

Your Health Matters

Mustard Seed Herbarry
Phone: (623) 583-2286

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

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

Volume 7, No. 6

ellen@mustardseedherbarry.com

November/December 2003

Have you visited our website? www.mustardseedherbarry.com



Thank you for your vote
of confidence in choosing
us as the Sun Cities
Favorite Health Foods Store.



Points to Ponder...

- **Tricked by Treats?** It is estimated that Americans consume approximately 165 pounds of sugar *every year* – nearly ½ pound per day! Do you realize that most low-fat or non-fat foods have added sugar to make them more appealing to our palates? Diabetes is now the 4th leading cause of death by disease in the U.S. and is considered a direct result of our sugar-laden, carbohydrate-rich and nutrient-void diets and sedentary lifestyles.
- The number of severely obese people (more than 100 pounds over ideal weight) has quadrupled since 1986 to one in 50 – or about 4 million Americans. General obesity (30 pounds overweight) doubled during the same period, while the extremely obese (175 pounds extra) increased fivefold to one in 400.
- **There is only a grain of truth in bread labels.** Many multigrain varieties – which only sound healthy – contain less than 2% of the grains they promise on the package. Sometimes the brown color comes from food coloring and brown wrappers instead of whole grains. Make sure the 1st ingredient contains the word “whole” in front of the listed grain. Be aware that with the “light” varieties, you are mostly giving up healthy fiber and often getting more sugar.
- Medical mistakes and other preventable complications of surgery and hospitalizations lead to more than 32,000 deaths and more than \$9 billion in extra costs annually. WOW! And, researchers say these figures are greatly underestimated because many complications are not listed in hospital administrative data.
- Bone loss begins in your teens. Girls develop 42% of their total bone mass between the ages of 12 and 18 – during which time often teenagers and their parents pay little attention to bone health and calcium intake. By the way, dark, green vegetables are superior to dairy as a source of dietary calcium.

The 4 Stages Of Life:

1. You believe in Santa Claus
2. You don't believe in Santa Claus
3. You are Santa Claus
4. You look like Santa Claus



The Matter of Fats Getting Healthy through Fat

Fat is essential for human life. Together with protein and carbohydrates, it is one of the three basic nutritional categories, and probably the most misunderstood. Fat is constantly being accused of everything from clogging arteries to increasing the numbers on your scale, but all fats are not detrimental to human health—in fact, the advent of the low-fat frenzy coincided with the fast growth of obesity, diabetes and cardiovascular disease. Fat provides energy, assists with neurotransmission and helps form prostaglandins—hormone-like compounds that regulate almost all body functions. Unfortunately, most people do not understand how absolutely necessary essential fats are to us and to good health.

Understanding EFAs and their benefits to the body is no simple task that can be covered properly in this newsletter, but some basic information can help you appreciate the value they have in a healthy body. Called “essential” because the body needs them, but cannot produce them—essential fatty acids have been known to reduce the risk of coronary heart disease, cancer, diabetes, obesity and depression.

Your most important fatty acids are Omega-3 and Omega-6 oils. Omega-3 fatty acids from fish oils are naturally anti-inflammatory and beneficial for nervous system, brain and cardiovascular health. Omega-3 oils also help maintain a healthy membrane for every cell in the body, which allows each cell to communicate well with other cells and be regulated by hormones, such as insulin. Thus EFAs are essential for countering diabetes and obesity.

Omega-6 oils, found in Super GLA (Evening Primrose, Borage and Black Currant oils) are particularly helpful for hormonal issues like PMS, breast disorders and menopause. It is also useful for weight and skin problems and inflammation. Flax seed oil has a proper balance of Omega-3 and Omega-6 EFAs, making it one of the best oils to supplement the diet.

Most Americans ingest too much Omega-6 oils (vegetables, seeds, nuts and their oils) and get very little Omega-3 oils. There are only three reliable sources of Omega-3: wild game, deep ocean fish (not farm-raised salmon) and supplemental fish oils. Most people need to deliberately take Omega-3 supplements to balance the Omega-6's in their diet.

Supplementing your diet with essential fatty acids and eliminating the “bad” fats such as trans fatty acids and hydrogenated oils can yield some substantial health benefits.

Super GLA ~ Flax Seed Oil
Omega-3 Fish Oils

The Disease Tree

To deal with all the symptoms that may surface, we must go to the root of the problem.

