



Your Health Matters

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Your Weight Problems May Be Caused by Over-Acidity!

Women's World magazine recently featured a cover story about using a pH balancing drink to lose weight. Here's how:

- 1 TBSP Green Zone
- 1 scoop (1/4 tsp.) Coral Calcium
- 1 TBSP Colloidal Minerals
- 1 TBSP Nature's Noni juice
- 1 scoop or 1/2 package of Stevia to sweeten if desired

Drink 2-3 times daily to alkalinize your body tissues.

"Green Drink Results in Weight Loss"

"I had been very ill for the past 5 years. Although my health eventually improved, I did not start to lose weight until I began using the pH Green drink and Yeast/Fungal Detox product with a high-alkaline, low-carb diet. I'm down 24 lbs and counting!" J. Weiss, CA

"Ever since J. Weiss introduced me to Green Drink, I've been losing weight. So far I've lost 45 lbs in six weeks. I feel great! Also, my niece, age 23, has now lost 18 lbs since she started just three weeks ago." D. Rulo, CA

"I'm very excited about the pH Green Drink. I used it with CleanStart & Nature's Cleanse and have lost 25 lbs." P. Primo, NY

If you always do what you've always done,
you'll always be where you've always
been.

Need To Lose Weight?

People all over the country are losing weight before the holidays by learning their RMR – Resting Metabolic Rate, which is the number of calories you burn at rest. This number plays a key role in healthy weight management. Now you can learn your number too for only \$42. Call for an appointment and get started losing today!

We invite you to join our WEIGHT NO MORE weight management group that meets twice a month. Ask us for more details.



Maca

Nature's Little Gift to Men and Women

Maca is found in the Peruvian Andes, where it has enjoyed a rich history of use for centuries. During the Incan empire, maca was so highly revered for its energy and libido enhancing effects that it was used as currency! Today, in the markets of Peru, it is sold for its strength-building and stamina-promoting effects, and to improve sexual function and enhance fertility.

According to Peruvian herbal medicine, maca is used for anemia, menstrual disorders, menopausal symptoms, mental clarity, stomach cancer and TB, as well as to enhance memory, reduce stress, improve physical strength and increase energy, stamina and endurance. It is also regarded as an immunostimulant. Today's uses are much the same and is often recommended as an aphrodisiac to enhance fertility and correct impotence and erectile dysfunction; as a substitute to anabolic steroids used by athletes and bodybuilders, due to its rich source of sterols; and as a safe and natural alternative to hormone replacement therapy.

It has been given the nickname "Peruvian ginseng" although it bears no relation to ginseng. As a food source, as well as herbal medicine, maca provides a rich supply of B, C and E vitamins and the minerals calcium, iodine, iron, magnesium, phosphorus, potassium and zinc.

Although maca contains no hormones, researchers have theorized that the plant's alkaloids may be responsible for balancing the hypothalamus and pituitary glands and supporting optimal function of the adrenals, ovaries and testes. Further research lends support to the use of maca for problems associated with menstruation and menopause and for treating chronic fatigue syndrome. Anecdotal reports from doctors using maca with their female patients cite numerous cases where symptoms such as hot flashes, depression and vaginal dryness, etc. were alleviated and energy levels increased.

Studies also have been conducted on men revealing that maca significantly increased semen volume, total and motile sperm count and sperm motility. Test animals exhibited significantly increased energy and stamina along with an increase of sexual activity. Research indicates that erectile dysfunction and low testosterone levels may show improvement with maca use.

Although studies have shown absolutely no toxicity or adverse pharmacological effects, individuals for whom a pituitary stimulator is contraindicated should consult their healthcare provider before using maca. Recommended dose is 1 capsule three times daily.

Maca

Energy and Stamina for
Men and Women





The Revealing News Surrounding Hormone Replacement Therapy (HRT)

More than 40% of all women in the U.S. began some type of HRT in their menopause years. Now, after a federally funded five-year study of more than 16,000 women, federal health officials are telling women that the popular HRT's may do *more* harm than good by raising the risk of heart attack, stroke, blood clots and breast

cancer. Government scientists abruptly ended the nation's biggest study of a type of hormone replacement therapy, stating that long-term use of estrogen and progestin significantly increased women's risk of breast cancer, strokes and heart attacks. What a switch from the widely held belief that all women should be on an HRT regimen to 'treat' menopause and without synthetic hormones, women would 'get old' prematurely.

