

NITE LIGHT

Natural Health Quarterly

Herbs Etc NITE NCC

Winter 2019



Winter Specials

My Immune Defense

2020 Classes and Seminars

Healing with Narrative Medicine

Editor's Note



The Gift of Health

With the holidays approaching, many images come to mind: a winter wonderland of trees decorated with snow, snuggling under a cozy blanket next to the fireplace, laughing around the table with family and friends. And, 'tis the season, the subject of gifts comes to the forefront.

Since our culture has increasingly become more technology-focused and constantly on-the-go, our holidays, too, have become a celebration of consumer-ism. Getting gifts has devolved into getting the recipient only what they ask for, an endless stack of gift cards, or abandoning gifts all together. Where is the joy in this?

What does it mean to give a gift? It means that you care about someone: that you want to do something nice for them that brings them joy. It shows that you know who they are and appreciate their interests. It shows in the smile and surprise they express when they receive the gift. As the giver, this is the biggest happiness you can receive: feeling that this special person now has a token that signifies a small portion of the love you feel for them.

This year, consider giving the gift of health. What better way to demonstrate your love and care for someone than to help them improve their health? We can be rich, we can have all kinds of "stuff," we can go places, we can be around great people, yet if we don't feel well, can we really enjoy any of it?

The gift of health means you can move your body better, your endurance improves, your energy increases, you are sleeping better and feel well rested, your longevity is enhanced, and you feel more mentally clear, happier, and have a more positive attitude. (Um, yes?!!!!) And, talk about "the gift that keeps on giving:" when you are experiencing life like this, you make life more enjoyable for all of the other people you encounter. Then, joy spreads more joy. Now, that sounds like what the holidays and giving gifts were intended to be!

It is in this spirit that this edition of the NITE Light is full of gift ideas for health. From small lifestyle tweaks and recipes to series' of massages and consultations to furthering education with interesting classes, there are ideas for every person in your life. We all wish you a wonderfully happy Holiday season and blessings for a healthy New Year!

Joy and Peace,

Amy Jo Howard, ND
Director of Education

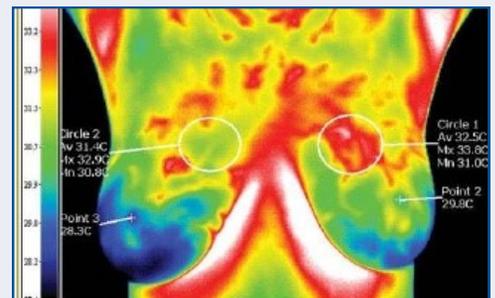
Breast Thermography Available at Herbs Etc

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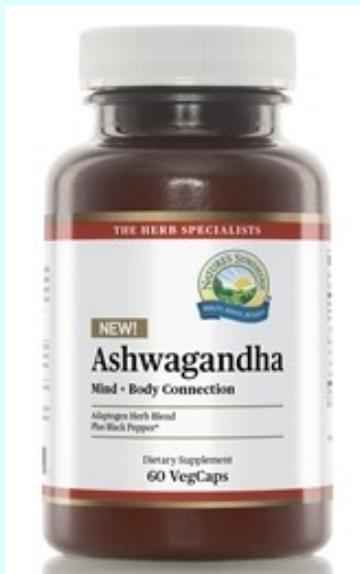
In our continuing commitment to provide the best services possible, we are pleased to announce the addition of two new health consultants (page 15), as well as providing a new service called Narrative Medicine (page 12), and the addition of another massage therapist.

Although, we have not raised our Consultation or Self-Serve Therapy rates for a number of years, we now find it necessary to adjust some of our prices, effective January 1, 2020. These slight increases are necessary and allow us to provide you with the best service available from qualified professionals and a knowledgeable staff. These increases do not affect the massage services and do provide everyone with even more availability for appointments and quicker service.

