



Herbs Etc.

Autumn: Season of Transition

By Amy Jo Howard

Autumn denotes many things. The leaves turn into tumbling gems of color; the sky furrows its brow with grayer clouds; the wind penetrates a little deeper. It also means transition in terms of going back to school or work and re-establishing a more regular routine. Unfortunately, fall can also be synonymous with fall allergies, kidney stones, and general immune system weaknesses.

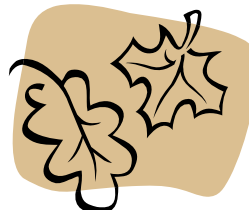
This is the time of year when everything in nature, including us, begins to turn inward, pulls in its reserves and stores up for the coming winter. Although things may appear to be fading on the outside, life is still present deep within.

As we breathe, taking in air, the lungs and mucus membranes serve as one of our first lines of defense. Especially if we have held in emotions of sorrow and grief, there will be a weakness in the

lung and sinus areas. Then, as we try to transition into this new season, our immune system expresses its imbalance through fall allergies and sinus problems.

In a similar fashion, fear is the emotion that most often causes us to turn inward. Fear, seen as a holding back or inability to go with the flow, affects the kidneys. As our bodies prepare for the transition of going inward, if there is a lack of fluidity, it creates a hardening frequently expressed by the body as kidney stones. That is why kidney stones usually occur in the fall months.

Continue reading for natural solutions to a smoother transition. And, as we engage in the changing of the season, let us be more mindful of how we, physically, mentally, and emotionally, are transitioning.



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Herbal Highlight: Remedies for the Fall by Elizabeth Lo

The body's natural rhythms flow in accordance with nature: as the season changes, so does the body. While the body is readjusting to the weather, it is not uncommon to have people experience different symptoms affecting the respiratory tract. To assist the body with this change, consider the following herbal combinations:

ALJ: a great formula for relieving sinus and upper respiratory tract congestion associated with allergies. The herbs contained in this blend work to stimulate perspiration and the production of mucosal fluids. In doing so, the body is able to eliminate allergens and other toxins. ALJ will also increase circulation, improve lymphatic function, assist in the fight against infection, and soothe inflamed tissues. It is available in capsules, tablets or liquid for children and adults.

Elderberry Defense: a blend to boost healthy functions of the

respiratory and immune systems. This blend helps prevent colds and flu, respiratory infections, ear and throat problems. Elderberry is widely known for its ability to prevent illness and expel bronchial mucus while relieving inflammation. This is an herb that is high in vitamins A and C, which will boost immunity to illnesses. In the defense against the flu virus, it has been discovered that Elderberry has two active ingredients that prevent the influenza virus from taking hold. Elderberry has been shown to be effective against 8 different strains of influenza. It comes in capsules or a chewable for children.



Four: this is a blend that works great for decongesting mucous membranes. The herbs in this formula work to dilate the bronchioles and peripheral blood vessels, improve the fluidity of mucus in the respiratory system, and relieve muscle spasms, especially those that lead to the need to cough. Four is helpful in assisting the body in dealing with arthritis, headaches, hysteria, insomnia, menstrual cramps, and rheumatism.

Seasonal Defense: this is a blend for the "cold and flu" season. This blend contains herbs that stimulate the immune system and help prevent cold and flu. These herbs serve as decongestants, expectorants, and help to relieve coughs. They also contain antibacterial and anti-viral properties. Use this blend for colds, flu, upper respiratory tract infections, and for coughs, fatigue, fever, and sore throat.

Homeopathic Highlight: Remedies for Allergies by Amy Jo Howard

When fall allergies become active, you can't find relief fast enough. Nature's Sunshine Products carry several different homeopathic combination remedies for quick relief.

Liquid Allergy blend covers relief of the most common allergy symptoms. It is helpful for a runny nose, watery eyes, coughing and itching.

Liquid Allergies: Hayfever-Pollen is for when the body is reacting to

pollen in the air with symptoms such as runny nose, sneezing, itchy, watery eyes, and general respiratory congestion.

Liquid Allergies: Mold, Yeast, & Dust contains a blend of homeopathic remedies to relieve symptoms including nasal congestion, itchy nose, sneezing, itchy, watery eyes, headaches, and sore throat.

Whichever remedy you choose, it is

a natural combination designed to help strengthen the body's immune system, thereby reducing and eliminating allergy symptoms. For severe symptoms, take 10-15 drops every 10-15 minutes. As symptoms improve, decrease to taking 10-15 drops every 1-2 hours, then 4 times per day.

These are nice, safe and natural ways to find relief for fall allergies.

Student Bodywork Therapies by Mary Booms

For the last two years, the students of NITE have been performing massages and bodywork on the public. The massage sessions fill up almost every time they are available; however, the other forms of bodywork don't always fill up. The students at NITE would like to see every available therapy full so they can get the practice and variety they need to excel in their profession. Also, the clients are able to benefit from the many wonderful therapies they receive.

Below is a description of each of the forms of bodywork available from the students. If you have further questions or would like to

schedule an appointment, call Herbs, Etc at (989) 773-3636.

CranioSacral is a therapy that is done over the clothes. It uses a very light pressure to release tension and stress from the muscles along the spine and in the head. CranioSacral helps to relieve headaches, migraines, back pain, ADD, autism and numbness in the hands and feet as well as aid the nervous system, provide overall balance, and proper spinal alignment.

Reflexology: There are 7200 nerve endings in the bottom of each foot. These nerves, when stimulated, send signals to the brain and other areas and organs in the body.

