

Nature's Field

An Electronic Journal for NSP Distributors

Horsetail

Equistum arvense

by Steven Horne

My first use of horsetail was as a scouring pad for my pots and pans while camping. Also known as bottlebrush or scouring rush, horsetail's high silica content makes the plant abrasive. A handful of horsetail makes a great natural scouring pad. In fact, it was used in the past to polish metal and wood.

The name horsetail comes from another traditional use. The plant was tied to the tails of horses to help them ward off flies. Another common name, joint grass, refers to the fact that the plant has little joints in the stems which can easily be pulled apart. (As a child I used to pull the stems apart and try to reassemble them like a puzzle.) One more common name for this plant, shavegrass, should demonstrate why professional herbalists have to rely on Latin scientific names, not common names, to identify herbs.

The high silica content of horsetail is one of its chief therapeutic properties. Growing primarily in moist, sandy soil (sand is mostly silica), this herb has the highest silica content of any herb. Silica is a mineral, a nutrient utilized in skin, hair, fingernails, joints, bones, connective tissue and the nerves. Silica adds flexible strength to these tissues. It makes hair coarser, fingernails stronger, skin shinier, and nerves more resilient.

This, of course, explains why it is included in Eugene Watkins HSN-W formula. HSN stands for hair, skin and nails; the W stands for Watkins. This formula containing horsetail, dulse, sage, and rosemary, is widely recognized in NSP circles for its ability to help brittle fingernails, thinning hair, split ends, and skin problems.

Of course, it also helps bones, joints and connective tissues, too, because silica helps fix calcium and other minerals into bones and connective tissues. The fact the plant has "joints" also shows its affinity for healing joints and connective tissues. The silica content of horsetail, and its ability to aid structural repair, is why it is included in other structure-enhancing products like HSN Complex, Herbal CA and Joint Support (JNT-A).

Horsetail's love of moist soil is a signature for its use as a urinary remedy. It has a mild diuretic effect and acts as an astringent in the urinary system. It has been used to help cystitis,

urethritis, and prostate disease. It is a very specific and effective remedy for bleeding in the urinary tract. Horsetail's benefits for the urinary system have resulted in its inclusion in formulas like Urinary Maintenance and Liver Cleanse Formula.

Horsetail can also be helpful in emphysema because it helps restore elasticity to lung tissue. Since smoking is the primary cause of emphysema, it is odd that horsetail contains traces of nicotine.. Horsetail is also useful for bleeding in the lungs, and for hypersensitive allergies and constant sinus drainage.

What most people don't realize is, how good silica is for the nerves. Silica is a semiconductor and an important part of computers (which is why they call the part of the San Francisco bay area famous for its many computer companies Silicon Valley). Just as silica is important for structural resiliency, it is also important for resiliency in the nervous system. Herbalist Matthew Wood says it helps people develop more "grit." He says that chewing fingernails or picking at one's hair may indicate the need for horsetail.

Here's an even lesser known fact: horsetail and HSN-W are good for the pineal gland. Kim Balas has documented this with her biochemical blood analysis. This makes sense, since the pineal gland contains a tiny crystalline structure. It never ceases to amaze me, the wide variety of uses we can find for a simple herb like horsetail. It's always fun to learn a new use for an old herbal friend.

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Herbs and Old Time Remedies by Joseph VanSetters
PDR for Herbal Medicines by Medical Economics Company
Vibrational Medicine by Richard Gerber
The Book of Herbal Wisdom by Matthew Wood

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Steven Horne's Ramblings and Ravings

The Mysterious Pineal Gland

The pineal gland is the most mysterious gland in the endocrine system. Anatomy books often don't have much to say about it. It is a small, cone-shaped gland that sits at the base of the brain in human beings. In some fish and reptiles, it is near the upper surface of the head and even has a structure very similar to an eye, with a retina and lens. Dubbed the "third eye" by mystics and intuitive people, the gland is responsive to light.

About all most anatomy and physiology books will indicate about the pineal gland is that it produces a hormone called melatonin. Melatonin's primary function is to regulate cycles of sleep and wakefulness, but it also affects the secretion of gonadotrophins and ACTH from the pituitary.

