

Nature's Field

An Electronic Journal for NSP Distributors

Willow Bark

By Steven Horne

Long before the advent of modern non-steroidal anti-inflammatories, people relied on aspirin for headaches and minor aches and pains. First produced in 1899, aspirin is still used to relieve headaches and fevers. It is also being widely prescribed as a blood thinner, theoretically to reduce the risk of heart disease, although the evidence supporting this use is shaky.

Long before aspirin was available, the bark from various species of willow was used for similar purposes. In fact, it was a compound in willow bark called salicylic acid that was the precursor to modern aspirin. Up to 11% of willow bark is salicylic acid.

Salicylates, like salicylic acid, are also found in many other anti-inflammatory and fever reducing herbs such as black cohosh, meadowsweet, and wintergreen. Modern research shows these compounds inhibit prostaglandin production. Prostaglandins are hormone-like chemicals secreted by cells to communicate with neighboring cells. Certain prostaglandins incite inflammatory reactions, so salicylates inhibit inflammation by inhibiting these chemical messengers.

Aspirin may be stronger than willow bark, but it also has more side effects. For example, aspirin thins the blood, white willow bark does not. Aspirin irritates the stomach; again, white willow does not. Willow bark has many centuries of human experience behind it, having been used as a mild pain reliever (anodyne) for thousands of years by cultures in Europe, Africa, Asia and North America. It works on many of the same types of pain aspirin is recommended for: arthritic and rheumatic pain, mild headaches, gout, and pain associated with colds and flu.

Salix alba, the white willow, is most commonly used in modern herb commerce, but other species can be equally effective. It is found in Nature's Sunshine's formula APS II with White Willow Bark. APS II is an herbal aspirin alternative created by herbalist Stan Malstrom. Like willow bark itself, it is milder than aspirin but gentler, and can be used for the same purposes.

Willow bark is an anti-inflammatory as well as anodyne and has been used for low back pain, tendinitis, bursitis and sprains. These properties have resulted in its inclusion in two other NSP

formulas: Nerve Eight and Joint Support. Joint support is a formula designed to help arthritis and other types of bone and joint inflammation. Nerve Eight also relieves inflammation while supporting nerve function.



Photo by Steven Foster

The anti-inflammatory properties of white willow can also be used to help manage fevers, ease mild diarrhea, and relieve hot flashes and night sweats. Willow bark is an astringent, so it can be applied topically to stop bleeding, or as a wash for wounds. It can also be applied to bee stings and insect bites to relieve swelling and pain.

Willow has emotional healing qualities, too. *Salix vitellina*, a species of willow from England, was one of the original 38 Bach flower remedies. It helps people who have become resentful, inflexible or bitter about life to learn to forgive, accept and "go with the flow." Anyone who has ever examined willows will immediately note that they are flexible trees. So, willow appears to be able to help us to be physically and emotionally flexible. It helps us develop a more "spring-like" disposition so we can bend more easily with the stresses of life.

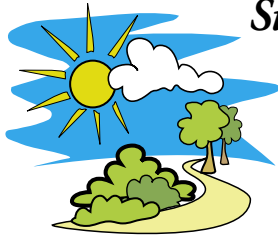
It is also interesting to note that Mark Pederson's *Nutritional Herbology* lists willow bark as an herb that is high in magnesium. This is why it was also included as an ingredient in NSP's Magnesium tablets. Magnesium is an important mineral to help us relax and be more flexible.

Selected References

The Encyclopedia of Medicinal Plants by Andrew Chevallier
Herbal Therapy and Supplements by Merrily A. Kuhn and David Winston
Nutritional Herbology by Mark Pederson
Flower Essence Repertory by Patricia Kaminski and Richard Katz

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Steven Horne's Ramblings and Ravings

Understanding Biological Terrain, Part Eight

Constriction and Relaxation

In the previous two issues, we've covered the first four tissue states, irritation, depression, stagnation, and torpor. These four tissue states are found in the traditional Western four element systems. Traditionally, they were referred to as hot, cold, damp, and dry. I used this four-element model for many years, but it never seemed to adequately cover all the possibilities. It was this final pair of tissue states—constriction and relaxation—that made the picture complete.

