
Spring Newsletter



NITE, Herb Etc. & NCC

Spring 2009

Is Corn Syrup Controlling Your Child?

Maybe, you've heard that corn syrup is not healthy. Or, to the contrary, you've seen the commercial sponsored by the corn farmers telling you that corn syrup is "natural." Here is one family's experience with the very real dangers of corn syrup.

When this particular little boy was in the first grade, he started to act differently than he used to act. Instead of being the very loving, sweet and gentle spirit that he normally was, he started having what his mom referred to as "meltdowns," where he would come home from school and be very mean and angry. At first, his parents thought it was related to having problems with his teacher, but that didn't seem to be the issue. The meltdowns worsened; he would lash out, having violent rages where he would punch walls, shake his bed, tear things apart, and hit his parents and threaten to kill them. His mom would have bruises resulting from these rages, and on the worst days, his dad would have to stay

home and restrain him for most of the day. These poor parents wondered what they were doing wrong as parents, and the sweet little boy would sob after the rage was over and apologize, saying he couldn't help it, that something came over him, and wondered what was wrong with him. It got so bad for the family that the parents, who have two other children, wondered whether it was safe for him to continue to stay in the home and if they should send him away at Christmas time.

One of the last, worst episodes occurred after mom had bought some chocolate corn puff cereal on sale for a treat, and the little boy had eaten quite a lot. When one of the worst rages followed, mom called her naturopath and asked if there was anything they could do. The naturopath said to immediately avoid all corn syrup and corn products. What happened next was a miracle. An amazing turnaround occurred, and the sweet little boy returned. Now, he's still a kid, but there are no vio-

lent rages. Mom can tell when he's had a food with corn syrup in it, and he even reads labels now and chooses to avoid those things that have it listed in the ingredients. His mom says that he has taken control of it, because he doesn't want to be that person. She said that it's totally changed their lives, and all they did was take out corn syrup, and it's made a world of difference.

That little boy is now almost eleven years old and has been able to be himself for the past year.

In looking back, the family realized that, in first grade, he started eating school lunches with corn syrup being in the chocolate milk, canned fruit, and other foods that he was eating at school. They also discovered that over the counter cough medicine is another source of the toxin.

This is truly an eye opening account of how seriously corn syrup, or any chemical additive, can impact the health of one person, not to mention the impact it has on an entire

family. It is also an inspiring story of how one can choose to take responsibility for one's own health and heal themselves on all levels of being. What a journey!



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Wash Your Hair without Toxins

Many shampoos, as well as soaps, detergents, and other products, contain the ingredients sodium laureth sulfate and sodium lauryl sulfate. These chemicals are very effective foaming agents. However, they are both highly irritating chemicals that can cause damage to the hair follicle, skin damage, eye damage, and even liver toxicity.

Sodium laureth sulfate is considered to be less irritating than sodium lauryl sulfate, yet it cannot be metabolized by the liver and therefore, stays in the body's tissues for

a longer amount of time. Due to the way they dissolve oils on the skin, these chemicals allow other contaminants easier access into the body through the skin. They have also been found to mimic the activity of the hormone estrogen and have been implicated in menopausal symptoms and fertility problems. Other products known to contain these chemicals include: bubble bath, toothpaste, laundry detergent, stain remover, carpet cleaner, body wash, shaving cream, mascara, mouthwash, and moisturizing lotion.

As a healthier alternative, look for products that do not contain sodium laureth sulfate or sodium lauryl sulfate in their ingredient's list. Just because a product is advertised as "natural" or "organic" does not mean it is always safe.

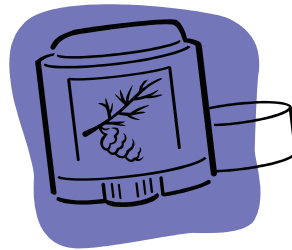
The Burt's Bees shampoos and conditioners at Herbs, Etc. are all free from these dangerous chemicals.



Stay Clean, Fresh, and Healthy, Too

Finding a healthy deodorant is very important. First, to state the obvious, you don't want to smell bad, and also, you don't want to put chemicals into your body. Most commercial deodorants contain aluminum. Aluminum can be toxic to the body, affecting the arteries, the digestive system, and the brain. Also, many deodorants are labeled as antiperspirants, meaning that they prevent you from sweating. Your body sweats as a natural response to help

release toxins; if you don't sweat, you don't release toxins, and they can build up and cause a variety of concerns.



So, back to the original dilemma:

how do you stay healthy and support one of your body's natural channels of elimination without stinking? To make it easy, consider using Burt's Bees deodorant with oil of sage or Young Living's AromaGuard deodorant which can be found at Herbs, Etc.. Or, make sure to read the ingredient's label and choose one that has natural-sounding ingredients that you can pronounce (in other words, they don't sound like chemical toxins!).

