

Nature's Field

An Electronic Journal for NSP Distributors

Black Cohosh

By Steven Horne

Ready for a pop quiz? Well, ready or not, here it is: What is black cohosh good for? Now, if all you know about herbalism is in which box modern commercial herbalism has pigeon-holed this valuable remedy, then you'll probably answer something like: "It's a female herb," or "It's an estrogenic herb." And you'd be about 30% correct (which isn't enough to pass).

It's true that black cohosh is an herbal source of phytoestrogens (plant-based compounds with an estrogen-like action). One of many plants containing phytoestrogens, black cohosh has been used to regulate the female cycle and help the body adjust during menopause. This is why it is a key ingredient in formulas like C-X, FCS II (with Lobelia), Female Comfort and Flash-Ease.

It has also been used during childbirth to stimulate contractions and ease afterbirth pains. Its ability to help induce labor is why it is part of the 5-W formula, a blend taken during the last five weeks of pregnancy. Of course, for these reasons, it should be avoided during pregnancy except in the last five weeks.

But these uses of black cohosh as a "female" remedy barely scratch the surface when it comes to the uses of this healing plant. Black cohosh is also an anti-spasmodic remedy, which means it relaxes muscle cramps and spasms. This is why it is an important ingredient in the formula Cramp Relief.

As an antispasmodic and nervine agent, black cohosh has been used as a remedy for asthma and whooping cough (to relax the bronchial passages and ease coughing spasms), high blood pressure (dilates blood vessels), and to relieve tension headaches (although excessive amounts cause vasodilative headaches). Matthew Wood uses it for whiplash.

Black cohosh is also a source of salicylates (nature's natural aspirin compounds) which gives it anti-inflammatory and pain-relieving qualities. It has been used for arthritis, fibromyalgia, bursitis, trigeminal neuralgia and sciatica. It can also help with insomnia and nervousness, and may be helpful in some cases of seizures. These properties are why it is an ingredient in Nerve Control, Nerve Eight and CBG Extract.



Photo by Steven Foster

Black cohosh also has an antidepressant effect. It is particularly useful for depression associated with PMS and menopause or post-partum depression. Black cohosh helps depression where there is a sensation of a "black cloud" hanging over a person's head and they feel "trapped." It works well for depression in homeopathic form, which is why it is part of the Depressaqueel formula.

Speaking of homeopaths, black cohosh is a very effective homeopathic remedy, in general, which is why it is included in these other homeopathic remedies: Arthritis, Feminine Tonic, Menopause, Menstrual, Pain and PMS. I've also used it as a flower essence, where it helps people, particularly women, who are caught in abusive, addictive or violent relationships.

Another use for black cohosh is as an anti-venomous remedy. It can be applied topically and taken internally for spider and other insect bites. An NSP manager once reported to me that he had successfully used six capsules of black cohosh and 6,000 milligrams of vitamin C to recover from a black widow spider bite.

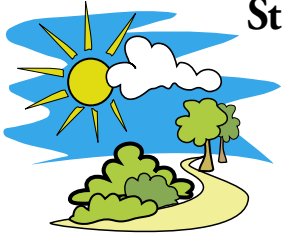
Black cohosh is a strong herb, and best used in small doses, so start slowly and increase the dose gradually when using the single herb. Excessive amounts can cause dizziness, headaches, visual disturbance, nausea, low blood pressure and increased bleeding. The small amounts in formulas aren't likely to cause any of these reactions, but avoid formulas containing black cohosh during pregnancy.

Selected References

Herbal Therapy and Supplements by Merrily A. Kuhn and David Winston
Flower Essence Repertory by Patricia Kaminski and Richard Katz

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Steven Horne's Ramblings and Ravings

That's Why They Call It Practice

During the summers of 1972 and '73, I worked as a camp counselor for YMCA Camp Rogers in the Uintah Mountains of Utah. I acquired many valuable life-lessons from my experiences supervising cabins full of boys each week, and one of the most valuable came from an 8 or 9-year-old I'll call Daniel.

