

# NITE & Herbs etc. & NCC

## Spring Newsletter



2008

### Here's Your Story - Mary Lou

Delightful is the word to describe my amazing friend, Mary Lou and her handsome husband, John. This couple is well into their 70's and still sharing the miracles of natural health to anyone in need of hope.

In the summer of 2001, when Mary Lou first came to the Institute, she had been dealing with some very serious cancer and was not given much hope from the medical field. She had over 60 tumors related to the bladder area. But, that's a story for a different day. Seven years later, her story is about something else, although she is still an excellent promoter of Essiac Tea which is one of the reasons all those tumors are gone!

This story is about how Mary Lou was in so much pain last year that she was walking with a cane.

It started in the summer of 2006 with a lot of pain in the left leg especially. We added some joint formulas, and Devils claw herb because it's great for knee problems and increased her essential fatty acids. By

late summer, the leg was not improving and at times, was getting much worse. We did an inflammation program where we removed all inflammatory foods like salt, sugar, wheat, dairy and meat. We also did no night-shades like potatoes, tomatoes, eggplant and peppers. This helped the left leg, but then, the right leg, shortly after became worse.

By September, Mary was looking for some pain relief and sought medical help. Because of her history with cancer, she was understandably concerned. All was "well" as she was offered anti-inflammatory drugs.

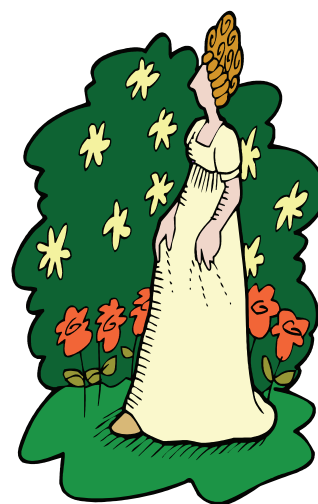
We focused even more on the kidneys as they are part of the structural system (see inside article on the water element). By October, the pain was unbelievable and the swelling in her lower legs was terrible! We were doing massages, castor oil packs, and more herbs and continued the strict food regime.

Finally, in those moments of frustration, I remembered to "get out of the

way," just be still, and hear what the God given plan is. It was hard to agree at first, but of course, why not? We were being directed to a fast for a 77 year old woman... YES! Fasting in times of crisis is often the best medicine.

We took away all the herbs and did a three day lemonade (lemon juice, maple syrup and cayenne pepper) fast. By the end of the third day, the pain and swelling were greatly reduced. By the spring of 2007, Mary Lou reported no pain in her leg for the last several months. She reported that if her legs get feeling heavy, she simply returns to the fast for 2 1/2 to 3 days, and all the swelling and heaviness goes away! Now, she fasts a few days each month to prevent problems and give the body the rest it needs.

What a great lesson for all of us. First, when all else fails, be still and listen. Second, when the body is overwhelmed, the best thing is often to fast and allow it to reset itself. Trust in your amazing design!



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## June 6th & June 20th - The Magic and Anatomy of Birth

These classes are open to the Holistic Labor Companion Program and all Alumni. If you ever wanted to play an irreplaceable role in a big adventure, this is it! These two classes will teach the essentials on how to help with the amazing experience of birth. Whether you are a massage therapist, naturopath, or someone interested in beginning a new, very meaningful career or part time experience, these classes are magic.

Beth Barbuea, an experienced doula and midwife, will be teaching both of these June classes. Her unique style of teaching through stories and experience will bring this topic to life. The entire program is available as low as \$2495 with all books, videos and remedies included. If you are an alumni, significant discounts can bring your entire tuition to as low as \$799.

Perhaps you are simply interested in these two classes, then

join us for \$300 per class.

Reservations will be limited to 18 students, so call right away to reserve your seat.



## Episiotomy Scars Trouble for Weight Loss

How many scars do you have? Where are they located? Did you know that scars can, over time, disrupt the nerve feed back loop and lessen the nutrition to particular organs and tissue areas? Often, these disruptions occur along electrical lines called meridians. Meridians were discovered and well documented over 2,000 years ago. Modern technology has verified the accuracy of these old maps to be over 99%.

Here's the interesting point for

ladies: episiotomy scars, from giving birth, run on the central meridian, the same meridian the thyroid is influenced by. Remember, the thyroid is involved in weight release and gain.

The best way to heal a scar is to massage wheat germ oil into the scar line and over time, this will help to dissolve the scar and the body will then be able to re-establish its proper flow. We believe adding a drop of lavender essential oil to each application is even more helpful.

It may be necessary to have help reestablishing some meridians, which a well trained naturopath would be happy to train you to do.

One alumni, who shared this information with us, already found this therapy turned her thyroid concerns around quickly. Did your problems begin after a significant scar, or after the birth of your children?

## Web Listing and Linking for Alumni

We're ready! It's time to create a list of alumni for the web site. Often, clients, students, and customers will ask for naturopaths and massage therapists who are graduates of NITE. Now, we will be able to refer them to the web site and even provide links directly to you.

There will be no charge for the Listing, and links can be approved after the new Director of Administra-

tion, Nancy Liponoga, reviews your site.

