

# FOR THE HEALTH OF IT

A newsletter for the Natural Health minded person—23rd Anniversary!

## TRUST FACTOR

We've all had some occasion where a person betrayed our trust. It may have been just an incidental occurrence of telling someone to keep a secret only to find out that they've told others. But, it may have been huge and it eroded our confidence in being able to trust others.

In any relationship, trust is a big part of whether that relationship will last. It means that you support each other in their convictions. It doesn't mean that you agree with them, but that you won't discredit a person because of them.

When you find you cannot trust someone with your love, it becomes almost impossible to have a meaningful relationship. Moving beyond this takes some doing. Counseling may help.

Open Heart is a flower essence. It isn't an essential oil blend but the spirit of the flowers and therefore considered, energy medicine. The vibrations are held in liquid form and you take it under the tongue. I've found this to be a very helpful adjunct when trying to heal from issues of betrayal and lack of trust.

It has helped people move through feelings of anger, guilt, doubt, hopelessness, and other traumas. We all see life through the filter of our experiences. Just like taking sunglasses off, you can see things differently without them.

Unhappy childhoods can muddle the way you view life and so can unhappy relationships color the fact that you too can have a rewarding a fulfilled experience. You might find taking Open Heart at several intervals throughout the day helpful in viewing your life a little differently and find happiness in things you couldn't before.

This blend has been very beneficial and there is no harm in taking it. It either works for you, or it doesn't. There are no toxic ingredients. It works with the energy of the body to help lift the mood and allow trust to be a part of your decision making again.

Let me know what you think!

Mary Born, ND CNHP CNC  
15831 Twelve Mile Rd. Southfield MI 48076  
(248) 752-8024, (248) 559-6763  
[www.BornForHealth.com](http://www.BornForHealth.com) or [www.mynsp.com/Born](http://www.mynsp.com/Born)



## Capsicum

All peppers are considered capsicum. Some are hotter than others and some are red, yellow, green, purple or even black. *Capsicum Annuum* has been widely tested and found beneficial for the circulatory system.

Also known as cayenne pepper, it has been used in culinary dishes to spice them up. We know upon tasting that it can create heat and increase circulation; often contributing to sweating or making the sinuses run. But did you know that it can help thin the blood and reduce cholesterol? Because it helps to get blood moving, some natural health practitioners have used it under the tongue to stop a heart attack. I'm not fond of spicy food so this would be a last resort for me.

You can look products up on my website by scanning the QR below or by going to: <http://hartonweb.com/nsp-herbs/bornforhealth.com/>

Use your Smart Phone by scanning the QR below.



[www.BornForHealth/herbalencyclopedia](http://www.BornForHealth/herbalencyclopedia)  
A Healthy YOU for a healthy Universe!

Don't leave your health to luck. Learn what supplements can help you. Contact a qualified health professional today for advice.



## How's your Thyroid?

Our next Herbal Hour class will be discussing the Thyroid. Most people do not understand the relationship between the Thyroid and the Adrenals and how stress plays a huge roll in the health of these hormonal glands.

### Please come and learn:

Call to register [248-559-6763](tel:248-559-6763) or email me that you want to attend. See reverse for more info or call 248-752-8024. (Herbal Hour class is \$10 at door)

**March 10th; 10-noon --Seating is limited**  
15831 W 12 Mile Rd near Greenfield Rd.  
If you are not local you can listen to the recorded class by the link on my website.

### Master Gland Formula

This formula is packed with herbs, vitamins and minerals that support the healthy balance of the endocrine system. It has no raw glandular extracts. It has some easily absorbed trace minerals along with specific herbs that help in balancing the glandular system. I found it very beneficial for teens along with taking Nutri Calm.

But its not just for teens because it also helps fluid balance (think blood pressure), thyroid health, digestion and energy. Some of the herbs include Alfalfa which is a wonderful herb packed with minerals; Asparagus which has had a plethora of studies done on its benefits in helping the urinary system and maintaining proper fluids; licorice root--so beneficial for nurturing the adrenal glands and help for the thyroid along with many more herbs and supportive minerals and vitamins.

### Master Gland (120 capsules) #3040

Retail \$25.15 Direct \$16.75  
recommendation is 2 capsules at breakfast and 2 capsules at lunch.

