
Healing Feats™ News

Volume 9 Issue 1

January 2004

Happy New Year!

What a year 2003 has been! It is so good to have the opportunity to get back to you with so many good things to share.

HEALING FEATS™ GETS THE MARK!

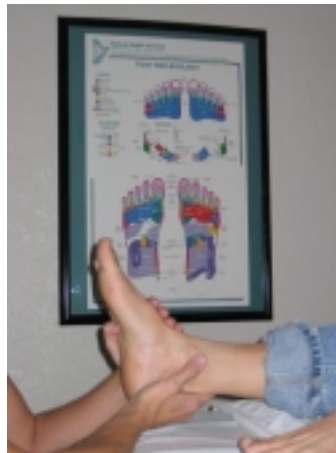
You may notice right off the bat that Healing Feats™ now has the new Trademark symbol on it! Because of the significant expansion into new “realms” of teaching and writing, Healing Feats™ will now have a little protection from copycats!

BECOME A REFLEXOLOGIST!

The biggest news to start off 2004 is the opening of the Healing Feats™ Reflexology Certification program! The program will involve 320 hours of training and practice (more than many massage therapy programs!) With the partnership of **The European Academy of Advanced Esthetics** in Boise, you will now be able to learn how to be a professional reflexologist with hands-on

classes all under the roof of a licensed school!

You'll also have the opportunity to take holistic electives such as ear coning, kinesiology and iridology a la carte or as part of your electives toward your reflexology certification.



The classes (taught by yours truly) are geared for preparing you for to become a Nationally Certified Reflexologist!

Accredited Program!

The Healing Feats™ program is also being evaluated for accreditation by the American Certification and Accreditation for Reflexology Education and Training board, and will be the only full, well-rounded professional training program

in reflexology in Boise! We are definitely seeking to be the first accredited program in Idaho!

Cerebral Palsy Study Involves Healing Feats™ Students

Even MORE exciting than just getting certified is that our first students will have the opportunity to be involved in a scientific study funded by **St. Alphonsus Regional Medical Center** on reflexology's effect on cerebral palsy patients!

Please join me!! Class size is purposely limited! First class Module is a 5-day intensive and begins **January 26th, 2004**. For Q&A on the program visit:

<http://www.healingfeats.com/hfrpq&a.htm>.

HEALING FEATS™ NEWEST ASSISTANT

It's time to welcome another wonderful woman to Healing Feats™, **Jamie Hilton**, who runs her own practice in Boise called *Eyedentify*. She is an Iridologist and Nature's Sunshine Herbalist and Manager. Jamie is a knowledgeable student and practitioner of natural health.

2

I also now have the pleasure of welcoming her as my newest Assistant!



Brenda Fulfer, my Godsend Assistant for over a year, got too busy with other commitments to assist with the ever-expanding duties at Healing Feats™. She'll be taking a back seat to Jamie now but will still be around occasionally to help us out! Thank you so much Brenda for making it a less stressful, and more fun 2003! How blessed am I to have such super ladies helping me out!

FRANKIE'S 2003 MEDIA EXPOSURE!

This year I seemed to be popular with magazine journalists and TV reporters to share my knowledge about reflexology and iridology. Here are a few magazines where you may have seen me quoted or read my published articles!

First For Women Magazine

I was extensively interviewed for two separate articles on reflexology, one on Hand Reflexology for Weight Loss and the other on Foot

Reflexology. If anyone has a copy of either article, please let me know—I'd love to see how it



turned out!

Channel 2 News

Celebrity reporter, Tonya Papanikolas, from the Early Show came to the Healing Feats™ spa to meet with Frankie and report on Reflexology. The segment aired on the evening news in March. The segment was beautifully put together and starred Frankie, and some favorite Healing Feats™ friends and clients who were featured speaking about their positive results using reflexology!

Les Nouvelles Esthetiques Magazine

This beautiful mag published two of my



articles—the first in August 2003 was on iridology, which

Healing Feats News

received an enormous amount of positive feedback! The second article is on Reflexology for Beauty Enhancement and will actually be published in the February, 2004 issue. Their site: www.lneonline.com.

Better Nutrition Magazine

In October my publishers, Penguin, featured a half page, full color ad of me and my book, *The Complete Idiot's Guide to Herbal Remedies!*



I'm offering \$5.00 off your next

appointment if you bring the ad with you! (*Hint: In Boise, GNC gives away the magazine for free.*) This free popular magazine is found in many health food stores across the country—go to their site to find a place near you at: <http://www.betternutrition.com>.

