

NITE, Herb Etc. & NCC

Winter Newsletter



Overcome Allergy Season Forever!

Each year, we are hearing that *this year* is the worst allergy season ever. And, there are reasons it keeps getting worse. Pollen levels are increasing, pollen seasons are getting longer, and more people are developing allergies for a number of reasons. For example, this year's fall allergies will most likely last up to 27 days longer than average in the northernmost parts of North America, extending even into November in some areas, a new study suggests.

Both spring and fall allergies tend to cause the same symptoms, such as sneezing, itchy eyes, and a runny nose, but their triggers are different. Spring allergies, which run from February to late July, tend to be brought on by pollen from trees, grasses, and weeds. Fall allergies go from mid-August through the first autumn frost, and are chiefly set off by pollen from the ragweed plant, mold, and dust mites.

Spring allergies are now starting sooner, and fall allergies are ending later, thanks to global warming, says Jeffrey G. Demain, M.D., director of the Allergy, Asthma & Immunology Center of Alaska. These temperature changes kick-start pollen production, boost the amount of pollen each plant generates, and also make the pollen more potent. Demain says that, "There's more allergen now in each grain than there used to be."

And, pollen isn't the only allergen on the rise. Warmer temperatures mean more moisture in the air, which creates mold. Further, this increases not just the growth of mold but also its spore production—which is how mold distributes allergens—both indoors and out.

According to the National Institutes of Health, the number of Americans with allergies is two to five times higher now than it was about 30 years ago. Reasons for the increase in people developing allergies include use of antibacterial products which makes our immune systems quicker to overreact to otherwise harmless substances like pollen.

Also, our modern diet is hurting us. Today's processed, preserved, chemical laden foods lack the nutrition and tough fibers that keep the delicate balance of bacteria in our guts healthy. Most of what is consumed as food is so processed that, many times, it is not even recognized by the body as food, and this upsets the balance of the digestive system, setting us up for allergic sensitivity. Studies are also showing that use of antibiotics, which disrupts the healthy bacteria in the gastrointestinal tract, has increased along with allergies.

The good news is that by helping your body find the right balance, you can overcome "the worst allergy season ever" and be sniffle and sneeze free. Continue reading for natural solutions.

Allergies Be Gone!

Prepare now for feeling great in the Spring!



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February - What Is Your Blood Type?

Do you know what your blood type is and how it affects your health? Jackie Featherly will be teaching all about the Blood Types on **February 25th**.

Dr. Peter D'Adamo, who has authored many books on the Blood Type diet, looks at this genetic factor to improve a person's health, energy, and overall well-being. He also believes that an individual's blood type is the key to making informed decisions regarding diet, exercise, and even their supplements. Based on Dr.

D'Adamo's research with genetics, anthropology, and medical history, he has created a lifestyle profile suited to each blood type.

In this class, learn how the diet tailored to each blood type originated, which foods are beneficial, neutral, or avoid for each type, and the science behind why certain foods are beneficial or avoids.

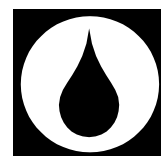
While you cannot change your blood type, you can use this information to make nutritional

choices suited to your biological make up. Within two weeks of following the blood type diet, D'Adamo reports that his clients experience more energy, a loss of weight, fewer digestive complaints, and an improvement of chronic illnesses, such as asthma, heartburn, and headaches.

To gain an in-depth perspective of the Blood Type diet, sign up

for this class

today by calling
989-773-1714.



February - All About Astrology

The Astrology II class will be held on **February 4**, and will focus on the aspects and transits of the planets and houses. Aspects show how the planetary energies are specifically working together. Some are harmonious, while others are challenging. Transits allow you

to look at the planets' current orbits and how this affects your life presently. This also shows the timing of potential illnesses or crisis in one's life and calculates when it all shall pass and explains the real lessons behind it. Understanding the houses will allow you to know what area

of life is being affected.

Instructor, Laura Allmacher, will also be teaching Astrology III on August 25, and Astrology IV: Medical Astrology on December 1st. Learn how this affects all aspects of your life, including your health!

January and March with Moshe Daniel, ND

Moshe Daniel, ND, will be teaching two great classes this winter. In January, join him for **Understanding and Using Miasms** for healing in Homeopathy. Learn what to do when a case is not responding to well-indicated remedies or other modalities. How do these underlying "inherited diseases" prevent

us from being optimally healthy? How do we heal from miasms?

March 24th - Physician Heal Thyself. Unique and useful meditations for self improvement and sharing with clients. A healthy practitioner is the necessary foundation for helping clients to heal. In this experiential class, Moshe

will share several unique and powerful meditations for healing, honing of focusing and centering skills needed in practice, opening of the throat for singing and expression, balancing of chakras, experiencing bliss, and achieving longevity.



April w Dr. Olree - World News and Surviving the Nuclear Age

On April 1st, Richard Olree, DC, author of "Minerals for the Genetic Code," will be back by popular demand.

After a recent conversation with Dr. Olree, I felt it was essential to bring him back for keeping every one of us updated on world events. One very important topic we discussed was the amount of ra-

diation that leaked into the ocean during the Japanese nuclear earthquake incident. More than three times that released by Chernobyl! Dr. Olree will discuss the impact of this on human health and planet survival, as the sodium of the ocean mixes and creates very concerning sulfur responses. I am encouraging

all advanced and alumni students to attend. Richard Olree's work is profound. We need to have a handle on what's going on for ourselves, our families, and the planet. Each year our client cases become more challenging due to environmental poisons. Let's all get up to speed on these world events! Bessheen

March and April - Hot Rock and Advanced Essential Oil Therapies

Hot Rock on March 31st is a great tool to add to your body work practice. This class is two days and all hands on. Consider expanding your massage skills whether you are a massage therapist or a Naturopath with a great body work clientele. This class will be taught by Senior Instructor, Mary Booms, MT, who enjoys adding this popular therapy to her busy practice. Jan Doerr, Naturopathic Doctor, will be presenting Advanced Aromatherapy:

Taking **Essential Oils** to the Next Step class on **April 21st**. Learn the latest treatment in the essential oil field. Practice oil layering, headache and migraine treatments, and the newest addition: neuro-auricular treatment.

This treatment is an application 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 heal-

ing 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 auto-immune, neurological, and stress disorders.

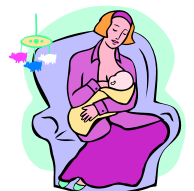
May - Healthy, Happy Breastfeeding

Midwife, Beth Barbeau, will be teaching a class that all doulas, naturopaths, and expecting parents will want to attend: Supporting Healthy, Happy Breastfeeding on **May 5th**.

While breastfeeding is the most 'natural thing in the world,' it's no longer 'coming naturally' to

many mother-baby pairs. In this seminar, suitable for both student and professional, find out why 'normal' births are creating obstacles to satisfying breastfeeding, how to counsel families for early success, and the essentials of a satisfying breastfeeding relationship.

Emphasizing both naturopathic and practical problem-solving, we'll detail a wide range of responses to common concerns: come prepared to take your skills and confidence to a whole new level!



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Feel Better Now!



Early Tax Deductions

Current students, you are planning to continue with your education, so please talk to Nancy now about receiving a discount by paying for your next program early.

Students who pay for their next program before the end of the year will receive a discount off of the program's price AND will be able to apply that expense to this year's taxes.

It's a win-win situation! You save money; you can write off your education expense; and you can continue your great education!

SAVE UP TO \$1000*!

*Contact the Administrator for specific details.

For more information, call Nancy at 989-773-1714.

