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ATLANTIC NEWS

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The Herbal Path's Newsletter for Healthy Living  
June 16-August 31, 2005

# The Herbal Path

## A NATURAL PHARMACY

"We're dedicated to your health, Naturally!"

## Save Our Supplements

By Carolyn Dean, MD  
Author of "Death By Modern Medicine"

**A**t a meeting in Rome, July 4-9, 2005 a WHO organization completes their final process of harmonizing world wide trade in dietary supplements. Presently we don't know exactly when we will see the restriction of supplements but we have an idea that you won't like it.

**Codex:** Codex is a World Health Organization (WHO) and Food and Agricultural Organization (FAO) joint program under the UN, creating international food standards for trade. Codex is a voluntary membership organization and has 188 country members.

**Call to Reject Guidelines:** Leaders and ordinary citizens from around the world are calling for the rejection of these Codex guidelines for Vitamins and Minerals because the guidelines include a provision to establish "upper limits" on vitamins and minerals based on a "risk assessment" protocol to be decided by Codex. The model favored by the Food and Food Supplements Chairman Rolf Grosklauss is the German model of risk, which is based on whether or not vitamins and minerals interfere with drugs. In actuality there is negligible risk to taking dietary supplements.

An enforceable "upper limits" program based on a Codex "risk assessment" protocol would infringe on a country's rights to treat vitamins and minerals as they wish including trading preferred products or blocking unwanted products from entry, as well as infringing on an individual's right to make their own health choices.

**WTO:** Although Codex is a voluntary membership organization, the majority of members of Codex also belong to the World Trade Organization (WTO). The WTO has mandatory agreements that identify Codex as the international food standard program that all of the WTO member countries must abide by. Thus Codex guidelines could become enforceable through the WTO dispute resolution body and trade sanctions could be levied when Codex guidelines are adopted in July.

**Trade Guidelines are Helpful:** Citizens view regulation of vitamins and minerals as a useful thing when it comes

to proper labeling, purity of product, and proper sanitation in manufacturing. But they are opposed to having Codex be the gatekeeper regarding potencies of vitamins and minerals traded internationally and setting a global standard that sets up a precedent of foods being treated as drugs by the setting of upper limits.

North America has a long history of using high potency vitamins for treating disease. Dr. Abram Hoffer and the treatment of schizophrenia with B vitamins; Drs. Evan and Wilfred Shute and the treatment of heart disease with vitamin E; Dr. Linus Pauling and the use of vitamin C in a myriad of diseases. Germany has no such history and has always looked at vitamins as only necessary to prevent vitamin deficiency diseases, for example, taking vitamin C to prevent scurvy.

Small business and consumers will also suffer: The Codex guidelines, if adopted, would force small companies that carry specialized food supplements out of business. The small business industry maintains its strength through diversity. It provides high quality products with meaningful information to buyers. Products are diverse, often locally based and natural, and available in high serving amounts for those buyers who seek them out. Multi-national corporations have less investment in the form their products take as long as products are being sold. And since they have a larger roster of products and available funds and resources for retooling and compliance they will not be impacted like small business.

But the real harm of a mandatory upper limit program would fall heaviest on the consumer who would no longer be able to access the products that they have become accustomed to in order to maintain their health.

Supporters of this article:  
Dir. Gerhard Bedding of N.H. Citizens for Health Freedom,  
[www.nhhealthfreedom.org](http://www.nhhealthfreedom.org) and Dr. Albert Sanchez of  
[www.polymva.com](http://www.polymva.com), [www.friendsoffreedom.org](http://www.friendsoffreedom.org),  
[www.nationalhealthfreedom.org](http://www.nationalhealthfreedom.org) [www.wrightnewsletter.com](http://www.wrightnewsletter.com)

Death by Modern Medicine by Dr. Carolyn Dean at  
[www.deathbymodernmedicine.com](http://www.deathbymodernmedicine.com)

### The Herbal Path INFORMATION

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

#### NORTH HAMPTON STORE

181 Lafayette Road

(603) 379-8400

(NEW) HOURS

Monday - Friday 9:30- 6PM

Saturday 10AM TO 6PM

Sunday 10AM TO 4PM

#### DOVER STORE HOURS

839 Central Avenue

(603) 740-8400

Monday - Wednesday 10AM TO 6PM

Thursday - Friday 9:30AM TO 7PM

Saturday 10AM TO 6PM

Sunday 11AM TO 5PM

Feedback on the newsletter is always welcome.

