



Herbs Etc.

Showers Cause Thyroid Problems

There's nothing like a hot shower in the morning! What if it was a daily source of poison for you? If you have chloride in your water and you are not filtering it out, this is very bad news for your thyroid.

The thyroid is responsible for the rate at which you build up (repair) tissue and the rate at which you break down used tissue. These two aspects together are called your metabolism.

Most of us are aware that the thyroid regulates our body temperature, the rate at which we gain or release weight, and our overall energy.

If you've suffered from thyroid imbalances, you may know, all too well, the above functions as well as experiencing hair loss, feeling tongue tied, super emotional, a loss in sex drive, poor finger nail health, and plenty of other symptoms.

So how much chloride is in our drinking water anyway? Public swimming pools require 1.5 parts per million of chloride. City water normally contains 2 to 3



parts per million of chloride. That's up to twice the amount in the local pool!

It's the large mass of water and heat that saturates your senses when you enter the hotel or health pool area. But in smaller concentrations most of us don't think about it.

Here's the problem, chloride is one of the most readily absorbed substances by the skin. When you heat it up, such as in a shower, the fumes you inhale absorb even faster. So between the skin contact and inhalation, you are getting a big dose every time you shower or bathe. What chlorine does is block your ability to use iodine,

the very element needed by your thyroid to function properly. For women, it's even more of a problem because the function of the thyroid affects the function of the ovaries and entire female system.

The more natural iodine you have in the body, the more resistant to the chloride you will be. Yet, overtime, the chloride will leach out the iodine.

Solutions - Chloride serves its purpose in delivering you bacteria free water. But, remove it before you use it! Install shower head filters on all showers and fill your bath from these shower heads. Filter, at minimum, your drinking water. The best choice is still reverse osmosis. Distilled can be good but only in small amounts. Build your thyroid with liquid iodine. Have a naturopath test your thyroid function. We have shower filters, iodine, and naturopaths available at Herbs Etc. Thyroid appointments are only \$10.

(Article by Bessheen Baker, ND)

GABA for Anxiety

One of the best researched supplements for anxiety is Gamma Amino Butyric Acid. Having a good supply of it in the body can greatly reduce an over-reaction by the nervous system. It is referred to as an inhibitory factor, keeping the body from racing into panic or what is called fight or flight. It allows the thinking brain to stay in control. Clients experience a calmness that is refreshing, unlike feeling drugged and dependent on substances that cause side effects.

Actually, that's how anti-anxiety drugs work: they force the use of your stored amino acids! (Remember, seek advice and work very slowly if coming off any prescription.)



Spring, fill each heart with JOY!

Fluid Retention and Puffiness by Bessheen Baker, ND

Speaking of all this water, what if you have too much in your own body? Fluid retention is an uncomfortable problem to have. Most of the time, it comes from eating processed foods, poor kidney health, lack of proper and healthy sodium/potassium, and the emotion of fear and lack of support. People are put on "water pills" to get rid of excess water, but this can deplete potassium in the process. Often, potassium pills are recommended with the "water" pill.

Here's a natural idea. Nature provides wonderful diuretics and interestingly enough, they are all already high in potassium, imagine that!

My favorite herbal recommendation is parsley. Clients can take 2 capsules 2x a day and find the swelling reduced in the first 24 hours. Some additional diuretic foods are watermelons, celery, cucumbers, dandelions and asparagus.



A note on sodium: Table salt and the salt in processed food can certainly cause water retention. Often, we are told to avoid sodium. Yet, sodium chloride (table salt) and sodium derived from the aforementioned foods are different. The food source is usable and necessary to good kidney health! In iodized table salt, the iodine is a by-product of steel manufacturing and is very unhealthy!

The Real Reason

By Brian Andreas

There are things you do because they feel right & they may make no sense & they may make no money & it may be the real reason we are here: to love each other & to eat each other's cooking & to say it was good.



As presented by Lois Hartzler, my poetry finding friend.

Water Filters, Purification & Testing

Meeting the multiple needs of healthy consumers can be challenging for a store of our size. We carefully select which products are hard to find in our area and research for the highest quality. Due to the multiple products available in water filtration and purification we have chosen a high quality and affordable product line.

The shower filters we carry are easy to install and only require maintenance one time per year. The cost is only \$40.40 and they will be 10% off through the end of April. We also stock the refill cartridges.

For your drinking water, consider as a bare minimum a chloride filter for your kitchen area. This is a 10 stage water filter system that removes:

- Lead
- Cysts and Protozoa
- Chloride/Bad Tastes & Odors
- Pesticides and Herbicides

Each filter will clean 300 five gallon bottles of water. Replacement filters work out to 4 cents a gallon. That sure beats lugging all those water

bottles home from the store. The 10 stage system is small and easy to use. The cost is \$106 and will also be 10% off through April.

Our best recommendation is to get a reverse osmosis unit for your home. These filter even more contaminants.



For those of you with Nature's Sunshine memberships, please consider ordering them directly from the company. This is especially important for our friends on well water. There are a number of contaminants from fields and rivers. The EPA considers some toxins to be safe in small amounts, yet what if you have been drinking that water for 5 years? Toxins do build up in the tissues of your body. How safe is your water? Is it affecting your health?

Herbs Etc. also carries "Watersafe" drinking water test kits for only \$18. Test for lead, bacteria, pesticides, nitrates, chloride pH and hardness.

Toxins in Plastics, Toys and Teeth Sealant!

