
An Electronic Journal for NSP Distributors

Elecampane

By Steven Horne

Elecampane is one of the many healing herbs found in the composite or sunflower family. Like many other plants in this family, it has a bright sunny yellow flower head. The most commonly used species in Western herbalism, *Inula helenium*, is native to southeastern Europe and western Asia, but now grows in many temperate regions of the world, including the United States. *Inula racemosa*, another species of this herb that is native to India, is used in Ayurvedic medicine.

My first experiences with elecampane were with respiratory conditions. I included the root in a formula I designed for coughs and respiratory congestion in children. It is an expectorant herb with an antiseptic quality, making it a great remedy for bronchitis, pneumonia, coughs, and tuberculosis. Elecampane has a warming effect on the lungs and helps clear mucus from the chest. A gentle but effective respiratory remedy, it is very safe for both the young and the elderly. In Ayurvedic medicine it is considered a regenerative tonic for the lungs. Because of these actions *Inula racemosa* is one of the ingredients in Bronchial Formula (BRN-AV), a traditional Ayurvedic formula for bronchitis, cough and other respiratory problems.

Another traditional use of elecampane has been for infection. Besides being used for tuberculosis, it has also been utilized for flu, tonsillitis, colds, and yeast infections. The volatile oil contains sesquiterpene lactones which exhibit antibacterial, antifungal and antiparasitic activity. One of these sesquiterpene lactones is alantolactone, which is anti-inflammatory and immune stimulating. It also reduces mucus secretions.

The antiparasitic action of elecampane is the focus of its use in NSP formulas. Elecampane has been used to help expel worms and is particularly effective against giardia and other amoebas. Its antifungal properties also make it helpful for controlling yeast in the intestines. This is why elecampane is one of the ingredients in Caprylimune, an NSP formula designed to combat yeast infections. Elecampane is also an ingredient in Artemisa Combination, an antiparasitic formula that is included in the very effective ParaCleanse with Paw Paw package.

Inula racemosa is also an ingredient in Gastro-Health, a formula designed to combat the *H. pylori* bacteria, because independent research conducted by NSP discovered that this was one of the most effective herbs in inhibiting *H. pylori*, which is now

known to cause ulcers. Gastro-Health may be helpful for combating other infectious organisms in the intestines as well.



Photo by Steven Foster

Elecampane helps to stimulate the digestive system because of its slightly bitter qualities. It has been used for indigestion and to improve appetite. There is a strong link between the digestive tract and the respiratory passages. Both are lined with mucus membranes and constitute a first line of defense against infection. Chronic respiratory infections are often linked with intestinal inflammation, leaky gut syndrome, and yeast or parasitic infections.

A major component of this herb is inulin. In fact, inulin was first isolated from elecampane and received its name from the Latin name of the herb, although it is also present in other composite family herbs like burdock and dandelion. Inulin is a mucilaginous substance that soothes intestinal and respiratory membranes. It also serves as a food for the colon's friendly bacteria. We now know that the friendly bacteria in the intestines help protect the body against yeast, harmful bacteria and parasites, and that this helps boost the immune system.

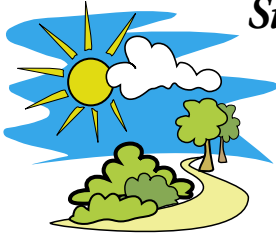
Although not available as a single from NSP, we are able to obtain the benefits of elecampane in formulas that match its primary actions as an infection fighter, antiparasitic, expectorant and digestive tonic.

Selected References

The Encyclopedia of Medicinal Plants by Andrew Chevallier
The Illustrated Herb Encyclopedia by Kathi Keville

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Steven Horne's Ramblings and Ravings

Understanding Biological Terrain, Part Seven

Stagnation and Atrophy

In our last issue, we discussed the tissue conditions of irritation and depression in detail. Irritation and depression are measurements dealing with tissue activity. Our next pair of tissue states deals with tissue density.

