

Nature's Field

An Electronic Journal for NSP Distributors

Cramp Bark

Viburnum opulus

By Steven Horne

Long before I became interested in medicinal herbs, I learned to enjoy gardening. So I still have a hard time thinking of *Viburnum opulus* as a medicinal plant. To me, it's an ornamental shrub called snowball bush. In fact, my teenage friends and I sometimes had summertime "snowball" fights by picking the large clusters of white blossoms off these large bushes and throwing them at each other. They were reusable snowballs, and would last through several throws before falling apart.

In fact, I had to do a little research just to make certain I wasn't confused in assuming the snowball bush I grew up with was the cramp bark of herbal medicine because the more common name for this ornamental shrub is the Guelder rose. How anyone could call a snowball bush a Guelder rose was beyond me, but my *Utah Flora* confirmed they were the same plant. In doing my research, I also realized that cramp bark belongs to the same family as two other groups of medicinal plants, elderberry and honeysuckle. The family is Caprifoliaceae.

Okay, enough botany, let's get on to the uses of this plant. The name alone should give you a good clue as to its medicinal value. Cramp bark is a powerful antispasmodic for relaxing muscle spasms. It is effective in helping any tense muscle to relax, and can be used both topically and internally.

Cramp bark has been historically used for intestinal cramps (spastic constipation, colic, and irritable bowel syndrome), bronchial and respiratory spasms (asthma and spastic cough), and skeletal muscle spasms (cramps and charley horses). It has also been used in formulas to help high blood pressure because it helps dilate blood vessels. It appears to help balance sympathetic and parasympathetic nervous system responses.

The most common use for cramp bark has been as an aid to helping cramps associated with menstruation. It helps relieve spasms in the uterus and ovaries and eases pain in the back and thighs. It also corrects irregular menstrual flow associated with fevers. Cramp bark has also been used to relieve cramps during pregnancy and to stop spotting and threatened miscarriage. It has been used to relieve cramping and pain after childbirth. It is



Photo by Percy M. Horne

these qualities that make cramp bark a valuable ingredient in both NF-X (a traditional female formula) and Cramp Relief.

The Cramp Relief formula, like cramp bark, is useful for any kind of muscle tension or cramping. Don't let the pink label fool you into thinking this formula is only useful for female problems. It's just as helpful for men as it is for women. In fact, it can also be a very good formula for spastic constipation, irri-

table bowel syndrome, adult colic, asthma, arthritis with cramps, restless leg syndrome, back pain, bladder spasms, and any other problem associated with tension and muscle spasms.

Cramp bark is an ingredient in the Gall Bladder Formula in which it not only increases bile flow, it also relaxes cramping of the gallbladder and bile ducts and intestines.

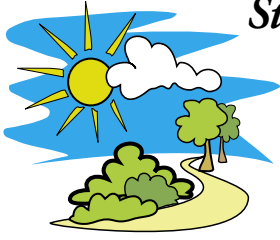
Cramp bark is also related to black haw (*Viburnum prunifolium*), which has similar uses. Neither plant has been investigated much scientifically, so those who have to wait for scientific evidence and explanations will have to live with their cramps a little longer. The rest of us can enjoy the benefits of this delightful shrub whenever we need an effective antispasmodic agent.

Selected References

- Therapeutic Herb Manual* by Ed Smith
The Encyclopedia of Medicinal Plants by Andrew Chevallier
Herbal Therapy and Supplements by Merrily A. Kuhn and David Winston
PDR for Herbal Medicines by Medical Economics Company

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Steven Horne's Ramblings and Ravings

The Ultimate Key to Hormonal Balance

During the last 20-30 years tremendous strides have been made in understanding the communication systems of the body. We have discovered that cells communicate with each other via chemical messengers. As a result of this research, landmark books like *Molecules of Emotion* (Candace Pert) and *Molecular Gods* (Philip B. Applewhite) put forth the idea that human behavior is ruled by these chemicals. This idea has given rise to research into drugs which alter these chemical messaging systems.

In the human body, the molecules cells use to communicate with each other are called hormones. There are three types of hormones—endocrine, paracrine, and autocrine. Endocrine hormones are produced by the endocrine glands and are released into the blood stream. Examples of endocrine hormones include estrogen, testosterone, IGF-1, and cortisol.

