. When she stopped her chemical HORMONE REPLACEMENT THERAPY, she lost them without even trying – and they have stayed off too.

Mustard Seed Herbarry

12213 W. Bell Road #116
Surprise, AZ 85374

Address Service Requested

PRESORTED
STANDARD
U.S. POSTAGE PAID
SUN CITY, AZ
PERMIT NO. 68



Time Sensitive Material – Please Deliver Promptly

Ask the Herb Specialist ?

Question: The newspaper recently reported a government study that found high doses of antioxidant vitamins can slow or even prevent vision loss in people with macular degeneration. I was recently diagnosed with it and was told it was untreatable and I would eventually go blind. Should I try this new therapy?

Answer: While the idea of using antioxidant vitamin therapy might be new to the medical arena, it certainly isn't new to us in the holistic health field. We've known for years that nutritional therapy can halt the onset or progression of the leading cause of blindness today. The study involved moderate levels (they considered them "high" because they used doses exceeding the RDA) of the vitamins C, E, beta-carotene and zinc. It found that these moderate doses reduced the risk of developing advanced disease by about 25% - this is significant! We have found antioxidant therapy to indeed produce significant results in people, but especially so when adding the herbs, Eyebright and Bilberry – also known to protect and support the eyes. My favorite products to consider are the Antioxidant Arsenal with extra zinc and the Eyebright Plus combination. You might do your own clinical study – have your ophthalmologist monitor your progress with regular vision checks while on the products.

Question: I'm so confused about sodium. I thought it was 'bad' for us, yet you say it is a necessary mineral. Please explain. ?

Answer: This is a confusing subject because organic sodium is often confused with common table salt. Sodium is an essential macro mineral that is a component of extracellular fluid, is important in the functioning of blood and lymphatic fluid, and essential for healthy digestion, nerves and muscles. Organic sodium found in our *unprocessed* foods is what we need in our diet. In contrast, commercial refined salt is stripped of more than 60 minerals, but it is also heated at such high temperatures that the chemical structure of the salt is altered. In addition, it is chemically cleaned, bleached and treated with anti-caking agents. These anti-caking agents also perform that same function in the human body causing unhealthy deposits in our organs and tissue. Even worse perhaps, the agents used in the mass production of salt are significant sources of aluminum. Reducing salt intake isn't as simple as passing up the salt shaker since it is so routinely and aggressively added to processed foods; however all efforts made to reduce refined salt from your diet will reap huge dividends for you in the way of improved health and overall wellness.

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.

Happy Holidays!

We want to take this opportunity
to thank you for your continued
support this year and for your
dedication to a healthier lifestyle.
Have a joyous holiday season
and a
Happy, healthy 2002!

Katrina Diane Kristin
 Evelyn Ellen



THE FOUR PILLARS OF SUCCESSFUL WEIGHT MANAGEMENT

Join our group that specializes in *healthy,
balanced* weight maintenance.

Are you tired of losing those same pounds over and over again? Lose 'em for good now just before the holidays!

Obesity is no longer just an issue of vanity, but more significantly, it is a serious health risk. Excessive weight overworks the heart and kidneys and increases the risk for stroke, heart disease, high cholesterol, arteriosclerosis and diabetes. It contributes to muscle & joint pain, increasing the risk of arthritis, stiffness, swelling and inflammation. Excess fat produces excess estrogen, which often raises blood pressure, may cause infertility & and stimulate malignant growth (cancer).

Weight loss is very personal but there are some basic concepts that apply to everyone. Without practicing each of the four pillars (see below), weight loss will be incomplete and variable. Our goal with the weight management group is to help you lose weight, but more importantly, to be *healthier*. Call the group facilitator, Jan at (623) 875-7749 or the Herbarry for more information or to register for your personal orientation. You too, can win at losing – so why weight any longer? Sign up today!

November 12 & 26 and December 10 & 27
10:30 AM and 7 PM

Pillar I – a special food plan for your blood type in specific combinations will encourage weight loss and promote health.

Pillar II – offering friendly, understanding support for the emotional aspect.

Pillar III – encouraging beneficial and enjoyable exercise.

Pillar IV – healthy supplementation can enhance weight loss.



Dates To Remember:

- / **Friday, Nov. 2nd and Dec. 7th – 10:30 AM**
- / **Monday, Nov. 19th and Dec. 17th – 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. These intro classes are held the first Friday morning and the third Monday evening of each month. Attendees will receive valuable information and gifts, a \$10 store gift certificate and be eligible for our door prize drawing valued around \$40. Plus, new NSP members receive a 20% discount coupon off their first order. Reservations are requested, so call (623) 583-2286 to register. Subsequent classes discussing the individual uses and actions of herbs will begin in January.

- / **Tuesday, November 6th – 7 PM**

Reversing Cardiovascular Disease

Since it's the #1 killer, this is a very important topic presented by Dr. Hatch held at the SCW Foundation. (14465 RH Johnson Blvd.)

- / **Wednesday, November 7th – 7 PM**
Dealing with Tragedy

We could all use this. Dr. McWhorter presents this free workshop held at Unity Church at 10101 W. Coggins in Sun City.

- / **Saturday, December 1st – 9 AM to 5 PM**
The Art of Herbal Healing

This popular class taught by Master Herbalist, Steven Horne, will give you a new understanding of the actions and properties of the herbs and how it matches with the energetic and therapeutic needs of an individual. Call NSP or the Herbarry for more information (store will be closed that day)

IMPORTANT – PLEASE NOTE!