The body has both a fluid nature and a solid nature. The fluid nature allows the body to move, to flow, to have flexibility and to change. The solid nature gives it form, rigidity and structure. Solids govern fluids by controlling their direction of flow. Fluids move solids from place to place in the body. So, there is a dynamic tension or balance between these two forces.

If there is too much fluid and insufficient solids, then the movement of fluids is no longer regulated. Tissues become too damp, and thus lose structure and tone. If there are too many solids and a deficiency of fluids, then tissues lose mobility and flexibility. These two contrasting tissue states are known as stagnation and atrophy. We'll first look at the characteristics of the stagnant tissue state and then at the characteristics of the atrophied tissue state.

Stagnation

The easiest way to gain a picture of stagnation is to picture stagnant water—think of a swamp or a bog. Under normal, healthy conditions in the body, fluids are in a constant state of dynamic motion. Like a fast-moving mountain brook, the blood and lymphatic fluids are in a state of constant motion, being continually cleansed, replenished and recycled.

When the movement of these fluids slows down, fluids begin to stagnate. Earlier in this series, we learned how the fluid around the cells is being constantly changed many times each second. We also learned that the healthy state of cells is to be in a "sub-atmospheric pressure condition," which means there is barely enough fluid around the cells to fill the cracks and no more. When inflammation sets in, excess fluid from the circulatory system is drawn into the tissue spaces creating swelling. The initial reaction of tissues is to become irritated (or overactive) in an attempt to maintain normal flow. If this attempt is unsuccessful, then a stagnant pool of fluid collects in the tissue spaces, and the condition moves from the acute state of irritation to the subacute state of stagnation.

As fluids move more slowly, they accumulate a heavier burden of toxins, like the petrification and decay that starts to

build up in a bog. The environment becomes one of toxicity and decay, rather than vibrant health.

Tissues in this state are boggy and flabby. They lose tone and strength and may appear dull. As the lymphatic system becomes congested, a sluggishness settles into the body. The lymph nodes will become congested and swollen and may become tender to the touch. The liver can also become stagnant rather quickly, especially when the colon is congested. There will be a sense of pressure and fullness under the right rib cage, and there may also be a bloated feeling in the abdomen.

The tongue tends to become swollen and may be heavily coated in fluid, giving it a "water logged" appearance. A thick mucus coating on the tongue is also an indication of a stagnant condition in the body. The pulse may be rolling, which means that the blood feels "sludgy" as it passes under the fingers. The pulse is not sharp and distinct, but feels dull.

It is very easy to determine this state by palpation of the tissues. Stagnant tissues feel spongy to the touch. They feel bloated and waterlogged, but are puffy, rather than hard. Again, if you are not licensed to be touching people in this matter, however, it is best to limit this kind of analysis to family members and close friends.

The eclectic doctors, practicing in the late 1800s and early 1900s, called this condition "torpor." When Matthew Wood first introduced this concept to me, I felt the word torpor was inappropriate for current use, so we agreed to call this tissue state toxic stagnation. I have grown fond of the term, however, because the condition really is a torpid one. What was really fascinating for me, however, was to learn that the eclectics also coined the term "alterative," which I had heard many times but never fully understood. I knew that alteratives were supposed to clear up "morbid" conditions, but with this new information I finally had a clear picture of what a "morbid" or "torpid" state was—it is a condition in the body like a decay-filled swamp.

Fluids move through the body under the guidance of a group of minerals called electrolytes—primarily sodium, potassium, chloride, magnesium, calcium, sulphur and phosphorus. These minerals combine to form various mineral salts which regulate and control the movement of fluids. Alteratives contain these electrolytes and thus are able to regulate fluids and get them into motion again. Most alteratives also have a slight bitter

quality that has a cleansing effect on the system, helping to initiate the body's detoxification systems in the liver, colon and kidneys.

