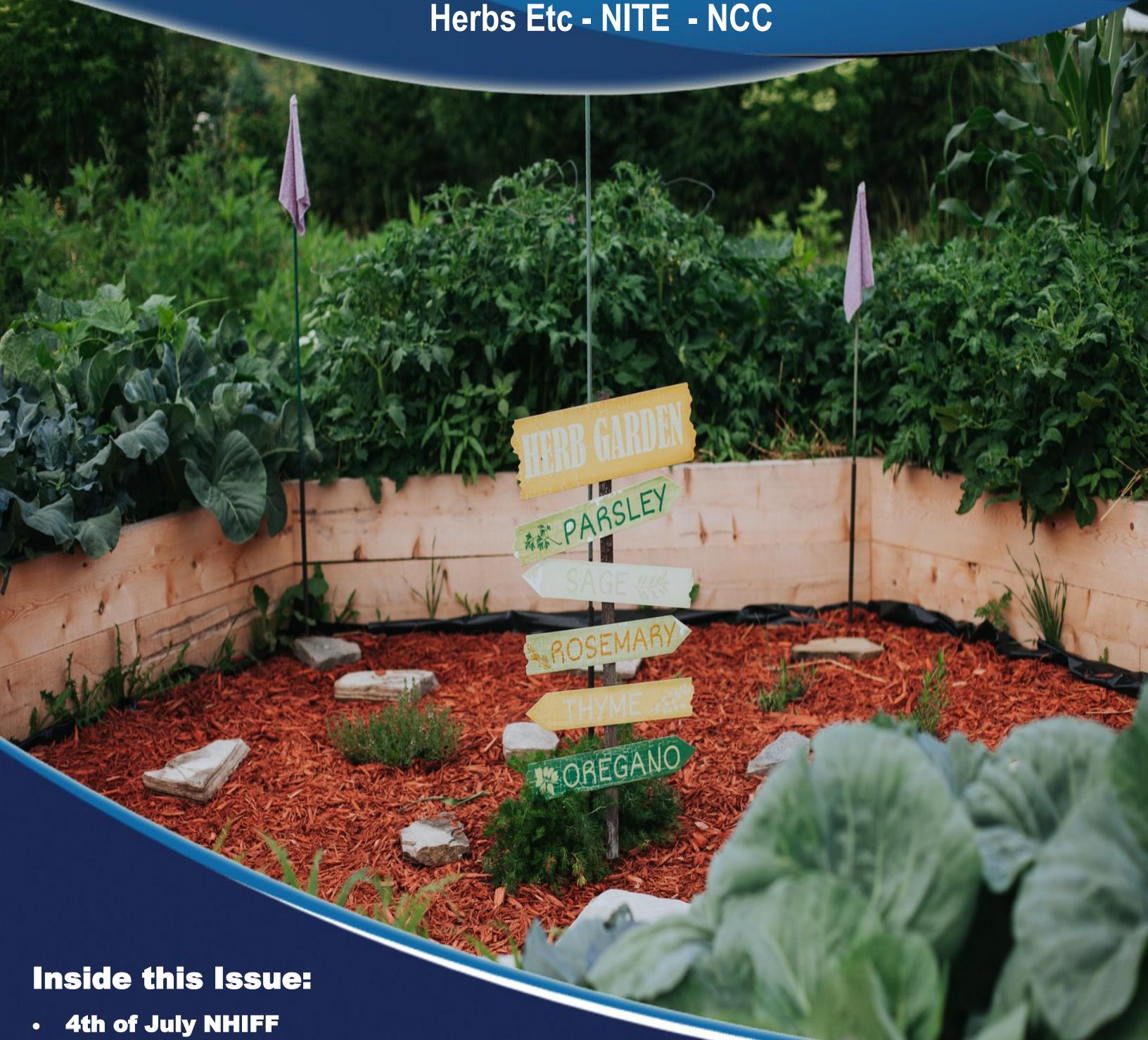


# NITE LIGHT

Natural Health Quarterly

Herbs Etc - NITE - NCC



## Inside this Issue:

- **4th of July NHIFF**
- **How to Grow Your Garden**
- **Organic Facial Products**
- **Free Public Education**

Spring 2021

# Editor's Note



Spring: time for the season of dormancy to come to a close. In the presence of optimum sunlight, water, and air, new life germinates. The seed coat eventually bursts open, and the primary root, known as the radical, emerges. Then, a plant begins to grow, striving toward the sun.

What are you striving towards? Was the soil in which you were germinating conducive to springing forth with renewed purpose and energy? Spring is always a great season for cleansing away the old, for releasing what no longer serves and then, starting anew.

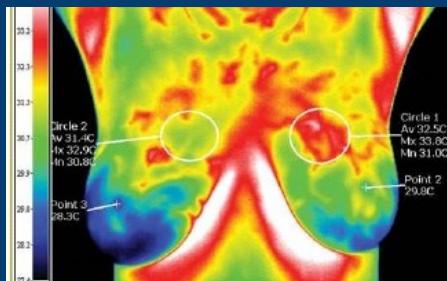
It is time to awaken, to start anew, time to let your radical emerge. In natural health, we look at health on all levels of being: physically, mentally, emotionally, and spiritually. We recognize that our thoughts create our reality. And, over the past year, many of us are wondering, how did we create THIS reality?! Then, we wonder, how are we going to change it? How can we do anything about it? It feels big; it feels overwhelming. It might feel like you are powerless to make any changes. This idea, that you are powerless, couldn't be further from the truth.

What *is* your truth? What do you want your reality to be? First, you have to get in touch with your inner truth and really *feel* it. Then, when you recognize that some of these external factors, this "reality" in which you are living, does not match your truth, then your power resides in how you choose to participate.

