

Spring Newsletter



NITE, Herbs Etc. & NCC

Your Body's Timely Messages

Do you wake up every night at 2a.m.? Do you have a headache in the front of your head daily just after 5pm? Do you every wonder why: why this, every day, and at this same time?

Most everyone has heard of circadian rhythms in relation to the body. It is probably most often referred to in terms of our sleep and wake cycles. However, each organ in the body has its very own rhythm, as well. In fact, the physiological activities of the entire body are governed by the clocks of each individual organ.

Every one of our organs has a two hour peek period during the day when that organ is most active. If a particular organ is out of balance, symptoms will

be more noticeable during that organ's two-hour period.

For example, the liver's time is between 1-3am. If the liver is out of balance, you may frequently wake up out of sleep between these times or have hot flashes or other liver-type symptoms.



The times for each organ are:

- 5-7am : large intestine
- 7-9am : stomach
- 9-11am : spleen
- 11-1pm : heart
- 1-3pm : sm. intestine
- 3-5pm : bladder
- 5-7pm : kidney
- 7-9pm : circulation
- 9-11pm : triple warmer (thyroid, /pancreas/adrenals)
- 11-1am : gallbladder
- 1-3am : liver
- 3-5am : lungs

Start by paying attention to your body. The symptoms that you are experiencing are really just your body's way of saying, "Hey, something is out of balance here, and I need your help."

Then, start noticing at what times these symptoms tend to re-occur. Now, you will have a better idea of which organ is trying to get your attention, and once you know, then you can use other natural health tools, like nutrition, herbs, and essential oils, to better help that area of your body come into balance.

Once you do, your organs will be happier, and they will let you feel happier, too!

By Amy Jo Howard
Newsletter writer and editor.

Spring 2010

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Dance Classes Inside!

Congratulations, Graduates!

On January 30, 2010, twenty students from the second, third, and fourth year natural health programs received their diplomas. Seven of these students also received the title Board Certified Naturopathic Doctor after completing the national exam by the American Naturopathic Medical Certification Board.

Graduation was a special event with the theme of dressing as who you truly are. We were graced with butterflies, wizards, warrior princesses, elegant ladies, football grandmothers, and more. There

was even a special birthday surprise and entertainment by the drumming group, Tree of Life. It was certainly a memorable evening of celebration.

We would like to say congratulations to Natural Health Therapists Margaret Barco, Vickie Brown, Angela Bollini, Charlotte Bongard, Andrea Christopher, Lisa Dolan, Elizabeth Hansen, Nancy Liponoga, Bette Shepard, and Mary Turnwald! To the Natural Health Practitioners, Julia King, Micah McLaughlin, and Julie Norton, congratulations! And, our very best to those who

earned both the Certified Naturopath diploma and the title Board Certified Naturopathic Doctor, Nia Aguirre, Michelle Barber, Jeff Gordon, Anne Hobart, Joan Prentice, Theresa Solak, and Kellie Speciale!

We are very proud of all our graduates and know that the world will change, one naturopath at a time, because of their hard work, dedication, and passion for natural health.



Spring Weight Release with the Green Drink

The Green Drink is a favorite natural health staple. It is a great way to balance your pH, improve your energy level, and to take in a lot of vitamins and minerals, as well as shedding a few pounds along the way.

It is easy to make:

*1 handful of dark, green leafies (this includes romaine lettuce,

Boston bib lettuce, spinach, kale, and other dark greens)

*2 cups of distilled water

*Optional: 1/2 of a peeled cucumber

Blend everything together in your blender for at least 30 seconds.

Strain it if you don't like pulp.

Drink it once per day.

In this recipe, the distilled water, which pulls out minerals and should not be drunk by itself, pulls the minerals out of the greens, so that your body can assimilate all of that good nutrition with very little effort. If you want to feel youthful, vibrant, and improve your health, then the Green Drink is a daily must.

Bessheen Offers Nature's Sunshine Meeting

Once per year Bessheen offers a day of training on Nature's Sunshine products. This will include single herbs, herbal combinations, Chinese blends, vitamins, minerals, and even homeopathics.

There is no charge for this one day course. Students of the Institute are allowed to count this conference time towards Naturopathic Internship hours!

This is always a fun and fast paced day. We will discuss protocols for

female concerns, gall bladder trouble, ear aches, kidney stones and a whole lot more.