During the entire week, Daniel was under my supervision, I never saw him admit to a single mistake. Anything that went wrong was always the fault of someone or something else.

The event that I remember most vividly occurred when we went camping by a small lake high in the mountains. Daniel was in the rowboat with several other boys. He was manning one oar, another boy was handling the other oar, and the boat was going in circles. All the other boys were yelling at Daniel, demanding he relinquish his oar. They were telling him that it was his fault the boat was going in circles (and it was obvious from my vantage point they were right). Daniel was refusing, yelling back at them that he knew how to use an oar because his dad had taught him.

From the shore, I told Daniel that he had to give up the oar to another boy, which he reluctantly did. When the switch was made, the two boys propelled the small craft successfully back to the shore. When they all got out of the boat, I patiently told Daniel that I'd be happy to show him how to use the oar correctly. He refused my offer of instruction, insisting that it was the other boy's fault and he knew what he was doing.

A short time later, I heard someone yelling on the lake. I ran down to the shore and there was Daniel, in a boat, all by himself. The boat was going in circles as he continued to incorrectly work the oars. He yelled to me, "There's something wrong with this boat." He wasn't far from shore, so I just jumped in the lake, swam to the boat, climbed in, took the oars and brought the boat back to shore, chastising him for having broken the rules by trying to take a boat out on his own. As soon as I got to shore, a small group of boys who had gathered at the shore to watch the spectacle climbed into the boat with us.

I decided I was going to try again to teach Daniel how to use the oars properly. "There is nothing wrong with the boat," I told Daniel, "You just have to know how to work the oars correctly. Watch." I turned the boat towards the center of the lake and started rowing hard as I could, making a beeline for the center of the lake. Once I arrived at the center of the lake I turned to Daniel and said, "You see, the boat works perfectly. You just have

to do is know how to row it properly." I was hoping that this would open his mind so he'd be willing to let me teach him.

I was totally blown away when he replied, "Well, there was something wrong with the boat when I was in it, because I know how to row and it didn't work right for me." During the week we were together I never did manage to convince Daniel that there was anything I could teach him.

We could attribute Daniel's attitude to his age, saying it was simply immaturity. However, I think Daniel was trying hard to be "mature" for his age. You see, most children are very able to admit mistakes, and as such, are quite teachable. It's adults who are more likely to act like Daniel than children.

We Have to Be Taught

We are not born into this world afraid of making mistakes. We have to be taught to fear mistakes. And most adults are very good at instilling this fear into children. It's overcoming our fear of making mistakes or "being wrong" that exponentially expands our ability to learn. I acquired this understanding in an experimental class in learning and teaching, I attended during my final semester of college.

One of the concepts discussed in this class was that everyone is both a learner and a teacher. This means that everyone we meet has the potential to teach us something, even if it's just by their bad example. To experience this, one of our assignments was to apprentice ourselves to a child under the age of two for several hours and find something the child could teach us. My oldest daughter was 10-months old at the time, so I decided to apprentice myself to her.

During the time I spent with her, all she wanted to do was have me help her with learning to walk. So, that's what I did, I helped her. What I observed was the number of times she fell down in this process, and how difficult it is to master the skill of walking. I realized that none of us walk or talk correctly the first time we try. However, our parents are so excited by our efforts, they do nothing but encourage us. "Come to daddy. You can do it. That's right." We don't criticize their efforts at all.

No one has to goad us into trying, either. As children, we wanted to learn. We were emotional sponges, soaking up information from our environment and imitating what we observed on a constant basis.

Yet, at a certain age, all this suddenly changes. All of a sudden we try something and we don't succeed and we get scolded

or punished. Then we enter school, where we are bribed to “get it right” and penalized for “getting it wrong.” Very rapidly we learn that making mistakes will cause us to be criticized, judged, chastised or even punished. We become afraid to try something new, knowing we will make mistakes and feel foolish and vulnerable. Why the change?