Examples of alteratives include: burdock, dandelion, barberry, nettles, yellow dock, red clover, and cleavers. NSP's new Lymphatic Drainage formula is an excellent example of an alterative herbal combination. The formula contains red clover, stillingia and cleavers, all classic alterative herbs, along with prickly ash bark, which acts as a circulatory stimulant. Other examples include E-Tea, Enviro-Detox and All Cell Detox.

Atrophy

The opposite condition to stagnation, atrophy, often occurs primarily in elderly people or those who are "wasting" from serious illness. Atrophy refers to an underfed, withered and weakened condition. When something atrophies, it loses its ability to move and have life. This is why atrophy corresponds to the degenerative stage of disease where tissues begin to break down and die.

In the atrophied state, the tissues are too dry and there is a lack of fluids to move solids through the body. The lack of fluids also creates rigid, inflexible structures. Atherosclerosis (hardening of the arteries), osteoarthritis (degeneration and loss of mobility in the joints), osteoporosis (loss of flexibility in the bones resulting in brittleness), emphysema (a dry leathery condition of the lungs), and cirrhosis of the liver (hardening of the liver tissue) are all examples of the tissue state of atrophy.

To understand atrophy better, think of an autumn maple leaf that has fallen from the tree and has dried out. While the leaf was on the tree it was moist, green and supple. The leaf had structure, but it could also be bent and would spring back, retaining its form. Now, the leaf is no longer green and supple—it is dry and brown—and when we bend it, it cracks and breaks. It has become dry, hard, brittle and lifeless—it has atrophied.

As with stagnation, the tissue state of atrophy can be determined by palpation. Atrophied tissues are dry, rough, hard, immobile and inflexible. They have a rough, leathery texture and appearance.

In atrophy, the tongue is dry and has little or no coating. It is often narrow, thin, shrunken, withered, or cracked in appearance. The pulse is typically slow, deep (hard to find and feel) and weak. The pulse lacks strength or power. The blood vessel itself may also be thin (narrow) and feel like a tiny thread, rather than a small tube. This is called a thin, or thready, pulse.

All these conditions demonstrate the lack of fluidity in the tissues. This fluid material isn't just water, however, and just drinking water will not rehydrate the body. Toxins are trapped inside the cells, and cellular communication is hampered by

the fact that the glandular system is miscommunicating. There is often a deficiency of essential fats, too, which form another portion of the body's transport system. The body transports things using water and fats (lipids), as some substances are water soluble and some are fat soluble.

Sometimes there may be redness or some minor symptoms of heat when the system is in an atrophied condition. This type of heat was called "hectic fever" in the old Western literature and is "false heat" or "yin deficient heat" in Chinese medicine. The heat is due to a lack of fluids, which are the body's cooling system, rather than the actual presence of excess energy. The redness or heat is accompanied by exhaustion and weakness. The tongue often quivers (due to adrenal fatigue) and the pulse in these cases is rapid and nonresistant (weak).

It is interesting that a few of the "salty" herbs (which are rich in mineral electrolytes) act both as alteratives to clear up stagnant conditions and as moistening remedies to rebuild atrophied tissue. Mullein, alfalfa and nettles all fit in this category. However, the best herbs for dealing with atrophy are the classic tonic herbs such as ginseng, licorice, and astragalus. Mucilants like slippery elm, marshmallow, and plantain can also serve as nourishing foods for the atrophied person. Finally, the essential fatty acids found in the seeds of flax, sesame, black currant, hemp and evening primrose are also valuable remedies for conditions of atrophy.

Many of the tonic formulas in NSP's Chinese herb line work on conditions of stagnation and atrophy. For example, Breath EZ (AL-C) is for stagnation in the lungs, and Lung Support (LH-C) is for atrophy. In another example, Kidney Activator (K-C) is for kidney stagnation and water retention, while KB-C is for kidney weakness and atrophy. A final example is Anti-Gas (AG-C) which is for digestive stagnation, and Spleen Activator (UC-C) which is for digestive atrophy.

In our next issue, we'll conclude this discussion with the final two tissue states—constriction and relaxation.