Beautiful Smiles Free from Fluoride

Toothpaste is another personal care product to choose carefully. Fluoride found in toothpaste can be very harmful to one's health. Fluoride is a man-made chemical that adversely affects the brain, reproductive organs, and interestingly enough, the hard tissues of the body, like the teeth and nails.



Fluorine, on the other hand, is a natural element that actually does help the body form strong enamel and prevent tooth decay. Natural fluorine is found in raw goat's milk, sea plants, cabbage, Brussels sprouts, spinach, and parsley. To have healthy teeth, eat those foods high in fluorine and avoid toothpastes with the chemical fluoride in them. Some fluoride-free tooth-

pastes to try are Young Living's Thieves Dentarome toothpastes fortified with Thieves essential oil, Young Living's KidScents toothpaste with essential oils that has a bubble-gum flavor, and Nature's Sunshine's Sunshine Brite Mint Tingle toothpaste with goldenseal, myrrh, green tea, and elderberry. Then, smile big and show off those healthy teeth!

Isn't It Time You Took Survival Class?

What's it like to live off the land without any modern conveniences? How would you start a fire? Where would you sleep protected from the weather? What would you eat, and how would you prepare it?

If you are interested in really "roughing" it, then consider the Survival Classes sponsored by the Naturopathic Community Center. The Survival Classes will teach you all of these things and more and are held at the NCC pavilion and recreation area just outside of Mt. Pleasant.

The instructor, Josh Powell, is a terrific teacher and will have you walking backwards through the woods, blindfolded and barefoot. Literally!



Survival I is an introductory level class and will be held July 17-19th.

Survival II will advance your skills and will be held July 31-August 2nd.

There will be an **Open Class** to learn bone setting, sutures, and group shelters on September 19-20th.

The cost for Survival I and Survival II are \$199 each. The Open Class is \$150.

For more details and to register for these classes, call 989-773-1714.

A Message to Naturopathic Institute Students

Now that it's spring, and you are well into your 2009 class schedule, remember that each of you has a mentor. If you do not know who your mentor is, please check with Bessheen or Nancy in the Administrative Office.

Your mentor is available to help you make the most of your naturopathic or massage training. If you have questions concerning your directed

studies, questions regarding a client, need some ideas or someone to hear your own ideas, or have concerns regarding a class, then call and talk to your mentor or set up a time to meet with your mentor.

Additionally, if anyone is needing specific help, tutors are available. Help us to help you!

To reach your mentor or ask about tutoring, call 989-773-1714.



When Hormones Are Toxic: Xenoestrogens

Xenoestrogens (xeno, meaning foreign) are other man-made chemicals found in everyday products that our bodies do not know how to handle. They have not only toxic effects but hormonal effects. Because these chemicals are similar in structure to the natural hormone estrogen, they affect the same areas of the body naturally regulated

by estrogen. Found in foods, toiletries, hair products, make up, plastics, and feminine hygiene products, they are suspected of reducing sperm counts and causing breast cancer, fibroids, and other reproductive diseases. Nonylphenols, one specific source of xenoestrogens, are found in spermicides used on condoms and in vaginal gels,

thereby directly exposing the reproductive organs to the chemical.

The main problem with all of these man-made chemicals is that we are being overexposed to them because of the number of products they are in, so we are currently experiencing an epidemic of problems that did not exist in such number seventy years ago.

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Your Ticket To Health!



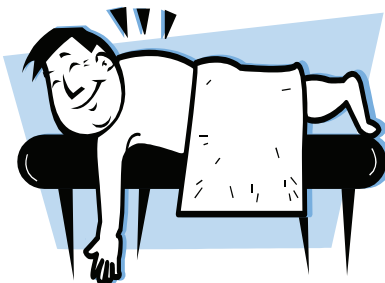
Free Massages and Bodywork by NITE Students

Massage students at the Naturopathic Institute give free massages two weekends per month. Some dates are listed for massage, while others include bodywork therapies, such as Reflexology on the feet and Light Healing Touch for deep relaxation and mental clearing.

A \$10 deposit is required to reserve your spot. Reservations are taken two weeks in advance by calling 989-773-3636. Tipping is welcome and encouraged. Your promptness and early notification of a cancellation is a

must. Please enjoy this great community service!

Times are available at 12:00pm, 1:30pm, 3:00pm, and 4:30pm on each scheduled day. Please be here ten minutes in advance of your scheduled time to fill out a small form.



2009 Student Massage Dates:

April 18 & 19 —CranioSacral and
Massage

May 16 & 17 —Light Healing Touch

May 30 & 31 —Massage

June 20 & 21 —Massage

June 27 & 28 —Reflexology

July 25 & 26 —Massage
