

An Electronic Journal for NSP Distributors

Cranberry

By Steven Horne

In today's society, we tend to think of food and medicines as being separate things. However, this hasn't always been the case. Hippocrates said, "Let your food be your medicine and your medicine be your food." Natural healers have long recognized that good nutrition (food) is one of the cornerstones of healing.



Photo by Steven Foster

Because the Thanksgiving holidays are nearly upon us, grocery stores are displaying bags of cranberries in their produce sections. Like many other items found in the produce section of the supermarket, cranberries are both a food and a medicine.

Cranberry juice has had a long reputation as a remedy for preventing (and to a lesser degree treating) urinary tract infections (UTI), especially in women. At one time, it was thought that cranberry acidified the urine, thus killing the bacteria. When this was shown to be untrue, and no direct mode of action against bacteria was discovered, cranberry was proclaimed ineffective. Medical thinking was, if cranberries don't directly kill bacteria, they can't be effective against urinary tract infections.

More serious attention is being paid to cranberries as a remedy for UTIs now that research has suggested a mode of action—cranberries help prevent bacteria from adhering to the lining of the bladder. This is important because urinary tract infections typically develop when bacteria from the colon (typically *E. coli*) migrate up the urethra (the tube that transports urine out of the bladder). These bacteria adhere to the bladder wall and create a colony there, and the result is a bladder infection. The infection can also spread to the kidneys. By preventing bacteria from adhering to urinary passages, cranberry ensures that bacteria can't stick to tissues and are flushed out in the urine.

Kidney and bladder infections always involve inflammation. Inflammation is always caused by irritation to the tissues. Medical people believe that this inflammation is caused by bacteria or viruses. Now, I can't prove scientifically what I'm about to say, but I believe the infection is able to take hold because the inflammation was already present, creating the environment for infection.

I believe the inflammation develops in the urinary system due to toxins being eliminated from the body via the kidneys

and bladder. These toxins irritate the lining of the bladder, which causes inflammation and creates the environment for infection. As bacteria feed and multiply they create more toxins which create further inflammation and the infection spreads.

Sour herbs (and cranberry is definitely sour) generally reduce tissue irritation and inflammation. Inflammation (and its accompanying free radical damage) is not only involved in UTIs, it is also the

beginning of heart disease, cancer, aging, and other chronic and degenerative diseases. So, if cranberries are reducing inflammation in general, they should have benefits that go beyond preventing UTIs. Research suggests they do.

For instance, cranberries contain flavonoids and other substances that reduce inflammation in the cardiovascular system, which helps prevent heart disease. Research also suggests that cranberries may help prevent *H. pylori* bacteria from adhering to the stomach lining, which would prevent ulcers. A mouthwash made from cranberry extract was shown to reduce bacteria in the mouth which cause dental carries. Other research suggests cranberries may protect the brain against inflammation and environmental toxins. There are a couple of studies showing cranberries have anti-carcinogenic substances.

You can get cranberries in NSP's Cranberry and Buchu combination all year long, but while they're available in the supermarket, why not use them fresh. If you have a juicer, try juicing some along with some apples to make your own delicious, all-natural, unsweetened cranapple juice. It's a great way to follow Hippocrates' suggestion and allow your food to be your medicine.

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Steven Horne's Ramblings and Ravings

None Dare Call It Diagnosis Part 6, Terrain and Body Systems

This is the sixth, and final, article in a series on the topic of health assessment. Last issue, we discussed tools for assessing constitution. In this article, we finish the series with a discussion of tools for assessing biological terrain and body systems.

The cause of illness can be identified by examining the person's constitution and lifestyle and the symptoms they are experiencing. How the illness has affected the body is determined by examining biological terrain and function of body systems. We identify causes to help clients create appropriate lifestyle changes. We identify terrain imbalances and weakened body systems so we can know what supplements we need to recommend to strengthen the body in its healing process.

