

NITE, Herb Etc. & NCC



Summer Newsletter

Last Newsletter, Response Needed, Going Green!

Spring is in bloom. The flowers are delightfully singing their colors, and in keeping with spring's return of green to the land, we would also like to announce that this newsletter is going green.

To do our part and reduce the amount of paper and ink used, to reduce paper waste, and to save trees and stamps, we would like to offer our quarterly newsletter by email *or mail*.

To continue receiving this newsletter, please fill out the form on the far right. No responders will be removed from the mailing list.

Here are some other tips to make your life and the environment greener:

*Replace paper cups

and plates with reusable ones.

*Replace paper towels with cloth rags.

*Use a stainless steel water bottle instead of buying plastic bottles.

*Re-use single-sided copies for scrap paper.

*Shop at your local farmer's market.

*Get reusable tote bags for groceries and other supplies.

*Reduce your driving time by combining errands and carpooling.

*Wash laundry in cold water instead of hot.

*Plant an herb garden.

*Make your own household cleaners with all-natural ingredients.

*Recycle.

To continue receiving the newsletter, fill out

the following form or email information to nitemtp@localnet.com with the subject: Newsletter Renewal.

YES, I would like to receive the newsletter

____ mail *or* ____ email

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NITE Newsletter

503 E. Broadway St.

**Mt. Pleasant, MI
48858**



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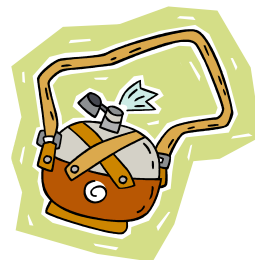
Preparedness Awareness

Are you prepared for the upcoming social, economic, and earth changes? Do you wonder if you could live off the land without any modern conveniences if you needed to? How would you start a fire? Where would you sleep protected from the weather? What would you eat, and how would you prepare it? Do you know how to set a bone and suture a wound?

If you are interested in really "roughing" it and learning how to prepare for these types of changes, enroll in the Preparedness Awareness class sponsored by the Naturopathic Community Center. This "Survival" type class will teach you all of these things and more and are held at the NCC pavilion and recreation area just outside of Mt. Pleasant.

The instructors, Josh Powell and Bessheen Baker, are terrific and knowledgeable and will have you walking backwards through the woods, blindfolded and barefoot. Literally!

This class will be held August 28th and 29th, the suture portion will be on Saturday night, and the cost is \$199. Suture only \$50.



The Healthy Cooking Classes are held on Tuesday evenings in the kitchen at the NCC. Come learn healthy recipes and how-to's for you and your family. Class is from 6:30 pm to 8 pm. There is a suggested \$5 donation for food and supplies.

Healthy Cooking Classes

MAY 25 - GETTING GOOD FATS INTO RECIPES

JUNE 8 - MAKING SOURDOUGH BREAD

JUNE 22 - MAKING MOZZARELLA CHEESE

JULY 6 - JUICING FOR HEALTH

JULY 20 - HOW TO EAT: COMPARING DIET PHILOSOPHIES

AUG 3 - DEALING W/ FOOD SENSITIVITIES

AUG 17 - MEAL PLANNING & PREPARATION FOR THE WEEK

AUG 31 - EASY EGG DISHES

Tuesday Night Classes

The Herbs, Etc. Tuesday Night Classes have been going strong for 14 years and continually offer helpful information on various topics related to natural health. If you are looking to live a natural and healthy lifestyle, these classes are for you!

Free and open to the public, each class is held from 6:30 p.m. to 7:30 p.m.

No registration is necessary.

June 1, 2010 Emotions and How They Affect Health

June 15, 2010 Balancing Chakras w/ Energy Work

June 29, 2010 Using Sound and Color to Heal

July 13 - Address Every Ailment with 12 Homeopathics

July 27 - Colors to Heal the Thyroid

Aug 10 - Ideas for Aching Backs

Aug 24 - Finding the remedy that most fits your personality, or that of someone who needs some change!



