



# Your Health Matters

Mustard Seed Herbarry

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## News from the Crew

Well! After a busy holiday season, it is time to get back on track and behave when it comes to our diet and exercise programs! The first few months of the year are historically the busiest months for us and other health-related businesses. But we love the fact that again, people are committed to being healthy and making lifestyle changes that can permanently alter the unhealthy habits we may have developed.

We are pleased to offer two additional bodywork therapies at our location. We welcome Gail Thurman, a licensed acupuncturist coming to us from central Phoenix (and formerly from Florida). She will be taking appointments for acupuncture treatments on Tuesday in Surprise. Give her a call on (602) 955-4321 to schedule your appointment. And watch for her Tuesday evening class on acupuncture and Chinese medicine in mid March.

We are also glad to welcome Debby Rains. She is a certified reflexologist and will be working here on Thursday. You can call her at (623) 826-2709 for your reflexology appointment. She will be co-teaching a class on February 20<sup>th</sup> – “A Treat for the Feet” where we’ll be discussing both reflexology and our ionic energy foot bath. *Hint: Check the website for our complete class schedule—and you’ll notice some class specials—offered only to class attendees!*

And don’t forget about the other services we offer. Our clients are having great success with Roxann’s Asian Bodywork and many people are changing their lives and health through the Wellness Consultations. We also offer the Ionic Energy Foot Spas to help with detoxification and Nance’ is our certified Ear Coning specialist.

Let’s make a commitment to achieve the healthiest and best year ever in 2007. You can count on us to help you make the changes needed to make this happen—we look forward to working together for a great year!

Until next time, keep well!

*Ellen and Staff*

### Do you know “The Secret”?

We have some DVDs in stock now;  
learn the secret for yourself and  
experience the difference!!

## NattoZimes Plus

Sweet Support for Matters of the Heart

Natto is a traditional Japanese food usually made from fermented soybeans that has been found to have amazing health benefits. Perhaps the most remarkable aspect of Natto is the fibrinolytic enzyme called Nattokinase. This enzyme has been proven helpful in reducing and preventing blood clotting. This makes Nattokinase extremely useful in the prevention of both heart attack and stroke. Nattokinase closely resembles plasmin, which is a naturally occurring clot-dissolving agent in the body. Therefore, nattokinase mimics the action of plasmin by targeting fibrin (clot forming protein) and acting to dissolve it directly. It also produces a more long term action than most traditional blood thinning therapies by doing double duty—preventing the coagulation of blood and dissolving existing thrombus (blood clots).

In the heart, thrombus causes a blockage of blood flow to muscle tissue, which if blocked for a certain amount of time, will cause the heart muscle to die. The end result of dead muscle tissue in the heart is angina (pain) or heart attack. It can also travel through our circulatory system and enter the brain, which can cause senility or stroke. As we age, the production of blood thinning enzymes called thrombolytic enzymes declines, thus making us more vulnerable to blood clotting disorders.

Repeated testing by both Japanese and American researchers has proven that Nattokinase generates a heightened ability to dissolve blood clots. Because of soy and Vitamin K sensitivities in some people, NSP has produced a product with the same enzyme activity as nattokinase from a fungus *Aspergillus oryzae*. This more affordable, more stable and unique enzyme blend is designed to promote normal blood flow.

The addition of heart healthy nutrients such as hawthorn berries, capsicum fruit, dandelion leaf and resveratrol has made this a powerful cardiac support. This blend may help improve blood flow as it helps dissolve fibrin—which causes blood clotting. It also supports normal platelet aggregation levels and normal cholesterol levels to prevent formation of plaque deposits in the arteries.

Because of the enzyme action of the nattokinase, this product has shown some indications that it would be helpful for breaking down clots, tumors and other masses in the body.

Recommended dose is 1 capsule between meals twice daily. Do not use if you are taking blood thinning medication, have a bleeding disorder, Crohn’s Disease or are allergic to Aspergillus.

## Nattozimes Plus

15% off

thru February 2007





## Dates To Remember:

For more information about the classes, please visit our website. *We'll also post specials being offered to class attendees only!*