Biological terrain, also known as the internal environment of the body, is the state of the fluid mediums (blood and lymph) which nourish body tissues. As long as these fluids are in a properly balanced state, the tissues of the body will function normally. When these fluids are out of balance, every cell in the body will suffer accordingly.

There is an interaction between the various body systems and the biological terrain, so tools that measure one of these factors always provide clues as to the other. This is because the function of the various body systems is to maintain a healthy internal environment, so if one or more systems aren't working properly, the biological terrain will be out of balance.

Conversely, when the biological terrain is out of balance in certain ways, it also weakens certain body systems. Thus, knowing what body systems are not working properly provides clues as to how the terrain may be out of balance, and knowing how the terrain is out of balance provides clues as to which body systems aren't working properly. So, as we discuss the various options available for tools that help to assess the terrain and system function, there will be some overlap.

The +D portion of the ABC+D system is aimed at providing direct aid to balance terrain and strengthen weakened body systems. So, this is one tool that can be used for making these assessments. The Body System's Questionnaire provides clues as to which body systems are in the weakest states. The Direct Aid charts provide a list of symptoms for each system that point to certain basic imbalances in the biological terrain. This is based on the fact that the various diseases and symptoms a person is experiencing are arising out of the imbalanced terrain and the weakened body systems. So, knowing what diseases and symptoms a person is suffering from provides us with clues that enable us to determine what the

underlying weaknesses are. More specific assessment tools simply provide us with a more accurate picture that enables us to pinpoint imbalances and weaknesses with greater accuracy.

Tools for Assessing Biological Terrain

The following tools can be used to more accurately identify what the primary imbalances are in the biological terrain.

- Blood Cell Analysis (Dry or Live)
- Blood Chemistry Analysis
- Iridology & Sclerology
- pH testing
- Pulse Testing
- QFA/BTA Analysis
- Reams Testing
- Tongue Analysis

Tongue and pulse testing are traditional ways of assessing the imbalances in the biological terrain. They are used to determine if the system is running too hot or cold, or is congested, damp, dry, constricted, etc. They are more subjective, but require no specialized equipment. Iridology doesn't actually tell us what the current terrain is, but it provides clues as to what kind of terrain imbalances a person is most genetically prone.

pH testing is the simplest and least expensive method to directly measure biological terrain. The pH of the saliva tells us about the quality of the lymph in the body and the pH of the urine provides information about what the kidneys are filtering from the blood.

More sophisticated (and accurate) methods of measuring terrain include using a QFA (formerly known as a BTA) machine, Reams testing, live or dry blood cell analysis, or chemical analysis of the blood done by medical labs. In the hands of a skilled practitioner, these assessment tools provide very accurate (and objective) ways of telling exactly how the terrain is out of balance, as well as objective ways of determining how well a particular health or supplement program is working.

The drawbacks of the later methods are two-fold. One is that directly examining fluids of the body may get one in trouble with medical licensing laws in some states. Live or dry blood cell analyses, in particular, can be very risky, since drawing blood and examining it is defined as a medical procedure in many states.

In most states using a QFA machine or Reams testing will be fine as long as one is not using them to try to diagnose disease conditions. Sticking to discussing the concept of biological terrain

and staying clear of discussing specific diseases (including parasites, yeast, viruses, heavy metals, etc.) will keep one on the safe side of the law. Biochemical blood analysis will also be legally safe as long as one sticks to talking about body systems and biological terrain. If one starts reading blood work for disease states, again one is crossing the line into the territory of the medical profession.

A second drawback for some of these assessment systems is their expense. One has to make a considerable up front investment to do live cell or QFA readings. While it is also possible to completely recoup these costs in increased business activity when the tools are used properly, it isn't wise to make these kinds of investments until one has enough clientele to justify the expense.

Because of the conservative legal climate of the state in which I live, I avoid the more "high tech" assessment tools (even though I greatly appreciate their accuracy and value) and stick with tools that help me keep a lower profile. However, I do use QFA or blood work readings when they are available to me because they provide me with great information about biological terrain.

