



# Herbs Etc.

## How Your Hair Can Help Your Health

Hair tissue mineral analysis is a non-invasive method of determining your levels of minerals and also the levels of toxic elements in your body. These levels help you and your naturopath to determine which areas of your body are out of balance, which areas are holding toxins or stress, where those stressors might be originating from, and what your metabolic type is.

As hair grows, it is exposed to the internal environment of the body, including blood, lymph, and extracellular fluids. As hair continues to grow and reaches the surface of the skin, its outer layers harden, locking in the metabolic products accumulated during its period of growth. Essentially, the hair provides a record of the mineral status and nutritional metabolism that occurred during this time.

Because minerals are involved in cellular metabolism, structural support, muscle activity, nerve conduction, immune system functioning, hormone activity, and more, this information provides a great view of your health and the long-term effects of your diet, stress, and exposure to toxins.

It is very easy to have a hair analysis done. First, contact your naturopath (new clients are welcome, too!) at Herbs, Etc. Then, come in, and your naturopath will cut small pieces of hair from several areas on the back portion of your head. The hair to be collected should be clean and should not be permed, dyed, or bleached. It is best if the hair sample comes from as close to the scalp as possible. About one tablespoon of hair is needed for the analysis. Then, the hair is sent to Trace Elements laboratory where it is analyzed. Once your naturopath receives the analysis report, you will schedule a consultation time to go over the results together. Also, you will be able to work with your naturopath on a health program to address any imbalances highlighted in the hair analysis results. The price of a hair analysis is \$75.



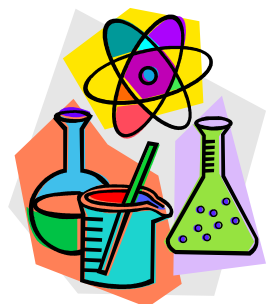
### Special points of interest:

Vaccine Choices

Nutritional Choices

Personal Care Choices

**Get Your  
Hair  
Analyzed  
Today  
Call Herbs  
Etc.  
773-3636**



## Take a Shot at Something Natural: Vaccine Choices

The idea that one has to get a vaccine or suffer terrible consequences, like contracting a horrible disease, putting others at risk, or even dying is one of the worst fear-based, ignorant notions with which we are faced.

This is an especially stressful choice for new parents who are pressured into vaccinating their minutes-old baby and who are mistakenly told that their child cannot start school without having had their vaccinations.

Dr. Tenpenny, whose DVD's are available in the Herbs, Etc. store,

has done research using CDC statistics to disprove these claims and many other claims regarding vaccines and is a valuable source of knowledge. She points out that vaccines do not guarantee immunization against a certain disease; there are unsafe ingredients in vaccines, including mercury, formaldehyde, and human and animal fetal tissue; and the frequency of vaccinations has not resulted in a proven decrease in any disease.

Once you have done your own research, an informed choice would be to strengthen your immune system using natural remedies. Instead of

the Shingles vaccine, you would consider VS-C, an anti-virus herbal blend, and NutriCalm, a B vitamin blend that calms the nerves and relieves stress.

As a natural alternative to any other vaccine, like the flu shot, consider Silver Shield, Vitamin C, and Thieves essential oil in addition to the VS-C. There are also homeopathic immunizations available. For more information, consult one of the naturopaths at Herbs, Etc.



## What Does Your Water Wear?

Is your water wearing plastic? Maybe, it is time for a make-over. Plastics are created using petroleum. The FDA admits that, regarding plastic containers, something will always leach out of the container and into the food or water.



They approve plastic containers, because they consider what is a safe amount of exposure to the leaching chemicals over a lifetime. How do they calculate that, and is any amount of exposure really safe?

Plastics also contain Bisphenol A which is a xenoestrogen. This acts just like estrogen in the

body, except it's foreign (xeno=foreign). Thus, this chemical disrupts the body's natural hormonal balance and can cause weight gain, insulin resistance, birth defects, and miscarriages. It would be far safer for your water to wear glass or stainless steel. Time to shop for a new outfit for your water!

## Prescription for Improving Health

Prescription medications are man-made drugs and have many dangerous side effects. They also do not aid the body in finding balance; they force the body to work against itself to prevent certain symptoms from occurring. Well, those symptoms are a sign for you to listen to your

body and help it regain balance. Many people search out natural alternatives to prescription medications. For example, good fats, like fish oil, flaxseed oil, and butter, are one of the best ways to naturally lower your cholesterol. A combination of B vitamins, magnesium, and amino

acids will help to balance in place of mood stabilizing medications. Why aren't we, as a society, told this? Why don't medical doctors give out this information? Your body is your own, and it is up to you to search out the information and make an informed decision for you.

## Health, Sweet Health

Nutrition is a huge area for us to make healthy, conscious choices. The more we choose to eat unprocessed, unrefined, real, fresh, and organic foods the healthier we will be.

