



Fall Newsletter



Kathryn Saves Her Finger!

In the naturopathic program at NITE, there were a lot of memorable stories told about the amazing healing powers of the human body when combined with herbs. One particularly poignant story came from Dr. Delores Spence, telling of a young pregnant woman who had completely severed her finger from closing a car door on it. The young woman's mother had known enough about herbs to put the finger back in place and wrap a leaf from the comfrey plant (*Symphytum officinale*) around it. Later that day, they realized that the finger had been put back on with the nail side down! Even more remarkable is that when Dr. Spence tried to turn the finger around, a thread of nerve had already begun to reattach to the severed end.

This was surely a testament to the amazing properties of comfrey to heal bone, nerve, and flesh. Upon hearing this story, I

was certain to grab a root cutting from one of Dr. Spence's numerous comfrey plants in her garden and plant it in my own yard at home.

This past summer, I got to experience the power of comfrey first hand. We have several large, plastic, 55-gallon barrels in our backyard that we use to collect rainwater from the roof of our house to water our garden during dry spells. One day, while my husband was out of town and my two girls were swinging, I watered the garden. One barrel was almost empty, so I carefully tipped the barrel to empty the water into buckets. As I went to stand the barrel back up, the weight of more than fifteen gallons of water shifted and pinched the tip of my ring finger on my right-hand between the lip of one barrel and another full one. I stared at my finger in disbelief as I realized it had been nearly severed between the nail and

the first joint at the cutting.

With blood pouring from the wound, the first thing that came to my mind was, "COMFREY!" Racing to the front of the house, I grabbed a handful of leaves, stuffed them in my mouth, and chewed them to a pulp, then carefully placed them around my finger, trying to mold it back into place. Thanks to being in shock, I felt no pain at the time, but I do remember vividly seeing the stark white bone beneath the flesh.

The comfrey slowed the bleeding, and I was able to go inside and call my husband to tell him to come home. My three-year-old was quite upset and following me around as I pulled out my homeopathic first aid kit and took Aconite for shock. I then called in to Herbs Etc., and Sally answered the phone. She sent Becky and Susanne right over to help.

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Your Ticket To Health



Featuring a "Country Vineyard" lunch and Chair Massage for only \$20 or 5 Tickets.

Other services available include: the Body Vibe machine, Toning Exercise Tables, Magnetic Nutrient Bed, Infrared Sauna, Detoxing Foot Soak, Voice Analysis, and more!

Tickets are only \$4 each.

Look inside for a special Halloween event for Children of all ages!



Kathryn's Story continued

By the time they arrived, the bleeding had stopped, I was calmed down and carrying my youngest child on my left hip with my right hand balanced in the air. What a sight I must have been to them!

My road to recovery has been a very short one, thankfully. A trip to the hospital for stitches never really crossed my mind, because I didn't want them to clean off the comfrey poultice, and I'm not crazy about needles anyway. Although I know I make my mother nervous at times, I am very grateful for my naturopathic training. This knowledge has allowed me to use many herbs, homeopathics, and essential oils to keep away infec-

tion and speed healing as well as using meridian work and magnetic therapy to encourage nerve regeneration. Almost a month later, as I carefully type this story, my finger looks pretty darn good, although ever so slightly crooked. I can live with that. What amazes me the most is that I have never felt any pain other than a slight bone ache if the finger is jarred or bumped. I've had paper cuts that hurt more than this! I have quite a bit of feeling, although it kind of feels like my fingertip is asleep. I can flex and extend the finger easily, so I consider myself to be extremely lucky.

My deepest and most sincere thanks

is to Dr. Spence for her inspiration; to Becky, Susanne, and Sally for acting so quick; to Bessheen Baker for her healing energy work and for checking up on my progress from time to time; and, of course, to my wonderful husband, Ryan, for doing so much extra while I was on the mend.



Ravensara Essential Oil Arrests Colds

When you feel it coming on, a little tickle in the throat from the change in weather, you're getting a cold. Consider this plan. Whatever it is, cold, sore throat, or flu, Bessheen always puts 1/4 drop of Ravensara oil on her "external" tongue. This is because many do not recommend the use of essential oils internally. We certainly do need to be cautious; many oils are too strong for internal use. If you do find one that is regarded as

safe, you need to consider it in very small amounts. When in doubt, it is better applied topically, especially for children under 5. Having said all that, some of us use the 1/8 to 1/4 drop of Ravensara technique every 15 minutes to clear up the early onset symptoms of a run down body being taken over by a bacteria or a virus. After the first few hours, then cut back to every few hours with plenty of chest or foot applications, using an entire

drop at a time. Bessheen enjoys this oil so much that she has some in her purse, all first aid kits, and vehicles.

"Sometimes, you are driving home, and you feel it coming on; that's the time to reach for the Ravensara and get started!"

