

Section Two

Conditions, Ailments and Health Problems

This section contains specific conditions, ailments and health problems. Under each condition you will also find the following information.

A list of related health conditions (See also): These are other health problems that may be associated with or have similar root causes to the condition you are trying to resolve. Many health problems are interconnected, meaning they arise from the same root causes. So, you may wish to look up the related conditions and read about them, too.

A description of the condition and possible natural solutions: After the related conditions (see also) you will find one or more paragraphs talking about the condition. We start by explaining what the condition is and perhaps some basic statistics and information about the problem. Then, we discuss various strategies that can help to resolve it.

Where a particular symptom or problem can have many different causes, we've tried to address the most common underlying causes and provide you with information that will help you determine if those causes apply to the person who has this problem. For each potential cause, we list therapies and remedies that may be helpful. Some conditions list many options as possible remedies because there are many possible root causes. Please carefully review this material as it will help you select the right therapies and products to correct the problem at its roots.

Some conditions are serious and potentially life-threatening. In these cases, self-treatment is not wise. Where we encourage you to seek medical attention, *please do so*. Even if you opt to go the natural route for these problems, you should be monitored by modern medical testing to make sure you're on the right track. You may also want to seek out the help of a qualified herbalist or naturopath for serious health issues.

A list of helpful diet and lifestyle changes and other useful basic Therapies: Next we provide a list of therapies that can be helpful in eliminating the root causes of the problem. So, before thinking about herbs and supplements, read about the recommended therapies listed under the condition. We have also indicated which root cause(s) a particular therapy addresses in the general information text.

Lists of various types of NSP products that may be helpful for the condition: Finally, we give a list of NSP products that may be helpful for this condition. We've highlighted our personal favorites in bold. We've also broken down the products into types, so you can get an idea

of different kinds of products you might use. Here are the product types:

Herbs: These are single herbs that may be helpful for the problem. Single herbs work best when the overall energetics and properties of the herb are matched to the overall pattern of health problems in the person. It is often harder for beginners to get consistent results with singles.

Herbal Formulas: These are formulas that only contain herbal ingredients. Herbal formulas combine several herbs that deal with a particular problem which means that a well-chosen formula will often work better than a single herb because of the synergy of the ingredients. It is easier for beginners to get results with formulas. Herbal formulas also have a wide margin of safety, so you can safely double or even triple the recommended dose on the label, if necessary. Herbal Formulas will often heal a problem, which means that they will not need to be taken forever.

Herbal Extracts: These are products that contain standardized extracts from herbs. These are different from whole herbs in that certain constituents have been isolated and concentrated. This makes them more medicine-like than whole herbs. Generally speaking they are both stronger and faster acting. However, they are often less healing and restorative than whole herbs. You may want to use an herbal extract (or a nutraceutical blend) to help you get symptoms under control, while using diet, lifestyle changes, herbs and nutrients to restore the body to normal function. Also, because they are more concentrated than whole herbs, it is generally a good idea to stick to the recommended dose found on the label.

Nutrients: These are single vitamins, minerals and other nutrients, although a few products in this category may have an herbal base or contain single nutraceutical compounds. Like single herbs, single nutrients are more targeted to specific deficiencies. Since the body does not use nutrients in isolation, single nutrients are generally best used for specific therapeutic purposes to correct specific deficiencies. For health maintenance purposes, it is generally best to use Nutritional Supplements that contain a variety of nutrients that work synergistically together.

Nutritional Supplements: These are blends of various nutrients, such as multiple vitamin and mineral products. As the name implies they are taken to supplement the diet with extra vitamins and minerals and are products that can be used long term for health maintenance.

18 - Abdominal Pain

Conditions

Nutraceuticals: The term nutraceutical is used to describe naturally occurring compounds (sometimes extracted from plants, sometimes not) that are not vitamins or minerals. Like herbal extracts, these are concentrated substances that have a more medicinal action than whole herbs or nutritional supplements. Nutraceutical blends contain nutraceutical ingredients and may also contain herbal extracts, whole herbs, vitamins, minerals and other nutrients. Like herbal extracts these products are best for more rapid symptomatic relief while working on more root causes with other products and therapies. Stick to the recommended dose on the label when using nutraceutical products unless directed to do otherwise by a competent health practitioner.

