

Natural Health Network  
September 18th, 7PM  
Horizon Books – Horizon Shine  
Traverse City, MI

Those in attendance:

Robin Hudson	Leslie Friend	Catherine Thomas
Georgia Knight	Heidi Kistler	Keli MacIntosh
Christy Baum	Paul Murray	Judy LaCross
Christina Siler	Tonja Carlson	

We began the meeting by stapling together a few copies of the new directory for those who attended the meeting - they were hot off the presses! The back cover is all a promotion for our Expo 2009. Feel free to copy that for handouts if you want to start promoting the event; or attached is a layout for full page display and half page handouts to print out for your customers and clients. A few directories will be available for members; others will be placed at places like Oryana throughout the winter. Use them more as a reference than a handout because our budget only allows for a limited number to be printed.

There will be another printing of the directory next spring. We are planning to have a section of the directory for practitioners from outlying areas and downstate - those who aren't close enough to become members but would like to have a networking link to our group. There will be a fee of \$50/yr. If you know of anyone who would like to be included have them contact Heidi at [hkistler@centurytel.net](mailto:hkistler@centurytel.net).

Heidi gave the treasurer's report - we presently have about \$2000 in our account. Planned expenses are sending materials out to vendors and other promotional material for the Expo.

Heidi then gave us an update on the website. She is expanding it to accommodate pages for articles by members, testimonials, and links to other health related web sites. There will be room for even more; so, if you have any ideas, please let her know.

Judy and Tonja are compiling a list of places to send public service announcements - local newspapers, magazines, church bulletins, club newsletters, etc. If you know of a group that might be interested in receiving info about the Expo (either as a vendor, or general public attendee) pass on the contact information to them [heyjude49621@aol.com](mailto:heyjude49621@aol.com) or [ttnmc6@yahoo.com](mailto:ttnmc6@yahoo.com). Judy will be making up a general PSA that any of you can use if you want to promote the event yourself. I'll send it out to everyone when it is ready.

The deadline for placing your ad with the NHN group in the Northern Express and Oryana will be Oct 1. The cost will vary depending how many members participate. We must commit to 12 ads a year in the Express; we decide which issues (averages \$40-75 per member for each ad). Oryana will be every other month (average \$30-40 per member for each ad). The ads will be laid out like the Express ads for businesses in the different area communities (with all the businesses or logos placed below the heading). We will have our logo at the top. We get a discount for contracting for the year and for prepayment. Let Keli know if you are interested [camilek@aol.com](mailto:camilek@aol.com).

The speakers for this meeting were:

Leslie Friend told us about her recent training on the lymphatic drainage machine. This therapy enhances the flow of your lymph system by breaking up blockages. The "wands" create a very

subtle vibration from gases, light, and sound that increase the energy activities in our cells. The sessions last about an hour, cost is \$75; many people proclaim that they have immense increased energy after a session.

Rebecca Ladley, representing the Herb Shop, spoke about her personal experience with Nature's Sunshine's new colloidal silver product, Silver Shield. The silver solution is effective against bacteria (including MRSA), viruses, molds, and fungus; it can be taken internally and used topically. Silver has long been used in traditional medicine for the healing of burns. Recent research now shows it is useful in many other instances.

Next month's speaker will be Linda Wilson. She has offered to hold her 'How Money Works' Seminar for members of the NHN. She will include information of the following:

This informative seminar will discuss the following issues:

- \* Do you know the rule of 72?
- \* Tax deferred vehicles... are you maximizing your options?
- \* What are mutual funds?
- \* The 3 D's of investing?
- \* Are you paying off your debt in the best possible matter?
- \* Credit card traps exposed.
- \* Do you know how your life insurance policy works?

The three root causes of the financial problems most families face are

1. Failure to plan
2. Uninformed
3. Misinformed.

These topics, once understood and applied, can have an impact on your personal finances.

Date: October 16<sup>th</sup>      Time: 7 pm      Location: Horizon Bookstore

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