

# Nature's Field

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An Electronic Journal for NSP Distributors

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## Bee Pollen

By Steven Horne

As bees fly from flower to flower collecting nectar to make honey, flower pollen collects on their legs. When this is mixed with enzyme secretions, it forms the golden granules we call bee pollen. In the hive, pollen is used to feed young bees, but it also makes a nutritious food for human beings.

Bee pollen is considered a high energy, "super food" by many people in the natural health field. It is considered a nutritive tonic in Chinese medicine. There is some basis for this reputation because pollen is extremely rich in nutrients. It is high in amino acids (protein) and contains all 22 amino acids, making it a complete protein. In fact, it contains about 35-40% protein and 40-55% carbohydrates, along with fatty acids, vitamins and minerals and other nutrients. It contains trace amounts of about 27 known minerals, numerous vitamins, thousands of enzymes and many antioxidants. Some authors have gone so far as to claim that bee pollen contains every nutrient the human body needs, although I think it would be pretty boring to try to live off it.

Bee pollen is a tasty food, however. It has a sweet, slightly nutty flavor and tastes good sprinkled on fruit salads, cereals or any dish where nuts would be appropriate. It also tastes good straight. Because it's such a good "food" herb, bee pollen is often included in green drinks, such as NSP's Ultimate GreenZone and pH GreenZone.

Technically, bee pollen isn't really an herb, although it comes from plants. Because the bees process the pollen, vegans consider it (and honey) to be animal foods, but I still think of them as plant based foods, since they are only processed with enzymes. Either way you look at it, bee pollen is an amazing substance. Each teaspoon contains two and a half billion grains of flower pollen, a quantity that would take one bee, working eight hours a day, a month to collect.

Bee pollen has many medicinal uses. It is considered an energy and nutritive tonic and is often used in formulas for energy and sports. This is why it is the primary ingredient in ENRG-V, a formula for enhancing energy. It is also a minor ingredient in Target Endurance, another energy-enhancing blend.

Bee pollen capsules or bulk bee pollen can be taken to help balance blood sugar and reduce food cravings. This means that bee pollen can be helpful for diabetes, hypoglycemia and weight loss. It combines very well with spirulina, Super Algae or SF for these purposes.

Bee pollen is also an adrenal tonic. It is one of the herbs that may help correct reversed polarity or pituitary gland problems. These uses have been figured out through muscle response testing.

The most common therapeutic use of bee pollen is for respiratory allergies. This is an almost homeopathic way to use bee pollen, since one is taking a small amount of the substance that actually triggers the allergic response. The best way to use bee pollen for allergies is to obtain pollen from local beekeepers. That way, one is ingesting the pollen from the same local flowers that trigger the allergies. Another way to do this is to obtain raw, unfiltered honey which still contains pollen granules from local beekeepers. However, if one can't locate a source for local pollen, the pollen in the capsules can still be helpful.

For allergies, start by taking just a few granules of bee pollen each day (open up the capsule for this) and gradually work up to 2-3 capsules per day. This helps the body slowly adapt to the pollen and stops the hyper-reaction of the immune system that is causing the pollen allergy. Occasionally, hypersensitive individuals will experience allergic reactions to taking bee pollen internally. However, if one starts with just a few grains these reactions are usually avoided.

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# The “Hair of the Dog” Homeopathy and Allergies

by Steven H. Horne, RH (AHG)

If you’ve ever experienced respiratory allergies, you know how unpleasant they can be. It’s no fun to feel like you can’t breathe properly, which is no wonder millions of people turn to modern medicine for symptomatic relief. Unfortunately, this does nothing to eliminate the allergy, which leads people to think there is no cure. However, allergies can be cured with natural methods.

Part of the solution is to work on underlying health issues, such as those Kim Balas and I talk about in this month’s Herbal Hour Video. These include screening for food allergies (which are often a big, underlying factor), improving digestion and elimination and supporting liver and adrenal function. These things can go a long way towards reducing allergic sensitivity.

However, in my experience, the most direct “cure” for allergies is homeopathy. Homeopathy is based on the idea that like cures like. So, to cure allergies, you have to take “the hair of the dog that bit you,” that is, a small, highly diluted amount of the substance you are allergic to. This concept has many applications when treating allergies.

For example, as I’ve traveled and stayed in various people’s homes, I’ve occasionally experienced allergic reactions to certain breeds of long-haired cats. It may have something to do with the way the cats are fed because Kim Balas has a long haired cat that I’ve never reacted to, but other cats have caused moderate discomfort and redness around my eyes, constriction of my air passages, resulting in a “wheezy” feeling and fatigue. I’m certain that the only reason my symptoms haven’t been worse is because I take good general care of my health.

