
Healing Feats News

Volume 8 Issue 1

March 2003

Hello again good friends, clients, and associates of natural health! How are the herbs, the good diet, the medication-free life and positive attitudes going? Good!

Did anyone try the new Burger King veggie burger? So far, I have only gotten reviews of “bland” or “disgusting”! Too bad, because there are a lot of good tasting veggie burgers to chose from, I’m surprised BK had to choose one that might make their regular clients think that being veg is tasteless! My advice, stick with either a good lunch found at a salad bar at Whole Foods Market or the like, or go ahead and have the regular burger and enjoy the heck out of your temporary



indulgence! I think overall it’s better to eat junk without stress and guilt than to eat healthy food with anger and resentment! Keep in mind that food is energy and give thanks

for all that you have to choose from!

Okay, enough initial rambling—they’ll be time for that later. Now the news!

Happenings...

HEALING FEATS GETS A MOBILE ASSISTANT

Please **Brenda** Healing Executive

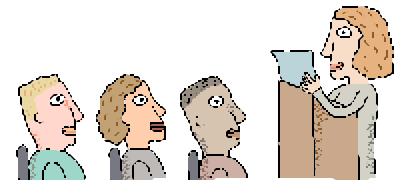


welcome, **Fulfer,** Feats

Assistant and Coordinator-of-way-too-many-things! I finally was able to figure out a way to have steady help with my “dynamic” work schedule. I now forward my office phone to my cell, (which Brenda has) and she answers your calls from wherever she happens to be during business hours! It works out great for both of us. Many of the projects she helps me with can be done at her home office too. Brenda and her husband built their own successful business in Idaho, and she is now considering a shift into natural health. This is a great way to see the ins and outs of what a holistic

practitioner does. She’s taken a huge load off me, thank you Brenda!

FRANKIE JUST KEEPS TALKING...



IN CALIFORNIA

I am honored to be invited to speak at the **Natural Products Expo West** in Anaheim, March 6-9th, followed by a book signing. I am to give a presentation for Clayton College on how I found my life’s purpose and career path using my Clayton education. I’m sweating because my talk immediately follows a talk by Erin Brockivich! I’m then followed by famous authors/practitioners Ann Louise Gittleman, and Linda Page! Wow, what a line up that I never thought I’d be in! If any of you will be there—or I can get this out to you before it’s over, please try to come. They are expecting over 30,000 folks! Visit their expo site for more info: <http://www.expowest.com/> .

IN INDIANA

The Cardio-Pulmonary Rehab Group has invited me to speak and have a book sale and signing in Indianapolis, March 28-29th. I'll be teaching a group of 125 nurses, physical therapists, and other health care professionals the basics of glandular body typing. They will be receiving CEU's for my class!! Nice to see how natural therapies are moving in on the wave of change. If any of you are involved, please come up after the class, I would love to see you there!

..AND WRITING!

Please look for some intro articles on two of my favorite topics, iridology and reflexology in the following publications.

Les Nouvelles Esthétiques Magazine, the largest trade magazine of its kind will feature an article by me introducing the spa industry to iridology in its August issue. This is a very upscale yet inviting magazine and features plenty of articles on nutrition, vitamins/supplements and of course beauty!

The Nature's Field Journal Jan/Feb 2003 issue features an article by me introducing reflexology. Unfortunately, this is the journals' last in-print

issue. Future issues will be sent electronically only. To get a copy or to subscribe to the future e-versions, please contact Tree of Light Institute at 800-416-2887.

More Books Yet?

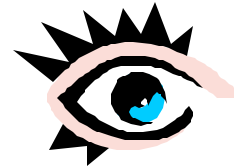
I told some of you I began writing two more books—one on limiting our daily environmental toxins, and the other on Iridology/Eyology. HOWEVER, with as much going on as I've had, I've put these off for a while. Too many things on my plate made me unable to focus. So, I've learned my lesson, which is: *Hone it down, girl!* But, I'm anxious to write these books and many of you have let me know that you're anxious to read them! Thanks! I'll keep you posted, but for now the start date is projected for July.