The states of constriction and relaxation represent states of tissue tone. This is different from the concept of density, which involves how solid or fluid the tissues are. Tone has to do with muscle tension, and muscle tension isn't just a matter of tissues being hard or soft. Muscle tension regulates *flow* in the body. Muscles are part of the the body's gatekeeping system because they can relax and allow things to flow freely or they can contract and slow or close down flow.

Muscles do much more than allow us to move. They are also a critical part of numerous body functions and processes. The digestive tract, for example, is dependent on muscles to churn the food and move it along the length of the alimentary canal. The respiratory system is dependent on muscles to draw air into the lungs and release it through exhalation. The circulatory system is dependent on muscles, too. The heart is a muscle that pumps the blood, and even blood vessels contain small muscles which constrict and relax, allowing blood pressure to rise or fall.

The gate-like function of muscles can be seen in the organs of elimination. The sphincter and bladder muscles, for example, allow waste to be retained until the appropriate time for release. The pores in our skin contain muscles that can either open, allowing us to sweat and cool down, or constrict, allowing the temperature to elevate. The rectum also contains muscles that allow or inhibit the evacuation of the feces.

When muscles overcontract and are unable to relax again, the flow of air, nutrients, blood, lymph, sweat, urine, or feces becomes obstructed. When muscles overrelax, the opposite problem occurs—substances flow too freely and may leave the body too rapidly. These are expressions of the tone of the tissues and the states of constriction and relaxation.

pH and Tissue Tone

pH has a regulating effect on tissue tone. The pH scale runs from 1 to 14 with 1 representing the most acid state and 14 representing the most alkaline state. Pure water (H₂O) is neutral in its pH, meaning that it is 7.0 on a pH scale. When water is split apart into electrically charged particles (*ionized*), it splits into the ions OH⁻ and H⁺. The higher the concentration of OH⁻ ions the more alkaline the solution will be. The higher the concentration of H⁺, the more acid the solution will be.

In general, it appears that oxygen (as in the OH⁻ ion) is loosening, dissolving and catabolic. Oxygen burns, rusts or otherwise disintegrates things. Hydrogen, on the other hand, tends to preserve and solidify, as in the hydrogenation of oils to produce shortening. This is an anabolic process—to build up, bond and solidify. My understanding of this difference was strongly influenced by the works of Edward Shook. In Edward Shook's *Advanced Treatise in Herbology* he explains the following:

The cathode, or negative pole in electrolysis, produces an alkaline, soft water lesion, with no homeostatic effects, but with evidence of action similar to caustic soda. It favors hemorrhage, causes hyperemia and therefore, quickens nutrition.

The anode, or positive pole in electrolysis produces a hard, dry acid lesion. It is homeostatic, and its immediate action is chemic and sedative.

Without going into tiresome and minute technical details, we may deduce from the foregoing facts that alkalis are generally softening, relaxing, liquefying, diffusive and expansive, while acids are tensing, astringent, hardening, solidifying and contractive. [Edward E. Shook, *Advanced Treatise in Herbology*, pp. 62-63.]

Clinical observation suggests that if the pH of tissues becomes too acid, the tissues will be stiff, tense, and spastic—a sign of excessive constriction. On the other hand, when tissues become too alkaline, the opposite occurs. They become too relaxed, loose, and atonic—signs of excessive relaxation. For example, plants that produce alkaloid poisoning (alkaloids are alkaline chemicals in plants) create symptoms like vomiting, diarrhea, hallucinations, and bleeding. These are all signs that tissue has lost tone. With this basic understanding, we'll discuss both constriction and relaxation in greater detail.

Constriction

Constriction refers to an excess of muscle tension or tone. Muscle spasms of any kind are examples of constriction, which is often a result of nervous tension and stress. In Oriental Medicine, disorders involving constriction were called “wind” disorders. This is because tension creates conditions that come and go like the wind. Wind disorders are jerky, sudden, unpredictable, irregular and alternating.