At age 8, Daniel had already mastered the lesson. It's bad to make mistakes, and admitting weakness, ignorance or a lack of knowledge is dangerous. He was simply imitating his adult role models.

Mistakes Are Good

In his book, *If You Want to Be Rich and Happy, Don't Go to School*, best-selling author Robert Kiyosaki maintains that one of the problems with public education is that it teaches us that it is wrong to make mistakes. He says, “When we study the world's greatest achievers, the artists, the scientists, businesspeople, musicians and writers who have made a real contribution to our lives, we find their lives were filled with mistakes.” In other words, not being afraid of making mistakes, and being willing to learn from mistakes is a characteristic that contributes to great achievement.

That's because everything we learn is done through a process of trial and error, just like learning to walk and learning to talk. We observe, gather information, make hypothesis, try things, succeed or fail and then reevaluate. Once we are afraid of the learning process, we forever want to play it “safe,” sticking to things we already “know.” We also, like Daniel, lose the ability to evaluate what is happening and learn from it.

You see, real learning isn't just memorizing stuff from a book and regurgitating it. Real learning involves action. That is, we evaluate any situation, make the best decision we can, take action and then observe the results. If the results weren't what we expected, then we search for more information or seek for some assistance, make adjustments to our ideas, take action again, and again observe the results.

That's learning. That's what a child does when learning to walk or talk. That's how we learn to ride a bicycle. In fact, it's how we learn to do anything meaningful, including learning how to be a natural health consultant. That's why they call it “practice”. As I've pointed out in many classes, there is no reason to be ashamed to practice natural healing, after all, doctors practice all the time. If they really knew how to heal, they wouldn't need to practice!

That's not just a play on words, either. Each human being is unique. Each situation is different. There are guiding principles in healing (that's the science part), but healing can never be reduced to a technical process. There is also an art to healing, an intuitive sense of what to do, that only comes with experience (i.e., practice). I see many students afraid to start practicing. They are constantly looking for reassurance, “Is this safe? What

do I do in this situation?” The fact is, that none of us really know for sure. We simply make our best guess, then observe the results, and adjust what we did accordingly.

Yes, we should seek out teachers and reference books to help us. I am constantly learning new things. I learn from many other herbalists and natural healers, people like Matthew Wood, David Winston, Kimberly Balas and others. It's important to choose your teachers and mentors wisely, after all, you can get all kinds of advice in this world. It's cheap (usually free) and easy to obtain.

But always take a look at the person who is giving the advice. Look at the results they are obtaining. Are they the results you want? I just listened to a great CD entitled, “Don't Take Advice from Anyone as Screwed Up as You Are.” Good advice. In other words, if you want marriage counseling, get it from someone who has a happy and fulfilling marriage, not someone with a college degree who has been divorced three times.

But ultimately, you're going to have to take action. You're going to have to experiment. I've learned more from my own experiences (and watching the experiences of others) than I ever have from books. I have to be willing to take action, to try certain things. You just have to overcome your fear of getting started.

I've been practicing my skills as a healer for over 20 years, so many people regard me as an “expert.” But I'm still practicing and will be for the rest of my life. None of us know all the answers. So, never be intimidated by the “experts,” especially the ones who think they know everything. The fact is, if we aren't still learning, then we're just resting on our laurels and deceiving ourselves like Daniel.

Don't be one of those people who keeps studying and studying but never does anything because you don't feel like you know enough. As Matthew Wood says in *Seven Herbs: Plants as Teachers*, you can be a master herbalist from day one—just learn to use one herb in a masterful way. Then, go on and learn another.

Start with simple things, gain experience, then learn some more. Always be willing to acknowledge your failures and learn from them, just as you'll learn from your successes. Remember, practice makes perfect. So, keep practicing.

