

Section Three

Therapies

This section contains basic therapies that can be used for a wide variety of health concerns. These therapies include basic diet and lifestyle changes, techniques for using certain types of remedies and instructions on basic holistic healing techniques. These therapies should be considered before looking at herbs, supplements and other products as they work on the underlying or root causes of health problems. We've indicated which of the root causes of disease for which each therapy is helpful.

Where appropriate we've listed NSP products that can be used with that therapy. We've also listed which root cause(s) of disease that therapy addresses.

Affirmation, Visualization & Meditation

The discovery that our thoughts influence the immune system via the nervous system has given rise to the science of psychoneuroimmunology. Basically, positive thoughts enhance our health and well being, while negative thoughts detract from it.

What is the difference between a positive thought and a negative one? It's very simple. Positive thinking is focusing our mind on what we want, while negative thinking is focusing our mind on what we don't want. So, when we're focused on thinking about a disease we have and how we want to get rid of it, we're actually thinking negatively. "I'm going to fight this cancer" is *not* a positive thought because the focus is on the disease.

Positive thinking would entail thinking something like, "I'm getting stronger and healthier every day." This is focused on the goal of what you want, not the elimination of what you don't want.

Affirmation and visualization are tools that you can employ to help you create positive thoughts that will enhance your health and your ability to heal. Affirmation is auditory and verbal, while visualization is visual and nonverbal. Of the two, visualization is the more powerful, but both can be helpful, so try combining them for the best effect. Here's how to use these mental tools for healing.

Affirmation

An affirmation is a present tense statement that affirms what I want as if I actually had it. Thus, if I had a broken bone and I wanted to speed the healing of that bone I would affirm "my bone is whole and strong." Notice the present tense statement, "My bone IS." This is a vital key to mak-

ing affirmations work because it is laying hold of what you desire in the present tense. If you say, "My bone will be whole and strong," this places the fulfillment in the future, not the present and does not convey the same power. If a direct statement like that is difficult to use, a less direct, but equally effective statement would be, "My bone is healing as it should."

Examples of healing affirmations for yourself or others would include statements such as:

My body is healthy and strong.

My body is healing as it should.

You are growing stronger and healthier

Your body is recovering nicely.

To get the most benefit out of an affirmation, you should write it down and post it somewhere where you will see it every day. A good place is your bathroom mirror. That way, when you brush your teeth in the morning and again in the evening, you can read the affirmations out loud. It is very important to repeat the affirmation aloud, as hearing yourself say it makes it stronger.

During the day, when negative thoughts arise, simply replace them with your affirmation. So, as you start to worry about the disease or problem, simply start saying your affirmation. Since your mind cannot hold two thoughts at the same time, the positive thought crowds out the negative thought.

If you are a person of faith, affirmation can be helpful when combined with prayer. Pray for the outcome you desire and then affirm that the matter is now in God's hands. For example, you might say, "God is helping me to grow stronger and healthier every day," after praying for better health.

When praying, always ask in your prayer that God's will be done and that whatever happens will be for the good of all concerned. God may have a better plan for you than you have for yourself. Always be open to guidance. Also, one of the ways God answers prayers is by helping us to understand the changes we need to make in our lives to achieve the outcome we desire. So, it doesn't hurt to be prayerful about your choice of herbs, supplements and lifestyle changes.

Visualization

The second method for helping to create positive thoughts is visualization. Visualization involves getting into a relaxed state and breathing deeply while you picture the final result you desire in your mind. Again, it is important to see what

you want, not what you don't want and to picture yourself having it in the present, not in the future.

For instance, cancer patients have practiced visualizing their white blood cells gobbling up the cancer cells and destroying them. If you have an injury, visualize your body healed and whole again. It has been proven in studies that such visualization actually enhances immunity and tissue repair.

Again, if you are a person of faith, visualizing what you desire after praying for it is an exercise of faith. It is giving substance to what you hope for and creates a picture in your mind of what you have not yet seen manifest in your life.

Meditation

Both affirmation and visualization will be enhanced when done in a meditative state. Meditation is a practice where you learn to calm your verbal mind which is constantly "chattering" at you. In this calm state of mind, you can more clearly affirm and visualize what you desire. Essential oils can be used to enhance meditation, as they can help to calm the body and mind.