Testimonial:

I really appreciate the evidence of clinical studies you offer when recommending a product. You all just put it to us straight. That's what I like about coming to the Herbal Path. You're all so honest.

—Kelly Kean, ARNP, Hampton, NH

Town Hall Meeting Notice - Meet U.S. Congressman Jeb Bradley  
Saturday, June 11 at 10 a.m. at the Rye Public Library - 581 Washington Road, Rye, NH • [www.house.gov/bradley](http://www.house.gov/bradley)

# Free Lecture Series at the Herbal Path,

Please reserve your spot by pre-registering with The Herbal Path (603) 740-8400

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**Practitioner Potluck Dinner  
Building Our Cooperative Entity  
Thursday, June 16, 6:00pm - 8:00pm  
Hosted by the Herbal Path**

*This session is for practitioners only.* We will continue where we left off at our May meeting. We will discuss the future structure and organization of the co-op. Watch your e-mail for an invitation to our summer event. Please pre-register.

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**Rid Your Body of Toxins, Loose Weight and Get Healthy  
Thursday, June 23 And again Tuesday, August 9, 6:30pm - 8pm  
w/R. Tony Libro, DC, CRA Clinical Nutrition**

We are all exposed to toxins in today's world that adversely affect our wellbeing. Consequently, we suffer from fatigue, depression, digestive disorders, sleep disorders, immune deficiency, allergies, weight problems and more. We underestimate the value of exercise and eat too much. In this lecture we will check you for toxicity and zinc deficiency, and give you the know-how to detoxify your body and return it to balance. *At the Libro Center for Well Being in Kittery, ME we treat the person, not the disease. We treat the cause, not the effect. 800-610-1199.*

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**Natural Health & Nutrition Lecture  
Saturday, June 25, 1pm - 2:30pm  
And again Thursday, July 7, 6:30pm - 8pm, w/Kristy Fowley,  
NAAC and Weight Management Lifestyle Coach**

This is an introductory lecture to help you better understand how the Body Systems work. Topics include feeding and nourishing the body systems, pH levels, and cleansing and removing toxins. There will also be an interactive, visual demonstration which compares the "typical American diet" and the "not so typical American diet", and how each affects our health and wellbeing. *Reach Kristy at 603-664-5123 or 1-800-211-1202 x5175.*

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**See You at 100 with Money In Your Pocket  
Tuesday, June 28, 6:30pm - 8pm  
w/ Pete Mahoney, BSEd, M. Ed., M.A.T.M.A.T.**

Join this dynamic speaker for an exhilarating evening on the subject of the keys to longevity, which will include a description of the "billion dollar machine", and the impact of pharmaceuticals on the human immune system. Pete is an educator and motivational speaker whose interest is in your reaching your potential.

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**Reiki Circle. Tuesdays, July 5 & August 2, 7:00pm - 8:30pm**  
Join us for an evening of peace and relaxation. Practitioners and newcomers are welcome. This Reiki circle will continue to meet the 1st Tuesday of each month.

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**Indoor Mold: Preventing It, Fighting It, and Overcoming It  
Saturday, July 9, 10am - 11:30am  
w/ Don Kielbasa, industrial engineer, building contractor**

Take a look at the myths and facts on indoor mold. What it is, how it grows, and how it spreads. Learn what the government can't tell you, potential health risks and concerns, and mold damage vs. protecting your investment. Understand the different techniques for removal and testing.

Don Kielbasa is an industrial engineer with 30 years of experience in commercial and residential building construction and design. He recently teamed up with IAQM-NH (Indoor Air Quality Management of New Hampshire) and will be sharing his first hand experiences and ongoing research into this growing public concern. *Reach Don at 888-600-4276 (IAQM), or by email at don@IAQM-NH.com*

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**Chemical Free Skin Care  
Monday, July 11, 6:30pm - 8pm**

**w/ Lynn Morell, owner of Body Blossom**

Most of us give our skin little thought in relation to our overall health. In reality, it is the largest organ of the body. Its health is critical to our health and the gateway to the whole body. Find out the facts about the ingredients in most skin care products and learn what alternatives are available. *Lynn can be reached at 978-729-4855.*