Levels of melatonin rise and fall during the cycle of day and night. Levels are lowest midday and highest at night. Melatonin helps to control our daily circadian rhythms, which is why the pineal gland has also been called a biological clock. In humans, melatonin appears to inhibit sexual maturation until puberty, help coordinate sexual hormones during our adult years, and to initiate menopause.

A chart showing how melatonin is produced is shown on this page. When the amino acid tryptophan crosses the blood/brain barrier, the brain is influenced to convert it to 5-hydroxytryptophan (5-HTP). 5-HTP is then converted to serotonin. The pineal gland converts serotonin to N-acetylserotonin and then to melatonin. Two factors govern this synthesis—darkness and the presence of a secondary messenger chemical called cyclic AMP (cAMP). Once released, melatonin reduces cAMP levels throughout the body, thus decreasing the activity of every other hormone that requires cAMP to function. This action also lowers core body temperature (which is why we are cooler when we are sleeping).

Melatonin production diminishes with age, which has caused it to be touted as one of the anti-aging hormones. However, any form of long term hormone replacement therapy should be looked at with suspicion because every hormone affects the balance of other hormones, so that taking one is automatically going to throw other hormones out of balance. So, the use of melatonin supplements, like NSP's Melatonin Extra, for jet lag or occasional insomnia is fine, but taking it as a life-extending substance is unwise.

5-HTP Power contains the precursor to serotonin, which may be helpful for upping melatonin levels more naturally. Taking 5-HTP Power an hour before bed, and then turning off

the lights (or at least dimming them) will allow the pineal gland to start manufacturing melatonin. The current practice of watching TV or playing on a computer before bedtime just doesn't make sense when we understand how melatonin is produced. We are staring at a light source, which is inhibiting melatonin production, and thus helping contribute to insomnia rather than curing it.

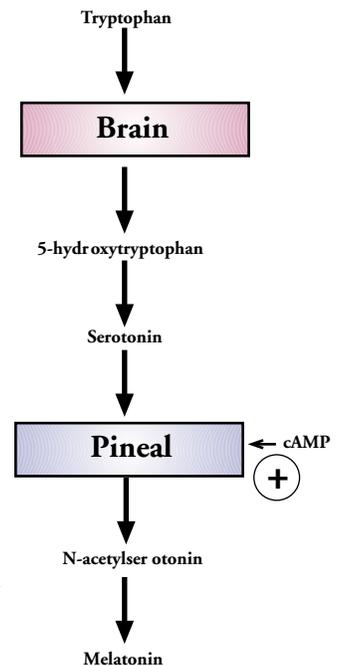
There are several other substances produced by the pineal gland in much smaller quantities. Pinealin is one of them, and it is an insulin-like substance that lowers blood sugar. Little information is available about these hormones, but this does not mean that we have no idea of other functions the pineal gland may have.

As previously suggested, sages and mystics have referred to it as the "third eye." They have called it the spiritual gland and taught that it was responsible for altered states of consciousness and phenomena like inspiration or intuition.

Dorothy Hall, an Australian naturopath, says the following about the pineal gland in her book, *What's Wrong With You?*

Animal instinct is preserved in humans in this gland, though in a vastly less useful manner than through the pineal glands of dogs, cats and most other animals. Humans who listen to that still small voice within have a great advantage over those who ignore it as 'irrational' or 'illogical,' or even worse 'not proven scientifically.'

Dr. Hall maintains that animal instinct is derived from this gland and points out: "Animals have much larger and more active pineal glands than do humans." This may account for the ability animals have to sense danger, approaching storms, or earthquakes. It is believed that the pituitary is able to sense subtle vibrations which accounts for this intuitive ability to sense approaching danger.



An odd thing about the pineal gland is that it contains a crystalline structure. In his book, *Vibrational Medicine*, Dr. Richard Gerber, MD makes the following comments about this crystal in the brain.

One particular crystalline structure...is the pineal gland and more specifically, the pineal calcification: a crystal that lies in the center of the brain.

Long recognized as a structural landmark for judging x-ray parameters of symmetry within the human brain, the true function of the pineal's crystal has never been known.

Many modern watches contain a *quartz crystal* which helps to operate the watch. Crystals are also used in science to help tune in to and stabilize various vibrational signals. Isn't it interesting that this human internal biological clock and "light receiver" makes use of a crystalline structure?