*Thank you for your continued patronage and support of Herbs Etc
Michigan's Foremost Authority on Natural Health*



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- ◆ Female Aphrodisiac
- ◆ Deep Restful Sleep
- ◆ Anti Aging
- ◆ Anti Anxiety
- ◆ Improves Memory
- ◆ Improves Concentration
- ◆ Improves Happiness
- ◆ Only 1 or 2 caps per day



My Immune Defense



- ◆ 6 Organic Powdered Mushrooms
- ◆ Great for Children & Adults
- ◆ Helps Repair Gut Function
- ◆ 77% of U.S. has Gut Dysbiosis
- ◆ Immune Boosting
- ◆ Vitamin D & Beta Glucans from Reishi, Turkey Tail, Chaga, Shiitake, Cordyceps, Agaricus





The Truth About Health

Amy Jo Howard, ND, CH

The truth about health is that the magic wand is there if you want to wield it, because the truth is: your health is your responsibility, and it all starts with your thoughts. I think this is most exciting and most empowering! You get to decide what state of health you want to have. The tricky part is believing that you can do this and taking action to make it happen.

First, you have to clarify your intentions around what you *do* want regarding your health. If this is difficult, there are some great books by Louise Hay available in the Herbs, etc. store to help you set goals and create affirmations. You can also make an appointment for PSYCH-K® balances which integrates beliefs in the mind with the function of the brain and body to make achieving your goals easier to accomplish.

Next, you have to take action. Here are some common health misconceptions, what the truth really is, and steps to take to incorporate these things into your healthy lifestyle.

Falsehood #1 Salt is bad: it's bad for the heart, and it raises blood pressure.

We've heard forever that salt is bad for heart health and that a low sodium diet is the one to follow. Well, that's true if we're talking about refined white table salt. What most people

think of as salt is refined sodium and chloride, which is possibly iodized to make it healthier (false!). In fact, real sea salt, like Himalayan sea salt or Redmond's sea salt, has a balanced ratio of minerals, like potassium and sodium, and has been used for thousands of years because of its health benefits. Have you heard the expression: "worth one's salt?" Well, that saying comes from the fact that Roman soldiers were paid in salt or given an allowance to be able to purchase salt; that's how highly salt was regarded at that time. Sodium is considered the "Youth" mineral; it helps with flexibility and healthy joints. It helps with hydration. Actually, good quality sea salt helps relieve bloating and water retention because of its mineral balance. It has 84 trace minerals in it, and in the age of our nutritionally -depleted farming practices, this is important!

It is a great source of electrolytes that are essential for muscle function, preventing muscle cramps, and aiding in heart and brain health. It has anti-inflammatory properties that benefit the skin, adrenal glands (which are affected by stress!), and wait for it – even blood pressure! Natural sodium is also necessary for proper digestion, because it is a component in the production of hydrochloric acid which helps break down carbohydrates and proteins in your diet.

Imbalances here can create symptoms such as indigestion, heartburn, acid reflux, gas, and bloating. So, the truth is we should all be using a good quality sea salt every day! Sprinkle it on your food, put it in your water, or make your own electrolyte drink by adding sea salt and some lemon or lime juice to your water. Try 1 tsp daily!

Falsehood #2 Coffee and pop are not harmful to health.

I'm sorry; no matter how many studies come out and say that either one of them, especially coffee, is beneficial, I am not going to agree. They create acidity in the body, they are dehydrating, they stress the adrenal glands, and they deplete your friendly bacteria. Plus, the pop can have chemical sweeteners, dyes, and other toxic ingredients (brominated vegetable oil = thyroid disaster). In fact, some of my clients have seen the most dramatic health improvements just by drinking more water and weaning off of coffee and/or pop. Just making that switch! So, if you're a pop drinker, and you don't like the taste of water, add some real fruit or fruit juice to it for flavor. If you're a coffee drinker, switch to an herbal tea or an herbal coffee, like Teecino.



Herbs, etc. carries several flavors of the Teecino coffee as well as many flavors of herbal tea (Toasted Coconut Caramel? Double Dark Chocolate Mate? Ginger Peach? Yum!) And, if you can't make the switch in one day, start weaning down: instead of one full cup of coffee, drink ½ cup coffee and ½ cup Teecino and slowly make the switch. So, the truth is the coffee and pop need to go, and you can find some other tasty ritual that you will love!

