



# 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

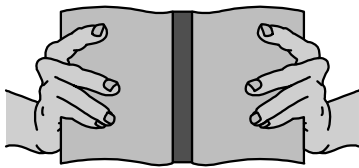
Volume 8, No. 4

ellen@mustardseedherbary.com

September/October 2004

www.mustardseedherbary.com

Have you picked up the latest  
Healthy Times Journal yet?



You're Invited to Join  
the Health Revolution!

Register for the Untold Truth seminar...

*where curiosity becomes learning...  
learning becomes understanding...  
understanding becomes hope...*

isn't this what you're really looking for?

hope . . . truth . . . the Untold Truth

the Untold Truth seminar is about learning the truth behind the hype, the clever marketing and the "big money"

discover the real story about health, popular products, prescription drugs, the foods we eat, the health challenges we face . . . and more

the truth may set you free . . . but the Untold Truth about your health will help you enjoy that freedom

**we invite you to attend this special one-day event . . .  
coming to Phoenix on October 16<sup>th</sup>**

sign up today – cost is \$75; register before October 6<sup>th</sup>  
and you can attend for only \$10 each!

## VitaWave

**Vitamin & Mineral Liquid**  
Ride the Wave to Better Nutrition

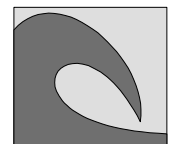
A recent article in the Journal of the American Medical Association reported that the average American diet results in "sub-optimal levels of vitamins" and recommended that every adult take a multivitamin daily. This is big news considering the fact that conventional medicine has often referred to benefits of taking vitamins as just "expensive urine".

Getting adequate amounts of the many essential vitamins and minerals is one of the most important things you can do to nourish your body. Without proper nourishment, your body may not have the substances it needs to perform at the peak of health.

Even traditional medicine now acknowledges that it is nearly impossible to obtain adequate amounts of many essential vitamins and minerals through the standard American diet and supplementation is necessary for optimal health. Many people assume that getting the RDA of vitamins and minerals is sufficient, but it simply insures you against the vitamin deficiency diseases (like scurvy and beri-beri). That is hardly enough to be healthy and to have the fuel to live the active and full life that we desire.

Many people prefer liquid vitamin/mineral supplements because it is easy to take and possibly easier than tablets for the body to absorb. Now VitaWave is available from Nature's Sunshine—a delicious, nutritionally stable liquid vitamin & mineral supplement that is combined with special herbs, antioxidants and amino acids that will help you obtain the healthful nutrients necessary for optimal health.

**VitaWave**  
Nutritional Liquid  
Health Supplement



## Confused about your health? Unsure what your body needs?

Did you know that we offer nutritional consultations to help you improve your health by learning what your *body* needs in order to be healthy?

During a 30-60 minute session, we offer muscle testing, a brief iris analysis and tips for a healthier diet and living. You can use these tools to determine how to improve your health, naturally!

Often, we find we need to spend more time with our customers to adequately make proper suggestions for what would be most beneficial for improving your health. Making a personal appointment allows us the opportunity to let your body tell us what it needs and give you individual attention for your individual needs! All of us at the Mustard Seed Herbarry have devoted a lot of time in increasing our knowledge of natural health and we want to share it with you!

We think you'll find the time and money invested in your individual consultation will be well worth it to improve your health. Please call and ask to make an appointment with Ellen, Katrina or Ann.

## Today's Stock Market Report

Helium was up, feathers were down. Paper was stationary. Fluorescent tubing was dimmed in light trading. Knives were up sharply. Cows steered into a bull market. Pencils lost a few points. Hiking equipment was trailing. Elevators rose, while escalators continued their slow decline. Weights were up in heavy trading. Light switches were off. Mining equipment hit rock bottom. Diapers remained unchanged. Shipping lines stayed at an even keel. The market for raisins dried up and Coca-Cola fizzled. Caterpillar stock inched up a bit. Sun peaked at midday. Balloon prices were inflated, Scott Tissue touched a new bottom and batteries exploded in an attempt to recharge the market...the best report is that the natural products market is healthy.

Every Body is Different.  
Good Nutrition is Universal.

## NEW PRODUCTS TO SUPPORT YOUR BODY'S HEALTH...

### Cellular Build

Cellular Build supports the immune system by providing the body with dietary sources of nucleotides—which are important building blocks the cells need for renewal—along with the immune-enhancing and intestinal-tract supporting nutrients, astragalus, milk thistle and fructo-oligosacharides (FOS).

Nucleotides are the building blocks of DNA and RNA—the compounds that store our genetic information. Whenever a cell divides (and healthy cells do that all the time) the body needs nucleotides to make a complete copy of DNA for the new cell. The body can make nucleotides, reuse them and also obtain them from the diet.

Particularly during periods of physical and emotional stress, the need for new cells increases, which requires millions and millions of nucleotides. This process requires considerable time and energy for an already-stressed body. Dietary nucleotides reduce the time and energy necessary for cell multiplication and optimal health.

Research tells us that nucleotides are important for immune system development (they are found in high concentrations in human breast milk), improve the update of nutrients to aid digestion, supports healthy liver function and detoxification and promote optimal tissue growth and wound healing.

### Natria Acne Treatment Gel

Acne no longer is just the plague of teenagers. Acne affects 25% of men and 50% of women at some point in their adult lives. Young or older, dealing with acne can be frustrating and even embarrassing.

Now you don't have to be prisoner to acne—at any age. This new acne gel helps to unclog pores, normalize the skin's natural sebum level, discourage harmful bacteria and is soothing to reduce irritation. The natural ingredients work to keep your complexion clear and balanced – such as Salicylic acid, Algae extract and Alpha-glucan oligosacharides.

