

NITE, Herb Etc. & NCC

Fall Newsletter It Is Your Choice



October 2010

Choices. Maybe, you've heard the phrase, "You are what you eat?" Ultimately, we are what we choose. Every moment of every day, we are making a choice. We choose what time to get up in the morning, what clothes to wear, what to eat for breakfast, the route we drive to work, where we work, and on and on.

Also, we are what we choose to think. If we choose to think that we are healthy, we will make choices that support and reflect that thought. However, if we choose to believe that we are unhealthy, or that we are powerless to make a change, or that outside circumstances are really at fault, then we will choose actions that support and reinforce those choices.

There is usually a reason behind the way we make our choices. Sometimes, the reason is even unconscious or a learned behavior that someone else taught us and that we never questioned.

In this newsletter, we hope to inspire you to consciously examine the choices that you make, and if they are choices that do not support the person you are or want to be, we are confident that you will choose to change.

Fear Based Ignorance

Some choices are made out of ignorance and others out of fear. Perhaps, you didn't know better, or that's the way someone else always did it; that is a choice based on ignorance. Or, maybe someone said that if you didn't make the choice this way, something bad would happen: to you or your family. That is a choice made out of fear.

Knowledge Based, Informed Decisions

When you are presented with a choice, it is easy to say "yes" or give the response that is "expected" of you. However, to make the best choice for you and all involved, wouldn't it be better to research the information so that you have all the knowledge on the subject to make an informed decision? This way, fear and ignorance cannot sway you, because you know the facts: all the pros and cons, and now, you are equipped to choose what is truly best and what is most consistent with your own character.



**A few small changes
make a big impact
over a lifetime.**

Inside this issue:

Healthy Halloween	2
Hair Analysis	3
Vaccine Choices	4
NCC Events	5
NCC Classes	6
Cholesterol	7
More Events	10

Natural Childbirth Education Classes

Natural Childbirth Education Classes (The Bradley Method) are a 12 week series of birthing classes that help to guide couples through the natural birthing process. They help to educate couples about prenatal nutrition, physical training and relaxation techniques for labor, and confidence for the birth process and parenting. Also included is information on the three phases of labor, what to expect when the baby arrives, proper techniques for breastfeeding and possible complications throughout the process. These classes are meant to be intimate in order to give each couple

the most privacy, best information, and all the attention needed. Classes will be kept to six couples or less. Couples will be provided with a workbook that will serve as a reference throughout the duration of their pregnancy, birth, and postpartum experience. Couples will also be provided with coaching and doula training which will assist the mother during labor. These classes provide the couples with a networking circle of other expectant couples with which to share thoughts, feelings, ideas, and experiences. The Bradley Method classes will be held in two hour sessions, once a

week, for 12 weeks. Most couples will want to begin these classes between their 20th and 25th week of pregnancy.

The Bradley Method teaches total body relaxation through natural belly breathing, is husband-coached, and incorporates proper pregnancy nutrition and pre-labor exercise techniques to prepare for labor. For more information on these classes,

contact

Heather

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The 2010 Acres U.S.A. Conference will be held December 9-11th in Indianapolis.

This is the nation's premier event for sustainable and organic agriculture. Dozens of speakers, including authors, master consultants, and

Organic Acres U.S.A. Conference

successful farmers will be presenting information about soils, crops, weed and insect control, livestock management, animal health, and more.

Over 100 eco-suppliers will be displaying the latest in agricultural technology that is nature-friendly.

Registration by October 29th is \$160 per adult for the three day conference.

If you are registered to attend and want to ride on the bus that will be leaving from Mt. Pleasant, contact the NITE office for information and pricing at 989-773-1714.

Healthy Halloween Trunk-or-Treat

It is time again for Healthy Halloween Trunk-or-Treat! Participants park their cars in the Herbs, Etc. parking lot, decorate them in a fun theme, and treats are handed out to children from the backs of the vehicles.

Healthy treats are encouraged, such as dehydrated fruit, mini-muffins, homemade cookies, eco-friendly candy, and organic fair-trade chocolates. Items with potential food allergens (soy, nuts,

wheat, dairy, etc.) should be clearly labeled. Other items can include pencils, erasers, crayons, stickers, or temporary tattoos. This year's event will be held on Saturday,

October 30th, from 6:30 to 8:30pm. There will be fun games and activities, like face painting, pumpkin bowling, and more! To participate in Trunk-or-Treat, to be a volunteer, or to make a donation, fill out the registration form that is available at Herbs, Etc., or by visit-

ing our website at www.nite-mtp.com/healthyhalloween.htm.





Notes and their Meanings

The frequencies associated with musical notes are the same frequencies that healthy and balanced organs, systems, and emotions emit as they function. The following is a list of the musical notes and their correspondences. For help determining any imbalances, consult one of the naturopaths at Herbs, Etc. for...

A Voice Analysis consultation!



C	C#	D	D#
Thyroid	Kidney (right)	Kidney (left)	Adrenal glands
Lymph circulation	Tendons & ligaments	Hardening of arteries	Parasites
Small intestine	Neck glands & muscles	Neck glands & muscles	Environmental sensitivities
Fallopian tubes	Shoulders	Vocal chords	Eustachian tubes
Large muscles	Rectum/anus/coccyx	Larynx/Pharynx	Overachiever
A "people" person	Too hard on oneself	A "fixer:" likes to fix people/problems	Likes to be recognized for efforts
Codependent/ Caretaker of others	Expect too much of others	Own worst critic	Relationship friction
Need to make everyone happy	Angry over little things too often	Doesn't like change	
E	F	F#	G
Spleen/Thymus	Pancreas	Brain	Neurotransmitters
Candida/Yeast	Eyes & optic nerves	Sympathetic nerves	Parasympathetic nerves
Teeth	Ears & auditory nerves	Pituitary gland	Liver
Diaphragm	Sinuses/allergies	Hypothalamus	Blood/bones/legs
Hip bones	Pineal gland	Stomach	Worrier
Own worst enemy	Fear of life or future	Think and re-think everything	Bouts of depression
Self-sabotage	Doesn't see or hear what others do	Self-criticism	Learn to walk away
Likes to feel needed by others	Easily talked into things	Impatient	Learn to put you first
Holds back feelings	Workaholic	Need to escape	
G#	A	A#	B
Enzyme production	Bladder	Heart & hear valves	Colon/large intestine
Prostate	Lungs & bronchials	Coronary arteries	Esophagus/trachea
Gallbladder	Uterus/cervix/ovaries	Appendix	Hands/wrists/fingers
Digestion	Knees	Upper legs	Arms
Low back/sciatic nerve	Need to nurture yourself	Take criticism to heart	Feel as if others are against you
Financial fears	Learn to relax	Gives greatly to others	Feel you deserve more
Feels not important	Worry not good enough	Think others are more important than self	
Doesn't accept change			

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Feel Better Now!



More NCC Events

The Spiritual Enlightenment Group gathers monthly to share ideas, knowledge, and information about how to enhance our spiritual lives. It is about freeing ourselves from negative patterns and stepping into the realization that we are all a part of each other and have an effect on each other with everything we do. Held once a month on Mondays, from 6:30-8:00pm, at the NCC.

2010 Dates:

October 4, November 8, and December 6

Student Massages

To receive student bodywork, we ask that you fill out a one-page application to become a professional volunteer. Then, you will be called on a rotational basis to fill the volunteer needs at the student discount rate of \$20.

All of the funds will benefit the non-profit Naturopathic Community Center.

Visit our website:
www.nite-mtp.com