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Kimberly Balas' Clinician's Corner

Pancreatic Enzymes and Low Sperm Count

Pancreatic Enzymes and Cancer

*I have a client whose cancer is being treated by a doctor in New York. He uses good diet and supplements, but also large doses of pancreatic enzymes. What is the difference between pancreatic enzymes and food enzymes? **Prescription for Nutritional Healing** divides enzymes into two categories: food and metabolic. Would metabolic be the same thing as pancreatic enzymes?*

Also, under the metabolic enzymes, two different ones are given, superoxide dismutase (SOD) and catalase.

Diane

Pancreatic enzymes are digestive enzymes secreted by the pancreas. Digestive enzymes are also found in raw food. Metabolic enzymes are found in body tissues and cells. In general, enzymes are catalytic protein molecules created out of DNA. A catalyst is a chemical agent that speeds up chemical reactions. It is able to alter other compounds without being altered itself.

Metabolic enzymes catalyze reactions within the cells. They make the body work. They control energy production, synthesis of hormones and neurotransmitters, and immune functions. In fact, they are responsible for all chemical reactions in the body.

Digestive enzymes are a specific type of enzyme. They are used to digest (or break down) food. They split proteins, carbohydrates and fats into simpler compounds.

There are several digestive enzymes produced by the pancreas. Pancreatin is a mixture of pancreatic enzymes and is found in NSP's supplement Food Enzymes. Pancreatin contains enzymes to break down all three types of foodstuffs: fats, proteins and carbohydrates. Food Enzymes also contains bile salts, pepsin, and hydrochloric acid (HCl). Some people can't handle the HCl in this formula very well, so I do use a pancreatin formula. I also use Protease Plus.

Protease is a plant enzyme supplement. Plant enzymes are digestive enzymes derived from plants. Proteases break

down proteins, lipases break down fats, and amylases break down carbohydrates.

According to Dr. William Donald Kelley, D.D.S., M.S. in his book, *One Answer To Cancer*, at least 86% of all cancer conditions could be adequately treated and/or prevented by diet and pancreatic enzymes. Cancer is a symptom of inadequate and deficient protein metabolism. The real problem is the impaired protein metabolism, not the presence of the cancer cells. The cancer cells are only a symptom telling those who would listen that the protein metabolism is in very serious trouble. Surgery, radiation and chemotherapy are aimed at killing cancer cells, but they do not correct the underlying metabolic imbalances that created it.

For maximum effectiveness with cancer, pancreatic and protease enzymes should be taken between meals. Small Intestine Detox may also be helpful in breaking down undigested protein in the small intestines.

NSP has superoxide dismutase (SOD) available as a supplement. SOD is an enzyme that breaks down a major free radical called the superoxide radical. It is just one of many metabolic enzymes present in the body. Since the major damage done by radiation is due to the generation of superoxide radicals, SOD can help protect the body from radiation, including x-rays. SOD is just one of hundreds of enzymes present in the body performing complex biochemical reactions to make the body work properly.

Low Sperm Count

I am working with a middle aged (late 40s) couple, who have been married two years, and are trying to conceive. They have started infertility testing, and husband was told by doctor that his sperm is slow moving and that his semen pH is 8.2, which is considered slightly alkaline. The ideal range for semen pH is 7.6 - 7.8 according to the doctor.

Both his saliva and urine pH readings are very acidic. He asked the doctor about this, as having acidic and alkaline pHs

in the same body doesn't seem to add up. The doctor said there is no correlation between the two.

We are working on his pH, especially with calcium and enzymes. Is there anything we can do to strengthen the sperm, or alter the pH of the semen? Also, do you have any suggestions for his wife to increase her fertility? She did have an abortion when she was much younger. I spoke with her about the possibility of scar tissue keeping her from becoming pregnant, but the 6-month program of MSM and vitamin E was a little too much for her. She did try damiana but it didn't work for her. She also has hypothyroid issues.