Paracrine hormones are released into discrete channels to travel through a specific pathway. Neurotransmitters (such as serotonin, acetylcholine, and dopamine) are a type of paracrine hormone. Autocrine hormones are released from a cell into its surrounding environment and are taken up by the cell that released them or by neighboring cells. Prostaglandins such as COX-1 and COX-2 are examples of autocrine hormones.

All of these messenger chemicals attach to receptor sites on the surface of or inside target cells. This has been compared to a “key and lock” system. Keys work because they have a specific shape that inserts in a specific lock and allows that lock to turn on or off. Each hormonal messenger also has a three-dimensional shape, like the key. The receptor site also has a specific shape into which the hormone fits. When the two are joined, cellular processes are activated or inhibited. It could also be thought of like a hand inserted into a glove.

There are chemicals (both natural and manmade) which have the right molecular shape to attach to hormone receptor sites to stimulate or inhibit them. Hallucinogenic plants, for example, contain chemicals which mimic certain paracrine hormones (neurotransmitters). Phytoestrogens (plant estrogens) are another example of chemicals in plants that mimic the action of hormones.

Since chemicals can be found which directly alter the body's chemical messaging systems, it is very tempting to directly tinker with the system to try to “cure” various health problems. Hormone replacement therapy and selective serotonin reuptake inhibitors (SSRIs) are examples of such tinkering. In some

instances, this ability to tinker with these messaging systems can be life-saving, as it is for the insulin-dependent diabetic.

However, there are some serious problems with this approach. These chemical messengers are not being created at random. They are being created to convey messages—two types of messages to be precise. They are carrying messages from the body's sensory system to the brain and they are transforming the thoughts we think into chemical messages to communicate with the body. If there is a problem with an imbalance of chemical messengers, then doesn't it make sense that either there is a problem with negative environmental influences or negative thought patterns?

Shifting the balance of chemical messengers doesn't halt the negative environmental influences or fix the negative thought processes. Think of it like this. If there is a problem in the country and the government hides it by spreading propaganda to keep the people happy, does this make the problem go away? Just ask the drug addict if the euphoria he or she feels when high on the drug solves any of the problems he or she faces. This example alone should be enough to convince us that shifting the chemistry of our body, even with natural substances, without examining root causes is never going to work in the long run.

The “Ghost” and the “Machine”

As I see it, the problem lies in medicine's mechanistic view of the body. Modern “scientific” medicine and psychiatry do their best to deny the existence of what they call the “ghost (i.e., spirit) in the machine.” In other words, this system of thought either denies the idea that we have a spirit or soul, or it assumes that the soul isn't relevant in matters of health. The goal is to reduce the body (and the even the mind) to a machine that can be explained completely in mechanical or chemical terms. So, if you've ever felt that you were being treated like an “object” by modern medicine, your instinct was correct—to that system of therapy you are a machine that can be fixed either by the application of chemistry (drugs) or mechanics (surgery).

In pondering how to explain this concept, I came up with the following analogy. Think of your body as a house in which you live. Your brain is a highly sophisticated computer that operates all the functions of this house. It has an elaborate array of sensors that detect what is happening throughout the building. It not only monitors temperature, lighting, air flow, and water systems, it even monitors the level of supplies in your kitchen

pantry. The computer also has automated control systems that adjust everything for maximum security and comfort. It locks the doors at night, orders groceries to restock the pantry, and even automatically cleans the home when it gets too dirty.

Modern medicine says that you do not live in the house, you are the house—period. Therefore, every problem is a mechanistic one which can be solved by direct repair of the building or by direct adjustment of the computer control and sensory system. From this perspective, you are simply a “ghost” in the machine (house), and in reality, you don't really exist.

Habitual Chemical Patterns

The traditional vitalist view of health says that there is a “ghost” in the machine—a vital force, soul, spirit, or energy that is the real source of healing power. This vital force is the programmer that can operate the computer brain. It can fall asleep at the console however, and allow the computer to run on autopilot, allowing the same negative programs to run over and over again. These negative thinking patterns create stress chemicals that send negative messages out to the body, unbalancing the body's chemical messaging system. It can also allow messages to be ignored which say that environmental influences are harming the body.