An understanding of this state was clarified for me in the book *The Spirituality of the Body* by Alexander Lowen. Dr. Lowen, explained that muscles expend energy as they contract. In order for them to relax, they must create an energy charge. Nerves operate in a similar manner. A nerve builds up an electrical charge, then discharges that electrical potential when it fires.

According to Dr. Lowen, a person whose muscles are chronically tense is an exhausted person. Likewise, the person who cannot sit still, running around like the proverbial “chicken with its head cut off” is also exhausted. An energized person is a relaxed person, because the energized individual holds a great deal of stored energy potential in their muscles.

The example he uses to illustrate this principle is one that any parent can relate to. If you’ve ever had a child who was so tired they couldn’t go to sleep, you will understand what Dr. Lowen is talking about. The “wired” child, like the “wired” adult, is suffering from nervous exhaustion.

This also helps to explain the erratic nature of constrictive or wind disorders. The exhausted, constricted muscle blocks flow in the body, creating a kind of dam that holds back fluids, solids, or movement. As the muscle tries to regain its energy charge, it temporarily relaxes. This relaxation is like opening the floodgates of the dam. It results in a sudden excessive discharge, as all that was blocked is now released. Since the muscle is unable to hold the energy charge, it quickly constricts, going back to its exhausted state.

A prime example of this is a spastic bowel. The person with a spastic bowel tends to alternate between constipation and diarrhea, or at the very least between constipation and sudden large evacuations. The constriction in the bowel “dams up” the feces, which when released, lets go like a flood.

Alternating chills and fever is another example of a wind or constrictive disorder. The body heats up, the sweat glands relax and open, the body cools down and then heats up again.

Anytime one observes conditions that alternate between extremes, one is probably dealing with a disorder of constriction. Tension alternates with relaxation, creating an unpredictable nature to the condition. The pulse in these cases tends to be wiry, tense, resistant, and hard. The tongue often quivers.

The primary therapy for constrictive disorders is herbs with an acrid taste. Most traditional antispasmodics (herbs that relax muscle cramping and spasms) have this acrid flavor, including lobelia, black cohosh, blue vervain, kava kava, and agrimony. Some bitters also possess this action, including boneset, wild lettuce, skullcap, bugleweed and motherwort. Two NSP formulas with antispasmodic action include Nerve Eight and CBG extract. IF-C and VS-C are also for wind/heat disorders, that is disorders where there is heat (irritation) that comes and goes, as in alternating chills and fever.

The mineral magnesium is very helpful for constriction. Fibralgia formula contains magnesium and malic acid, which help muscle spasms to relax in fibromyalgia. Cellular Energy, which increases ATP production in the mitochondria of the cell is also helpful for constrictive disorders. It relaxes muscle spasms and can even act as a laxative in spastic bowel disorders.

Relaxation

The opposite tissue state from constriction is relaxation. This is an atonic (lacking tone) state of the tissues, which is characterized by an excessive flow or loss of fluids. Examples of disorders involving excess relaxation include all of the following: diarrhea, incontinence, bleeding, night sweats, runny nose, and leaky gut syndrome.

Generally speaking, most conditions involving relaxation are localized. When the whole body tends to be overly relaxed, the tongue will be pale, moist and swollen. The pulse will be relaxed and nonresistant. There may be tissue swelling, or even hardness of tissues from loss of fluids.

Relaxation is treated with astringent herbs, which contract and tone tissues. Good examples of herbs with this action include: raspberry, blackberry, witch hazel, geranium, oak bark, sage, uva ursi, and bayberry rootbark. Each of these astringents works on different body systems, but all of them arrest excessive discharges. Sage, for example, has been used to stop night sweats. I have successfully used uva ursi for treating urinary incontinence. Blackberry rootbark is an excellent remedy for diarrhea; bayberry rootbark inhibits excess mucus production; and white oak is an excellent remedy for stopping bleeding.

Steven H. Horne is a past president and professional member of the American Herbalists Guild, a certified iridologist with the International Iridology Practitioners Association, and a gifted teacher and consultant in the field of natural health care. He is president of Tree of Light Publishing.





