

Your Health Matters



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Kat's Korner

As I write this note, autumn is well underway with winter right around the corner. While the cooler weather makes for beautiful evenings in the Surprise area, the change in temperature seems to provide an opportunity for colds, flu, and allergies to present themselves regardless of what part of the country we're living in.

A very effective way to support the immune system against such maladies ~ and one of my favorites ~ is with pure, botanical, essential oils. According to Larissa Jones' book 'Aromatherapy for Body, Mind, and Spirit', "(botanical) essential oils are part of a plant's immune system and are also effective against human pathogens" making them an appropriate part of building and strengthening our immune system. Some of the essential oils that naturally have antiviral, antibiotic, antiseptic, and antifungal properties include cinnamon leaf, eucalyptus, geranium, mandarin, myrrh, oregano, pine, rosemary, tea tree, and thyme linalol.

Botanical essential oils are also nature's way of providing us with healthy alternatives to cleaners. We put a strain on our immune system simply by touching or breathing in the chemicals in so many of our cleaners so whenever possible, purchase cleaners that are made with all natural ingredients. Or even better ~ mix together your own cleaners using essential oils along with water, borax, and/or Sunshine Concentrate.

Take a moment to stop by and check out our quality essential oils and aromatherapy books. To get you started I'm sharing a couple of my favorite recipes below:

| Clean Sweep Disinfectant | Immune System Support Spritzer |
|--------------------------|--------------------------------|
| 6 drops rosemary | 3 drops cinnamon leaf |
| 6 drops pink grapefruit | 2 drops frankincense |
| 4 drops lemon | 3 drops mandarin |
| 2 drops eucalyptus | 1 drop myrrh |

For either recipe, add essential oils to 2 oz of purified water in a dark glass, fine mist spray bottle. **NOTE:** Consult with an aromatherapy specialist or health practitioner before using essential oils around infants/small children, or if you are pregnant, have a blood pressure condition or are epileptic. If essential oils get into the eyes, flush immediately with ice cold water or milk.

Until next time – take care,
 Katrina

Guardian

Powerful essential oil blend to support immune function

Essential oils give spices and herbs their scent and flavor, and flowers and fruits their perfume. The oils are found in all the various parts of the plants, including the seeds, bark, root, leaves, flowers, wood and resins. Essential oils are volatile, meaning they vaporize quickly into the air. It is due to this vaporization of these molecules that we detect the scent of the plants.

Essential oils have many functions in the plant. Some attract beneficial insects; others repel harmful insects and parasites. They also protect the plant from bacterial and fungal infections. Essential oils are called "essential" because they are the very essence of the plant, each one having its own unique smell and properties. It is also considered the immune system or lymph system of the plant.

Essential oils are recommended to be used externally because they are very concentrated. When an essential oil is applied to the skin, it is transported throughout the body via the bloodstream very quickly. Essential oils are the key tools in aromatherapy. This term is somewhat misleading in that it suggests that it is a form of healing that works exclusively through the sense of smell. The oils will affect the body both psychologically, via their scent, and physiologically through their chemical composition.

A very powerful blend of essential oils – called Guardian – contains Lavender, Ravensara, Roman Chamomile and Tea Tree. This synergistic blend acts to counteract the effects of weakened immunity and to fight bacterial, viral and fungal infections. Guardian is particularly beneficial for disinfecting the air to help prevent the spread of infectious airborne pathogens (disease-causing organisms). It is interesting to note that no infectious disease-causing microbe has ever been known to mutate against essential oils. This is significant, especially today when medical science is struggling to fight against microbes that mutate and become immune to drugs (antibiotic-resistant, etc.) Essential oils are proving to be superior and safer than antibiotics and vaccines. This is huge—considering that the world is facing a possible flu pandemic of unknown proportions.

You don't have to wait until you are faced with a pandemic to benefit from essential oils. They are safe to use everyday! The quickest, most effective way to knock out airborne infectious pathogens is to diffuse the essential oils in the atmosphere of your home, killing viruses, bacteria and fungus on contact. Applied to the skin with carrier oil, essential oils can help to support the immune system and increase immunity. Because oils are highly concentrated, use sparingly around young children.

