

# Your Health Matters



Mustard Seed Herbarry

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## News from the Crew

It wasn't easy to settle down and consolidate everything we needed to share with you in just four pages—because we've got so many things to talk about! We've got some amazing new products, a fabulous line-up of classes & we're having great success with our Foot Spa, Voice Bio, Ear Coning, Asian Bodywork and Wellness Consultations.

We've been eying the B.E.S.T. Energy Foot Spa for some time now and we've just made the plunge (literally) and now are able to offer this method of detoxification to our customers! This goes along so well with our philosophy of building up the body so that it has the energy and/or capability to cleanse effectively. With the foot bath, it is hard not to become taken up with the color of the water that develops during a session, but we must keep in mind, it is the re-charging of your "battery" that makes this treatment so effective. Thru October, we have a 2 for 1 special, so it's a great time to try it out and start "coming clean".

My husband and I are off to China for a couple of weeks in early October. This is one country I never expected to have the privilege of visiting, but thanks to your support and 2 great employees, Nature's Sunshine has made this possible. While it might seem like an impossible dream to travel to exotic places, you can too, while helping others with their health. Ask us for more details.

Our Untold Truth classes have been a great success so far and we hope to be able to continue to offer this valuable information to our customers. If you know any group that is looking for speakers about for natural health information, let us know. We are always happy to help educate the community.

We welcome back our "snowbirds". We hope you had a great summer too and look forward to a healthy fall and winter holiday season. Please come visit us!

Until next time, keep well!

*Ellen and Staff*

The happiest of people don't necessarily have the best of everything; they just make the most of everything that comes their way.

## Glyco Essentials

A Sweet Story – Not All Sugars are Bad

Let's face it—we have a national sweet tooth and we're paying for it with our health. Depending upon the source, it is estimated that Americans eat between 145 and 180 pounds of sugar each year! The sweet gooey treats we so often substitute for real food are wreaking havoc by contributing to obesity, diabetes, heart disease and cancer—not to mention fibromyalgia, arthritis and depression. Now, cutting edge science has "discovered" a class of nutrients comprised of eight essential sugars critical to the communication between the trillions of cells in our bodies. What an irony to think the health conditions thwarted by sugar may actually be improved with the *right* sugars.

While not the total solution for counteracting a poor diet, glyconutrition is a vital piece to the wellness puzzle. Formally known as "glycomics", this field of science studies the precise structures and functions of every sugar and sugar chain in the human body. Every cell in our body is coated with a mixture of fats, proteins and carbohydrates, Scientists now understand that each cell uses the carbohydrates on its surface to communicate—both giving and receiving information about itself. Healthy cell-to-cell communication is the best start to a healthy body. In cell to cell instructions, essential sugars are so involved at the membrane level with cellular receptors that when they are deficient, you get ADHD, depression, chronic fatigue, diabetes, neurological diseases, allergies, chronic infections, poor memory...and the list goes on and on.

Why do we need to supplement with glycol-nutrients? The science of sugars is not new, but its role and importance in health began to be understood in the 70's. Glyconutrients are synthesized in various plants, fruits and vegetables that are plant-matured. They are sugars that are not sweet – and they are essential. Essential because we need them to be healthy and because we must obtain them from our diet. Our common diets today are missing all but two of the "big eight" glyconutrients: glucose, galactose, mannose, sylose, fucose, N-acetylglucosamine, N-acetylgalactosamine and N-acetylneuraminic acid—all indispensable for cell-to-cell communication.

Natural sources of glyconutrients include human breast milk, *vine-ripened* fruits and vegetables, seaweed and medicinal mushrooms. Now we have GlycoEssentials. This unique NSP product has all of the eight glyconutrients derived from food sources and are combined into a single polysaccharaide chain to provide a highly bioavailable source of glyconutrients. This increased surface area results in more effective digestion and absorption in the body—allowing for greater cellular communication—and better health.

Conditions that may benefit from glyconutrients include: asthma, auto-immune disorders, cancer, hepatitis, diabetes, heart disease, healthy kidney & brain function, allergies, infections, arthritis, flu, herpes, memory, colitis, MS....

Recommended dose is 1 capsule 3 times daily for maintenance.



Glyco Essentials  
Good Health Is So Sweet

# September is Cleansing Month

Most people spend a great deal of time keeping things clean. We bathe, wash dishes, take out the trash, vacuum our carpet, sweep our floors, take our cars to the carwash and launder our clothes. However, very few people ever give thought to the idea of internal cleanliness. It isn't just outside the body and our environment that must be kept clean. We need to be clean on the inside as well.