Think about it for a minute—if molecules can carry messages, then the food one eats is carrying messages to the body. The chemicals in water, fabrics, cosmetic, cleaning products, etc. also send messages to the body. We often call these messages “gut instincts.” That's because our “guts” don't just digest food, they also serve as a sensory network turning the food we eat into chemical messages for our brain computer—a system called the gut brain. For example, if the guts detect a toxic overload coming from the environment, they may reduce their output of serotonin, which causes one to be depressed. The message is that the body is being defeated, overcome by poisons from the environment.

Modern medicine would have us believe that the messages themselves are wrong. Simply override the “guts” by using a chemical to increase the level of serotonin. Obviously, the body doesn't know what it is doing—so let's fix it. They do the same thing with pain. When tissues are damaged, chemical messengers are created that alert the brain computer that something is wrong and repairs are needed. A painkiller simply blocks the message from reaching the computer—it doesn't repair the problem. It is the same approach the drug addict uses to solve his or her emotional problems. Every time we attempt to change the chemical messages without examining what those messages are trying to tell us, we are ultimately going to create more harm than good.

The real key to solving this problem is awareness. We can't allow our computer brain to run on autopilot—replaying all the old programs that aren't working anymore. We have to start becoming aware of the thoughts (programs) running in our

computer brain and reprogram the old negative with the new positive.

As Echart Tolle so eloquently explains in *The Power of Now*, we are not the thoughts we think. Most of us identify with our thoughts—we believe the stories that we repeat over and over again in our head are the essence of who we are.

Wayne Dyer, a popular lecturer in the human development movement, calls that essential part of us that lives in the house (body) and programs the computer system (brain), “the watcher.” This watcher is the “ghost” or soul/spirit that is living in the machine we call the body. The watcher is not the brain, because the “watcher” can literally step back and observe the flow of thoughts running through the brain in a detached manner, and then reprogram the brain with a new set of thoughts.

If Echart Tolle and Wayne Dyer don't appeal to you because of your own spiritual beliefs, don't worry. There are numerous other authors who communicate the same principles. I'm sure you can find one that you can relate to. Gary Zukav's *The Heart of the Soul* is a good example. Other good authors include Anthony Robbins, Bob Proctor, Napoleon Hill; and Steven K. Scott provides an excellent Christian perspective on the subject. The bottom line is that if we reprogram our thoughts we will change the composition of the chemical messengers in the body (and do so without drugs).

But that's only half of the picture. We also have to start paying attention to the messages coming into the computer from the sensory network and learning to program responses into the computer brain that actually work. The messenger chemicals *will change* as we actually fix the environmental problems and create new computer programs (thought patterns) to operate the house (or body). This may require altering food choices, getting chemicals out of one's life or environment, or making other lifestyle changes because we choose to remove ourselves from negative influences and bring more positive influences into our lives.

The bottom line is that ultimately we can't fix hormonal imbalances without paying attention to the messages they are trying to convey. The ultimate answer lies in awakening the part of us that knows how to reprogram the system—that vital power within us—the “ghost in the machine” chemical medicine chooses to ignore.

Steven H. Horne is a past president and professional member of the American Herbalists Guild, a certified iridologist with the International Iridology Practitioners Association, and a gifted teacher and consultant in the field of natural health care. He is president of Tree of Light Publishing.





Kimberly Balas' Clinician's Corner

Varicose Veins, Hair Analysis, Colonics, and More...

Varicose Veins

My sister-in-law is a 44 year-old waitress and a mother of three (ages 14, 5 and 2). She suffers from terrible varicose veins. She has had surgery and saline injections several times over the years, but they kept coming back and got progressively worse with each pregnancy. She says they are OK when she first wakes up, but by mid-morning, she can hardly walk because the veins are so bad, and her legs look horrible. She is looking for natural alternatives to treating them. Besides the varicose veins, her mother's family also has a history of digestive and colon problems, and I'm wondering if this could be a contributing factor. Any suggestions or advice with a program she could follow would be much appreciated.

Shareen

I would start her on the Lymphatic Drainage formula first. It sounds like she has a lot of stagnation in her body. Being on her feet is compounding the problem by allowing congestion to build up in the legs and feet.

Also, have her soak in an Epsom salt foot bath or total bath when she gets home. The soak or bath should be for a minimum of 20 minutes. Spray the legs with Nature's Fresh after the soak. She should spray her legs with Nature's Fresh every night and morning even if she doesn't have time to do the bath that day.