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**Three Practitioners, Three Modalities to Strengthen Your Immune System. Wednesday, July 13, 6:30pm - 8pm  
w/ Michael Blackman, DC, Kerri Marshall, ND and Chris Metro, ND**

Is your immune system letting you down? Bring your questions to be answered by this comprehensive team of doctors. *Blackman Chiropractic and Mackay Naturopathic Acupuncture Center is one of the Seacoast's first integrative health centers. Dover, NH 603-742-4114 www.blackmanchiro.com*

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**Get Relief from Neck and Shoulder Pain With Myofascial Release**

**Friday, July 15, 6:30pm - 8:30pm  
w/Chad Bradbury, LMT**

Come with your partner to learn simple techniques for relieving habitual neck and back pain. Increase the range of motion in arm and shoulder, and improve neck articulation. Learn pertinent anatomy and time-tested therapeutic touch from this seasoned practitioner. *Chad's Mobil Massage Therapy 603-659-1222*

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**Sharing a Sacred Connection with Our Earth  
Saturday, July 16, 1pm - 3pm  
w/Pat Trotter**

Please come to hear the common thread we hold in our connection with the Earth; the ability to hear, feel and sense the life that

surrounds us daily. Pat is an Environmental (Earth) Intuitive from childhood. Her natural communion with the Earth Mother has become a blessing of profound impact. Her journey toward enlightenment and spiritual growth has guided her to become an Earth messenger ~ A listener of the Earth Spirit Voices ~ *www.landreader.com or 603-969-3072*

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**Nature-Based Learning: A Cure for Nature-Deficit Disorder  
Monday, July 18, 6:30pm - 8pm  
w/ Dan Gardoqui**

Never before in history have children been so "plugged-in" and so out of touch with the natural world. Join Dan as he discusses some of the human costs of alienation from nature, and how nature based learning can support healthy physical, emotional and spiritual growth.

Dan is the director and co-founder of *White Pine Programs in Cape Neddick, ME. www.whitepineprograms.org* He teaches natural history, tracking, & ecology at White Pine Community School, at local colleges and adult education programs. He holds a Master's Degree in Natural Resources, is a Wilderness First Responder and a Registered Maine Guide.

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**Money for A Sustainable Community  
Tuesday, July 19, 6:30pm - 8pm  
w/Bill Pagum, author and inventor**

By understanding money's history in the U.S., exploring its role in a sustainable post-peak oil society, and presenting a guide for spending wisely today we may learn how money may yet serve man rather than be his master.

*Bill has a chemical engineering degree from Cornell University, is*

*author of the novel A No Life Story, and inventor of card games that build self-esteem. Reach Bill at 207-439-5144. www.billpagum.com*

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**Lyme Disease: An Integrated Approach to Diagnosis and Treatment Using Naturopathic Medicine  
Wednesday, July 20, 6:30pm - 8:30pm  
w/Dr. Leon Hecht III, N.D.**

Dr. Hecht will be discussing the diagnosis and treatment of people with acute and chronic Lyme Disease using the tools of natural medicine: detoxification, botanical medicine, nutrition, hormonal intervention, neurotransmitter balancing, immune stimulation, Nutritional IV Therapy, and antibiotic use.

*Dr. Hecht received his doctorate of naturopathic medicine degree from Bastyr University of Natural Health Sciences in 1988. He co-founded North Coast Family Health, with his wife, Dr. Kristy Fassler, ND, DHANP. He served as President of the New Hampshire Association of Naturopathic Doctors from 1995-2001 and presents at professional conferences on such topics as the natural treatment of diabetes, and dietary endocrinology.*

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**AD/HD, Autism, Brain Chemicals and Oranges  
Thursday, July 21, 6:30pm - 7:30pm  
w/Jared Skowron, N.D.**

Serotonin, seizures, gluten-free, casein-free, Ritalin, DHA. So much can be so overwhelming! Dr. Skowron, specialist in pediatric neurology and natural health solutions, explains what's out there, what can help, and what cannot. What are the connections between ADD and Autism, and why does our brain make so many chemicals? Suggested viewing before the talk: What the Bleep Do We Know?

