



Naturopathic Institute

Mary, Here's Your Story by Bessheen Baker

Meeting Mary was a delight. She came with her husband on October 17th, 2003. She suffered from Ulcerative Colitis, Fibromyalgia and Psoriasis. She had been taking prescriptions for the past 5 years: Asacol for the colitis, Sinequan and Vioxx for Fibromyalgia, Dyazide for fluid retention, and 2 creams for psoriasis. Mary was supplementing on her own to work on these problems. Additionally she suffered from low energy, painful joints, and insomnia. Despite all of these she had a cheerful personality and warm smile.

Her live blood analysis showed abnormally large red blood cells, chemicals and metals in the blood, poor fat digestion, yeast imbalance and other bacterial parasites. After further natural health evaluation using Iridology, Sclerology, Muscle Response Testing and Tongue Analysis, we determined the root cause of Mary's concerns came from the mercury fillings in her mouth. Fillings were heavy in the teeth neurologically associated with the large intestines. Additional fillings and root canals were later verified to be tied to the Fibromyalgia problem. I felt the liver was overwhelmed with toxicity and the immune and nervous system needed support.

Mary's Regiment: Eat like her blood type (A); more water w/ lemon or chlorophyll;

Intestinal Soothe Formula 2 caps with each meal for the colon; Stress J formula 2 caps with meals for the colon and nerves; Whole Leaf Aloe Vera 1 T 3x a day for the liver and to slow down the bowels (regular aloe vera will speed them up); Fibralgia Blend at 1 cap 3x a day for the muscles. Mary also made a daily Green Drink in the blender, and added 1 t of lecithin and 1 t of ground flax seed to her oatmeal. No microwave was to be used. Tea Tree oil was applied to an ulcer and discoloration on her leg. Mary saw a mercury-free trained dentist that we recommended and started the mercury removal.

By January the colitis was much improved, sugar cravings were lessened, and the psoriasis was a lot better. Mary also had weaned herself off all the medications. In July 2004 all the fillings were out, and a root canal that directly tied to her neck was removed. She no longer had neck pain or any Fibromyalgia symptoms. The colitis flared up from time to time over the next several months as Mary detoxified her body from the heavy metals stored in tissues throughout her body. She experienced heart racing and inflammation of her big toe, for which she took dandelion and Everflex formula. In December, 2004 Mary noted continued improvement

throughout her body.

March 2005, Mary noticed her bowels would cause more trouble when she was under stress so we added Bach flower remedies, HSN-W for minerals, and stress reducing exercises like stretching and yoga. In the summer of 2005, Mary insisted on a final root canal being removed to further heal the intestines and new infections in the sinuses and stomach. There was immediate improvement. Later she experienced mucus discharge from the bowel and spasms. This was the body's way of replacing old colon tissue with new, also known as a "healing challenge." Mary met this challenge with a 6-week restricted diet of no salt, sugar, red meat, fried foods, flour of any kind, eggs or dairy. She also took IF Relief, an anti-inflammatory herbal blend.

January 2007, Mary maintains a modified version of the above food program until she is confident the colon is completely healed.

Mary, you did it! You feel great, you look younger, no prescriptions needed, you reclaimed your health. You still have a warm beautiful smile, and your story is sure to give hope and inspire others.

It remains an honor to learn and grow with you.

With Love, Bessheen

New Format!

The NITE/Herbs three-flame logo was developed to symbolize the Institute, Herbs Etc., and the Naturopathic Community Center (NCC).

The base from which the flames arise is the geometric design that represents balance in masculine and feminine qualities repeatedly found in nature.

The NITE newsletter (the outer flame) encompasses the Herbs Etc. newsletter (the middle flame), which in turn encompasses the NCC newsletter (the inner flame).

The flames are the light we wish to share with you as we all heal in mind, in body, and in spirit.

Inside this issue:

New One-Day Courses	2
All About the Liver	3
Herbs Product Highlights	4
NCC News	5
Tuesday Night Classes	6
Cleanse: Lemonade Fast	7
Gallbladder Flush	8
Student Info	9

NEW: One-Day Courses for Natural Health!

Do you want to know more about natural health?
Are you interested in using natural health therapies for yourself,
your family and friends?

The Naturopathic Institute of Therapies and Education is pleased to announce Laymen's Courses for Natural Health! More and more people have requested classes that are not a part of our diploma programs but can satisfy their curiosity about a particular topic of interest.

Each course is focused on a popular natural health technique or topic to help you learn the basics so you can apply it to your life. Courses will be held on Saturdays from 9:00 a.m. to 6:00 p.m. with an hour and a half for lunch. The cost is \$89 per course, and you will receive a certificate of attendance.

Learn from experienced naturopaths and qualified instructors who want to share their passion for natural health so that you and those around you can live better and longer!

The schedule is below. Please call Herbs Etc. at 989 773-3636 for more information and to register. Classes are limited to 18 participants!