Turn your home into a place of refuge from the outside world of infectious diseases and diffuse daily with essential oils. Don't let dangerous viruses or "superbugs" get ya – get yourself prepared now.



One ounce of prevention is worth a pound of cure...

All Essential Oils and Diffusers
 10% off through 12/31/05



Dates To Remember:

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

Please note that some classes may cancel if there is not sufficient advance registration.

Educate America!

- / Thursday, November 3 & 17 – 6:30- 8:30 pm
- / Wednesday, November 9 – 6:30- 8:30 pm
- / Thursday, December 8 – 6:30- 8:30 pm

Many realize that we have a problem in this country, but don't know what to do about it. This program is a grass-roots campaign committed to reversing the trend in America's health by sharing the truth behind our current health crisis and natural solutions that can help to correct it. Starting in December, the class will be held on the 2nd Thursday evening of each month. Plan to attend & bring others!

"De-Stress for the Holidays with Aromatherapy" Workshop

- / Tuesday, November 8 – 7 to 8 pm

Aromatherapy is perfect for this time of year when our immune system is low and stress is high. Now you can relax with aromatherapy and enjoy the season! The \$20 registration fee includes supplies to make your own blend. Pre-register by Nov 4th.

Untold Truth Seminar

- / Saturday, November 12 – 9 am to 5 pm

This is one day you won't want to miss out on! For only \$10, you can get a whole day's worth of great information that will help you make informed choices about your health. This class is to be taught by Lawrence Smith and you will be amazed what you can learn from him—someone who has conquered many health challenges with natural supplements. Pre-registration is suggested before November 8th. Call 623-583-2286.

Help us Celebrate our 1 year Anniversary

- / Tuesday, November 15 – 6 to 8 pm

Join us for an herbal tea party and some healthy snacks as we celebrate our one year anniversary of our move to our new location. We'll also be on hand for a question & answer session...

Emu Oil is not for the birds..

- / Tuesday, November 22 – 7 to 8 pm

Not just a fad, the benefits of emu oil are many—from arthritis to healing burns. You will be amazed when you learn what this bird can give us and get to try out some samples to see what you like!

Muscle Testing

- / Tuesday, November 29 – 7 to 8 pm

Are you confused about what supplements you should take? Let your body tell you! Our bodies talk; we just need to learn to listen! Muscle testing can be an excellent tool to help determine the best health program for you. Learn how at this popular class...

Breathe to the Rhythm of Life...

- / Tuesday, December 6 – 7 to 8 pm

Oxygen is so critical to good health – and life itself, yet so few of us breathe correctly. Energy healer Sandra Egli will show us how to exhale all that old stale air and get a good breath of the new! Wear comfortable clothing for this exhilarating class!

"Emotional Freedom Technique"

- / Tuesday, December 13 – 7 to 8 pm

You're in for a treat as Jonnata, a certified EFT practitioner and hypnotherapist teaches us this amazing technique to help us release "trapped" negative energy that can cause fatigue and emotional symptoms. A technique recommended by Dr. Mercola (visit mercola.com), you will find it can change your life! Make sure to register early as we have limited space availability.

Happy Holidays!

NO CLASSES ON DECEMBER 20 AND 27

A New You - through Exercise and Diet! Start the New Year Right - the Healthy Way.

- / Tuesday, January 3 – 7 to 8 pm

OK, it's a new year and are you tired of being sick and tired? Did you know that you don't need to be when you make some simple lifestyle changes that are basic and effective? Join us as we explore some healthy options for a better diet and exercise program with some experts in the fitness and nutrition field.



We learned this and that at the NSP Herb Conference...

25% of longevity is dictated by genes; 75% by lifestyle.

EFA's are very good for hot flashes, particularly for thin women. The liver is the fat-burner of the body.

50% of all bankruptcies are for medical/health reasons.

The body produces cholesterol to protect the nervous system from solvents and other chemicals.