What worked the best for me in relieving this problem was a homeopathic Nature’s Sunshine used to carry for animal dander. Just a few doses of that homeopathic remedy and my symptoms would subside. Also, I noticed that the longer I took the homeopathic, the less reaction I had, demonstrating to me that the homeopathic was providing more than symptomatic relief—it was helping desensitize my body to the cat hair.

More recently, I’ve experienced some even more severe allergic reactions after working in my garden. After rototilling or using my weed eater in the yard, I’d experience some of the same symptoms I got with the cat hair—wheezing, fatigue, redness around the eyes. My neighbor across the fence experiences similar problems. He says it’s a fungus in the dust and he takes allergy medications for it.

Now, I may be one stubborn cuss, but one thing I absolutely refuse to do is take any of those over-the-counter or prescription allergy relief medications. I’d rather “tough it out” than use that stuff, because I see people’s health, in general, deteriorate when they start taking medications regularly. So, I’ve been experimenting with natural remedies.

For starters, I now wear a dust mask when I’m tilling or using the weed eater or lawn mower. This helps a lot. I’ve also tried HistaBlock and other remedies which help a little, but have not provided lasting relief. What did help was a kind of homeopathic treatment my holistic chiropractor used on me. Using muscle testing, he determined it was a respiratory allergy and swabbed the inside of my nose, then used the cotton swab to create a homeopathic frequency to desensitize me. It created rather dramatic relief. If I have problems again this year, I may just go ahead and make my own homeopathic out of the dust and weeds in my yard that I determine (through muscle testing) are the causes of my problem.

Many years ago, I did something very similar with my former spouse. She had a very negative response to the pain killing shots when she went to the dentist. It would make her very sick for several days afterwards. So, we made a homeopathic remedy for her. I got the dentist to give me just a few drops of the “shot” in a small amber glass bottle. I filled the bottle with a mixture of brandy and water, then shook it up and down. I then took just a few drops of that mixture and put it into another amber bottle filled with water and brandy. I also shook this bottle.

I repeated the same process one more time by adding a few drops from the second bottle to a third bottle filled with water and brandy. After shaking this bottle vigorously up and down I gave this mixture to my wife who took ten drops under the tongue several times a day starting just a couple of days prior to going to the dentist, and then continued taking it for several days after visiting the dentist.

The end result was that she had no reaction to the shots as she had before. We were able to repeat this process for her next dentist appointment, too.

I did a similar thing with a friend of mine who was very chemically sensitive. She needed minerals, but colloidal minerals caused her to break out in a rash. We diluted them homeopathically and she was able to take them and gradually work up to where she could tolerate them. Later, when she tried a formula

my midwife friend Joan Patton created (called Herbal Minerals) her chemical sensitivity almost completely went away.

So, I've had great success using homeopathic remedies for both food and respiratory allergies. For example, when my office was in Northern Utah, I got three homeopathic remedies that were produced from locally gathered pollen. One was collected from spring pollen, another from summer pollen and the third from autumn pollen. They were very effective.

### Herbs and Homeopathy

The homeopathic principle makes its way into our use of herbal remedies, too. While using homeopathic preparations of pollen is one way to desensitize a person to allergies, one can actually use the pollen itself. Bee pollen has long been used as a remedy for allergies to pollen. One starts by taking a very small amount, perhaps just a few grains and then gradually increases the dose.

Locally gathered pollen is best because it will contain pollen from the actual plants one is reacting to in the local environment. One can get the same benefit from using raw, unfiltered, locally gathered honey, as the honey will naturally contain small amounts of pollen. However, even if you can't get locally grown pollen, Bee Pollen such as NSP sells in capsules is often helpful.

It's also interesting that some of the same plants that produce allergy-triggering pollens can be used to help cure allergies. I know of at least two plants that fit this profile—ragweed (the number one allergy-producing plant) and goldenrod. At an AHG conference, I learned that ragweed is a mast cell stabilizer when taken internally, which means it helps reduce allergic reactions. I haven't actually tried it myself, but if you were going to take it, I'd start with very tiny doses and work up.

Goldenrod is recommended for kidney weakness that involves fatigue. Over the past few years I have had the classic symptoms (as described by my friend Matthew Wood in *Herbal Wisdom*) indicating the need for this remedy. So, I have taken it from time to time over the past six or seven years. Since Matthew Wood also suggests goldenrod is a remedy for cat hair allergies, it could be that the goldenrod is what has permanently reduced those allergies and not the homeopathic. I have no idea what the relationship is between goldenrod, the kidneys and cat hair, but it may be that goldenrod is working on the adrenals or some other system involved in the allergic reaction.

