
An Electronic Journal for NSP Distributors

Wormwood

(Artemisia absinthium)

By Steven Horne

There is a passage in the Book of Revelation that speaks of a disaster in which the waters of the world become wormwood. If you've ever tasted wormwood, you'd readily understand the symbolism here. Wormwood represents all that is bitter and nasty tasting. In fact, it is considered the most bitter plant in the world. One part wormwood in 10,000 parts of water will still have a bitter taste, so waters that became wormwood would be undrinkable.



wort, have also been used for fevers and infection. Tinctures of artemesias make good topical disinfectants and have been applied to wounds to speed healing. The azulenes in wormwood have been found to have anti-inflammatory properties.

Wormwood also contains a substance called thujone, which is a stimulant to the brain when taken in small quantities. This substance is present in the essential oil of wormwood which was used to flavor an alcoholic beverage in 19th century France. The drink was addictive, hallucinogenic, and toxic when taken

in excess. So, the bitterness is there for a purpose. While a little bit of wormwood can be a useful medicine, it isn't a plant we should consume in large quantities.

The common wormwood is just one member of the genus *Artemisia*, which is filled with medicinal plants, most possessing a similar bitter, pungent taste. This particular taste is associated with a very positive health benefit—the ability to kill parasites. Seems the little critters don't like the bitter stuff anymore than we do. That is, of course, where wormwood gets its common name—it's a woody plant that's good for worms.

Wormwood, mugwort, and other species of *Artemesias* also stimulate menstruation. They are considered abortifacients and should be avoided during pregnancy.

A closely related antiparasitic herb is mugwort (*Artemisia vulgaris*). Both wormwood and mugwort are part of NSP's *Artemisia Combination*, a formula for parasites. This formula is also included in NSP's *Paracleanse with Paw Paw*—a very effective parasite cleanse.

Artemesias also have benefits for emotional healing. For example, the flower essence of sagebrush helps people "let go" of old baggage due to emotional trauma or abuse. The bitter flavor of *artemesias* is a reminder that we have to learn to take the bitter as well as the sweet in life. They teach us that our "bitter" experiences can help to purify us and that life can spring anew after desolation.

Other medicinal *artemesias* include sweet annie (*Artemisia annua*), southernwood (*Artemisia abrotanum*), and tarragon (*Artemisia dracunculoides*). There are numerous other species in this genus and most have medicinal value. I've identified about half a dozen species of *artemesias* in Utah alone. One of the most famous is sagebrush (*Artemisia tridentata*), which also has antiparasitic qualities.

The benefits of wormwood aren't limited to its antiparasitic activity. The aromatic and bitter taste of wormwood stimulates stomach and digestive secretions, so small amounts taken in tincture or tea form can overcome weak digestion. Wormwood also stimulates the flow of bile, which cleanses the liver, while improving fat digestion and intestinal elimination. It also makes the plant useful for treating jaundice.

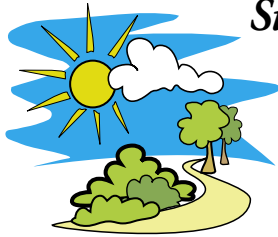
Sweet annie has been used in Oriental medicine for fevers and infection. Other *artemesias*, including wormwood and mug-

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Steven Horne's Ramblings and Ravings

Understanding Biological Terrain, Part Four

The Healing Crisis

As I mentioned in our last issue, I've had many personal experiences with the healing crisis. In this issue, I'll be sharing some of these experiences, along with some information that will help you distinguish between a genuine *healing crisis* and an *aggravation of symptoms*.

The figure on this page shows the process of the healing crisis. It always starts with a suppressed disease crisis somewhere in the past, in which the body was unable to fully eliminate the substances that were irritating it. This drove the irritant deeper into the tissues, and to progressively weaker states. In the example shown in the figure, the tissues were in a chronic state when the person began a healing program. The body went back through the subacute state until it was strong enough to attempt to mount a *new* crisis—a *healing crisis*.

Practical Examples

The most dramatic case was a lady I once worked with who had lupus, an autoimmune disorder. Of course, I don't treat any disease, but I did offer to work with her to help her strengthen her body to see what it could do to heal itself. We developed a health program for her and, as she began to implement it, her condition began to improve until the symptoms had nearly disappeared.