CALL ME MASTER!

One of my biggest accomplishments of the year was completing my second Master's Degree! This one was in Herbology and was a *whole* lot of work but of course, well worth it. I

3

received my diploma from Dr. Christopher's *The School of Natural Healing*. The final seminar was in Springville, Utah this summer, where all this year's students took the stringent series of exams. We had to not only be able to physically identify 100 herbs, but also needed to know their Latin names, uses, and part used—and that was just ONE part of the exam!!



So, now if NSP ever leaves us, I'll be able to teach you how to grow, harvest and prepare your own! (Although now that I know what it takes to be your own herbalist, I'm *incredibly* grateful that NSP does it for me!).

CONGRATULATIONS TO MY NSP MANAGERS IN 2003!

Jamie Hilton
--Boise, Idaho

Pepper Dobson, CMT
--Boise, Idaho

Karen MaGill, ND
Star Manager!
--New Buffalo, MI

MORE IDAHO CONGRATULATIONS!

My colleague Dr. Dennis Davis, ND and his herbalist wife, opened up a store front and consulting center called *The Herb Pantry* located at 5906 Overland Road, Boise ID. Phone **208-867-8990**. Dennis recommends NSP products in his consultations and is planning on stocking the full line of products!! So please visit them to pick up any extra NSP items that you need and don't want to wait for!



COLONIC DREAMS—DOWN THE TUBES®?



Most of you know that I am a certified colonic therapist, HOWEVER although I have a nice, private little colonic room in the spa--ready to "go"—I never added the therapy to my list of services that I *personally* offer. Instead, I decided to keep my focus on the nutritional/herbal consultation aspect of my practice and let another colonic therapist and have a specialist join Healing Feats™ for colonics!

Well, it seems that "dream" has not flushed out the way I

Healing Feats News

expected. (Can't help myself with the puns). The therapists I've arranged with have either moved out of state or are just too busy in town to make it feasible for them to visit us up here on the Ranch.

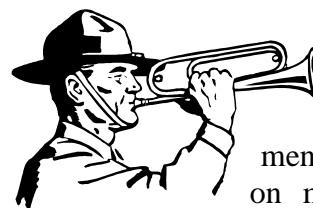
So—the "bottom" line is—If any of you would like a detoxifying, cleansing and



refreshing colonic treatment at Healing Feats™, please let me know and I'll see if I can make special arrangements for a therapist to come up to work with you...otherwise, I'm happy to give you the name(s) of a therapist or two in town when you call.

WEB SITE ADDITIONS/CHANGES

Wake Up!



The menu bar on my site (www.healingfeats.com) has a user-friendlier look. My purpose was to help you find what you are looking for quickly. In addition, I added a new page called: **WAKE UP!** Wake up! features several credible (scientifically backed) sites

4

that contain information you won't find in mainstream media. Topics include information on dental amalgams, vaccinations and anti-depressant medications.

Now you can research yourself about what I've been telling you about in consultations and in my books for years!!

IT'S TIME TO MOVE ON...



December 8th, 2003 view from the Healing Feats™ spa in Wilderness Ranch

Please doesn't panic—BUT-- I need to disclose to you that my home, and therefore the Healing Feats™ Holistic Health Center is for sale!

As those of you in Idaho might have noticed, the last few years have kept me working remotely more than working *in* the spa!

I've been quite mobile in order to keep up with out-of-state clients, teach classes, give lectures, continue my education, have book signings, and so forth!

In addition, since my husband travels for work, I take my writing projects and my lap top (to do online consultations and keep up with e-mail, etc.) with me to be with him in whatever state or country *he* happens to be working in!

It was finally time to choose being with my husband more or expanding and marketing the local spa services. I have to say that although natural healing is my love—my husband will always be my **FIRST** love. Not to mention that having a beautiful spa and lovely home that is used infrequently doesn't make much sense.

So, we've decided to go mobile. Better, I guess, than going postal! But in any case—here's what it means to **YOU** once we do sell (which, by the way, could be a long, long time)!

Idaho And Northwest Area Clients—I Like It When You're Demanding



For my clients in Idaho and those of you who drive in from Utah, Oregon and Washington to see me—you

Healing Feats News

probably won't notice much difference when it comes to scheduling an appointment, as many of you have already been seeing me at various Boise locations (other than the spa) for your follow-ups and reflexology sessions. Sooo for most of you, your in-town visits will continue as usual.