Keep a few key things on hand for the winter, and see the winter kit list on the next page.

New Calendar of Events

An easy way to learn about upcoming events is to visit our website at nite-mtp.com. Click on the Calendar of Events link on the left-hand side of the home page. The calendar lists the dates and times of all of the classes and events sponsored by the Naturopathic Community Center and Herbs, Etc., as well

as the schedule of natural health and bodywork classes through the Naturopathic Institute.

When looking at the calendar, click on a specific event, and a window will open giving you more information and specific details. This is a great tool to have access to all the important happen-

ings and to plan ahead so that you can schedule those classes that most interest you into your own calendar of events. Visit the website today!

www.nite-mtp.com



Treat Yourself to an NCC Getaway

If you are looking for a couples getaway, a girls' night out, or a small group retreat, the Naturopathic Community Center has just the place for you!

The NCC hosts members during the weekdays and certain weekends for \$75 per night per guest; the second night is only \$20 per guest.

While staying at the NCC, guests enjoy multiple rooms, 3 bathrooms, use of a fully furnished kitchen, and use of the

entire Therapy Room. There is even an outdoor patio to enjoy while the weather is nice. The NCC is located in downtown Mt. Pleasant with shops within walking distance.

The Therapy Room includes an Infrared Sauna, Detoxing Foot Soak, Toning Exercise Tables, Body Vibe machine, Color Therapy, Sound Therapy, Magnetic Nutrient Bed, and an Infrared Massage Bed. Incorporate fun, healing, and relaxing all at the same time during your stay!

This is also a great place for students to bring clients in order to get away and focus on healing, especially with the use of the Therapy Room.

To become an NCC member, simply fill out a Membership Application form (available at the Administrative Office) and pay the \$5 annual membership fee. Call 989-773-1714 to schedule your getaway and take advantage of this wonderful facility.

Get Your Winter Cold Kit Together!

Echinacea is great, yet when you take it alone for a cold and as the bottle recommends, only 2 capsules 2 or 3 times per day, it probably won't be enough!

Consider that a run down body needs a fair amount of concentrated foods to truly recover from illness. The concentrated foods/herbs that are most recommended when ill:

VS-C - liquid or capsule at least 4 or 5 times per day. This is for any virus or bacteria.

CC-A - liquid or capsules for colds and coughs.

Sinus Support - for the annoying drainage that keeps you sniffing or up all night hacking.

Silver Shield - to strongly defend against bacteria.

Echinacea - liquid or capsule to boost the immune system.

Vitamin C or Rose Hips - to reduce the inflammation.

Bronchial Formula - to clear the bronchial and lung area.

Ginger and/or Lobelia to dry up liquid in the lungs.

Many use 3 or 4 of the above 6x a day during any significant concern.

New Schedule Available

The new NITE schedule with classes updated through 2011 is now available at the Administrative Office.

Please note that a few dates for some of the classes have changed. The updated schedule indicates that

*1st Year **Herbs & Muscle Response Testing** moved from

November 2009 to January 8-10, 2010.

***Final Exams** for the Therapeutic Body Work Practitioners changed from October 2010 to September 10-12, 2010.

*1st Year **Biology** moved from April 2010 to March 26-28, 2010.

*1st Year **Nutrition** is now scheduled for April 23-25, 2010.

*4th Year **Conception, Childbirth, and Childhood** will now be held April 9-11, 2010.

To receive an updated schedule, please stop in at the NITE office or call Nancy at 989-773-1714.

Herbs Etc / NITE./NCC

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Feel Better Now!



Soup, Salad, Massage, and a 4 Mile Jog* for only \$20!

Have you tried the healthiest lunch program in Mt. Pleasant?

Monday through Friday, Herbs, Etc. offers a healthy lunch, chair massage, and a ride on the Body Vibe for only \$20.

Take part in this lunch special from 11:30am to 1:30pm; it is best to call ahead for reservations.

The lunch features a delicious soup and salad made locally by Country Vineyard. The 15-minute chair massage will relax you and release the tension in

your back, shoulders, arms, and hands. And, you can even shake on the Body Vibe machine, where 10 minutes* is the equivalent of a 4 mile jog for the way in which it activates your muscle fibers, boosts circulation, enhances the flow of lymphatic fluid, and releases your feel-good endorphins.

If you have resolved to eat healthier, get in shape, or take more time to relax, this lunch opportunity is perfect for you! Even better, it combines all those goals into one lunch session. The price is only 5 tickets

(\$4 each) - that's only \$20!

Call Herbs, Etc, today to make reservations for you and your guests:



Also, consider the other services that are available through "Your Ticket to Health:" Toning Exercise Tables, Infrared Sauna, Detoxing Foot Soak, Color Therapy, Magnetic Nutrient Bed, Yoga, Qi Gong, and much more!