Every time you spend money, you participate. On what are you spending your money; whom are you supporting with your dollar? Every time you choose to stay silent, to not speak up for truth, to comply, to make things easier or more comfortable by allowing injustice to happen, you participate. Have you studied history? Were great freedoms won by those who just went along with what most knew were wrong? Like it or not, we are part of this collective, and we are participating. Right now, we still have a fair amount of choice in our participation. It is, therefore, our responsibility, our duty, to participate in a way that will make this world a better place.

Again, I ask you: what do you want your reality to be? If you would like a future that supports health and freedom, then you must awaken and be conscious of how you are participating. You do have power, and we are creating together. We can help each other. If we change, the world changes. The universe changes! "Uni" comes from the Latin root, meaning "one." One-verse. Every time we grow and raise our level of consciousness, we inspire others and give them courage to awaken, to live the truth that sets us all free. There is light at the end of the tunnel; it calls to us to stretch out and grow into our full potential. Let's bloom the most beautiful (organic) garden ever!

*Amy Jo Howard, ND*  
Director of Education



## Breast Thermography Available April 12, 2021

A radiation free, non-invasive, FDA approved, and relatively inexpensive device that detects early, potentially reversible physiologic changes associated with later development of breast cancer.

**Call Julie Bennet of Advanced Thermal Imaging of West Michigan at 616-724-6368  
to reserve a private appointment and make use of this incredible opportunity!**

[www.advancedthermalimagingllc.com](http://www.advancedthermalimagingllc.com)

# Early Growing Prep and Getting Ready for Spring Greens!

By Julie Wagester



## High Mowing Seeds are Here at Herbs Etc

Field reports are in! In the north, growers are starting to plant their long-day onions, leeks, and shallots. Even though the thought of planting anything right now might seem outrageous, because it is, after all, just barely spring, it is time to start preparing your planting beds and gardens for the growing season. 2020 had its challenges that have carried right over into 2021. So many adjustments have been made, and the reality is that we have not only learned to survive but to also thrive. Growing your own food is one way of knowing where your food comes from, having your own control over its growth, and the ability to go from garden to table in a short period of time. You don't need acreage to grow your own food. Small plots, like flower beds, are a great way to start, as well as small containers you can put in your yard, patio, or front step.

The nice thing about High Mowing Seeds is that you can grow them indoors in small pots so that you can have fresh herbs and micro greens anytime of the year. Getting started now will give you a nice foundation of roots, and then, when the spring weather starts, you can plant them in the ground. This is a great family project as well and teaches us all that we do have control over our food and nutrition without much fuss. Lettuce is just not a summer product anymore!

Getting started may seem a bit daunting, but here are a few tips for first time growers:

1. Pick a great spot – or, adapt the spot you've got! Plants generally require 6 to 8 hours of direct sunlight a day. Can't quite get six hours of sunlight in one spot – do not fret! Choosing the right plant for your spot is key. There are many varieties of plants that likely can handle the shade just as well.
2. Make sure you have a plan before you plant. If you're using the garden and planting in the ground or arranging containers on the patio, it's important to have a plan so that you can utilize the space you have, the ground you plant the seeds in and the vegetables and herbs that you like to eat are key to having a fun and successful crop.
3. Timing is Everything! Plant things that will allow you to harvest food many times throughout the growing season. Plant herbs in containers, so that when the cold weather sets in again... and you know it will, you can bring your food supply inside. The nice thing about High Mowing Organic Seeds is that you can find them all year long. Plan big but start small. Once you have mastered the small space, then you can grow your confidence and experience as well as a larger garden space.

Remember, your plants need to survive in a healthy growing environment. Don't set plants out too early. Wait until you are past the frost-free date for your area. And, if you do get caught in the cold, covering your plants with sheets and pillowcases generally do the trick.

4. Plant It and Forget It – NOT! Your garden plot, either outside or in, is a living ecosystem and will need oversight and care. You are their protector, and your job is to keep everything in an optimal growing environment. Don't over water (hover), watch for pests or disease (observe and nurture), and if you see bugs, pick them off by hand and put them in soapy water to die. Put up small fencing or cages that will protect your plants from predators (that dang rabbit!). There are a few tedious things that must happen in any food plot like weeding, thinning, and other meditative tasks (discipline). Make time for your garden every day. It is like raising a child or taking care of another person or pet.

5. Plant Early, Pick Often – Replant Again if You Can: High Mowing Seeds are available all year long – and can be grown inside and/or out. Picking your crops can stimulate them to produce more. Picking things earlier, as soon as they look too good to eat, will ensure that they have not went past their prime, and the quality and taste are there for you and your family to get the most nutrition from the plant.

6. Enjoy the Garden Path and the Journey You will Take: You will get lots of opinions on what is right, wrong, and otherwise. Make this your project, your adventure, your path. Make friends with other gardeners or start a block garden if you have space for you all to work in and to enjoy. Don't go it alone if you don't have to. Share your crops with neighbors, friends, and family. Gardening is tough, but don't be too hard on yourself if something doesn't go to plan. This is life-long learning at its best, and gardening is an exceptionally good teacher on the art of letting things go.

After all the challenges of 2020 and at the beginning of 2021, let us look towards the future, and let the past go. Take control over the things you can. Every spring is a chance to start over again with a clean slate. Gardening can be a great way to de-stress, get your family involved, get outside (even 10 minutes in the sun has many health benefits), develop resilience, and share your crop (food, knowledge, or both)!

