



## Mending a Heart

Many factors can affect the health of the heart, even in babies. Prenatal exposure to mercury produces marked toxicity to babies, including a high incidence of abnormal hearts, characterized by a dilation with a thinning and weakening of the heart walls. The FDA finally decided to indicate that this is a significant hazard to mothers and their unborn babies.

Other times, little ones can be born with weaknesses in their heart due to inherited weaknesses or even from being born prematurely.

This brings us to the story of Bailey. Kris, Bailey's mother, was having pre-eclampsia early into her pregnancy. The doctors tried to hold off on delivery, but because Kris' blood pressure was still so high, Bailey was born at 24 weeks. And, because she was born so prematurely, Bailey was born with a hole between two chambers in her heart and a valve that was too small. The doctors were sure that she would need surgery for her heart, but because she was so tiny, they wanted her to gain some weight before attempting surgery.

At around 3 months old, Bailey had stabilized enough so that she could leave the hospital, and the doctors would continue checking and monitoring her to see when they would need to do the surgery. However, Bailey's grandmother, Judy, a devoted and long-time client, found out about the herb, Hawthorn Berry, and how it helps the heart and took it home for Bailey. Bailey's parents started giving Bailey the liquid Hawthorn Berry in everything that they could put it in. At the time of Bailey's one-year check-up, the hole between the chambers had closed. The doctor is reported as saying, "I don't know what happened. I've never seen this before."

Bailey has grown into a sweet and energetic 11 year-old. She has never had heart surgery. The valve is still a little small but is growing as she grows, and as long as that continues, the doctors say that she may never need surgery. She continues to take her Hawthorn Berry, and we love seeing her smile when she comes in to Herbs, Etc. Thank you, Bailey, for your story!

This newsletter is full of information on Hawthorn and other herbs that help the heart as well as essential oils, amino acids, and flower remedies. Also, continue reading for more of the dangerous effects that mercury has on the heart and circulatory system. If you are wondering how to improve the health of your circulatory system, consider consulting one of the naturopaths here who can work with you to complete a non-invasive assessment of your health and provide natural heart-healthy suggestions that are personalized to you.



## Mercury Toxicity and Its Effect on the Heart

The dangers of mercury toxicity, especially from fillings in the teeth, can have a profound impact on the functioning of the whole body. However, for more than 70 years, research has documented the effect that this poison has on the heart.

To begin, mercury has been shown to be concentrated in the heart tissue of people with heart disease. It promotes heart disease by inactivating the body's natural antioxidant, glutathione, which then allows more free radical generation and increased levels of fat accumulation in the arteries. Mercury has also

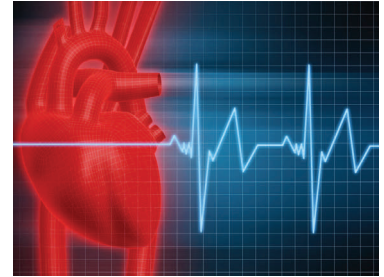
been associated with elevated blood pressure, abnormal heart rhythms, and increased heart attacks. It interferes with red blood cell oxygenation and clotting, leading to easy bleeding and bruising.

Clinical studies have found that persons with mercury amalgam fillings experience significant hypertension, higher blood pressure, lower hemoglobin levels, damage to blood vessels, heart valves, and heart muscle tissue, constriction of coronary arteries, chest pains, rapid heartbeat, fatigue, and tire easily.

Further, both blood and urine tests

measure only very recent exposures and are not reliable indicators of mercury body-burden.

To determine if mercury is affecting your health, make an appointment with one of the naturopaths at Herbs, etc. by calling 989-773-3636.



## Using Amino Acids for the Cardiovascular System



Amino acids are the building blocks of life. If you remove water and fat from the body, amino acids make up 75% of what remains. As a result, they are vital for every organ and function in the body, including the heart and its efficiency.

The amino acid **Carnitine** aids in fat metabolism, converting fat into energy, energizing and oxygenating the heart, and reducing angina.

If Carnitine is deficient, the fats will build up as unwanted cholesterol and triglycerides.

**Arginine** prevents clumping of the platelets in blood vessels that can lead to heart attacks.

**Taurine** regulates the muscular

rhythm of the heart by playing a part in calcium metabolism. In Japan, it is widely used for all types of heart disease.

The best food source of these amino acids is meat, so supplementation of these specific amino acids can be very helpful, especially for those with a vegetable-focused diet.

## Heart Healing with Flowers

The heart is seen as the core of our being. Its rhythm governs the flow of many life-giving nutrients, and also, it is where some of our deepest feelings lie. Consequently, it is where we store some of our strongest hurts.

Flower remedies are designed to help us heal emotionally. They are the liquid essence of the plant: a subtle essence that speaks to our souls.



**Bleeding Heart** helps when one is involved in relationships that are emotionally co-dependent and are based on fear, possessiveness, or neediness. This flower opens the heart to love others unconditionally

and with emotional freedom.

**Borage** is for heavy-heartedness and grief; it lifts the heart, bestowing buoyancy, courage, and optimism.

**Yerba Santa** is used for constricted feelings in the heart and lungs resulting from repressed emotions. It harmonizes the expression of emotions and balances breathing with feeling.