Falsehood #3 You have to be born flexible.

Good news! This is totally not true. Flexibility is something that you build just like training weights for stronger muscles. In fact, I am more flexible now than I was in elementary school – because I've been working on it! Proper hydration and good nutrition is essential.

So, make sure you are drinking water. Plus, the natural sodium that was mentioned earlier is key for joint flexibility.

Then, you need some good fats to lubricate the joints. Butter and coconut oil are great. Nature's Sunshine carries the Super Omega 3 EPA and Flaxseed Oil in capsules. Herbs etc. also has a wide variety of Barlean's oils in delicious liquid flavors like Strawberry Banana, Orange Cream, and Pomegranate Blueberry Smoothie.

Finally, you need to practice! The only way your flexibility will improve is if you are using it. So, find a stretching, yoga, or qi gong video or class, and commit to it. The truth is that flexibility can be acquired, and better flexibility leads to fewer injuries, less pain, greater strength, and a more positive state of mind.

Falsehood #4 Supplements are a waste of money, and massage is a luxury.

This couldn't be farther from the truth. First of all, farming practices have changed, the soil is depleted of nutrients, and the food is being depleted and changed by genetic modifying, pesticides, chemicals, and who knows what else. We really do need supplements to support and build our health and prevent disease these days. And, if we are working on improving a health concern, we certainly need supplemental support to nourish those areas of the body being affected so that they have the energy to return to balance.

In regards to massage, it may feel luxurious, yet it is a necessity. Massage improves circulation, lymphatic flow, nerve communication, and numerous other body functions, not to mention that it improves your mental and emotional outlook and helps build self-esteem. In fact, receiving massage on a regular basis actually helps your nutritional program work more effectively. In essence, investing in regular bodywork sessions means less money on supplements because the ones you are taking will work better and quicker. So, the truth is that everyone should visit their naturopath regularly to advise them on their health program and also, receive regular bodywork as part of their lifestyle plan. You are worth it: schedule those appointments, or stop in to buy some gift certificates!

Outward Signs... of Inward Problems: The Face

By Amy Jo Howard, ND, CH

Have you looked in the mirror today? Did you realize that there were messages there for you? That's right; long before cell phones were dinging you with texts, your reflection was also trying to get your attention. Our bodies are amazing in their design, and they give us an outward sign that there is an imbalance on the inside. The eyes, the face, the hair, the tongue, the fingernails, etc., etc., all relay information about the functioning and health of different organs in the body. Isn't it great that our bodies give us a non-invasive means of evaluating what is going on inside them?! In this article, we will be featuring what messages the face has to convey, so grab your mirror, and here we go!

Every line, mole, pimple, and "spot" means something according to where it is located. To begin, the upper part of the forehead relates to the large intestine, while the lower part of the forehead, closest to the eyebrows, relates to the small intestine. Horizontal lines are common in these areas and indicate an imbalance with digestion (small intestine) and elimination (large intestine). Moles or other spots here, depending on their location, will indicate the same. Consider food enzymes, probiotics, or even a colon cleanse to address these types of imbalances.

The area between the eyebrows and also directly under the eyebrows (above the eyes) relates to the liver and gallbladder. Vertical lines are common between the eyebrows and indicates liver congestion as well as unresolved anger. Adding fresh lemon to your water and/or taking a liver support supplement like Liver Cleanse Formula or LIV-J will be helpful to aid this type of imbalance. The flower essences, Find Strength and Keep Cool, can address the emotional component of a liver/gallbladder imbalance.

The upper part of the nose at the bridge area relates to the pancreas. Lines or spots in this area can indicate blood sugar balance issues. So, eliminating processed foods, especially white flour and white sugar, and eating more whole foods and proteins will be beneficial.



The area in between the eyes on either side of the nose and the area just at the end of each eyebrow corresponds with the spleen. Again, eliminating processed foods as well as eating warm foods (like soups and root vegetables) will be helpful. Chinese Spleen Activator is an excellent herbal blend to support spleen health.

