



# Naturopathic Community Center

*A non-profit center dedicated to sharing the traditional wisdoms of healing*

**Coming in 2008**

## **Cooking, Exercise, Survival Skills, One Day Courses, Cleansing Clinics!**

We are excited about moving with NITE and Herbs Etc to Downtown Mt. Pleasant. After the spring, we will all enjoy a kitchen and even larger classrooms for NCC activities. This new facility gives the Community Center space for cooking classes that we couldn't accomplish before, conferences with great speakers who require larger classrooms, and an added exercise area.

The outdoor pavilion and orchard area south west of Mt. Pleasant near the town of Winn is complete. This area is now in use and will provide even more seasonal activities and classes in 2008! Thank you to all who contributed to the pavilion project; we hope you will join us for activities at this beautiful outdoor location.

## **Intensive Detox or Build Clinic**

SCHEDULED AT HERBS ETC. FOR  
**APRIL 6-12, 2007**

**\$1200 PER PERSON**  
(WORTH WELL OVER \$2300 IN  
PRODUCTS AND SERVICES)

**SPEND SIX DAYS UNDER PERSONALIZED  
NATUROPATH CARE!**

LODGING, MEALS, TRANSPORTATION, HERBAL PROGRAM,  
AND ALL-NATURAL PERSONAL CARE PRODUCTS  
ARE INCLUDED IN THE PRICE.

DETOXIFYING THERAPIES INCLUDE:  
INFRARED SAUNA, MASSAGE THERAPY, IONIZING  
FOOT BATH, VOICE BIO SOUND THERAPY,  
AND SPECTROCHROME COLOR THERAPY.

DETOXIFY YOUR BODY FROM  
CHEMICALS, PESTICIDES, HEAVY METALS, AND TOXINS!  
GET HELP FOR CHRONIC AND DEGENERATIVE DISEASES!

**CALL 989 773-3636**

## **I've always wanted to take layman's courses at NITE!**

Now you can....

- These classes fit your time schedule.
- These classes fit your budget.
- These classes empower your family now.

**September 22**

Homeopathy Around the Home

**October 13**

Aromatherapy

**\$89 per class**

Call Herbs Etc. at  
(989)773-3636 for  
more information and  
to register.



# Bessheen's Favorite Cookies



Healthy snacks that meet nutritional needs and reduce cravings!

## No Bake Energy Balls

- 16 oz of Almond Butter
- 5 T of Honey or Agave
- 5 T of Carob Powder
- 5 T of Chopped Nuts (pecans)
- 5 T of Raw Rolled Oats

No spoons needed-use your hands-it's more fun that way! Apply olive oil to your hands first, then roll the mixed ingredients into bite size cookies. You may also roll them in sugar, coconut or nuts. Refrigerate half and freeze half. Enjoy them when you get protein, chocolate, fat, or sweet

cravings. It will satisfy them all and is beneficial to you by providing protein, fiber, minerals, essential fatty acids, and slow release carbohydrates.

## Mom's Millet Balls

Cook 1 cup of millet ( a grain) with 2 1/2 cups of water. When all the water is absorbed, set aside to cool.

Soak dehydrated apricots overnight in water to re-hydrate them; chop these into small chunks by hand, 1 1/2 cups.

Finely chopped pecans, 1 cup.

Frozen pineapple juice cont, 1 T.

Mix all ingredients, roll into balls. Roll again into nuts or coconut.

Half go in the fridge and half in the freezer. Enjoy!

# Exercise Opportunity

The new NCC location will offer Yoga classes, low impact automated exercise tables for toning and flexibility, and more.

What is your schedule and what are your needs?

Feedback from all of you will determine when we offer the classes; mornings, lunch time, evenings, weekends, etc. Please call or e-mail with what kind of classes you are interested in and when.



# Tuesday Night Classes

Classes meet at Herbs Etc. and are free and open to the public., 6:30 p.m. to 7:30 p.m. No registration is necessary.

- Oct 2, 2007 What your face and tongue reveal about your health.
- Oct 16, 2007 Using "north" magnets to relieve pain and improve circulation.
- Oct 30, 2007 Natural babies from conception through childhood.
- Nov 13, 2007 Decorate your house to improve health, a Feng Shui lesson!
- Nov 20, 2007 Is your environment making you sick & how safe are vaccines?
- December There are no classes in this month, enjoy your holiday!



---

---

---