Naturopathic Community Center

A non-profit center dedicated to sharing the traditional wisdoms of healing

Intensive Detox or Build Clinic

Winter may be in full swing but now is the time to start planning for spring cleaning. What better way to clean out the holiday junk than to attend the Intensive Cleanse and Build Clinic at Herbs, Etc.? Last year, we had 4 people take the challenge of spending 6 days and nights under direct naturopathic care. We laughed; we cried; and, most importantly, we released all kinds of physical, emotional, mental, and spiritual goop! A big thanks goes out to all of the wonderful student volunteers who helped the program run smoothly; we look forward to seeing some of you again this year.

For those of you who are new to this idea, the Intensive Cleanse and Build Clinic includes a personalized natural health program combined with regular exercise, bodywork, infrared sauna, detoxifying foot baths, magnetic therapy, and much, much more to assist the individual in whole body healing. Plus, participants get to spend their evenings at a beautiful B&B where they can unwind from the stresses of the world. In the meantime, our naturopathic staff is hard at work using the best of their skills to give each participant exactly what they need to achieve optimal health. You will not find a program like this anywhere else.

This year, the clinic is scheduled for April 6-12. The cost is $1200 per person; lodging, transportation, herbal program, and therapies included. This is a great way to cleanse the body of heavy metals, toxins, and chemicals, and rebuild it with healthy tissue from the finest nutrients available. Don't put off that spring cleaning any longer; sign up for the Intensive Cleanse and Build Clinic today!

Call 773-3636 for more information.

INTENSIVE DETOX OR BUILD CLINIC

AT HERBS ETC. FOR

APRIL 6-12, 2007

$1200 PER PERSON

(WORTH WELL OVER $2300 IN PRODUCTS AND SERVICES)

SPEND SIX DAYS UNDER PERSONALIZED NATUROPATH CARE!

LODGING, MEALS, TRANSPORTATION, HERBAL PROGRAM, AND ALL-NATURAL PERSONAL CARE PRODUCTS ARE INCLUDED IN THE PRICE.

DETOXIFYING THERAPIES INCLUDE:
INFRARED SAUNA, MASSAGE THERAPY, IONIZING FOOT BATH, VOICE BIO SOUND THERAPY, AND SPECTROCHROME COLOR THERAPY.

DETOXIFY YOUR BODY!

GET HELP FOR CHRONIC AND DEGENERATIVE DISEASES!

Hot Cereal Breakfast

from "Nourishing Traditions" by Sally Fallon

1 cup oats, rolled or cracked

1 cup warm filtered water

2 T. whey, yogurt, kefir, buttermilk, lemon juice, or vinegar (optional)

1/2 t. sea salt

1 cup filtered water

1 T. flax seeds (optional)

For highest nutritional benefits and best assimilation, grains should be soaked overnight or even longer. Once soaked, oatmeal cooks up in less than 5 minutes—truly a *fast food*.

Mix oats with 1 cup of warm water and 2 tablespoons of acidic ingredients (whey, lemon juice, etc.). Cover and leave in a warm place for at least 7 hours and as long as 24 hours. Bring an additional 1 cup of water to a boil with sea salt. Add soaked oats, reduce heat, cover and simmer several minutes. Meanwhile, grind optional flax seeds in a mini grinder. Remove from heat, stir in optional flax seeds and let stand for a few minutes. Serve with plenty of butter or cream and a natural sweetener like evaporated cane juice, date sugar, maple syrup, maple sugar, or raw honey. You may also wish to add raisins, cinnamon, nuts, or other ingredients to taste.

Variation: Use 1 cup coarsely ground kamut, spelt, or rye, or you can use a finer grain, such as teff, millet, quinoa, or amaranth. Rye may need extra soaking time and more water for complete hydration.

Tuesday Night Classes

Classes meet at Herbs Etc. and are free and open to the public., 6:30 p.m. to 7:30 p.m. No registration is necessary.

Jan 15, 2008	Six Easy Self Serve Therapies and Their Benefits: Foot Soak, Sauna, Magnetic, Color, Sound and Massage Bed.
Jan 29, 2008	Herbology - How to Make Your Own Remedies.
Feb 12, 2008	How to Feel Younger in 30 Days.
Feb 26, 2008	How Amino Acids Can Solve Depression.
Mar 11, 2008	The Truth about Microwaves, and How Alkaline Foods Heal Joints.
Mar 25, 2008	Periods and Pregnancy without Prescriptions
Apr 8, 2008	Removing the Negativity of Work and Others From Your Being.
Apr 22, 2008	How to Use Color for Healing.
May 6, 2008	Iridology: Determine Your Health Through Analyzing the Eye.
May 20, 2008	Solving Headaches and TMJ.
June 3, 2008	Open House and Tour of the New Facility.

Is Your Body a Temple of Health? (cont.)

Now add up your score and see which category you fall under below.

(-)45 to (-)21 **The Sugar Shack** – It's time to start taking a serious look at your health habits. You are probably already suffering from several health issues like allergies, frequent illness, digestive disorders or worse. Be encouraged, there is always time to make some simple changes to benefit your health. Try doing just one thing each week or each day and see a naturopath. That's what we're here for! We can provide more than just nutrition information and herbal supplements; try menu planning, emotional clearing and much, much more.

(-)20 to 0 **Fixer Upper** – You're already aware of some things you can be doing to benefit your health but maybe you have a few things you wish were better. The more information you can gather at this point the better and a naturopath can be a great resource for pointing you in the right direction. Just remember, a truly healthy body takes time, effort, and a good system of support to back you up.

1 to 20 **Moving On Up** – Give yourself a pat on the back! There's a lot of confusing info out there about how to get healthy but you've stayed on the right track and are seeing the benefits for yourself. If you get stuck or feel like you've hit a wall in your progress just remember to check in with your naturopath for some new ideas. Good health comes from not just the physical body, but the emotional, mental and spiritual levels as well.

21 to 45 **Temple of Health** – Wow! Have you considered a career in Natural Health? You'd be a perfect example of how to be truly healthy! Now it's time to go to an even deeper level of health, maybe right down to the vibration of your DNA, and your naturopath is the perfect person to guide you through it. What an exciting opportunity to explore all aspects of what makes you, uniquely you! Keep up the good work!

Natural Health for the Home

One-day Layman's Courses for People On-the-Go!

Saturdays 9:00 AM – 5:00 PM

January 12
Reflexology: Influencing Body Systems Through Touch

February 9
Reading the Face & Tongue for Signs of Dis-ease

March 8
Muscle Response Testing: Practical Application for Beginners

April 19
Simple Massage Techniques You Can Use at Home

May 3
Iridology: How the Eyes Show Health or Dis-ease

June 7
Aromatherapy for Home & Office Use

$89 per class