



## Spring Newsletter

### Invisible Pollution: Cell Phone Radiation

Spring 2011

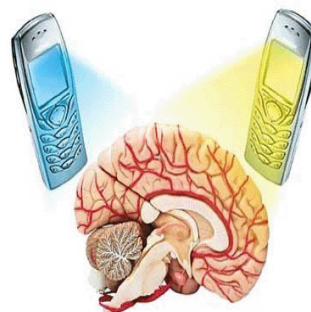
We're being zapped! The innovations in our technology are changing our lives in more ways than just convenience and social connectivity. They are also exposing us, in ways big and small, to an unprecedented number of electromagnetic fields. This invisible pollution surrounds us twenty-four hours a day, seven days a week, and it interrupts our bodies' natural flow of energy. For some people, this pollution has reached the point of toxicity, causing fatigue, irritability, weakness, and even illness.

NITE has become a cell phone free zone because of this health danger. Several years of research from studies around the world show that cellular telephones and mobile wireless communication systems have these effects:

- \*Increased risk of brain tumors
  - \*The longer you are exposed, the greater the risk
  - \*Children are at an increased risk of damage
  - \*Damage is done to the DNA, which is an undisputed cause of cancer
  - \*Shown to cause the Blood-Brain Barrier to leak
  - \*Male fertility is damaged by cell phone radiation
  - \*Using a cellphone inside a car increases the exposure
  - \*Every person within 30 feet of a cell phone is affected
  - \*Damage occurs within the first few minutes of exposure
- Keep in mind that ALL wireless devices cause harm. This includes cord-

less phones, Wi-Fi, PDA's, wireless routers, wireless baby monitors, wireless computer keyboards, mouse, etc. This even includes cell towers erected outside of houses, offices, near your child's daycare or school, in parks, near hospitals, on churches, office rooftops, and street light poles. All of these devices are broadcasting a signal 24/7.

In order to protect the health of our clients, NITE is now a cell phone free zone. Please leave your cell phone in your vehicle, and do not bring it inside the building. Thank you for your cooperation!



### Environmental Awareness

84 percent of Americans own a cell phone.  
89 million of us watch TV beamed in by satellite.  
We can't sit at our local cafe without being exposed to Wi-Fi.  
This is all **invisible pollution.**

### Inside this issue:

Aromatherapy	2
Iodine	3
Vitamin D3	4
NCC Events	5
Local CSA	6
Stay-cation	7
Big FAT Lie	9

## How a Child's Movements Affect How They Learn

On June 25, Occupational Therapist, Terri Cooper will be presenting the Alumni class: Discovering How a Child's Physical Movements Affect How They Learn.

During this talk, participants will be invited to look at academic learning and behavior as merely the tip of a developmental pyramid. The foundational factors that are critical to achieving one's highest potential will be identified and explored. Sensory processing, motor planning and sequencing, and reflex integration as they relate to regulation, development, and wellness will be defined

and discussed.

Also, learn how changes in our modern society, such as lack of tummy time and crawling for infants, increased use of infant carriers, early introduction to TV, computers, and video games, and a decrease in recess and free play outside have impacted our children, schools, learning, and behavior.

This class will include active participation in integrative exercises, so come prepared to move!

If you have children or work with children, this class is a must! Or, if you're wondering how your early

movements are impacting you now, come learn how to achieve your highest potential.

This class is June 25, from 9am to 5pm. The cost is \$89, and registration is required. Please call the Administrative office at 989-773-1714 to sign up.



## Make Some Money!\$!

Want to earn extra cash?

Don't forget that NITE gives a bonus for student referrals.

If you are a NITE student, and you refer someone else to the school, and he/she signs up to be a natural health or massage therapy student, you receive a \$200 bonus once that student has paid in full for his/her

program. If the student is referred and signs up for the Holistic Labor Companion program, you receive a \$100 bonus.

If the person signing up has been referred by two NITE students, then the two students split the referral bonus, and each receive a \$100.

So, if you enjoy your NITE classes and know someone else who might be interested, you can both benefit!

P.S. Make sure that they know your name and tell us that you sent them!

## Advance Your Aromatherapy Skills

Jan Doerr, Naturopathic Doctor, will be presenting an Advanced Aromatherapy: Taking Essential Oils to the Next Step class in May.

Come and learn the latest treatment options in the essential oil field. Learn and practice oil layerings, headache and migraine treatments, and the newest addition:



neuro-auricular treatment.

Neuro-auricular treatment, created by Dr. Gary Young, is an application treatment using oils to reconnect the synapses of the brain and upper spine, restoring nerve function in the brain and spinal cord. This is a deeply effective healing technique that works to unlock and release old patterns, toxins, and negative programs. This particular application of oils creates an environment that facilitates optimal health, healing,

and body function. It has shown amazing results in reversing the effects of Parkinson's disease and can be customized to any illness. It is most recommended for autoimmune, neurological, and stress disorders.