The area directly below each eye as well as both ears relate to the kidneys. Puffiness, redness, or blueness under the eyes, especially, is a sign that the kidneys require some balance. Make sure that you are drinking $\frac{1}{2}$ your body weight in ounces of water each day.

The tip of the nose corresponds with the heart. Redness, veins, or spots in this area indicate heart and circulation concerns. Some ideas for balance here could include Hawthorn Berries, Cardio Assurance, and Capsicum, Garlic, and Parsley.

Most of the area that we call the cheeks relates to the lungs. Moles or spots here are trying to communicate an imbalance with the respiratory system. Deep breathing, breathing exercises, and supplements like Four or Lung Support can be helpful.

The chin area corresponds with the reproductive system, and moles and pimples are common when this area needs some attention. There are a number of herbal supplements, for both men and women, that will support the reproductive glands, plus the oil blend EndoFlex is great for restoring balance to the entire endocrine system.

Well, what did *your* face say? This is just a quick overview of the messages that your face can relay about your overall health. For a more in depth analysis and/or a personalized program to address these messages, consult with one of the naturopaths at Herbs, Etc.

Winter Specials at **Herbs Etc**



**Warm up with these
Amazing Winter
Specials:**

- Two - 30 Minute Massages: \$69
- Two - 60 Minute Massages: \$112
- Five - 60 Minute Massages: \$269
- Ten - 60 Minute Massages: \$499
- Five - Colonic Sessions: \$270
- Five - 30 Minute Foot Soaks: \$99
- Five - 60 Minute Saunas: \$65
- Five - 30 Minute Saunas: \$45



STOCKING STUFFER DEALS

Treat your loved ones to the gift of health this holiday season with a gift certificate to **Herbs Etc** for one of these relaxing therapeutic packages.

Gold Certificate \$149

- One - 60 Minute Massage
- One - 30 Minute Reflexology Session
- One - 60 Minute Consultation
- One - 30 Minute Foot Soak

Doubles Package \$159

- Two - 30 Minute Massages
- Two - 30 Minute Reflexology Sessions
- One - 60 Minute Sauna for Two

Silver Certificate \$99

- One - 60 Minute Hot Rock Massage
- One - 30 Minute Reflexology Session
- One - 30 Minute Sauna



Tuesday Teaching



Tuesday Classes are held throughout the month. There is no need to sign up; simply show up, learn, and apply this incredible knowledge to better your health, longevity, and personal development.

6:30 pm - 7:30 pm in the NITE Classrooms

January 7	How to Balance Your Hormones Naturally
January 14	Face Analysis - Outward Signs of Inward Problems
January 28	Understanding Ayurvedic Medicine
February 4	Stress Reducing Remedies for Children & Parents
February 11	Learning the Emotional Roots of Disease
February 25	Healing Anxiety without Side Effects
March 3	Homeopathics for the Flu Season
March 10	The Roots of Traditional and Modern Medicine
March 24	How to Make Your Own Essential Oil Blends
March 31	Mantra Purusa - Your voice can heal you physically and emotionally
April 7	Three Historical Remedies Used for Cancer
April 14	Top Homeopathics for Your Medicine Kit
April 28	Natural Remedies for Memory, Focus, and Concentration
May 12	Amino Acids for Anxiety and Depression
May 26	Understanding the Chakra System in Detail
June 2	How to Get Heavy Metals out of Your Body
June 9	Acupressure Points for Weight Loss
June 23	What Is Hidden in Your Food? Understanding Food Labels
June 30	Healing Headaches, Migraines, and Spinal Injuries Naturally
July 14	Lose 10 lbs by Adding 3 Key Foods
July 28	Three Best Food Programs for Chronic Disease
August 4	Teaching Children Outdoor Plant Identification (All are welcome)
August 11	Herbal Medicine in Your Back Yard
August 25	How to Make Your Own Herbal Medicine
September 1	Let Food Be Your Medicine
September 8	Parasite Cleansing for Allergy Healing
September 22	Top 5 Herbs for Women's Health
September 29	Mantra Yoga Healing through a 40 day Meditation Program
October 6	Teaching Children How to Make Herbal Remedies (All are welcome)
October 13	Cleanses to Get Parasites Out of Your Body
October 27	Using Magnets for Neuropathy and Spinal Pain Reduction
November 3	Learn Your Body Type to Improve Energy, Drive, and Weight Release
November 10	Reflexology for the Hands - Pressure Points and Map
November 24	How Your Thoughts Can Make You Well



Heathy Eating



You will learn meal preparation tips that will help you set a healthy meal on your table for you and your family in minutes. There is a donation of \$5 requested to help cover the costs of supplies.

