

Nature's Field

An Electronic Journal for NSP Distributors

Red Root

By Steven Horne

In the mid 1980s I met a gentleman doing live blood cell analysis. He had worked with numerous AIDS patients and told me that they all had three symptoms—an enlarged spleen, a low platelet count, and swollen lymph nodes. He introduced me to red root, *Ceanothus americanus*, also known as New Jersey tea, which routinely cleared up all three of these symptoms in about 4-6 weeks.

A short time later, I had an opportunity to test this information. I was helping a person with AIDS who informed me that he was having trouble with a low platelet count. I suggested he try red root, and the problem cleared up right away. Several years later, he called me and told me he was again having problems with low platelet counts. I reminded him about red root, and again it quickly resolved the problem.

After this, I started using red root regularly for cases involving swollen lymph nodes and lymphatic congestion. I found it combined very well with echinacea for these conditions. I used it for mumps, chronic sore throats, tonsillitis, swollen lymph nodes in the neck or groin, children and adults with frequent earaches—and even on a case involving Hodgkin's Lymphoma—and found it to be an incredibly dependable lymphatic remedy.

Other professional herbalists also prize this herb for its effect on the lymphatics and the spleen. It is often used for people who have chronic catarrh (excessive mucus secretions)—as it possesses an astringent action that dries up the excessive secretions—at the same time it is removing the underlying lymphatic congestion that is causing those excessive secretions.

Matthew Wood devotes a chapter of his *Book of Herbal Wisdom* to red root. He calls it the archetypal spleen medicine. In Chinese medicine the spleen “holds up the organs” or helps the process of creating muscle tissue and structural integrity. When the spleen is weak, tissues become swollen, weak and inadequately nourished. Red root treats “yang spleen deficiency,” a condition in which a person develops excessive dampness and a tendency towards poor digestion, cold, and loss of appetite. There is also a tendency to depression as the body and spirits sag.

Red root improves blood flow by creating an electrical charge that separates blood proteins and red blood cells from artery walls. So, it enhances both blood and lymph circulation, enabling cells to remove waste and receive nourishment more easily. This was demonstrated in experiments done by southwest herbalist Michael Moore.

Red root is one of Donald Yancey's favorite herbs. In his book, *Herbal Medicine, Healing, and Cancer*, he recommends red root for cancer patients whose platelet count is down due to the use of chemotherapy drugs. He indicates it is a very helpful tonic for people who had their tonsils removed when they were young. Another prominent herbalist, David Winston, says that red root combined with fringetree and milk thistle will clear up acute pancreatitis.

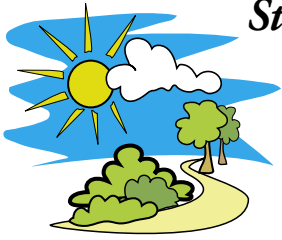
In the late 1980s when Lymphomax was first being formulated, I recommended that red root be included in the formula. Although the person working on the formula decided not to include it, I continued to promote it for lymphatic congestion, low platelet counts, enlarged spleen, tonsillitis, swollen lymph nodes and AIDS patients. Last year, Lymphomax was finally reformulated and now contains red root, so our clients can obtain the benefits of this valuable remedy. Lymphomax is very helpful for clearing lymphatic congestion and shrinking swollen lymph nodes.

Selected References

Herbal Medicine, Healing and Cancer by Donald Yancey
The Book of Herbal Wisdom by Matthew Wood
Herbal Therapeutics by David Winston
Medicinal Plants of the Desert and Canyon West by Michael Moore
PDR for Herbal Medicines by Medical Economics Company

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Steven Horne's Ramblings and Ravings

Constitutional Iris Types, Part One

The Lymphatic Constitution

The easiest and most logical place to begin to read the iris is to look for basic color patterns. There are three basic constitutional types based on iris color. They are the lymphatic type (blue eyes), the biliary type (light brown or mixed color patterns), and the hematogenic type (true brown eyes). In this issue, we'll take a look at the first of these constitutional patterns and some therapies that can help.

