



Your Health Matters

Mustard Seed Herbarary

13980 W. Bell Road, #19

Surprise, AZ 85374

Phone: (623) 583-2286

Fax: (623) 583-0248

Volume 10, No. 3 ~ staff@mustardseedherbary.com ~ www.mustardseedherbary.com ~ May/June 2006

News from the Crew

It's been a busy two months since we last "chatted". We continue to be amazed at the ability of the VoiceBio to help determine areas that the body needs to be strengthened for optimal health. We encourage you to schedule your Wellness Consultation which includes the VoiceBio, Iridology and Nutritional advice.

If you just want to experience the VoiceBio, we are going to be offering brief VoiceBios from **10 am to 4 pm on Saturday, May 20th**. These will be done on a walk-in basis, so come early to make sure you get an opportunity to see your Voice Print. For this day only, the VoiceBio and *brief* analysis will be complimentary. Mark your calendar now!!

Please see the enclosed insert and consider hypnotherapy to help with your challenges. If you are like me, you may have some reservations about hypnosis, but once you learn more about it, you realize that it is a completely natural way to alter your thinking about certain things. Hypnosis will never make you do things that you wouldn't ordinarily and it can help relieve "wrong" thinking about food, smoking, pain and stress. Julie is offering a significant discount on these sessions to let you try it in a very relaxing, comfortable environment. Please consider it—you will be amazed at the power of your own mind!

Many of our customers are learning about the benefits of becoming a Nature's Sunshine member. If you have a qualifying purchase, you can have this membership for free for an entire year. As a member, you are entitled to special discounts on the entire line of Nature Sunshine Products. Plus, if you purchase over approximately \$120 of NSP in any month, you will receive a minimum of a 10% rebate.

We have an interesting array of classes scheduled for the next few months. Ask about our Business Builders class on June 1st. Plan to attend these classes, but don't forget to call ahead!

Until next time,

Ellen and Staff

**There are no shortcuts to
any place worth going.**

LOCLO

Unique Fiber Blend

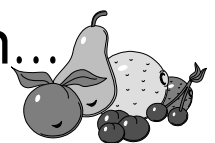
Designed to meet the needs of nearly everyone, LOCLO is a sodium-free, fiber-rich supplement that can help us make sure we receive adequate fiber in our diets. LOCLO is a tasty mix of both soluble and insoluble fibers from five different sources. Not only is it a great source of fiber, but it will provide both antioxidant and anti-cancer benefits through the added herbal food blend and is a rich source of potassium and other nutrients.

LOCLO contains various sources of fiber, each providing its own uniquely enriching component. Beet Extract has been shown to provide liver protecting effects, while flaxseed contains essential Omega-3 and 6 fatty acids. Oat bran reduces total and LDL blood cholesterol and psyllium hulls is beneficial for regularity and cleansing. This blend also includes Acacia gum, apple pectin, guar gum, malic acid and cinnamon bark. While also enhancing the taste, cinnamon has gained popularity recently to help with controlling blood sugar levels and cholesterol. LOCLO is particularly palatable, since it contains Stevia, an herb that is naturally sweet. Stevia has been researched to be safe for diabetics and hypoglycemia, contains no calories and is zero on the glycemic index! Not only is LOCLO a great source of dietary fiber, it can also be used effectively to fight high cholesterol, diabetes and weight gain.

Fiber is one of the most overlooked essential components to a healthful lifestyle. Most of us are aware that fiber is important, but many do not know why. Fiber has the reputation for keeping people "regular", but it is important in many other ways. Fiber is a great detoxifier and effectively works to keep your system clear of heavy metals, Candida and parasites. Fiber also works hard to balance your blood sugar and lower your cholesterol by absorbing excess fats, starches and sugars from the foods you eat. Of course, fiber taken on a regular basis will help protect you from irregularities such as constipation and diarrhea, but perhaps even more importantly, it can help to protect against certain types of cancer. Conclusive findings show that low fiber intake is directly related to colon disease and colon cancer, as well as coronary heart disease, diabetes, obesity and various other common ailments linked to a typically low-fiber, high animal-fat Western diet. In fact, Western Europe and English-speaking countries have the highest rates of colorectal cancer in the world. While this is alarming, eating the right kinds of fiber can greatly reduce your risk for these diseases and even will provide relief from their warning symptoms.

While many of us may think we obtain enough fiber in our diets simply by eating "right", the truth is that the typical diet only supplies 1/3 of the recommended dietary amount. The proper mix of soluble and insoluble fiber is easiest found through supplementation. One tablespoon provides 3.8 grams of dietary fiber. Fiber is best used consistently and with at least 16 oz of water for maximum results.

Fiber For Health...