Classes are held the third Tuesday of each month, at the Naturopathic Community Center Kitchen, from 6:30 pm to 7:30 pm

February 18 – Food From The Heart For The Heart

Learn what foods best support heart health and how little changes can make big differences. Share The Love!

March 17 – Spice Up Your Life!

Learn how to cook with herbs, spices, and roots. Harvest some of our earth's most powerful plants that will ignite your taste buds and restore your energy. Spice Feeds Creativity!

April 21 – Plant Forward Cooking!

Learn how to cook, making plants and vegetables center stage on your plate! You don't have to be vegan or vegetarian to enjoy and benefit from the powerful punch eating fresh veggies can bring to any meal. Satisfying & Delicious!

May 19– Green Juice & Smoothies!

Learn more about juicing and the foods that make the most powerful blends. Smoothies are full of nutrients and flavor; they can jump start your day or be a replacement for any meal. Cheers!

June 16 – Keto & Paleo Cooking

Learn how using simple, clean ingredients can be so healthy and so good. Spend less time in the kitchen, and enjoy your food more than ever. Bon Appetit!

July 21 - Be A Grill Master!

Learn some great marinades and how to grill meats and veggies to perfection.

August 18 - Beyond the Greens - Salads & Dressings

Learn how to build salads with power packed ingredients and how to make a flavorful vinaigrette dressing!

September 15 - Gluten Free Pasta & Breads

Learn about the many different gluten free pasta options and how to make a basic bread from scratch!

October 20 - Presto Instant Pot Creations

Learn how to power cook your favorite fall one pot meals in record time, maintaining all the flavor and more of the nutrients!

November 17 - A Healthier Pie!

Give thanks for these great pie recipes that use fresh clean ingredients and less sugar! Guilt free!

Saturday/Sunday Seminars



Open to the public, health professionals, doulas, massage therapists, and professionals looking for CEUs for licensing requirements. Preregistration and payment is required. Call (989) 317- 4787 to reserve your spot! Full Day Classes \$89 Half Day \$50

January 18th - Origin Point Medicine (OPM)

This class teaches the history, principles, and techniques of Origin Point Medicine. OPM is a simple and effective method that can be implemented at anytime and anywhere to improve the body's self-healing mechanism. Dr. Chang Chao Han from Taiwan discovered this method when helping his wife with cancer in 2002. Since then, he conducted clinical trials and research on thousands of patients to develop a perfected system. Dr. Wang believes that OPM is the easiest, fastest, and most effective way to help people with pains in their body, and that is why she uses it in her practice. This is a hands on class with immediate results! Instructor: *Guijie Joyce Wang, ND* 9 am to 5 pm, \$89

February 1st - Social Media Marketing 101 & 102

Social Media Marketing can be a challenge for the tech savvy and non-tech savvy alike! We are providing students, laypersons, and professionals a way to better get their message, services, and products out to their target clients and customers. This way of communication is how the majority of our population seeks out information. If you want to grow your business, this class is a must! Taught by one of the top Social Media experts in the Midwest, Mandy Owens. Start with the 8 am to 12 pm session; it is a well rounded introduction and foundational understanding of social media, \$50. Take the afternoon session from 1 pm to 5 pm to learn navigation, what to post, how often to post, how to respond to others, and how to use automation to save you time, \$50. Take both for only \$89!