You can detoxify the body by building the body through nutrition.

Cancer cells do not like oxygen. Restless legs need more oxygen! Want more energy? Breathe deeper for more oxygen!

Most of our emotion is in our gut. Ever had a "gut feeling"?

Stress causes inflammation of the cellular membranes.

Removing chlorine (& other chemicals) from our water may be a critical factor in reducing our risk of heart disease.

33% of today's children will become diabetic. The CDC asserts that today's generation will be the first to live shorter lives than their parents, largely due to the enormous rise in diabetes.

Cortisol levels will still be elevated at 10 pm from 1 cup of morning coffee. High cortisol levels increase appetite, cause abdominal weight gain and elevate blood sugar levels.

Antioxidants are very important to good health because free radicals lead to a cascade of inflammation – which is known to be a root cause of all diseases.

Niacin will flush out radiation from the body, including sunburn or X-rays.

EMFs (electromagnetic fields) are known to cause wrinkles!

DEFEND YOURSELF against the Bird Flu

Natural Protection from Infectious Diseases



The latest news these days has many people on edge with fear about the Bird Flu – will it become a “pandemic”? The threat of an outbreak is serious & unfortunately, not unrealistic. Fueled by antibiotic overuse, trust in the pharmaceutical industry and a lack of education, the ever present threat of viruses and “super bugs” may be as dangerous as some are predicting.

Infectious diseases, once thought of as conquered, are coming back with what appears to be an unstoppable vengeance. Antibiotics have lost their clout and pathogens have become “smarter” than we are & are mutating faster than science can intervene. In 1997, untreatable bacterial infections were the 7th leading cause of death in the USA – and the numbers keep climbing. Why, when medical science is so advanced...or is it?

Medical science tells the alarmed public to get a flu shot, wash your hands and sneeze into your shirt. What about building and supporting our immune systems? After all, we were created with a very complex system of self defense, which, if it isn't compromised, should be our first line of defense against killer pathogens. Many things can weaken our immune systems—things like stress, caffeine, prescription drugs, sugar, cigarettes, vaccines (yes, vaccines) and lack of exercise and rest.

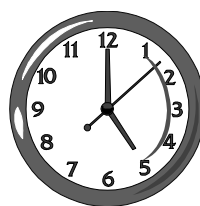
Nature has provided a pharmacy of herbs and food that will help protect us against infectious disease and build the immune system. A healthy diet consisting of fresh, organic fruits and vegetables and whole grains is paramount to a good immune system, but just as important is what we *don't* eat. Most of us know what they are—sugar, caffeine, sodas, artificial sweeteners, processed foods, fried foods, animal products raised on a diet of hormone & antibiotics (most non-organic meats, eggs, dairy, cheese, etc.) ... just to name a few.

Many herbs and supplements have been researched to protect against certain pathogens—such as Golden Seal, Olive Leaf extract, Garlic, Echinacea, Colostrom, Elderberry and Colloidal Silver. These supplements often work where antibiotics and drugs do not. They work by supporting the immune system, killing the pathogens and flushing out toxins and irritants from the body.

Perhaps the best medicine that nature has given us are essential oils. Space doesn't allow us to discuss them adequately, but if you can have nothing else, use essential oils like oregano, pine, thyme linolol, clove, eucalyptus, lavender and peppermint. These powerful oils have proven effectiveness against “super bugs” and no infectious disease-causing microbe has ever been known to mutate against essential oils.

Don't be chicken to eat healthy, reduce stress, take immune-supporting supplements and use essential oils to protect yourself. You will be amazed at the natural arsenal we have available to us.

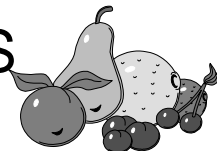
Mustard Seed Herbarry STORE HOURS



| | |
|-----------|--------|
| Sunday | CLOSED |
| Monday | 9 to 6 |
| Tuesday | 9 to 8 |
| Wednesday | 9 to 6 |
| Thursday | 9 to 6 |
| Friday | 9 to 6 |
| Saturday | 9 to 5 |

HERBAL TIDBITS

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



Joan says she can hardly believe the difference in results when she uses Nature's Sunshine Products instead of the cheaper brands she used to use. She says, “Echinacea stopped my cold immediately with NSP's Ultimate Echinacea, instead of 3-4 days like my 'other' brand did. And, I have more energy with Super Supplemental than the other 'leading brand' of multiple vitamins. I'm convinced that quality really does make a difference.”