Reflexology uses the fingers and thumbs to stimulate these nerve endings therefore increasing circulation, relieving pain, relaxing the entire body, promoting balance, and healing the organs.

Light Healing Touch is a therapy that works in the electromagnetic energy field surrounding the body, sometimes referred to as an aura. Often, when people feel pain, physical or emotional, it is stored in the energy field, causing reoccurring pain years after the injury. Light Healing Touch helps the body to remove the stored energies of stress and trauma and replaces them with a very calm, relaxed, peaceful feeling. See the NITE Section for a schedule.

Allergy Correction by Kathryn Doran-Fisher

We all know the signs: itchy, watery eyes; sneezing; runny nose and a general foggy headedness that accompanies allergies. When I was younger, allergies were a part of my daily life. Every morning, I would wake up and sneeze ten times in a row. When my husband and I started dating, he learned to always wait for at least the third sneeze before saying, "Bless you." It seemed anything could bring on an attack: cats, dogs, horses, freshly mown grass, dust, mold, cigarette smoke and even some types of food. In the years since, I started my naturopathic training and have changed my dietary habits, and now, my allergy symptoms have lessened considerably. I no longer sneeze every morning and when I do sneeze, it is generally only once or twice. But I'm still sensitive to certain allergens like cat dander.

That can be a real problem while visiting family during the holidays. Thankfully, when I know I am going to spend some "quality time" around my feline friends, I make myself an appointment for an allergy correction.

The Allergy Correction procedure uses the principles of acupressure from ancient Chinese medicine. The ancient Chinese considered that energy circulated in the body along specific channels, which they call meridians. These meridians correspond to different organ systems within the body. Based on this and applying muscle response testing, a person can be "tested" for which substances they are allergic to and then the allergic response can either be reduced or eliminated completely by "tapping" specific meridian points. This simple and non-invasive procedure takes about half an hour and can reduce some of the

most common allergy symptoms. And, because many serious ailments can be related to allergies, when the allergies are corrected, the tissues affected by them will begin to heal and function better. Once an allergy to a certain substance is eliminated, the body will no longer need to produce mucus to protect itself against that substance, which means no more sneezing and itchy, watery eyes to put a damper on my holidays. So, if you have an allergy to a known or unknown substance, make an appointment for an allergy correction today to start your holiday season with a clear head.



Essential Oils for Allergies, Colds and Flu by Becky Fodor

Thieves

Thieves is a blend of the single essential oils of clove, lemon, cinnamon, eucalyptus, and rosemary. This powerful blend helps protect the body from the onset of flu, colds, viruses, etc. It was originally used by thieves (hence the name) in England to protect them from catching the plague when they were stealing from the sick and dying.

Thieves oil influences the immune system to help protect us from bacteria and viruses. It can be massaged onto the bottom of the feet, throat, stomach, and intestines. To do this, dilute one drop of Thieves oil in 15 drops of carrier oil such as sunflower oil, apricot oil, or even olive oil. After applying the oil, it is also beneficial to massage the thymus (just under the center breast bone) to stimulate the immune system and under the arms to stimulate the lymphatic system. Another effective use of Thieves oil is to dilute 25 drops into 2 ounces of water and use it as a spray mist over your body. This is very helpful to spray on children before they head off to school! We also carry Thieves oil throat lozenges. Sucking on one lozenge is enough to relieve throat inflammation for hours and is far better than the over the counter sprays with red food coloring that unfortunately, makes many children hyper.

ImmuPower

ImmuPower is a blend of the single oils cistus, frankincense, hyssop, ravensara, mountain savory, oregano, clove, cumin, and Idaho tansy. This oil blend is building, strengthening and protecting to the body and its defense mechanisms. The Frankincense is especially known for these qualities all the way back to the time of Christ.

This blend helps to raise the energy of the immune system which helps the body overcome or prevent the flu, colds, respiratory problems, infections, etc. Many people have used it with great success on tumors. It also protects the body from chemical and environmental poisons. You can diffuse ImmuPower oil in the morning and again in the evening. This can be done by using an essential oil diffuser or even putting 3 drops in a bowl of water in key rooms of the home. If applying ImmuPower oil directly to the skin, dilute 1 drop of oil with 15 drops

of carrier oil and rub primarily on the chest and bottom of the feet.

R.C.

R.C. is a blend of the single oils eucalyptus, myrtle, marjoram, pine, cypress, lavender, spruce, and peppermint. The properties of this oil blend make it extremely effective against allergies, colds, bronchitis, respiratory congestion, flu, cold sores, pneumonia, sinusitis, sore throats, mucus problems, and bone spurs. R.C. oil is very beneficial in the diffuser to decongest and relieve allergy-type symptoms, such as coughs, sore throat and lung congestion. To apply this oil topically, dilute with a carrier oil and massage on the chest, back, and feet. It can also be applied on the sinuses and nasal passages, ears, neck and throat.

This oil is great for children as well, simply apply one drop diluted with carrier oil to their chest and feet before bed.

Purification

Purification is a blend of the single oils lemongrass, rosemary, melaleuca, lavender, and myrtle. This blend has powerful antiseptic, anti-bacterial, anti-fungal, and sanitizing properties. This makes it very useful in purifying and cleansing the air in your home. Purification oil can be beneficial in fighting not only cold and flu germs in the home, but also pet odors, cigarette smoke, mildew and other odors. It repels bugs, insects, and mice. Diffusing Purification oil in the home will help protect your family during the cold and flu season by cleaning your air. A spray bottle of Purification oil should also be kept in the house to use during cleaning duties. For example, 4 drops in a bucket of hot water will clean the kitchen and bathroom floors without the chemicals found in standard household cleaning products!