Simply call to request an appointment

(the earlier in the month you call, the better) and every few weeks we will choose a location for your

appointment and arrange the dates for me to be in town. Then we'll contact you to finalize and schedule you in! If we don't have enough clients in a given month to make it feasible for me to travel, we also may contact you to see if you'd like an appointment for that month. So please keep us updated on your e-mail addresses, phone and mailing address!

In addition, Jamie will be happy to see you if you don't want to wait for my working trips back to Boise.

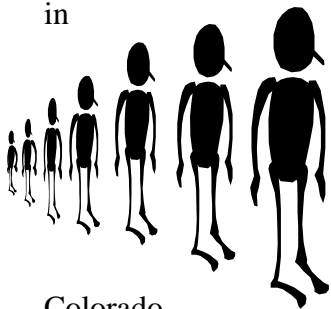
For those of you regulars who enjoy the "Healing Feats™ spa experience" such as your consultation follow-up, a reflexology and/or ear

5

coning and a tan followed by a detoxifying, aromatic steam and a cup of warm herb tea—then **come on up and enjoy it while you can!!!** Jamie is standing by ready to take your appointments!

Clients Outside Idaho

For most of you—my clients in



Colorado, Georgia, Florida, New York, etc. this future move will not affect you in the slightest, as I will continue to keep in touch with you as I have; via trips to your state, e-mail consults, phone conversations, and of course these newsletters!

Idaho Students/Colleagues

My commitment(s) to you remains the same. **The Reflexology program in Boise will continue uninterrupted.** Teaching and hosting other classes in Boise will also continue to be held upon demand as usual. The only thing that may be less frequent will be our monthly iridology meetings, although we can hold them

each month that I'm in town to see clients. Also, Jamie will adopt the responsibility to facilitate these meetings as I have over the past several years.

DASHING THROUGH THE SNOW!

Please note that for Healing Feats™ appointments at Wilderness Ranch during snow time We are HAPPY to arrange to pick you up at the bottom of the hill (i.e. just off Highway 21 near the Wilderness Ranch Mail Center Structure). Otherwise, please take the following precautions to be able to stay safe and enjoy your visit with us:

1. **Drive an appropriate vehicle** for snowy and possibly icy conditions—4-wheel or at least front wheel drive, snow tires (studded are best) and chains in the vehicle if you have them.
2. **Wear appropriate shoes.** Sometimes it snows so much that we don't have time to shovel the walkway to the spa between clients. Therefore, PLAN on walking through the snow from your car. (Hint: pull ALL THE WAY IN to the lower driveway to get as close as you can to the spa door/deck.

Healing Feats News



3. Remember driving up the snowy roads in Wilderness Ranch that the **UPHILL driver always has the right of way.** Pull off and stop or slow and let the person coming up get by.

4. **Arrange a pick up.** If you think you don't want to drive in the snow, please arrange that we meet you at the bottom of the hill before hand. OR—if you didn't arrange it with us beforehand and change your mind, CALL us from the WR Mail Center phone and let us know that you want to be picked up.

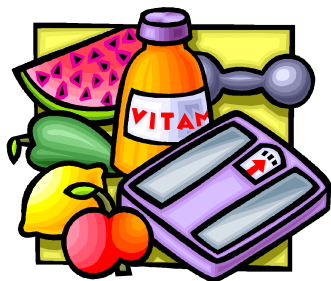
5. **Give yourself extra time** to get here and get home. Bring your directions with you. Directions can be printed from the web at the following page: <http://www.healingfeats.com/map.htm>

Take the time and enjoy the beauty of our short winter!

Now—Finally--Our Topic For The Day:

FLU & COLD PREVENTION

This newsletter might be a little late, as just about everyone I've talked to (including myself!!) has already been or now is sick this season! But, we have



time to become re-infected if we let our guard down. And we should always be working on keeping our immune system tuned anyway—year round.

First off, let's get right to the proven, good old remedy that is known to kill bad bacteria and stop viruses from growing—Vitamin C.

How it Works

In a nutshell, when you take *enough* (and we'll discuss dosage next) vitamin C, it surrounds your lymphocytes (immune cells) with ammunition—similar to the video games where you have to aim your gun and click at the bullet icon to “re-load”.



