

FALL NEWSLETTER

NITE, HERBS ETC., AND NCC



Pat Here's Your Story

Fall 2008

Several years ago, Pat and her husband discovered the cows on their farm were suffering health concerns due to stray voltage. After many seasons of fighting to get the electrical problem fixed with the utility company, the problem seemed to be resolved. Along the way, they discovered the problem was not only affecting their herd, it was also affecting their health. They suffered from low energy, lowered immunity, and odd aches and pains.

Before this occurred, they were learning organic farming, and have been doing great things for our community ever since. They offer organic turkeys at Thanksgiving, eggs, and several meats year round as well as helping with the organic farmers association here in Michigan. They opened an organic butchering service just a few years ago.

During all this, Pat has worked on her health with good foods, homeopathics, essential oils, a few herbs, and when we can convince her how important she is, a

few massages!

A few years ago, she took a pretty good fall in the butcher house and really hurt her knee. It slowly got better but never healed 100%, as she would get these tingling

sensations when she worked in the shop.

One day while visiting her D. O., they discussed magnetic pollution as a problem. She asked Mary here at Herbs Etc. for a solution. Mary recommended lying on the Magnetic Bio-photon bed. This is designed to clear your body of any build up of electro-magnetic pollution, such as that from computers, cell phones, copy machines, stray voltage, etc.



Well, Pat felt so much better in her knee, her energy, and even with her blood pressure and blood sugar after lying on the magnetic clearing bed that she now comes humming in to get a refreshing aura cleaning. Her doctor also suggested vitamins to repair some neurotransmitter (amino acid) deficiencies.

We believe the stray voltage still lingers with the new building, so when Pat spends the day there, wrapping and packing the foods, it is just too much for her already sensitive system.

The bed has helped to clear this residual energy out and improve her health beyond normal. Next, she will repair her meridian system.

Way to go, Pat! Thanks for your willingness to share this story; now, others can clean their electro magnetic field and regain some energy and healing potential.

Lying on the magnetic bed can be done for 15 to 30 minutes as often as needed.



Winter Open House with music, food, dancing, and specials throughout! February 12, 2009

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An Enchanted Evening.... Graduation November 1st

Congratulations to all the students who will be graduating on November 1st! This will be a formal event with ballroom dancing, horse drawn carriage rides, and entertainment throughout the new center.

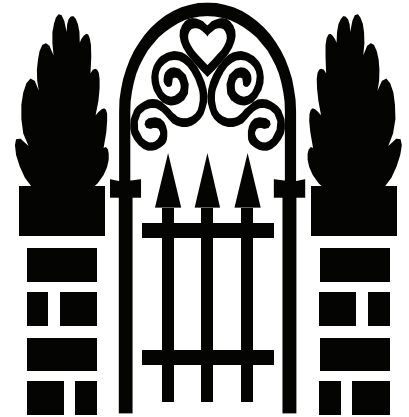
This graduation will complete training for two fourth year students. Elizabeth Lo, a staff member at Herbs Etc., and Dale Tamminga, of Grand Rapids, MI.

Both Elizabeth and Dale are excellent Naturopaths who already have busy schedules

helping clients at their office locations. They are both delighted to take additional clients now that their training is complete and that homework load has lightened a bit!

Also graduating are six students in the third year of their training and ten second year students from all over the state of Michigan.

If you have a relative or friend who would like to see a NITE trained graduate or alumni, please contact us for a referral.



There are excellent students and graduates within 45 minutes of every area in the lower peninsula.

Join the Caravan to St. Louis for the Organic Farmers Conference

On December 3rd, we will be leading a caravan of students, friends, and local farmers to the annual Acres Organic Farmers Conference in St. Louis, Missouri. Over 30 speakers will present on topics like: Health From the Soil Up; Taking Back Our Food; Renewing America's Food Traditions; To Till or Not to Till; Trace Minerals and the Genetic Code from December 4-6th.

These topics will be priceless information in the years to come. If you don't know a thing about farming or gardening, then let's go get started together. We're going just to find out how much we don't know!

The boys and I would like to start our own small farm with animals, gardens, and a greener

way of life! If you share these desires or are already knowledgeable and just want to learn more, then join us.

We will depart from Mt. Pleasant early Wednesday morning, the 4th of December; it's a 550 mile trip. We will return on Sunday, the 7th of December.

The cost of the conference is only \$175 per person; \$300 for married couples, and children under 16 are free! Register by October 31st, and receive 2 free conference CD's. Registration at the door is \$200. Call Acres at 800-355-5313.