VariGone is a formula that can be very helpful for varicose veins. It contains butcher's broom and horsechestnut, which tone the veins and improve venous blood flow. It can also help with the sore legs, tired from standing all day. Another remedy that has helped many people with severe varicose veins is to take Mega-Chel (2 tablets twice a day) along with butcher's broom or VariGone.

The lack of tone can be due to a silica deficiency. Try the HSN-W formula, particularly if she also has problems with her hair, skin and/or fingernails.

Constipation and congestion in the liver will contribute to this congestion in the venous circulation. Bowel Detox and drinking plenty of pure water may be helpful for that.

Hair Analysis

I am uncertain of the value of hair analysis tests. I read some studies mentioning specimens from the same person going to different labs in the U.S. and they all came back with different values, different

suggestions, different normal ranges, and so on, so I am wondering what people think of these studies. Who do you go through? Who can you trust? How can I, as a soon to be NHC graduate, get access to these tests if I should choose to use them as part of my assessment or troubleshooting? I understand you need to be someone in a position with the authority to diagnose and treat people to be able to go through these labs. I am a licensed health care professional but not an MD. Just looking for feedback.

No name

I used to use hair analysis tests but, like you, I had doubts about the accuracy of the labs. Now I only run blood because it shows what is still going on in the body, not what the body has passed through and is eliminating. I look at hair analysis like the negative of the film where you see the opposite effects, because what shows up in the hair is what the body is eliminating. Hair analysis can also be affected by what is being put on the hair. If you know what is currently going on in the terrain or biochemistry it is easier to fix it. After completing the NHC Metabolic Typing class, you will be able to order your own blood work without the help of an MD. You can also take the Biochemical Blood Analysis Class and be able to order blood work. We have a special arrangement set up with some labs nationwide to help make it safe and legal for all practitioners.

Colonics

A customer came to me and asked what I thought about colonic irrigation. I have no experience with this method. This person has IBS and apparently heard people on a web board talking about how much better they feel after the enemas. I really do not like enemas per se, and she told me that people are pulling the tips far beyond the rectum.

I do not know what to say in response to this question. I referred her to our Clean Start. It is not that I am totally against enemas, but I think they can do more harm than good, especially if done incorrectly, or with the wrong solution, or done excessively. One guy said he was doing coffee enemas everyday using those 1000cc bags and regular coffee. I realize organic coffee enemas are good for liver detoxifying, but everyday for constipation?

Darcy

I love colonics. We have a colon therapist at our office. She has been doing them for 20 years. (You really have to love your

job to do it for 20 years!) They require a pretty stringent license in the state of Florida, but Florida requires a license for just about everything. I personally have a colonic about every 8-10 weeks and feel great when I have one. We have to use an enclosed system for legal reasons here in Florida and we put a filter on the water line to make sure that it is purified (reverse-osmosis) water going in. Colonics are great not just for detoxifying but also for rehydrating the colon. Both enemas and colonics can be done excessively, it is true, but when done correctly they can make a world of difference in someone's health. Just follow up colonics with probiotics and minerals to replace electrolytes, trace minerals and friendly bacteria lost in the process. If you find someone like the lady we have, you will have fun with her telling you all the stuff coming out and ooohhhiing and aah-hhging over it!

Swollen Lymph Node

My 19 year old son has a swollen gland under his arm. He went to the doctor and they lanced it. A few days later he went back and they lanced it again. This is when she told him that it was a swollen gland and that normally it happens in women. I thought that it was a boil at first. Anyway he has two more coming up—any suggestions? I do muscle testing but would like to know what to check for. When family are involved it is sometimes hard for me to get a correct answer, especially if I think it might be something really bad.

Gwen

Lymph nodes are like little filtering stations that clean up lymphatic fluid on its way back to the circulatory system. When lymph nodes get overloaded with toxins, they can become inflamed. This causes them to swell and creates a congested, stagnant condition in the lymphatic system.

The natural remedy for this is alteratives, remedies that drain stagnant conditions. Lymphatic Drainage Formula is an excellent choice. The newly reformulated Lymphomax now contains red root, a very good herb for shrinking swollen lymph nodes. The combination of mullein and lobelia (4 capsules of mullein taken with one capsule of lobelia) is also good at shrinking congested and swollen lymph nodes.