Over six million American women use this hormone combination, either for short-term relief of hot flashes and other menopausal symptoms or because of their doctors' longstanding assumptions that long-term use would prevent heart disease and brittle bones and generally keep women healthier and younger longer. These assumptions are wrong, the National Institutes of Health announced this summer. In fact, studies have revealed that long-term use of estrogen and progestin increased otherwise healthy women's risk of stroke by 41 percent, a heart attack by 29 percent and breast cancer by 24 percent. A later study showed that the cardiovascular risk actually jumped within the first year of use while the cancer risk didn't appear until around year four. Another study found that menopausal women who take estrogen face a slightly increased risk of ovarian cancer as well.

Several natural alternatives to HRT exist—without the risks.

According to John Lee, M.D., our modern lifestyle is largely to blame for hormonal imbalances. High levels of stress, inadequate nutrition, mineral deficiencies and widespread toxins all affect hormones. There is a solution to achieving balance with natural remedies. Studies have shown that plant estrogens, such as isoflavones from soy, support the cardiovascular system when consumed on a regular basis.

The need for hormone replacement is only for two to three years or the period of time when hot flashes and night sweats are at their peak. The body normally settles down and then hormones are not required for symptom relief. Menopause is not a disease – even though you may feel like it is! It must be your decision to use natural HRT or not. If you have been using synthetic hormones (like Premarin, PremPro, etc) it is better to wean yourself off gradually over a period of time to minimize the rebound in menopausal symptoms, including headaches, hot flashes, irritability and vaginal atrophy.

The natural hormones found in plants are not the exact hormones found in the human body, but they have similar effects. Nothing but the body can produce human hormones. These phytoestrogens (plant hormones) are non-steroidal, plant-derived substances that bind or activate estrogen receptors in various areas of the body. There are two classifications: Isoflavones such as are found in Black Cohosh, Soy, Red Clover, Licorice, Dong Quai and Kudzu, and Lignans found in Flax oil, Evening Primrose oil, EPA and Lecithin. According to Dr. John Lee, there are well-documented clinical studies in Europe that have shown effective relief from menopausal symptoms in six weeks using estrogenic herbs.

How do phytoestrogens work? Black Cohosh found in Flash Ease binds to estrogen receptors, where it beneficially affects the elevation of luteinizing hormones that occur at menopause. Its estrogenic effect decreases hot flashes, night sweats and insomnia. Phytoestrogens are safe – preliminary studies shown that Black Cohosh does not stimulate breast cancer cells and has no effect on estrogen-sensitive genes. For breast cancer survivors or those with a family history of breast cancer, a diet high in soy, fiber and monounsaturated fats have been shown to reduce breast cancer risk in Asian women by 50%. Also, Breast Assured is a new and unique product designed for breast health and to add protection against breast cancer in women.

Vitamin E with Selenium (800 IU), Super Supplemental without iron, Skeletal Strength and Evening Primrose oil make up a well-rounded supplement program for the menopausal and pre-menopausal woman. Balancing your pH is very important as well as a healthy diet according to your blood type (*Live Right 4 Your Blood Type* by P. Adamo). Aromatherapy can also be very beneficial especially the blend called **Cool Flashes**. The regimen recommended by the NSP Advisory Committee for natural hormone replacement is **Flash Ease, Pro-G-Yam cream** and **Phyto-Soy** with the optional addition of **Wild Yam & Chaste Tree**.

We're Online! Please visit our website!

Check it out at www.mustardseedherbary.com.



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✓ Dates To Remember:

- / Friday, Nov. 8th and Dec. 13th – 10:30 AM
- / Tuesday, Nov. 26th and Dec. 17th – 6 PM



"Intro to Herbs"

This class is a must 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 Herbary 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 please call (623) 583-2286 to register.

- / Wednesday, Nov. 6th and Dec. 4th - 2:00 PM
- / Friday, Nov. 15th and Dec. 20th – 10:00 AM

Weight No More!

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

Weight management is a very personal issue and so is your metabolism, or the rate which you burn calories. With this unique program, you can learn your individual resting metabolic rate (RMR) and take the guesswork out of weight loss. This group meets twice monthly to offer the friendly support necessary while making healthy lifestyle changes. Classes are \$15 for 5 classes or \$5 each. Call the Herbary at (623) 583-2286 for more information about the program or for your personal orientation. It isn't too late to feel and look great for the holidays!

- / Monday, December 2nd – 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 out 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.

- / Friday, December 6th – 8 AM to Noon

Biological Terrain Assessment™ (BTA) Testing

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

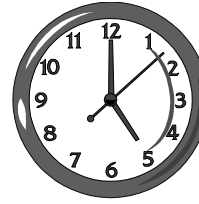
- / Saturday, December 7th – 9 AM to 5 PM

NSP's School of Natural Health

Some of the best herbal education available to us!
Call for more information.