The store will be closed these days
during November and December:

Wednesday, Nov. 21st @ 1 PM through Sunday, Nov. 25th

Saturday, Dec. 1st – The Art of Herbal Healing class

Sunday, Dec. 23rd through Wednesday Dec. 26th

Monday Dec. 31st @ 1 PM through Tuesday, Jan. 1st



Natural Protection from Germ Warfare

Much attention is given to this threat to our world; however it is very important *not to be panic*. There are many things we can do to proactively protect ourselves and our family from danger. In the holistic health field, we have always promoted the building and supporting of our immune systems. This is vital to our survival. It may sound too simple, but our immune system is the key to destroying the foreign invaders (we're not talking about immigration policies – sorry) that constantly attempt to destroy the body. Logic tells us that washing our hands thoroughly, avoiding large crowds and using antibiotics will help – and they may. However, it is much more involved than that, especially now when our bodies are presently compromised due to our indulgent lifestyles. But it isn't too late and all is not hopeless – there are many things that you can do naturally and without dangerous side effects to grant protection. While these suggestions *will* help, it is in no way complete, so please research additional remedies for yourself.

Stress is a killer. Stress suppresses our immune system in addition to rob our body of nutrients. Even before the current events that are causing much uncertainty – stress was commonplace and a major deterrent to a healthy life. The need to support our nervous systems is immense. The best place to start is supplementing with a B VITAMIN COMPLEX. These 'stress vitamins' are quickly used up during periods of stress, as is VITAMIN C. NUTRI-CALM is a favorite because it supplies both the B and C vitamins along with numerous nervine herbs that help the body respond in a healthy way to stress. Another favorite is the DISTRESS REMEDY, which has homeopathic ingredients that does just what the name implies. Other very effective products include CHAMOMILE, PASSION FLOWER, SUMA, STRESS-J, NERVE CONTROL, LECITHIN, CALCIUM and MAGNESIUM, KAVA KAVA and VALERIAN ROOT. Make sure you include plenty of support for the nervous system.

Sugar and caffeine complicate an already weakened immune system. It also adversely affects the result of stress upon the body. Neither should be found in a healthy diet, but it is no secret that sugar and caffeine is found everywhere! Both will upset the mineral balance in the body further eroding our health. It affects digestion and elimination, causes allergies, destroys the immune system, upsets the endocrine (hormonal) system, contributes to heart disease and cancer and creates an over-acid environment in the body leading to arthritis and chronic immune disorders. We know it speeds up the aging process and of course, it causes unhealthy weight gain. In spite of all these health dangers, we continue to consume them in record amounts – and continue our record-breaking decline in health. Unfortunately, there is no 'easy pill' to take to substitute for sugar or caffeine – or for our appetite for them. But there is much to be gained by eliminating these two substances from our diet.

Supplements to protect against infectious diseases and to build the immune system are very important. To complement a good diet, we recommend Ultimate GreenZone, a true 'survival' food. There are a number of excellent herbs and phytonutrients that have been researched to protect against certain pathogens. Colloidal silver is considered to have broad-spectrum antibiotic properties and will destroy a wide variety of disease-causing microorganisms. It is also used to disinfect water and make it safe for storage. Golden Seal contains berberine and clinical studies have found it to inhibit the growth of *Salmonella paratyphi*, *Streptococcus pyrogenes*, and *Escherichia coli*. Echinacea in large amounts has been found to be very effective. Olive Leaf extract often works when other antibiotics have failed. It is effective against bacteria, viruses, herpes, Candida and fungus. Dr. Morton Walker says, "an anti-microbial ingredient in olive leaf has been found to inhibit the growth of every virus, bacterium, fungus, yeast & protozoon that it was tested against." There is a relatively unknown herb called Galanga rhizome that exhibits antibacterial and antifungal activity. As reported in Herb Allure, "research shows Galanga to be effective in vitro against a variety of pathogens, including *anthrax*, *hemolytic Streptococcus*, certain strains of *Staphylococcus* and *Candida Albicans*." This herb is found in UC-C (Spleen Activator) and BRN-AV (Ayurvedic Bronchial Formula). Several reference books list Black Cohosh as effective against smallpox as well as Thuja, (found in Prevention homeopathic) and Yarrow. Several other products have superb immune-boosting powers such as VS-C, Trigger Immune, Immune Stimulator, Colostrom Plus, Elderberry, Pau d'Arco, Anamu, Green Tea, Garlic and Protease Plus. In case of inhalation of microbial pathogens, LH-C, Cordyceps and Blue Vervain will help flush the irritants out of the body.

Super important is the use of essential oils. Space doesn't permit adequate discussion of their infinite benefits, but if we could have only one thing to fight infectious organisms – it would certainly be essential oils. They are considered the very 'essence' of plants or the immune system of the plants. Essential oils have a fabulous ability to change the emotional response and no infectious disease-causing microbe has ever been known to mutate against essential oils – this is exciting to consider! The quickest and most effective clinically proven method to knock out airborne infectious pathogens are to diffuse essential oils in the air. Because these molecule size vapors are so light, they remain suspended for several hours, killing airborne viruses, bacteria and fungus on contact. Hospitals in Europe routinely diffuse essential oils and therefore have phenomenally lower death rates from infections received while hospitalized. Which oils should you use? Most any of them will work, but some are known to be more effective at killing germs. Pine, Thyme linolol, peppermint, lavender, rosemary, clove and bergamot are popular choices as is myrrh, eucalyptus and wild oregano.