This crystalline structure in the pineal gland appears to be composed of silica. Silica is a semiconductor used in computer chips (hence the term Silicon Valley for the area of California famous for its many computer companies). It is very probable that this silicon structure oscillates to various vibrations in our environment, transmitting information emanating from subtle energy sources to the brain.

In her work with biochemical blood analysis, Kimberly Balas, ND, has found that horsetail and HSN-W can be helpful for the pineal gland. If the pineal does contain a silicon "chip," this makes perfect sense, because these herbs are rich sources of silica. While NSP Managers usually think of HSN-W as a combination for hair, skin and nails, Denny Johnson, developer of the Rayid method of iridology, claims the pineal gland helps regulate the health of the skin. Besides, two of the herbs in HSN-W have a tradition of use in enhancing mental ability. Rosemary is traditionally associated with *remembrance* and sage is one of the names for a wise person—as well as the herb.

The pineal gland is sensitive, not only to cycles of light and darkness, but also to various wavelengths (colors) of light. In lower animals it has been shown that the pineal gland actually possesses photoreceptors which can detect light. It is possible that this may be true in human beings as well. Some researchers feel that when light passes through the eye to the retina, it not only sends the signals of what is being seen to the brain, it also passes information about the type or color of light through electrochemical impulses to the pineal, pituitary and hypothalamus. These glands, in turn, regulate the rest of the endocrine system. Hence, the kind of light passing through our eyes affects every cell in the body through the endocrine system. Hence, we might think of the pineal gland as the source of *enlightenment*. Maybe the sages have been right all along.

Light is an important nutrient for a healthy body. When people do not get sufficient exposure to light, they can become

depressed. This is due to an alteration in the hormones secreted by the pineal gland. This phenomenon occurs in northern climates during the winter time and is called "winter blues" or "cabin fever." Herbs like St. John's wort may help depression by making the body more light sensitive. St. John's wort is known to induce photosensitivity, so it may help us "lighten up." Who knows, maybe it works on the pineal, too.

It isn't just the *amount* of light the body is exposed to that's important to good health, it's also the *kind* of light we are exposed to. Time-lapse photographer John Ott found that different wavelengths of light caused plants and animals to grow in different ways.

In his book, *Health and Light*, Ott reports that when he changed from incandescent lighting to fluorescent that plants would suddenly cease to grow in one pattern and grow in another. His discoveries—that light affected the growth of plants—inspired him to start testing the effects of light on animals. He learned that animals were also affected by different kinds of light. For example, pink fluorescent lights caused mice to develop tumors and die, on the average within seven and a half months. Their tails would wither and fall off after a time under pink fluorescent lights. Under a certain dark blue fluorescent light, the cholesterol levels in the mice rose sharply. Males became obese, females did not. A red filter caused the heart cells of chicken embryos to weaken and rupture. Other types of light caused behavior problems like aggressiveness, hyperactive behavior, aimlessness and disorientation, as well as sexual changes in mice, rats, and other animals.

The discoveries of John Ott demonstrate that sunlight, which has the full spectrum of light waves in it, is an important nutrient for a healthy glandular system. Because of his discoveries, many people are now using various types of full spectrum lights indoors which duplicate the wavelength patterns of sunlight. This may be of great benefit for the pineal.

Besides Melatonin Extra and 5-HTP Power, a number of essential oils appear to enhance pineal function. These include sage, jasmine, lavender, patchouli, and ylang ylang. Additional information on how to recognize pineal problems and balance pineal function is found in the *Biochemical Blood Analysis* course by Kimberly Balas.

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

Atkins, Blood Type Diet and the Corneal Arcus

Is Atkin's Healthy?

I know a lot of people who really believe in this Atkins diet and I don't think it is healthy. It has been a couple of years since I read his books and I could have totally misunderstood the information, but thus far everyone of the nurses I saw do this diet turned into monsters. It seemed their hormones were out of whack, and their periods were all messed up. One woman collapsed with a heart blockage.

Do the latest Atkins books promote the right kind of foods, good fats etc.?