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

*Note: Classes may cancel if there is not sufficient advance registration.*

Tuesday, January 2 - 7 pm

**Weight Loss thru Health Gain (\$7)**

Tuesday, January 9 - 7 pm

**New Year...New You...thru EFT!**

Friday, January 12 - 7 to 10 pm

**The Power of Chinese Herbology (\$25)**

Saturday, January 13 - 10 am to 2 pm

**Build an NSP Business with TCM (\$50)**

Tuesday, January 16 - 7 pm

**Fight the Yeastie Beasties and Win...**

Thursday, January 18 - 7 pm

**Vision for Your Life**

Tuesday, January 23 - 7 pm

**Physical Fitness For Better Health**

Tuesday, January 30 - 7 pm

**Feng Shui and the New Year (\$3)**

Tuesday, February 6 - 7 pm

**Aromatherapy: More than Good Scents (\$5)**

Tuesday, February 13 - 7 pm

**Taking the Guesswork out of Which Nutritional Supplement to Take**

Thursday, February 15 - 7 pm

**Own Your Life**

Tuesday, February 20 - 7 pm

**A Treat for the Feet**

Tuesday, February 27 - 7 pm

**Colds & Flu - What to Do?**

Tuesday, March 6 - 7 pm

**Cholesterol: Friend or Foe?**

Tuesday, March 13 - 7 pm

**Herbal Jeopardy!**



## Healthy Weight Management

Having a weight problem is more than just a cosmetic issue. Mainstream Americans are now beginning to understand that excess weight can have many destructive and serious implications to our health—and ultimately to our lifespan. But for those who find fighting the battle of the bulge a losing proposition, take heart. There is a way to better health.

Diets that simply restrict food intake rarely works—at least for more than a short time. What really works is a permanent lifestyle change. After all, if you continue to do the same things that caused the weight gain, how can you expect the same thing to produce weight loss? The type of food you eat is probably more important than the amount of food you eat. Sugar is the main culprit (and yes, that includes artificial sweeteners). The bad fats we consume (like fried foods, trans fats and hydrogenated oils) will add empty calories and have a negative effect on our health, but it isn't fat that makes us fat. It is excess carbs—sugars and processed foods that turn to sugars in our body.

The lack of exercise in our hurried American lifestyle also contributes to poor weight management. This is the time of year when attendance at fitness clubs are at an all-time high, but quitting after a few weeks or months won't do it. Consistent physical exercise is vital to success. Join a gym!

There are several good, safe and effective food supplements that help reduce this growing problem. When weighing out your options, consider **Fat Grabbers**. No, they don't grab the fat off our bodies, but they do help reduce caloric intake from bad fats. And **Carb Grabbers** have a similar action for the excess intake of processed carbohydrates. **Metabomax** is excellent for increasing natural energy and reducing water weight. It also supports the thyroid, which is critical in weight management. Products like **CLA** and **Chromium** help blood sugar imbalances, while **Hoodia** reduces food cravings and **Nature's Cortisol** slows down the production of cortisol – a stress hormone which increases food cravings and reduces blood sugar control. These help when your weight problems are centered around the belly.

We understand that the matters of weight loss can be frustrating and overwhelming. We can help you improve your health and support you in your weight management goals. Schedule a consultation before the end of January, 2007 and receive a free Resting Metabolism Test (\$42 value) and be on your way to better health and *permanent* weight control.

*Be a Sweetheart*

*Protect Your Heart with some Good Fats*



Even the AMA supports the use of fish oil supplements for coronary heart patients. The following are just some of the benefits that Omega-3 oils have to offer:

- \*Protects against or counteracts arrhythmias
- \*Prevents thrombosis (blood clots)
- \*Increases serotonin in the gut (improves mood)
- \*Counteracts inflammation anywhere in the body
- \*Lowers triglycerides & prevents formation of fatty deposits
- \*Lowers blood pressure

# Having the time of your life

Break free from “hurry disease”



It's official. We now have another diagnosis to contend with. Modern medicine has named this chronic sense of pressure, this revved up feeling that causes us to multitask. They call it “time urgency impatience”. So, now that there is an official name to this official disease, we can treat it, right? This new diagnosis has the pharmaceutical companies scrambling to be the first to create a chemical drug that will manage this disease. And, since this disease has so many other health implications related to stress and heart disease, this is a great opportunity for drug companies to get deeper and deeper into our pockets.

Perhaps you have detected a tiny bit of cynicism. As I sit here writing this article while eating my lunch, I realize that I just might need to be “treated” for this disease as well. We Americans have an acutely neurotic & dysfunctional relationship with time. One of our American Fathers, Benjamin Franklin, said ‘time is money’ and we don't want it wasted or stolen. Don't we often put quantity ahead of quality? This public promotion of busyness and speed is a public issue that needs to be addressed—first on a personal level and then on a social and economic one. It has also become a competition: “I'm busier than you are...” as if being extra busy is something to be proud of.



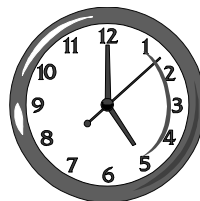
Over-scheduling and our focus on money and consumption have crowded out values like health, family, community and the environment. Americans log in more hours at work than citizens of any other industrialized nation and most of them need to down multiple caffeinated beverages daily just to keep up the pace. No wonder our health is paying such a high price, since this ‘disease’ has been directly linked to an increase in hypertension, anxiety, depression, glandular/hormonal imbalance and heart disease.

What can we do to treat this ‘time urgency impatience’ without drugs? Trying to decelerate in a hit-the-gas-pedal world isn't easy. A wake-up call might do it, but let's get a grip on it before the wake-up call becomes necessary.