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Kimberly Balas' Clinician's Corner

Health Advice for Difficult Cases

Strange Sensations

I've been experiencing some problems such as mood swings and bouts of anger and rage. I feel like I have no coping mechanisms to handle stress. I've recently lost weight and I'm now down to 135 lbs. I woke up with a bloody nose one night; I thought my blood pressure was elevated, but it wasn't. I've had strange sensations, too. I feel like my heart is fluttering and my blood pressure is elevated during these spells, but it isn't. I am a mess! It is a wonder I have any friends left. Could these changes be because I lost weight or just because I am under stress?

I've also been experiencing alternating feelings of heat and cold. I'm probably going through menopause early like my mother. I know my hormones are whacked out, but I do not know if I should go on any herbs to correct it, or what to do short of seeing a doctor. Any suggestions?

D.

This sounds like the official syndrome of "Chick-a-wiggin." Just kidding. Rest assured that a lot of us have experienced times like these, but where these problems seem to be ongoing, that's not good. Some of the symptoms you are describing are standard indications for Nervous Fatigue Formula (mood swings, being touchy and irritable and sensations of the heart fluttering). These can be indications of adrenal "burn-out" due to stress, so Adrenal Support may be helpful, too.

Have you had any blood work done recently? If so, what were your cholesterol numbers? It sounds like they might be low. Your ALT and AST might be low, too. If this is the case, I would take Cellular Energy, along with SAM-e and folic acid to get the methylation reaction occurring more effectively. This will help to clear congestion in the liver and improve your mood. Anger is related to the liver in Chinese medicine.

Health Advice Needed

I need advice and direction with my health. Off and on, I have been having problems with fatigue, occasional lethargy,

TMJ, muscle and joint pain, mental fog, confusion, vision problems and a lack of muscle coordination. This past week, I was holding a cup of coffee and my whole hand sort of collapsed and fell inwards. (So, guess where the coffee landed!).

My doctor finally ordered blood work and the nurse called with results, saying that they were normal, but the doctor wanted to know how my fatigue was.

I was diagnosed with TMJ a few years back, but I've recently been having serious problems with it. A muscle relaxant was prescribed for me. In the beginning, I had to only take one, and I would be fine for a week, or sometimes as long as five or six weeks. Now, I have constant swelling and severe pain, and have to take two or three per day. The medication adds to the fatigue and doesn't help the mental confusion, which only seems to get worse.

From what I have been learning over the past two years I thought that I might have a low thyroid or be perimenopausal, but the doctor says that the thyroid is fine and that I'm too young to be in menopause. (I'm 45.)

Another blood test they did was for EBV and the results of that really have me wondering. The only thing they told me was that they were within normal range.

I did request a copy of the blood work results and the EBV EA is 17, but the EBV IgC is 171, the EBV IgM is 4 and the EBV NA is 123. This sheet gives a reference range of < 18. Monotest is negative. Does this mean I have had EBV/Mono, but not recently? I thought maybe the antigens were so high because I had taken Chinese VSC about a month or so before this blood work was done.

My TSH level is 2.43; my T4 is 7.62; and my free T3 is 3.58. ALT (SGPT) is 11 and iron is usually a little low, 37, but the Red Cross never lets me donate. My insulin is 3.3; my FSH is 6.8; and my glycohemoglobin is 5.5.

I argue with my doctor all the time anymore. Today the argument was over garlic and how it helps infection. He says it doesn't make any difference. I know from experience it does.

If you can shed some light on my situation, I would greatly appreciate it.

K.

This is a perfect example of how a person's blood tests can come back normal and they still feel sick. This is because doctors only look at what's out of range, and they don't look at the whole picture.

From what you've shared, it sounds like you have some liver stagnation from toxins, which is causing an inflammatory response. To clear this, I would take large amounts of Black Walnut, plus SAM-e and some MSM.