Darcy

Neither Atkins or South Beach diet take in to account organic produce or high quality foods. They both promote artificial sweeteners and microwaving. The concept of avoiding high glycemic carbohydrates and focusing on low glycemic carbohydrates (mostly vegetables) and protein is essentially sound, but there is more to it than that. The blood type is the best place to start. That is why I just hand out to all my clients the tear-off sheets on the blood type I helped develop for Tree of Light. Steven does this, too. These charts combine the idea of the Zone diet (balancing fats, proteins and carbohydrates) with the pH information and the blood type information. The charts are colorful and simple. They really help you teach people that what they need is a lifestyle change, not a diet. The information on the charts doesn't seem to push them over the edge, however. It makes the change feel achievable.

Atkins Diet and Blood Type

I wonder though, if the blood type affects whether the Atkins diet is good or bad for the person. For example, I would think an A should never do Atkins, while an O may benefit on the program for a short time? Some people experience low energy on this diet, too. What do you think?

Sunshine

The Atkins diet offers too many fats. A high protein diet can benefit all types when it comes to weight loss, but the key is to chose protein sources that are right for a person's blood type. It is also important not to devitalize the proteins. All proteins become devitalized when cooked at high temperatures or in a microwave. This is why protein drinks often work for people.

To determine your protein requirements, take half your body weight and that is the number of grams of protein you need each day.

You do need carbohydrates, too, but these should be low glycemic carbohydrates (primarily non-starchy vegetables). High glycemic carbohydrates like grains, pasta, potatoes, etc. raise insulin levels and put on weight. Protein intake along with low glycemic carbohydrates helps eliminate hyperinsulinemia (high insulin levels) and helps with weight loss. Low glycemic carbohydrates also help balance out the acid-forming tendencies of hte protein to help maintain pH balance. Again, the Blood Type Charts available through Tree of Light help people learn how to balance their nutritional intake.

As for no energy on this diet, when you start breaking down stored fat it causes ketosis. Ketosis is the accumulation of ketone bodies, which are created by the oxidation (or breakdown) of fatty acids. These ketone bodies must be eliminated in the urine. Fat also stores toxins, so as fat breaks down it dumps toxins into the blood which must also be eliminated in the urine. This will often cause fatigue.

So, feeling tired on this nutritional program may mean that a person is toxic and needs to do some cleansing. Formulas like Enviro-Detox, Cellular Energy, and Kidney Drainage may be helpful.

Blood Type Diet and Herbs

I'm not convinced that Peter D'Adamo knows what he's talking about when it comes to herbs. For regular foods his theory does seem to make some sense, but for herbs it doesn't. For instance, red clover and chaparral are avoids for A Blood Types, but my mother (an A Blood Type) used them both to overcome melanoma (near the point of death, too).

Desiree

It is very challenging to explain how the blood type approach works without going into biochemistry. It works on a system of long chain polysaccharides and the agglutination (clumping) of them. The testing isn't actually done with blood at all. It is done with an antigen serum placed on the substance.

When it comes to herbs, it isn't as simple as people might think. When cancer is present, for example, there are times when you will want to use avoids because they will help smother the cancer. Again, this is hard to explain without going into detailed biochemistry, but you can think of it in the same way you would think about paw paw. Paw paw isn't for a healthy person because

it slows down energy production (ATP) in the cells. So, it slows down the cancer by depriving it of energy.

Using avoids with cancer can reduce the oxygen carrying capacity of the blood and starve the cancer cells. I don't recommend trying this without a thorough understanding of it, but you can do some research on polymorphism if you want to understand how it works.

Corneal Arcus (Sodium/Cholesterol Ring)

I am a little confused. I read in Nature's Field that the calcium/sodium ring will never go away. I read in Jensen's stuff somewhere that it can. I was also informed by my upline's upline Manager (both very gifted) that this sign was caused by lymphatic congestion in some instances rather than inorganic sodium, high cholesterol, or calcium out of solution. So, will the ring ever go away and can it be due to congested lymph. Sometimes it gets confusing when you get two or three different schools of thought.

Lisa

Yes, it can be confusing at times because there is a lot of contradictory information in the field of iridology. Both Steven and I are on the board of the International Iridology Practitioner's Association (IIPA) which is trying to promote iridology based on the latest medical research out of Europe.

The president of IIPA is Ellen Jensen, who is married to Art Jensen, Dr. Bernard Jensen's son. Dr. Jensen left his work and his legacy to Ellen and Art because he believed that iridology needed to continue to advance. So, my answers are based on the IIPA standards in iridology.