Carol

First of all Carol, thank you for providing so many details. This helps me to see the big picture, and makes it easier to make accurate recommendations.

The bodily fluids do have different pH ranges—some acid and some alkaline—but they are all related no matter what the doctor says. He is just not willing to look at the big picture.

Enzymes are always the key here. Enzymes are used in the testicles to synthesize hormones, and sperm development is triggered by hormones. Estrogens and progesterins are synthesized primarily from cholesterol and to a lesser degree from acetyl coenzyme A.

From a biochemical point of view, the testicles are involved with the final stage of fat (cholesterol) metabolism. There are three stages for this metabolism. 1. During digestion in the gall bladder, bile emulsifies the fat. 2. Fat is sent to the liver and converted from an inorganic form into an organic state by the process of dentrification. This process takes place under the influence of thyroxin, a hormone produced by the thyroid gland. Fat is combined with protein to form lipoproteins. 3. Lipoproteins are stored and aged in the spleen until the sex organs demand cholesterol for hormone production.

Magnesium transports fatty proteins throughout the system. Manganese takes care of the last stage of fat metabolism, which is the combustion of cholesterol in the mitochondria to form hormones. Manganese, in combination with oxalic acid, is used to form the sex hormones. Red raspberry is the herb highest in manganese, and it works for men as well as women as a reproductive tonic. It even helps with high cholesterol in some cases.

So, both protein and good cholesterol are essential for healthy hormonal production. This is why pushing cholesterol below 200 actually decreases fertility. It's a great form of population control.

With this explanation, here are some supplements that I would consider in this case:

Thyroid Activator or Target TS II. A lot of impotent and infertile males have thyroid issues. 7-Keto could be a possibility here as well as IF-C depending on the activity of his thyroid, whether it is too high or too low.

Magnesium. This helps with the transportation side of fat metabolism.

Red Raspberry. As mentioned before, this herb is high in manganese, which helps convert the cholesterol into hormones.

Spleen Activator. This would help if he has a sluggish spleen and the cholesterol and fats stored there were not being released for proper hormone production.

Hi-Lipase. This helps with the first two stages of fat processing in the body. It takes stress off the third stage.

Protease Plus. Taking protease enzymes on an empty stomach will help with the high acidic urine and saliva, as well as the alkaline semen.

Potassium. This mineral helps to regulate the fat, water, and CO2 exchange at the cellular level.

Damiana. This herb can also be used to increase sperm count.

Finally, make sure he is hydrated, getting enough vital protein, using enzymes to break the protein down.

As for the wife, the thyroid issue sounds like the root cause. Try Master Gland with her for a while along with some adrenal support like Nervous Fatigue Formula and see if that helps. If she doesn't want to do the MSM regimen, then just have her rub Helichrysum and Deep Relief, mixed in a carrier oil, on her abdomen at night. She may also want to try the Pro-G-Yam cream.

Kimberly Balas is a board certified naturopath and an instructor for NSP's NHC program. She is also a board member and a certified iridology instructor with the International Iridology Practitioners Association (IIPA). She is available for personal consultations in her Melbourne, FL office or by phone (321-725-7731).





Kidney Stones

Preventing and Passing Kidney Stones the Natural Way

Kidney stones are deposits, resembling small rocks, that form in the kidneys. They are usually composed of calcium mixed with oxalic acid, but may be composed of other mixed minerals and amino acids. The best way to deal with kidney stones is to prevent them. Once kidney stones have formed, they can be very difficult and painful to get rid of. If they lodge in the passages between the kidneys and bladder they can cause excruciating pain.

There are several factors that contribute to the development of kidney stones. The first is not drinking enough water. Stones usually form if the urine is too concentrated. So, make certain to drink plenty of pure water (not soda pop, coffee, tea or other beverages) to maintain the health of the urinary system.

While there is some connection between calcium and kidney stones, calcium intake by itself does not contribute to stones. Calcium that is properly bound in the system will not cause stones, however, free calcium in the blood will contribute to stones because this calcium will be flushed out of the body through the kidneys.