February 2nd (Sunday) How to Parent Confidently in Uncertain Times

This course will help you parent/grandparent using natural health and common sense solutions for everyday illnesses and parenting challenges! Parents are on the front line day in and day out, and it's hard to know where to turn for trustworthy advice, especially when crisis strikes. From teething to fevers to sleep issues, let's take a day to expand your parenting resources with safe effective natural remedies. Gain this and so much more from our Midwife Instructor Beth Barbeau who has over 30 years experience and 1000+ parenting households benefitting from her art and science. Class will be held 9 am to 5 pm, \$89

February 22nd - Advanced Social Media Marketing

For those who are already comfortable with social media and want to add marketing skills or for those who took the February 1st, 101 & 102 class and are ready for the next step! Instructor Mandy Owens will elevate you to a whole new level of marketing using the momentum and science of Social Media in your business plan. This creative fun class will inspire and help you meet goals! 9 am to 5 pm, \$89

March 7th - Homeopathic Solutions to Behavioral Challenges in Children

A review of the major mental, emotional, and behavioral health concerns of childhood, including ODD, ADHD, Anxiety, Depression, and Pans/Pandas. How to identify the differences of each diagnostically, and discuss how to find the closest simillimum to the child. Proven remedies and cases will be visited, as well as practice cases. To get the most out of the class, at least 3 yrs of Homeopathy will be useful but not required. Bring your reference books. Instructor Jackie Featherly, ND 9 am to 6 pm, \$89

March 8th (Sunday) What Prescription Medicines Do to the Brain & Understand Cerebral Spinal Fluid

Learn the highest level of research and information from one of natural health's greatest minds, Dr. Richard Olree, as he spells out the chain of events that occur when minerals, vitamins, amino acids, and man-made products are taken into the brain. Dr. Olree will explore the 20% of the immune system that lies beyond the gut biome in the Cerebral Spinal Fluid. The entire experience will help you understand how to prevent, clean, and heal from the current intentional and unintentional exposures to neuro-immune toxins. 9 am to 5 pm, \$89

April 25th - Natural Parenting Conference: Navigating your Natural Health Care Team

What does "Natural Health Care" look like for your family? What type of providers are available, and what kind of care do they have to offer? Whether you are just beginning to navigate the journey of Natural Parenting or you have been on the path for awhile, we have information and guidance we are excited to share with you! Topics covered will include fertility and birth and vaccine injury recovery. Among the speakers from across the state will be featured speaker Midwife Beth Barbeau. Beth is a Traditional Midwife, Childbirth Educator and Resonance Repatterning Practitioner, with over 30 years of natural health and childbirth experience. We are also honored to welcome family Chiropractor Dr. Dustin McIvre. With a focus on prenatal and pediatric chiropractic, he is committed to educating his patients and guiding them toward optimal health.
9 am - 1pm, \$50

May 9th - Hormone Disruptors are Clogging Our Bodies: Learn How to Get them Out!

Is it your thyroid, perhaps your adrenals, that are tired? Folks are simply not feeling well, and the hormone test from your doctor may or may not say you're in balance, but the bottom line is you don't feel good! Take an in-depth look at what disrupts the glandular flow in the body, what the hidden environmental and food factors are, and most importantly, learn how to avoid and clean them out. Each of us can easily have one hundred to two hundred or more of these disruptors hiding within our own tissues. Improve long term blood sugar, mood, weight balance, energy, and drive as your instructor, Dr. Amy Jo Howard, takes you deep within the Biology of Hormones. 9 am to 1 pm, \$50

Natural Sustainability - A Series of Hands-On Classes to Help you Live a Sustainable Life

May 22-25 - Cordwood Building Part 1 A completely hands on course in cordwood structures and foundation that will be a usable four season sauna by the end of Part 2. Class is limited to 15 students; register early to save your spot. Camping on site is free (other accommodations available), and two instructors will work side by side to help you and your classmates build this amazing, fun, duplicatable, and inspiring structure. \$399

May 27th - Cob Oven Class This afternoon class from 4 pm to 8 pm will teach you how to build your own oven for incredible bread, pizza, and beyond. A great hands on learning experience! \$50