What you are calling the calcium/sodium ring is the lipemic diathesis sub-type in German iridology. Jensen called it a sodium/cholesterol ring. This sign really isn't on the iris at all. It is plaque that is laid down on the 7th layer of the cornea, which is why it is also called a corneal arcus. A corneal arcus is indicative of high blood fats stream or a high free calcium index. The plaque is similar to the plaque laid down in the arteries in response to inflammation.

This sign isn't something a person is born with. It is an acquired sign. It becomes more common as people grow older. There is, however, a genetic predisposition towards it. For example, it is more common in the brown-eyed (hematogenic) type.

A corneal arcus is seen in people with both low cholesterol and high cholesterol. It is due to oxidative factors and the level of LDL cholesterol. It signifies a disturbance in fat or glucose metabolism and may involve the liver and the thyroid. There is also a high risk of cardiovascular disease. The cardiovascular risks are higher when the sign is detected in a younger person (under age 40). It can also affect the joints.

The position of the arcus will help with differentiation. A frontal arcus (at the top of the eye) can mean cerebro-vascular insufficiencies (poor blood supply to the brain). A medial or tem-

poral arcus (on the sides of the eye) can indicate coronary and/or pulmonary arterial blockages. A ventral arcus (bottom of the eye) reflects insufficiencies of blood flow through the arteries in hip, thigh and leg areas.

Avoid calcium supplements with this sign. Look for liver, thyroid, adrenal, and circulatory problems. Consider deficiencies of magnesium, essential fatty acids, and trace minerals, too. The Mega-Chel program can be very helpful for people with this sign.

Emotionally, the corneal arcus is called the ring of determination. According to Denny Johnson, who developed the Rayid model of iridology, it indicates a determined, rigid and sometimes stubborn personality. The lesson people need to learn with this ring is to let go and develop trust.

Although some people claim the corneal arcus can go away once it develops, there is no photographic evidence supporting this. There is evidence that it can become less opaque, but it will still be visible.

The signs that usually accompany the tendency to lymphatic stagnation are blue eyes and the lymphatic rosary or lymphatic tophi. Lymphatic tophi are indicative of the hydrogenoid subtype in German iridology. With this sign there is a tendency towards fluid retention and lymphatic congestion. If the lymphatic tophi are distinct in certain areas of the chart, then one should look at the increased risk of lymphatic stagnation in those particular organ areas (such as the lungs or sinuses).

Lymphatic tophi also indicate a tendency for weak digestion and difficulty breaking down proteins. There is a greater risk of allergies giving rise to eczema, asthma, diarrhea, arthritis, bronchitis and so forth. Emotionally, these people tend to have difficulty with discord and disharmony. They crave peace in the world and their environment. They don't want to rock the boat and want to keep everybody happy and everything balanced—which is almost impossible. They tend to take on other people's garbage. They need to learn how to set boundaries and just say NO.

The tophi aren't likely to go away but they can change color. Yarrow, Lymphatic Drainage Formula, and Lymphomax can be helpful for people with this pattern.

For more information, you can consult Tree of Light's new Practical Iridology course.

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).





Getting a Good Night's Sleep

Natural Solutions to Insomnia

If you've counted sheep as you laid wide awake in the wee hours of the night, unable to sleep, you aren't alone. It has been estimated that fifty million people in the U.S. suffer from sleep disorders, which include insomnia, the inability to either fall asleep or to remain asleep through the night. Fortunately, there are some fairly simple answers for most cases of insomnia. For starters, sleep patterns are habitual, so one needs to train the body by going to bed at a regular time until a sleep habit can be formed. This generally takes about 3-4 weeks.

The ability to fall asleep is partially governed by a hormone called melatonin produced by the pineal gland. Melatonin is produced from serotonin, a neurotransmitter that acts as a mood elevator in the brain. Serotonin is converted to melatonin by the pituitary gland in the absence of light. So, staying up watching TV or working on a computer is not helpful for insomnia. (You're staring at a light-source which is inhibiting the production of melatonin). So, decide on a regular bedtime, turn out the lights and go to bed at that time to help train your body into a regular sleep pattern.

Serotonin is produced from the amino acid tryptophan, along with vitamin B₆ and zinc. Since serotonin levels are directly influenced by tryptophan levels in the brain, increased intake of tryptophan can help induce sleep. **5-HTP Power** provides tryptophan (in the form of 5-HTP or Hydroxytryptophan), zinc and B₆, thus helping to increase serotonin synthesis.