Spray Nature's Fresh and put a drop of Roman Chamomile essential oil on the gland that was lanced. A poultice can also be applied topically to the swollen gland to help it by drawing out the toxins. Intestinal Soothe and Build or PLS II mixed with a small amount of lobelia would be a good poultice.

Obviously, however, there must be toxins in the body that are congesting the lymphatics and inflaming the lymph node. Look at possible problems like exposure to pesticides, fluoride, heavy metals, and so forth. Did he recently go to the dentist? Was he recently exposed to anything—car exhaust, paint fumes, chemical cleaning solutions, etc.? You may want to consider a round of

Heavy Metal Detox or Enviro-Detox if this is the case.

No Cartilage in Knees

I have a person, a women age 37, who has already had one knee surgery. The doctor told her that soon she needs to have surgery on the other knee. He told her that because she has had bad knee problems her whole life she was probably born with out cartilage in her knees.

She told me that she tried glucosamine, and it didn't work. She said that she knew another person who also had knee problems and glucosamine didn't work for them, either. I forgot to ask what brand they had used.

What would you recommend to a person like this? I have never come upon someone who was told that they were born without cartilage, and am not sure what to tell her.

Jeannette

It is unlikely she could have used her knees as long as she has if she had been born without cartilage. It is more likely the cartilage deteriorated over time due to a combination of injury and/or inflammation. Overacid conditions in the body can cause joints to deteriorate. A diet high in carbohydrates and refined foods will contribute to this.

Glucosamine will only work if there is a collagen structure already present. I have had success in helping to rebuild cartilage with Collatrim. Have her try taking liquid Collatrim three times daily. Also have her take two teaspoons of Nature's Fresh internally each day.

Our herbal products often work where products like glucosamine fail. Have her take large quantities of Bone/Skin Poultice. If she weighs 150 lbs, then 10 capsules per day should be about right. Adjust the amount taken up or down depending on her body weight. She could also take PLS II, but she would need to take 15-18 capsules per day in the evening before bed.

Silica helps add resiliency to joints. You may also want to consider having her take HSN-W.

Kimberly Balas is a board certified naturopath and an instructor for NSP's NHC program. She is also a board member and a certified iridology instructor with the International Iridology Practitioners Association (IIPA). She is available for personal consultations in her Melbourne, FL office or by phone (321-725-7731).





Cramps and Muscle Spasms

Relieving Muscle Tension the Natural Way

Muscles are supposed to contract. That's how they do their work. Muscles contract so we can walk, grab, lift, turn, and otherwise move. Contracting muscles also pump blood through the body, allow us to breath, move food through the digestive tract, and regulate automatic processes in the body.

Muscles contract to do their work, but then they need to relax again. In the process of relaxing, muscles acquire an energy charge. Just as a nerve needs to rebuild its electrical charge before it can fire again, so a muscle needs to rebuild its energy potential by relaxing before it can contract again.

When muscles can't relax again after contracting, we experience cramps and muscle spasms. In fact, the more exhausted the muscles become, the more tense they become. Muscles that can't relax block the energy flow in the body. Spastic muscles prevent things from moving properly and can cause intense stabbing or shooting pains anywhere in the body. In Oriental medicine, such conditions were called "wind" disorders because of their erratic, changeable nature.

People with a lot of muscle tension have a hard time relaxing. Like a tired child who simply can't relax enough to go to sleep, tense people often run around on nervous, fidgety energy until they drop from exhaustion. On the other hand, relaxed people can actually hold a higher energy charge than tense people. They also find it easier to flow with life and are less rigid about things.

Muscle cramping and spasms can be involved in a wide variety of health problems including: hyperactivity, leg cramps, restless leg syndrome, neck pain, tension headaches, back pain, asthma, whooping cough, high blood pressure, constipation, irritable bowel syndrome, spastic bladder, gall bladder attacks, hiatal hernia syndrome, menstrual cramps, cramping and spotting during pregnancy, postpartum pain, and more. Fortunately, there are answers to helping muscles to relax, easing health problems created by muscle spasm and cramping.