Our bodies are like a tree with branches that represent the symptoms and roots that feed the branches. We can work on the branches and continue experiencing the same results, (modern or conventional medicine) or we can get to the root of the problem and improve the health of the branches. Three major roots cause the body to break down and send out alarms in the form of symptoms.

- **The first root of disease is nutritional deficiency or the lack of nutrients and oxygen needed for cell health. This comes from devitalized foods, genetically modified foods, mineral-deficient soils (and thus, foods), processed and microwaved foods.**
- **The second root of disease is environmental toxins. These are the poisons that irritate and damage cells, creating inflammation and an array of other problems. They can be heavy metals, chemicals or poisons that come from outside the body, or they can be the body's own uneliminated waste products. These toxins include pesticides, irradiation, mercury, pollution, medications, chemicals and so forth.**
- **The third root of disease is emotional stress. Stress can instigate a whole range of chemical reactions in the body, including oxidative damage. It disrupts energy flow through the nerves in the body and causes fluids to become stagnant, hindering healing from within.**

These three roots affect the body's biological terrain, which is like the trunk of the tree. Our biological terrain is the internal environment of our body that must be kept properly balanced for optimal function. Several factors are involved in biological terrain. One is the pH of body tissues and fluids. Another is the biochemical balance of our blood and lymph, the great internal ocean in which our cells live. Out of these imbalances in our biological terrain grow the various symptoms and syndromes from which our bodies suffer. These specific illness and disease patterns can be thought of as the branches of the tree.

All diseases begin in the acute stage and then move on to the chronic and degenerative stages. In the beginning of disease, tissues become damaged or irritated and inflammation sets in. It is the job of the lymphatic system to remove excess fluid and waste from damaged areas. The lymphatic system contains lymph nodes that act like miniature sewage treatment plants to remove bacteria, toxins etc. from the lymph before returning it to the bloodstream. If this healing process does not take place, the cells in the affected area begin to weaken or die. This prevents organs or tissues from making their proper contribution to the body's health, resulting in lower energy and vitality.

Most allopathic doctors and their patients—try to cut off disease at the branches instead of dealing with the roots. They are trained to get the “quick fix”, suppressing the various symptoms of nutritional deficiency, toxic accumulation and unresolved negative emotions. These symptoms are alarms that signal the body's efforts to keep itself in balance. Suppressing them only makes new branches appear and subsequently you'll have new symptoms and diseases to deal with. Then the patient is given another prescription to treat the new problem and eventually the medicine cabinet is full – and the root of the problem has never been addressed.

To wipe out disease at the roots and to stimulate the healing processes within the body, we have to make lifestyle changes. We must get nutrients and oxygen to the cells, break up stagnant conditions and remove toxins from the system and resolve mental and emotional stresses.

References:
The Blood Type
Approach to
Herbal Consulting
by Kimberly Balas

“Let names of all disorders be
Like to the limbs joined to the tree,
Work on the root and that subdue,
And all the limbs will bow to you.
So as the body is the tree,
The limbs are the colic, pleurisy,
Worm, and gravel, gout and stone,
Remove the cause and they are gone.

Wisdom by the 19th century herbalist, Samuel Thomsen



Dates To Remember:

Call (623) 583-2286 to register for any of these classes.

"Weight No More!"

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



- / Wed. Nov 12th and Thurs. Nov 13th
Topic: pH Balancing to Lose Weight
- / Wed. Dec 3rd and Thurs. Dec 4th
Topic: Fat From Nutritional Deficiencies?
- / Wed. Dec 17th and Thurs. Dec 18th
Topic: Clean Your Colon and Lose Weight
- / Wed. Jan 7th and Thurs. Jan 8th
Topic: Exercise Your New Year's Resolutions!

Note: All Thursday classes are at 6:30 pm and all Wednesday classes are at 10:00 am.

This group meets bi-weekly on Wednesday mornings and Thursday evenings to offer the friendly support necessary while making healthy lifestyle changes. Classes are \$15 for 5 classes or \$5 each. Call for information or for your personal orientation.

Customer Appreciation Days

- / Friday, Nov 14th and Saturday, Nov 15th

We appreciate your business and commitment to health! We hope you'll join us for some fun, food and great discounts on services and products. Don't forget to call us and sign up for the various services offered at a discount during these two days.