Please send an e-mail or note to the Institute indicating your business name, your name, the address you want listed (physical address, e-mail address, or both), a business phone number, and common known location, i.e. 20 miles east of Lansing, in the thumb area, etc. Also, include a paragraph about the services you

offer or highlights of your business. Indicate if you are available by appointment only or if you have set hours. Include a picture if you like.

Please be mindful to respond promptly to inquiries and be a positive reflection of the Institute.

We are delighted to offer this service to you!



## Isn't It Time You Experienced Survival Class?

This is the year! You've wanted to join each year - well, seize the day.

**Survival I** - covers the most important skills every person should have: How to build shelter, find water, build a fire (even without matches), handle a knife, and find survival foods. We camp at the outdoor community center (in tents), share laughs and stories around the camp fire, bring our own food (sharing the cookies of course), and follow the training of one of the best survival instructors in the state, Josh Powell.

**Date: May 30, 31, June 1**

(Friday from 5 pm to Sunday at 5 pm)

**Cost is just \$199!**



**Survival II** - advance upon shelter building and navigation. Learn how to track animals, create tools and spears, listen to the language of the birds, improve your fire making skills, camouflage yourself, and appreciate the wonders of nature!

**Date: August 15, 16 & 17**

(Friday from 5 pm to Sunday at 5 pm)

**Cost is just \$199!**

### Open Class

Each year, instructor Powell offers a class for alumni of previous survival courses and all of those already comfortable with survival skills. Last year, we learned how to tan hides and suture wounds: thank you, Dr. Sheila. This year, we will learn how to build a community debris building, throw spears and rabbit sticks, improve knife skills and refine additional skills. There will be lots of team work, sharing, and as always, personal growth!

**Date: July 11, 12, & 13**

(Friday from 5 pm to Sunday at 5 pm)

**Cost is just \$199!** Take any two or all three and save \$25 per class.

## Four New Naturopathic Doctors in Michigan

In January, 4 alumni of the Naturopathic Institute took the national exam to become Nationally Certified Naturopathic Doctors. The exam is offered by the American Naturopathic Medical Accreditation and Certification Board. We are delighted to announce all four of these ladies passed the exam and certainly deserve recognition for their accomplishment.



**Candy Chamberlain, ND** of Traverse City  
**Kathryn Doran-Fisher, ND** of Mt. Pleasant  
**Amy Jo Howard, ND** of Mt. Pleasant  
**Teri Lukas, ND** of Fowler

We are proud of each of you and bless you with many years of happiness and success in serving others through natural health.

## Welcome New Administrator - Nancy Liponoga

There's a new friendly face at NITE, and we are all delighted to welcome Nancy Liponoga to our staff. Nancy has been a student at the Institute since 2001. She attended classes for her own knowledge while working on her masters in business administration. Nancy worked for Consumers Power for the past 27 years and retired early to join our administrative staff.

Shortly after taking classes at the

Institute, Nancy knew she belonged in the natural health field. But how do you leave behind such a "steady" job and make such a leap? Let go--- that's how, focus on what really matters and live your dreams. Nancy sold most of her material possessions, even all her furniture, and moved to Mt. Pleasant, WOW! She is currently living out of the local bed and breakfast until she can find a simple apartment in the area (suggestions are wel-

come). She kept her clothes and books, and now, 20 totes hold all the important items. I don't know about you folks, but we believe she's got it right. Simplify!

I am personally delighted at Nancy's willingness to join our staff as she will be sharing many of my responsibilities, leaving me with more time for student activities and family.

Thank you, Nancy!

Bessheen



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**Feel Better Now!**

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## Student Massage Schedule

Massage students at the Naturopathic Institute give free massages two weekends per month. This spring, through the summer, we will be offering 48 free 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 relaxing 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 by the students.

**March 15 & 16 - Reflexology**

**April 12 & 13 - Massage**

**April 19 & 20 - Healing Touch**

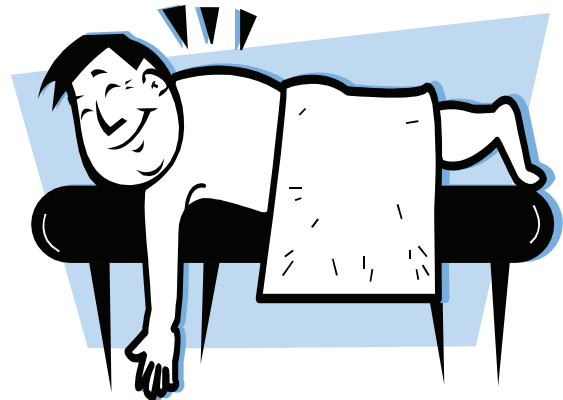
**May 10 & 11 - Massage**

**May 17 & 18 - Massage**

**June 14 & 15 - Massage**

**July 12 & 13 - Massage**

**August 16 & 17 - Massage**



Times available are 12:00, 1:30, 3:00, 4:30

Reservations are taken 2 weeks in advance by calling (989)773-3636.

It's a good idea to call exactly 2 weeks prior, reservations can fill up quickly!

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