Mustard Seed Herbary 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

Please note! The store will be closed on the following dates:

Wed, Nov. 27th at 1 PM through Sun, Dec. 1st
Dec. 24th, 25th, 26th, 31st, and Jan. 1st

HERBAL TIDBITS

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

Pat was regularly using cortisone for chronic, severe **ALLERGIES**. Since using **EUCALYPTUS** and **GUARDIAN** essential oils, her allergy symptoms are significantly relieved and she no longer has to worry about the side effects of the cortisone!

Cecilia is using **PERFECT EYES** to nutritionally support her eyes. Her eye doctor reports that her **MACULAR DEGENERATION** has stabilized and "to keep taking that product" because her eyes are much healthier and her vision has improved.

A physician told Glenda that her **PSORIASIS** was caused by a staff infection, so she took **SKIN DETOX**, **OREGON GRAPE**, **RED CLOVER BLEND** along with applying **LAVENDER** oil directly to the affected areas. She is very pleased with her improvement. She also did the **TIAO HE** bowel cleanse

Kali, a 13-year old Golden Retriever had developed **ARTHRITIS** in her spine and was showing signs of discomfort. After 1½ weeks on the **EVERFLEX** and **DOG VITAMIN FORMULA**, she is able to move more freely and has shown noticeable decrease in pain.

Jim seems prone to **KIDNEY STONES**, but taking **Hydrangea** herb keeps them away. He stopped taking it for about 6 months, and sure enough, another one appeared. He was able to get rid of it when he went back on the **HYDRANGEA**.

Phyllis suffered from painful **HEEL CRACKS**. Now she takes 6-8 **BLACK CURRANT** oil caps and puts **GOLDEN SALVE** on at night and her feet look and feel like baby skin. She notices her skin is healthier and softer all over.

Irene had chronic lower **BACK PAIN** for years until she started taking **KIDNEY ACTIVATOR**. No more pain – and it has brought her blood pressure down too.

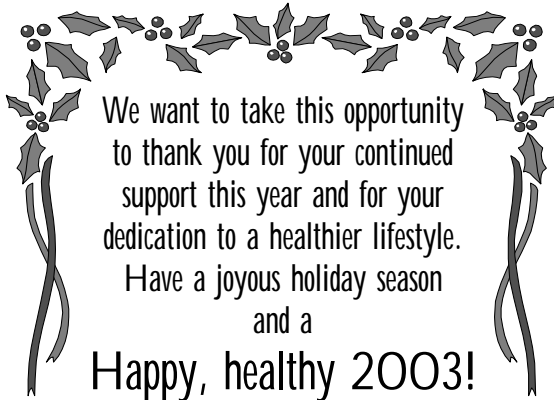
Kris feels better than she has in years since starting the **CANDIDA** diet and using the **YEAST/FUNGAL DETOX** with the **HEAVY METAL DETOX**. Symptoms of **GAS**, **BLOATING**, **CONSTIPATION** and **STOMACH DISTRESS** are gone!

Mustard Seed Herbarry
12213 W. Bell Road #116
Surprise, AZ 85374

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Ellen, Diane, Katrina & Kristin

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Ask the Herb Specialist

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Question: Coral Calcium is well promoted on the nighttime infomercials. Is it really as good as it sounds?

Answer: Coral Calcium is an ideal “alkalizing” supplement. Fossilized coral has been found to be a plentiful source of easily absorbed calcium, magnesium and other acid-buffering minerals. In fact, coral was one of the first “antacids” used by ancient man to relieve dyspepsia or heartburn. Fossilized coral actually contains nearly 70 different minerals with calcium found in the highest concentration and in the proper 2 to 1 ratio with magnesium. In addition, coral-derived calcium has a better absorption rate than many other calcium supplements because it is naturally chelated. The wisdom of the old ancient cultures that professes that ‘health lies in the balance’ is no less true today and coral calcium is one of factors in improving the acidity and alkalinity balance so necessary for health. Unfortunately, the typical Western diet actually promotes a state of chronic, low-level acidity, which is detrimental to our basic health and well being. According to Dr. Susan Brown, author of *Better Bones, Better Body*, correcting an acidic pH is relatively simple if individuals follow a diet rich in alkalizing fruits and vegetables and limit acidifying foods such as animal protein, coffee and sodas plus supplementing with alkalizing nutritional supplements like coral calcium. NSP has coral calcium available in a highly bioavailable powder derived from coral washed up on the shores near Okinawa, Japan.