## Essential Oil Therapy for the Heart

Essential oils are fantastic remedies for the heart. Physically, the oils increase circulation and oxygen flow while also eliminating bacteria, viruses, and other toxins. Emotionally, they are uplifting and calming. Addressing these multiple aspects, they seek to balance all levels of heart function.

### Some oils to consider:

**Cypress** strengthens the blood capillary walls, increases the function of the circulatory system, decongests the lymphatic system, and is refreshing and relaxing.

**Ylang Ylang** helps to lower blood pressure, calms arterial hypertension, balances the function of the heart, and aids heart palpitations.

**AromaLife** is a blend of Cypress, Helichrysum, Marjoram, and Ylang Ylang. This blend strengthens and improves the circulatory system, cleanses and balances the blood, lowers blood pressure, and reduces stress.

**Joy** is a blend of Lemon, Mandarin, Bergamot, Ylang Ylang, Geranium, and Rose. It soothes the hormones, eases stress and tension, brings every cell into harmony, and brings

back the feelings of joy, self-love, and confidence.

After choosing the appropriate oil, one to two drops may be applied externally to the heart, neck, or bottom of the feet one to two times daily. They may also be diffused in a bowl of water, bath, or diffuser for aromatherapy. For these and other oils, stop in at Herbs, etc. to breathe in their balancing effects.



## Herbal Heart Remedies

Herbally, there are many remedies that will address the physical issues of the heart, strengthening the heart muscle and its valves, regulating its rhythm, balancing blood pressure, and addressing other aspects of the entire circulatory system.

**Hawthorn** is one of the best noted herbal heart tonics. It enhances circulation, promotes oxygen flow,

and strengthens and normalizes the heartbeat as well as balancing blood pressure.

**Capsicum** has a long history of increasing circulation and aiding in the prevention of heart attacks and stroke. Better known by the name cayenne, capsicum is warming for poor circulation and because of its stimulating action, is believed to break down cholesterol build-up.

**Cardio Assurance** is a blend containing Vitamins B6 and B12, Folic acid, L-arginine, Resveratrol, Hawthorn, Taurine, Proline, and TMG. These ingredients are designed to protect the heart and blood vessels from damage, strengthen the cardiovascular system, and reduce blood pressure and cholesterol.

All of these and more are available at Herbs, etc.

## Educational Opportunities

There are several educational opportunities in which students and others seeking to increase their knowledge of natural remedies can take advantage.

On the third Monday of each month, beginning at 3pm, there is an Herbal discussion to learn more about herbs; at 3:30pm, there is a Roundtable discussion to seek help with case studies; at 4pm, there is an Oil discussion to

learn more about essential oils and aromatherapy (the last 20 minutes will be question and answer); and at 5pm, a Homestead group meets to share ideas for self-sustainable living.



Come in to Herbs, etc., or call to participate via phone conferencing. By phone, call 218-844-3377 and enter the access code 103170.

Please note that the Roundtable discussion moved from the third Friday of each month at 7am to this new day and time: the third Monday of each month at 3:30pm.

**Join us!**

# Children Needed for Civil War Camp!

There's room for more! The first ever NCC Civil War Camp for children will be on July 20-23rd. This is a great opportunity to learn a little history and have a whole lot of fun.

Campers can come for the day or even camp overnight with or without a parent. You can bring your own food supplies, or there is even an option for lunch or all meals included. The daily events will be from 9 am to 5 pm.

Best of all, there will be a reenactment for family and friends on Thursday, the final day. All soldiers will get to keep their hats, haversacks, guns, and canteens.

We hope to make this an annual event. Both boys and girls, age 7 and up, are welcome. All

four days and all equipment are only \$150.

We are hoping for a few more 'volunteers' so that we do not have to enact the draft! Late registrations are welcome, and later pickups can be arranged to better meet pickup schedules. Call for further details and to enroll.



*They'll be talking about it for years!*

## Survival Class Builds Confidence for All Ages

This will be our 7th season of amazing survival courses! These classes are open to everyone and to every skill level. We've seen husband and wife teams, mothers and sons, business men, domestic goddesses, young teens, and grandmothers.

When you become comfortable with all the aspects of the outdoors, a new kind of confidence grows within you. You gain an even deeper respect for nature, you shed fears and insecurities, and become more in-tune with yourself.

Classes start with basic understanding of simple survival situations but also include plant identification, navigation, trap setting, first aid, stalking, awareness walking, group survival, tracking, tool making, underground ovens, and so much more. Class sizes are kept small and are all hands on focused.

**July 17-19** - Level one (beginners at any age, shelters, fire without matches, awareness walking, plants, water, tools, and more) \$199.

**July 31 - Aug 2** - Level two (beginners or those with a bit of experience, advanced shelters, skilled fire making, navigation, plants, tools, throwing tools, rope making, and more) \$199.

**Sept. 19/20**- 2 day open class (group shelters, bone setting, sutures, throwing tools and other highlights) \$150.



Discounts available for two or more people, or multiple classes.

*Registration still open for all!*