*Photos and inspiration for this article were taken with permission from the High Mowing Seed company Website: [highmowingseeds.com](http://highmowingseeds.com). The High Mowing Seed company is USDA Certified Organic and is 100% Non-GMO Project Verified.*

# Introducing Megan Silvers

## Colon HydroTherapist



Discovering natural health has not only helped me physically, but mentally and emotionally, as well. I want to help people discover that there is a natural answer to their problems and that it can work when they stick to it and are persistent with it. When it comes to bettering their health, a healthy balance is the key. Having a history of natural health education, I have applied that knowledge into my daily life when working within Herbs Etc. From customers who come in asking where the ear candles are, to customers who come in with health complaints, I look forward to applying my studies to help them understand the best route for their rehabilitation. The experience has helped me understand how to properly deal with those who are in need of some extra TLC. Recently, I have gained the opportunity to expand my knowledge into the realm of colonics. Here, I am able to help individuals in a more hands-on approach and assist them with their gut health and in turn, the condition of the rest of their body and mind.

The colon should be the first of all of the body systems to be cleansed, paving way to a good channel of elimination, allowing the body to cleanse other organs. By helping heal gut disturbances that may be due to years of toxic build up from poor diets and antibiotics as well as improper elimination habits, colonics can greatly help those who want to improve their overall health. Colonics has been known to help clear the body of skin ailments, decrease and even diminish the growth of candida/yeast, which in turn helps cut down sugar cravings and bloating, and help relieve the occasional "stomach ache" by lessening the workload that the body has to do when needing to eliminate whatever is causing the problem. Book an appointment soon to do some "spring cleaning."

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# Introducing Carla Anderson

## Natural Health Therapist



Carla worked in the medical field for twenty two years as a radiologic technologist and an ultrasound technologist. Her interest in natural health began almost 30 years ago when her mom took her to a class on digestive health at Herbs Etc. A few years later, when her son wouldn't sleep more than 2 hours at a time - day or night - she scheduled her first natural health appointment with Dr. Baker. It took Dr. Baker minutes to assess that dietary changes were exactly what he needed. In less than 2 weeks of implementing the changes, he started sleeping through the night....after almost three years of sleepless nights, she was intrigued and impressed. This sparked a desire in Carla to learn and use natural remedies for her children and herself. After a long battle with Lupus and her daughter being diagnosed with Celiac disease, the desire to become a naturopathic doctor grew even more. Carla's desire to walk a path of healing with her clients is a top priority to her. With a special interest in autoimmune issues, emotional healing, and nutrition, she is passionate about essential oils, flower remedies, iridology, and how our emotions affect our health. Carla is a Natural Health Therapist studying to be a Naturopathic Doctor at the Naturopathic Institute, seeing clients at Herbs Etc.



## Holistic Clinical Skin Care



Products we apply topically should be food for our skin, free of toxins, additives, synthetics and long words we can't pronounce. In today's sea of toxic products, however, this is hard to come by. Most people have subconsciously adopted the common misconception that our skin and the rest of our body are two separate entities and therefore, don't think twice about the ingredients in their daily product regimen. I am going to bust that myth with one simple sentence: anything applied to the skin is absorbed into the bloodstream in 26 seconds. This makes the skin a direct pathway for toxicity or valuable nutrients to enter the body, and it should be treated as such! Our skin is the first line of defense against anything our body comes in contact with in the environment. Meaning, it needs the same nutrients in order to protect our internal systems adequately. This includes vitamins, minerals, probiotics, and even fruits, vegetables, and herbs! Herbs Etc. is now carrying a line of products that beautifully encompasses all of these principles called Elina Organics. Elina Organics is based in Kalamazoo, Michigan, and is formulated to work synergistically with the body's natural processes to bring true healing from within. These products are food grade organic, all natural, toxin free, and Non-GMO, while using herbal extracts, live probiotics, fermented foods, and minerals to nourish the skin and body. Each product is also transdermal, meaning it is able to reach the dermal layer of live skin cells. This allows damage to be reversed at its deepest level. Elina Organics products are also bio energized with various plant and gemstone frequencies to invoke an even deeper level of healing. Viewing health internally and externally, meaning taking care of the inside and outside of the body, allows for a fully holistic approach, which is truly the path for healing that lasts.

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## Introducing Chloe Kolberg Holistic Esthetician

Chloe has been using natural health principles in her daily life for around 10 years. This journey truly began when she decided to job shadow with a naturopath during her senior year of high school. She became fascinated with energy work and was attuned for Reiki I and II in June of 2018. Shortly after, Chloe decided to enroll as a student at the Naturopathic Institute to become a Naturopathic Doctor. Around the same time, Chloe also discovered the world of Holistic Skin Care and began an apprenticeship to become a Holistic Esthetician.



During Chloe's apprenticeship, she had the honor of training personally with Elina Fedotova: Holistic Esthetician, Cosmetic Chemist, and Founder and Formulator of Elina Organics. She is now a Licensed Esthetician by the state of Michigan, as well as a third year student in the naturopathic program. Chloe is extremely passionate about melding her background in Holistic Skin Care with her education in natural health to bring a unique, naturopathic approach to the health of the skin and body overall. Chloe is also passionate about energy work, flower essences, and making herbal medicines. Here at Herbs Etc., she is currently offering Holistic and Natural Facials, Light Healing Touch, and Reflexology.

*If you wonder why all the staff here at Herbs Etc. is looking so youthful and glowing, it's because we are clients of Chloe!  
Thanks Chloe....Bessheen Baker, ND*

# Spring Cleansing

By Amy Jo Howard, ND, CH



It's time for spring cleaning, so open the windows, shake out the rugs, hang the laundry on the line, and read below for some ideas on how to clean out the buildup. After all, the birds are singing; wouldn't it be nice if your body felt like singing, too?

**For the Skin:** Make sure to drink pure, clean water:  $\frac{1}{2}$  of your body weight in ounces every day. Add some organic lemon or lime for fresh flavor. Plus, if you add a pinch of quality 'Redmond Real Salt' to that, you have your own electrolyte drink!

\***Dry Skin Brushing:** Use a dry bristle brush or dry loofah and brush all over the skin of your body in circles moving toward the chest. Do this every day to slough off dead skin, activate the lymphatic/detox system of the body, and help your biggest organ of elimination (your skin!) work more effectively to release toxins.

