

# Your Health Matters



Mustard Seed Herbarry

13980 W. Bell Road, #19

Surprise, AZ 85374

Phone: (623) 583-2286

Fax: (623) 583-0248

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## Kat's Korner

Hello and Welcome, if you're just returning or recently moved to Arizona ~

As I write this letter, some of the Mustard Seed Herbarry staff is preparing to go to Salt Lake City, Utah, to attend the Nature's Sunshine 2005 herb conference. This event is important for multiple reasons; among them is the opportunity to learn more about Nature's Sunshine Products and to network with those in the health and supplement industry.

In support of Breast Cancer Awareness month, we will have Dr. Christina Compton join us Saturday, October 8, at 10 AM to speak on the benefits of thermography, a safe, painless, and reliable diagnostic test for breast cancer without the use of radiation. Additionally, it's important to focus on diet and supplements as preventative measures to avoid breast and other cancers. A good first step is including flax, a powerful plant food, into our daily diet. Flax contains lignans, a phyto-nutrient (naturally occurring and non-toxic plant chemical), an important component in supporting the prevention of estrogen related cancers and the metastasis of cancerous tumors; the reduction of hot flashes, bloating, and breast tenderness; regulation of the menstrual cycle; and the improvement in skin and hair appearance.

Another healthy addition to our diet is coconut oil. We were once told to avoid coconut oil due to its saturated fat content. However, not all saturated fats are bad for us. Coconut oil contains a large percentage of medium-chain triglycerides (MCTs) which are partly water soluble so are less likely to be turned into fat. These MCTs are known to boost metabolism, provide quick energy, stimulate the immune system, assist with fighting cancer, and have anti-microbial properties making them helpful in fighting Candida and killing viruses associated with heart disease.

Taking time to eat well, move our body daily (notice I didn't say "exercise!"), and take quality supplements just makes sense. If our health fails – nothing else matters!

Until next time – take care,  
*Katrina*

## ~ Breast Assured ~ Protecting Women's Health

The body can be strengthened nutritionally to be more resistant to pollutants and irritants that set up the conditions for cancer in the body. These substances can act in several ways. One, they can stimulate the body to produce enzymes that deactivate carcinogens (toxins that contribute to cancer development). They can also block the formation of substances in the body which encourage the formation of cancer cells. And finally, they produce substances which keep the body balanced and strong so the conditions for disease are not set up.

Breast Assured is a unique supplement that may help to provide the nutritional support that would balance female hormones and inhibit some of the processes that can lead to the development of malignant cells. While no scientific research has been carried out on this particular combination of ingredients, there is significant research that suggests that each of these components may help reduce the risk of breast cancer. This might be considered nature's Tamoxifen.

**Flaxseed** is high in the lignan, SDG which is converted into hormone-like compounds. They bond to receptor sites and are weakly estrogenic. By bonding to these sites, they block the stronger body estrogens and xenoestrogens from attaching to these same receptor sites. These lignans are potent antioxidants and hence protect against free radical damage to the DNA—a known factor in cancer cell formation.

**Pomegranate extract** contains high levels of substances that have been shown in scientific research to possess remarkable anticancer activities.

**Kudzu** also contains isoflavonoids—which have demonstrated anti-mutagenic effects and are believed to have a protective effect against xenoestrogens.

**Maitake mushroom** have been used as medicines in Asia for thousands of years and are highly prized for their immune-enhancing qualities. The immune system can destroy cancer cells when they develop—and is doing so all the time. Maintaining a strong immune system is a key factor in preventing cancer.

**Lutein** is a carotenoid that many studies suggest have a strong protective effect against cancer. Higher dietary intake & higher blood levels of lutein are associated with reduced risk of breast cancer and possible reduced risk of endometrial cancer.

Research shows that **Calcium D-glucarate** inhibits mammary tumor development, reduces cancer cell replication and helps increase the elimination of excess hormones from the body.

Recommended use is 2-3 capsules daily; do not try using Breast Assured by itself for the treatment of cancer. Always consult with a competent health practitioner when dealing with cancer.



One ounce of prevention is worth a pound of cure...  
Breast Assured ~ 20% off through 10/31/05

# October is Breast Cancer Awareness Month



## Dates To Remember:

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

### Awareness or Early Detection doesn't save lives like Prevention can...

Most everyone is *aware* of breast cancer – aware of the fact that it kills nearly 40,000 of the 200,000 diagnosed with it every year. Aware that it is the most common cause of cancer death in women and that based on current statistics, 1 in every 8 women will develop breast cancer. Maybe we're not so aware though, that breast cancer in men is also on the rise, as about 1500 men are diagnosed with it and 400 die every year. With these statistics, nearly everyone has been personally affected by it in some way.

But being aware of it isn't enough – awareness or early detection doesn't prevent it. The only way we can conquer breast cancer (or any cancer really) – is through *prevention* of this deadly malady.