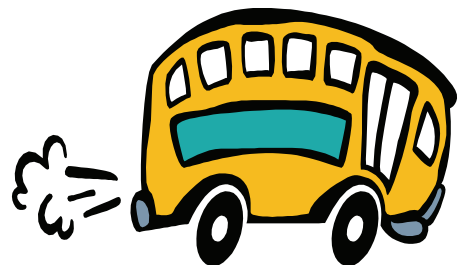
There are discount hotel rates at the Hyatt Regency Conference Center. Rooms for 1-4 occupants are only \$109 for conference attendees. Call 800-233-1234. Make sure to

mention you are with the Acres conference group.

Room shares with people in the caravan are possible; let's make some connections. Drivers who are willing to take others can have their gas paid for; what a great way to travel for everyone!

For more details and to join the fun, please call Bessheen, and I'll give you the names and numbers of other attendees for ride and room shares.

Call 989-773-1714



New Class - The History and Practical Uses of Astrology for Health

When I first learned the history of Astrology from fourth year graduate Laura Allmacher, I was delighted and pleasantly surprised. She gave us information that filled in the missing gaps and dispersed the negative connotations associated with this amazing science.

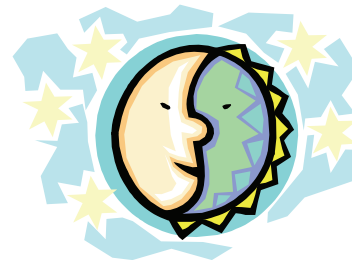
We gathered information to help us better understand why clients have better and more effective times for cleansing, for creating change, and when it's simply better to build the body.

We explored tendencies for certain mineral deficiencies and much more.

I was so excited about what she had to share that we decided to offer a few special courses for those interested in the connections between understanding health and the natural rhythms we are all born into.

The first class will be Saturday and Sunday, February 7-8, 2009. The second class will be March 7-8, 2009. These classes are sponsored by the Naturopathic Community Center and are only \$199 each weekend. It is part of a series of great courses coming in 2009.

Consider staying at the Naturopathic Community Center with



your new \$5 annual membership (see the NCC section of this newsletter for more details).

Thank you, Laura, for not only taking our 4 year program but for also taking a four year program in Astrology! We want to learn all we can.

School Starts For You in February 2009

How long have you been wanting to start a program at the Institute? Now is the time to call Nancy at the administrative office and get started! She can design a unique payment plan or get you started with Sallie Mae loans. These great student loans can have **monthly payments as low as \$50 per month**. Best of all, there is no penalty for early payoff. So start with low payments, and pay it off



the first year Naturopath or the Massage Program.

Want to expand on your current skills in the health field or start

early after you graduate.

All programs include your books, supplies, and even a massage table when you start either

something new that can take less than one year? How about becoming a Holistic Labor Companion and help parents bring children into the healthiest environment possible.

Labor Companions can enroll this fall and massage and natural health programs start in February, so give Nancy a call at (989)773-1714, and get enrolled in living your dream.

Free Essential Oil Training From Raed of Uttati Oils

We are blessed to have an incredible essential oil teacher available to us every month. Raed grew up in Egypt where his family has been working with essential oils for the past 2000 years: talk about some experience and wisdom.

Although we became friends while he lived in the United States, he is still willing to teach us about his fantastic essential oils and their medicinal properties over the phone.

The past few months, he has been giving incredible information on the importance of using the proper base oils to make your essential oils even more effective.

The training is the 3rd Monday of each month from 4pm to 5pm. To join this, call 218-862-6100. You will be asked for a conference code number, which is 103170. There is no charge for this call other than each person's individual phone cost to call the num-

ber.

Orders are accepted at Herbs etc for Uttati oils at 20% off for phone conference attendees. These orders are placed by the 4th Monday of each month, and payment is due upon ordering. Orders take 3 to 4 weeks to arrive.





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Feel Better Now!



Free Massages and Bodywork by NITE Students

Massage students at the Naturopathic Institute give free massages two weekends per month. This winter and spring, we will be offering over 30 massages for each day listed. Some dates are listed for massage, while others include body work therapies, such as Reflexology on the feet and Healing Light Touch for deep relaxation and mental clearing. A \$10 deposit is required to reserve your spot. Tipping is welcome and encouraged. Your promptness and early notification of cancellation is a must. Please enjoy this great community service!

November 22 & 23 - Massage

December 6 & 7 - Massage

January 31 & Feb 1 - Massage

February 21 & 22 - Massage

April 18 & 19 - CranioSacral

April 18 & 19 - Massage

May 16 & 17 - Light Healing Touch

May 30 & 31 - Massage



Times are available at 12:00, 1:30, 3:00, 4:30. Reservations are taken 2 weeks in advance by calling 989-773-3636.