Melatonin is also available as a supplement. Melatonin Extra can be taken shortly before going to bed to help train the body to go to sleep at the desired time. This can be especially helpful for jet lag or insomnia brought on by irregular sleep schedules.

Emotional stress and tension, fear, excitement, anxiety and worry can all affect sleep. When the mind keeps going over problems and stresses again and again, sleep can become a problem. If worry over daily tasks is keeping you awake, you may want to get some instruction on meditation. Meditation can do wonders for calming the nerves and helping with sleep.

Nervine herbs, which promote relaxation and relax muscle tension, can help to release those "uptight" feelings and promote sleep. Hops is a mild sedative and can help relax both the body and the mind to promote better sleep. Scullcap is a good herb for excess mental chatter, as it helps to quiet the mind. Other herbs that help the body relax and promote sleep include: valerian, passion flower, and kava kava. Three of these herbs, hops, valerian, and passion flower, are found in the Herbal Sleep formula. Take these herbs about 1-2 hours before bedtime. Dim the lights, read a good book, or do meditation or other relax-

ing activities to allow the body to unwind so it is easier to fall asleep.

Closely related to nervous tension, anxiety may also produce insomnia. If you have "panic attacks," cardiac stress (high blood pressure, rapid or irregular heartbeat), chronic nervousness or tension headaches coupled with insomnia, then anxiety may be the cause. In this case, nutrients such as **Vitamin C, B Complex,** and **Magnesium** can help. **Nutri-Calm**, an anti-stress vitamin supplement in a base of nervine and adaptogenic herbs may be particularly helpful.

Liver toxicity, or an excess of hot or "yang" energy in the liver, is a common cause of insomnia. This creates "night hawk" behavior where the person gets energized in the evening and can't relax and go to sleep. In the morning, the individual feels "groggy" and "hung over" and often has a difficult time getting out of bed. Headaches are also common with this profile. Treat this type of insomnia with herbs to cleanse the liver and reduce liver "heat," such as **Enviro-Detox or Liver Balance**.

When a person is able to go to sleep, but their sleep is disturbed by frequent tossing and turning, restless dreams, waking often needing to urinate, or waking up after a few hours and being unable to get back to sleep, the problem may be exhausted adrenals. Such a person is often tired during the day, but unable to sleep peacefully at night. Other symptoms of adrenal exhaustion include: dark circles under the eyes, quivering tongue, pulsing pupils, mental confusion and being excessively emotionally sensitive.

Adrenal exhaustion suggests a need for adaptagens and/or adrenal tonics. **Nervous Fatigue Formula** is generally a very effective formula for this type of insomnia. It is used in Chinese medicine for depleted "fire" or what we would call "burnout" in the West. It not only aids insomnia, it also helps manage heart palpitations, restless thoughts, night sweats, mental confusion and emotional "edginess." Most people suffering from this type of insomnia experience improved sleep and energy levels within two to four days on this formula. Adrenal Support or AdaptaMax can also be helpful for this type of insomnia.

It also helps to avoid eating heavy meals before bedtime, although a small snack of a high protein food like jerky, cottage cheese, or nut butter at bedtime can help to stabilize blood sugar levels during sleep and improve the quality of rest.

Natural therapy for insomnia involves identifying the underlying causes and selecting appropriate remedies to correct those causes. Consult with a qualified herb specialist or natural health consultant for more specific recommendations.

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Nervous Fatigue Formula

Chinese Formula for Fatigue, Mental Confusion and Insomnia

Anyone who has experienced the feeling of being burned out will identify with the indications for Nervous Fatigue Formula, a Chinese herbal blend designed to “nourish the fire.” Fire represents enthusiasm, desire, passion, joy and other positive emotions that motivate us. Sometimes, after a long period of stress, our “fire” gets depleted, resulting in a feeling we call “burnout.”

Burnout is usually caused by exhausted adrenal glands and nerves. There is a feeling of constant fatigue, coupled with restless and disturbed sleep patterns. Dreams become disturbing and sleep patterns are broken by waking up frequently (often with the urge to urinate several times each night). During the day, mental confusion, emotional sensitivity, loss of short-term memory and sensations of pressure or distress in the heart area are common. Often there is a loss of sexual desire.