Packs: These are packs which contain multiple capsules and tablets of different products. They are pre-made programs for working on specific body systems or health concerns.

Essential Oils: These are highly concentrated extracts called volatile oils that are derived from various plants. These products are used differently than all of the foregoing products in that they are seldom used internally. They are safest when used topically or inhaled. If they are used internally, they should be highly diluted and used only for short periods of time. See *Aromatherapy* in the *Therapies Section* for instructions on how to use essential oils safely.

Flower Essences: These are homeopathic-like preparations made from flowers. They are used internally (and sometimes topically) for emotional healing. There are specific instructions on *Flower Essence Therapy* in the *Therapies Section*.

Topicals: These are products designed for topical application only. The topical category also includes personal care products like soap, toothpaste and deodorant.

Appliances: These are household appliances.

We've highlighted all of the products we have found the most helpful for these problems in a bold typeface.

Abdominal Pain

See also *Acid Indigestion, Fungal Infections, Hiatal Hernia, Inflammatory Bowel Disorders, Parasites (general), Menstruation (painful), Small Intestinal Bacterial Overgrowth* and *Gall Bladder (sluggish)*

Pain or cramping in the abdominal area is a sign of irritation and inflammation in the digestive tract. It may be accompanied by gas and bloating or intestinal cramps. The bile can build up in the gall bladder and cause an inflammatory action that results in abdominal pain. Intestinal Soothe and Build and CLT-X both help to reduce inflammation in the intestinal tract. CLT-X also contains wild yam, which is antispasmodic, relieving intestinal cramping. An alkalizing program to help with clearing gall bladder can reduce pain.

Gall Bladder formula may help to move over a prolonged period of use. Refer to section on gall bladder cleanse. When using essential oil products for this problem, apply them topically over the abdominal area, rather than taking them internally. If problems persist, see a medical doctor for a proper diagnosis. See related conditions for more detailed information on possible causes of this problem.

Therapies: Aromatherapy, Cleansing Programs, Gall Bladder Flush and Hiatal Hernia Correction

Herbs: Capsicum, Chamomile and Lobelia

Herbal Formulas: ALJ, All Cell Detox, Anti-Gas Formula, **Catnip & Fennel**, Chinese Kidney Activator, **CLT-X, Cramp Relief, Gall Bladder Formula**, Gastro Health, IF Relief, **Intestinal Soothe & Build**, Liver Balance, Spleen Activator and Stress Relief

Herbal Extracts: **CurcuminBP**

Nutrients: Magnesium, Probiotics and Sunshine Heroes Probiotic Power

Nutraceuticals: AnxiousLess and Super ORAC

Packs: Digestive System Pack and Intestinal System Pack

Essential Oils: Clove Bud, Deep Relief Oil, Myrrh, Pink Grapefruit and Roman Chamomile

Abrasions

See also *Wounds and Sores*

An injury caused by a scraping away of a portion of skin or a mucus membrane. Aloe Vera Gel, Golden Salve, Silver Shield Gel and Nature's Fresh are all remedies that can be applied topically to help abrasions heal more quickly.

Therapies: Aromatherapy, Compress, Flower Essence Therapy and Poultice

Herbs: Aloe Vera

Herbal Formulas: **Bone/Skin Poultice**, IF-C and Lymphatic Drainage

Nutrients: **Silver Shield** and Vitamin E

Nutraceuticals: Collatrim

Essential Oils: Helichrysum, Lavender and Tea Tree Oil

Topicals: Black Ointment, **Golden Salve** and Nature's Fresh Enzyme Spray

Abscesses

An abscess is either an open sore, usually surrounded by inflamed tissue, from which there is an oozing of pus, or a cavity formed by a collection of pus-like material in solid tissue. Most remedies should be applied topically for the treatment of abscesses. However, alteratives or blood purifiers can be taken internally to help drain abscesses.

