



## Summer Newsletter

### Are Your Dancing Shoes Ready?

Summer 2009

If you are looking for a romantic date night that is inexpensive, or if you are looking for a fun and mature evening to share with others, the NCC has just the event for you!

The NCC invites you to put on your dancing shoes and come to the Old-Time Community Dances that will be held the second Thursday of every month from 7pm to 10pm at Herbs, Etc., located at 503 E. Broadway in Mt. Pleasant.

Ron O'Neil, *A Party of One*, is a professional musician from Michigan and will provide the music, performing as a one-man band. He plays a variety of musical styles, featuring his ability to sing as well as play the keyboard, trumpet, and tenor and soprano sax. Ron has entertained numerous listening and dancing

audiences during the past ten years and has been a band director in the Michigan Public Schools for the past thirty years. It will definitely be an exciting party!

The dances kicked off on June 11 with an Ice Cream Social and will follow through the year with these dates and themes:

July 9

**Starry, Starry Night**

August 14

**Nifty 50's**

September 10

**September Swing**

October 8

**Sweetest Day Dance**

November 12

**Enchanted Ball**



And, if you've never actually used your dancing shoes, don't worry, because Lois and Richard Klender will be giving a 45 minute dance instructional starting at 7pm on each date. They will teach you all the moves you need to know!

The cost is \$20 per couple or \$10 per individual. Refreshments will be provided. The Enchanted Ball invites you to dress up in your suit or fancy gown for a sophisticated and formal evening and will cost slightly more.

We are excited to be able to host a fun, community gathering where everyone can share good music, laughter, and your best dance moves! So, save these dates, loosen up those feet (maybe with some reflexology?), and we will see you out on the dance floor.

**Your Ticket To Health** features a 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.

**Come taste the new summer menu!**

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## The Big FAT Lie

The Big FAT Lie: Fats, Oils, and the Cholesterol Myth is a one-day class that will teach you everything you need to know about cholesterol and the fats in your body and in your foods.

For example, did you know:

No research has been able to prove that the cholesterol in natural foods causes heart disease. Or, that no research has shown that eating foods high in saturated fat raises blood cholesterol levels. In fact, heart disease is just as frequent in people with low cholesterol levels as in those with high levels.

Further, low cholesterol levels increase your risk of reproductive problems, depression, cancer and suicide. However, when you consume lots of saturated fat, your body needs only a small amount of essential fatty acids, like Omega 3 and Omega 6. And, saturated fat protects the liver from toxins like alcohol and prescription drugs. On the other hand, consuming too many long chain fatty acids like those found in vegetable oil may cause you to gain weight, while short and medium chain fatty acids like those found in butter and coconut oil increase your metabolism rate and

may help you lose weight.

For much more enlightening information, attend this class and learn the truth about fats and your health!

This class will be held on Monday, September 14, 2009, from 9am until 5pm. The cost is \$89, and lunch will be provided.

Call 989-773-3636 to register.



## An All New Income

If you are thinking of a way to earn extra money or feeling like a career change is needed, it is a great time to consider a profession in natural health or massage therapy.

The first year program in natural health and the one-year massage therapy program at NITE will both begin in September. The natural

health program meets one weekend per month, and the massage therapy classes meet two weekends per month (one class and one lab). For both programs, a professional massage table and books are included in the price of tuition.

Classes are fun, informative, and interactive. And, just think of the

lives that you will help to improve by suggesting nutritional solutions or providing therapeutic body work for someone in pain. Not to mention, your own life will be greatly enriched with all of the new knowledge that you can put into practice for yourself. For more information or to register, call 989-773-1714.

## Crystal Dig

NITE students and staff will be making an "unofficial" trip to Arkansas to dig for crystals over the Labor Day weekend.



These quartz crystals are beneficial for absorbing negative electromagnetic energy, like the kind that comes from computers, televisions, and cell phones. Placing them around the house or on your person helps protect you and your immune system from being overburdened with these negative energies.

We will be traveling caravan style, and the entire trip takes 5 days. We will leave on the Thursday before Labor day and return on Mon-

day. It's a 20 hour drive! Wear old clothes as they will get stained like the red clay we dig in. The group discount is \$10 per day, per person, for all you want to take home. We also will make a trip to Hot Springs for the old style bath, scrub, and massage.

Call Nancy to be put on the list of those going and to be contacted about further details.

## Students Earn \$200 For Referrals

Attention all NITE students and Alumni! Did you know that you can receive \$200 dollars for referring a new student to the massage or Natural Health Programs!

Word of mouth is the best form of advertising and what better way to learn about the school than from its experts our very own students and graduates.

Simply send a friend, client, family member, or new acquaintance to the Institute. When they have enrolled and fully paid for the program, you will get the referral bonus. Please remind them to mention you as the primary reason for attending!



Partial referral bonuses can also be given to shared referrals. These would include other students or NITE's own advertising efforts.

You can use your referral dollars towards future tuition, extensions on homework, Herbs Etc. items and services, or simply ask for a \$200 check!

Advertising is a costly endeavor, especially when trying to cover the entire state of Michigan. We would much rather pay our student body!

We are also happy to supply you with extra professional school tri-folds and even catalogs. Simply, neatly write your name somewhere inside the brochures or attach your business card and hand them out to prospective students. This is a win for everyone!

## Magic of Birth Classes - A Big Success

Students, alumni, and laypersons are loving the Magic and Anatomy of Birth I and II.

Every mother, father, grandmother- to -be needs this class! The naturopaths are loving it, and the massage therapists are loving it. Fellow instructors are peeking their noses in and just can't pull away.

We have had amazing compliments on this essential program and its inspiring classes. Instructor Beth Barbeau, an experienced doula and midwife, brings to life the possibilities of truly natural births.

"The statistics, the compassion, the magic...it's a must for everyone in this field."

"You will never look at birth the

same, after spending a weekend in the Magic with Beth."

Plan to join us for the next Magic of Birth I and II in April and May 2010.

Take it for an additional diploma or simply, for additional knowledge; take it for your family; simply don't miss these classes!

## What to Wear for Graduation

What would you wear to best express yourself and your personality? Jeans and a t-shirt? A fairy costume complete with wings? Crowned and regal like royalty? The upcoming graduation for the current second, third, and fourth year naturopaths will be held on January 30, 2010, and the theme invites you to wear the clothing that best describes exactly who you are.

When studying to be a naturopath, the journey takes you through more than books and new ideas: it takes you deep into the center of yourself. This graduation celebration asks that you express the core of your being, even with your attire.

So, graduates, family members, friends, and fellow students who will be in attendance, start looking through your closet and looking inside at yourself:



What will you be wearing to graduation?

## Herbs Etc / NITE./NCC

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*Feel Better Now!*



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## Apply to Be a Professional Bodywork Volunteer

As you may know, massage students at the Naturopathic Institute give free massages and bodywork two weekends per month. Now, we are pleased to announce a new system for volunteers to receive their free massages and other forms of bodywork from the students at NITE. We ask that you fill out a one-page application to become a professional volunteer.

The student massages no longer require a deposit, and once we have received your application, you will be notified if you have been selected as a positive and professional volunteer. We will then call qualified individuals on a rotational basis to fill the volunteer needs for the students.

If you wish to receive an application, you may stop in and pick one up at Herbs, Etc., or you may call us at 989-773-1714 to receive an application by mail.

*This new system is more efficient and will be beneficial for everyone!*