If the pH of the body is too acid, then calcium may be drawn from the bones to buffer waste acids. Calcium carbonate will also raise free calcium levels and may increase the risk of stones. Calcium must be balanced with magnesium, and many people take too much calcium, when they are really deficient in magnesium. In fact, taking magnesium supplements will greatly reduce the risk of stones.

Vegetarians have less problems with kidney stones than meat eaters, possibly because their diet is more alkalizing. Animal proteins produce more acid waste, including oxalic acid, so a diet high in acid-forming foods, combined with high calcium intake (especially calcium carbonate) and insufficient water will contribute to stone formation.

It is possible to aid the passing of kidney stones naturally, if they are small enough to be passed. It is also possible to gradually dissolve them using a combination of herbs and diet.

Several herbs have been used traditionally to aid the passing of, and inhibit the formation of, kidney stones. These include gravel root (Joe-Pye weed), hydrangea, nettles and lemon. Fresh lemon juice in pure water is very helpful in dissolving and passing stones. One very useful folk remedy for passing kidney stones is to juice four fresh lemons and put the juice in one gallon of distilled water. Fast, drinking only the lemon water, until the stones have passed.

This program can be even more effective when hydrangea or gravel root are taken along with the lemon water, as both of

these herbs will help dissolve the stones. At the very least, they help to dissolve the rough edges of the stones so they will pass more easily.

Marshmallow root can also be taken to soothe urinary passages, thus helping the stones to pass. Antispasmodic herbs such as lobelia or kava kava can be taken, especially when there is severe pain, as they will relax urinary passages and help the stones pass more easily. High doses of magnesium (2-3,000 milligrams) may also be helpful when passing stones.

Here's a sample program for helping to pass kidney stones. The exact supplements and amounts required will vary from person to person and from situation to situation. This is only a general guideline. These supplements should be taken while fasting and drinking lemon water as described above.

Hydrangea—2 capsules every two hours
Magnesium Complex—2 capsules every two hours
Marshmallow—1 capsule every two hours
Lobelia or Kava Kava—1 capsule every two hours

For persons who have a tendency to kidney stones, herbs and supplements may be taken to help prevent them from forming again. Besides drinking plenty of pure water and eating a more alkaline diet, the following may be helpful: hydrangea, nettles, KB-C, and parsley. KB-C can be very helpful here, as it is a kidney tonic that helps the urinary system flush acid waste more effectively.

A sample program for preventing stones would be:

Hydrangea—2 capsules 3 times daily
Magnesium Complex—2 capsules 2 times daily.
KB-C—2 capsules 3 times daily.

Again, the exact supplements and amounts needed will vary from person to person, but this will serve as a general guide. These measures should be employed while drinking plenty of pure water, including lemon water, and eating a more alkaline diet. Calcium supplements should be avoided by persons with a history of kidney stones.

These measures are effective and have worked for many people. However, always seek medical attention for kidney stones, as this can be a potentially serious condition if the stone blocks a urinary passage for an extended period of time.

Selected References

Encyclopedia of Natural Healing by Siegfried Gursche
Prescription for Nutritional Healing by James F. Balch and Phyllis A. Balch
Alternative Health: The Definitive Guide by the Burton Goldberg Group
Healthy Healing by Linda Rector Page

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Small Intestine Detox

Breaking Up Digestive Stagnation

Small Intestine Detox is a simple formula, containing only two ingredients—marshmallow and pepsin—but it is a powerful combination for promoting the general health of the body. Many people develop mucus congestion in the small intestine because of their constant abuses of the digestive tract. Years of improper food combinations, lack of digestive enzymes, overeating, eating too fast or while stressed, and consuming poor quality foods can weaken the digestive organs and cause the small intestines to become toxic. Small Intestine Detox helps to break up this congestion in the digestive tract.