Would you like **free shipping** and get credit toward free supplements? Check out the Sunshine Rewards program. I love it. I don't have to worry about running out because it automatically ships direct to my door. And I can change it whenever I want.

**Membership with NSP** affords you a 35-40% discount on products. Call 800-223-8225 to order with your member number or be sponsored with 9256. Members pay "member to member" cost when purchasing at the Southfield Office.

**Live Classes:**

**Herbal Hour: Saturday morning March 10th 10-noon Is Your Thyroid low?**--Weight gain or loss; feeling tired; hair loss can all be contributed to having a low functioning thyroid. Most people will have their TSH checked and some will have T-3 and T-4 levels checked to determine if their thyroid is functioning properly. Do you know the relationship between the thyroid and the adrenal glands and the role stress plays on the functions of these glands? Come find out what you can do naturally to support the health of these and learn some helpful tips you may not already know.

Call to register **248-559-6763** (Those people who call and register will be notified if there have been any changes to class info) Seating is limited. You can also email me your registration. Location: Natural Health Associates Bldg. 15831 W Twelve Mile (3 blks. W of Greenfield Rd) Parking is behind the building. Questions? Contact: [DrMaryBornND@gmail.com](mailto:DrMaryBornND@gmail.com) or (248) 752-8024 \$10. Fee at the door includes handouts. Class taught by Dr. Mary Born, Traditional Naturopathic Doctor. (would like to know if you've been unable to attend due to the time and day--what would work better for you?)

**2018 Lineup for Learning how to support better Health through Herbal Hours --These have changed since last newsletter!:**

**March 10th: The High's and Low's of Thyroid Disorders.** Millions of people have a thyroid imbalance and don't know it. Are you one of them? In this class we will discuss the symptoms and natural approaches to both Hyper and Hypo thyroid concerns. We take a "whole" body approach to get to the cause of these concerns--not just treat the symptoms. Whether you're on thyroid medications or not--this class will help you understand how the thyroid functions, the foods needed to support it and the pitfalls of having an imbalanced thyroid.

**April 14th: Is your Lymph Draining?** The immune system depends on a flowing lymph system. Congestion can contribute to pain, swelling, tenderness and the beginning of chronic disease. We will reveal a little-known secret in relieving pain and swelling within minutes after an injury. We'll help you understand how you can reverse chronic disease and help heal old injuries that have been bothering you for years! Healthy lymph drainage is critical to your body's ability to resist toxins and infections...come to the class and get it moving

**May 12: The Fungus Among us!**

**June 9th: Aromatherapy for Mood and Emotional Health**

Stay tuned for more subjects for the second half of 2018. Check out my website for recorded classes.

**Please come and join us for these classes. There is a lot of information out there but is it factual? We give you the facts.**

**FOR THE HEALTH OF IT**

Mary Born, ND CNHP CNC  
15831 Twelve Mile  
Southfield MI 48076  
(248) 752-8024 or (248) 559-6763

**www.bornforhealth.com**  
**email: [DrMary@bornforhealth.com](mailto:DrMary@bornforhealth.com)**

**also: [www.mynsp.com/Born](http://www.mynsp.com/Born)**  
Herbal & Nutritional Consulting,

Certified Aromatherapist

Emotional Healing

Compass Evaluations

Certified In Form Coach

BioTracker Assessments

+++++

**Traditional Naturopath**  
**(Proud Graduate of Trinity School)**  
Master of Holistic Healing

©©©

Classes, Herbs, Vitamins,

Air and Water Treatment systems,  
and other related health equipment.

**A HEALTHY YOU - FOR A  
HEALTHY UNIVERSE!**

**Ann Arbor class: Mastering Moods and Emotions. Call NSP to register \$49 includes class and handouts. From 9-4 at Holiday Inn.** I am very excited about this class. I hope you can join us for this fun and educational experience. Call 800-223-8225 and register now For **March 17th in AA.**

Some of you attended the last class in Ann Arbor and found it to be a great experience. Don't miss this one. If you don't live in Michigan, check out the NSP website for more locations in other states.

Weekly emails on hot topics, specials and upcoming class notifications available. Email me: "Subscribe to eGram" [Privacy strictly enforced!](#) Join over 600 members who get weekly news about how you can be healthier through herbal wisdom.

Are you interested in **Free Shipping** and Free Product—Every month! Look into the **Sunshine Rewards** Program and join the other members who are enjoying this extra savings.

