



Herbs Etc.

Allergy-Free, Naturally

Intestinal health is a key component of naturopathy, and allergies are no exception to this principle. Allergies begin when the intestines are too permeable (i.e., toxins leak out of the intestines because of poor dietary habits and signal an "allergic" response) and also, when there is not enough friendly bacteria to regulate the functioning of the immune system within the intestines.

To heal the intestines (and allergies), the amino acid l-glutamine is a must. **L-glutamine** strengthens the immune system and is the most needed nutrient for intestinal repair. It is available in capsule form from Nature's Sunshine.

Small Intestine Detox also helps to soothe the

digestive tract using the herb Marshmallow, and the Pepsin in it cleanses out toxins.

L. Acidophilus, Bifidophilus Flora Force, and Probiotic Eleven are all friendly bacteria that are available and are taken to repopulate the intestines and restore this friendly flora to the immune system.

N-Acetyl Cysteine helps eliminate toxins and is especially beneficial for ridding the body of stuck mucus in the lungs and respiratory system.

HistaBlock provides nutritional support for the respiratory system. This blend contains stinging nettle, quercetin, bromelain, and orange peel. It helps to control inflammation and the swelling

of mucus membranes.

ALJ is a key allergy blend and is available in both liquid (great for kids!) and capsule form. This blend soothes irritated tissues and assists the body in neutralizing allergens. It supports healthy respiratory function, especially during seasonal changes.

The new Sprayology homeopathic line includes **AllergEase** which provides fast-acting natural relief for runny nose, itchy eyes, sneezing, headaches, and rashes. Just spray under the tongue three times a day for improvement.

You do not need to suffer with allergies and take medications. You can heal your body naturally and feel great all year long!

Special points of interest:

New Faces



Boost Your Immune System for Winter



Nature's Sunshine conferences



The THERAPY ROOM

Tickets are Back just in time for the Holidays!



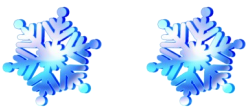
At only \$4 each...

Try several different therapies for relaxation and improved health. You are in control of what you do and how long you do it!

Therapies available :

- *Body Vibe machine
- *Detoxing Foot Soak
- *Magnetic bed
- *Massage bed
- *Infrared Sauna
- *Color Therapy
- *Sound Therapy





Winter Survival Kit



Winter weather brings pretty, shimmering snow, evenings inside snuggling to stay warm, and often, it signals illness: flus, coughs, colds, and generally feeling run down.

Here is a list of natural remedies to keep in your "Winter Kit" so that you can stay healthy all through the season.

VS-C

This Chinese blend is a top favorite for working against viruses and keeping the immune system healthy. With herbs like Dandelion, Cinnamon, Ginseng, and more, it creates an unfavorable environment for viruses, helps proper microbial balance, supports detoxification, and promotes a healthy respiratory tract. Take 2-3 capsules per day during the season for an added immune system boost.

Bronchial Formula, Ayurvedic

The Bronchial Formula is a blend of herbs used in the ancient health science of India, known as Ayurveda. These herbs work together to support the respiratory system, especially nourishing the lungs and bronchi to strengthen them against microorganisms, pollutants, pollens, and dust. This is a great blend to consider for a cough that comes every winter or for other illnesses, like bronchitis. Take 4-6 capsules per day if experiencing symptoms for improvement.

Vitamin C

This is a very important vitamin, especially to the immune system! It prevents against free radical damage with its antioxidant properties, aids in collagen production, and supports tissue development. It also is a natural anti-inflammatory. Take between 3000 and 5000 mg daily to support the immune system.

Thieves essential oil blend

Used by thieves in England to protect them from the plague when stealing from the sick, this oil blend has highly anti-viral and antiseptic properties that help protect against flu, colds, sore throats, strep, sinus infections, pneumonia, bronchitis, and more. It is a blend of Clove, Lemon, Cinnamon, Eucalyptus, and Rosemary, and 1-2 drops can be applied on the bottom of each foot, or in a spray bottle, it can be sprayed around you or your house. This one is especially good for children going to school or daycare.

Thieves Lozenges

As a lozenge, the oils in the blend Thieves, along with lemon, orange, peppermint, and natural sweeteners combine to create germ fighting ability that soothes sore throats.