Volunteers Needed For Herb Study!

This is the year I finish my final assignments for my Master's in Herbology! I am working on my thesis, which is about an herb that I believe is going to be a big hit with the public. I'll release that information later, after the conclusion of a double blind experiment that my Assistant, Brenda and I will be conducting on the herb. I'll need six to 12 or more people

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to volunteer for this study—I'll provide all the non-invasive lab tests and supply the herb, and we'll record your results at the end of the study. If any of you are interested in being volunteers, please let Brenda know 208-343-3482 and we'll get you details. **Note:** *We can only do this study in Idaho, sorry to all my out of towners.*

UPCOMING IRIDOLOGY CLASS IN IDAHO**Don't Shoot The Hostess—She's Doing Her Mostest!**

Due to demand, Healing Feats will be hosting another iridology class April 4th-6th! This will also cover an introduction to sclerology—the study of the red lines in the sclera (white parts of the eyes). Contact us for an information packet and registration form!

FRANKIE APPOINTED BOARD MEMBER WITHOUT EVEN BEING BORED!

I'm proud to announce that the prestigious World Eyology Guild has appointed me to serve as a board member. This

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group encompasses the latest scientific research on sclerology and is working also with the IIPA to unify all the iridology related sciences and its nomenclature. I'm very proud to be a part of this guild—duties as of yet are unknown!

BODY GEM—GEM OF A WEIGHT LOSS TOOL!



No, I really didn't need more gadgets and equipment to run my natural health practice, yet, I succumbed! And I know you always like to try out the latest and greatest technology as long as it helps you be healthier and happier right?

Well, you may have already seen this device out there—its been featured on CNN, the Today Show, and just about everywhere. This device, invented by a heart doctor, measures your resting metabolic rate (RMR). Bottom line to weight loss, we need to burn more calories than we take in to lose. Once you know how many calories you burn every day at rest, then you are empowered to eat more

calories to *gain* or less to *lose*. If you go over your caloric intake for a day, you can go under the next day—just balance out for the week and you have it conquered!

If you have a sluggish metabolism, there are many ways to increase your metabolism with diet, exercise and herbs/supplements, (just ask me and I'll help!). Also you should re-check your RMR at intervals (metabolic rate changes) to keep up your success. Brenda has this device with her in Meridian, so you don't even need to schedule a time to



come to the Ranch to get tested!

So, once you have your RMR, you can manually track your calories, but better yet, Nature's Sunshine has made the BodyGem software program available to members at cost (\$59.00). You can enter in your weight goal, your metabolic rate, your lifestyle habits, and even your body fat, and it will create your own personalized weight management system and help you manage it!

Your software program is like having a little buddy to give you

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feedback and help you stay on track and can be used on your desktop computer or on a Palm Pilot or both!

Another cool fact is that as you add what you eat for the day, it automatically records how much protein, calcium, iron and other vitamins you are getting daily. It's a great tool for raising kids nutritionally healthy too—since you can track if they are getting enough protein, calcium, etc.

You even have the option to choose specific dietary guidelines such as Vegetarian, American Heart Association, or Low Carb diets. It's an awesome consciousness raising tool that can be used for health overall.

RMR tests are \$40.00 for the first test, and \$25 for follow ups. Just in time to get some support for weight loss season!

NEW—NATURAL HEALTH CASSETTE LIBRARY!



If you commute to work, or take road trips often, why not get a little learning in while you're driving?

Ms. Frankie Avalon Wolfe, RNCP, MHH, PhD #7 Whitehawk Circle Boise, ID 83716

(208) 343-3482

frankieavalon@sprynet.com

www.healingfeats.com

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Healing Feats now has available over 150 cassette tapes on topics ranging from individual herbs and supplements, mind/body healing, anti-aging information, iridology and essential oils. Soon this ever-increasing list of individual tapes will be on my website on this page:

<http://www.healingfeats.com/cassette.htm>. Or you can request a list to be mailed to you, or look it over while you're at your appointment at the Ranch office.