Kimberly Balas' Clinician's Corner

Triglycerides, Blue Cohosh, and Palpitations

High Triglycerides

My husbands cholesterol is 275 and his triglycerides are 400. What is the best to work on triglycerides? Will Cholesterol Reg II do it or do I need to add niacin or flax seed oil?

Debbie

Triglycerides are usually high for one of four reasons. Which one of these reasons is the root cause is determined by looking at other blood tests.

1. The first cause is the glycerol in the body is too acid. This is due to a lack of infusion of phosphorus in the stomach through a process called phosphorylation. This can be related to the posterior pituitary being out of balance. Potassium and magnesium will help, as will B-Complex vitamins. Small Intestine Detox and the enzyme bromelain will also help. These products help break down undigested protein in the digestive tract. You can get bromelain from raw pineapple or raw pineapple juice. (It is also found in Joint Support, Hista-Block and Food Digestive Enzymes.)

2. A second cause is that fatty acids are not being oxidized properly by pancreatic enzymes. This happens when the diet contains a lot of high glycemic carbohydrates (simple carbs that trigger a lot of insulin production). For this, you can take Proactazyme between meals to take the stress off the pancreas while following the Zone diet. Tree of Life's *Blood Type and Nutrition Charts* can help you learn how to zone your diet and eat more low glycemic carbohydrates. Again, there is a link here to the posterior pituitary, so adding potassium and magnesium is also helpful.

3. A third cause of high triglycerides is an improper electrolyte balance of chloride and sodium. These minerals are regulated by the adrenals. This is a common cause and can be corrected with Cellular Energy Formula and Food Enzymes.

4. A final possible cause is a problem with the hypophyseal stalk, which deals with light and dark reactions in the brain. This is directly linked to the hypothalamus

and the pituitary. Increasing protein intake and improving protein digestion can help here.

If you look closely at all of these you will see there is a strong link to the pituitary in high triglycerides. Super Algae can help with the pituitary.

I typically recommend Ho Shou Wu for reducing cholesterol, but always remember that a cholesterol of 225 is normal and that going below 200 on cholesterol creates a lot of hormonal imbalances that negatively affect overall health. High cholesterol is a medically created disease designed to sell more statin products!

Blue Cohosh

I have a question on a Quarterly Special product—Blue Cohosh. I purchased several bottles and now can't remember what it is for. What uses do you make of this herb?

Tami

Blue cohosh is primarily a female remedy. It is used for PMS, ovarian pain, and pain in endometriosis. It is oxytocic, meaning it stimulates uterine contractions similar to the pituitary hormone oxytocin. It is also an antispasmodic, so it relaxes muscle spasms and cramps.

I have done a few home births with a midwife friend of mine. Blue cohosh has been very helpful in bringing about labor in overdue moms. We've also used a formula Steven learned from Chanchal Cabrera to induce labor. It consists of blue cohosh, Scotch broom and valerian and is very effective. Scotch broom is mildly toxic and should be used only with proper instruction, but you can substitute Ginkgo/Hawthorn or just use straight blue cohosh.

Blue cohosh is also taken during labor to stimulate uterine contractions and make labor easier. It has been combined with black cohosh and taken a few weeks before the due date to help ripen the cervix and bring on labor. Nipple stimulation also releases oxytocin and can help stimulate labor.

You can rub blue cohosh tincture on the abdomen and spray Nature's Fresh over it for cramps during the period. This also helps with uterine inflammation. You can add Deep Relief to blue cohosh tincture and apply it topically for pain. Blue cohosh can help with stiffness of rheumatism. Blue cohosh helps with heavy bleeding and can regulate a heavy cycle.

Blue cohosh is an antispasmodic and has been used with black cohosh and other antispasmodics. We also have one woman that carries blue cohosh with her everywhere. She puts it in her mouth and rubs some of the tincture on her throat for relieving epileptic seizures.