To get into a meditative state, start by breathing deeply. As you breathe deeply, tissues are oxygenated, which fans the spark of life and increases the flame of life throughout the body. The "breath of life" is intimately connected with the vital force. To breathe is to connect with feelings, to be alive. Shallow breathing causes a person to stifle his or her feelings, numbing the body and dulling the sensation of life.

Next, allow all of the muscles of your body to relax. An easy way to do this is to tense each part of your body and then relax it, starting with your feet and working up to your head. As you relax each body part, exhale deeply and imagine it getting heavier and gravity pulling it downward more strongly.

Once your body is relaxed, you need to create a central focus for your mind. This can be done by simply repeating the word, "one" over and over gain in one's mind, a technique developed by Harvard Benson in his book *The Relaxation Response*. You can also count your breaths by breathing in for a count of four, holding for a count of four, exhaling for a count of four, and then holding again for a count of four. Think, "in-two-three-four, hold-two-three-four, out-two three-four, hold-two-three-four" as you breathe. You can also stare at a candle, think of a single word or phrase or anything else that allows you to focus intently on one thing.

As distracting thoughts come into your mind, simply notice them and then go back to focusing intently on whatever you have decided to make your point of focus. The idea is to get into a completely relaxed, observant state of mind.

Once you have reached this level, you can do your visualization and affirmation. Simply allow yourself to imagine already having the health (or whatever else you have decided

you want) in this relaxed manner. Again, if negative or distracting thoughts arise, simply notice them and go back to picturing and/or affirming what you desire.

Although we've linked these techniques to specific conditions in which they may be particularly helpful, affirmation, visualization and meditation can be helpful with any health problems you may be experiencing. They can also help with non-health related problems.

The therapy Affirmation, Visualization & Meditation helps deal with *Mental and Emotional Stress*, one of the root causes of disease.

Essential Oils: Frankincense, Myrrh and Sandalwood

Aromatherapy

Aromatherapy is a term coined by the French cosmetic chemist Rene-Maurice Gattefosse in 1937. After an explosion in his laboratory, Gattefosse inserted his painfully burned arm into a nearby vat of lavender oil. He was amazed at the miraculous way the lavender oil instantly relieved the pain and began an immediate process of healing. The arm subsequently healed quickly and without scarring.

Today, aromatherapy is the use of essential oils for mental, emotional and physical healing. Essential oils are volatile compounds found in plants. They are responsible for the aroma or smell of the plant. These non-fatty oils are distilled or expressed from herbs, flowers and trees.

Although individual essential oils have their own qualities, in general essential oils are antibacterial, antiviral and antifungal. They tend to stimulate circulation, boost immune responses, increase blood oxygen levels and stimulate cellular growth and repair. They also have strong effects on the nerves and endocrine glands because the sense of smell directly affects the hypothalamus, which regulates the pituitary and acts as the switching station for the brain. This means that essential oils can also help enhance a person's mood, soothe stress, calm negative emotions, and enhance glandular functions.

Here are a few of the major ways essential oils can be used:

Inhalation: A simple and easy way to introduce oils to your senses is to take the lid off the bottle and breath deeply. It is very effective and you can use it anytime and anywhere.

Diffusion: A safe and effective way to use EOs is to diffuse them into the air. NSP sells both a Plug-in Diffuser and a Nebulizing Diffuser, which can be used to disperse essential oils into the air. This can help to freshen the air, enhance mood and/or kill airborne microbes to promote healing and prevent the spread of infection.

Perfumes: One can also get the benefit of EOs by using them as perfumes. Add 10-15 drops of an EO to a 1/4 ounce of a massage oil and place in one of NSP's Clear Roll-on Bottles to apply topically.

Hydrosol: Create a natural air freshener by adding 40-50 drops of your favorite oil or oil blend to a 2 ounce bottle of pure water with a spray mister. This is great for home, work or car. Shake well before each use. Store in a glass container.

Topical Application: The term neat used for oils that can be applied topically in an undiluted form. Oils that are too irritating to be used neat should be diluted as described in the next paragraph. People with sensitive skin may want to dilute even neat oils at least 1:1 (equal parts). Essential oils should never be used on or around the eyes. If eye contact occurs, the most effective method of flushing is to use a fatty substance that will absorb the oil. Using water will just spread the oil onto the mucous membrane lining of the eye and cause additional irritation. Some examples of substances to use include butter, cold milk or vegetable oil. After applying the fatty substance, wash thoroughly with water for five minutes. This also works for spills on the skin.