The lymphatic constitution in iridology is characterized by a pure blue eye with a white collarette and a solid blue or gray/blue color. The iris may also appear hazel, violet, grey or green. The iris fibers are clearly visible. There is little or no pigmentation or discoloration in the iris. See example on this page.

Characteristics

This is the "pure" blue eye that is typically found in people of European descent. It is associated with the classic Western phlegmatic constitution—a tendency to lymphatic disturbances and catarrhal afflictions. This means they have a greater tendency to excess mucus production and lymphatic congestion and stagnation. This may be partly due to the fact that people of European descent are frequently heavy consumers of dairy products. Blue-eyed people are also thought to have a greater tendency to accumulate uric acid in the tissues and to have a higher risk of kidney problems.

Typical diseases people with blue eyes are prone to include all of the following:

- Allergies and allergic reactions
- Skin conditions such as eczema and seborrhea dermatitis
- Chronic sinus infection or inflammation
- Respiratory congestion (coughs, colds, bronchitis, asthma, etc.)
- Earaches and ear infections
- Swollen lymph nodes
- Sore throats and tonsillitis
- Overacidity giving rise to arthritis and rheumatoid disorders
- Stressed kidneys and bladder



Generally speaking, blue-eyed types have lymphatic congestion which involves excess mucus or catarrh. Health problems typically start with colds and sinus troubles, move into ear, throat and lung problems and wind up with kidney and joint disturbances. So, the body systems and organs that these people have to pay particular attention to are the following: mucus membrane areas (upper respiratory tract, bronchioles, villi of lungs, digestive tract and the uro-genital tracts), lymphatic tissues (tonsils, appendix, spleen and lymph nodes) and membranes of the joints.

There is a strong connection between this eye pattern and the Western water (phlegmatic) constitution. There is also a strong connection with this eye pattern and the Chinese water and metal constitutions.

Related Signs and Subtypes

When reading the eyes, it is important to look for clues as to which organs are likely to have the most problems. Having a lymphatic constitution doesn't mean that one will always have lymphatic problems. Constitutional subtypes, such as the hydrogenoid or uric acid types will modify the basic constitutional pattern, as will other signs and markings in the iris. You can also take a case history

and discover the kinds of conditions a person has been prone to over their lifetime. This will also help you narrow down exactly which organs and systems to focus on.

If the person has lymphatic problems, look for a history of symptoms involving organs that are most likely to be affected by lymphatic congestion, such as the lungs, bronchials, chest cavity, throat, tonsils, ears, vagina, etc. Also look for iris markings in these areas using an iris chart. Since this type is also at an increased risk for urinary problems, look for a history of symptoms and iris markings involving organs such as the kidneys, bladder, reproductive organs, and the adrenals.

Kidney weakness may affect the structural system, too. When the kidneys are unable to efficiently filter uric acid waste from the system, the body may “borrow” magnesium and potassium from muscles and connective tissues and calcium from bones to keep the pH of the blood stable. This can cause muscle tension and stiffness that creates back problems, neck and shoulder pain, and weakness in the knees and ankles; so look for a case history of these types of problems. When reading the iris, also look for flattened areas in the pupil and markings in the iris in the area that corresponds to the back. When these signs are present with signs suggesting kidney weakness, it is likely that the kidneys are weakening the structural system.

Therapies

Dietary therapy is important in balancing and maintaining health. For a person with a lymphatic constitution, it is helpful to avoid mucus forming foods such as wheat, dairy products and sugar. It is also wise to avoid foods that trigger allergic reactions for one’s blood type. Digestive enzymes can help reduce mucus production.