Come learn these great new therapies. If you love oils, this class is a must!

Register in advance for May 14, from 9am to 5pm by calling 989-773-1714. The cost is \$89.

## The Truth About Cholesterol

Do you have questions about cholesterol? Or, are you worried about heart disease? Has it been suggested that you take a cholesterol lowering prescription drug?

The connection between saturated fat consumption and heart disease has been well documented.

Or, has it?

Kathryn Doran-Fisher, Naturopathic Doctor, will be presenting "The Big FAT Lie" on July 30th. This seminar will cover all you need to know about fats, oils, and the cholesterol myth. See the studies and find out why the food industry has lied all

these years. Learn why olive oil can make you fat, but coconut oil can make you thin. Discover how lowering your cholesterol through statin drugs or even herbal remedies can make you more prone to cancer, depression, or suicide. Learn what fats and oils are best for your body and how much you should be taking to improve your health.

This class will be held on July 30, from 9am to 5pm. The cost is \$89. Registration is required; please call 989-773-1714 to attend.

### **Coconut Oil "Candies"**

1 cup softened cold pressed virgin coconut oil

1 tsp. vanilla extract

1-2 Tbsp. raw honey, grade B maple syrup, OR a pinch of stevia

1/2 tsp. celtic sea salt

2-4 Tbsp. organic unsweetened cocoa powder

2 Tbsp. almond butter

Optional—unsweetened coconut (for rolling or sprinkling)

Mix all in bowl or food processor until smooth. Drop by tablespoons onto wax paper. Refrigerate until solid; store covered in refrigerator.

## Change Your Hair Color Without Chemicals

### *Natural Hair Color for Blonds*

**Lemon:** Add the juice of three lemons to a quart of water, and apply it to your hair. If you don't have time to lie in the sun, apply heat from a hair dryer until your hair appears to have lightened.

**Chamomile:** Add 3/4 of a cup of chamomile flowers to a quart of boiling water. Allow the mixture to

boil for 40 minutes. Strain the mixture, and then, pour it through your hair. Catch the mixture in a bowl, and pour it through several more times. Allow the last mixture to remain in your hair 20 minutes before rinsing.

### *Natural Hair Color for Brunettes*

**Sage:** Add 1/2 cup of dried sage to 2 cups of boiling water. Allow the

mixture to boil for 30 minutes. Strain it, then pour the mixture through damp hair. Repeat several times, allowing the last rinse to remain on your hair for 40 minutes before rinsing. Reapply weekly until you achieve the desired results.

Excerpted from *HealthKeepers Magazine*, March 2011

## Sacred Geometry

Sacred Geometry will be a two-day class presented by Jane Weaver.

From Asheville, North Carolina, Jane's interest in mandalic geometries led her to pursue quilting as an art form. Jane has participated in numerous quilt shows, received several awards, and has commissioned work hanging in offices and homes. Her conviction is that geometry and proportion lie at the heart of all creation. She uses this inspiration

and interest and shares it in a workshop format. Jane's current projects include applications of projective geometry, exploring non-quantum geometric theories of nuclear structure, and consulting in application of sacred geometry in architectural design. Jane works with architect Alice Dodson in Sacred and BioGeometric Design.

This class will be held August 20-21, from 9am to 5pm on both days.

The cost of the class is \$178 and will be located at the NCC Pavilion and Activities Center, just 8 miles west of Mt. Pleasant. Friday night camping is available.

Learn how to incorporate sacred geometry into your daily life, and unleash your inner creativity as you draw and draft your designs. A good compass will be necessary. Registration is required. Call 989-773-1714 to reserve your space.

## Herbs Etc / NITE./NCC

503. East Broadway  
Mt. Pleasant, MI 48858

Phone: 989 773-3636

Fax: 989 775-7319

*Feel Better Now!*



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## Congratulations, Graduates!

Two very special graduation ceremonies were held in the month of March. On March 26, 2011, students from the second, third, and fourth year natural health programs received their diplomas, and on March 27, 2011, students from the first year natural health program and Therapeutic Body Work Practitioner program also received their diplomas.

Four of these students also received the title Board Certified Naturopathic Doctor after completing the national exam by the American Naturopathic Medical Certification Board. Our very best to those who earned both the Certified Naturopath diploma and the title Board Certified Naturopathic Doctor, Becky Fodor, Susanne Gilbert, Julia King, and Julie Norton!

We are very proud of all our graduates and know that the world will change, one naturopath at a time, because of their hard work, dedication, and passion for natural health.