The main ingredient is pepsin, a protein digesting enzyme which breaks down or digests mucus and other protein materials. Marshmallow is used as a carrier to help preserve the pepsin intact so it can travel to the small intestines and break down protein substances that may be congesting them. A more detailed explanation of these two ingredients follows.

Marshmallow

Marshmallow is a mucilaginous herb that has been used both as a food and as a medicine. Mallows were commonly eaten as a survival food during famines. It also has a long history of medicinal use.

The Greek physician Dioscorides recommended marshmallow for insect bites, stings, toothaches, and vomiting. It was also used as an antidote for poisons and as a preventive measure against a variety of diseases. Early European folk healers used marshmallow to soothe internal and external ailments including: toothache, sore throat, digestive upsets, and urinary irritation.

Marshmallow is a native of Europe and was introduced into North America by the colonists. Later, it was included in the U.S. Pharmacopeia.

Today, herbalists often recommend this marshmallow to those suffering from respiratory and gastrointestinal irritation. Marshmallow soothes irritated membranes in the digestive tract, respiratory passages and in the urinary system. It has a cooling, moistening and nourishing effect on tissues. In the digestive tract, it reduces inflammation, absorbs toxins, and encourages the growth of friendly bacteria.

Pepsin

Enzymes are a critical part of all life processes. The word "enzyme" refers to a catalyst in a biological system that promotes or enhances chemical changes without being spent in the reaction. Enzymes are the "spark plugs" that catalyze many of our body functions.

Pepsin is a digestive enzyme produced by the stomach. In the stomach, it works in conjunction with hydrochloric acid to break down proteins in the food we eat. It splits them into small particles called peptones.

It is believed that the marshmallow helps coat and engulf the pepsin so that it is delivered to the small intestines where it breaks material down that may be clogging the microvilli of the small intestines. This helps improve absorption of nutrients in the small intestines. Conditions where this formula may be of benefit include frequent acid indigestion and heartburn, poor protein digestion, poor assimilation of nutrients, wasting diseases, excess mucus production, toxic colon, and frequent indigestion.

Recommended Use: Take two capsules with meals three times daily.

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- Herbs that Heal* by Michael A. Weiner, Ph.D. and Janet Weiner (Mill Valley, CA: Quantum Books, 1994).
The Healing Herbs by Michael Castleman (Emmaus, Penn: Rodale Press, 1991).

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The NSP version of the Dr. Mom - Dr. Dad™ course will be shipped November 15th. Our goal is to teach this information to millions of people. To help us achieve this goal, we're holding a Dr. Mom - Dr. Dad™ Instructor Training course Jan. 31 - Feb. 2, 2004 in Las Vegas, right before Leader's Conference. To attend the class you will need to place an order for a minimum of 10 student manuals, which are \$35 each. Details of the program may be found on our website—www.treelite.com—along with a sample of the first lesson in the course.

CEU and Advanced Classes Available for 2004

To sponsor classes with Kimberly Balas, N.D. during 2004, please call 888-707-4372. Kimberly will not be teaching for NSP next year.



Class Schedule

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

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Nov 3-8 Six Canadian Cities
Contact NSP Canada for details. 905-458-6100.

Biochemical Blood Analysis—Kimberly Balas

Dec 6 Chicago, IL (\$225)

NHC Classes

Contact NSP to register.

Metabolic Typing—Kimberly Balas

Dec 5 Chicago, IL

High Blood Pressure and Diabetes Videos

We just released a new Herbal Hour video called *Diabetes: A Modern Epidemic*. Diabetes cases are on the increase, making diabetes one of the most serious health risks facing Americans today. Our November Herbal Hour Video is on *High Blood Pressure*, and goes along with our recently released *Sunshine Sharing* on the same topic. You can order either of these videos for \$29.95 by calling 800-416-2887.

We've also reduced the subscription price on our monthly Herbal Hour Video Club from \$24.95 to \$19.95. Sign up now and get a new Herbal Hour video each month for \$10 off the regular price. Subscribers can also buy additional videos at the wholesale price of \$17.95 to rent or sell.

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