May 28th - Outdoor Sun Dehydrator This afternoon class from 4 pm to 8 pm will give you the hands on experience to build your own Sun Dehydrator which is even better for food preservation than electric systems. Capturing sunlight into your food brings qualities beyond other forms of preservation. \$50

May 29-31 - Cordwood Building Part 2 Learn how to complete a sauna cordwood structure by working on the cordwood itself, installing the wood stove, and making unique interior touches. Students will learn all the key pieces needed to finish a project in full. Hands on throughout the entire class with quality time for design questions and more. A full three day course for only \$299, limited to 15 students. Free camping on site (other accommodations available); students are welcome to stay the entire week for both Cordwood Courses, and a discount of 10% would apply for taking both part 1 and part 2. Those working during the week on the project can earn a scholarship to both afternoon classes as a work/trade opportunity. ***These courses take place on an organic, biodynamic, solar, earth sheltered, sacred geometry, champion cattle ranch. The entire class, tour, and environment is a life-changing opportunity. Embrace the experience you long for, and get your feet in the dirt at Symbiosis Ranch!***



Can Narrative Medicine Improve Natural Health?

By Sheila Carroll

In recent decades, traditional medicine has become more and more impersonal. The patient is generally seen as a collection of symptoms and previous treatment. Medical professionals are trained to keep a clinical distance from their patients and to avoid becoming emotionally involved. The results have been disastrous on both sides. There is increasing burnout of the medical professionals and limited positive outcomes in patient care.

Narrative medicine, the art of “close listening,” has entered into treatment rooms across the country. It began several years ago in New York City at Columbia University’s School of Medicine. The medical faculty saw a crisis in listening in health care. Since then, it has become a required course in many nursing and medical schools.

Those medical doctors trained in using narrative medicine’s methods have seen significant improvements in patient care and their own emotional well being. Patients report “feeling heard” which makes them more optimistic about getting well. We know in natural health that hope and optimism are powerful remedies for physical illness.

Narrative Medicine in Natural Health

The practice of narrative medicine has spread into many fields—including natural health. Holistic health’s model of wellness and the whole person make it the natural field for narrative medicine to thrive.

Narrative medicine’s process of “close listening” hones into a person’s story of illness and creates a context for collaborative listening. The result is the patient feels heard which significantly improves the outcome of therapy.



How does it work? The best way to understand is to imagine a scene like the following:

A naturopath sits behind their desk and listens to a new client’s list of symptoms and complaints, noting down certain issues. The client is anxious for help and has been suffering for some time. She tells the person about her experience with illness, tearing up from time to time. The naturopath hears her report of symptoms and mentally begins to form a treatment plan. The new client leaves the consultation with a list of therapies and supplements to take. She is hopeful that this time she will get better. Over the next few weeks, she dutifully follows her instructions for treatment and sees some improvement. She begins not to follow the protocol and fears the loss of even more quality of life, and she’s worried about being able to stay on her new therapies and supplements.

At their next meeting, she pours out her fears and doubts to the naturopath. The naturopath is sympathetic and also feels the client is resistant to getting well and says so. The client feels that she must change, but how? The client leaves with a new therapy request, this time for emotional healing.

In the meantime, the naturopath wishes there was a way to help the client see what she sees. “If only,” she thinks to herself, “my client would leave behind this illness story she is telling herself, she would get well much faster.”

What is happening here?

They are both stuck and yet both want the same thing—healing. What can be done?

To improve results requires a paradigm shift to a more collaborative relationship in which the client and practitioner are working together for the best outcome-- symbolized by sitting in chairs facing each other.

As the interview progresses the therapist uses *close listening* skills to create a space in which they can recognize, interpret, and be moved by stories of illness they are hearing. *Close listening* involves using the three R's of...

- Recognition of other
- Respect for the other
- Responsiveness to the other

The goal in close listening is to understand the stories and themes that have shaped a person's life before they come in asking for help. Out of all the experiences a person has lived, what has held the most meaning? What choices, intentions, and relationships have been most important? Narrative medicine proposes that only those experiences that are part of a larger story will have significant impact on a person's lived experience. In this way, the health care professional can focus on building the plot which connects a person's life together as part of their care.