Therapies: Aromatherapy, Cleansing Programs and Poultice

Herbs: **Black Walnut**, Chickweed, Golden Seal, He Shou Wu and Lobelia

Herbal Formulas: **All Cell Detox**, Blood Stimulator, **BP-X**, Lymph Gland Cleanse and Lymphatic Drainage

Nutrients: Flax Seed Oil and **Silver Shield**

Essential Oils: Lemon, Roman Chamomile and Tea Tree Oil

Topicals: Black Ointment and **Golden Salve**

Abuse and Trauma

See also *Depression, Mental Illness and Anxiety Disorders*

An underlying cause of many people's health problems is unresolved abuse and trauma that they experienced in childhood. This may have come in the form of physical trauma and abuse or emotional trauma and abuse. For example, accidents, surgery and physical assaults can be traumatizing on a physical level. Abandonment, neglect, ridicule and belittling are emotionally traumatizing. One can also be traumatized through sexual assault.

When we are traumatized, our higher brain shuts down and the amygdala takes over, creating an involuntary fight, flee or freeze response. When we respond to trauma by fight, we get angry and try to fight back against what is hurting or threatening us. Flight involves running away from what is hurting or threatening us. When we perceive ourselves unable to fight or flee (as often happens in childhood abuse) we freeze. In this state, the body remains highly "charged" and ready to fight or flee but doesn't move.

Just as our response to trauma is automatic, so are the responses that allow us to heal from it. When the trauma has passed and we feel safe, we instinctively try to discharge the tension in our bodies, which allows the nervous system to return to normal. Animals in the wild do this automatically and do not remain traumatized.

In human beings, this discharging process may involve one or more of the following:

Anger: shouting, yelling, kicking, punching, stomping one's feet, etc.

Grief: crying, moaning, wailing, sighing, screaming, etc.

Fear and Anxiety: shaking, trembling, breathing rapidly, pacing, ringing one's hands, running, etc.

Laughter: talking about the event or the problem until one starts to find humor in it and begins to laugh.

Once the tension in the body has been discharged, a person is able to reenter the flow of life. Unfortunately, people in our society have been conditioned to interrupt the trauma recovery process. All too often we are told not to get angry, not to be sad, not to be afraid, or not to laugh so loud. This is usually done through criticism or punishment,

comforting the person with the intent to make them stop expressing their feelings, or simply showing disapproval for the discharging behavior.

When our attempts to discharge the emotional tension and trauma are repeatedly interrupted, a cycle of trauma is created within us. Every time we encounter situations that remind us of the original traumatic event, the same intense emotions we felt during that event are triggered. We may experience a sense of helplessness, rage, fear, sadness or other intense emotions. Left unresolved, these cycles of trauma can grow stronger over time.

They also contribute to many health problems. These include "mental health" issues such as depression, post traumatic stress disorder, anxiety disorders and feelings of tension and stress as well as physical health problems such as constipation, loss of sex drive, digestive upset, headaches and more.

When a person enters an unresolved trauma cycle, there are two major signs that their trauma is being retriggered. First, the person's thoughts and words become negative and incoherent (don't make sense), and these negative thoughts tend to spiral downwards. Secondly, the person thinks and speaks in absolute terms (everybody does this, nobody does that, this always happens to me and that never happens to me).

Professional counseling and/or emotional healing work is usually necessary to help a person discharge the emotional tension from their nervous system, but there are also herbs and supplements that can aid in the person's recovery. Adaptogens like Nervous Fatigue Formula or eleuthero root are usually beneficial, as they help to calm down the production of stress hormones and neurotransmitters. AnxiousLess can be helpful where anxiety is present. In many cases, the person's adrenal glands are exhausted from chronic stress. In these cases, Adrenal Support will be helpful.

When muscles are tense, any of NSP's Relaxing Nervine formulas and magnesium are helpful. Where sleep is disturbed, something to help with sleep may also be called for. Cases involving depression may benefit from Mood Elevator or other remedies with an antidepressant effect. B-complex vitamins with additional pantothenic acid or Nutri-Calm can help to feed the nerves and reduce anxiety.