When you pick up a bad bacteria (one that causes infection—lets say something that gets into your air passageways and causes bronchitis) the lymphocytes naturally move toward the bacteria and engulf it. When this happens, the lymphocyte excretes hydrogen peroxide. This hydrogen peroxide mixes with the surrounding vitamin C and creates a substance that is completely lethal to ALL known bad bacteria!

Also, if you don't know whether you have a bacteria or virus, don't worry—vitamin C interferes with the nucleic acids used by a virus to reproduce itself.

Now—the biggest thing about using vitamin C to heal yourself is this:
YOU MUST TAKE ENOUGH!



Studies have shown that dosages for a common cold can be effective anywhere from 10,000-15,000 mg (10-15 grams) and continue to rise with the severity of the illness.

The good news is that vitamin C is water soluble, meaning that whatever your body doesn't need, it will

Healing Feats News

eliminate without harm to the body. You literally can't overdose on vitamin C.

Here's how to get the right dosage to be effective—it's simple, really:

1--Take enough vitamin C to cause diarrhea. (10 grams is a good starting point).

2--Then cut it back a gram a day until you stop getting diarrhea.

3--Take that dose for as long as you need to get well. (NOTE: As you get over your illness, the body will require less and less vitamin C. Therefore, you may get diarrhea on that same dosage *as you get closer to being better*. At that point, you can reduce your dosage again by a gram or so and continue.)

Next--Don't STOP!



Another very important point about using vitamin C properly is to never stop taking it suddenly! Dr. Linus Pauling taught us the most about vitamin C and he says that when stopped suddenly, we get a “rebound” effect and the immune system is temporarily lowered. Meaning that if you stop suddenly, you could get sick again real soon. So for best results, take your vitamin C at bowel tolerance levels until you are well, then reduce

your dosage slowly—over a week or so to a maintenance dosage.

Vitamin C is so good for so many things, that I recommend that most people can take 1,000mg (1 gram) to 5,000mg (5 grams) daily for life.



Now, the best vitamin C I have found—and the easiest to take in high dosages, is **Nature's Sunshine's Vitamin C Ascorbates!** It comes in a powdered form, and each heaping teaspoon is about 5,000mg (5 grams) of C!! You also get calcium, potassium and beta carotene. They made this formula so that it is non-acidic and it is perfectly okay on an empty stomach. Mix a couple of heaping teaspoons into a glass of pure water and drink it down!

The Rest Of The Story...



Don't forget the rest of the picture—(how can you with Frankie harping on this over and over!)? We need *all* the nutrients to be and stay well. So try to take either a multi-

vitamin like **Super Supplemental** or **Multi-Vitamins and Minerals** or **Bee Pollen** (contains all the nutrients known to man) to round out your nutrition during illness and wellness!

Other products to consider:

Especially for Virus:

Olive Leaf Extract

VS-C (liquid or caps)

Elderberry Defense (also chewable for kids)

Respiratory support:

Breath E-Z*

LH*

Marshmallow & Fenugreek

(marshmallow is soothing to tissues irritated by coughing)

Fenugreek & Thyme

(Fenugreek cuts mucus, thyme boosts immune)

*Stock up—this product will soon be illegal in the U.S.

General Immune Support

Immune Stimulator

Noni Juice

Guardian essential oil

Zinc Lozenges (contain

slippery elm to soothe irritated tissues, and zinc which helps the immune)

Proactazyme Plus and/or

Protease Plus on an empty stomach (enzymes activate immunity and speed healing)

And don't forget **NSP's homeopathic cough syrups!**

The **LP** stands for loose phlegm and the **DH** stands for dry cough (hack) and the

Healing Feats News

NT stands for the Night Time formula. These are safe and non-toxic, unlike many of the cold and flu cough medicines found over the counter.



Keep the bowels moving with colonics, enemas, lots of water and fiber and/or herbal supplements like **LBSII**.

Use self-reflexology for pain, headaches and to unlock “stuck” energy in the lungs and sinuses. And of course, **REST, REST, REST!**

Basically **ALL** your herbs are going to help get and keep you healthy, so use what you have on hand, but consider building your herbal medicine cabinet with some of the mentioned items so you are well stocked for any future illnesses!

UNTIL NEXT TIME...

I hope you all will make it an **EXCELLENT** 2004—and know that you'll be hearing from me again as soon as things change at all...And don't forget to please come and see me soon!

Always in Good Health and Enlightenment,

Frankie