

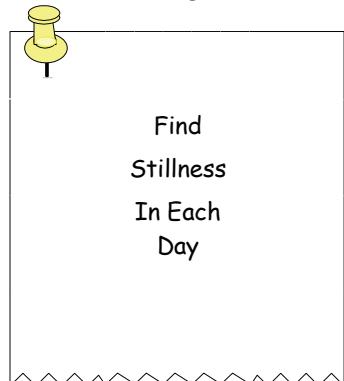


Naturopathic Community Center

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

The move is looking good! Renovations for the new home of the NCC, Herbs Etc, and The Naturopathic Institute will begin in April. We hope to be moved into our downtown, improved and larger location early this summer. Look for the grand opening and open house dates in the next newsletter.

We're Movin'!



Find
Stillness
In Each
Day

Six Day Retreat

Join Us For The Cleanse Of Your Life!

- * Foot Soaks
- * Daily Massages
 - * Colonics
 - * Sauna
- * Sound Therapy
- * Color Therapy
- * Meditation



Lodging, Herbs, Flower Remedies, Personal Counselor, Essential Oils all included!

April 6 - 12, 2008

\$1200 Per Person - Limited Space!

Tired of being sick and tired? Call for more details; it can be designed as a cleansing or building experience !

(989) 773-3636

Saturday Classes

These one day laymen's courses are fantastic! You can learn about natural health to help yourself and your family.

March 8th

Muscle Response Testing: Practical Applications for Beginners



April 19

Simple Massage Techniques to Use at Home



May 3

Iridology: How the Eyes Show Health or Dis-ease



June 7

Aromatherapy for the Home and Office Use



\$89 per class 9 am - 5 pm

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

Community Supported Agriculture by Kathryn Doran-Fisher, ND

"You are what you eat." How many times have you heard that particular phrase? Well, believe it or not, it's true to some degree. The proteins, carbohydrates, fats, minerals and nutrients within food are broken down to the smallest molecule and used by our bodies as fuel and building material. Unfortunately, all of the chemicals, preservatives, pesticides, hormones and genetically altered material in today's modern food also enters the body, and what your body does with it can determine whether you have good health or bad.

Many of the foods on today's grocery shelf are more hype than health. The labels practically scream "Natural!" "Low-Fat!" or "High in Fiber!" but when you look closer at the ingredients, these "foods" don't really appear to very edible at all. When was the last time your homemade recipe called for Butylated Hydroxytoluene?

The truth of the matter is you cannot be certain that any product in a commercial grocery store is actually safe for you to eat without knowing where it has been, what was put in it, where it came from, or sometimes, even whether it came from a plant or animal origin.

Fortunately, there are many options available today that can make eating a whole lot more simple. Food Cooperatives, farmer's markets, and CSA's can put the consumer in direct contact with the people who raised their food, from soil to finish. In particular, a CSA (Community Supported Agriculture) allows consumers to directly support a local farmer throughout the growing season. Customers often purchase a share or membership in the farm, allowing the farmer to buy seed and supplies early in the spring and then, the customers are provided with fresh, seasonal, often organic produce all summer long.



Some even offer eggs, meat or milk products as well. Many people form CSA groups so individuals can take turns picking up the produce each week from the farm. This is a great way to know exactly what goes into your food and consequently, what goes into your body, too. Plus, it is often much less expensive to belong to a CSA than to purchase products commercially.

So if you would like to get more involved with your food, at Herbs etc., we have the names of several local CSA's that you can sign up with. You may want to hurry, most CSA's have a cut-off date. The NCC will also be offering classes on cooking seasonal produce and more!



Tuesday Night Classes

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

March 11, 2008
March 25, 2008
April 8, 2008
April 22, 2008
May 6, 2008
May 20, 2008
June 3, 2008

The Truth about Microwaves and How to Heal Joints with Food
Periods and Pregnancy without Prescriptions
Removing the Negativity of Work and Others from Your Being
How Color can be Used for Healing
Iridology: Determine Your Health through Analyzing your Eyes
Solving Headaches and TMJ
Open House and Tour the New Facility