Tools for Assessing Body Systems

All of the biological terrain tools can be used to provide information about which body systems probably need nutritional support. In addition, the following tools can be used to further identify which body systems need help.

- Blood Chemistry Analysis
- Facial Analysis
- Fingernail Analysis
- Iridology & Sclerology
- Kinesiology (Muscle Response Testing)
- Reflexology (Hand and Foot)
- Tongue Analysis

Many of these tools work because the body is holographic in nature, meaning that every part reflects the pattern of the whole. A holograph is a three-dimensional photograph of an object created with a laser. The interesting thing about a holograph is that if you cut it in half, you wind up with two smaller pictures of the same object. You can cut the holograph into four parts and wind up with four smaller (and slightly fuzzier) pictures of the same object. So, each part of a holographic photograph contains the image of the whole object.

The holographic nature of the body forms the basis for many alternative systems of health assessment, including iridology, sclerology, tongue analysis, hand and foot reflexology, and facial analysis. This is because every part of the body contains a map of the whole body, so it reveals something about the health of the whole.

It is important to become a careful observer so that one can start to see these holographic patterns, because many times the organs that are obviously having problems aren't the real sources of the problem. For instance, I recently spoke with a lady who asked

me about someone with hot flashes who had tried "everything." After a few questions and some careful listening, I learned that the hot flashes were connected with anxiety attacks. A couple of other clues suggested that the adrenals were the real source of the problem.

Mastering Health Assessment Skills

You don't need to learn or use all of these assessment techniques. Pick the ones that appeal to you the most. I would suggest that you always use an intake form and conduct an interview. I would also suggest that you learn at least one tool for assessing constitution, one for assessing biological terrain and one tool for assessing body systems. I primarily use iridology for constitution, tongue and pulse for terrain, and kinesiology for body systems. Kim primarily uses blood analysis and QFA readings. Use the tools which appeal to you and best help reach your people.

Also, I didn't develop these skills just by reading books. I started using what I learned with real people from day one. Like learning to ride a bicycle, assessment skills develop by actually making assessments. This is why every assessment course we've produced always requires people to practice making assessments on themselves, family members and friends.

If you're interested in learning more about health assessment skills, we offer a variety of classes to help you. We already have a course on Practical Iridology and the ABC+D course which teaches health consulting using the Body System's Questionnaire and the ABC+D charts. I'm currently finishing up our CHC course, Tools for Health Assessment, which will cover kinesiology, tongue and pulse, glandular body typing and more.

To further help people learn these skills in a hands-on way, I'm offering a new (live) class this coming year. It's called Clinical Practicum. Limited to 12 students at a time, this two-day class will involve doing a complete health assessment on every student in the class, enabling each student to observe and participate in the process of health evaluation. Kim offers the Natural Approaches to Blood Chemistry course, a live course which you can sponsor in your area. She is also teaching classes on the QFA machines. These classes offer credits for our CPH program.

If you'd like to sponsor this or one of our other classes in your area, please give us a call at 888-707-4372.

Steven H. Horne is a professional member and past president 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

Cataracts, Cats, Cushings and Heavy Metals

Cataracts

Do you know how to prevent or treat cataracts?

Lora

A cataract is a clouding of the lens of the eye. Cataracts usually develop from age-associated free radical damage but they may also be caused by injury. The proteins in the eye are damaged and re-align themselves in such a way that light can no longer pass into the eye. Symptoms include blurred vision and glare, the latter especially at night.

The key in dealing with cataracts is decreasing lipid peroxidation. Statin drugs adversely affect lipid metabolism and can actually be a cause of cataracts. Essential Fatty Acids will help. Herbs that aid fatty acid metabolism such as chickweed and ho shou wu can also be beneficial. Herbs that will give the eye better energy (chi) flow like Eleuthero are also helpful. In Chinese medicine, the eyes are related to the liver (which is one of the organs that controls fatty acid metabolism), so I have used Liver Balance for cataracts. Ashwaganda relaxes and improves blood flow. Wild asparagus calms optic nerve. Angelica and HSN-W can also be helpful.