The lymphatic system does not have a pump and requires muscular movement and deep breathing to enhance lymphatic flow. Hence, exercise can be very critical for people with sluggish lymphatic systems. Gentle bouncing on a minitrampoline is one of the most effective forms of exercise for increasing lymphatic movement. However, walking, swimming, or any other form of moderate exercise can also be helpful. Lymphatic drainage massage may also be used to improve lymphatic circulation.

NSP now has three very good formulas that can help with lymphatic congestion and stagnation. The best for general purposes is probably the new Lymphatic Drainage Formula. This extract can be mixed with water and sipped

throughout the day to improve lymph and kidney function. Lymphomax was recently reformulated and is now a much better lymphatic remedy. It can help swollen lymph nodes and other related lymphatic problems. The third formula is Lymph Gland Cleanse, which is an old-standby for swollen lymph nodes and infections in the lymph glands. Some single herbs that are often helpful for lymphatic types include echinacea, red root, plantain, mullein, cleavers, red clover, and yarrow.

Where the issues are primarily respiratory, AL-J is usually a good formula for lymphatic types. Another good formula is HCP-X, which really helps cut mucus and expel it from the body.

Where symptoms suggest overacidity and kidney weakness, drinking adequate amounts of pure water is very important. This can aid kidney function and improve lymphatic drainage. When a blue-eyed person has a lot of whitish color over the iris fibers, they are very prone to overacidity. These people have a tendency towards structural problems such as backache; neck and shoulder pain; weak legs, knees, and ankles; arthritis, rheumatism and gout. In these cases, I use a three step approach.

First, I have the person eat a more alkaline diet, i.e., more fruits and vegetables. Acid forming foods should be avoided, including excess animal protein, coffee, and soda pop. Second, I encourage them to drink 6-8 glasses of pure water each day. Third, I have them take herbs that act as kidney tonics. The best formula by far is NSP’s KB-C formula, which strengthens the ability of the kidneys to flush acid waste products. The Kidney Drainage Formula can also be helpful here. Single herbs that can be useful for overacidity include cleavers, dandelion leaf (not root), goldenrod, nettles, and parsley.

This concludes our discussion of the lymphatic type. Our next issue will feature the biliary type.

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Kimberly Balas' Clinician's Corner

Calcium-Related Questions

Calcium Buildup

A client has calcium build up in the arteries in his ankles, causing severe pain and swelling. A year ago he had this condition in both legs. It was eliminated with a Tiao He cleanse and IF-C, followed by 2 Para Cleanses. It's back! Why the build up of calcium? He had this condition in the service; it in his knees. They're now bone on bone. Any ideas?

Gale

This can be monitored by the free calcium index in blood labwork. This does not measure calcium in the tissues; it is a measure of free (or unbound) calcium in the body. Higher levels of free calcium restrict the movement of calcium across the plasma membrane and block the calcium channels, filling up storage vesicles. High levels of free calcium are also associated with calcium deposits in the tissues. When free calcium is high, taking a calcium supplement will only make the situation worse. What is needed is more magnesium.

The consistent presence of an acidic substance like aspirin, alcohol, soda pop, prescription drugs, etc. may cause acidity even when the alkaline buffers (i.e., the levels of alkalizing minerals like calcium) are adequate. This acidic condition will prevent the free calcium from activating cellular function. It will lead to calcification within the cell and a steady interference in cell function.

A free calcium index higher than 0.8, with normal albumin levels, indicates a reduction in the level of organic anions in the body. This is associated with overacidity and a tendency towards an anaerobic metabolism. An anaerobic metabolism creates conditions conducive to the growth of cancer.

Fifteen percent of bound calcium is attached to anions such as bicarbonate, citrate, phosphate and lactate. These are very important alkaline buffers so, when free calcium is excessive, the urine and saliva pH may actually be acid. As pH falls (that is, becomes more acidic), more hydrogen ions are available to combine with anions and anionic sites on protein, which displaces calcium ions, resulting in more unbound calcium.