This month we are focusing on all types of cleansing that can help us operate at peak efficiency. We're even going to do demos describing the components and effects of cleansing – so be sure to stop in a take a look!

The most basic of all cleanses is a fast. It is one of the oldest and most effective natural healing techniques. Fasting is instinctive to children and animals when they are ill. Fasting is a great way to move out congestion in the body. Consider the Master Cleanse.

In the human body, we have four main channels of elimination through which the body can “vent” out waste material. These are the mucous membranes of the respiratory system, the urinary system, the intestinal system and the skin. The liver is the backup system to the intestines. If any of these channels are blocked, it puts stress on the other eliminatory channels.

The most basic of cleanses include cleansing the intestinal tract, which in turn helps the liver and the other eliminative channels.

Clean Start is an excellent product designed to gently scrub away accumulations of debris from the colon. Following up with specific cleanses for parasites, liver and Candida is often necessary for optimal health. We also recommend the Small Intestinal Detox for anyone eating processed grains, such as white bread, pasta and other white flour products.

A gallbladder cleanse can be very helpful for people experiencing pain after eating dietary fats or suffering from gallstones. Dry skin brushing and sweat baths help to increase circulation to the skin and thus remove toxins. A kidney detox which includes lots of purified water, lemon and herbs can help them work better. We're all surrounded by lots of toxic metals and drugs (i.e. mercury in our teeth and from our vaccines, chlorine, etc), so a heavy metal cleanse can help fight against neurological and autoimmune disorders that might come from heavy metal toxicity.

Cleaning the pipes (arteries) with the MegaChel Artery Cleanse can make an amazing improvement in arteries, general circulation, brain function and heart health. Ear coning can dislodge excess earwax, bacteria and other debris from the ear.

Cleansing out toxins is a good first step to any health program, but for lasting benefits we need to reduce our exposure to these toxins. Making some good dietary & lifestyle changes can reap huge rewards towards better health. We can discuss this in greater detail in our consultations. We also recommend that you read a book called “Coming Clean” by Steven Horne. We also have a cleansing class on September 26<sup>th</sup> “You Won't Believe What's Inside You!”

To get your body “charged up” with energy to do some deep tissue cleansing, consider starting with the Energy Foot Spa. Read on below.



## Recharge Your Body's Battery with the Energy Foot Spa

The B.E.S.T. (Bio-Electric Stimulating Technique) energy spa is a natural health device that can help your body strengthen and balance itself. The human body functions off electro-magnetic signals. The brain sends signals to each part of the body and the body back to the brain. When cells have enough energy, they are able to function properly. The B.E.S.T. energy foot spa charges the water and the water (which your feet soak in) charges your body. This allows the body to absorb vital energy on a cellular level, creating cellular balance.

Once the body receives the energy, the body starts detoxing on its own. This may occur in different ways: through the feet while in the energy spa (remember you have very large pores and lots of sweat glands in your feet) and through the urinary system, bowels & skin. As the B.E.S.T. energy spa starts detoxifying and energizing the system on a cellular level, the body is able to release waste products more readily.

The detox process is different for everyone that uses the energy foot spa; however at the end of an energizing foot spa treatment the water will always be discolored. Much of the discoloration (up to 50 or 60%) is due to the minerals in the water or the sea salt used in the foot bath. Some of it may be the body releasing toxins from your skin into the water. The color changes will vary between clients and between sessions. It may change a lot or very little. This is normal! Our focus should be on absorbing energy not on the water changes. When slight color changes occur, the body may choose to detox through the urinary system or colon rather than the lymph system via the skin. Testing shows that a person's detoxification session will override the geographical nature of the water.

The important thing to remember is that the machine itself is not pulling things out of your body; rather, when your body absorbs the energy in the water, it is actually absorbing vital energy on a cellular level, helping to create cellular balance. Once the body receives the energy, it starts detoxing on its own and you may notice color changes in the foot spa water, your urine or bowels

Some people are very energized immediately following their foot spa session, while others are relaxed and sleepy. It usually takes several sessions for optimal results, but clients have experienced help for joint pain, fatigue, headaches, insomnia, menstrual problems, candida, liver, kidney, gallbladder problems, depression, ADD/ADHD, concentration, circulation and general detoxification. Give the B.E.S.T. Energy Foot Spa a try and see for yourself! Take advantage of the money-saving coupon below and start your detox program today!

At the Mustard Seed Herbarry, we are dedicated to the philosophy that health is much more than the absence of illness and that all people have the right *and* responsibility to manage their own health and happiness.