Some slow-down strategies include: Set priorities. Make a conscious decision about what you consider important and let your schedule—and your attitude—reflect your intentions. Do one thing at a time. When we multi-task, it is impossible to completely concentrate, feel deeply or think clearly. Wake up right. This might mean setting your alarm clock a little bit ahead of when you must get up. This gives you time to think about the day and to be thankful for all we enjoy. Take off your watch. There are plenty of clocks around to keep us punctual, but don't be a slave to the time. Listen to relaxing music. Our body synchronizes to the rhythms around us. When we are surrounded by controversial talk shows, hard rock music and violent TV shows, it puts us in a less-than-peaceful frame of mind. Use delays in our schedule as an opportunity to practice positive thinking. Use techniques like yoga & meditation regularly.

As we endeavor to become more tortoise-minded and less hare-brained, we will find that slow and steady does win the race. As people resist the pressure to do it all in a hurry, we will find more enjoyable, richer, fuller lives. It's not all about giving up the lifestyle we've come to enjoy, but it's to remember what really is a priority and doing it well. If what we do adds pressures & takes away the pleasure, we need to re-evaluate it and determine how important it really is. Once we re-align what is really important, we will resist the temptation to fall into the trap of “more is better.” A healthier pace helps us be better at whatever we do.

## 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.



**Heather has problems with FIBROIDS and recently had a flare-up of symptoms. She started taking NATTOZIMES PLUS and within 3 days, the symptoms were completely gone!**

Liz started on the seven Chinese Herbal Combinations for NOURISHING and BALANCING the body and she reported within 5 days that she felt wonderful! It was confirmed by her Asian Body worker, who reported that her usually IRREGULAR PULSE was nearly perfect.

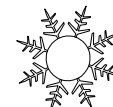
**Audrey was diagnosed with STREP INFECTION. Choosing herbs instead of drugs, she started taking OLIVE LEAF EXTRACT and VS-C. She also used GUARDIAN oil on her feet at night. Her next visit revealed no further infection and her symptoms had completely cleared up.**

Paula had ELEVATED CHOLESTEROL LEVELS according to her doctor but couldn't take any drugs due to the side effects. She began a regimen of CHOLESTER-REG, FLAX SEED OIL and GARLIC. Her doctor was very happy with the improvement in the next blood workup.

**Todd started taking HERBAL PUMPKIN which is mildly LAXATIVE and ANTI-PARASITIC. The bowels work great, but he noticed another “side benefit”: his PSA count went down and he doesn't have the FREQUENT URINATION and other PROSTATE difficulties he had previously.**

Donna has suffered with IRRITABLE BOWEL SYNDROME for many years. Drugs did nothing but make it worse, so finally she gave in and purchased PROBIOTICS, EVERYBODY'S FIBER and INTESTINAL SOOTHE & BUILD. She was amazed how quickly she improved—she can even eat certain “forbidden” foods with no irritation.

**MACA has become Suzanne's favorite herb. Not only does it increase her LIBIDO (it's her husband's favorite too ☺), but it has helped her MEMORY and STAMINA. Jerrod tells us that it helps improve MUSCLE TONE from his workouts. It is one of the few herbs to balance the hypothalamus and pituitary glands.**



Rather than using Calcium Channel Blockers for her HYPERTENSION, Rosalie chose to take MAGNESIUM instead. It has normalized her BLOOD PRESSURE and stopped her MUSCLE SPASMS.

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Ignore Your Health and It Will Go Away

## *Our Services Include:*

- \*Wellness & Nutritional Consultation  
(includes Iridology, Voice Bio & AK)*
- \*Ionic Energy Foot Bath*
- \*Resting Metabolism Test*
- \*Wellness Classes*
- \*Asian Bodywork*
- \*Muscle Testing*
- \*Acupuncture*
- \*Reflexology*
- \*Ear Coning*



## Live a Life that Matters...

Ready or not, someday, it will all come to an end. There will be no more sunrises, no minutes, hours or days.

All the things you collected, whether treasured or forgotten, will pass onto someone else. Your wealth, fame and temporal power will shrivel to irrelevance. It will not matter what you owned or what you were owed.

Your grudges, resentments, frustrations and jealousies will finally disappear. So too, your hopes, ambitions, plans and to-do lists will expire.

The wins and losses that once seemed so important will fade away. It won't matter where you came from or on which side of the tracks you lived, at the end. It won't matter whether you were beautiful or brilliant. Even your gender and skin color will be irrelevant.

So what will matter? How will the value of your days be measured?

What will matter is not what you bought, but what you built, not what you got, but what you gave.

What will matter will not be your success, but your significance.

What will matter is not what you learned, but what you taught.

What will matter is every act of integrity, compassion, courage or sacrifice that enriched, empowered or encouraged others to emulate your example.

What will matter is not your competence, but your character.

What will matter is not how many people you knew, but how many will feel a lasting loss when you are gone.

What will matter are not your memories, but the memories that live in those who loved you.

What will matter is how long you will be remembered, by whom and for what.

Living a life that matters doesn't happen by accident. It is not a matter of circumstances, but of choice. Choose to live a life that matters.

## 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 visiting our website!*