This scenario is always related to disease states. By increasing alkaline buffers you can make a big difference in your client's health. Pumpkin seeds are great here because they have a high mineral content and reduce the level of free calcium. Magnesium is a must in order to raise serum phosphorus levels and thereby reduce free calcium by encouraging movement of

excess phosphorus from the inner cell to the plasma. When phosphorus combines chemically in a 2.5:1 ratio, calcification is diminished everywhere in the body.

Cellular Energy would be great here to increase the plasma exchange. Discontinue any calcium supplements and increase magnesium. This is where the magnesium citrate in Magnesium Complex is the best. Hops and feverfew would be beneficial because they are high in phosphorus. Brewer's yeast and eggs are also high in phosphorus, and would help, too. Eliminate all sugar, which will deplete phosphorus and increase free calcium. Add the Combination Potassium and lots of lemon and water. Lemon helps keep calcium in solution.

Increasing the growth of friendly bacteria in the colon with Probiotic 11 will help by promoting the synthesis of osteocalcin, which will lower free calcium too. Calcium must bind with B₁₂ and lipoproteins to take it across the intestinal membrane. You may want to add essential fatty acids (Flax Seed Oil or Super GLA Oil) and B₁₂ Complete to improve calcium binding. The whole process is also dependent on enzymes and hydrochloric acid in the stomach. So Protease and PDA may be helpful, too.

Salivary Stones

What are salivary stones and how can they be dissolved?

Richard

Salivary stones are also called parotid stones or sialolithiasis. Salivary duct stones are accumulations of calcium and phosphate crystals in one of the salivary ducts. These include the parotid, submandibular, or sublingual glands. The parotid glands lie just behind the angle of the jaw, in front of the ears. The submandibular and sublingual glands are deep in the floor of the mouth. They are most commonly seen in the submandibular salivary gland and duct.

The higher frequency in the submandibular gland is related to the pH of saliva (alkaline in the submandibular gland, acidic in the parotid gland), to the viscosity of saliva (more mucus in the submandibular gland).

The individual may have discomfort and swelling of the affected saliva gland. The pain worsens at mealtimes, when more saliva is produced. It becomes exaggerated when the person eats acidic or sour foods. The saliva may have a gritty feel or unusual taste. The swelling and discomfort often go away over several hours.

Sometimes the salivary stone blocks the draining of saliva and causes a bacterial infection of the gland. If an infection occurs, the gland becomes swollen, very painful, and tender to the touch. The person may have a fever.

Superinfection causes fever and cellulitis. Sometimes a painless mass, simulating a tumor, may be present. Certain medicines also predispose someone to stones. These include antidepressants, antihistamines, and diuretics.

Certain diseases cause thickening of the saliva and increase the risk for stone formation. One example is Sjögren's syndrome, which causes dryness of the mouth and other mucus membranes. In some autoimmune disorders, the body attacks its own salivary glands. This thickens the saliva and forms stones.

Saliva is formed in response to smell and taste stimuli. It provides a healthy environment for the teeth. Saliva also helps break down complex starches. When the water content of saliva is reduced, the calcium and phosphate in the saliva can form a stone. This is due to dehydration for long periods of time. You can monitor this. If specific gravity in the urine is always high this indicates dehydration. There is also a lack of copper and potassium being able to tag elements via the parotids. By recommending drinking liquid chlorophyll in water, hydration and copper intake can be increased.

The stone can be broken down with hydrangea poultices applied to the affected area and left on overnight. Usually, if the stone is small enough, it will partially dissolve and be passed. The bottom line is: find the root cause and change the biological terrain—the pH level of the body fluids and hydration.

Two Questions on Calcium and Magnesium

At an herbal hour I attended, someone told me that we needed less calcium and more magnesium. I concluded that the ratio of calcium to magnesium needs to be decreased—in that you need less calcium or more magnesium to keep the right balance between calcium and magnesium. I may be wrong. Could you shed some light on this?