Astragalus

This herb has been used in Chinese medicine since ancient times. It is valued for its ability

to stimulate the immune system in many ways. One way it works is that it promotes the production of stem cells in the bone marrow and lymph tissue and encourages their development into active immune cells. It also triggers immune cells to go from a "resting" state into a state of heightened activity. This herb helps activate T cells and natural killer cells and promotes respiratory function. Take 2-3 capsules daily to maintain a healthy immune system.

Echinacea

This single herb is well known for its ability to boost the immune system and shorten the duration of colds, and because of these reasons, it is a winter must-have! Echinacea provides immune defense by creating an unfriendly environment for bacteria to live in and by purifying the blood. If you feel like you are coming down with something, take 1-2 capsules every few hours until you feel back to your "normal" self again.

Now, you have some ideas of what to take and keep on hand to boost your immune system so that you can enjoy the winter season in all of its snowy beauty! If you have more specific concerns, call and schedule an appointment with one of the naturopaths at Herbs, Etc. by calling 989-773-3636.

New Faces at Herbs, Etc.

If you have stopped in to Herbs, Etc., lately, you may have seen a few new faces.

We are happy to welcome Timothy Hertzberg and Hattie Archbold to the Herbs, Etc. store and Therapy Room and Carlyn Molloseau, Julie Norton, and Codi Brown to the Massage Therapy staff. Additionally, Adrienne Shiels is now in charge of ordering store products, and Nancy Liponoga is taking naturopathic appointments.

Timothy, Hattie, and Adrienne

are all students in the four year natural health program and are very friendly and enthusiastic additions to the staff.

Carlyn has graduated from the Therapeutic Bodywork Practitioner program and enjoys incorporating essential oils into her massage therapy.

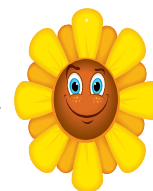
Julie is a Certified Naturopath specializing in massage and brings a lot of her natural health knowledge to the massage table.

Codi has been practicing massage therapy for several years

and specializes in therapeutic massage.

Nancy, who is also the Administrative Director at NITE, is soon to be a graduate of the four year natural health program and has recently started sharing her dedication and experience within natural health consultations.

Please welcome our new staff members—they are happy to help you!



Bon Voyage

All of the new smiles at Herbs, Etc., are because some of our staff members have left and are following their individual paths to the next adventure in their lives.

Becky Fodor and Susanne Gilbert, who both graduated from the Certified Naturopath program earlier this year, are pur-

suing their own unique opportunities.



Massage therapists Kennetha Hill and Elizabeth Henry both moved: Kennetha to start her own business in Clio, and Elizabeth to North Carolina.

Happily, Elizabeth Lo is on pregnancy leave and will be expecting a new addition to her family soon.

Also, Kathryn Doran-Fisher recently opened her own natural health business, Elder & Sage, in Grand Rapids.

We wish all of them the best in their new adventures!

NSP Distributors Conferences

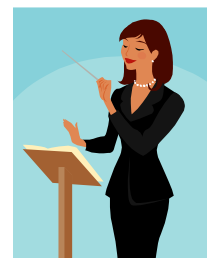
Interested in learning more about Nature's Sunshine products and how to use them?

Bessheen will be hosting three NSP conference this year.

Quarterly meetings will focus on Nature's Sunshine products in detail. These one-day confer-

ences will be held on March 19, 2012, June 18, 2012, and September 17, 2012. These meetings will be held at the Naturopathic Institute from 9am to 5pm with lunch on your own, are open to the public, and are free to attend.

Call 989-773-1714 to save your spot at these great Nature's Sunshine meetings!





Holiday Specials

Silver Package \$99

1 hot rock massage, 1 reflexology, and half-hour sauna

Gold Package \$149

1 hot rock massage, 1 reflexology, 1 one-hour nutritional consultation, and one foot soak

Doubles Package \$159



2 one-hour massages, 2 reflexology sessions, and one hour in the sauna together

Ticket To Your Health Specials

(ticket value \$4 each)

50 for \$180

200 for \$680

Body Work Specials

2 half-hour massages: \$69

5 one-hour massages: \$269

2 one-hour massages: \$112

10 one-hour massages: \$499

5 reflexology sessions: \$109

Other Specials

6 colonics: \$224

5 one-hour saunas: \$65

Foot Soaks package: \$99

5 half-hour saunas: \$45

Gift Cards Available!