I've successfully used a blend of goldenrod, nettles and eye-bright to reduce upper respiratory allergy reactions. Eyebright is actually one of our best remedies for rhinitis symptoms (runny nose, scratching throat, red eyes, etc.) It is helpful for both food and respiratory allergies, but I'm not aware of any homeopathic effect to it. Nettles, on the other hand, does have a homeopathic

quality to it. Nettles actually contain small amounts of histamine, the very substance that is released by the mast cells that produces the allergy symptoms. Nettles also contain formic acid, the same stuff that produces the redness and swelling in an ant bite. So, nettles is another example of like curing like.

It's unfortunate that NSP had to discontinue many of its homeopathic allergy formulas due to poor sales. I found their dairy allergy homeopathic and ALJ to work really well for one of my sons who was highly allergic to dairy. His face would swell and his eyes turn red and he'd get really irritable with just small amounts of milk. Both the dairy formula and the animal dander formula are no longer with us (which is unfortunate because they are the two I used the most), but we still have the Molds/Yeast/House Dust and the Hayfever/Pollen allergy formulas. Hopefully, if we educate enough people about their value we can hang onto these great homeopathic remedies.

Of course, if you're brave, you can always do like I've done and make your own!

#### About Nature's Field

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# Knowing What You're Trying to Do is More Important Than Knowing How You're Going to Do It

by Steven H. Horne, RH (AHG)

On a recent lecture tour in Canada, I had the opportunity of being interviewed on three TV shows. The theme was, "How to Cure a Cold in Less Than 24 Hours." It's a great media attention getter, but when you've got five minutes to explain what you need to do to cure colds this quickly, it can be challenging. It's not challenging because it's difficult to explain—it's because it's difficult for people to grasp that it's not about what you *take*, it's about what you *do*.

You see, most people are conditioned to think in terms of remedies, i.e., "What do I take for...?" They are looking for that "magic-bullet" remedy that will fix their problem. The trouble is, that there are no magic-bullet remedies for anything except symptomatic relief, and that's not what natural healing is about. In other words, switching from using drugs to fight symptoms to using herbs to fight symptoms, will get you less effective results, not better results.

What gets the real results is changing the approach you take from one of symptom relief to supporting what the body is trying to do to heal itself. This isn't really a cure, it's more of a support system, and it involves understanding how the body heals.

What enabled me to start healing most acute illness, not just colds, in 24 hours or less wasn't a knowledge of herbal remedies. It was understanding that the symptoms were the effort of the body to heal and balance itself, and learning to apply remedies to work with, not against, the body. Later, I started learning how to apply these same concepts to chronic illnesses.

I was very pleased to hear K.P. Khalsa talk about this issue at our "Secrets of Chinese Herbs" class in Toronto. K.P. told the class that most people try to go from problem (i.e., disease or symptom) straight to picking remedies (herbs or supplements), but that there was an intermediate step. That middle step is you have to form an appropriate strategy of how you are going to restore balance to the body. You then pick your remedies and therapies based on your strategy, not on the illness or symptoms. K.P. said that this is a difficult concept for beginners to grasp, and I agree wholeheartedly, which is why I'm going to explain what forming a strategy means in this short article.

## Strategies for Colds

The best way to explain this is to go straight to a practical example and apply this concept to the "cold curing" problem. First of all, it's ridiculous to say that there is no cure for a cold,

because your body has cured you of every cold you've ever had. What I tried to tell TV and radio interviewers in just five minutes is what I've been teaching for years—the symptoms the body generates during the cold are the body's attempts to heal itself. Most of the "remedies" we look for in trying to relieve the cold involve trying to relieve or suppress these symptoms. In other words, our strategy is "dry up the runny nose, bring down the fever, suppress the cough, etc." and we chose our remedies accordingly.

When I switched strategies to "help the sinuses flush what is irritating them," "remove the obstructions in the system that are creating the fever," and "help make the cough productive," I got better results. The remedies I chose matched my new strategy and I could "invent" remedies that weren't in the books to achieve my goals.

Let's get even more specific. For example, I realized that when the lungs are congested, the goal of the body is to remove irritants from the lungs by secreting mucus and then expelling the mucus (along with the irritants) from the lungs. Understanding this, I look at what is happening and ask myself, "How can I help the body achieve this goal?"

This step depends largely on the condition of the person. If there is heavy mucus production, then an expectorant and decongestant that loosens the phlegm and stimulates the lungs to expel the mucus works great. ALJ is a perfect example of this kind of remedy, but there are many others.