**For the Lymph:** For starters, Dry Skin Brushing is great for the lymph, too, so that's a bonus! (Herbs Etc. carries the right brushes.)

\*Make sure to schedule a bodywork session. Regular massage, or a more focused lymphatic drain massage, improves circulation, breaks up congested lymph and cellulite, and can help to reduce fluid retention.

\*Jump, move, shake! Jumping or bouncing on a mini-trampoline/rebounder and shaking on the Body Vibe at Herbs, Etc. are excellent, low-impact ways to move your body, activate muscle fibers, and encourage the circulation of lymphatic fluid.

**For the Gut:** Clean up your diet – cut out wheat, dairy, sugar, GMO's, and all kinds of processed foods. Consuming bone broth is healing to the gut which also benefits the immune and nervous systems and is especially good for allergies.

\*Chew slowly and mindfully when eating. Digestion begins in the mouth, so you are more likely to absorb your nutrition and eliminate waste better by c-h-e-w-i-n-g.

\*Schedule a Colon Hydrotherapy session. Honestly, if you've never experienced it, it is far better than you imagine, and when you're done, you feel like you've had a shower on the inside!

**For the Liver:** The liver loves lemons, apples, beets, and greens, so eat lots! Turmeric is a great anti-inflammatory that makes the liver happy, and Milk Thistle even helps the liver regenerate. Don't forget that the liver is a big filter, so avoid toxins everywhere you can – in and on food, in cleaning and laundry products, personal care products, on your lawn, etc., so it doesn't have to work so hard and express its unhappiness by hot flashing, skin rash, not sleeping, and the like.

**For the Lungs:** Breathe freely. Go outside into the fresh air of nature and take some deep breaths. Diffuse essential oils in your home such as Citrus Fresh or Sacred Mountain. Add some plants to your indoor space.

Choose at least one practice from every section, and your whole body will be feeling more spic, span, and singing spring! See one of our Naturopaths for an even deeper and personalized cleansing program.

# Enjoy!



# Plant Stem Cells

By Timothy Hertzberg, ND



Plant stem cells, or Gemmotherapy, is a branch of herbal medicine containing nutrient rich stem cells. Most herbal medicines are extracted from the adult plant material, whether that is the leaf, flower, bark, or roots. The plant stem cells, also called meristems, are harvested and prepared from the young buds or young rootlets at precise seasons before the chlorophyll (plant blood, green pigment) sets in. Once chlorophyll is present, many healing enzymes, minerals, and nucleic acids (RNA) only found in the embryonic tissues are lost. The embryonic tissue also holds the blueprint of the adult plant. When prepared as a medicine, the energetic aspects are captured, helping to enhance the emotional and mental weakness of the client. Each plant stem cell has different nutrient chemistries which have an affinity to targeted tissues and organs. Plant stem cells awaken the body's innate, self-healing abilities leading to rapid tissue regeneration. The following is a brief list of Dr. Hertzberg's top 25 plant stem cells and their empirical uses.

REMEDY	PHYSICAL APPLICATION	EMOTIONAL APPLICATION
<b>Black Alder</b>	Inflammation, Immunity	Communication, Self vs Non-Self
<b>Black Currant</b>	Natural Cortisol, Epinephrine	Mental Energy, Defend Morals
<b>Blackberry (Bramble)</b>	Bone Mineralization and Lungs	Seeing the Sacred in all Things
<b>Boston Ivy (Virginia Creeper)</b>	Connective Tissue (Tendons)	Domineering Personality
<b>Cedar of Lebanon</b>	Skin Health-Dry Skin, Botox-like	Self-Confidence, Spirituality
<b>Corn (Maize)</b>	Cardiac Tonic (Fluid Retention)	Depression, Will to Live
<b>Crab Apple</b>	Progesterone Like, Memory	Morality, Aware of Good vs Bad
<b>Dogwood (Bloodtwig)</b>	Arteries, Heart, Thyroid	Calms Excess Emotions
<b>English Walnut</b>	Digestion and Probiotic Food	Releasing Loved Ones, Boundaries
<b>Fig Bud</b>	Gut and Mind Axis, Stress	Digest and Assimilate Events
<b>Ginkgo Biloba</b>	Brain, Memory, Anti-Radiation	Ancestral Memory, Positivity
<b>Hawthorn</b>	Cardiac Tonic, Blood Pressure	Healing Anguished Heart
<b>Holly</b>	Seizures, Sclerotic Conditions	Anchor, Stability - Let Go, Let God
<b>Juniper</b>	Kidney Tonic, Liver, Detox	Releasing Fear, Purify Mentality
<b>Lingonberry (Cowberry)</b>	Leaky Gut, Calcium Absorption	Absorption of Life-Giving Light
<b>Mistletoe</b>	Breast Health, Deafness, Sclerosis	Revival to Purpose in Life
<b>Mountain Pine (Mugo Pine)</b>	Joints, Cartilage, Osteo Issues	Alertness of Unused Ability
<b>Oak</b>	Natural Testosterone, Energy	Inner Strength and Stability
<b>Olive</b>	“Chimney Sweep of Arteries”	Physical and Mental Exhaustion
<b>Redwood (Giant Sequoia)</b>	Bone, Prostate, Energy	Awareness of Hidden Things
<b>Red Raspberry</b>	Female Health, Ovaries, Uterus	Healthy Yin in both sexes
<b>Rosemary</b>	Liver, Gall Bladder, Detox	Managing Anger, Instilling Loyalty
<b>Service Tree (Rowen)</b>	Glymphatic, Venous Drainer	Independent Service, Adaptability
<b>Silver Linden (Tilia)</b>	Nerve Sedation, Sleep	Acceptance of Various Viewpoints
<b>White Birch</b>	Immune, Bone, Drainage, Detox	Freedom from Toxic Mentality

# Tuesday Teachings & Sunday Snippets

6:30 pm - 7:30 pm

1:00 pm - 2:00 pm

Naturopathic Community Center Classes are Free! There is no need to sign up; simply show up, learn, and apply this incredible knowledge to better your health, longevity, and personal development.