Antioxidants help prevent cataracts. Perfect Eyes contains antioxidants that help protect the eyes. Vitamin C has also been shown to decrease the risk of cataract formation.

VS-C and Cats

Do you know if VS-C is contraindicated for cats? I have been asked for help with a cat that has had many antibiotics in creams and in food for an eye infection that the last vet says is viral. He suggested L-Lysine for the cat but there has been no change. The customer is willing to try VS-C in the cat's food and Nature's Fresh as a spray over the eyelid to help with the inflammation. This is an overweight cat that is on a weight loss diet, wears an Elizabethan collar and has worn it for over six months as this family has battled to preserve their pet.

Marilyn

VS-C works great for cats. You can even use a small amount of olive leaf with that, too (1/4 capsule, 2 times per day). I would probably try the colloidal silver mixed in with the VS-C to paint on the area, topically. If it is an open sore, then the Nature's Fresh can sting a bit around the eye area on pets. You could dilute it and make a blend with some chamomile tea, pau d'arco, VS-C, silver and Nature's Fresh to put that mixture on topically. This will cover bacterial, viral, and parasitical infections, as well as reduce inflammation.

Horse with Cushings

Our one-half Arabian gelding, 18 years old, has been diagnosed with Cushings disease. He exhibits no symptoms of the disease, that is, he has a perfect coat, no excessive consumption of water, etc. I would appreciate a review of your literature on the disease, and on herbs, should subsequent tests confirm that he does have the disease.

Stan

Cushing's disease is characterized by elevated activity in the adrenal glands. In humans, symptoms include excess cortisol, low blood sugar, poor wound healing, lowered immune response, thinning hair, muscle wasting, abdominal fat and high blood pressure.

Did they run the test which combines the dexamethasone suppression test (DST) with a thyroid stimulating hormone (TRH) and adrenocorticotrophic (ACTH) hormone tests? This is the most accurate way to get a complete picture. The good news is that once Cushings Disease has been diagnosed, treatment is simple, if long term, and in many cases will allow the horse to return to normal health.

Horses affected with Cushing's disease often have a pot-bellied appearance, combined with a loss of muscle on the topline. In addition, they are often more susceptible to other diseases because their immune system has been compromised by the excess cortisol production. Alfalfa can stimulate this so I would probably avoid that for the moment.

This disease is often caused by a pituitary imbalance or tumor. As cells in the pituitary gland become overactive, they produce excess quantities of a peptide called pro-opiomelanocortin (POMC) causing the entire endocrine system to get out of balance. One of the drugs used for this is Bromocriptine mesylate, a dopamine antagonist. It mimics dopamine to inhibit overproduction of activating peptides, and it has been shown to mildly decrease plasma ACTH and cortisol levels. There are problems in absorption which limit its practical use, however, and there are reported to be a number of side effects.

Even if no symptoms are present, I would work on the pituitary. Master Gland would help balance the pituitary, much like the drug but without side effects. Adaptagens are also helpful because they help to reduce pituitary output of ACTH, which reduces cortisol output in the adrenals. Eleuthero or Nervous Fatigue Formula could be helpful here. Usually just 2 Master Gland per day and 4 Nervous Fatigue Formula per day will do the trick.

A more successful drug in the treatment of Cushing's Disease is cyproheptadine, a serotonin blocker. This is available in tablet form, which is easily absorbed into the horse's system, making it a much more practical treatment. Eleuthero would be a choice as an alternative to this drug. Probably just 1-2 caps per day. I would think about using one All Cell Detox per day, also. Another supplement to consider is essential fatty acids of some kind.

You can open the capsules up and they will usually lick them out of your hand or you can add them to the horse's food.

Heavy Metal Detox in MS Patient

I have a customer who was diagnosed with MS in June. She has done remarkably well. She is on a lot of supplements, she has done colon cleansing in the beginning along with the Candida program and diet, the parasite cleanse, and very conscientious about the food she eats—only organic etc. She drinks tons of water. She is using the Pro-G-Yam cream as well.