*Dr. Skowron specializes in pediatric neurology, AD/HD, and autism. Detoxifying heavy metals and balancing neurotransmitters restores focus and communication in children. Dr. Skowron is currently writing a book on healing autism with natural remedies. Whole Life*

*Health Care, Newington, NH 603-431-6677  
www.naturalkidshealth.com*

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**Get Relief from Back Pain  
Free Introduction to Hanna Somatics  
Friday, July 22 And again August 19  
w/Noreen Owens, M.Ed., Certified Hanna Somatic Educator**

In this workshop introduction to the Myth of Aging Series you will begin to release the tight lumbar muscles of your lower back that are responsible for the majority of back pain. As you are guided through slow, gentle movements, you will regain voluntarily control and comfort of lower back muscles, and you will learn a brief movement routine to continue to improve your back comfort on your own. Wear loose, comfortable clothing. This series is designed to reawaken the entire musculo-skeletal sensory motor system, relieve chronic aches and pains, and restore flexibility. *For more information about Hanna Somatics, contact Noreen Owens at (603)772-3307 or visit her website at www.owenso-matics.com*

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**Qi Gong (Chi Kung) Workshop  
Tuesday, July 26, 6:30pm - 8pm  
w/ Maya Bisson, certified Medical Qi Gong therapist**

This workshop will focus on the health benefits of Qi Gong as it sculpts a lean body, increases flexibility and strengthens your immune system. It has been shown to reduce pain and stress and helps many chronic illnesses like heart disease, diabetes and arthritis. In addition to the slow stretches and breathing techniques, each participant will receive a Qi Gong treatment with energy and light pressure points.

# Dover

Maya has 20 years of continuous study and teaching experience and is certified by the Oriental Culture Institute of Boston and World Qi Gong Federation of China. Maya can be reached at 603-749-1575.

**It's About Time! Building Community with Time Banking**  
Wednesday, July 27 in Dover  
And again, Thursday, August 18 in N. Hampton  
W/Auta Main, Executive Director of New England Time Banks and the Director TimeBanks USA.

The Time Banking movement is breathing new life into communities from the US to England and Japan. Time Bankers are trading time and talents to rebuild the core economy of family, neighborhood and community. Valuing all human beings as equals, Time banking honors human decency, kindness and compassion. AND IT WORKS! Find out for yourself. Can Time Banking work in your community? Will Time Banking work for you? Auta Main has been the director of NETB for 7 years. She has overseen its growth from one project site in Portland, Maine to eleven sites across New England (with 22 more in the pipeline). Prior to joining NETB, she worked for 3 years with the Maine Centers for Women, Work, and Community coordinating employment and training programs in Southern Maine.

**Graceful Awakening: Creating the Life You Want**  
Thursday, July 28  
And again Tuesday, August 16, 6:30 - 8pm  
w/ Gi Indoccio, MA, Certified Life Coach, Certified Clinical Hypnotherapist, Reiki Master teacher

The goal of this class is to help empower you to envision and create the life you most want. You will discover and create your fullest potential as you shift your basic attitudes towards life from problem-solving to vision-creating.

Gi is a holistic alternative therapist at her practice Graceful Awakenings in Hampton, NH. 603-860-8645. [Gi@gracefulawakenings.com](mailto:Gi@gracefulawakenings.com)

**Angels, Life Purpose & Healing**  
Monday August 1  
And again Wednesday, August 24, 7pm - 9pm  
W/Ann Kellogg, certified Spiritual Consultant

This will be an in-depth discussion on your natural ability to communicate directly with your team of angels, how to feel their presence, demystify the mystical, and empower your life purpose. Several simple, powerful and fun techniques will be demonstrated on how to cleanse your aura, raise your vibration and enhance your innate psychic sensitivity, 24/7.

Anne Kellogg is a nationally recognized spiritual educator and Certified Spiritual Consultant from the Americana Leadership College. She is a specialist in Technique Dynamics that enable the rapid unfolding of your spiritual gifts. She can be reached at (207) 384-8353 or [playsoul1@comcast.net](mailto:playsoul1@comcast.net).

**Hypnosis and EFT (Emotional Freedom Technique)**  
Change Your Mind, Change Your Life  
Wednesday, August 3, 6:30pm - 8pm  
w/Ed Lane, certified Hypnotherapist, EFT - ADV

We will separate hypnosis myth from fact, and cover its varied uses for today and the future. With popular request we can do a "suggestibility" test, witness a live demonstration, and do a group hypnosis (all with full awareness of the processes). Emotion Freedom Technique (EFT), a hands-on energy technique of priceless value will also be taught.