Many of your symptoms would indicate there are some glandular problems, too. The liver and thyroid are always connected, so I'd work on the thyroid even though the lab tests are coming back normal. The confusion and mental fog can also be related to run down adrenals, so you'll probably want to support the adrenals at the same time. Take Adrenal Support and Thyroid Support and you'll probably have more energy and feel better all the way around.

Also, Lobelia and Kava Kava will act as muscle relaxants. Consider them as alternatives to the drugs you're taking. The self-massage from the *Love Your Body Beautiful* program can help relax tension in the jaw, too. Tension in the jaw can also be emotionally related (holding back anger or not speaking your truth). So, consider that as a possibility, too.

Blood Type O Question

Help! I am trying to educate a lady who is really trying to help herself, but feels like the multi she buys from Wal-Mart is sufficient. She just doesn't know any better.

I usually direct my O blood types towards the green pills, like Barley Juice Powder and Spirulina. However, if an O really insists on a multi, which NSP formula works best for them? I know the Habit of Health choice is Super Supplemental, which would be tons better than what she's taking now for sure!

She's in her early 60's. I was able to get her to change her calcium from the brand mentioned above to Skeletal Strength, as she absolutely insisted she needed a calcium.

C.

Well, they are great for her toilet! She has a healthy toilet with the cheap vitamin and mineral supplements;

they are mostly synthetics and the liver has a hard time processing them. That's something O blood types have a problem with.

I would explain how you can take stress off the liver with switching to a better brand. In my experience, when an O blood type can do a multi, VitaWave works better for them. I use Skeletal Strength, too, and have great results with it because of the enzymes it has which help break down the calcium and minerals it contains.

If you want to understand the chemistry behind this, here it is: A lot of the vitamins contain long chain polysaccharides that have an A antigen structure. This is the primary surfactant that initiates a lectin response and therefore agglutination in the blood. O's only have a fucos stump identifier and do not recognize the n-acetyl-galactosamine structure of these antigens as being compatible with self. So, the body just flushes them out. Of course, it requires energy to flush them out. That's why they don't do much good.

Another O Blood Type Question

I am an O blood type, learning about personality traits that go with this. (Tell me more...) I take MasterGland and Super Algae, but my mom, in her weakened state (who is also an O) loves VitaWave.

N.

An O blood type who is in a weakened state would require more nutrients, but I would focus primarily on her liver and adrenals. Not that the VitaWave isn't helpful, it's just that she'll get better results if she also supports her liver and adrenals. The liver processes nutrients, and the adrenals regulate fluid and mineral balance.

There is a personality chart for O's in the *Blood Type and Nutrition* course and on the back of the *Blood Type, pH and Nutrition* Charts. Both are available from Tree of Light publishing.

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. To schedule a consult call Balanced Health Solutions at 321-626-9243.





Hot Flashes

Natural relief for hot flashes and night sweats

Hot flashes are one of the uncomfortable symptoms that sometimes accompany menopause. There is an initial feeling of discomfort, followed by a sensation of heat moving towards the head. The face becomes flushed and red, which is followed by perspiration and fatigue. A related problem is night sweats, profuse perspiration which occurs during sleep.

Obviously, one cause of these hot flashes is a reduction in estrogen production due to the reduced activity of the ovaries. The medical answer to this is hormone replacement therapy, but estrogen drugs have many undesirable side effects, including increasing the risk of estrogen-dependent cancers.

An alternative to hormone replacement therapy is to use phytoestrogens, plant-based estrogen compounds. These have a milder activity and are helpful for reducing menopausal symptoms, like hot flashes, without increasing the risk of cancer or causing other undesirable side effects.

The most popular herb used for this purpose is black cohosh, a potent phytoestrogen that also has anti-inflammatory (heat-reducing properties). However, black cohosh can cause some side effects when taken in larger doses. (It's vasodilating tendency can contribute to vasodilative headaches or dizziness.)

