



# Naturopathic Institute

## Samantha, Here's Your Story by Bessheen Baker

Like so many other sweet little ones, Samantha, age two and a half, was suffering from frequent illness of the respiratory system. Three times in the last year she suffered with pneumonia. Two months before her appointment, she had another bout with bronchitis. Her parents knew her immune system was low, but how do you build that up amongst the Albuteral and Palmacort medications she was taking? Samantha and her mother were counseled by Amy Jo Howard, a Certified Naturopath, at the Institute.

Amy started her consultation by looking for any food sensitivities Samantha might have. Nearly all allergens begin in the gut due to incomplete digestion which causes irritation of the digestive tract lining. As Naturopaths, we are taught that allergies correspond with the production of mucus, because the body produces mucus as a means to soothe this irritation. The mucus is intended to protect the body from foreign invaders.

One way in which we set up conditions for allergies is when we consume items that were never intended to be eaten, like food colorings and chemical flavorings. Also, there are some foods that our bodies simply cannot break down, depending on our

individual body chemistry and constitution. When the body cannot break down these foods, it produces mucus as the protection mechanism, and then, allergy responses ensue. We, therefore, look to the food first when the body is over producing mucus and causing conditions like bronchitis and pneumonia.

Samantha tested negative to consuming milk, cheese, coconut, potato, and a few other foods. The testing for this is very simple and non-invasive. Amy used a technique called Muscle Response Testing. No needles are needed to determine allergens of either food or environmental sources. It is also necessary for anyone suffering from allergies and respiratory weakness to avoid wheat products. Over the years, the wheat has changed due to aggressive farming technology. Unfortunately, it is not recognized by the body like the wheat of our forebears and actually, acts like a toxin to many people, especially the blood type O's.

Samantha's mother switched her to rice and soy milks and cheeses. She also used friendly bacteria to rebuild what had been lost from the use of medications. Amy suggested that Samantha use Echinacea in liquid form a few times per day and to apply the diluted oil blend of Thieves to her feet at bed

time. This oil helps the body fight off bacteria and viruses.

Before long, Samantha began to improve. The great lesson about this story is the same lesson many of us must learn by experience. After doing great with the new changes, Samantha and her family were on a little vacation away from home. She consumed milk products that she hadn't had in a few months. Wham! The respiratory system flared back up, and it looked like the bronchitis was back in action. Wisely, without searching for suppressing medications, Samantha's mother simply removed the dairy products and went right back to "non-dairy" milks and cheeses. Samantha cleared back up. So many times, we know the changes we are making are for the best, but life gets busy, or we are on the road, and we eat things we know are bad or we fail to drink enough water. The best thing to do is to remember your own sensitivities and try to honor your body's responses by making decisions that help you stay healthy.



## We're Moving!

In the Spring,  
the Naturopathic  
Institute  
and Herbs Etc.  
will be moving to  
Downtown  
Mt. Pleasant.

See inside for details.

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## Saturday, November 3rd - A One Day Conference

### Learn How To with Bessheen Baker, Naturopathic Doctor:

Reduce Stress in the Body and Mind

Release Weight for Long-Term Health

Understand Your Glandular System

**Guest Speaker:** Linda Hammons of Utah on The Safety and Quality of Herbs

Herbal Blends for Diabetes, Cholesterol, Sexual Dysfunction, and Energy

Minerals: The Youth Elements

Order Your Own Supplements and Save



**Saturday, November 3rd, 9am – 5pm**  
**Healthy Lunch and Snacks Provided, \$25**

Register today, 989-773-3636; limited to 75 seats

Riverwood Golf Course Conference Center

Broomfield Rd. in Mt. Pleasant



This spring will bring a new home for the Naturopathic Institute, Herbs, Etc., and the Naturopathic Community Center. Although we have enjoyed our location on Mission Street, it's time for a little green grass and some windows! The new location is only two blocks west of Mission on Broadway. There is a large, private parking lot, and downtown is only a few blocks away. The new location will allow for a gift area at Herbs, Etc., will increase the classroom sizes for the Institute, as well as add an additional cooking classroom and an exercise area. We will also be able to host larger conferences and have some outdoor activities.