When I use ALJ, the strategy is to clear the excess mucus from the lungs; however, this isn't always the right strategy. In fact, since I moved to Saint George six years ago, I have only recommended ALJ to one client, even though I think it's a great remedy. Why? Because the coughs I encounter down here are different than the coughs I used to encounter when I lived in a valley with a very large lake and thick winter fog.

Down here, the climate is warm and dry. So, I encounter a lot of people with dry, irritated coughs. Because the lungs are already dry, not damp, AL-J doesn't work as well. Kim Balas encountered the same problem when she moved from the damp and hot Florida climate to the dry and windy area of Casper, Wyoming where she now resides. As a result, both of us use a different strategy—we strengthen and hydrate the lungs. To

accomplish this new strategy means we select remedies like Chinese Lung Support, Astragalus and Cordyceps.

Here's another example. Sometimes a cough will develop a "croupy" sound. This happens when the bronchials are spasming and the air passages are constricted. This makes it difficult for the body to cough up the mucus, since coughing involves a relaxing and then contracting of the respiratory passages. When this happens, my strategy includes "relaxing the bronchials." My favorite remedy for this is Lobelia, but I've also used Blue Vervain and could even use Kava for this purpose if nothing better was available.

When people try things and tell me, "Herbs don't work," I know it's not because herbs don't do what they are supposed to do. Herbs always work. Lobelia always relaxes the bronchials, AL-J always dries the lungs and helps them expel mucus and Chinese Lung Support always moistens and nourishes the lungs. The problem occurs because people just read all three of these remedies listed under "coughs" in the herb book, but don't understand that different situations require different strategies and therefore, different remedies.

So, in these TV shows, I was telling people that at the *first sign* of a cold, they should 1) stop eating, 2) drink plenty of water and 3) take a remedy like Herbal Composition (HCP-X) or Herbal Crisis.\* This causes the body to flush the irritants quickly, which means you recover very rapidly. This is a great strategy for easing colds in the early stages, but it doesn't work as well for colds in later stages.

I realized I hadn't effectively communicated my message when a few people E-mailed me indicating that they had been fighting a cold for a couple of weeks or months and wanted that remedy (Herbal Crisis formula) I talked about on TV. See, they aren't paying attention to the strategy! They thought that the remedy alone will do the trick, no matter what the situation is, but, it doesn't work that way. I would never use this strategy for a cold that had been lingering for a couple of weeks.

### What Do You Want to Accomplish?

As long as I was following the model of disease-remedy, I never got dependable results with herbs. When I started to understand the actions of herbs and started learning how to observe clients and determine when those actions were appropriate, my results were much better.

Again, let's look at a practical example. Capsicum is a blood moving herb that moves energy from inside the body to the surface of the skin and mucus membranes. It helps induce perspiration, stimulate digestive secretions and expel mucus. If one understands this, then one doesn't look at a list of diseases capsicum has been "historically used to treat," as much as to understanding when these kinds of actions are appropriate for a given client. This is what I call "thinking like an herbalist" rather than thinking like a "medical doctor wannabe."

I always have a strategy in mind after I evaluate my clients. I come up with strategies like, "I think we need to detoxify your liver and strengthen your adrenal glands," or "We need to improve your lymphatic flow and enhance urinary function to eliminate excess moisture from your body." Once I've formed these kinds of strategies, I also have a goal that I'm trying to achieve and select remedies that match my strategy and goal for the clients.

Because I understand what the remedies do, I also tell the client what they should expect to see happen if the remedy is working as it should. Also, if the remedies I've selected don't work or if they are only working a little, I might chose a stronger remedy with a similar action or increase the dose of the remedy they've been taking until I get the effect that I want.

In short, good herbal therapy is based on 1) collecting information about the person's overall health, 2) forming a strategy about how we can improve their health by balancing, supporting or detoxifying various organs and systems in their body, 3) selecting remedies (herbs and supplements) and lifestyle changes that support the strategy I've created and finally, 4) observing the results of my remedies and adjusting my strategy and remedies if I'm not getting the results I want.

In herbal therapy, if you don't understand what your remedies are supposed to be doing, how can you tell if they are working? Like I said, they always work, meaning that herbs always perform the functions they perform, but these functions may or may not be the right functions for what any given person needs in order to become well.

Herbalism isn't about memorizing a list of diseases and herbs that have been used to treat them. It's about understanding the nature of the body, how it heals itself and how herbs can support the natural function of the body—thus restoring balance to the system. That's why it's more important to understand what you're trying to do, than it is to know how to do it. The how will often reveal itself, once you know what the desired goal is. It's what separates real herbalism from allopathic (symptom-oriented) herbalism.