Shelford

I've read lately that as we age we need less calcium. This is so contrary to what I have been taught and contrary to the common knowledge out there. It was in one of my naturopathic books. Any comments would be welcomed.

Lisa

We get seven times more calcium in our diets than magnesium. We are the nation with the highest consumption of calcium and also the nation with the highest cases of osteoporosis. When the ratio of calcium to magnesium is greater than 2:1, fat is drawn through the intestinal wall and cell membranes. Almost everyone is magnesium deficient, and has a calcium/magnesium ratio lower than 2:1. Magnesium is primarily found

in chlorophyll-rich, dark green and leafy vegetables, which very few people eat in any significant quantity.

Calcium constricts and magnesium relaxes. So people with muscle tension and cramps need more magnesium.

Magnesium is found in large concentrations in the intestinal membrane, unless it is being drawn away to balance an overacid pH. In the intestines, calcium should be bound to lipoproteins for absorption and utilization. When calcium is not bound in this manner, we have more free calcium in the blood. Americans tend to have a higher free calcium index than people of any other nation. Free calcium is "free floating" calcium that is never deposited to bone, leading to osteoporosis.

The gallbladder emulsifies fats, preparing them for intestinal absorption. So, if the gall bladder is missing, this will affect calcium uptake, because of the lack of properly emulsified fatty proteins (lipoproteins). In this case, you will have to be very selective about calcium sources and probably stick to plant-based calcium products like Herbal CA.

Problems with calcium are often problems with digestion and not with a lack of calcium in the diet. With low protein diets, calcium is not very bioavailable. It takes B₁₂ for the binding of calcium.

The parathyroid gland controls calcium levels in the body by controlling the intestinal absorption of calcium, the excretion of calcium via the kidneys, and the release of calcium from the bones. The parathyroid hormone calcitonin promotes the deposition of calcium in the bones and decreases calcium concentration in the extracellular fluids.

Bone is much more than calcium. Bone is also composed of phosphorus, collagen, bone salts (hydroxyapatite), carbonate, and other minerals including magnesium, sodium, potassium, uranium, plutonium and strontium. Many people are deficient in these other elements, and without them one cannot create bone no matter how much calcium one takes.

I very seldom put anyone on calcium supplements. I almost always add magnesium, and many times I add silica (HSN-W) which helps to facilitate calcium delivery in all of the situations mentioned above. So, yes, the need for calcium is highly overrated.

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).





Lymphatic Stagnation

Swollen Lymph Nodes, Sore Throats, Tonsillitis, and Related Ailments

Until the latter part of the 20th century, the role of the lymphatic system was not clearly understood. The lymphatic system is a complementary system to the circulatory system. The circulatory system delivers oxygen and nutrients to the cells, while the lymphatic system is responsible for cleaning up cellular waste and debris.

The lymphatic system permeates every part of the body. It draws fluid from the tissue spaces and carries it through a series of lymphatic ducts and nodes back to the circulatory system. The lymph nodes are primary sites of immune activity, where lymphatic fluid is purified before being returned to the circulatory system.

When the lymphatic system is overloaded with debris, the lymph nodes will become swollen and inflamed, and the lymphatic system will become congested. Most people have felt swollen lymph nodes (also called lymph glands) in their neck when they've had a sore throat, as sore throats always involve some degree of lymphatic congestion and stagnation.

Lymphatic congestion is at the base of many common health problems besides, not only sore throats, but tonsillitis, earaches and ear infections, breast swelling and tenderness, some cases of prostate swelling, and chronic sinus problems. Some clues that indicate lymphatic congestion may be present include a heavy coating on the tongue and a rolling or slippery pulse. Another way to determine if lymphatic circulation is sluggish is to depress the skin on the back of the hand with the thumb. If the skin takes three or more seconds to return to normal color after being depressed, the lymphatics are probably sluggish.