One of the first keys to relaxing muscles is to increase intake of the mineral magnesium. When muscles contract, calcium ions flow into muscle tissues. As the muscle relaxes again, calcium is displaced with magnesium. Thus, the interchange between calcium and magnesium helps muscles expand and contract. Many people erroneously believe that taking calcium will help when muscles cramp, but the truth is that very few people are deficient in calcium in modern America, while 80-90% of the population is deficient in magnesium. No wonder most of us feel so "up tight" all the time!

Since muscles expend energy to contract and rebuild energy to relax, substances which help muscles rebuild energy will help muscles relax. Fibrilgia and Cellular Energy contain magnesium in combination with other ingredients that enter the energy produc-

ing cycle in the mitochondria of cells. Both of these products can help muscles rebuild energy charges and ease cramping and muscle pain.

Another answer to muscle spasms and cramps is a class of herbal remedies known as antispasmodics. This class of remedies relaxes muscle spasms, often by helping to balance the function of the nerves. One of the most powerful of these antispasmodic herbs is lobelia. Available in both capsule and tincture form, lobelia will rapidly relieve spastic conditions in the body, allowing muscle movement to flow smoothly again.

If one examines the many conditions lobelia has been successfully used to treat, one will quickly note the spastic nature of nearly all of these conditions. Lobelia has been used for asthma attacks, whooping cough, spastic cough, hiatal hernia, spastic bowel disorders, and angina. It has also been combined with capsicum or other herbs and applied topically to relieve muscle spasms and congestion. In larger doses, it acts as an emetic, meaning it induces vomiting.

Kava kava is a Polynesian herb that acts as a muscle relaxant and antispasmodic. It is a powerful remedy for easing pain caused by muscle tension. It can help back pain, neck pain, leg cramps, and arthritic pains. Although in Europe some isolated reports of liver toxicity from using highly concentrated extracts have caused this plant to come under criticism, it has a long history of safe use and is still a dependable antispasmodic remedy.

Black cohosh is another powerful antispasmodic remedy that often gets pigeonholed as a female herb. Its traditional use for asthma, tension headaches, arthritis pain, and high blood pressure related to muscle tension are often ignored.

Wild yam and cramp bark are two more antispasmodic remedies which can help relax muscle spasms. Both of these remedies are very helpful for relieving menstrual and intestinal cramps. They are combined with lobelia and black cohosh in the formula Cramp Relief. This powerful combination is not only useful for menstrual cramps, it is also helpful for intestinal cramping, spastic constipation, gall bladder attack, spastic bladder, back pain, restless leg syndrome, and other disorders involving muscle cramping and spasm.

With so many natural options available, there is no reason for anyone to suffer from muscle cramping or spastic muscle pain. A qualified natural health consultant can help you select the remedies that are best for you.

Selected References

The Encyclopedia of Medicinal Plants by Andrew Chevallier
Herbal Therapy and Supplements by Merrily A. Kuhn and David Winston
The Book of Herbal Wisdom by Matthew Wood

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MSM

Natural Sulfur Compound with Anti-inflammatory Properties

Since 1953, dimethyl sulfoxide (DMSO) has been used as a commercial solvent. A by-product of the wood industry, DMSO has an unusual ability to penetrate tissues without harming them. About 11,000 articles have been written about DMSO. It has been demonstrated to have an anti-inflammatory effect—reducing pain and tissue swelling while softening hardened tissue, relaxing muscles and helping to fight infection.

MSM (methylsulfonylmethane) is a natural derivative of DMSO. It is created when DMSO is oxidized. MSM has been shown to have therapeutic effects similar to DMSO, but with fewer negative effects. DMSO sometimes causes reddening and itching of the skin, sinus congestion, and other allergic reactions, while MSM does not. DMSO also has a strong odor, while MSM is odorless.

MSM is a naturally occurring sulfur compound found in fresh fruits and vegetables and in every cell in the body. Discovered by Dr. Stanley Jacob, MD, and his associate, Robert Herschler, a research chemist for a paper manufacturing company, MSM is believed to be the main healing element of DMSO. It provides an important chemical element, sulfur, in a form the body can utilize nutritionally. Found in every cell in our body, sulfur is essential to the repair of damaged tissues. It helps keep tissues soft and pliable. It also helps cell membranes transport water and nutrients into the cell and toxins out of the cell with greater ease.