### Natria Triple Effect Age Relief Cream

This blend of natural ingredients decreases the visible depth and size of wrinkles, maintains skin firmness and tone and supports skin thickness and suppleness. Unlike the toxic, painful injections of chemicals like Botox, Triple Effect offers a powerful, skin-beneficial anti-aging alternative. Available after November 15<sup>th</sup>, this new product just might take years off your skin!

# NEW CLASS SCHEDULE!



Beginning in December, we will be having ongoing classes each Tuesday evening from 7 to 8 pm. Most classes are free and all will be fun and packed with info about the many different aspects of natural and holistic health.

- December 7 Understanding Aromatherapy
- December 14 Myth vs. Truth in Nutrition & Diet
- December 21 West Valley Health Alliance meeting
- December 28 Herbal Hour "Jeopardy"

*Don't forget about our Aromatherapy Workshop on Tuesday, October 12<sup>th</sup> at 6:30 pm. 623-566-1376.*

## It's time for some fall cleaning...

Cleansing the colon from poisons, toxins and waste stored in the body is perhaps the best way to restore health and vitality. Colon cleansing is not a passing fad, but a natural way to address problems in the body—such as obesity, diabetes, skin problems, hypertension, asthma, aching and swollen joints, low libido, bad breath or body odor, food cravings, fatigue, headaches, gas, depression, insomnia, impotency, hot flashes, fibroids, cramps, infertility, yeast infections, menopausal & menstrual concerns, prostrate problems, autoimmune diseases, high cholesterol, parasites, fibromyalgia and the list goes on.

The power of colon cleansing is not to be underestimated. A properly functioning colon is necessary for the transport of nutrients and the elimination of accumulating wastes. When the walls of the colon are lined with a collection of feces, it cannot absorb nutrients or eliminate wastes properly; therefore food remains undigested and the waste uneliminated.

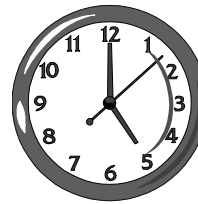
A healthy colon eliminates after each meal due to the gastro-esophageal reflex. It might be considered "normal" to have infrequent bowel movements, but it is not healthy. Even if you eliminate daily, you may not be truly cleaning your pipes unless you include extra fiber in your diet. Fiber is considered the colon "broom" and acts to sweep out toxic wastes and accumulated toxins.

An under-functioning colon is a breeding ground for parasites and Candida (yeast) problems. It also is critical in keeping the liver performing at peak levels and for keeping clean blood circulating throughout the body.

No one wants to talk about this *secret source of disease*, yet many are truly dying to know. Every year colon cancer kills about 48,000 people—perhaps totally preventable with proper colon care.

We suggest that you try Clean Start, a comprehensive, yet gentle colon cleanse and detoxification program that could change your life and quite possibly could be the most important aspect of your fall cleaning.

## Mustard Seed Herbarry STORE HOURS



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

Store hours will be extended in our new location. Please verify when the new hours begin.



## HERBAL TIDBITS

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



**Nicole did everything she could think of to help her 9 year old son who still struggled with BEDWETTING—all to no avail. Then she gave him MAGNESIUM to guard against bladder spasms and L-CARNITINE to strengthen the bladder muscles. After starting the products, he had one incident the first week and none since!**

Brad eliminated meat and eggs from his diet because he had HIGH CHOLESTEROL—but it went up! He couldn't tolerate the side effects of those nasty statin drugs, so he chose RED YEAST RICE with COQ10 and went back to his meat and eggs, along with lots of fruits and vegetables. In 3 months, his CHOLESTEROL dropped into the "normal" range.

**Sandra couldn't LOSE WEIGHT – particularly in the waist area. She started taking CLA (Conjugated Linolenic Acid) and OMEGA-3-EPA oils and in about 2 months, she had to adjust her belt. She also added CHROMIUM for blood sugar support and began walking everyday.**

Richard had suffered from ULCERATIVE COLITIS for about 10 years, but after eliminating WHEAT and DAIRY and adding PROACTYZYME, PROBIOTICS and THAI-GO, he has no pain and his bowel function has been "normal".

**PERFECT EYES with LUTEIN has improved Connie's eyesight and her eye doctor says her MACULAR DEGENERATION has stabilized. She tried another less expensive eye product, but her vision kept getting worse, so she says now, "I won't ever stop the PERFECT EYES again! I can really tell the difference."**

Erick has a very PHYSICALLY DEMANDING job and he finds it more and more difficult to keep up with the "young guys". Not to be outdone, he started taking TARGET ENDURANCE and THAI-GO, and he no longer struggles to keep up! He knows the nutrition that those products provide give his body the advantage he needs.

**BAYBERRY has been helpful for Dottie's chronic SINUS PROBLEMS from polyps in the nasal passages and surgery is no longer necessary!**

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

Take the 90-Day  
Habit of Health Challenge  
...and Feel the Difference.

It's convenient.  
It's affordable.  
It's life-changing.  
It's guaranteed.

Sign up by October 2<sup>nd</sup> for the Untold Truth seminar on October 16<sup>th</sup>  
and enter our drawing for free product!

# We'll be moving soon!



- Same great products ... and more.
- Same great service ... and more.
- Same phone number...
- Just different address.
- Extended store hours
- Better access, easier to find location
- More food and grocery items
- Regular classes on Tuesday evenings

Watch for the notification of our move sometime in October. We'll have some great move-in specials on our new products and a brand-new class schedule. We look forward to serving you better at our new location! (In the meantime, please excuse our "destruction" mess. 😊 )

**NEW LOCATION: 13980 W. Bell Road, Suite 19 (northwest corner of Litchfield & Bell)**

## 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.