We know that illness causes fragmentation of the personality. In fact, the loss of wholeness can be said to be the primary cause of illness. When the therapist understands the bigger picture of a person's life and reflects that back to the client, they feel seen and heard and healing can begin.

How Does Narrative Medicine Work?

Here are a few simple principles to help in

understanding how narrative medicine can improve outcomes in natural health.

1. You, as the listener, are the receiver of that whole person before you. You are there to listen in a deep way. You do not judge or analyze, and you note any biases you may have.

2. You, as the listener, bring your whole person to the interview. You bring your personality, thoughts, hopes, and dreams. As much as possible, you are fully present to your client.

3. You ask yourself five questions that, with practice, become automatic:

- ☞ When is this happening?
- ☞ Where is it happening?
- ☞ What do I hear?
- ☞ What do I see?
- ☞ How does it feel?

The five questions may, at first, seem rather simplistic, but once you attempt them, you will see how profoundly it changes your view of the client. You will be able to pick up themes and issues not otherwise noted. The willingness of the client to comply is much higher, because they feel heard and seen.

Using the three principles of Narrative Medicine can bring a greater sense of healing, wholeness, and compassion into your life no matter if you are a practitioner, a student of natural health, or just deeply interested in personal wellness. To learn more, google "Narrative Medicine."

Sheila Carroll is studying Narrative Medicine at Columbia University and is offering a course in "close listening" at NCC in 2020. She is a Narrative Therapist at Herbs Etc. and is available for consultations.



Heal the Story of Your Life with Narrative Medicine along side Sheila Carroll

"Sheila is an Amazingly Insightful Elder, I look up to her and her healing methods. We have a deep respect for her work and hope that you will see her at Herbs Etc for a private consultation."

Bessheen Baker, Owner

Popular Gift Items



- ☑ Orgonite EMF Protection
- ☑ Diffusers
- ☑ Jewelry
- ☑ Zum Room Sprays
- ☑ Natural Body Butters
- ☑ Ultimate Homeopathic Kit
- ☑ Gift Certificates
- ☑ Chocolates
- ☑ Essential Oils
- ☑ Children's Vitamins
- ☑ Incense
- ☑ Books & Teas



Introducing....



Charis Calender-Suemnick

Charis began her natural health journey over 18 years ago when she made an appointment with a Naturopath. After a lifetime of digestive issues, she became instantly inspired by the blood type diet, the work of Weston A. Price, and herbal supplements that assist the body in finding balance. Charis is passionate about organic food, homeopathic remedies, muscle testing, essential oils, purified water, Iridology, Reflexology, and everything that can assist a person in healing from the inside out. Her broad knowledge and array of experiences with numerous therapies allows Charis to understand her clients on a deeper level and connect to the unique needs of the individual. Around the same time of her first naturopathic consultation, Charis became a Registered Yoga Teacher. She is excited to share her knowledge of natural health and yoga with the local community and inspire others to create a lifestyle that is healthy for the mind, body, and soul. Charis is currently studying to become a Naturopathic Doctor at the Naturopathic Institute and has been working with clients in the Detroit area until moving to Mt. Pleasant to further her Natural Health career.



Haley Freathy

Haley has been working at Herbs Etc for the past few years and has been a student at the Naturopathic Institute. Haley is a Natural Health Educator and will be completing the Therapeutic Bodywork Practitioner program this month. She is continuing her studies to become a Naturopathic Doctor. Along with seeing clients for colon hydrotherapy, she is working to assist people in healing themselves through natural health consultations. She is great at helping to bring the mind and body into balance. Her training in colon hydrotherapy has taught her a great deal about gut health and other ailments related to such things as the brain, migraines, memory, toxicity, allergies, skin conditions, and much more. Not only does Haley specialize in gut health, but she has been studying emotions for years. When we are not getting the results we are looking for with our physical health, finding the emotional component can significantly improve the healing process. Working with addiction is another interest of Haley's.

Both of these consultants are accepting new clients at Herbs Etc. Call (989) 773-3636 to get your health consultation scheduled!



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