Other indications of a loss of fire include burning sensations in the hands, feet and chest (heart), night sweats, and heart palpitations. The tongue is generally red with a scant coating and may quiver. The pulse is thin and rapid. The pupils may be pulsing and frequently there are dark circles under the eyes.

Nervous Fatigue Formula generally calms the heart, balances the nerves and increases energy by promoting better sleep. It has adaptogenic properties, meaning it helps the body cope better with stress. The following herbs work synergistically to create this effect:

Schizandra Fruit is the main herb of this combination. It is an adaptogenic tonic that helps balance the body. It has been used to treat heart palpitation, nervous exhaustion, chronic diarrhea, insomnia, and anxiety.

Dong Quai is a mild sedative that nourishes the blood. It aids digestion and has been used traditionally to relieve palpitations, indigestion, and anemia.

Cistanche and **Biota Seed** are gentle herbal laxatives. Biota Seed is also a sedative that has been used to treat heart palpitation, insomnia, and debility. **Succinum Resin** is an aromatic sedative and diuretic and has been used to treat insomnia and heart problems.

The following herbs help to balance blood sugar: **Ophiopogon** helps regenerate pancreas cells. It is a nervine and an expectorant which has been used to treat insomnia, coronary disease, and fear. **Lycium Fruit** lowers blood sugar and cholesterol and promotes the regeneration of liver cells. **Hoelen** is a sedative that decreases blood sugar. It has been used to treat insomnia and heart palpitation.

Cuscuta Seed increases the flow of urine, detoxifies the kidneys, lowers blood pressure, enhances heart action, and regulates the liver. **Polygonatum** increases bile production and urine flow, lowers blood pressure and shrinks inflamed tissues.

Panax Ginseng is a tonic for the whole body. It improves mental capabilities and energy levels while stimulating the function of the adrenals and pancreas. It is adaptogenic and cardio-tonic. It has been used to treat forgetfulness, fatigue, cardiac arrhythmia, and insomnia.

Dioscorea is a Chinese species of wild yam. It speeds healing, has a nourishing effect on the lungs, and increases the production of digestive fluids. **Astragalus** is an immune tonic that has a beneficial effect on the lungs. It supports the heart and lowers blood pressure and blood sugar. It has been used to treat fatigue, debility, nephritis, and night sweats.

Lotus Seed is a mucilaginous herb that absorbs digestive toxins. It has been used to help relieve chronic diarrhea, poor appetite, insomnia, inflammation, and heart palpitations.

The following herbs act as sedatives in this combination: **Polygala** is an expectorant and a sedative that lowers blood pressure. It has been used to treat insomnia, heart palpitation and nervous tension. **Acorus** is a sedative that increases the production of digestive fluids and lowers blood pressure. It has been used to treat nervous tension, depression, epilepsy, poor appetite, gastritis and muscle spasms. **Zizyphus Seed** is a sedative that relieves pain, reduces fever and lowers blood pressure. It has been used to treat insomnia, heart palpitation and nervous tension.

Rehmannia Root reduces inflammation (especially in the digestive system) and strengthens capillaries. It has been used to treat ulcers, constipation and anemia.

Use and Dosage: For those who feel burned out, tired, anxious and are having difficulty sleeping, 3 capsules of Nervous Fatigue Formula taken three times daily or four capsules taken twice daily can be very beneficial.

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at www.treelite.com to order.**

In The Works

With the *Dr. Mom/Dr. Dad* and *Practical Iridology* courses complete, Steven will now be focusing on a new *Comprehensive Guide to Nature's Sunshine Products*, which will be part of a third new course. Part of this project will be the production of a new *Complete Lifestyle Analysis* form to replace our *Body Systems Questionnaire*.



Class Schedule

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

Biochemical Blood Analysis

May 1-2 Chambersburg, PA \$225.00
Taught by Kimberly Balas. Will be held at the Four Points Sheraton, 1123 Lincoln Way East, Chambersburg. Call hotel at 717-263-9191 for room reservations.

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.

Subscription Information

The *Nature's Field* E-zine and website are published by Tree of Light Publishing, a division of Kether-One, Inc. A year's subscription is \$29.00 USD for both domestic and foreign subscribers.

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About Tree of Light

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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