Diluting Oils: EOs can be diluted with a fixed vegetable oil (like almond or olive oil) or a natural soap or lotion. NSP sells a Massage Oil blend that can be used as a base for EO blends for topical use. EOs can also be added to Sunshine Concentrate. Generally, you want the finished product to be about 2-3% essential oils. For easy reference, use about 7-8 drops of essential oil(s) per Tablespoon of oil, soap or lotion, or about 15 drops per ounce.

Massage: Create your own massage oil by adding 12-18 drops of an essential oil per one ounce of pure massage oil. For children, reduce by half. Use for a full massage or spot massage at pressure points for a quick effect.

Compress: Add 6 drops of an essential oil to a bowl of hot or cold water. Submerge a cloth in the water, wring it out and place it on the area needing healing. Hot compresses are useful for muscular pain and cramp relief, and cold compresses are useful for swelling or headache.

Baths and Soaks: To disperse EOs into a bath first add 8-15 drops of the oil(s) to a Tablespoon of Sunshine Concentrate. Hold this mixture under the faucet while drawing the bath. This will disperse the EOs into the bath water. For a foot or hand soak use about 4 drops in a teaspoon of Sunshine Concentrate and add it to a container of water.

Internal Use: EOs that are GRAS (generally recognized as safe) can be used internally, but they should be well diluted to avoid irritation. EOs that are not GRAS should never be used internally as they can have harmful effects when ingested. When using EOs internally, you should always dilute them. Add 1-2 drops of EO to one or two teaspoons of honey or to four to eight ounces of a beverage that will emulsify (dissolve) the oil, such as almond or coconut milk. EOs can also be mixed with water, but they will rapidly separate and float on top of the water. You can also dilute EOs in olive oil (see dilution above) and take 1-3 drops of the mixture. With the exception of peppermint and possibly

lemon oil, don't take oils internally more than twice daily and for no longer than two weeks unless directed otherwise by a skilled practitioner.

Essential oils are highly concentrated substances. Overuse and excess dosages can lead to skin irritation, headaches, nausea and a feeling of unease. Always use a more diluted amount with children. As with any concentrated substance, keep essential oils out of the reach of children and do not leave a bottle of oil, which has no orifice reducer, where a child could take off the cap and consume its contents.

The therapy Aromatherapy helps deal with *Mental and Emotional Stress* and *Physical Trauma*, two of the root causes of disease.

Essential Oils: Bergamot, Breathe Free, Cellu-Tone, Cinnamon, Clary Sage, Clove Bud, Deep Relief Oil, Eucalyptus, Frankincense, Geranium, Guardian, Helichrysum, Jasmine Absolute, Lavender, Lemon, Myrrh, Neroli, Patchouli, Peppermint, Pine Needle, Pink Grapefruit, Red Mandarin, Roman Chamomile, Rose Bulgaria, Rosemary, Sandalwood, Sweet Marjoram, Tea Tree Oil, Tei Fu, Thyme, Wild Oregano and Ylang Ylang

Avoid Caffeine

Caffeine may be the most widely used drug, primarily because it isn't regarded as a drug. People have been using caffeinated beverages like coffee, tea and sodas increasingly during the last century to try to stimulate themselves. Energy drinks have compounded the caffeine problem simply because they contain even larger amounts of caffeine than coffee or sodas. Not only are adults consuming these beverages in large quantities, they are allowing their children and teenagers to do so as well.

In spite of its innocuous reputation, excessive use of caffeine may cause serious damage to the brain and central nervous system. Consuming large amounts of caffeine regularly can lead to serious health problems.

Doctors report that an increasing number of patients come to the ER having consumed three or four energy drinks within an hour (equivalent to 15 cups of coffee). A recent government survey found that from 2007 to 2011, the number of emergency room visits related to energy drink consumption nearly doubled, increasing from 10,068 to 20,783. The largest percentage increase (279%) over the same period was found in people over the age of 40.

Side effects of excessive caffeine consumption can include an elevated risk of developing osteoporosis (caffeine causes the body to lose calcium, resulting in weak bones), rapid heartbeat, arrhythmia, sleeplessness, anxiousness, nervousness, irritability, cold sweats, loss of appetite, nausea and diarrhea. Symptoms of caffeine overdose also include headaches, fever, dehydration and seizures (acute overdose). Caf-

feine use also interferes with sleep, which means that the body can't effectively recharge its energy through proper rest.

