



Naturopathic Community Center

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

Healthy Eating Food Classes by Kathryn Doran-Fisher

March 29, 2007	Meal Planning and Grocery Shopping
April 5, 2007	Substituting Good Ingredients for Bad
May 18-20, 2007	A five-part program all in one weekend (Friday evening, Saturday and Sunday)

Individual Thursday night classes cost \$40 per person in advance.

Couples—\$60.

The weekend course is \$175 per person in advance.

Couples' discount for the weekend \$299.

Intensive Detox or Build Clinic

SCHEDULED AT HERBS ETC. FOR
APRIL 15—21, 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

NCC's New Building

The NCC has been in existence for some time now, and many of you take part in it by coming to the free Tuesday night classes at Herbs, Etc., or participating in the Healthy Eating series, or even "stretching and flowing" at yoga.

Now, the NCC is looking to expand at its future building site by adding a pavilion, water pump, and outhouses as well as grape arbors and berry bushes, which will add to the variety and beauty of the orchard that was planted a few years ago. The new additions will allow for more outdoor natural health classes and even reunions and other gatherings. The pavilion will be completed before the end of summer.

Because NCC is a non-profit organization, we are grateful for donations from the community to make this expansion possible. Sponsor a berry bush for \$20, a bench for \$50, a picnic table for \$100. Any amount you can contribute will be greatly appreciated. Donations can be dropped off at Herbs Etc. or mailed to 1410 S. Mission, Mt. Pleasant 48858. Thank you in advance for your sharing our "common unity."

Survival Classes by Josh Powell

Survival I: June 1, 2, 3, 2007; \$199, retakes \$100

This class introduces you to the many aspects of a survival situation including: shelter, water, fire, and food. Students will get a lot of hands-on work in different wilderness skills such as shelter building, finding or making safe drinking water, and making a bow-drill for fire. Students will learn to move quietly and naturally through the woods as well as expand their senses. Some edible plants will be shown, and students will be introduced to the art of trapping for food.

Survival II: June 29, 30, July 1, 2007; \$199, retakes \$100

Advanced shelter, advanced fire making, coal burning, primitive camouflage, stalking, tracking, atlatl and dart, more traps.

Survival III: August 10, 11, 12, 2007; \$199, retakes \$100

Long-term shelter, herbal first-aid, bird language, track aging, pressure releases, more traps, stone tools, Egyptian bow-drill.

Kids' Day Survival Class: July 19, 2007; \$39 (Parents welcome for \$20)

Learn what to do if you're lost, how to build a shelter, fire-safety, how to handle a knife, how to identify safe plants, and more.

Open Class: September 21, 22, 23, 2007; \$199

Tan a deer hide and keep it! It's a lot of work, and you'll learn each step from start to finish. (Breaks & Sutures class included free.)

Breaks & Sutures: September 22, 2007, 3-6 p.m.; \$30

Learn how to set broken bones and suture wounds in emergencies!

NCC

Yoga Classes

**Mondays
April 23-May 21, 2007**

Stretch and Flow with Amy Jo is a low-impact exercise plan to tone and encourage flexibility, strength, and overall well-being.

**Where: Herbs Etc.
1410 S. Mission
Mt. Pleasant**

When: Mondays, 6:15 p.m.

Cost: \$5 per session

**Wear comfortable clothes
and bring a
yoga mat
(if desired).**

**No registration
necessary!**



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.

March 20, 2007	Learn How to Do Reflexology on Your Feet
April 3, 2007	Why Your Doctor Doesn't Practice Naturopathy and Why You Should!
April 17, 2007	How Do Herbs Work? 10 Herbs to Know
May 1, 2007	Learn the Skill of Muscle Testing to Determine Your Nutritional Needs
May 15, 2007	Poisons in Our Food (Preservatives, Coloring, Chemicals)
May 29, 2007	Iridology—Learn How to Assess Your Health Through The Eyes
June 12, 2007	12 Affordable Remedies to Relieve Nearly All Ailments
June 26, 2007	<i>Gateway to Hell</i> —Factory Farming vs. Local Food Choices