503 E. Broadway St. Mt. Pleasant in the NITE Classroom



March 23	(Tuesday) Stop Aching: Understand Your pH Balance
March 30	(Tuesday) Advanced Hand Reflexology
April 6	(Tuesday) What CranoSacral Can Do to Heal Your Back & Give True Hope
April 11	(Sunday) Why Amino Acids Are Used for Anxiety & Depression
April 13	(Tuesday) Herbs for the Elders
April 27	(Tuesday) What Minerals Are Needed for Brain Power
May 11	(Tuesday) Simple Hidden Healing Therapies of History
May 16	(Sunday) How to Clear Yourself from the Negativity of Others
Maye 25	(Tuesday) How Simply Affordable Remedies Can Make Your Medicine Cabinet More Natural
June 1	(Tuesday) Heal from the Inside Out
June 8	(Tuesday) Advanced Essential Oils Education for: Making Personal Blends, Oils for Cooking, and Emotional Healing & Well Being
June 15	(Tuesday) The Top Homeopathics to Have on Hand for Acute Conditions
June 22	(Tuesday) Natural Remedies for Emergency Ailments
June 27	(Sunday) Healing the Hips and Low Back with CranoSacral
June 29	(Tuesday) Iodine: The Metabolism Healer
July 13	(Tuesday) Should Children Hear Scary Stories
July 27	(Tuesday) Evaluate Your Own Nutrition Levels Through Muscle Response Testing

## Healthy 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, 503 E. Broadway St. Mt. Pleasant, at the Naturopathic Community Center Kitchen, from 6:00 pm to 7:30 pm

April 20	<b>Green Juice &amp; Smoothies!</b> 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!
May 18	<b>Be a Grill Master:</b> Learn some great marinades and how to grill meats and veggies to perfection.
June 16	<b>Keto &amp; Paleo Cooking:</b> 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.
July 20	<b>Heart Healthy Cooking:</b> Learn what foods best support heart health and how little changes can make big differences.

# 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

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

Class is limited to 15 students Register early to save your spot.

### May 27—31 (Thursday—Monday) Cordwood Building—Part 1

A completely hands-on course in cordwood structures and foundations that will be a usable four-season sauna by the end of Part 2 (June 4-5). 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. Students are welcome to stay the entire week for both Cordwood Courses and afternoon classes. A discount of 10% will 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.

**Seminar Tuition:** \$399

### June 4—5 (Friday & Saturday) Cordwood Building—Part 2

Learn how to complete a cordwood sauna 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. Free camping on-site (other accommodations available). Students are welcome to stay the entire week for both Cordwood Courses, and a discount of 10% will apply for taking both Part 1 and Part 2.

**Seminar Tuition:** \$299

### June 12 (9 a.m.—5 p.m.) What the Face? Natural Secrets to Younger, Healthier Skin

Learn how to read what your body is telling you through its largest organ: the skin! Come and gain an understanding of all natural ingredients that will benefit your specific skin type, as well as tips and tricks to achieving a healthy complexion. Whether you're combating psoriasis, acne, rosacea, wrinkles, or age spots, this course is designed to open your eyes to the root cause of your skin conditions while giving all natural suggestions to bring it back into balance!

Instructor: Chloe Kolberg, NHE, Naturopathic Esthetician      **Seminar Tuition:** \$89

### July 31 (9 a.m.—4 p.m.) How to Help Emotionally Distressed Children Heal through Story

Stories play a crucial role in children's development – through the ways different characters think, act, and overcome difficulties, children gain templates for understanding the world and dealing with the challenges and situations they will meet in life – both now and in the future. And, as all children love stories, this natural affinity provides us with an incredibly powerful, non-intrusive, and non-directive way to help emotionally distressed and abused young people. In this course, you will learn ways to engage with emotionally distressed children who are often hard to reach because of what they have experienced. Giving children a way to deal with the experiences they have had, offering them hope, understanding, and new ways of thinking and feeling about life.

Instructor: Sheila Carroll      **Seminar Tuition:** \$89

### October 2 (9 a.m.—5 p.m.) Herbology 101

This fun and compact introduction to Herbology is great for the beginner or seasoned enthusiast. You will explore how herbs support health, get tips for proper identification, and even how to make herbal remedies! Special information will be covered on herbal cleanses and how to know which herbs are best for you personally, because herbs are not a one-size fits all. A light snack will be provided, and you will walk away with a remedy you made during class.

Taught by Charis Calender-Suemnick, NHP      **Seminar Tuition:** \$89

### October 16 (9 a.m.—4 p.m.) Ancient Truths

Growing older is inevitable; being an elder is a choice. Given the world we live in today, it has never been more necessary for the wise and experienced to step forward to offer insight and leadership. Join storyteller and narrative therapist Sheila Carroll, now in her seventies, as she takes us along the path to becoming an elder. Through story and legend, she brings alive the practices and insights of the Elder and explains the three stages of development leading from your 50's to the full crown of wisdom in your 80's and 90's. If you are over 50 and want to make a difference for those following your lead, this seminar is for you. It will show you how to step into your role as an elder and impact the next generation by learning and living the ancient truths of your ancestors, as well as the life lessons of your own journey. **Seminar Tuition:** \$89



## “Vaccine” or Experimental DNA Manipulation?

By Amy Jo Howard, ND, CH

Prior to 2020, the principle in making vaccines was to use an antigen of the disease for which that specific vaccine was trying to impart immunity or transmissibility. In fact, according to the U.S. Centers for Disease Control and Prevention, a vaccine is “a product that stimulates a person’s immune system to produce immunity to a specific disease, protecting the person from that disease.” Isn’t it interesting that neither Pfizer nor Moderna claim this to be the case for their COVID-19 “vaccines?” Because, instead of containing the coronavirus antigen, these injections contain synthetic RNA fragments encapsulated in a nanolipid carrier compound for the sole purpose of lessening clinical symptoms associated with the S-1 spike protein, not the actual virus. This means that these injections do not offer immunity or inhibit transmission of the virus; their goal is to lessen your infection symptoms when or if you do get infected.