Then, she came in down-hearted, telling me that her respiratory problems had returned. As I quizzed her about this, I found out that she had suffered from respiratory congestion and asthma-like symptoms for about 20 years. She had frequently taken antihistamines and antibiotics for this problem. About six months before she was diagnosed with lupus, her respiratory problems had disappeared and she thought they were finally cured. Now they had returned.

I counseled her on Hering's Law and explained that she was probably going through the reversal process. All we needed to do was help her to expel the irritants in her lymphatic system and lungs. Instead, she went to the doctor and got an antibiotic. The respiratory congestion cleared right up, but the lupus symptoms returned.

We went through this scenario two more times. Each time she followed her health program the lupus got better, but her lungs got congested. Each time she took the drugs,

the lungs cleared but the lupus returned. The third time this happened, I told her that if I were in her shoes, I would go to bed, take decongestants and expectorants to break up the congestion, drink plenty of water, and rest until I got better.

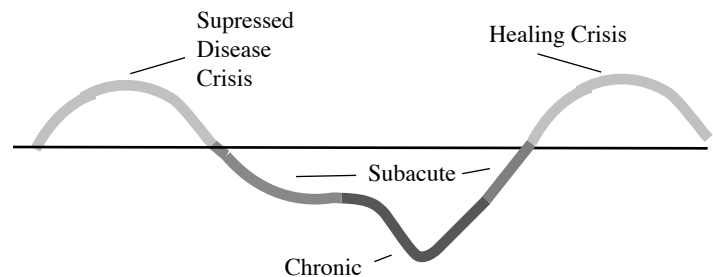
She replied that she did not have time to do this. I replied that it appeared she did not have time to get well, and that ended her therapy.

In contrast I have heard many stories of people who were chronically ill, who, after improving their health with a solid health-building program, had a "relapse" of an earlier acute condition. After working through that acute process with herbs and natural remedies, their health problems disappeared.

My own experience is a perfect example of this principle. After growing up with chronic sinus problems, for which I was routinely treated with antibiotics, I finally decided to start trying to heal my body the natural way. As part of my program I decided to eat very healthy, so I eliminated all "junk food" and started eating mostly fresh fruits and vegetables. Each time I did so, I would become severely congested within 2-3 days. I couldn't understand why this healthy food was making me so "sick."

Only later, when I came to understand Hering's Law, did I comprehend that the healthy food was making my body stronger, and my body was simply trying to eliminate a backlog of irritants from previously suppressed sinus problems.

It is not uncommon for people who have taken drug medications to have a healing crisis in which these drugs are eliminated from the body. Many years ago, when I worked with Dr. C. Samuel West, one of the members of his staff reported such an experience to me. He had gone on a cleansing program involving a diet of fruit only for a week or two.



He had also been working out on a minitrampoline daily to keep his lymphatic system moving.

One morning as he began to do his gentle bouncing exercises on the minitrampoline he suddenly felt very nauseous. He went to the bathroom and threw up. He told me that he could both smell and taste drug medications he had been given many years before when he had spent some time in a mental hospital. It appears his body had finally become strong enough to throw off these poisons.

Several years later, I had a similar experience with a healing crisis. I had an abscess on a tooth, and after having the dentist take care of it, he wanted me to take an antibiotic. I told him that I wouldn't take his antibiotics and chose instead to take 2 cloves of raw garlic and 4 capsules of goldenseal every 2-3 hours (about 6 times per day) to fight the infection.

On my second day of doing this, I passed mucus from my sinuses that was a bright orange color and smelled like mold. On the third day I passed a gray-colored mucus that also smelled like mold. There was a nurse on my staff who told me that this sounded like antibiotics ampicillin and tetracycline. I had taken those antibiotics about 15 years earlier when I had been stricken with a case of walking pneumonia. It appeared that these drugs had been in my tissues for 15 years and were finally being eliminated. My sinuses were better than they had ever been after this incident.

Healing Crisis versus Aggravation of Symptoms

These and other experiences have repeatedly confirmed to me that the healing crisis is a real and necessary part of the healing process. However, there are also many common misconceptions about the healing crisis. Inexperienced natural healers sometimes put people on the wrong program. As the person's symptoms get worse and he/she grows steadily weaker, these inexperienced practitioners tell the person that it is "only a healing crisis and they just need to stick with the program." The common phrase is that you have to "feel worse before you feel better."

For example, I once helped a client with multiple sclerosis (MS). Another natural health consultant had put this person on an immune stimulant. Since MS is an autoimmune disorder in which the body's own immune system is attacking the tissues, immune stimulants are contraindicated in MS. The immune stimulant immediately made the MS symptoms worse, but the person was told that this worsening of symptoms was a healing crisis and just to stick with it. Over a six month period he grew steadily worse.