**2 for 1 INTRO OFFER**  
**Energy Foot Spa**  
Buy one at regular price (\$40) and  
get the second one FREE!\*

\*Thru 10/31/06

\*limitations apply

# The Power of Xylitol

~ A sweetener that is good for your teeth ~

Xylitol is a naturally occurring sweetener found in the fibers of many fruits and vegetables including various berries, cornhusks, oats and mushrooms. It was first produced in Finland from Xylan, a sugar found in the wood fibers of birch trees. Our bodies actually produce about 15 grams of xylitol daily as part of normal metabolism.

Xylitol is a natural compound derived from non-genetically modified corn that looks and tastes just like sugar. It has a safe track record, being used for over 40 years around the world and is approved in the US for use in quantities needed to sweeten foods. Not only does it offer great taste, but it contains 40% fewer calories and 75% fewer carbohydrates than regular sugar. One of the best things about xylitol, however, is that it has a low glycemic index of 7, thus making it an appropriate substitute for diabetics because it has minimal impact on blood sugar levels. (Table sugar has a glycemic index of 87.)

Xylitol can be used in cooking and baking similar to regular table sugar. Because it does not ferment or crystallizes, it is not able to be used for bread and some candy recipes. For some people, using large amounts of xylitol may cause some laxative effects which usually disappear as the body adjusts itself.

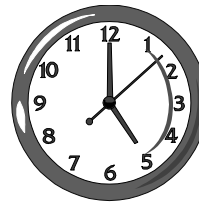
The real power of xylitol may be in its ability to prevent dental caries and infection. According to Ellie Phillips, DDS, tooth damage occurs in a dry, acidic mouth. Xylitol creates a perfect pH balance in the mouth to stimulate a healing process that can naturally repair teeth. Consider this: tooth enamel dissolves at a pH of 5.5 or less—and soda measures a pH of 2.2. Hmmm...is there any wonder why soda and sugar is so bad for our teeth?? And, consider the fact that many mouth rinses that people use to kill bacteria and fight gum diseases are full of sugar, artificial sweeteners and alcohol – all very acidic and corrosive. Xylitol is also effective against bacteria on the teeth—literally starving them because unlike sugar, xylitol is not an energy source for bacteria.

To enjoy good dental health, you must eliminate mouth acidity and dry mouth. Xylitol can help you do this. According the Dr. Phillips, eating at least 6 grams of Xylitol daily has been shown to eliminate harmful bacteria, reduce dental plaque, mouth dryness and acidity. The best way to get this is through chewing Xylitol gum after meals, keeping the mouth moist with Xylitol mints and using a mouth rinse made with Xylitol.

To sweeten life even a little more – try our Nature's Sweet Life chocolate bars!! Made with dark chocolate and Xylitol, you don't have to feel guilty about indulging. Fortified with calcium, CoQ10, flax and other healthy ingredients, these chocolate bars are truly a treat from nature to enjoy.

Xylitol is also available in one, three and five pound bags for cooking and baking. Use it 1:1 like sugar, except for breads and candies. It makes a great sugar substitute for cereals and beverages too.

## Mustard Seed Herbarary 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.



**Jordan was traveling and his back "went out". He visited a local chiropractor which didn't help him. An application of TEI FU OIL in lotion rubbed on and NATURE'S FRESH spray and his BACK PAIN was almost totally gone!**

Mary can always tell when she skips her HSN-W. Her HAIR is dry and has no shine or body without it. She notices that her FINGERNAILS break more easily as well. It takes only 3-4 days back on the HSN-W and she can tell a big difference.

**Kent was traveling and had a HEADACHE, FATIGUE and GENERAL MALAISE. He had an ENER-G Foot Spa soak treatment and immediately his energy improved and his headache disappeared.**

Geneva has struggled for years with CANDIDA, but hasn't found it possible to completely eliminate sugars from her diet even for a short time. She recently stopped using any ARTIFICIAL SWEETENERS and she reports that just that small change has dramatically reduced her symptoms of YEAST INFECTION!

**Heather tells us that her 9 year old son can tell the difference when he takes the NSP HERBASAURS chewable MULTI-VITAMIN. He says, "I have more ENERGY in the afternoons when I take the HERBASAURS then when you give me the 'brand-X' vitamins."**

Jolayne loves BREAST ASSURED. She knows it is supporting healthy breasts, but most of all, her benign BREAST CYSTS have disappeared and she doesn't have the monthly TENDERNESS she used to have.