Schedule of One-Day Classes at NITE

<u>Date</u>	<u>Class</u>	<u>Instructor</u>
May 5, 2007	Herbal First Aid	Elizabeth Lo, NHT
June 2, 2007	Evaluation of Your Health with Muscle Response Testing	Kathryn Doran-Fisher, CN
July 21, 2007	Pressure Points of the Feet	Elizabeth Lo, NHT
August 11, 2007	Aromatherapy	Amy Jo Howard, CN, CH
September 22, 2007	Homeopathy Around the Home	Amy Jo Howard, CN, CH

Update Your Massage Practice; Add New Therapies!

After their first well-received seminars at NITE last year, *Nature's Stones* is returning to offer

Hot Stone Facial

AND

Cool Lift Face Rejuvenation

on April 21-22, 2007

Take either or both of these one-day seminars! Earn CEU's!

- Hot Stone Facial Seminar is Saturday, April 21, 2007, 9:00 a.m. to 5:00 p.m. Cost is \$225 and earns you 8 hours of CEU's.

- Cool Lift Face Rejuvenation Seminar is Sunday, April 22, 2007, 9:00 a.m. to 5:00 p.m. Cost is \$225 and earns you 8 hours of CEU's.

Seminar materials are included in the cost of tuition. Additional equipment and products will be available at both seminars at a reduced cost to you.

More and more clients are seeking healthier solutions to facial care. Not wanting chemical products and surgery to maintain a healthy, youthful appearance, clients can affordably go to some-

one they trust—you! Hands-on learning is better than instruction videos, course costs can be used as tax deductions, and certificates are required to use this as a covered therapy under your massage practice insurance policy.

Call Nature's Stones at (866) 786-6370 or visit www.naturestonesinc.com for more information and to register.

A discount will be given if you register for both seminars.

Service: Health Solutions in 30 minutes or less!

Ask-the-Naturopath is the natural approach to urgent care. A 15- or 30-minute consultation can cover several aspects of healing and forms of assessment.

Ask-the-Naturopath is for regular clients or first-time customers who are seeking relief from their immediate symptoms and want to know what they can do naturally to help. It is specifically designed for those who

have acute symptoms, one or two health concerns, or for those who feel a more extensive consultation is not needed.

Health concerns may include colds, coughs, flu, urinary tract infections, headaches, weight release, cholesterol, blood pressure, acne, female concerns, and much more!

If you need some quick relief from the fast pace of the outside world,

you can also enjoy a fifteen-minute chair massage, hand massage, foot massage, or mind-balancing technique to improve your concentration and reduce stress.

Natural health assessment tools available include muscle testing, iridology, voice analysis, menu evaluation, and emotional assessment. A 15-minute consultation is only \$10; walk-ins are welcome!

Student Information: Graduations and Crystal Trip

Graduations are coming up!

The first-year Natural Health Educators and the Therapeutic Bodywork Practitioners will be graduating on May 13, 2007! Graduation will be held at Riverwood Resort and will be a gala affair with wonderful food. All alumni and current students are welcome. Please call ahead for reservations. Cost is \$20 per person.

On September 1, 2007, the

second-, third-, and fourth-year programs will celebrate graduation at the Naturopathic Community Center site and new pavilion! This graduation is a once-a-year event that is always full of great food and entertainment! Once again, all alumni and current students are invited.

Following the graduation, on Sunday, September 2, a caravan will be leaving for Arkansas to dig garden

crystals. By going as a large group, you can dig all day for \$10 and take home as many crystals as you choose. Some are small, and some are 15-20 pounds! They can be used in your garden, as decorations, or to divert electromagnetic pollution in your home or business. We will return on Thursday, September 6, in crystal-laden, clay-coated, yet floating vehicles. Call if you wish to be included in the caravan.

Herbs Etc. / N.I.T.E.
1410 S. Mission St.
Mt. Pleasant, MI 48858
Phone: 989 773-3636
Fax: 989 775-7319

Feel Better Now!



Student Massage Schedule

The students in the Therapeutic Bodywork (Massage Therapy) Program at the Naturopathic Institute of Therapies and Education invite you to come in for a massage or other therapy in the upcoming months.

Clients who are frequent no-shows will not be allowed to make future appointments. Remember: the students are counting on you to show up at your allotted time so that they can gain the experience they need to become competent massage therapists. Please note the type of massage or therapy (such as craniosacral, reflexology, light healing touch) may vary. Check with Herbs Etc. when you make your reservation which type of therapy is being offered. The cost is \$20, non-refundable and paid in advance (or held with credit card) at Herbs Etc. The entire \$20 will later be paid directly to the student.

Following are the dates and times for upcoming Student Massage Weekends:

Saturday & Sunday, March 24 & 25, 2007	12:00, 1:30, 3:00, or 4:30
Saturday & Sunday, April 14 & 15, 2007	12:00, 1:30, 3:00, or 4:30
Saturday & Sunday, April 28 & 29, 2007	12:00, 1:30, 3:00, or 4:30
Saturday & Sunday, June 2 & 3, 2007	12:00, 1:30, 3:00, or 4:30