Recently, a BTA (QFA) test revealed that she has heavy metals. So she started on the Heavy Metal Detox and at the same time is using the Tobacco Detox to quit smoking. There are also the Candida issues she's been working on. She recently had a set back where she is weak and having dizziness and visual problems. My question is this, could the Heavy Metal Detox be stirring up heavy metals that the body is unable to

eliminate, and could this be causing the dizziness and visual problems? She is again doing a colon cleanse.

Bev

In doing the Heavy Metal Detox, remember that you are also pulling other minerals out of the body, not just the heavy metals. This could be lowering her electrolyte levels and making her feel dizzy. I would add Mineral Chi Tonic and some Black Walnut to put in some good minerals to replace the ones being eliminated. The Recovery drink could also be an option, however, I haven't personally used it with any MS people so I can't say for sure.

I find that it is very important with MS to add antioxidants. I have been using the Super Antioxidant or the High Potency Grape. Also, doing enzymes with meals and between meals has been a huge help for MS clients.

Metallic Taste in the Mouth

What are possible causes of a metallic taste in the mouth, and what NSP products would be best for this? My client is in his mid-forties, is an O blood type, and works very long hours six days a week in the central Florida heat.

Teri

There could be a possibility that he is leaching minerals out of his system. It is very important to keep mineral intake up when working in the heat. I usually use a drink called Recharge and add three tablespoons of colloidal minerals to it for them to sip throughout the day.

This can also be a problem with heavy metals such as mercury, leeching out of fillings. However, it would be beneficial to see a QFA reading on his resistivity to determine if he is low on the minerals before doing a Heavy Metal Detox.

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





Bladder and Kidney Problems

Natural Help for Urinary Inflammation, Infection and Irritation

The urinary system is responsible for filtering the blood to remove toxins, acid waste and excess fluid. The kidneys also help maintain the balance of mineral electrolytes like sodium and potassium in the body.

Because of their role in removing irritants from the body, the organs of the urinary system may become irritated and inflamed, resulting in various diseases of the urinary tract. Many urinary disorders are named for the site of inflammation, which is indicated by the Latin suffix, *itis*. When the inflammation is in the urethra (the tube that empties the bladder), you have *urethritis*. When it is present in the bladder itself you have *cystitis*. When it moves to the kidneys you have *nephritis*.

Inflammation of the bladder can cause the bladder to become irritated, so that a person feels a continual need to urinate, even when only small amounts of urine are present. Chronic inflammation can also weaken the sphincter muscle at the bottom of the bladder, causing the bladder to leak, a problem known as incontinence. Inflammation can also cause burning and pain.

These inflammatory states may involve infection, but infection does not have to be present to have these symptoms. Urinary tract infections (UTIs) are most common in women, but also occur in men. They are typically caused by bacteria from the colon (such as *E. coli*) which migrate up the urethra into the bladder where they attach themselves to the bladder wall and begin to multiply.

Fortunately, nature provides many herbal remedies that can help to reduce inflammation in the urinary tract, reduce irritation, eliminate infection, improve kidney function and tone weakened tissues (such as the sphincter muscle). But before discussing any herbal remedies for urinary problems, we need to stress the most important remedy for almost all urinary problems—water.

Most people simply do not drink enough water to properly dilute the toxins the kidneys are trying to eliminate. As a result, the concentration of toxins in the urine is excessive and causes inflammation and irritation to the urinary tissues and structures. The irritation weakens these tissues, causing them to become more susceptible to infection.

It may be difficult to convince yourself to drink more water when you are suffering from incontinence or irritable bladder, or when urination is burning or painful, but this is exactly what the body usually needs. Pure water is needed to dilute irritants and help the body flush them out. While you may make an uncomfortable number of trips to the bathroom for a few days, drinking more pure water will ultimately speed healing.