**Since using the FOCUS ATTENTION, GABA and DHA, Brian has passed all his school tests and his teachers are really noticing the difference in his BEHAVIOR. Susan gives Molly NUTRI-CALM every morning and it keeps her from becoming HYPERACTIVE and STRESSED in school.**

Joanne loves experimenting with ESSENTIAL OILS. She used CINNAMON and CLOVE to settle her stomach after a bout of FOOD POISONING. She uses TEI FU oil blend to keep ALERT while driving and in school; and LAVENDER, HELICHRYSUM and SWEET MARJORAM control her NEURALGIA PAIN. She blended ROSE and GERANIUM for her mother during a SHINGLES flare-up and she had immediate PAIN RELIEF!

**INTRODUCTORY OFFER**

**10% any Xylitol product**

through October, 2006

\*Limited to stock on hand

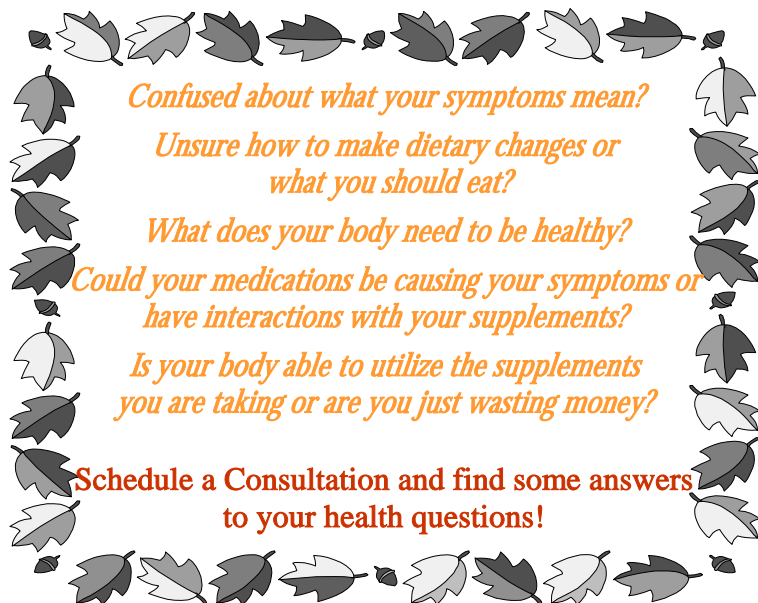


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Ignore Your Health and It Will Go Away



## Little Ditties from Dallas...

We just returned from the NSP National Convention in Dallas and we want to share just a few tidbits of information we gleaned from there.

You can change your energy by your thoughts.

Hair loss can be a sign of protein deficiency.

L-Glutamine reduces muscle deterioration.

Deaths from obesity now equals deaths from tobacco use.

High cholesterol is not a fat problem – it is a sugar problem.

The immune system is suppressed for 5 hours after eating sugar.

Cortisol levels are still elevated 12 hours later from 1 cup of coffee!

There is no disease normal to the aging process.

Antioxidants are critical to good health because free radicals lead to a cascade of inflammation.

Wellness is not the lack of manifestation of disease.

The #1 cause of disease is inflammation.

Synthetic medications drive symptoms deeper into the body.

NSP's answer to oxygen, other than to breathe more deeply, is Cordyceps which increases oxygen and helps with Co2 exchange.

Work for quality of life, not standard of living.

Hypertension can be caused by constipation.

In 2004, 53.7 gallons of carbonated soft drinks were consumed per person.

Xylitol helps with food cravings and helps bind with calcium to get into the bone. It also helps prevent nasal and ear infections.

Wild-caught salmon is a very anti-inflammatory food, while farm-raised salmon is highly inflammatory.

Paw Paw is a very effective remedy for parasites & viruses as well as used externally for skin cancers.

### 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.

# *Menu of Services at the Mustard Seed Herbarry*

Complete Wellness Consultation: \$65 (3 visits) ~  
includes VoiceBio Analysis and nutritional review

Comprehensive Wellness Consultation: \$95 (3 visits)  
~ includes Complete consultation, Iris Analysis &  
muscle testing

*Add a foot spa to either for only \$25! (up to 3)*

Energy Foot Spa: \$40 each  
Buy 4 Foot Spas, get the 5<sup>th</sup> free - \$160

\*\*Buy 1 at \$40, get 2<sup>nd</sup> free until 10/31/06

Asian Bodywork: \$65

Ear Coning \$35 plus cones

Resting Metabolism Testing \$35