"Intro to Herbs"

- / Tuesday, November 18th – 6:00 PM
- / Friday, December 5th – 10:30 AM



At this class, 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 one of these free classes and receive valuable information and gifts, and be eligible for our door prize drawing!

Herbal Hour

- / Monday, Nov 17th and Dec 15th – 6:00 PM

Learn more about the properties and benefits of herbs. This class is in response to your requests for more information about herbs and natural health, but classes will continue only if there is sufficient interest! Pre-registration is required.

HomeSpa Aromatherapy Workshop

- / Saturday, Nov. 22nd 1 to 3 PM

Essential oils have been used for their health benefits for years; however many of the aromatherapy products available today use artificial fragrances and additives that can be harmful. At this "scentsational" workshop, you'll learn how to make your own personal and home care products using pure and natural essential oils. The \$12 registration fee includes supplies for making your own personalized product to take home. Please call to register or for more information.

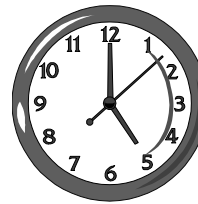


Earn free health products by hosting your own Aromatherapy HomeSpa party. Contact Katrina at the store on Friday or call her at 623-566-1376 or visit the website: www.myvsp.com/katgaines.

Mustard Seed Herbarry

STORE HOURS

*Please note the changes!



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

We will be closed for Thanksgiving from 1 PM on Wed. Nov. 26th through Sun. Nov. 30th. Holiday hours in December are: closed at 1 PM on Wed., Dec. 24th thru Sun., Dec. 28th and 1 PM on Wed., Dec 31st thru Jan. 1st. Happy, *Healthy* Holidays to you and yours!

HERBAL TIDBITS

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



Joanne reports the X-ACTION gel "works great". She has suffered from low **LIBIDO** since her hysterectomy 6 years ago and she says this "has saved my marriage." Carol tells us that X-ACTION herbal combination gives her plenty of "**ENERGY**."

Steve's **SNORING** was a real problem but not after he discovered that taking 3 HAWTHORNE BERRIES every night before bed stops it. If he forgets, he snores.

We mixed up a **MOSQUITO REPELLANT** spray of EUCALYPTUS, GERANIUM, LEMON & PEPPERMINT oils in HERBAL TRIM and water. Alice came back from her trip and told us that it was very effective and worked much better than commercial sprays with no toxic side effects!

Our new product – SEASONAL DEFENSE – is proving to be very helpful to several with **COLDS** and **FLU**. Randy found that it eliminated his cold symptoms in about 2 days. Sonya used it when she was exposed to the flu and she was the only one that didn't get sick! This natural herbal combination would be a much healthier and safer product to use instead of getting this year's dangerous flu shot.

Paul suffers from severe **HEARTBURN** and **PSORIASIS**. The **ULTIMATE GREENZONE** has eliminated any sign of acidic stomach and the **TIAO HE CLEANSE**, **FLAX SEED**, **COLLOIDAL MINERALS**, **BIFIDOPHILUS** and **BP-X** is clearing up the skin problems very nicely.

Sandy took the new product **SUDDENLY SLENDER** – a blend of African herbs – and she **LOST** 3 pounds and 1¼ inch around the middle in less than 2 weeks. The herbs are known to inhibit the beta-2 receptors, which influence the body's ability to utilize insulin and are especially beneficial for those who find it difficult to lose weight in the mid section. This common problem is also known as **SYNDROME X** or **INSULIN RESISTANCE**.

Joe was diagnosed with **FUNGUS** in the bladder, leading to **BLADDER CANCER**. Taking **PAU D'ARCO** tea, **PROBIOTIC 11** and **YEAST/FUNGAL DETOX**, doctors can now find no sign of cancer or fungus.

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

Ellen, Kent, Katrina & Kristin

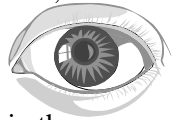


Ignore your health and it will go away.

Visions of Health

Understanding Iridology and what your eyes reveal about your health.