The last few years has brought a lot of research and concern about the amount of plastic we use and the chemicals that leach from them.

Many studies have been performed on animals but none on humans. This has lead the plastic industry, just like the pharmaceutical and tobacco industry, to claim there is not a health risk.

One of the chemicals, bisphenol A (BPA), mimics the female hormone, estrogen. There is evidence in mice and rat experiments that this causes:

- Hyperactivity
- Early puberty



- Increased fat formation
- Abnormal sexual behavior
- Disrupted reproductive cycles
- Structural damage to the brain

We certainly have observed an increase in all of these problems since the "plastic revolution."

As a family, for years, we have avoided using drinking straws to reduce exposure to these false estrogens and create less landfill waste. It may be a small part but it keeps us mindful.

Consider avoiding plastic water bottles, foods in plastic bags, baby toys, and bottles made of plastic and

even sealant on your teeth. We use glass whenever possible and check our source for polycarbonate #7 plastic drinking bottles. They still do contain BPA, as do many forms of plastic. However, in this hardened form, it would have to be exposed to very high temperatures for long periods of time. For example, 212 degrees for 6 hours before it leaches into the contents of the container. Other lower numbers in plastic such as 1 & 2 leak much faster. Plan ahead and pre-pack your water and meals in your own containers, we don't need to eat that processed junk food anyway!

Shake it all you want for \$39 per month!

If you haven't tried it yet, you need to! The body vibe is the latest addition to our self-serve therapies and is quick, non-impact, fun and easy. You simply stand in your socks on the vibe floor and hold the hand rails as it gently shakes and moves the stuck fluids and tissues throughout your body.

The benefits are: increased circulation, lymph stimulation, cellulite reduction, fat liquidation, better balance (especially in the elderly), decreased

cortisol, increased endurance, increased serotonin, increased bone density, increased muscle mass, increased cellular oxygen, loosening of stiff joints and muscles, decreased fluid retention, it speeds trauma and stroke recovery, increases testosterone production, and contracts and relaxes muscles up to 50x per second. Try it any time for \$2 or unlimited for just \$39 per month!



**10 MINUTES =s
4 MILES OF JOGGING.**

The Scoop on the Rocks



They sure do look cool as a night light, but what are they for? The salt rocks you see on display at Herbs Etc. are for purifying the air through ionization. Putting a negative particle charge into the air allows positive charged toxins and bacteria to bond with the negative charge and be neutralized or bonded and thereby, unable to cause harm. Clients have purchased them to improve the breathing environment for those with allergies and asthma, while others just like the clean air for their office and work area. They run by way of a small electric cord and light bulb that is included. We have small ones slightly larger than a grapefruit, to some larger than a football. Prices range from \$12 to \$75 and make great gifts for any nature enthusiast.

Home Remedies

Finally, Better Tasting Green Drinks!

You can thank my mother for this improvement! For years, we have been encouraging clients to make green drinks in their blenders. They are great for balancing the pH of the body, high in calcium and magnesium, and necessary for good colon and joint health. The problem for some is learning to like the taste, although many say they enjoy it right away. Yet, everyone seems to get out of the habit several times per year and need to get back into the swing of it, realizing they always feel better when they do them. Well, this suggestion from my mother, Nancy, could be the change that keeps you going on this health drink year round.

The original recipe was to use 1 handful of dark green leafies like romaine, spinach, or a spring mix. The darker the greens you get accustomed to, the better. Then, you add 2 cups of distilled water, because it helps to draw the minerals out of the greens. Blend it well, strain if you have a hard time with textures, and drink slowly. Do this on a daily basis. Mom shared the ideas of adding a peach or ripe pear. It's even healthier and greatly improves the taste! Some have added a portion of a peeled cucumber to improve the taste, but this is even better. Enjoy, and thank you, Mom!



Is Water the Answer to Bone Problems? By Bessheen Baker, ND

When studying herbology one will surely want to study the ancient wisdoms of the oriental cultures. One of the greatest tools I've learned is to look to the kidney function and overall body hydration to better understand bone health. The Chinese especially have been wise enough to understand that the bones can only be "flexible", strong and youthful if the **water "element"** is in balance.

Long before one suffers from arthritis, misshapen bones, a weak back, muscle and tendon problems, the water element was demonstrating imbalance.

The water element is the most basic of all the elements. The energy of it is expressed in the flow of blood and lymph and our own ability to be fluid

and flexible. The emotion associated with water is fear and **excessive fear** is thought to damage the kidneys. The adrenal glands sit on top of the kidneys and respond the most violently to fear. The kidneys are the gate of self-expression. People whose kidneys are weak were often subjected to undue fears by their parents. The connections with these problems and fear are very clear. We speak of someone as being "spineless", "unstable", having a "yellow streak" down the spine and "weak kneed".

A lack of the water element would lead to a lack of fluidity (**brittleness**) or the ability to change, submit or compromise. Water flows down, so the water problems would show up in the lower half of the body. With too

much of the water element, one might become too "**fluid**" and unable to stand up for oneself and would become "weak kneed". People who are excessive in water tend to start many projects (water is nourishing to the root of things), but they are too "wishy-washy" to see them through to completion.

The Chinese study 5 major elements and look for their excess or deficiencies when understanding health and the emotions that proceed health problems. So if you suffer from joint and back concerns where might you be able to look deeper and what is the condition or your urinary system and other systems?

(With credit to herbalist Steven Horne for his articles & teachings)