Therapies: Aromatherapy, Emotional Healing Work, Flower Essence Therapy and Stress Management

Herbs: Eleuthero

Herbal Formulas: AdaptaMax, Nervous Fatigue Formula, Stress Relief and Stress-J

Nutrients: Magnesium and Pantothenic Acid

Nutritional Supplements: **Nutri-Calm** and Vitamin B-Complex

20 - Aches

Nutraceuticals: Adrenal Support, AnxiousLess and Mind-Max

Essential Oils: Lavender, Red Mandarin and Sandalwood

Flower Essences: Be Response-Able, **Distress Remedy** and Find Strength

Aches

See *Pain (general remedies for)*

Acid Indigestion [Heartburn, Acid Reflux, Gastroesophageal Reflux Disease, GERD]

See also *Hiatal Hernia*

Just about everyone has experienced heartburn at least once, but many people suffer from it on a regular basis. In fact, the American Gastroenterological Association estimates that about 60 million Americans have a case of heartburn each month. Of course, heartburn really has nothing to do with the heart. It's a form of acid indigestion in which acid leaves the stomach and enters the esophagus causing burning and pain.

When we eat, food passes down the esophagus and into the stomach. There, the stomach secretes hydrochloric acid and pepsin to break down proteins and begin the process of digestion. The stomach has a mucous lining to help protect it against this acid. The esophagus does not. A muscular valve at the top of the stomach holds the stomach's contents, including the stomach acid, in the stomach. This valve opens to permit belching, then closes again.

Heartburn occurs when the valve at the top of the stomach allows acid to seep back (reflux) into the esophagus. This acid burns and inflames the esophageal lining, which does not have the same degree of mucous protection as the stomach. This creates the burning sensation in the center of the chest we call heartburn. The more technically accurate term is acid reflux.

Although uncomfortable, occasional heartburn or acid reflux is not a serious condition. It is an indicator that dietary changes are needed. However, if it happens frequently and persistently, then the repeated burning and inflammation of the esophagus can result in more serious damage. This more serious condition is called gastro esophageal reflux disease or GERD. GERD is surprisingly common, affecting an estimated 5-7% of the American population.

The problem with GERD is that it can cause an erosion of the esophagus due to the continual acid damage. Scar tissue can form which will narrow the passageway. It also increases the risk of esophageal cancer.

Conditions

Several things cause acid indigestion. Poor digestion, irritating foods and mechanical pressure all contribute to indigestion and acid reflux.

First, let's look at the problem of poor digestion. The more protein foods are cooked, the more their proteins are denatured. Denatured proteins become "leathery" making it more difficult for digestive juices to penetrate the tissues and break down the food particles. Greasy fried foods create the same problem because water and oil do not mix. The grease coats the food particles, preventing penetration by the hydrochloric acid.

When food is not thoroughly chewed, it is harder for digestive juices to penetrate the food; so food needs to be chewed thoroughly to help digestive secretions blend with food particles. Overeating also causes acid indigestion, as the stomach becomes overburdened with more food than it can handle. Food winds up not being digested properly, which causes the body to signal for more production of acid. Watching food combinations may help with symptoms, too.

Certain foods may trigger acid indigestion because they trigger a type of allergic response. Common foods that cause excess acid production in some people include onions, peppermint, chocolate, coffee, citrus fruits, tomatoes, garlic, sugar and spicy foods. While these foods may cause acid indigestion, other factors cause the acid to reflux into the esophagus. These are generally due to mechanical pressures. Anything that puts pressure on the valve at the top of the stomach will allow acid to enter the esophagus, even if acid production isn't excessive.

Anything that pushes the stomach upward can put pressure on this valve including intestinal gas and bloating, excess body weight, tight fitting clothes, pregnancy, and lying down after eating. Stress also tenses the solar plexus area and draws the stomach upward.

When a portion of the upper stomach passes through the opening in the diaphragm where the esophagus enters (known as the hiatus), this is called a hiatal hernia. A hiatal hernia creates chronic digestive problems and eventually chronic digestive weakness. Pressure on the stomach from below (as described previously) can cause a hiatal hernia, but it can also be created by repeated stress and "swallowing" of emotions.

A hiatal hernia causes a "kink" in the valve at the top of the stomach, creating chronic heartburn or GERD. It can also put pressure on the heart, weaken the thyroid, and contribute to chronic gas and bloating in the intestines. This is a mechanical problem that must be corrected mechanically before any permanent relief can be found. Herbs and supplements alone will not correct this problem.

Since acid reflux usually begins with poor digestion brought on by lack of digestive enzymes, food allergies, or