There is some truth to the statement that you have to feel worse before you can feel better when it comes to dealing with acute disease. As the body pushes towards the disease crisis, the person is going to feel worse. However, when it comes to dealing with chronic and degenerative diseases, this simply isn't true. Since a person must increase his or her energy level to the point that the body will be able to initiate a healing crisis, the person will always feel better before feeling worse.

There are four distinguishing characteristics that separate a genuine healing crisis from an aggravation of symptoms. They are as follows:

1) A healing crisis only occurs when a person in a chronic or degenerative disease state is put on a health-building program. It does not occur when a person is put on a cleanse. Symptoms that occur during a cleanse are the result of the cleanse, and if they are severe, they are a sign that the person is cleansing too fast.

2) Since the person's energy is being restored, the person will always start to feel better, i.e., have more energy, before the healing crisis occurs.

3) A healing crisis always involves symptoms of an acute illness that was not fully resolved. That is, a healing crisis always involves an attempt in the body to recreate a suppressed or failed disease crisis. So, it involves symptoms of discharge such as sinus congestion, nausea, vomiting, diarrhea, skin rashes, fever, and headaches.

4) A healing crisis is generally short-lived, lasting typically between 24 and 72 hours. At the most, it will run the normal length it would have taken the body to heal from the original, acute disease.

These principles should help you recognize the difference between a healing crisis and something that is just aggravating the condition. In our next couple of issues, we'll learn about the six different directions of imbalance in biological terrain and how to use this information to select remedies that will restore balance to the system.

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

pH Question, Urinary Issues, and Iridology Information

pH Values

On the NSP website it shows a healthy pH range for urine up to 7.5. Is this just with their pH strips? Dr. Greenburg taught us with the BTA machine that the urine pH range should be 6.5-6.8. I have several clients with symptoms (itchy, burning) when their pH strip shows 7.5. I place them on JP-X, the pH comes down to 6-6.5 and their symptoms go away. I would like some clarification on this issue. Secondly, is it beneficial to learn iridology or should I just work with the BTA?

Joyce

Optimal pH is between 6.5 and 6.8 for both urine and saliva. With a urine reading of 7.5, it could indicate that the body is removing many of its alkaline buffering agents. It can also be an indication of a bacterial infection. So, a person with alkaline urine should always be screened to determine if a urinary infection is present. If an infection is not present, then an alkaline pH reading like this would indicate that the body is compensating for a severe overacid condition.

There is also a relationship between the urine and saliva readings that should be considered. If the saliva is also alkaline (above 7.0) then there is a compromised digestive function which places stress on the kidneys. If the saliva is acid and the urine is alkaline, then there is depressed kidney function and the kidney is having problems eliminating acids.

In either case, enzymes are a key factor. It is also important to eat more alkaline-forming foods and fewer acid-forming foods. Also, increase the kidneys' ability to drain the acids with the Kidney Drainage Formula, while drinking more water. Wash all produce carefully. Especially, wash off the pesticide residues off on nonorganic foods to reduce toxins in the body.

I have also observed that alkaline urine is a sign that a person is breathing too shallowly, so there is an excess concentrations of carbon dioxide in the blood. This increases the imbalance in the pH. Stress can also play a key role in disrupting pH balance, so address the stress in the person's life, too. In order to rebuild and maintain pH balance, minerals are also necessary. My favorite remedies to help rebalance minerals in this case are black walnut or Mineral Chi Tonic.

As for the iridology portion of your question, it is a wonderful tool when used correctly. It has limitations just like any other modality. Iridology has been a valuable and integral part of my

clinical work. It will provide the information about a person's genetic inheritance and propensities as to which body systems may be the weakest link. It also helps you ask the right questions to help examine their family health history. One thing that is revealed through iridology that I find very important is how a person's nervous system is functioning. This is done via pupil tonus. It will help you determine whether to build or cleanse.

Remember, the BTA is just one tool, muscle response testing is just one tool, and iridology is just one tool. To acquire a well rounded picture of the person you are seeing, and to be an effective clinician, you need more than just one tool. I try to use at least three tools with each client in order to find valid points of comparison. It is like putting the pieces of a puzzle together. Using several assessment tools reduces guesswork and allows for more consistent results. This is the approach that is presented in all the Tree of Light classes and how I train my interns.