Lunch will be included and a donation jar will be made available for support of the Naturopathic Community Center.

Monday, April 19th
Naturopathic Institute
9:30am to 4pm

Door Prizes throughout the day!

All are welcome, bring your fellow NSP distributors and your guests!

Author of Mineral Book Offers One Day Course at NCC

The Naturopathic Community Center is pleased to offer Alumni and Continuing Education classes throughout 2010. These classes are open to the public and are designed for natural health professionals and massage therapists who wish to gain a more in-depth understanding of various aspects of natural health.

The next class that will be offered is *Minerals for the Genetic Code* presented by Dr. Richard Olree. This class will discuss health at the level of the chromosome, which can be adversely affected by heavy metals, chemicals, poor nutrition

genes in such a way that they are conveying misinformation.

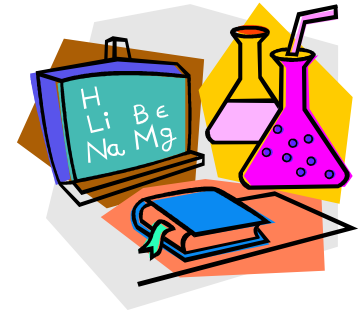
Dr. Olree will then look at the connection between the physical, chemical, and biological aspects of minerals and their relation to the genetic code.

The information presented in this class is invaluable for any health practitioner whose clients are working through states of health that are labeled as being a genetic disorder.

The *Minerals for the Genetic Code* class will be held on Sunday, March 28, 2010, from 9am to 5pm with a

one-hour lunch on your own.

The cost for this class is \$89. To register for this or any other alumni class, call 989-773-1714. Look in the NCC section of this newsletter for other upcoming classes.



Student Internship Hours

For students in the four-year natural health program, 200 hours of internship are required prior to graduation. This gives each student different perspectives and experiences of working in this very large field.

These internship hours should include 100 hours of naturopathic consultation, 15 hours of business/office/retail management at a natu-

ral health facility, 10 hours of outdoor naturopathy (herbal identification, gardening, or survival training), 10 hours of allopathic medicine, 5 hours of CPR/First Aid training, 5 hours of marketing/promotion, and 5 hours of natural health political awareness.

Other acceptable internship hours (up to 10 hours) include: chiropractic consultations, bodywork thera-

pies, naturopathic seminars, doula or midwife observation, and hospice observation. For a more complete list, refer to your Orientation manual or contact your mentor at 989-773-1714.

Start working on your internship hours today!

Voice Analysis Finds Organ Weakness

Did you know that the sound of your voice reflects the quality of your health? Every organ in your body functions at a certain frequency. Musical notes each have their own frequency, as well, and when an area of your body is out of balance, your voice comes out of tune, so to speak. Let's illustrate the musical notes and their corresponding physical areas:

C—Thyroid and lymph

C# - Right kidney, tendons, and ligaments

D—Left kidney and arteries

D# - Adrenals and parasites

E—Spleen, thymus, and candida

F—Pancreas, eyes, and ears

F# - Brain and pituitary

G—Neurotransmitters and liver

G# - Enzymes and gallbladder

A—Bladder and lungs

A# - Heart and heart valves

B—Large intestine

It is easy to analyze your voice and determine health imbalances; you simply speak into a microphone for a few minutes, and then, with the help of a special computer analysis, your naturopath will interpret which areas are showing the most stress and then, make recommendations specific to you.

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Feel Better Now!



State Approves Funding for NCC

As you may know, massage students at the Naturopathic Institute give massages and bodywork two weekends per month. Due to new massage therapy laws, we will be charging \$20 per student massage, and all of the funds will benefit the non-profit Naturopathic Community Center which offers numerous programs and activities, including free classes in natural health.

To receive a student massage and other forms of bodywork, we ask that you fill out a one-page application to become a professional volunteer. Then, you will be called on a rotational basis to fill the volunteer needs at the student discount rate of \$20.

If you wish to receive an application, you may stop in and pick one up at Herbs, Etc., or you may call us at 989-773-1714 to receive an application by mail.

The Board governing the new massage therapy laws has formed, and more details of their work will be available within the next 18 months. We will keep you informed.

**Get a \$20 student massage
and help a local non-profit
at the same time!**