The more serious the illness, the more important this becomes. For example, multiple strategies have to be employed with someone who has a serious disease like cancer. Depending on where the client is at, one may need to strengthen their immune system, kill cancer cells, rebuild their digestive tract, improve lymphatic drainage, enhance detoxification, improve their mood, strengthen their glands, etc.

So, start learning to take that extra step. Learn the action of the remedies you are using and develop a strategy before you start selecting remedies. You will get better results if you do.

\*Herbal Crisis is a formula created by my first herb teacher Ed Millet. It is in my Dr. Mom-Dr. Dad course and on my personal website ([www.steven-horne.com](http://www.steven-horne.com)). Basically, it's just Herbal Composition (HCP-X) with a little goldenseal (or Oregon grape) added.



## Kimberly Balas' Clinician's Corner

# Nonallergic Rhinitis, Bell's Palsy and Other Questions

### Nonallergic Rhinitis

*I have a friend diagnosed with nonallergic rhinitis, an inflammation of the membrane lining the nasal passages not caused by allergic reaction. It often produces symptoms of a stuffy or excessively runny nose, sneezing, and congested head. The most common causes are changes in temperature, fumes (gasoline, paint, chemicals, tobacco, cold air, air pollutants, etc.), oral contraceptives and a deviated septum. I'm looking for suggestions about what I can recommend for him.*

I use high amounts of iodine here in the form of a high potency supplement called Iodoral. Many people who have chronic sinus problems are iodine deficient and taking iodine temporarily aggravates them, then clears them up.

### Bell's Palsy

*My pastor's wife has Bell's Palsy. She is new to herbs and I am not familiar with this disease. I plan to approach it with wood betony, vitamin E, vitamin B complex, omega 3 essential fatty acids and VS-C. Have you had any success with this disorder? Do you have any additional suggestions?*

Besides what you have mentioned, you might find Nerve Eight and Saint John's Wort helpful. Saint John's Wort helps with nerve regeneration and repair and Nerve Eight has anti-inflammatory action.

### Sperm Motility

*Do you have suggestions about what to give a 26-year-old man with no sperm motility. He does not drink, smoke or do drugs. Also, he doesn't use hot tubs or wear tight underwear.*

I would use Damiana and Sarsaparilla along with some FCS II. Many people think FCS II is for women only, but I frequently use it with men and have great results. I would make certain he is getting adequate amounts of protein and essential fatty acids since they are needed for combustion of fats and for hormone transport.

### Tinnitus

*I'm looking for herbal and essential oil therapies for tinnitus. Client has just completed the Bod-E-Klenz (an NSP Canada product), and is starting (amongst other things) High Potency Ginkgo and Black Cohosh. I do remember Larrisa Jones teaching something about an essential oil to rub behind the ear.*

Helichrysum essential oil and the infused oil of St. John's Wort can be applied topically to help repair nerve damage. Ho Shou Wu or the new Nature's Chi taken regularly may also be helpful.

### Nutri-Calm and B Complex for O Blood Types

*A client recently asked me why B complex and Nutri-Calm are listed as okay for O blood types on Tree of Light's Blood Type Charts when they contain wheat germ, which is not good for Os. What should I tell her?*

Because you have to look at the synergy of total ingredients of the product with antigen serum testing and not at each individual ingredient listed. Overall these products are beneficial for O blood types.

### Vaginal Infection

*I developed what I thought was a yeast infection several weeks ago. I treated it with Yeast/Fungal Detox, Bifidophilus and FCS II. I also had my polarity checked and I needed Bee Pollen and Spirulina.*

*It seemed to clear it up, but it came back about a week later with a vengeance—itching, burning—just miserable. I ended up at my gynecologist today and she said that I have an infection called bacterial vaginosis—possibly something that occurred after I had treated the yeast problem.*

*What would be the best thing to take internally, and what could I use externally?*

Well, as for what to use externally, I'll give my standard answer—Nature's Fresh! Internally, I would use some Colloidal silver and Lymph Gland Cleanse. The goldenseal in Lymph Gland Cleanse is very helpful for bacterial infections and low grade inflammation on mucus membranes. I would also continue to use the Bifidophilus and Yeast/Fungal Detox.

Kimberly Balas is a board certified naturopath and clinical nutritionist. She is currently head of the research department and a certified instructor for all Tree of Light courses. She is available for consultations by phone or at her Wyoming office. For more information on scheduling a consult, please phone 307-277-2466.