The first key to reducing lymphatic sluggishness is to make certain you are drinking an adequate amount of water. Moderate dehydration will contribute to poor lymphatic drainage. A second key to improving lymphatic drainage is activity. Because the lymphatic system has no pump (unlike the circulatory system which is actively powered by the heart), it depends on physical movement to create flow. Lymphatic flow greatly increases with even moderate exercise.

One of the best forms of lymphatic exercise is gentle bouncing on a minitrampoline. If a person is unable to stand on the minitrampoline, he or she can still obtain benefit by sitting in a chair next to the minitrampoline with his or her feet on the trampoline. Another person stands on the minitrampoline and gently bounces up and down. This passively moves the lymphatics as the seated person's legs move up and down. If you don't own a minitrampoline, don't worry. Just walking and breathing deeply will greatly enhance lymphatic circulation, as will any other form of moderate exercise.

Many herbs that can help enhance lymphatic drainage. These include mullein, lobelia, echinacea, red root, red clover, yarrow, calendula, plantain, ocotillo, stillingia, and cleavers. Although these herbs can be used separately, they are usually more effective as part of a formula.

Four capsules of mullein taken with one capsule of lobelia is a powerful combination for reducing swollen lymph nodes, even in extreme situations such as the mumps. Red root and echinacea are also a powerful team for shrinking swollen lymph nodes, especially when there is a low grade infection in the body. Two commercial formulas that can help with lymphatic swelling and low grade infections are Lymph Gland Cleanse and Lymph Gland Cleanse-HY. These formulas both contain yarrow and echinacea as lymphatic cleansers and infection fighters. The regular version of this formula contains goldenseal, while the HY version of the formula exchanges myrrh gum for goldenseal. It was designed for hypoglycemics who do not tolerate the blood sugar lowering effect of goldenseal very well.

For chronic lymphatic congestion and swelling, the newly improved Lymphomax formula is very helpful. This is an excellent formula which contains seven of the lymph moving herbs previously mentioned—mullein, plantain, cleavers, echinacea, yarrow, lobelia and red root. This is a very effective blend for swollen lymph nodes, chronic sore throats, breast swelling and tenderness, and chronic respiratory congestion due to lymphatic congestion.

A gentler, but equally effective, lymphatic remedy is the Lymphatic Drainage Formula. It contains three lymphatic herbs—cleavers, red clover, and stillingia—along with the circulatory enhancing herb, prickly ash. This herbal extract can be added to water and sipped frequently throughout the day to improve drainage in the lymphatic system. Being in a liquid form, it is an excellent lymphatic remedy for young children and the elderly.

Keeping the lymphatic system flowing freely is one of the fundamental principles of maintaining good health. Using the two keys to increasing lymphatic movement (water and physical activity), along with some of the lymph-moving herbs we've discussed, can keep this vital branch of the circulatory system working properly.

Selected References

The Book of Herbal Wisdom by Matthew Wood

The Golden Seven Plus One by C. Samuel West

Herbal Therapy and Supplements by Merrily A. Kuhn and David Winston

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Improved Lymphomax

Outstanding Remedy for Stagnant and Congested Lymphatics

As its name implies, Lymphomax is a remedy for the lymphatic system. It works to promote better lymphatic drainage, to reduce fluid retention in the tissues and to shrink swollen lymph nodes. It is also alterative, meaning it works to relieve stagnation. It also clears up congestion and excess mucus production in the body. Lymphomax also has a blood purifying effect for low grade infections and fevers.

Some of the specific health conditions Lymphomax may help to improve include: mumps, tonsillitis, chronic sore throats, swollen lymph nodes, enlarged spleen, frequent ear infections (especially in adults), chronic sinus and respiratory congestion, low grade infections, cysts, and low grade fevers or heat in the body. It contains the following herbs:

Mullein Leaves (*Verbascum thapsus*)

Although mullein is typically thought of as a respiratory remedy, it is a gentle alterative and lymphatic cleanser. It softens hardened tissues in the lungs and lymphatics.