Question: I love the smell and therapeutic effects of Jasmine essential oil. Why is it so expensive?

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Answer: Jasmine is one of the most expensive essential oils in the world. A pound of jasmine oil can cost as much as \$3000 to \$4000 largely because of the incredibly complex, painstaking and time-consuming process by which the pure oil is produced. It takes approximately 8 million jasmine blossoms to produce 2.2 pounds of oil and these white star-shaped blooms must be gathered in the early hours before sunrise when jasmine’s extraordinarily fragrant essence is at its peak. But for many it is worth it! Its mild euphoric scent has an intensely rich, warm, sweet-floral aroma with a pronounced sensual, musky note. It is profoundly inspirational, having the ability to bolster one’s confidence and optimism and provides antidepressant and euphoric effects. It is also sedative relieving anxiety and calming fears. It has an affinity for the female reproductive system and is superior facial skin oil because of its anti-inflammatory and cell-rejuvenating properties. Its benefits are too many to list here.

IMPORTANT NOTE:

The information included in this newsletter has not been evaluated by the Food & Drug Administration and 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

GET FREE Monthly Training. Just pick up the phone.



The monthly NSP Product Focus Meetings give you in-depth information on NSP products. Join us the second Wednesday of each month at 4:30 pm Arizona time (7:30 pm Eastern). Call 1-800-325-8957 and use the participant code 7224. If you miss the live meeting, call 1-800-756-3819 and use code 007220. This recorded call is available for approximately 3 weeks. Listen for product specials too! Topics vary each month. For more information, call us or visit www.naturessunshine.com/member/education/meetings.asp.

*Save time, save money
with AutoShip*

Do you use the same products every month, but find yourself running out of time and energy to get out and purchase them? Now available is the Autoship program to save both time and money. For more details, contact us or log onto www.naturessunshine.com and follow the link for the Autoship program.

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's 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: Monday, December 2nd ~ 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: Friday, December 6th ~ 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.

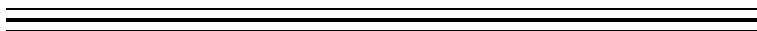
Those of us who embrace a holistic approach to health and wellness already suspect the reason. Traditionally, we have been treating symptoms and dispensing pills or conducting subjective and extremely costly tests to determine a treatment protocol. We have been trying to heal “from the outside” rather 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: Monday, December 2nd ~ 6:30 to 7:30 pm. Call (623) 583-2286

BTA Testing: Friday, December 6th ~ 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 \$35 for repeat tests.

Reservations are required for both the lecture and testing.

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

What's *Your* Burn Rate?



Unlocking the mystery of metabolism

How many times have you felt that you must have a slow metabolism because you can't seem to lose weight no matter what you try? This thought might have more truth than you realize. Metabolism, or the rate at which you burn calories, plays a key role in weight loss and should play an integral role in determining your weight-management strategy.

Weight management is simply a matter of arithmetic: balancing the number of calories "in" against the number of calories "out". If you take in (eat) more calories than you burn, you'll gain weight. If you take in fewer calories than you burn, you'll lose weight.

Now, regardless of what your unique metabolism is, we can help. Recently introduced are two new tools that take the guesswork out of weight loss. The first will determine your resting metabolic rate (RMR) and the second will help you work with your metabolism to improve your health and achieve your weight loss goals.

The BodyGem is a revolutionary, handheld device that allows you to measure your resting metabolic rate (RMR) easily and accurately. This number tells you the amount of energy (or number of calories) your body burns each day at rest—up to 80 percent of the calories you burn daily! Because people burn calories at different rates, it is important for you to determine your unique metabolism, or burn rate, to successfully manage your weight. Age, activity level, diet, genetics and current weight all influence your RMR.

Once you take this simple breathing test, you'll know exactly how your body uses energy and you can design a nutrition/exercise/supplement program to meet your individual needs. You'll want to re-measure your metabolism every 2-6 weeks to adjust your program to your changing RMR.

Once you have determined your RMR, you are then ready to begin using BalanceLog, a user-friendly software application that allows you to quickly and easily establish and track your personalized nutrition and weight management program. It just takes a few minutes a day to log your food and exercise so you can monitor your energy balance equation (calories in – versus – calories out). It's easy and its fun to use! BalanceLog runs on a PC or PALM OS device.

If you are interested in learning your resting metabolic rate (RMR), please contact us to make an appointment. Cost is only \$42 to learn your RMR. Knowing this number could be the start to your personal weight loss success!

Get the skinny on this revolutionary
new tool. Call (623) 583-2286