The idea behind using mRNA in a “vaccine” is to trick your body into creating the SARS-CoV-2 spike protein so that your immune system will produce antibodies in response. Before we go further with this idea, let’s talk about what mRNA (messenger RNA) normally does in the body.

Our DNA is transcribed, or written, into messenger RNA (mRNA); the mRNA is translated into proteins which make up our tissues, organs, and ultimately, body. mRNA serves to regulate gene expression in the cells. It is not normally moving freely through the body; if it is, it is serving as a danger signal to the immune system, and the body has lots of enzymes to break down free RNA and DNA, because not broken down, they create inflammation.

So, having synthetic mRNA in a “vaccine” turns the body into a viral protein factory, because this RNA is carrying the message of how to translate the proteins of your body into the SARS-CoV-2 protein, and this keeps antibody production activated continually which means your immune system is on constant alert with no ability to shut this process off.

Now, this mRNA is being delivered via a nanolipid, specifically PEGylated polyethylene glycol (PEG is synthesized by polymerizing ethylene oxide, the main ingredient in antifreeze), which makes it thermostable (this means that the body can’t break it down using its enzymes) and also, allows it to enter every cell in the body, which changes the regulation of our own genes. In particular, the Informed Consent Action Network (ICAN) has questioned whether lipid nanoparticles are safe, because research has shown that they are taken up readily by the brain due to their lipophilic nature and have the ability to bypass the blood brain barrier. Robert F. Kennedy, Jr., reports that studies show 1 in 7 Americans may unknowingly be at risk of experiencing a life-threatening anaphylactic reaction to the PEG itself.

In addition to having the message of the SARS-CoV-2 protein, this synthetic mRNA also has the message for the gene syncytin. Syncytin is the endogenous gammaretrovirus envelope that is encoded in the human genome. In whatever tissues syncytin is expressed aberrantly, the body creates inflammation and is unable to regulate communication between that tissue and the immune system. For example, if syncytin is expressed aberrantly in the brain, multiple sclerosis usually develops.

Anyone with inflammatory diseases, autoimmune disorders, or immune deficiencies from viruses or other pathogens and environmental toxins will be especially susceptible to experiencing severe side effects or death as a result of receiving an mRNA Covid-19 injection. Among the conditions at the highest risk are: cancer, multiple myeloma, non-Hodgkin's lymphoma, Crohn's, Parkinson's, autism, multiple sclerosis, ALS, Lyme's, fibromyalgia, psoriasis, IBS, diabetes, ADHD, and rheumatoid arthritis, to just name a few.

Interestingly, if you visit Moderna's website, they have a section titled: "Our Operating System." Within this section, it states: "Recognizing the broad potential of mRNA science, we set out to create an mRNA technology platform that functions very much like an operating system on a computer. It is designed so that it can plug and play interchangeably with different programs. In our case, the 'program' or 'app' is our mRNA drug – the unique mRNA sequence that codes for a protein."

Hold that thought.....

Let's recap: the thing that the media is calling a Covid-19 vaccine does not fit the legal or medical definition of a vaccine; the main purpose of this injection is to trick your body into altering its own DNA/gene expression to make virus proteins instead of the body tissues it should be making; this synthetic mRNA is packaged into a nano-sized synthetic version of antifreeze, partnered with a gene that, when not expressed properly, creates all kinds of inflammatory diseases. And, Moderna explicitly says that it is designed to "plug and play interchangeably with different programs."

[.....Excuse me?! Plug and play?! I AM a HUMAN BEING!!!]

In the words of David Martin, Ph.D., "the legal ramifications of this deception are immense."

Martin cites 15 U.S. Code Section 41 of the Federal Trade Commission Act, a law that governs advertising of medical practices and Moderna's own SEC filings which stresses that its technology is a "gene therapy technology." So, if vaccination is a public health measure that is supposed to protect and benefit the collective, then the vaccine would need to provide immunity from the specified disease and inhibit transmission of the disease. (This is where we started, right?) However, how many people would volunteer to receive experimental gene manipulation? Would you agree to be an experiment for a chemotherapy gene technology for a cancer you do not have?

Would you agree to be an experiment? Calling this a vaccine allows circumvention of liability. Martin also says, "You're being lied to. Your own government is violating its own laws. They have shut down practitioners around the country, time and time again, for violating what are called 'deceptive practices in medical claims.' Guess what? They're doing exactly that thing."

Judy Mikovits, Ph.D., a cellular and molecular biologist, recommends some of the same strategies used in treating a SARS-CoV-2 infection for those who have received the injection and now, question that decision. Eat a clean, organic diet; avoid processed foods; detox heavy metals and glyphosate (RoundUp); enhance glutathione production; take supplements, including Vitamin D, Vitamin C, Zinc, N-Acetyl-Cysteine, Quercetin, and B vitamins. The naturopaths at Herbs, Etc. are not advising the injection for anyone and would also add Iodine, Selenium, Boron, Silica, and a probiotic to the list of countermeasures. Because this injection is gene experimentation, a more personalized approach may be needed, so please consider consulting with your naturopath. The naturopaths at Herbs, Etc. are taking consultations for live blood analysis to give a more in-depth assessment of how your immune system may be responding following both the test and the injection. If you would like to monitor your health in this way, please call to schedule an appointment.