Now that her children are back in school, JENNIFER struggles to keep them free of COLDS and FLU. Since taking one chewable ELDERBERRY PLUS everyday, they haven't had a single “SICK DAY!”

Julie was alarmed because of dangerously high TRIGLYCERIDES (almost 900). She decided to drastically change her diet (no more sugars, alcohol, etc), start exercising and began the 90-day Health Challenge (consisting of 6 basic supplements). After about 60 days of her new lifestyle, her blood levels are completely normal and she feels great!

Elmer says “I really like the new LIQUID CLEANSE. It is easy to take (only 1 oz daily) and it keeps me REGULAR without the cramping usually associated with laxatives.” He finds it works best when he takes the fiber supplement NATURE'S THREE.

There is a history of BREAST CANCER in Meghan's family & her last exam revealed several benign LUMPS. She is taking BREAST ASSURED and INDOLE-3-CARBINOL and her lumps have disappeared and she feels better knowing she is doing something healthy for her breasts.

Suzie's doctor is pleased that her sugar levels are under control with SUGARREG and BLOOD SUGAR FORMULA—and no drugs for DIABETES! Irene finds that CHROMIUM, NOPAL and BILBERRY keep it down for her and really helps cut down the SUGAR CRAVINGS.

EVENING PRIMROSE OIL is a favorite for Jane. She has been taking it for 25 years and she sailed through MENOPAUSE with nary a symptom! Her daughter, Sara gets relief from PMS and it supports her THYROID, helping her maintain her WEIGHT. Dave says it helps his PSORIASIS, BLOOD PRESSURE and DIABETES.

When Mary faced the sudden DEATH of a close friend, VALERIAN ROOT helped her handle the STRESS.

Mustard Seed Herbarry

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Would you like to receive our bi-monthly newsletter via email instead of getting a paper copy? If so, please let us know at staff@MustardSeedHerbary.com.

Time Sensitive Material – Please Deliver Promptly

Help us celebrate our 1 year anniversary at our new location...

Buy 1 product
Get 1 at 50% off*

*Discounted item at equal or lesser value

*Tuesday, November 15
9 am to 8 pm*

Join us from 6 to 8 pm for an herbal "tea" party, healthy snacks and Question & Answers!



Count Your Blessings...

If you woke up this morning with more health than illness, you are more blessed more the million who will not survive this week..

If you have never experienced the danger of battle, the loneliness of imprisonment, the agony of torture, or the pangs of starvation, you are ahead of 500 million people in the world.

If you can attend a church meeting without fear of harassment, arrest, torture or death, you are more blessed than three billion people in the world.

If you have food in the refrigerator, clothes on your back, a roof overhead and a place to sleep, you are richer than 75% of this world.

If you have money in the bank, in your wallet and spare change in a dish somewhere, you are among the top 8% of the worlds wealthy.

If you hold up your head with a smile on your face and are truly thankful, you are blessed because the majority can, but most do not.

If you can hold someone's hand, hug them or even touch them on the shoulder, you are blessed because you can offer care to an uncaring world.

If your parents are still alive and still married, you are very rare, even in the U.S.

If you prayed yesterday and today, you are in the minority, because the majority endeavors to live without God.

If you can read this message, you are more fortunate than over two billion people in the world who cannot read at all.



We are grateful...

that the time has come again for us to count our blessings and to extend to you our sincere gratitude, because it is good friends and customers like you that make our business possible.

We want to take this opportunity to thank you for your continued support and for your dedication to a healthier lifestyle.

May your holiday season be filled with joy and the coming year be overflowing with the good things in life, but especially the blessing of good health.

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 Herbary 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.