Trace Your Meridians to Improve Your Health

If you've ever heard of acupuncture, then you may understand that there are certain points on the body that correspond to different organs. There are actually A LOT of points, and when certain points are connected, they form a meridian: an energy pathway for the particular organ with which it corresponds. Think of it like a power line. And, what happens when the power line is down? That's right, no energy! So, by using our fingers to "trace" these meridian lines or energy pathways, we can make sure that the power lines are up, and our organs have the energy they need to help us be healthy. Following are the meridian pathways and how to "trace" them:

*To trace the **Stomach** meridian:* Start with one finger below the center of each eye, follow an imaginary line down the body, and end at the lateral (outside) edge of the second toe. *To trace the **Spleen** meridian:* Start with one finger on the medial (inside) edge of each big toe, follow an imaginary line up the body, and end at the outside of the ribs, directly below the chest.

*To trace the **Heart** meridian:* Start with a finger in the armpit and follow an imaginary line down the arm, ending at the medial (inside) edge of the little finger. Repeat on the opposite side of the body. *To trace the **Small Intestine** meridian:* Start with a finger on the lateral (outside) edge of the little finger and follow an imaginary line up the arm, ending directly in front of the ear. Repeat on the opposite side of the body.

*To trace the **Bladder** meridian:* Start with one finger on the inside corner of each eye, follow an imaginary line up over the head, down the back of the body, under the foot, and ending at the lateral (outside) edge of the little toe. *To trace the **Kidney** meridian:* Start with one finger on the bottom of the center of the ball of each foot and follow an imaginary line up over the foot and up the body, ending in the hollows below each clavicle (collar bone).

*To trace the **Circulation/Sex** meridian:* Start with one finger on the outside of the nipple and follow an imaginary line across and down the arm, ending at the medial (inside) edge of the middle finger. Repeat on the opposite side of the body. *To trace the **Triple Warmer** (thyroid, pancreas, and adrenals) meridian:* Start with one finger on the lateral (outside) edge of the ring finger and follow an imaginary line up the arm, ending at the outside edge of the eyebrow. Repeat on the opposite side of the body.

*To trace the **Gallbladder** meridian:* Start with one finger at the outside corner of each eye, follow an imaginary line up over the head, down the body, underneath the foot, and coming up to end at the lateral (outside) edge of the fourth toe. *To trace the **Liver** meridian:* Start with one finger on the lateral (outside) edge of each big toe and follow an imaginary line up the body, ending at the front of the lower rib cage.

*To trace the **Lung** meridian:* Start with one finger on the front side of the shoulder where you might wear your suspenders; follow an imaginary line down the arm and end at the medial (inside) edge of the thumb. Repeat on the opposite side of the body. *To trace the **Large Intestine** meridian:* Start with one finger on the medial (inside) edge of the index finger and follow an imaginary line up the arm and end at the side of the nose. Repeat on the opposite side of the body.

*To trace the **Governing** meridian:* Start with one finger on the tailbone in back and follow an imaginary line up the back, up over the head, and ending at the center of the top of the lip. *To trace the **Central** meridian:* Start with one finger on the top of the pubic bone in front and follow an imaginary line up the body, ending at the center of the bottom lip.

Each meridian has a partner; that is why they are grouped in pairs above. It is best to trace each meridian three times each at least once per day. Upon beginning this exercise, watch for signs of increased energy, body cleansing, and other changes in health. For more specific information on your meridians, consult one of the naturopaths at Herbs, Etc.

Herbs Etc / NITE./NCC

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Feel Better Now!



Health Freedom Membership

Take action to protect your health freedom rights!

Current Michigan law (333.17001(d)) states that if you do not have a license to practice medicine in Michigan, you could be arrested for giving any kind of help to anyone. This antiquated law affects practitioners and clients of unlicensed therapies, including naturopathy, homeopathy, herbalism, reiki, and more.

The Michigan Natural Health Coalition is looking for members to educate citizens about the laws regarding natural health in Michigan and to help update the law to guarantee health freedom without unnecessary government restrictions.

Membership in the Coalition is only \$5 per year, or obtain a 2-year membership for \$10. For more information, email mnhcinfo@gmail.com or to become a member, send your name, address, phone number, and membership fee to:

MNHC

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