Iridology is the science of analyzing the delicate structures of the iris of the eye (the portion of the eye that carries the color). The iris of the eye is the most complex tissue of the body meeting the outside world. It is an extension of the brain and through the brain and nervous system, the iris is connected to every organ and tissue of the body. The iris represents a communication system capable of handling an amazing quantity of information. It can reveal body constitution, inherent strengths and weaknesses and current levels of health or toxic accumulation in certain areas of the body. Iridology reads tissue condition, but it does not name diseases.



There is more to iridology than meets the eye. Utilizing charts developed over the last 120 years, iris analysis can help to pinpoint problem areas in the body through observation of the integrity of remote tissues in the body as represented by the structure, color and density of the minute fibers of the iris. Iris analysis always concerns itself with tissue integrity, not with diagnosed conditions or named diseases. It is important to remember that there can be no degenerative disease process without a corresponding alteration in tissue integrity. Iridology seeks to identify the breakdown of tissue integrity (through genetics, diet or lifestyle) so we can appropriately manage our health before problems develop.

Call today to schedule your iridology and get a look at your unique inherent strengths and weaknesses that can put you on the path to good health through nutrition and positive lifestyle changes!

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.

Thanks for your vote of confidence in naming the
Mustard Seed Herbarry as the
Sun Cities Favorite “Health Food Store”

Customer Appreciation Days

Join us on Friday, November 14th 9 AM to 5 PM and
Saturday, November 15th 9 AM to 4 PM

- 15 minute Iridology Analysis \$15.00
- 10 minute chair massage \$10.00
- 15 minute Reiki session \$15.00
- Discount off all purchases (from 5 to 20%)
- Aromatherapy Bar ongoing workshops (make your own product to take home!)
 - Earn a Door Prize Drawing
 - Healthy Snacks and Beverages
 - Facials
- Free Nutri-Calm samples to the first 25 customers each day
 - RMRs for only \$30 (regularly \$42)

Reservations are suggested for the services. Walk-ins accepted based upon availability.

Go to the Head of the Class

NSP's Online University Is Now in Session

Whether you're relatively new to Nature's Sunshine and the natural health industry or if you're simply looking to enrich your knowledge of herbs and human physiology, NSP's new Online University is a great place for you!

- Learn about each of the nine body systems (12 modules total).
- Discover which NSP products complement each body system.
- Find out how you can help your friends and family find better health using natural supplements.
- Earn respect as a trained NSP Herb Specialist.
- Learn anytime, anywhere from the convenience of your computer.
- Use it as a product/body system reference for teaching or training.

Nature's Sunshine has been leading the industry in providing quality education to its distributors for years. Now they're paving the way again, with this incredible new go-at-your-own-pace learning tool. Thousands and thousands of NSP members and managers have already improved their knowledge of herbs and the body by personally attending one of their Schools of Natural Health or other training seminars. But, as the Nature's Sunshine family of members continues to extend to all parts of the world, it has been increasingly difficult for them to bring this opportunity to absolutely everyone—until now!

By providing the opportunity via the Internet, we can reach more people with this exciting, helpful information and pass the savings on to you. Purchase the entire course—one year of complete access to all 12 modules (including the nine body systems)—for only \$119, that's just \$9.95 per module! You can complete the course from NSP's Online University for the price of one or two textbooks.

Enroll today and start learning tonight! Check out the free demo or enroll at:

www.naturessunshine.com/opportunity/education/onlineU.asp.



No access to a computer? Check out computers at the local libraries. Since education is so important to us and to your health, soon we hope to have a computer set up where you can access it at the Mustard Seed Herbarium and learn while you're shopping the store! We truly believe that education is the best way for good health and this new tool provided by Nature's Sunshine will help you learn about how the body functions and which herbs and nutrients will benefit you the most. We hope that you'll take advantage of this fabulous program and be on the road to better health!

Grandmother Loves the Quality and Convenience of Online University

"I have five grandkids that I care for on a daily basis, so having the ability to log on to the NSP Online University and receive a quality education—whenever I want—is truly a blessing. The tutorial is easy to follow, the information is great and you can't beat the price!"

Margie Y., Distributor,
Gerber, California

Bonus Feature Helps You Help Your Friends and Customers:

We've added a NEW consulting tool that helps manage your health information or that of your family, friends or customers. After completing an online Lifestyle Analysis as part of the course, this new consulting tool will:

- Record your/their health information.
- Generate a full color health report for your reference.
- Track the products you (or your client) choose.
- Prompt you to follow up with clients.