Da Rules on Tapes

There is a two-week check out time (for Idaho residents—3 weeks for out of state clients) and a \$10.00 deposit for your tape of choice. Please limit your selections to two tapes at any one time. If the tape is not received back by its due date, we'll give you a reminder call. If we do not receive it within a week of the call, we'll use your deposit to order a replacement for our library. When you return the tapes, we'll return your deposit. Hope you'll all take advantage of this free learning!

NATURAL HEALTH BILL IN IDAHO

Any Idahoans interested in you rights to access the health care of your choice need to consider

attending the Idaho Chapter for the Coalition for Natural Health meetings. This group is meeting regularly along with politicians and lobbyist to help stop licensing bills that can limit Idahoans rights to work with the natural practitioner(s) of their choice. To be invited to the meetings, please let us know and we'll get you on the contact list. Or join or contact the Coalition for Natural Health directly 800-586-4264 www.naturalhealth.org. This organization works nationwide, so look for a chapter in your state to join.



If you can't go to the meetings, please at least read Hedra News to keep updated (it's free and found at the Boise Co-op and many locations throughout Idaho). If push comes to shove we may need to call on you to voice support on keeping our rights to practice, and your right to choose who you wish to work with.

There is a misnomer that all natural health practitioners want Naturopathic Licensing in

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Idaho. This bill was presented last year, and would have given the right to medically oriented naturopathic physicians (NMD's) to prescribe drugs and do minor surgical procedures, etc. while either severely limiting or putting out of business all other practitioners who work under non-invasive, traditional naturopathic philosophies, such as ND's (traditional Naturopathic Doctors, Herbalists, Massage Therapists, Nutritionists, Iridologists, etc.).

Currently we already have the Natural Health Freedom Act in Idaho, which explains that alternative type practitioners are legally allowed to practice as long as they disclose to the client their scope of practice and education, and that they **DO NOT PRACTICE INVASIVE MEDICAL PROCEDURES OR PRESCRIBE DRUGS.**

Traditional ND's teach, guide and share with you information about healthy habits and lifestyles so that you can make better choices about your health!

In other words, what most ND's or herbalists, nutritionists, etc. do is safe, non-invasive and therefore not a threat to the public, and therefore does not

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require licensing. I kind of like the freedom of choice that Idahoans have kept thus far! Let's keep government limited in our personal choices and continue to think and take responsibility for our life, health and choices we make!

I will say, though, although you are all my clients, when choosing any alternative practitioner, you *should* understand their scope of practice, and don't be shy to ask for a resume, or to see their certificates, licenses or other proof of education before, during or after your appointment. Most practitioners have lots of education and are happy to disclose to you their credentials and philosophies!

Please keep up on this hot topic, as it could change the face of natural health in Idaho. Updates and info can be found here: <http://www.willtree.com/>

Now onto our topic for the day:

SAVE EPHEDRA!?

Chinese Ephedra, also known as Ma Huang, has been featured negatively in the media lately. The FDA is getting pressured by many organizations to make ephedra illegal in the US, as they have linked its use (more likely mis-

use) to 8 deaths. Ephedra is already banned in several states.

Basically the deal with ephedra is that its effects are stimulating to the circulatory and nervous systems. It has been used for centuries in herb formulas designed to help with asthma or lung conditions. Its used to dilate bronchioles and shrink inflamed tissues and can be a lifesaver in an asthmatic emergency. Ephedrine, an alkaloid from ephedra is found in many over the counter drugs such as Sudafed® and Primatene Mist®.

Ephedra's strong medicinal effects means that it is definitely not for everyone. It should NOT be used by pregnant or nursing moms, those with anxiety, insomnia, thyroid problems, high blood pressure or heart conditions. It's simply too stimulating!