Bayberry Root Bark (*Myrica cerifera*)

An excellent astringent for the mucus membranes, bayberry is used to reduce excessive mucus secretions and to “cut” sticky mucus so it can be more easily expelled from the body.

Cleavers Herb (*Galium aparine*)

Cleavers is a gentle, but effective, kidney and lymphatic remedy. It promotes lymphatic drainage and shrinks swollen lymph nodes in children. Its action as a non-irritating diuretic make it useful for bladder inflammation, cystitis, and urethritis.

Plantain Herb (*Plantago major*)

A tissue healing herb, plantain pulls pus and infection out of wounds. It can also help to eliminate hardened mucus from the lungs. It promotes lymphatic drainage and helps fight infection in the lymphatic system, as evidenced by its ability to shrink cysts.

Alfalfa Herb (*Medicago sativa*)

An alterative and nutritive, alfalfa nourishes the blood and alkalizes the body.

Chamomile Flowers (*Matricaria recutita*)

Possessing anti-inflammatory properties, chamomile helps ease stress and tension while reducing heat in the body.

Echinacea Root (*Echinacea purpurea*)

Well known for its immune stimulating properties, echinacea is a blood purifier and lymphatic enhancer. It has been used for boils, blood poisoning, tonsillitis, cystitis, and other diseases involving lymphatic congestion and toxins or infection in the blood and lymph.

Yarrow Flowers (*Achillea millefolium*)

Another outstanding lymphatic herb, yarrow is used for fevers and wound healing. It helps resolve deep “heat in the blood” or low grade chronic inflammation. It also reduces stagnation in the blood and lymph.

Garlic Bulb (*Allium sativum*)

A wonderful infection fighter, garlic is primarily used for fighting infections in the respiratory tract. It also clears toxins from the lymphatics.

Red Root (*Ceanothus americanus*)

Red root is a remedy that works primarily on the spleen and the lymphatics. It is an excellent remedy for swollen lymph glands, lymphatic stagnation, enlargement of the spleen, and fluid retention.

Lobelia Herb (*Lobelia inflata*)

A powerful antispasmodic nervine, lobelia relaxes tissues. It also promotes lymphatic drainage and helps expel mucus from the lungs.

Chlorophyll (Sodium Copper Chlorophyllin)

Chlorophyll is the green “blood” of plants and acts as a blood purifier and alterative.

Dosage

The suggested dose for Lymphomax is two capsules twice daily. However, for acute or serious conditions the dose could be increased to two capsules every two to four hours. Lymphomax should be taken with ample amounts of pure water (6-8 glasses per day) for maximum effectiveness.

Selected References

- The Wild Rose Scientific Herbal* by Terry Willard
- The Book of Herbal Wisdom* by Matthew Wood
- Herbal Therapy and Supplements* by Merrily A. Kuhn and David Winston
- Herbal Therapeutics* by David Winston
- The Encyclopedia of Medicinal Plants* by Andrew Chevallier

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Class Schedule

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

Biochemical Blood Analysis—Kimberly Balas
Jan 16-17 Melbourne, FL (\$295)

Dr. Mom - Dr. Dad Instructor Training Class
Feb. 2-3, 2004 Las Vegas, NV
Course to train instructors to teach the
Dr. Mom - Dr. Dad course in their area.

Other Events

International Iridology Practitioners Association
Symposium 2004
Feb 7-8 Las Vegas, NV (\$279)
Call 888-682-2208 to register
Speakers include: Steven Horne, Kimberly Balas, Ellen
Tart-Jensen, David Carpenter and others.

Christmas Specials

We're offering some special packages for Christmas on the subjects of blood type diet and paw paw. Go to www.treelite.com or call for more information.

Iridology Course

Steven has completed four iridology videos this year and is writing a course manual to go with them. The iridology course will be shipped at the end of December. You can preorder the complete course for \$95 (regular price will be \$150). The course manual alone will be \$50 (for those who already have the videos).

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