Dates To Remember:

Call (623) 583-2286 to pre-register

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

Blood Sugar Issues & Neuropathy

/ Tuesday, May 9 – 7 to 8 pm

Dr. Timothy Gerhart is here to share his knowledge about the fast-growing problem of blood sugar issues and neuropathy. These life-threatening and disabling conditions can be controlled naturally with proper nutrition—learn what you can do to help yourself.

Educate America!

/ Wednesday, May 10 – 6:30- 8:30 pm

/ Wednesday, June 14 – 6:30- 8:30 pm

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.

Feng Shui and Flower Essences

/ Tuesday, May 16 – 7 to 8 pm

Feng Shui is an old Chinese art of placement that can change your life and your feelings. Flower Essences are powerful, homeopathic-like substances that affect your emotional being. Learn how to combine the two for a powerful healing change!

Clean Cuisine with Chef Chad

/ Tuesday, May 23 – 7 to 8 pm

Eating healthy meals doesn't have to be a chore. Learn from master chef Chad how to eat like a king and feel like a million bucks! He knows how to put together a balanced menu that will keep blood sugars balanced and help weight issues.

Dispelling Common Dietary Myths

/ Tuesday, May 30 – 7 to 8 pm

What should you eat? With the confusing studies that give you mixed messages about foods today, we need some basic tips about what is truly healthy and what isn't. You might be surprised at what you will learn.

Business Builders

/ Thursday, June 1 Call us for more information.

Muscle Test for Health

/ Tuesday, June 6 – 7 to 8 pm

Muscle testing (often referred to as Applied Kinesiology) is an accurate way to let your body's electrical system help you determine which nutritional program you need. Learn this tool for yourself!

Wings of Change

/ Tuesday, June 13 – 7 to 8 pm

You're in for a treat at this class. Come early (appointments suggested) and get your aura and chakra pictures taken for only \$20 and Mary will be collectively interpreting them at the class. Learn what the colors and shapes mean, how to see auras and other interesting information about chakras and auras.

Herbal Jeopardy

/ Tuesday, June 20 – 7 to 8 pm

The stakes are high for winning at this fun and informative game. Learn about herbs, vitamins, nutrition and Nature's Sunshine. Registration required.

Find Answers Quickly with Energy

/ Tuesday, June 27 – 7 to 8 pm

Learn pendulum techniques to help you find answers to many of your questions—whether it is which supplements to take or what foods you should eat. You'll also learn how to change negative energies into positive, etc. Always a fun class!

No Class

/ Tuesday, July 4 – 7 to 8 pm

Have a happy and safe Independence Day. Store closed today.



Help with Hypnosis

/ See flier insert for dates and times

Hypnosis is a powerful tool for improving many different aspects of your life. This is a time to try this method and see what it can do for you - sign up early as class size is limited. Call Julie for more information: (602) 576-8821.



Why N S P Herbs?



Occasionally we are asked about why we have chosen to carry the Nature's Sunshine Products instead of the more common brands found in more "traditional" health food stores. I'm sure you have read articles or heard news about rising concerns about the quality and efficacy of herbs, vitamins and other natural products. Should you be alarmed? We believe you should be, unless the products you use are manufactured under strict control to insure potency, purity, assimilability and quality.

Unfortunately, not all products produced by some companies undergo proper testing before they reach the consumer. Each batch of raw materials must be carefully examined on a cellular level to determine whether it contains the correct species, whether there's any contamination and whether the correct plant parts are being harvested. These things are vital in ensuring that you, the consumer, get the desired benefits from the product. In the final stage, tablets, capsules and extracts must be tested for disintegration in conditions simulating the digestive process to verify that the ingredients are bioavailable and your body can assimilate them. Another alarming issue to consider is the "spiking" of certain constituents to either standardize or potentate products. This process always alters the natural balance found in nutrition and affects the end results.

These quality control tests are vital. Without them you can never be assured that you are getting the quality products you expect and deserve. That's why we choose Nature's Sunshine for ourselves and our customers. NSP goes to great expense to ensure your peace of mind. Nature's Sunshine Products herbs and vitamins are grown, harvested and processed properly. Their expert knowledge of tradition combined with technical, scientific skills ensures that their products are among the best. Their 34+ year track record of results proves it.

Another question that arises is "why the difference in the prices of herbal supplements?" Those cheap supplements are rarely a good deal. We have proven over and over that they don't save you any money. While you may be able to save a few pennies initially on lower quality products, they cost more in the long run because you often have to take larger quantities to receive any benefits from them. NSP has proven to be a leader in industry quality standards and we trust their products for results. Remember, quality always costs more, but quality products equal quality results. Aren't you worth it? We think so!

Did you know...