Blue cohosh contains methylcytisine, which binds to nicotinic receptors in the nervous system, and is similar to nicotine. It causes an increase in blood pressure, stimulation of the small intestine, and an increase in blood sugar. Blue cohosh should be avoided in heart disease and is best used in small doses for short periods of time. It is not recommended for long-term daily use.

Heart Palpitations

I have a client who has been battling with heart palpitations, especially at night. When she calms down, she can feel the blood pulsing and her heart fluttering. This 40ish woman has also been dealing with the following: hair loss, vaginal dryness, dry skin, and deep cracks in her nails. She did have a Biological Terrain Assessment (BTA) and her thyroid did show up as a problem. She has been taking Super GLA, Master Gland, Calcium, DHEA, and FCSII. All signs are pointing to thyroid, but am looking for any other thoughts. She has not been seeing results with what she has been doing.

Liz

Just from what you posted, it appears that the minerals could be getting bound in her liver. I think you are on the right track with the Master Gland, but somehow the minerals need to be bioavailable to the body. I would start with Small Intestine Detox on an empty stomach and add liquid B₁₂ with meals.

If the minerals are getting "slowed down" in the liver, then I would work with the Chinese Blood Build (BP-C) for liver stagnation. This also means that the DHEA could be just sitting there so I would consider discontinuing that. Add one Hi-lipase to each Super GLA that she takes to help her break these fatty acids down.

If she were my client, I would have her drop the calcium and add more magnesium. Magnesium helps calm the heartbeat. Adding Devil's Claw or oatstraw to her program could help supply magnesium, or we have the new Magnesium Complex.

You could also make her up a blend of red mandarin, sandalwood and lavender essential oils to help her at night. Just put some of these three oils on a cotton ball inside her pillow.

Another problem that can contribute to heart palpitations is dehydration. Make certain she is drinking enough water.

The thyroid can be involved with heart palpitations, so thyroid herbs sometimes help as you have suggested. A hyperthyroid will tend to cause a rapid heartbeat with palpitations. When this is the case, motherwort is helpful. There are a number of cardiac herbs that can also be used to help correct heart palpitations, but you need to consult a professional herbalist about their use.

Grave's and Hypothyroid

What can be done for someone that has Grave's disease but is testing hypothyroid? The antibodies that are normally present in Grave's disease are not showing. The client is a 53-year-old, Blood Type O male.

Richard

Graves disease is a condition of a hyperactive thyroid, which means the thyroid is making too many thyroid hormones. However, the thyroid primarily produces an inactive form of the thyroid hormone called T₄. T₄ must be converted into the active form T₃ before the body can use it. This conversion takes place in the liver, and if it is not taking place, it is a sign that the liver is congested in the endoreticular portion. A liver cleanse or milk thistle might be helpful.

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).





Bell's Palsy

Natural Remedies for Facial Nerve Damage

Bell's palsy is a nerve weakness or paralysis of the muscles that control one side of the face. The disease gets its name from a Dr. Charles Bell, who first described the disorder in 1882. Bell's palsy is not usually a serious condition and typically clears up spontaneously within a few weeks or months. In fact, 50% of all cases resolve themselves in 30 days, and 80% of all cases resolve themselves within six months.

The disorder arises from damage to a facial nerve. These nerves run beneath each ear to the muscles on that side of the face. This causes the face to droop on one side, the most commonly recognized symptom of the disorder. Besides creating a facial droop or partial paralysis on the side of the face, the disorder may also cause pain behind or in front of the ear, headache, loss of taste in the front portion of the tongue, or a change in hearing on the affected side. The skin may tingle, while the face feels numb and heavy on the affected side. In some cases, spontaneous crying may occur with no emotional stimulus.

There are many possible causes of the disorder, so the exact therapy that will work is going to vary, depending on the cause. Infections are the most probable cause of the disorder, including viral infections, such as herpes or shingles, and bacterial infections such as Lyme's disease. Ear infections may also be a triggering factor. Another possible cause is autoimmune disorders such as Gullain-Barré syndrome and myasthenia gravis. In some cases, Bell's palsy may also be due to trauma caused by injuries or surgery. Birthing trauma, such as forceps delivery, may cause this condition in children. Other possible causes include a toxic reaction of some kind or a tumor.