Yellow Color in Iris

I have a client with light and dark yellow around the pupil area in their iris. I believe this is the stomach or colon area. The person also has yellow spikes that go out into different areas in the eye. I have been told this is sugar related. Is this true? I would like to know what this signifies and what can be done about it.

John

The light yellow in the iris represents a disturbed urinary metabolism and is often found close to the collarette (also called the autonomic nerve wreath). A dirty or pus-colored yellow can also be indicative of chronic inflammation or a low grade infection such as sinusitis, staph, tonsil infection, or chronic inflammation of female organs. Since it is located closer to the top of the eye, I would ask the client about the possibility of chronic sinusitis. A bright orange is more indicative of sugar issues.

If it is the light, straw colored yellow, then you may need to strengthen the kidneys and help balance the client's pH. For help with the kidney metabolism try one or more of the following: Kidney Drainage Formula, Urinary Maintenance, JP-X, Cornsilk, or K-C. Minerals, pH GreenZone, and Chlorophyll Capsules may also be helpful.

The yellow spikes are probably radial furrows, and indicate a nervous system weakness and a tendency to leaky gut syndrome. They may also be indicative of condition in the colon favorable to parasite.

Rigid Acid Condition

If a person has a rigid acid condition (characterized by tense muscles that won't stretch properly) will it show up as acid pH in the urine? If so, does correcting the pH get the acids out of the muscles and tissues?

Jane

When a person is double acid (that is they have acid pH readings on both their saliva and urine) they are very prone to muscle tension and stiffness. This is due to the loss of potassium and magnesium (alkaline mineral buffers) from the muscle cells. Calcium won't correct this because calcium contributes to muscle contraction. Magnesium Complex and Combination Potassium are needed here instead of calcium. Safflower helps to neutralize the acids in the muscles and helps the body eliminate them. Lymphatic Drainage Formula can also be helpful in removing waste acids from the tissues.

Uric Acid Kidney Stones

I have a girlfriend who has kidney stones made up of uric acid crystals. She swears her diet is very good. She is petite, but has been plagued with stones for year. Any suggestions?

Lisa

Uric acid is high when there is an excessive mucus condition. There is more carbon ash in the blood stream, which causes more mucus on the mucous membranes lining the digestive tract. This happens when there is incomplete protein assimilation at the cell membrane level.

Uric acid is the principal end product of purine, nucleic acid, and nucleoprotein metabolism, which are products of protein metabolism. At every level of protein metabolism, two by-products created are created. They are mucus, which is the oily residue of protein metabolism, and uric acid, which is the carbon ash of protein metabolism.

In order for protein to be fully metabolized (or burned), it must first be broken down in the duodenum and small intestine by the action of pancreatic enzymes (trypsin, chymotrypsin, and carboxypolypeptidase) and bile. Trypsin and chymotrypsin break down proteins into peptides, and carboxypolypeptidase splits the peptides into amino acids.

The pancreas synthesizes trypsinogen, chymotrypsinogen, and procarboxypolypeptidase which are enzymatically inactive. When they are released into the duodenum, they are all activated by enterokinase (a hormone present in the duodenum).

Once the proteins have been broken down into amino acids by the action of these enzymes, they are ready for assimilation in the liver. If the proteins aren't breaking down properly, due to excess mucus in the digestive tract, then the two waste products of protein metabolism, mucus and uric acid, will be produced in excess.

I would have her take Small Intestine Detox on an empty stomach. This formula contains pepsin, which helps to break down mucus in the small intestine to improve protein metabolism. I would also have her take Protease on an empty stomach.

Hydrangea, nettles, safflower, barley juice powder, and gravel root are all herbs that help neutralize uric acid in the system and improve the ability of the kidneys to flush it. They help keep uric acid from precipitating calcium into stones. Black cherry juice is also helpful.

Urinary Readings

What does it mean when a urine test shows a high "specific gravity" greater than 1.03, trace of WBC esterase, hyaline casts 0-3m, and mucus threads 1+? Is this serious and what is to be done? Could Urinary Maintenance and Cellutone be causing stress on the kidneys?

D.

Specific gravity indicates how concentrated or dilute the urine is. High readings are associated with dehydration, oxidative stress, diabetes (sp. gravity rises .004 for every gram glucose increase per dl. of urine), impairment of tubular reabsorption, low tolerance to toxic exposure, and proteinuria (sp. gravity rises .003 for every gram protein increase per dl. of urine)

Traces of WBC esterase can indicate a possible infection in the urinary tract. Hyaline is another form of protein in the urine. Mucus threads in the urine are another indicator of a UTI.