Flash-Ease is a blend which helps to release the compounds in black cohosh into the blood stream more slowly, thereby reducing side effects. Flash Ease also contains dong quai, a Chinese tonic herb that is also helpful in balancing female problems.

Other herbs that have estrogen-balancing effects include hops, wild yam, chaste tree and false unicorn. C-X, Female Comfort, NF-X and FSC II (with Lobelia) are combinations of herbs like these which may be helpful with hot flashes and other menopausal symptoms. Soy, other beans, flax seeds and high lignan flax seed oil are also sources of phytoestrogens.

Estrogen production can also be stimulated by essential oils. By adding a few drops of essential oils to water in a spray bottle and shaking the bottle vigorously before spraying, one can make a hydrosol to use for cooling hot flashes. Rose and peppermint oil are two good choices. Other essential oils that can reduce hot flashes include clary sage, geranium and pink grapefruit. When you feel a hot flash coming on, simply close your eyes and mist your face with the water containing the diluted oils. This will often "cool down" hot flashes very quickly.

There is more to the issue of hot flashes than a simple loss of estrogen, however. Otherwise, why would some women experience them when other women don't. Obviously, there are factors that contribute to this problem other than just a reduced production of female hormones.

One factor that contributes significantly to hot flashes is adrenal fatigue. The adrenals are capable of producing sex hormones like estrogens, progesterone and testosterone in smaller amounts. In fact, prior to puberty, the adrenal glands make a large part of our sex hormones. Theoretically, they should take up the slack as sex hormone production falls off during menopause.

The adrenal glands may also be involved because they help to regulate inflammation and body temperature. The adrenal glands produce cortisol, a hormone which cools down inflammation and heat in the body. When the adrenals are weak or exhausted, levels of heat and inflammation can rise.

Night sweating is one of the symptoms of adrenal fatigue. Other symptoms include moodiness (unreasonable anger or sadness), absent-mindedness, fatigue, anxiety and restless sleep.

Unfortunately, due to excessive stress, sugar and caffeine consumption and nutritional deficiencies, many women's adrenal glands are exhausted by the time they reach menopause. So, supporting the adrenals may be one answer to reducing hot flashes (and other menopausal symptoms).

Licorice root can be helpful here. Not only does it have a cortisol-sparing action, it also contains phytoestrogens. Other remedies that may be helpful in easing hot flashes by supporting the adrenals include: Adrenal Support, Nervous Fatigue Formula, Pantothenic Acid, B-Complex, Vitamin C and NutriCalm.

A congested liver may also contribute to hot flashes. In Chinese medicine, there is a concept of "liver fire rising" in which heat from the liver rises up and causes flushing of the face. Some of the herbs in C-X and NF-X have liver balancing properties, but Milk Thistle Combo or other liver-cleansing and protecting formulas may also be helpful.

One final factor that may contribute to the high incidence of hot flashes in modern women is deficiencies of essential fatty acids (particularly the Omega-3 essential fatty acids). These fatty acids help to reduce heat and inflammation by contributing to the production of anti-inflammatory messengers like type 2 prostaglandins. Flax seed oil is a good source of essential fatty acids (and also contains lignans, which are phytoestrogens). However, Evening Primrose Oil and Omega-3 essential fatty acids may also be helpful.

There are many natural remedies that can help reduce or eliminate hot flashes. For more information consult your local herb specialist or one of the references below.

Selected References

The Comprehensive Guide to NSP by Tree of Light Publishing
The Complete Woman's Herbal by Anne McIntyre

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Distress Remedy

Flower Essence Blend for Emotional Shock and Physical Trauma

Since Edward Bach pioneered the use of homeopathic preparations made from flowers for treatment of emotional illness, thousands of people have found flower remedies beneficial in the healing process. Edward Bach's best selling flower essence is a blend of five remedies called Rescue Remedy. Thousands of people have found this blend helpful for times of trauma, easing both physical and emotional shock.