It is easy to join: call 800-223-8225 and place an order saying you want to receive monthly shipments. You can change your order to include new choices and eliminate what you don't need. Joining Sunshine Rewards may also be done through the internet. **Never run out of what you need again!** Delivered right to your door-FREE. Earn credits for free product!

Check out Retrofit in Royal Oak on E. 11 Mile Rd. Wonderful classes and personal training. Also, check out Lucia's Nutritional Nook. Lucia Ruggirello has long been a nutritional and fitness enthusiast and she is partnering with Brad to bring Retrofit clients the best health ever! Book by appointment: 248-439-1644\*Talk with Lucia: 248-514-6771

Looking for someone to do a **Foot Detox?** Look no further! Sharee Sessions, ND is now doing Ionic Foot Baths in Howell. You can call her and ask if it would be the right thing for you to help get rid of heavy metals and other toxins. 517-404-8712

Kathy Peltier, Health Coach and massage therapist has office hours in our Southfield office. Call her for an appointment. How more wonderful could your life be? Health Coach sessions can be done via phone. Call Kathy for details: 248-390-7737



# High Quality Formulas Containing the Key Herbs and Supplements Covered in **Don't Let Your Heart Fail You**

## **Blood Pressure Reducing Formulas**

**Blood Pressurex** #554  
*Vitamin E, l-arginine, olive leaf extract, grape seed extract, coleus root extract, hawthorn extract, goldenrod*

**Capsicum & Garlic w/Parsley** #832  
*Garlic, capsicum, parsley*

## **Blood Purifying Formulas**

**All Cell Detox** #1072  
Gentian, Irish moss, cascara sagrada, fenugreek, slippery elm, safflower, black walnut, myrrh, *yellow dock*, dandelion root, *Oregon grape*, catnip, chickweed, parthenium, uva ursi, goldenseal

**BP-X** #803  
Burdock, pau d'arco, red clover, dandelion, sarsaparilla, *yellow dock*, buckthorn, cascara sagrada, yarrow, *Oregon grape*, prickly ash

## **Cardiac Formulas**

**CardioAssurance** #553  
*Vitamin K2, vitamin B6, folic acid 500, vitamin B12 12mcg, hawthorn, resveratrol*

**Ginkgo & Hawthorn Comb.** #909  
*Hawthorn, ginkgo leaf concentrate, olive leaf extract*

**HS II** #930  
*Hawthorn, capsicum, garlic*

## **Cholesterol Balancing Formulas**

**Cardiox LDL** #1195  
*Bergamot orange extract, apple extract, turmeric extract, green tea extract, grape seed extract, mangosteen pericarp extract, grape skin extract, olive leaf extract, blueberry concentrate, capsicum*

**Cholester-Reg II** #557  
*Artichoke, phytosterols, inositol nicotinate, resveratrol, policosanol*

## **Circulatory Stimulant and Cardiovascular Tonic Formulas**

**In.Form Metabolic Age Cardio Kit #3095**  
Antioxidant Blend: Apple extract, *turmeric extract, green tea extract, grape seed extract, mangosteen pericarp extract*, grape skin extract, *olive leaf extract*, blueberry concentrate, *capsicum; bergamot orange extract*; fish oil; Vitamins: A, C, D3, E, B1, B2, niacin, B6, B12, biotin, folic acid, pantothenic acid; Minerals: iodine, *magnesium*, zinc, selenium, copper, manganese, calcium, phosphorus, chromium; Also contains other nutrients, fruits, vegetables, herbs and amino acids, including *l-arginine*.

**Solstic Cardio** #6520  
*Vitamin D3, vitamin K2, l-arginine*, natural flavors, malic acid, l-citrulline, grape skin extract, taurine, pomegranate, stevia leaf extract, l-isoleucine, l-leucine, l-methionine, l-tyrosine, l-threonine, n-acetyl-l-cysteine, l-glutamine, acetyl l-carnitine, and resveratrol

## **Fiber Supplement**

**Nature's Three** #1345  
Psyllium seed hulls, apple fiber, oat bran

**Psyllium Hulls Combination** #1376  
Psyllium hulls, hibiscus flower, licorice root

## **Nattokinase Supplement**

**Nattozimes Plus** #520  
*Fungal enzymes (nattozimes), hawthorn berries, dandelion leaf, capsicum, resveratrol*