I would think that, due to these factors, the Cranberry Buchu would be the best choice. I would also recommend Lymph Gland Cleanse (IGS II) and drinking more water. Enzymes and essential fatty acids may also be needed.

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.





Fibromyalgia

Fibromyalgia is a debilitating muscle disease. It can cause severe pain and may impair deep sleep. It is a stress-related autoimmune disorder and many of the symptoms mimic those of chronic fatigue syndrome (CFS) and rheumatoid arthritis.

Symptoms of fibromyalgia include painful, tender and recurrent aches in various points all over the body. There is a persistent but diffuse pain in the structural system (bones and muscles), accompanied by fatigue, headaches, general weakness, irritable bowel, poor sleep patterns, digestive problems, and nervous system problems (depression and anxiety). It is typically diagnosed by pain and stiffness in specific "tender points" where the muscles are abnormally tender to the touch.

Although it is labeled as untreatable and incurable, it has been aided by natural remedies. For starters, there are some general remedies that should be considered for any autoimmune disorder. Food allergies may be a factor in autoimmune disorders, so start by avoiding foods that are incompatible with one's blood type. Some common foods that aggravate autoimmune conditions include hydrogenated fats and oils (shortening, margarine, etc.), grains (especially corn and wheat), and dairy products. Digestive enzymes are also very important. Proactazyme or Protease Plus are good choices.

As with all autoimmune disorders, immune stimulants should be avoided. Herbs and supplements to avoid include echinacea, golden seal, yarrow, dandelion root, Colostrum Plus, Nature's Immune Stimulator and Trigger Immune. With essential oils, avoid ylang ylang, geranium and thyme.

The adrenals produce cortisol, a hormone that dampens the immune response and keeps inflammation under control. The corticosteroid drugs used to treat autoimmune disorders like fibromyalgia are mimics of cortisol. Herbs that exhibit a cortisol-like action can be helpful here. Licorice root not only supports the adrenals, it has anti-inflammatory and antiviral actions of its own. Yucca also mimics the effect of cortisol and reduces inflammation. It also has a detoxifying and blood thinning action. Wild yam is anti-inflammatory and antispasmodic. Chinese Mineral Chi Tonic also has some of this immune-modulating activity and contains herbs that help the adrenals. It has proven very helpful in many cases of fibromyalgia.

Stress negatively impacts the adrenal glands and adversely affects autoimmune disorders. Stress management is very important in dealing with fibromyalgia. In addition to stress management techniques such as meditation, adequate sleep, positive mental attitude and relaxation techniques, supplements that help the body manage stress such as adaptagens (Eluthero Root, Chinese Mineral Chi Tonic, and Suma Combination)

and Nutri-Calm will be helpful. Distress Remedy can also help reduce stressful responses in difficult situations.

Antioxidants will also help to balance immune activity. Green tea extract and High Potency Grape are appropriate choices for autoimmune disorders. Black walnut is an immune modulating herb that is particularly helpful for fibromyalgia.

The right kind of essential fatty acids can also help modulate the immune response. In particular Omega-3 essential fatty acids help reduce inflammatory responses. Flax Seed Oil or Omega-3 EPA are good sources of these essential fatty acids.

Heavy metal poisoning and toxicity are major underlying factors in fibromyalgia. Vaccines, which introduce mercury and other toxins directly into the blood stream, have been implicated by some natural healers. Gentle detoxification is needed so as to not stir up these toxins too quickly. SAM-e helps in liver detoxification and has helped some cases of fibromyalgia. Enviro-Detox can be helpful when taken in small doses (one capsule per day) to promote gentle detoxification.

Magnesium deficiency is probably a major factor in this disorder. Muscles go into spasm when they are exhausted, so increasing energy production in the cells is important. Fibralgia is a combination of malic acid and magnesium, which helps increase energy in muscle cells and enables them to relax. Cellular Energy is another alternative for increasing energy production and helping muscles to relax. Kava kava, black cohosh and lobelia are all antispasmodic herbs that can also help reduce muscle cramping and pain.

Candida or yeast infections may also be a contributing factor in autoimmune conditions. Avoid refined sugars and carbohydrates as these feed yeast. Probiotics can also help normalize gut reactions and reduce allergic responses.