MSM supplies sulfur to tissues. Although MSM does occur naturally in fruits, vegetables, grains, and even milk, it is chemically altered and destroyed when these foods are heated. So supplementation with MSM may be helpful when tissues are lacking in sulfur due to modern diets consisting primarily of cooked and processed foods. Here are some of the potential uses for MSM as a supplement.

Hair, Skin and Nails

Keratin, a major protein component in the outer layers of hair and fingernails, requires sulfur for manufacture. A lack of sulfur can cause dry scalp and hair. It can also cause a loss of strength and luster to hair, skin and nails. So, MSM can improve the health of hair, skin and fingernails, helping to keep the skin soft and elastic and reducing the brittleness of hair and nails.

Immune System

Like DMSO, MSM has an anti-inflammatory action. It helps reduce tissue swelling and ease the pain associated with inflammation. It has been shown to help reduce allergic reactions, possibly by helping the body flush allergens away from the tissues more rapidly.

Digestive Tract

MSM appears to help with a coating over the intestines that makes it impossible for parasites to attach themselves to the intestinal lining. Thus parasites are more easily flushed out of the body. It has also been shown to help constipation and ease some cases of acid indigestion.

Joints and Tissue Repair

MSM has been helpful in some cases of arthritis. It reduces inflammation, helps tissues become softer and more pliable and works well with glucosamine to aid in joint repair. It can also reduce scarring.

Detoxification

MSM helps with sulfur-based detoxification pathways in the liver. If fatigue, diarrhea, skin rash or headaches occur when taking MSM you may be flushing toxins from the body too rapidly. Start with a lower dose.

Other

MSM can be helpful for balancing the hypothalamus and pineal gland function. It may also be helpful for the pancreas.

Use and Dosage Information

Recommended daily dose is 4.5 grams or 2 capsules three times daily. MSM may have a blood-thinning effect, so it should not be taken with high doses of aspirin or with blood-thinning medications.

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- Rizzo R, Grandolfo M, Godeas C, et al. Calcium, sulfur, and zinc distribution in normal and arthritic articular equine cartilage: a synchrotron radiation-induced X-ray emission (SRIXE) study. *J Exp Zool* 1995;273:82–6.

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Seek appropriate professional assistance for all serious health problems. Handout prepared by Tree of Light Publishing
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New Government Regulations Affect the Distribution of Product Literature

As we understand it, the FTC has issued rulings that will affect the distribution of educational literature on NSP products. NSP has already turned over the production of some of their sales aids, such as the Lifestyle Analysis, to a third-party company in Provo. Tree of Light Publishing is talking with NSP about distributing some of this sales literature. As most of you know, for fourteen years we have sought to provide you with high-quality third-party literature for your NSP business. We want to continue to provide you with quality materials for years to come. We'd like your input as to what materials would be of benefit to you. Please send any suggestions you have on sales aids we could develop to suggestions@treelite.com. We'll announce some of the sales aids we'll be developing or publishing in our next issue.

The Fastest Growing Crime in America...

Did you know identity theft is the fastest growing crime in America, affecting millions of people every year?

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Class Schedule

Tree of Light Classes Call 888-707-4372 to register.

Biochemical Blood Analysis

May 1-2 Harrisonburg, PA
Taught by Kimberly Balas. Steven Horne will also be present.

For a listing of Dr. Mom-Dr. Dad classes taught by our independent instructors go to www.treelite.com/schedule.php

Other Events

At the Heart of Natural Healing—Clayton College Symposium
April 22-25 Wyndham Peachtree Conference Center
Atlanta, Georgia

Call 866-699-2264 or go online at www.ccnh.edu to register
Steven will be speaking on Flower Essences and Herbal Nutrition. Other speakers include: Ellen Tart-Jensen, Matthew Wood, Daniel Gagnon, Phyllis Light and Rudolph Ballentine.

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The information in *Nature's Field* is for educational purposes only and should not be used to diagnose and treat diseases. If you have a serious health problem, consult a qualified health practitioner.

In an effort to offer you a variety of viewpoints and to broaden your understanding of health, body systems and natural healing, *Nature's Field* selects a variety of writers. The viewpoints expressed by each writer do not necessarily reflect the opinions or philosophies of Steven Horne or Tree of Light and its staff.

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