Soda pop, fruit juices, milk and coffee do not substitute for water. In fact, soda pop and coffee are very hard on the kidneys and should be avoided completely when one is suffering from urinary problems. Small amounts of herbal or green tea are OK, but should not be considered substitutes for consuming water.

To help the urinary system flush toxins effectively, herbal remedies can be selected that will support healing. The best remedies will depend on the nature of the symptoms.

Where frequent urinary tract infections are a problem, unsweetened cranberry juice has long been recognized as a valuable remedy. Cranberries help prevent bacteria from adhering to the urinary passages, thus preventing urinary tract infections as well as keeping them from spreading. The combination of Cranberry and Buchu is valuable for urinary tract infections, too. Buchu acts as a diuretic to help flush bacteria from the urinary system. This formula works best when taken regularly to prevent infections.

When there is an active infection in the bladder or urinary passages, other remedies can be taken to speed recovery. These include goldenseal, uva ursi or Goldenseal/Parthenium. Both goldenseal and parthenium act as urinary antiseptics, making this combination a good choice for infections.

In most cases, Uva Ursi is probably the best urinary antiseptic available. It contains arbutin and other hydroquinone glycosides, which become disinfectant in the urinary passages. Unlike cranberry, Uva Ursi works better in alkaline urine. Uva Ursi also can help tone the bladder and sphincter muscle to help with incontinence and bed-wetting. Uva Ursi is not as effective in capsule form as it is when taken as a tea. Use 2-3 capsules per cup of boiling water and drink about 1/2 to 1 cup per day.

When the bladder is irritated or urination is painful or burning, soothing remedies are needed. These remedies are also useful when there is inflammation in the kidneys (nephritis). Soothing remedies include cornsilk, marshmallow or Urinary Maintenance. The cooling, anti-inflammatory effects of Thai-Go would also make that formula useful for irritable bladder or urinary tract inflammation where there is heat or burning. In these situations involving irritation, burning or pain, juniper berry, uva ursi, Kidney Activator and other stimulating diuretics are usually contraindicated.

Other urinary tract remedies include Chinese Kidney Activator and Kidney Drainage Formula. To help you design a program that is right for you, talk to your local herb specialist. His or her name should appear below.

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Seek appropriate professional assistance for all serious health problems. Handout prepared by Tree of Light Publishing
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Urinary Maintenance

Improved Urinary Formula for Kidney and Bladder Problems

Urinary Maintenance is a formula designed to support the health of the kidneys and bladder. It acts as a mild diuretic, helping the urinary system flush excess fluid and waste from the blood stream. It also helps reduce urinary inflammation and fight urinary tract infections. It is a good formula for painful or burning urination or inflammation in the kidneys.

Urinary Maintenance contains the following ingredients.

Magnesium (amino acid chelate)

Magnesium is an important mineral for urinary health because it helps to prevent the formation of urinary calculi (kidney stones) by keeping calcium in solution. Although the formula only contains 10 milligrams of magnesium, amino acid chelates are more efficiently absorbed than other forms of minerals.

Potassium (citrate)

Potassium is another mineral critical to normal function of the urinary system. Potassium citrate acts as a mild diuretic.

Asparagus Stem (*Asparagus officinalis*)

The garden vegetable asparagus has a nourishing effect on kidney function. It has been used since ancient times to improve urine flow. It helps flush acid waste from the tissues and helps cystitis.

Dandelion Leaf (*Taraxacum officinale*)

The leaves of dandelions are rich in potassium and other mineral electrolytes. They have been traditionally used as a mild, nourishing diuretic to support normal kidney function.

Parsley Leaves (*Petroselinum crispum*)

Like dandelion, parsley is rich in potassium, sodium and other mineral electrolytes necessary to normal kidney function. It also contains a volatile oil that has a stimulating effect on kidney function, making it an excellent nourishing diuretic for the kidneys.

Cornsilk (*Zea mays*)

The fine silk from corn has a soothing effect on urinary membranes, reducing burning and inflammation in the urinary passages. It helps with irritable bladder, frequent urination and cystitis.