Moderate exercise is also helpful, especially exercise that helps stretch muscles. Yoga, tai chi and other flowing martial arts and dance disciplines, hiking, walking, swimming and light bicycle riding are good choices. It's very important not to overdo on exercise and stress the body! Hard aerobics and intense team sports are out.

It is important to work with a knowledgeable natural health consultant when dealing with a serious condition like fibromyalgia *so that the program can be tailored to one's individual needs.* For personal assistance contact the person listed below. You can also consult the book *Fibromyalgia: A Journey Toward Healing* by Chanchal Cabrera, AHG, for more information. This reference provides detailed information on natural therapies for fibromyalgia by an experienced clinical herbalist.

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Seek appropriate professional assistance for all serious health problems. Handout prepared by Tree of Light Publishing
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PLS II

Herbal Poultice and Tissue Healer

One traditional way of using herbs topically is to make a poultice and apply it to damaged areas of the body. PLS II was originally formulated as a poultice blend to be used for topical application to insect bites, bee stings, swollen or inflamed tissues, cuts, sores, and ulcerations. However, it has also proven to be a useful formula to take internally to soothe intestinal inflammation and irritation, ease irritation in the urinary tract, and help injured tissues (such as broken bones, sprains and torn ligaments) to heal more rapidly.

The ingredients in PLS II help to absorb excess moisture and toxic substances, soothing and cooling inflamed tissues. They also have a nourishing effect that promotes tissue repair. PLS II also helps fight infection and reduce stagnation of fluids. Here is what each ingredient in this formula does:

Slippery Elm

Slippery elm is a mucilaginous herb with nourishing qualities. It has been used as a survival food and has proven to be very nourishing to young children and the elderly. It nourishes tissues and promotes healing while reducing irritation and absorbing toxins.

It is an excellent herb for reducing intestinal inflammation. It acts as a mild laxative, but also absorbs irritants that cause diarrhea. Topically, it is a common ingredient in poultices because it absorbs irritants, reduces heat and swelling, and promotes rapid tissue growth and repair.

Marshmallow

Marshmallow root has properties very similar to slippery elm. It is also a mucilaginous herb that soothes inflammation and reduces irritation. Like slippery elm, it is also very nutritious and has been fed to weakened children and adults to aid general healing. It is another common ingredient in poultice formulas.

Golden Seal

Golden seal root is a bitter herb that is also very anti-inflammatory. It is very good at relieving stagnation and subacute inflammation of mucous membranes in the digestive, respiratory and urinary passages. It contains an alkaloid called berberine that also helps fight bacterial infections. Goldenseal has been used for infections in the intestines, respiratory passages, urinary

passages and bloodstream. Applied topically it helps ulcerated, inflamed tissues to heal more rapidly.

Fenugreek

Fenugreek seed is the third mucilant in the PLS II combination. Used as a spice in the Mediterranean countries, it brings energy to the body. It is a legume, providing vegetable proteins and fiber that soothes and protects the digestive tract. It also helps to balance intestinal flora.

Suggested Use

PLS II can be applied topically to abrasions, swellings, ulcerations, insect bites, skin ulcerations, sprains, bruises, torn ligaments, broken bones, boils and other injuries to absorb toxins, reduce swelling and inflammation, and speed healing. To make a poultice, open the capsules and moisten the powder with water, colloidal silver or aloe vera to make a thick paste. A small amount of an essential oil (such as tea tree oil) can also be added to help fight infection. Apply the paste to the affected area and cover with a bandage. Change 2-3 times daily.

Internally, PLS II can be taken to soothe intestinal inflammation, heal chronic inflammation in the lungs, ease burning and painful urination, and speed the healing of injured tissues. It works very well in combination with other formulas for these purposes. For intestinal inflammation use PLS II with Intestinal Soothe and Build. For chronic respiratory problems it combines well with AL-J. For structural repair it can be used with Herbal CA and/or Bone/Skin Poultice. Recommended internal use is 2-4 capsules two to four times daily with a large glass of water.

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Subscription Information

The *Nature's Field* e-zine and website is published by Tree of Light Publishing, a division of Kether-One, Inc. A year's subscription is \$29.00 USD for both domestic and foreign subscribers.

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Call 888-707-4372 to register.

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Quebec, Canada

Contact Nature's Sunshine Canada for information

Biochemical Blood Analysis—Kimberly Balas

Oct 3-4

Greenville, OH (\$295)

Biochemical Blood Analysis—Kimberly Balas

Dec 6

Chicago, IL (\$225)

NHC Classes

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