So, you ask, how does this happen? Conventional medical thinking says that cancer can't be prevented. Early detection and screening is encouraged as "prevention" and when cancer is detected, modern medical options are limited to surgery, chemotherapy and radiation. The success rates of these options are embarrassing and the quality of life for the cancer victim and their families is dismal, at the very best.

It's true that today's environment make prevention of cancer very challenging even for the most diligent. It's a known fact that a major factor in the development of cancer is exposure to electromagnetic fields (EMFs) produced by electrical devices like computers, TVs, microwave ovens and cell phones. Radiation (including that received from mammograms) actually *increases* the risk of developing cancer ...hmmm. And since most breast cancer (prostate cancer as well) is estrogen-dependent, excess estrogen in our environment and diet is another major factor in the development of these hormonal cancers. Perhaps many aren't aware of the fact that most conventionally grown animals contain hormones (beef, eggs, milk, cheese, chicken, turkey, etc.). Pesticides and plastics are another common source of dangerous xenoestrogens—which are known cancer promoters.

So, even if breast cancer isn't 100% preventable due to our environment, there are many things we can do to reduce our risks. See page 1 and 4 for more.



**JOIN OUR LOSERS and GAIN GOOD HEALTH!**

**Transform Your Health ~ Transform Your Shape**  
**Weight Loss Group**

We still have room in our next weight loss group starting in mid September. Call us or stop by for details & you too can gain good health by losing!

Please note that some classes may cancel if insufficient pre-registration.

### "Back to School" Immune System Support with Aromatherapy Workshop

/ **Tuesday, September 13 – 7 to 8 pm**

It's that time again – a time when our children are again exposed to all kinds of bugs – and time to build our immune systems! Important for kids of all ages—and grown-ups too! Please register by Sept. 9<sup>th</sup> - \$20 includes supplies.

### Bio-Nutritional Analysis

By Susan Hutchins, Author, Teacher, Energy Healer, Iridologist, Microscopist, Consultant

/ **Saturday, September 17 – 10 am**

With over 30 years of experience in alternative and natural health, Susan is a wealth of knowledge about many aspects of healing. There will be plenty of time for questions and Susan will be available for making personal appointments after the presentation.

### Cleanse Me Away!

/ **Tuesday, September 20 – 7 to 8 pm**

Fall is a great time for some real cleansing—this not-always-popular subject is highly recommended by Kevin Trudeau, author of *Natural Cures They Don't Want You to Know About*. Learn for yourself how to "clean house".

### Move Your Stuff ~ Change Your Life with Feng Shui

/ **Tuesday, September 27 – 7 to 8 pm**

Learn how our environment affects our health, career and abundance. This ancient Chinese art of placement is very effective and could change your life – register early as this is a popular class!

### Fitness + Massage = Wellness

/ **Tuesday, October 4 – 7 to 8 pm**

Few will deny that massage feels great, but did you know it is helpful for detoxifying and increasing circulation as well? Our speakers will encourage us to incorporate exercise and staying fit in our healthy lifestyle for total wellness!

### Ayurveda ~ The Ancient Science of Self-Healing from India

/ **Tuesday, October 11 – 7 to 8 pm**

Come hear Dr. Melanie Dias-Zair, Chiropractic Physician and Ayurvedic Practitioner explain to us this method of ancient healing. Register early as this is a popular class!

### The Scary Truth about Sweeteners

/ **Tuesday, October 18 – 7 to 8 pm**

Just in time for Halloween! Learn about the different sweeteners and which ones are healthy and safe enough to include in our diets. If you care about your health, you should make plans to attend.



# Dates To Remember

(continued from page 2)

## "Is Your Home Safe?" Aromatherapy Workshop

/ **Tuesday, October 25 – 7 to 8 pm**

The very products we use everyday to clean our homes and care for our gardens are having a disastrous impact on the environment and endangering the health of our families. Learn about some healthy alternatives with essential oils - \$20 fee includes supplies.

## Enjoy a Stress-Free Holiday!! Hypnotherapy by Julie Jones, Cht

/ **Tuesday, November 1 – 7 to 8 pm**

Wouldn't a holiday season free from stress be wonderful? Stress doesn't have to ruin our holidays when you learn how to cope with it through hypnotherapy. Julie Jones's classes are always well-attended; pre-register early to avoid the stress of over-booking!

## U n t o l d T r u t h class series starting October 3<sup>rd</sup>

In mid-June, we sponsored a class called "The Untold Truth" and were pleased with the response and our attendees told us they would like to learn more! So we are bringing you this series of 6 classes (see list below) which will cover the basics of natural health and many of the common problems we face in this country. Through this entire series you will learn more about these various health concerns and natural methods to help return the body to a state of wellness.

The cost of the series is only \$45 for all six classes or \$10 each class. We encourage you to sign up for the entire series and if you are unable to attend a class, you may be able to make it up during the next series. These classes will be held on Monday evenings, starting October 3<sup>rd</sup> from 6:30 to 8:30 pm. Pre-registration by Sept. 24<sup>th</sup> is required.