Distress Remedy is a blend of the same five flowers found in Rescue Remedy, plus four additional flower remedies, which increase the remedies' ability to ease both physical and emotional trauma. Distress Remedy can be taken during any period of physical or emotional stress. It is a great remedy to use when people are in emotional shock from accidents, death, divorce, arguments or depressing world events. It helps clear the head and heart, restoring a sense of calm and inner peace.

Distress Remedy can also be applied topically and/or taken internally to speed up healing in actual physical injury. It will reduce the swelling and pain in bruises, abrasions, sprains and other minor injuries that do not involve bleeding. It can be applied directly to affected areas or diluted in water in a spray bottle to "mist" larger areas of injury.

The following flower remedies contribute their healing properties to Distress Remedy

Arnica montana (Leopards Bane) was named "the fall herb" by the Germans because of its amazing capacity to quickly heal bruises. It rapidly reduces swelling in sprains, strains, fractures and other injuries. The flower essence also helps with disassociation during times of trauma. It helps a person reconnect with their sense of well-being and recover from deep-seated shock.

Helianthemum nummularium (Rock Rose) helps a person overcome deep fears, including terror or panic, during times of stress. It helps restore inner peace and tranquility in the face of challenges and accidents. It is also useful for people who fear death or annihilation of the self. A durable plant living in dry, rocky soils, it helps one overcome rocky experiences.

Calendula officinalis (Garden Marigold) is used homeopathically to heal cuts, cracked skin, seeping wounds, sores and burns. The flower essence promotes human warmth and receptivity in communication, helping to heal the effects of cutting and sharp words, and to soften aggressive and antagonistic communication. It helps one be more receptive to others in communication and provide the "soft answer" that turns away wrath.

Atropa belladonna (Nightshade) isn't used much as an herbal remedy, except by professional herbalists, because it is poisonous. However, it is a very safe and is frequently employed in homeo-

pathic remedies. As a homeopathic it is used primarily to reduce pain, inflammation and irritability.

Symphytum officinale (Comfrey) has long been used as an herb to promote the healing of sprains, fractures and other injuries. The flower essence brings the sufferer greater capacity to release the negative experience of injury and direct the healing process.

Impatiens glandulifera (Impatiens), as suggested by its name, helps a person have greater patience and acceptance of life circumstances. It helps ease feelings of frustration, tension, anger, irritation and intolerance. It helps them "go with the flow" of what life is bringing to them.

Clematis vitalba (Traveler's Joy) brings stability to the injured person. When coping with disaster, there is a tendency to mentally and emotionally escape. This climbing vine helps the victim cling to reality and cope with pain or grief. It brings a focused presence and helps ground impractical ideas and ease the tendency to daydream.

Ornithogalum umbellatum (Star of Bethlehem) is the comforter essence. A member of the lily family, it brings soothing and healing qualities to situations of shock or trauma. For sufferers who act defeated, quiet, and slow, this white flower brings energy, inner power and mental clarity.

Prunus cerasifer (Cherry Plum) helps overcome deep stress and fear, especially the fear of losing control or having a nervous breakdown. For those who are desperate and may consider suicide, this bright white flower will bring power and encouragement. It helps with spiritual trust and surrender.

Using Distress Remedy

Whenever shock or trauma occur, try taking 10 to 15 drops of Distress Remedy under the tongue every 10-15 minutes, until relief is experienced. You can also add 10-15 drops to a glass of water and sip slowly. Distress Remedy may be applied topically to minor injuries. When using topically, you can apply the remedy straight or dilute in water (10-15 drops per pint) and mist the injured area using a spray bottle. The remedy is not only helpful for the injured person, but also for those who may have witnessed the injury. For serious injuries, seek appropriate medical assistance.

Selected References

Flower Essence Repertory by Patricia Kaminski and Richard Katz
Flower Remedies Handbook by Donna Cunningham
The Healing Herbs of Edward Bach by Julian and Martine Barnard
Bach Flower Therapy by Mechthild Scheffer

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