At the Mustard Seed Herbarry, we carry natural beef raised in Arizona without antibiotics and hormones?

You can find out your Resting Metabolism rate via a 10 minute test that measures how many calories you burn each day while at rest? This can help you in learning how many calories you can eat and still lose weight! Cost is only \$35.

Have you scheduled your Wellness Consultation yet? Join the many that have changed their life through nutrition!

We now carry Himalayan salt lamps to help keep dust down and neutralize Electromagnetic Fields. They also make great nightlights and create a lovely ambience! Don't forget to look for our Abundance bowls made from salt too.

We also have a good supply of frozen Wild Alaskan salmon (Coho and Silver) as well as Halibut – all coming from the icy fresh waters near Alaska. Taste the difference and enjoy a healthy supply of the Omega 3 fish oils!

Pure essential oils are fabulous for keeping our immune systems strong, keeping our homes safe and affecting our emotions. Have you tried any lately? We also carry diffusers and bottles and other supplies to make your own blends.

We carry a nice supply of personal care items, shampoos, hand, body and face creams, chemical-free toothpaste, deodorants, soaps and personal hygiene products. Be kind to your body and to the environment!

Emu oil has so many therapeutic benefits. We have high quality emu products for skincare, inflammation and healing.



Stop and Smell the Flowers...

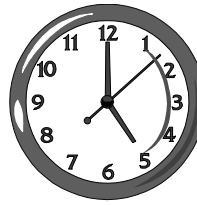
With the coming of spring flowers...so comes allergy season for many people. A wonderful way to fight the dreaded effects of pollination on your sinuses is with a gentle sinus wash. Neti pots have been used effectively for decades to rinse the sinus canals clear of pollen and various irritants. If you're not completely comfortable with the Neti style, there is a new, easier-to control style of nasal cleansing from Nasaline. Whichever method you feel comfortable with, rinsing your nasal passages is simply, highly effective way to combat cold, flu and allergy symptoms. It even works if you've already got a sinus infection. Just a few rinses with some warm water, Neti salt and a drop of tea tree oil, and you can be infection-free! A great maintenance program is to rinse once in the morning and once in the evening—that's all it takes to rid your sinuses of nasty pollutants and irritants that may cause congestion, headache, cough and even respiratory infections. I've been using this method successfully for years with my asthmatic daughter. Since my mother has committed to her maintenance program, she remains allergy-free!

Chronic allergy sufferers should also consider why they remain so sensitive to allergens. Perhaps it could be Candida Albicans that has compromised their immune and respiratory system. For permanent relief from allergy symptoms, it is important to work with the cause of the problem. Herbal products such as Yeast/Fungal Detox, Caprylic Acid, Probiotics and Sinus Support may be necessary for permanent relief. Stop by the Mustard Seed Herbarry and we'll be glad to show you the various nasal cleansing systems and help you make informed choices for your health.

Here's to hoping your sinuses are clear enough to stop and smell the flowers this spring—without suffering!

Article compliments of Ricki Wills, Mustard Seed Herbarry Herb Specialist

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.



Bonnie and her husband have tried for 6 years to become PREGNANT and had nearly given up when they decided to try the natural approach. After some dietary and lifestyle changes for both of them and taking THYROID SUPPORT, FEMALE COMFORT and PRO-G-YAM Cream for 3 months (Bonnie), the pregnancy test was *positive*! Little Julianne is a healthy 2-month old herbal baby!

GARLIC has the reputation for being more effective than NYSTATIN for YEAST INFECTION, so when Jody added it to CAPRYLIC ACID and PROBIOTICS along with a proper diet, she noticed quicker results than ever before. She also douched with a Garlic tea and soon no trace of CANDIDA.

Fluoride displaces iodine in the body creating THYROID problems, so Jana switched to non-fluoride toothpaste. Chloride also does this, so she is careful to avoid water treated with either chemical.

Supporting the adrenal glands has been helpful for Dana's HOT FLASHES, but she still struggled with sleeping problems. She found that DHEA-F has helped both the HOT FLASHES and the INSOMNIA.

Mark was in severe pain from 3 BULGING DISKS in his back. After a gentle chiropractic adjustment, he began immediately with PLS II (15 capsules twice daily), IF RELIEF, VS-C and NATURE'S FRESH sprayed on his back. Within 36 hours he was almost completely pain-free.

SOD w/Gliadan and MSM have reduced the frequency and severity of Toni's ASTHMA attacks. When she takes ALJ, LOBELIA and HISTABLOCK regularly, she only has trouble if she is around cats.

Sally had a lot of EAR PROBLEMS and it felt like she had fluid in the ears. EAR CONING helped, but not completely. She began taking CBG Extract and EW and the feeling is finally gone. Joanne had WATERY, TEARING and ITCHING EYES and nothing seemed to help until she used EW as an eyewash. Immediate relief!