Caffeine works by inhibiting a neurotransmitter called adenosine. Adenosine acts as an inhibitory neurotransmitter, which calms down the activity in the central nervous system. By inhibiting adenosine, it increases the activity of stimulating neurotransmitters. Caffeine also has an effect on other neurotransmitters such as dopamine, acetylcholine, serotonin, and, in high doses, on norepinephrine. However, the effect wears off after about 10 days, as the body creates more receptor sites for adenosine, so larger amounts of caffeine are needed to have the effect.

This is also why people who quit using caffeine go through withdrawal. If you stop using caffeinated beverages you will go through withdrawal symptoms. You may feel tired or get a headache. You may even feel a bit depressed. It takes about 10 days for the body to adjust the amount of receptor sites for adenosine downward.

The bottom line is that consuming caffeine isn't the answer to low energy. It's not creating more energy, it's just using up your energy reserves more quickly. So, over time, it's just making the problem worse. If you really want more energy, stop using caffeine and start rebuilding your body's energy reserves using caffeine-free energy boosting supplement such as Target Endurance. Adaptogens like Nervous Fatigue Formula, eleuthero root, Suma Combination or Adaptamax may also help. Also, stay well hydrated by drinking lots of water and get plenty of sleep.

It may help to substitute a caffeine-free beverage such as an herbal tea for black tea, an herbal coffee substitute like Herbal Beverage instead of coffee or sparkling water with a little fruit juice added for sodas. By focusing on healthy substitutes instead of just eliminating the caffeinated beverages, you will ease the transition. You can also ease the transition by using Solstic Energy, which does contain caffeine, but not in large quantities.

The therapy Avoid Caffeine helps deal with *Toxic Overload*, one of the root causes of disease.

Foods: Herbal Beverage

Herbs: Eleuthero

Herbal Formulas: Nervous Fatigue Formula, Solstic Energy and SUMA Combination

Nutraceuticals: Target Endurance and Solstic Revive

Avoid Xenoestrogens

Over 50 years ago it was discovered that chemicals in our environment were having a negative impact on the reproductive capability of wild animals. In spite of this, our society has continued to accept and use these chemicals because they offer "quick fixes" in modern agriculture. Some of these chemicals have now been dubbed as xenoestrogens.

The term estrogen does not refer to a specific hormone. An estrogen is any natural or artificial substance that induces estrus (female fertility and desire to mate). The human body makes three different estrogens—estriol, estrone, and estradiol. Xenoestrogens are chemical compounds from environmental pollutants that bond to estrogen receptor sites. Xeno is a Greek word meaning foreigner, stranger or alien. So xenoestrogens are foreign or alien estrogens.

Xenoestrogens bond to receptor sites within cells and make specific changes to cellular activity. These chemical estrogens can disrupt the function of the endocrine system in two ways. First, they can mimic natural hormones and turn on cellular processes at the wrong time or simply overstimulate them. A second way they can disrupt the body's hormonal processes is to bond to receptor sites without stimulating them, blocking normal hormonal processes.

The results of this bonding can be cellular damage, the inappropriate activation of genes, or the disruption of normal hormonal processes.

Although these chemicals have been "tested" for safety, they were tested individually, not collectively. One experiment showed that when 10 commonly encountered chemicals were mixed at a tenth of their individually active dose, the potency (measured as cell proliferation) was 10 times higher than expected. So, the synergistic effect of these chemicals is dangerous.

Furthermore, they do not readily degrade nor break down in the environment. In fact, they tend to accumulate in the fatty tissues of animals and concentrate the higher up the food chain you go. This may be one of the reasons why vegetarians have a lower incidence of breast cancer than meat eaters.

Xenoestrogens have been documented as causes of reproductive dysfunction and mutations in wild birds, frogs, reptiles and even mammals. However, the first species of animals to be affected were birds of prey, because they sit at the top of the food chain. The problems these chemicals have caused in wild animals should have clued us into the harm they are causing human beings, but commercial interests have continued to push for their use.

Harmful Effects to Humans

Some of the possible effects these xenoestrogens are having on human beings include:

1. Earlier onset of puberty in young girls. Because of xenoestrogens, girls are developing breasts at younger and younger ages.
2. Increases in breast and prostate cancer. These tissues contain estrogen receptor sites and are extremely prone to genetic damage and the stimulation of excess growth by xenoestrogens. Other cancers of the reproductive organs may also be caused by xenoestrogens.