Outdoor picnic and quiet areas will be added for students. Herbal gardens will evolve after a few seasons. Special lunch and massage services will be more accessible to downtown patrons, and no one will miss the Mission Street traffic.

# New Birth Assistant Program

This spring, the Institute will be offering a six course program on how to assist in natural childbirth. This program is not a midwife program but rather, a doula program. A doula is the mother's assistant during pregnancy, birthing, and child-rearing.

This six month program, plus internship, will include training in nutrition, herbology, muscle testing, essential oils, homeopathy, the anatomy of birth, and more. Upon completion of this program, a graduate would be

qualified to assist couples with a natural childbirth. Alumni of the massage and first year naturopathic program would be grandfathered for classes already taken, such as nutrition, essential oils, muscle testing, and herbiology.

Beth Barbeau, an experienced midwife, will be overseeing the advanced classes of this course and sharing her experience and expertise in this rapidly growing field of natural health.

Please call the Institute to be placed on a mailing list for further details and a schedule as soon as the course dates are finalized.



## Service: Live Blood Analysis

Live Blood Analysis is an exciting way to determine what is going on in your body. By taking one drop of blood from a finger and looking at it under a dark field microscope, you can see, for yourself, the health of your cells, and you're only as healthy as your cells are!

Viewing the blood under a dark field microscope has many benefits. With this kind of analysis, the

background of the screen is black or "dark," and your blood is illuminated from behind by a light. This allows you to see many small, fine details that might be missed on a white background. The true benefit is that you can see the condition of your red blood cells and your white blood cells. This will show you how your immune system is functioning, if you are lacking any vitamins or minerals, and how

you are digesting your food. You can also see if there is any bacteria, yeast, candida, or parasites in your blood.

We prefer to videotape the live blood analysis session, so that next time you come, we have a "before" picture to compare to your current analysis so that you can see how the changes that you've been making with your health are truly benefiting you and your body.

## Student Information: Sallie Mae Loans Now Available

We are excited to be working with a student loan organization for both the massage and naturopathic programs. Sallie Mae Loans is a credit-based, student loan. You can apply online, and approvals are typically given within twenty-four hours.

Loans can be deferred for the first year of school with a minimum monthly payment of only \$10 for the first twelve months. Students

may also spread the repayment plan out for a period of up to fifteen years. While this is not suggested, it can make monthly payments as low as \$50. Then, we recommend making larger payments as there is no penalty for early payoff.

This new program allows for students to get started with their naturopathic or massage training right away. If you know of others

interested in taking the program, this might be just the opportunity they were waiting for. Sallie Mae Loans will also lend additional funds for travel and lodging expenses.

Call Jane with any questions at 989-773-1714.



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## Feel Better Now!



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## Student Massage Schedule

The students in the Therapeutic Bodywork (Massage Therapy) Program at the Naturopathic Institute of Therapies and Education invite you to come in for a massage or other therapy in the upcoming months.

Clients who are frequent no-shows will not be allowed to make future appointments. Remember: the students are counting on you to show up at your allotted time so that they can gain the experience they need to become competent massage therapists. Please note that the type of massage or therapy (such as craniosacral, reflexology, light healing touch) may vary. Check with Herbs Etc. when you make your reservation as to which type of therapy is being offered. The deposit is \$10, non-refundable for no-shows, and paid in advance (or held with credit card) at Herbs Etc.

Following are the dates and times for upcoming Student Massage Weekends:

Saturday & Sunday, September 29 & 30, 2007	12:00, 1:30, 3:00, or 4:30
Saturday & Sunday, October 6 & 7, 2007	12:00, 1:30, 3:00, or 4:30
Saturday & Sunday, October 27 & 28, 2007	12:00, 1:30, 3:00, or 4:30
Saturday & Sunday, November 3 & 4, 2007	12:00, 1:30, 3:00, or 4:30
Saturday & Sunday, December 1 & 2, 2007	12:00, 1:30, 3:00, or 4:30