However, let's highlight the dangers of false sweeteners. These show up in the forms of high fructose corn syrup, splenda (which is more chemically similar to chlorine than sugar), aspartame, nutrasweet, acesulfame-K, and even other names. Some products that you might find

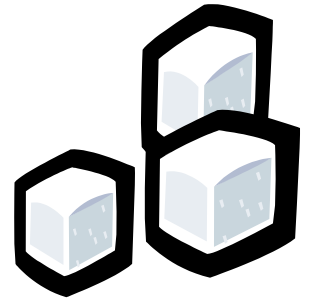
these in include diet pop, processed foods, and any low-fat, low sugar products.

These false sweeteners are highly toxic to the nervous system and are very addictive. They have been linked to weight gain, and aspartame has been shown to cause cancer. Many families have seen success with their children who were labeled "ADHD" simply by avoiding high fructose corn syrup.

An educated choice would be to research and get to know the

names of the fake sweeteners and to avoid buying any products that list them as ingredients. It would also be beneficial to know which sweeteners are not chemicals and are safe for the body to consume. Healthier sweeteners would be honey, maple syrup, and stevia.

Even small changes add up to big results!



## Do You Really Want to Lower Your Cholesterol?

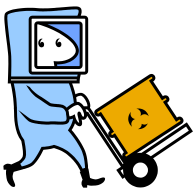
Many people are being told that their cholesterol levels are too high, and then, they are prescribed a medication (man-made drug) to lower it. Do you really want to lower your cholesterol? Cholesterol is manufactured by the body as well as obtained from the nutrition we eat. Cholesterol is needed by the body

to manufacture hormones and perform other functions. Cholesterol only becomes a problem when it sticks to arteries, and it only sticks to arteries when they have been scarred (usually, from drinking chlorinated water). There are many ways to keep your cholesterol levels naturally healthy. High triglyceride levels

actually occur from consuming too many carbohydrates, not fats. Avoiding white, processed, refined carbohydrates and eating grains like quinoa, millet, and buckwheat are best. And, you can raise your "good" cholesterol levels by eating saturated fats, especially butter and coconut oil. That's right: mmmm, butter!

## Beauty Is a Big Deal

Our skin is the largest organ of our bodies, and it absorbs what it contacts, including hair products, deodorants, and lotions.



If these products have chemical ingredients, they are absorbed into the body, and be-

cause they cannot be broken down, they remain in the body as toxins which can detrimentally affect the liver, the spleen, the nerves, and other areas. For example, most deodorants contain aluminum, a heavy metal, which prevents your body from sweating. Sweating is a natural way that the body releases toxins and other waste materials. When these wastes

cannot be released, they clog the lymphatic system, namely in the area of the breast tissue, and can manifest into breast lumps. Look for deodorants that do not contain aluminum, and try to find shampoos, lotions, and other products with ingredients whose names you can pronounce and are safe for you both inside and out.

# Natural, Non-Invasive Methods To Evaluate Your Health



In the field of natural health, we are looking for the root cause of an illness. To find it, we do not run expensive tests that require you to be exposed to radiation, or that stop the spin of your natural electromagnetic field, or that require you to swallow poisonous liquids.

Our bodies are constantly giving us information about how well they are functioning, and they give us signs when we are out of balance. Every "symptom" is a sign; for example, headaches, pains, marks on the skin, red lines in the whites of the eye—they are all signs. A naturopath is trained to read those signs and translate to you what they mean. Following is a list of non-invasive methods of assessing health; in other words, different ways to read the signs.

**Live Blood Analysis** By looking at one drop of blood, under a dark-field microscope, you can see the quality of your red blood cells and your white blood cells. These and other markers in the blood relate to your digestion, immune system, levels of minerals, bacteria, parasites, energy level, and more.

**Biological Terrain Assessment** Also called Quantitative Fluid Analysis, this assessment takes a first morning urine sample and saliva sample after a 12 hour fast and determines mineral levels, cellular energy metabolism, levels of hydration, digestion, antioxidants, and more. You receive a print out that shows which areas of the body are most stressed, and it even tells your biological age—how old your body feels!

**Voice Analysis** Speak into a microphone, and the notes in your voice are analyzed, revealing which notes are missing and which notes may be overused. Every organ, like a piano, is tuned to a certain note, or frequency, and imbalances in the notes of your voice will show which areas of the body are "out of tune." (See the NITE section for more specific information.)

**Muscle Response Testing** This form of assessment uses a test muscle (for example, the arm) and the electromagnetic energy of the body to gauge responses to certain substances or even works with acupressure-type points on the body to evaluate the health of the organs. This type of evaluation is valuable for assessing hormones, parasites, amino acids, and much more.

*All of these assessments are available at Herbs, Etc. Call 989-773-3636 to schedule your consultation and choose a healthy way to listen to your body's signals.*

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