Obviously, successful natural therapy is dependent on correctly identifying the cause of the problem. Seek appropriate medical assistance when dealing with this condition to help ascertain the cause before beginning any course of therapy. Once the cause is known, herbs and supplements can be selected as adjuncts to medical therapy.

Where infection is the cause of the problem, a variety of remedies can be used to help the body fight off the infection. Immune Stimulator is a formula that can boost the immune system to fight off infections of any kind.

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However, this formula would not be appropriate if there is an autoimmune condition of any kind.

For viral infections, VS-C and Olive Leaf Extract are excellent remedies. VS-C is very good for low grade viral disorders such as herpes, and is probably the best choice for Bell's palsy. VS-C reduces inflammation and clears toxins from the blood, so it can help promote more rapid healing of the nerves. Olive Leaf Extract can also be useful for bacterial infections causing Bell's palsy, but should be avoided if autoimmune conditions are involved. Astragalus is another antiviral remedy that may be helpful in Bell's palsy.

A common medical therapy for Bell's palsy is to prescribe steroidal drugs. These drugs mimic a hormone called cortisol, which is produced by the adrenal glands to reduce inflammation. Supplements that help support the adrenal glands can be used to naturally boost the body's ability to reduce inflammation. These include Adrenal Support and Nervous Fatigue Formula. Licorice root has cortisol-like action and has been used to slow the progression of the paralysis in Bell's palsy. Licorice can also stop spontaneous crying associated with the Bell's palsy.

Wood betony as a single herb is good for helping reduce nerve pain and inflammation, as well as promoting healing. It is very helpful for treating Bell's palsy. Nerve Eight is a nervine formula that has an anti-inflammatory effect, making it very good for any condition in which nerves are being irritated and inflamed. It is also helpful for Bell's palsy.

A final type of remedy that may be of help in Bell's palsy is something to stimulate nerve regeneration and repair. IGF-1 may be of help here. St. John's wort has also been known to help stimulate nerve regeneration, especially when taken as a homeopathic remedy. Kudzu relieves muscle tension in the neck and has been helpful in some cases, so the combination of kudzu and St. John's wort may also benefit Bell's palsy.

Selected References

Encyclopedia of Natural Healing by Siegfried Gursche
Prescription for Nutritional Healing by James F. Balch and Phyllis A. Balch

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Mega-Chel

Oral Chelation Program

Mega-Chel is a unique supplement. It contains very high doses of antioxidant nutrients, along with special nutrients that chelate (attach themselves to) metals so they can be removed from the body. Many people have successfully used Mega-Chel (in the manner described on this sheet) to help conditions such as hardening of the arteries, sores that won't heal in the extremities, circulatory complications of diabetes, tissue calcification, senility, and heavy metal poisoning.

It is very important to start slowly with this program and work up as instructed. Otherwise, symptoms, such as nausea, dizziness, headaches and skin eruptions, may occur. It is also important to taper off as instructed, or fatigue and temporary nutritional deficiencies may result.

Working Up to Full Dose

For the first week, take the following with breakfast and dinner.

1 tablet of Mega-Chel

1/2 ounce of Mineral Chi Tonic or Colloidal Minerals

Each week increase the dosage of Mega-Chel by 1 tablet. The second week, take 2 tablets of Mega-Chel. Gradually increase the amount of minerals until you are taking 1 ounce in the morning and 1 ounce at night.

Full Program

A full dose of Mega-Chel is 4-6 tablets twice daily, depending on body weight. Large persons should take the full 6 tablets per day. Small persons should take 4 tablets 2x per dose. Individuals of average height and weight should find 5 tablets 2x per day (for a total of 10 per day) sufficient. When you reach full dose, you will be taking the following with breakfast and dinner:

4-6 Mega-Chel Tablets

1 ounce of minerals

You will need to stay on this full dose for a minimum of 1 month for each ten years of your age. Thus, if you are 40 you need to stay on the full dose for at least 4 months, 6 months if you are 60, etc.