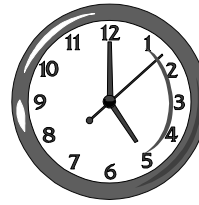
Stop by to register or call if you need additional information. This 6-week series of Untold Truths has been very popular in other areas, and we will continue to offer them here in Surprise if we have sufficient interest. Sign up today!

- *Colon in Crisis*                      *Running on Empty*
- *The Diabetes Epidemic*            *Estrogen Overload*
- *You Don't Have to Die of a Heart Attack!*
- *Transform Your Health; Transform Your Shape*

If you think you can't afford prevention, then how do you think you can afford the disease?

# Mustard Seed Herbarry

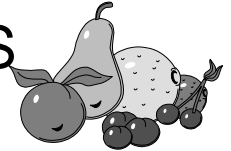
## STORE HOURS



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.



**Tami struggled for years with WEIGHT, but regular exercise combined with CLA and METABOMAX EF has helped her shed 66 pounds and four dress sizes.**

Gene was told he was PRE-DIABETIC and really wanted to avoid medications, so he tried SUGAR-REG and CHROMIUM GTF plus he watches his carbs carefully (and takes CARBO GRABBERS). Four months later, his doctor tells him his sugar levels are within the normal limits—with no drugs!!

Sara learned that the greater her fiber consumption, the more caloric waste – which means that fiber causes an alteration in fat absorption. When fat is combined with fiber, it becomes "associated" with fiber and decreases the fat digested and increases the fat excretion. That's why FAT GRABBERS works so well for her – she's LOST about 22 POUNDS in 8 weeks and feels & looks great!!

Ann has found that HEALING AC CREAM works great for MOSQUITO BITES. It takes the sting and itch away almost immediately! Taking B-COMPLEX vitamins seems make you less susceptible to bites, as does applying TEI FU LOTION.

Teresa has been using NATURE'S FRESH twice a day on her face for about 3 weeks. At first her face felt dry, but after the old skin sloughed off, she finds it very refreshing and moisturizing and her ACNE has diminished.

IF-C, FLAX SEED OIL and JOINT SUPPORT are great for HIP PAIN according to Martha. Her husband was told the only option was HIP REPLACEMENT surgery, but he's doing so well now, he's thinking he may not need it for a long time!

Combination CBG Extract is a favorite product of Joy's. Her 3 children have had years of EAR INFECTIONS and EAR PAIN, but since she started giving the liquid herbs to them daily, none of them have had another infection. It also has a CALMING effect on them.

Robert has severe ASTHMA and while it is mostly controlled with his herbs, he found that adding SOD with GLIADIN has been able to completely stop any attacks. Research also shows SOD is helpful in cases of other severe lung diseases, including COPD and malignancies.

Jessica had the MERCURY FILLINGS in her mouth removed & took HEAVY METAL DETOX, MSM, SPIRULINA and DETOXIFICATION to help remove any residual metal toxins from the procedure. She had no problems!

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13980 W. Bell Road #19  
Surprise, AZ 85374

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**"Natural Cures They Don't Want  
You to Know About"**

While supplies last.

## ***Healthy Breasts and the use of Thermography***

We've invited Dr. Christina Compton, NMD to discuss using **thermography** as an alternative to mammograms - helping to detect breast tumors early, without the use of radiation - known to actually *increase* the risks of breast cancer!

***10 am ~ Saturday, October 8  
Mustard Seed Herbarry***

Please join us for this complimentary lecture by registering at 623-583-2286.

## ***Are Your Personal Products Killing You?***

For years there has been speculation that certain chemicals found in personal care products are connected to diseases such as cancer and Alzheimer's. Research is confirming that suspicion to be true—chemicals such as propylene glycol, triclosan, synthetic fragrances, aluminum and parabens—are being linked to the increase in certain diseases, but particularly breast cancer.

Antiperspirants work by blocking the pores to prevent the release of sweat; deodorants work by providing an antiseptic action against bacteria and by masking the smell of sweat. Antiperspirants contain aluminum and it is a known neurotoxin and there is good reason to be cautious about the application of aluminum to our skin - and certainly good reason not to consume it! Besides that, we don't want to suppress the release of sweat—the body does it for a reason! And if your sweat smells not so pretty, it is a sure sign you need to do some internal cleansing. Of course, bathing is helpful too.

Because antiperspirants/deodorants are applied near the breast, it's not rocket science to understand the increased breast cancer risk, particularly a higher incidence of cancer in the upper outside quadrant of the breast, directly adjacent to the armpit. When the armpit is shaved and then these chemicals applied, the effect is magnified.

Some toxic-free choices are natural deodorant crystals, sprays or roll-ons that contain mineral salts, baking soda and essential oils. Nature's Fresh works great! Internal deodorants include chlorophyll and probiotics (don't forget to cleanse the colon too!)

Why take the risks when there are better alternatives? Check out healthier choices in personal care and don't let your pits stop you from 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 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.