A New You Center For Hypnosis, 603-664-5047

**Understanding Hepatitis C and Its Treatment**  
Wednesday, August 17, 6:30pm - 8pm  
w/Duffy Mackay, ND

Author of Users Guide to Hepatitis C, Dr. Mackay will share his insights and experience on the cause and treatment of the disease.

Dr. Mackay is a former technical consultant to Thorne Research, radio personality, noted author and practitioner at Mackay Naturopathic Acupuncture Center in Dover, NH. 603-742-4114

## SUMMER SALES

### June Specials (June 15-30)

**10% OFF** New Chapter: Prostate 5Lx 60 caps, 120caps  
Cordyceps 60 caps

**15% OFF** Gaia  
Energy Vitality 60 caps

### July Specials (July 3-31)

**10% OFF** New Chapter  
Super Critical Nutrients Line Drive

**15% OFF** Barlean's: Forti-Flax 16oz, Omega Twin 8oz  
Gaia: Phyto-estrogen 60caps, Anti-Oxidant  
Supreme 60 caps, Vision Enhancement

**10% OFF** Flora: Flax Oil 8.5oz, 17oz, 32oz  
Flax Oil with Lignans 8.5oz, 17oz  
Udo's Choice Oil Blend 8.5oz, 17oz, 32oz

**15% OFF** Pure Essence: Energy Plus, Life Essence 120  
tabs, ProFema Meno Multi 180tabs

**10% OFF** Lumina Health: all products!! Cell Food,  
Oxygen Gel, Essential Silica, Weight Loss  
Formula, DNA/RNA Regeneration Formula,  
MultiVitamin Spray Formula

**10% OFF** Bug and Sun! All in Stock Bug Sprays and  
Sun Screens

**20% OFF** Oshadhi Authentic Aromatherapy  
Essential Oils NEW!  
Clarity, Bug Stop, Highland Lavender

### August Specials (August 1-31)

**10% OFF** New Chapter: Tiny Tabs C, Tiny Tabs Multi  
SuperCritical DHA 60 caps

**15% OFF** Barlean's: Flax Oil 8oz, 16oz, 32oz  
Flax Oil w/ Lignans 8oz, 16oz, 32oz

### Testimonials...

An inherited itchy, flaky scalp condition failed to respond to ALL the over-the-counter dandruff shampoos. With the use of Health Direct's Amino Sculp and the Herbal Path's Milk Thistle capsules I've found relief, and even my face is smoother. I can't say enough about it!  
— Denise Ackerman, Salisbury, MA

I was diagnosed with breast cancer last year and underwent a mastectomy and lymph node removal. After losing two friends to the effects of chemotherapy and radiation I chose alternative follow-up. With the help of Herbal Path staff Greg and Cindy and the recommended supplements, I feel great and am still cancer free.  
— Carolyn Risser, Dover, NH



## Earn Discounts when You Shop at The Herbal Path

Save up to 10% on purchases at The Herbal Path with our Frequent Shopper Program.

If you're spending an average of \$40 or more (12-month average), you're eligible for a discount of 4% - 10%.

When you buy 3 or more of the exact same product, you'll receive 10% off (except sale items) everyday.

# Classes, Programs, and Workshops

at the Herbal Path, Dover

### Herbal Identification Walks

With Herbalists Greg McCrone, R.Ph., Cindy Hebbard, Lynn Dancause and Deborah Sousane

Mondays, June 27, July 11 and 25, August 8 and 22

6:30pm sharp - 8:30pm at the Herbal Path, Dover

Cost: \$10 per adult, \$5 per child (one per chaperone)

Please join one or more of us on the second and fourth Mondays for a relaxing herb identification walk. We will saunter through local, natural areas identifying numerous species of regional wild plants. Medicinal and folk uses as food and medicine will be discussed, as well as recent scientific research, interactions, etc. It's long been said that the medicines we most need will be found in our back yards and in the wild places we frequent. Come learn to identify yours. Please register at 603-740-8400.