And, let's not even get started on the PCR test..... there are additional problems with this as well.

(Resources available upon request and include the US CDC, Johns Hopkins, Cornell University, United States Patent, and Moderna.)





# NATURAL HEALTH INDEPENDENCE FREEDOM FESTIVAL 2021



**July 2nd - 4th - All Are Welcome**

## Environment

- ★ Very Family Friendly
- ★ Healthy Foods
- ★ Clean Facilities
- ★ Camping Available
- ★ On an Organic Ranch
- ★ A New Tradition
- ★ Continuing Ed. Credits

## Key Note Speakers

- David Brownstein, MD - Covid Truth  
Richard Olree, DC - Our Genes  
Michael McKibben - The Real Zuckerberg  
Cassandra Wilder, ND - Hormones
- Special Pre & Post Festival Classes  
9 am - 4 pm - Separate Registration
- Raed Rady of Uttati Oils - July 2nd  
Cassandra Wilder, ND - July 5th

## Workshops

- ★ Thyroid Health
- ★ Making of Soap or Orgonite
- ★ Acupressure
- ★ Drum Making
- ★ Uttati Aphrodisiacs
- ★ Movement Meditation
- ★ Back Rubs
- ★ Sound Vibration Healing
- ★ Healing Chants and More...

## Entertainment

- Night Time Band
- Fireworks
- Movie in the Barn
- Hay Rides
- Several Children's Activities
- Baking/Dessert Contests
- Farm Life

## Activities

- Health Warrior Challenge
- Talent Show
- The Burning Tower
- Qi Gong on the Roof
- Archery
- Treasure Hunt
- Drum Circle
- Women's Circle

## Vendors

- Organic Chef Food Stand
- Health Snack Stand
- Natural Jewelry
- Healthy Pet Supplies
- Clothing, Free Trade
- Uttati Oils
- Orgonite and Lots More....



**Day Passes or Weekend Camping Specials  
Registration by the Phone or Mail  
Pre and Post Festival Seminars**

**A Healthy New Annual Tradition!**



NATURAL HEALTH INDEPENDENCE  
**FREEDOM FESTIVAL**  
2021

# REGISTRATION FORM

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

City: \_\_\_\_\_

Email: \_\_\_\_\_

State/Zip: \_\_\_\_\_

**Names of All Attendees:**

Adult    Child

<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

Ticket Options	Pre-Registration		At the Gate	
	Adult	Child	Adult	Child
<input type="checkbox"/> Friday (Evening Pass)	\$25	\$10	Not Available	Not Available
<input type="checkbox"/> Saturday (1 Day Pass)	\$89	\$40	\$99	\$50
<input type="checkbox"/> Sunday (1 Day Pass)	\$89	\$40	\$99	\$50
<input type="checkbox"/> Full Festival Pass (Friday—Monday)	\$155	\$90	\$175	\$100
<input type="checkbox"/> Additional children's Full Festival Pass	X	\$45	X	\$55
<input type="checkbox"/> Rustic Tent Campsite (Friday—Monday)	\$25	X	Not Available	X
<input type="checkbox"/> Rustic Camper Campsite (Friday—Monday)	\$25	X	Not Available	X

Cost Worksheet:	Pass Price	X	Quantity	=	Subtotal
Adult:		X		=	
Child:		X		=	
Additional Child		X		=	
Campsite					

*Adult Passes: 18 and older  
Children: ages 3 - 17  
Children 2 and under: free*

Total: \_\_\_\_\_

**Registration Deadline:** June 20, 2021 (after deadline, Gate prices apply) No refunds after June 28, 2021

Make check payable to:  
**Naturopathic Community Center**  
and mail with registration form to:



NCC / NHIFF  
503 E. Broadway Street  
Mt. Pleasant, MI 48858

Or email form to: [contact@naturopathiccommunitycenter.org](mailto:contact@naturopathiccommunitycenter.org)

Fax: 989-775-7319

If paying by credit card, please call (989) 317-4787



## July 2 – 5, 2021 ACCIDENT WAIVER AND RELEASE OF LIABILITY FORM

I HEREBY ASSUME ALL OF THE RISKS OF PARTICIPATING IN ANY/ALL ACTIVITIES ASSOCIATED WITH EVENTS AT THE SYMBIOSIS RANCH, including by way of example and not limitation, any risks that may arise from negligence or carelessness on the part of the persons or entities being released, from dangerous or defective equipment or property owned, maintained, or controlled by them, or because of their possible liability without fault.

I acknowledge that this Accident Waiver and Release of Liability Form will be used by the event holders, sponsors, and organizers of the activity in which I may participate, and that it will govern my actions and responsibilities at said activity.

In consideration of my application and permitting me to participate in this activity, I hereby take action for myself, my executors, administrators, heirs, next of kin, successors, and assigns as follows:

(A) I WAIVE, RELEASE, AND DISCHARGE from any and all liability, including but not limited to, liability arising from the negligence or fault of the entities or persons released, for my child/my own/the minor child for whom I am a legal guardian death, disability, personal injury, property damage, property theft, or actions of any kind which may hereafter occur to me including my traveling to and from this activity, THE FOLLOWING ENTITIES OR PERSONS: The Symbiosis Ranch, the Naturopathic Institute of Therapies and Education, the Naturopathic Community Center, and Herbs etc and/or their directors, officers, employees, volunteers, representatives, and agents, and the activity holders, sponsors, and volunteers;

(B) INDEMNIFY, HOLD HARMLESS, AND PROMISE NOT TO SUE the entities or persons mentioned in this paragraph from any and all liabilities or claims made as a result of participation in this activity, whether caused by the negligence of release or otherwise, sustained by my child/myself/the minor child for whom I am a legal guardian, while that person is participating in activities connected with the event, including performances, games, challenges or other activities.