You all should know this because you work with me, read my books, use Nature's Sunshine Products and/or work with another competent herbalist who has informed you of ephedra's proper use.

There are some dangers to certain herbs, which is another reason to work with herbalists instead of "self treating" and choosing any brands you come

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across! Let your herb doc guide you!

The Media Spin That Makes My Head Spin!

For every CNN report I've seen on ephedra, there are some glaring missing facts about ephedra and its use.

For one, as I've mentioned in my *Compete Idiot's Guide to Herbal Remedies* book, ephedra can be dangerous if mixed with other stimulants, such as CAFFEINE! I warn my clients that they should not take ephedra (even if they don't have any potential heart conditions) if they are a heavy coffee or soda drinker.

Now, think about that. Your herbalist knows the cautions of ephedra, so he/she will only recommend ephedra-containing products to you if you don't consume large quantities of caffeine *and* will be sure to help you get a safe product.

The one report on CNN I saw, was highlighting the ingredients on a bottle of product that contained, in order: Ephedrine (not the whole herb, but a compound in the herb like the pharmaceutical companies use—refined products are much more dangerous than the whole herb, typically), along with guarana (nature's answer

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to speed—contains caffeine!) and kola nut—high in caffeine! Those were just the first three ingredients I caught. I can't imagine any more stimulants, but there probably were. The media never focuses in on the warning about mixing ephedra with high amounts of caffeine or caffeine containing products. Nor have I heard about consumers' abuse of these supplements for use as powerful uppers. (Would someone please send CNN a copy of my Idiot's guide to Herbal Remedies?!)

Reports also ignored the difference between the whole herb ephedra, and the "refined" substance, ephedrine made from ephedra. Nor does it say to watch what you buy over the counter—all supplements are not created equal!

If you want to use herbs responsibly, take some classes and/or work with an herbalist! THAT is what I'd like to see on the news—to inform, instead of terrify! Instead this spin has a tendency to make more (save-us-from-ourselves) laws and take away our responsibility to be more intelligent about our choices—like choosing to work with an herbalist before taking herbs!

Although beside the point, during attacks on herbs, I NEVER see any mention of prescription drugs killing over 140,000 people each year! (JAMA 1997, 277(4): 301.

Personally, ephedra containing products, such as LH (now called Lung Formula) by Nature's Sunshine was one of the products that actually helped CURE my asthma! It was first recommended to me as part of an overall herbal nutritional program by my iridologist. I would hate to see it taken away for future people who want to use natural means to heal themselves.

FRANKIE GETS A NEW LOOK

Don't be too shocked when you see me for your next follow up! After years of highlighting my hair, I let it all grow out to see what color it was going to be—blah, was the answer. So I grew out the last of the highlights till it was long enough



to cut off. *Photo of the new me!*

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Now instead of long, blond hair, I'm the girl with short, black hair! What do you think?!

COME SEE ME!

Don't let me get lonely on the Ranch! This spring, colonic therapist Chelle Carson is planning to offer some



colonics at the Healing Feats Facility, and we always have a couple of massage therapists willing to see you too.

Come see me, meet Brenda, get a check up, your RMR tested, get a tan before your vacation, or have a therapeutic reflexology session followed by a detoxing, aromatic steam! If that's not enough, buy some herb teas, books, check out a tape, and don't forget that bi-annual ear coning!

It was a snowless winter up here at Healing Feats—but before you come during potential snow times, check the weather on our neighbors' Wilderness Ranch Cam! Linked on my site at <http://www.healingfeats.com/map.htm>

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Bring a friend and they can sit on the deck, take in the scenery and eat their lunch while you and I are attending to your health plan! And for guests, I always offer free Mind Machine

Sessions while they wait for you!

And most of all enjoy the beautiful scenery and wildlife on the way here after all, isn't this

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beauty one of the reasons we live in Idaho?

In Health,

Frankie