PROACTYZME PLUS has been a lifesaver to Tom. He suffered so much with INDIGESTION, GAS and BLOATING. Now he takes the enzyme with each meal and often in between and he no longer has to rely on medication to calm the fires that were in his stomach.



Mustard Seed Herbarry
 13980 W. Bell Road #19
 Surprise, AZ 85374

PRESORTED
 STANDARD
 U.S. POSTAGE PAID
 SUN CITY, AZ
 PERMIT NO. 68

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@MustardSeedHerbarry.com.

Ignore Your Health and It Will Go Away

Not a Happy Mother's or Father's Day this year?

If you are among the many couples who struggle with infertility, don't despair. Herbs and nutrition have resulted in many healthy babies. A Wellness Consultation can help you learn about lifestyle and nutrition changes that could change your lives forever.

Interested in building a natural health business? Attend our Business Building seminar on Thursday, June 1st. Call us for more details.

Ear Coning

Experience the Powerful and Soothing Benefits of the Ancient Healing Art

The ear contains nerve endings and acupuncture points to every area of the body, mind and emotions. The nerve endings are connected by streams of energy flow, which carries our life force energy. If hearing is impaired or blocked, we are disconnected from that energy. Also known as ear candling or ear cleansing with herbs, this art has been lost in modern civilization. Ear coning dates back to the ancient civilizations of China, Tibet, India, Egypt and the Mayan and native Indian cultures. Ear coning acts as a catalyst to clear out debris accumulated on nerve endings. This allows for clear vibrational flow to corresponding areas of the mind, body and spirit, clearing the way for other methods of healing.

Ear cones are a natural product which resembles a hollow candle. The best quality cones are made of hand-rolled, unbleached cotton or muslin which has been dipped in beeswax. Herbs are often added for additional benefits. Paraffin wax causes the cone to burn too rapidly and this synthetic substance is toxic to the body and should be avoided. During the coning process, the cone is gently inserted into the opening of the ear canal and the opposite end is ignited. The warm vapors of smoke spirals down the cone and enters the ear canal, warming up the pores in the canal and softening the wax. The flame creates a vacuum which draws out the earwax, fluids, fungus and other toxic debris. Impacted wax, Candida and crystallized protein matter are dislodged during the process and drawn out throughout the cone. Ear coning is very relaxing and no heat or discomfort should be felt during this short 50 minute process.

Many people report improvements in hearing, smell, taste, vision, physical balance, mental clarity, sinus problems, headaches and reduction of infection and pain in ears and neck after coning. Some obtain excellent results after one session, while others feel a follow-up session or two is helpful. It is not recommended that you do ear coning on yourself. For more information or to schedule your appointment, please contact the Mustard Seed Herbarry.

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.

Hypnosis Works!

Julie Jones, Certified Clinical Hypnotherapist offers these Hypnosis Sessions to help you improve the quality of your life with the use of *Hypnosis and the Power of Your Mind*.

Host: Mustard Seed Herbarry, 13980 W. Bell Rd #19, Surprise, AZ

Cost: \$60 per session (regular price is \$75)

(Each includes a Hypnosis session with CD.)

SEATING IS LIMITED AND PARTICIPATION IS BY RESERVATION ONLY.

(602) 576-8821

Weight Loss Management & Hypnosis	Smoking Cessation & Hypnosis	Stress Management & Hypnosis	Pain Management & Hypnosis	Past Life Regression & Hypnosis
Monday, May 22 6-7:30 pm	Monday, June 5 6-7:30 pm	Wednesday, May 24 8-10 am	Wednesday, June 7 8-10 am	Saturday, May 27 8-10 am
Wednesday, June 14 8-10 am	Saturday, June 10 8-10 am	Saturday, June 17 8-10 am	Monday, June 19 6-7:30 pm	Monday, June 12 6-7:30 pm
Saturday, July 1 8-10 am	Wednesday, June 21 8-10 am	Monday, June 26 6-7:30 pm	Saturday, June 24 8-10 am	Wednesday, June 28 8-10 am

Check off the sessions you choose and call Julie to make your reservations! 10% discount for 3 or more prepaid sessions. Credit cards accepted.

Julie Jones is a Certified Clinical Hypnotherapist who has used Hypnosis, both personally and professionally for over 20 years. With the use of hypnosis and lifestyle changes, she has lost over 100 pounds and uses it for pain management and to help control Scleroderma. Julie's goal is to help others to learn to use the power of their mind to improve the quality of their lives.

Thank you for reading
our newsletter -
Your Health Matters.

Please visit our website again.