I acknowledge that the Symbiosis Ranch, the Naturopathic Institute of Therapies and Education, the Naturopathic Community Center, and Herbs Etc and/or their directors, officers, employees, volunteers, representatives, and agents, and the activity holders, sponsors, and volunteers and their directors, officers, volunteers, representatives, and agents are NOT responsible for the errors, omissions, acts, or failures to act of any party or entity conducting a specific activity on their behalf.

I acknowledge that this activity may involve risks including, but are not limited to, those caused by terrain, facilities, temperature, weather, condition of participants, equipment, vehicular traffic, lack of hydration, and actions of other people including, but not limited to, participants, volunteers, monitors, and/or producers of the activity. These risks are not only inherent to participants but are also present for volunteers.

I hereby consent to receive medical treatment which may be deemed advisable in the event of injury, accident, and/or illness during this activity.

I also authorize the Naturopathic Community Center to use photos and videos of me for promotional purposes. If I am signing this in my capacity as the legal guardian of a minor child, I authorize the Naturopathic Community Center to use photos and videos of the minor child for promotional purposes.

I understand that activities, games and challenges have inherent risks of injury, and, being fully aware of all risk, I consent to have my child/myself/the minor child for whom I am a legal guardian, participate in the programs and activities offered and I accept full responsibility for providing adequate health and accident insurance coverage for the protection of all of the following who participate in these programs/activities: my child/myself/the minor child for whom I am a legal guardian. Names and ages of all minor children for which you are legally responsible and include within this waiver of liability and assumption of risk, for participation in the NHIFF:

Name	Age	Name	Age

The Accident Waiver and Release of Liability Form shall be construed broadly to provide a release and waiver to the maximum extent permissible under applicable law. I also understand that I have read and agreed to the following conditions while staying on this property:

- I will not possess, provide means to, or distribute any controlled substances on the property or partake in the use of controlled substances before entering the property.
- I will not possess, provide means to, or distribute alcohol or marijuana, or any derivatives of alcohol or marijuana, nor partake in the use of alcohol or marijuana before entering the property.
- No smoking or alcohol use is allowed on any part of the property.

I CERTIFY THAT I HAVE READ THIS DOCUMENT AND I FULLY UNDERSTAND ITS CONTENT. I AM AWARE THAT THIS IS A RELEASE OF LIABILITY AND A CONTRACT AND I SIGN IT OF MY OWN FREE WILL. (Must be signed by all adult participants)

printed name

printed name

signature

date

signature

date

# NHIFF Keynote Speakers

**Dr. David Brownstein** is a Board-Certified family physician and is one of the foremost practitioners of holistic medicine. He is the Medical Director of the Center for Holistic Medicine in West Bloomfield, MI. Dr. Brownstein has lectured internationally to physicians and others about his success in using natural hormones and nutritional therapies in his practice.

Dr. Brownstein worked with over one hundred patients during covid and none of them died. His writings about how to work with this virus quickly brought him heavy censorship. He will be speaking freely at the NHIFF as a keynote speaker and hosting a workshop on hormone health.



**Dr. Richard Olree** is a brilliant mineral and genetics expert, as well as a sought out chiropractor and author of several resource books every practitioner should own. He has studied the interactions of minerals for over 30 years and has made some incredible discoveries. Richard's research into retroviruses over the past year has allowed us to have deeper insight into what we face in the near future and how to take a firm nutritional stand for ourselves. He is a favorite speaker, year after year, at every event our organization offers! He has an incredible ability to pull together clarity and hope.



**Michael McKibben** is the Founder and CEO of Leader Technologies, Inc. He and his team are the real inventors of Social Media! Their invention was stolen and used against the people of the world. Michael speaks candidly about his story and the incredible journey to document, not only the theft of Leader Technologies' property, but that of numerous inventors around the globe.

Michael's investigation has allowed him to create an in-depth timeline that not only verifies, with documentation, his story, but the story that each of us are currently living.



**Cassandra Wilder** is a Naturopathic Doctor and a leading expert in women's cyclical health and wellness. She is also the Host of the Goddess Ceremony Podcast and helps women around the world heal their cycles and live empowered. As a Keynote Speaker, Dr. Wilder will address the topic of Hormone Health for both men and women. She will also lead a traditional "Women's Circle" workshop.

Cassandra will teach a post-festival full day class on hormone health, Monday, July 5th, from 9am to 4 pm. The cost is only \$89; non festival participants are also welcome.



**Raed Rady Boutros** of Egypt is a world renowned expert on essential oils. One of his students was the former Dr. Gary Young. Raed is stunningly knowledgeable on essential oil history, the art of blending, beautification, perfumery, and essential oils as medicine. He will be leading a workshop on Uttati aphrodisiac oils and hosting a vendor booth.

For those seeking the very rare opportunity to train under Mr. Boutros, a pre-festival course on Friday, July 3rd, from 9am to 4 pm will be offered for only \$89. The focus of the class will be his medicinal essential oil blends. Contact Sherry at (989)317-4787. The pre and post festival classes will fill quickly.





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(989) 317-4787  
e-mail: contact@naturopathiccommunitycenter.org  
Web: www.herbsetc.org

All Located at: 503 East Broadway Street, Mount Pleasant, MI 48858



## Free Classes

Tuesday Teachings  
Healthy Eating  
and now Sunday Snippets

## NSP Quarterly

June 21st, 2021  
NSP Herbal Combinations  
Weight Loss Products  
Vaccine/Genetic Fallout Report  
Stem Cells and Glutathione  
Next Quarterly Meeting Sept. 20th

## The ELM

The Embassy of Life Mastery  
Schedule for 2021 at:  
Elmastery.org

*Michigan's Foremost Authority on Natural Health!*