### Allergies & Asthma, Long Term Relief

Instructor: Cindy Hebbard, herbalist & educator

Thursday, June 30 & July 14, 6:30pm to 8:30pm

\$60. per participant, or bring a friend: 2/ \$100. Pay at the door.

Seasonal allergies can stifle summer fun. If you're one of the millions of Americans who seem to get more severe allergy symptoms every year, sign up today for this informative class to learn to use herbs, lifestyle choices and healing foods to relieve the symptoms, repair the damage and restore vitality. Register at The Herbal Path: (603) 740-8400.

### Herbs to Restore Energy & Vitality

Instructor: Cindy Hebbard, herbalist & educator

Tuesday, July 12, 6:30pm to 8:30pm

\$30. per participant, or bring a friend: 2/ \$50. Pay at the door.

Chronic pain, stress, blood sugar imbalances, digestive disorders and heart conditions can all take a toll on our energy and vitality. Find several simple solutions toward vibrant health and wellness offered in this informative class. Register at The Herbal Path: (603) 740-8400.

### Pet Wellness

Instructor: Cindy Hebbard, herbalist & educator

Thursday, August 4, 6:30pm to 8:30pm

\$30. per participant, or bring a friend: 2/ \$50. Pay at the door.

Dogs, cats and other beloved family members are enduring many of the debilitating health conditions that we are experiencing. Learn to use herbs and flower essences for your pet's health and behavioral concerns. We'll also discuss easy steps to preparing homemade pet foods. Register at The Herbal Path: (603) 740-8400.

### Flower Essences for Stress, Anxiety and Depression

Instructor: Cindy Hebbard, herbalist & educator

Thursday, August 11, 6:30pm to 8:30pm

\$30. per participant, or bring a friend: 2/ \$50. Pay at the door.

Flower essences have been used for centuries to balance the emotional, psychological, spiritual and etheric realms. When these are in harmony, the body and mind function optimally. Learn to find balance in a stressful world. Each participant will receive a flower essence specially formulated for their needs. Register at The Herbal Path: (603) 740-8400

## Testimonials...

I tried The Patch to quit smoking but it didn't work for me. Gaia's Nicotine Relief and New Chapter's Holy Basil took the edge off and helped me relax into the transition. Thursday Plantation's Tea Tree Toothpicks helped me break the psychological addiction.

—Jeremy Mullins,  
Seabrook, NH

I came to The Herbal Path for help with three injured fingers that wouldn't recover. They were swollen and painful. After just one month on four tablets of Nature's Collagen daily I have absolutely no stiffness or pain, even in the wet weather. It's been awesome.

—Karen Eagan, professional  
downhill mountain biker,  
Lowell, MA

## PRACTITIONERS OF THE DAY-DOVER

Here are real opportunities to treat yourself for \$1 per minute.

### Chad Bradbury, Licensed Massage Therapist

Tuesdays in Dover, June through August, 1:30pm - 5:30pm

For muscle and joint pain, from frozen shoulder to jaw discomfort, Chad releases soft tissue adhesions using myofascial release and Shiatsu to stop damaging stress and speed tissue repair.

Walk in or schedule at 603-659-1222.

### Gayle Perkins, Polarity Practitioner, Reiki Master, CranioSacral Therapist, Energy Medicine Practitioner

Tuesdays, June 21, July 19, August 9 in North Hampton, 3pm - 5pm

Tuesday, July 12, August 2, Dover, 3pm - 5pm

Experience a mini healing session where Gayle blends soothing techniques that feed, align and ground your subtle energy systems that can help you navigate your busy life.

Your first 10 minutes are complimentary, \$1 per minute thereafter. 207-752-1281.

Private, therapeutic massage sessions are now available at The Herbal Path with Chad Bradbury. Wednesday thru Friday. Call to schedule (603) 740-8400

No purchase necessary.  
Winner will be notified by phone.  
One entry per household.

## ENTER TO WIN! THE HERBAL PATH MONTHLY DRAWING

In honor of the man in your life we've put together a raffle basket of products to support his good health. Drop your raffle slip at The Herbal Path by Saturday, June 18th and be entered to win.

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

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

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

Email (OPTIONAL): \_\_\_\_\_

The Herbal Path offers natural education through wellness consultations with qualified staff at both the North Hampton and Dover stores. Please call ahead to schedule.