Tapering Off

It is important to taper off in a similar manner to building up. On the full program you are taking very large doses of certain vitamins and minerals, and the body gets lazy about extracting them from food.

If you quit all at once, your body may experience a sudden drop in nutrient levels until it readjusts to absorbing these vitamins and minerals from food.

Taper off by reducing the amount you take by two tablets each week. After the program is complete, some people use Mega-Chel as their daily vitamin and mineral supplement by taking two tablets per day.

Summary

In summary, you start with 2 tablets each day, and work up to full dose, by adding 2 tablets each week. Stay on full dose for a minimum of one month for every 10 years of your age. Taper off by reducing dose by 2 tablets each week.

Cleansing Reactions

As the plaque is removed from the walls of the arteries, the cholesterol level in the blood will temporarily rise. This is normal. The kidneys and liver will remove the calcium, cholesterol and other impurities from the body. If there are indications that these organs are weak, it may be necessary to give them extra support as follows:

For persons with kidney weakness (history of symptoms like arthritis, chronic back pain, urinary infections, etc.): 2 KB-C with each meal, or Lymphatic Drainage and Kidney Drainage in water sipped throughout the day.

For persons with liver weakness (history of high cholesterol, skin problems, digestive upset, etc.): 1 tsp. LOCLO in a large glass of water or juice upon arising and before retiring, 2 Chinese Liver Balance with each meal.

Additional Supplements

You may also wish to add some of the following supplements for special problems. These are suggested full doses. You can work up gradually on taking these supplements as well.

For heart problems: 2 HS II or Hawthorn with each meal

For senility: 2 Ginkgo/Hawthorn with each meal

For varicose veins and high risk of stroke: 2 Butcher's Broom with each meal or 1 Vari-Gone twice daily.

For heavy metal poisoning: 1 Heavy Metal Detox daily.

For calcification of tissues: 2 Hydrangea twice daily.

For additional assistance contact the person who gave you this handout. Their name should appear below.

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Dr. Mom - Dr. Dad Instructor Training

The first Dr. Mom - Dr. Dad™ instructor training course will be held February 2-3, 2004 in Las Vegas, NV right before NSP's Leader's Conference. There is no charge for the class, however, you must place an order for at least 10 Dr. Mom - Dr. Dad™ student manuals at a cost of \$35 each to attend. To become certified as an instructor, you will also need to complete the Dr. Mom - Dr. Dad™ correspondence course yourself and sign an instructor contract (which will be sent out starting in late December to everyone who registers for the class). The instructor training class will focus on practical experience with all the self-help pain relief techniques and other hands-on exercises taught in the correspondence course.

Dr. Mom - Dr. Dad™ is a great way to introduce new people to NSP and to natural healing.

Call 888-707-4372 to register.



Class Schedule

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

Biochemical Blood Analysis—Kimberly Balas
Dec. 6, 2003 Chicago, IL (\$225)

Dr. Mom - Dr. Dad Instructor Training Class
Feb. 2-3, 2004 Las Vegas, NV
See information above.

NHC Classes Contact NSP to register.

Metabolic Typing—Kimberly Balas
Dec. 5, 2003 Chicago, IL

3rd Edition ABC+D Charts

The third edition of our 12 laminated ABC+D charts is available for order. These new charts follow the model of the six tissue terrains (discussed in Nature's Field). Besides including updated NSP products, the new set contains a glandular/hormonal reference guide, a new immune system product spreadsheet, updated Mega-Chel and gall bladder flush handouts, and an instruction sheet for doing consults using the system. The 12 charts and 5 handouts in this package will regularly sell for \$60. Order before October 31st and you can get them for the Convention special price of \$50.

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Important Notice

The information in *Nature's Field* is for educational purposes only and should not be used to diagnose and treat diseases. If you have a serious health problem, consult a competent health practitioner.

In an effort to offer you a variety of viewpoints and to broaden your scope of health, body systems, and natural healing, *Nature's Field* selects a variety of qualified writers. The viewpoints expressed by each writer do not necessarily reflect the opinions or philosophies of Steven Horne or Tree of Light and its staff.

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