Watermelon Seed (*Citrullis vulgaris*)

The seeds and fruit of watermelon act as a diuretic, stimulating kidney function and the removal of fluid from the tissues.

Dong Quai Root (*Angelica sinensis*)

Commonly thought of as a female herb, dong quai is actually a nourishing tonic for the blood. It improves pelvic blood flow.

Horsetail Herb (*Equisetum arvense*)

Rich in silica, horsetail is a urinary astringent that helps to tone urinary passages. It is a specific remedy for blood in the urine and also acts as a diuretic. It has been used for cystitis, urethritis and prostate problems.

Hydrangea Root (*Hydrangea arborescens*)

Hydrangea is a lithotriptic herb, meaning it helps bring calcium back into solution, helping to dissolve kidney stones and calcium deposits.

Uva Ursi Leaves (*Arctostaphylos uva ursi*)

Uva ursi contains arbutin and other hydroquinone glycosides which have a disinfectant action on urinary passages. It also helps prevent bacteria from adhering to urinary passages. Uva ursi helps tone urinary membranes and the bladder sphincter muscle making it helpful for bedwetting and urinary incontinence.

Eleuthero Root (*Eleutherococcus senticosus*)

Formerly known as Siberian ginseng, eleuthero root is most widely known as an adaptagen. It improves stamina and resistance to disease.

Schizandra Fruit (*Schisandra chinensis*)

Like eleuthero, schizandra fruit is an adaptagen. It has a balancing effect on body function.

Recommended Use

Take one capsule with a meal three times daily. Use with hydrangea when kidney stones are present. Use with marshmallow or cornsilk for burning or painful urination. Use with uva ursi or goldenseal for infections.

Selected References

PDR for Nutritional Supplements by Thomson PDR
PDR for Herbal Medicines by Medical Economics Company
The Encyclopedia of Medicinal Plants by Andrew Chevallier

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An Opportunity to Have Steven Horne Speak to Your Group.

Steven is planning a nation-wide lecture tour during 2005 to promote his book, *Dr. Mom-Dr. Dad*. He will be offering a three-hour evening class for \$25 (at the door) or \$20 (pre-registered) on primary health care in the home. The lecture will teach people about inflammation, how to relieve pain, and how to overcome acute illness. Starting at the end of this month, we will be making calls to find sponsors.

Also on this lecture, Steven is going to offer a new two-day class, *Clinical Practicum*. This class will be limited to 10-12 people. Steven will do a live consult on each student in the class using iridology, tongue and pulse, body typing, facial analysis, muscle testing and more. Students will be able to observe first hand practical application of clinical skills. Each student will also receive a free telephone follow-up to 2-3 weeks after the class.

In addition, Steven is developing a program called *Business and Marketing 101 for Herbalists*. He is also willing to teach classes on *Emotional Anatomy* or the *Energetics of Human Relationships*. If your group would be interested any of these programs, please let us know.

If you would like Steven to give a lecture or teach a class in your area, please call 888-707-4372 or email David Tanner at classes@treelite.com. We plan to fill Steven's calendar for next year by the end of December, so if you are interested, act quickly.



Class Schedule

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

Steven Horne's Speaking Engagements Call 888-707-4372 for information.

Steven is currently developing his schedule for next year. See note above.

Kim Balas' Classes

Unless otherwise noted, call 888-707-4372 to register.

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| Natural Approach to Blood Chemistry | | |
| Dec 3 | Phoenix, AZ | \$250 |
| Practical Applications on the QFA | | |
| Dec 4 | Phoenix, AZ | \$250 |
| <i>Call Health Science Products at 928-474-9686 to register</i> | | |
| CLEAR® | | |
| Mar 12-13 | Clermont, FL | \$399 |

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Tree of Light Publishing is an independent educational organization dedicated to research, writing, and education in the field of natural health. Our approach discusses health on all levels: physical, mental, emotional, spiritual, social and environmental.

Important Notice

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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