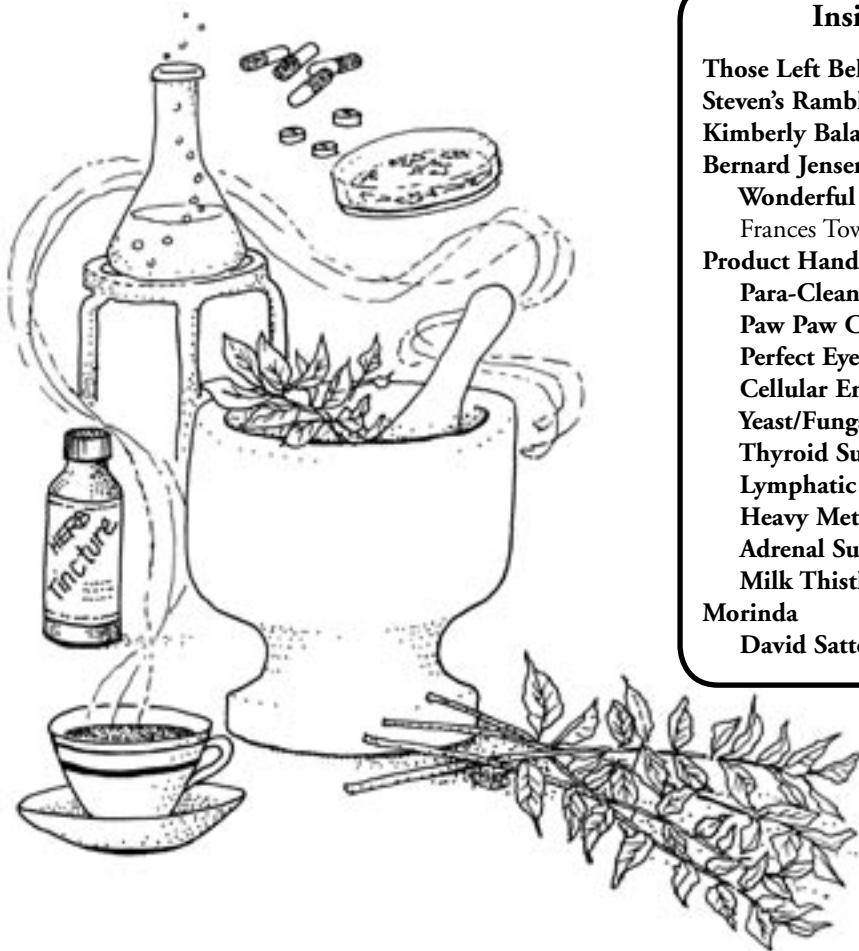


# Nature's Field

\$7.00

An Independent Journal for NSP Distributors

## Feeling Wonderful: Sensible Herbalism



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## Editors Message: Those Left Behind: Still In Our Hearts

In our last issues, we announced that **Nature's Field is being transformed into an E-zine**; an electronic magazine distributed via the Internet. This is the last paper edition. This transformation not only protects *Nature's Field* from increased publishing and distribution expenses but will have the good side effect of improving its content and timeliness. *Nature's Field* remains dedicated to serving your educational needs as Nature's Sunshine Independent Distributors.

**What about those who do not have Internet access?** We have a number of subscribers who simply can not receive information across the Internet. One of our friends in Ohio wrote this letter: "I am dismayed to hear you are discontinuing [the printed version of] *Nature's Field*. We live in the country and have no electric - phone - TV - computers etc. So I just feel grateful for what you have shared the past years and say 'adios.' p.s. I still have every *Nature's Field* I have received."

We knew that this could happen and would happen, and we offer our most sincere regrets. However, we are not totally abandoning our paper subscribers. Those of you who do not have an email address or computer will receive paper copies of the electronic E-zine materials through the end of this year. We will do this through two mailings—one in mid September and one in early January 2004.

Starting January of 2004, any balance of issues due to you will be credited to your account. You will be mailed a notice showing your credit balance, which can be used in any manner you choose. We will still offer the paper option, which will be mailed quarterly, but the cost will be \$60 per year starting January 2004.

Print subscriptions will miss out on a number of added benefits that will be available only to our electronic subscribers. These include free product handouts, books and manuals no longer in print, and other materials we will provide in the member section of our new website currently under construction.

For everyone else, if you have not already done so, **please be sure that we have your current E-mail address!** Please go to [www.treelite.com](http://www.treelite.com) to submit your contact information including your E-mail address. We look forward to continuing to serve your special information needs as we embrace the new technology that enables us to provide you with greater service at reduced cost.

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### About Tree of Light

Tree of Light Publishing is an independent educational organization dedicated to research, writing, and education in the field of natural health. Our approach is holistic, meaning we discuss health on all levels of our being: physical, mental, emotional, spiritual, social and environmental.

### 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 competent and qualified writers with diverse and experienced talent in these areas. The viewpoints expressed by each writer does not necessarily reflect the opinions or philosophies of Steven Horne or Tree of Light and its staff. We hope that you continue to learn and grow in your health endeavors through our publication!

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Steven's Ramblings and Ravings

# A Dose of Common Sense



Steven H. Horne,  
Herbalist AHG

Just a few short years ago, herbs were enjoying some very positive press. Now, it seems that the media praise of botanical medicines has turned sour again. I firmly believe that the only reason we were receiving the positive attention in the first place was because the pharmaceutical companies had decided to cash in on the growing popularity of botanical medicine. Having failed to win the market share and develop the profits they desired, the pharmaceutical companies are now slamming herbal products again.

Even when the media reports were favorable, they emphasized the importance of standardized herbal products, which are produced primarily by European phytopharmaceutical companies. In other words, most of the gains we received from the media attention did not improve public awareness of real herbal medicine. Instead, the pharmaceutical companies have created a hybridization of herbalism and pharmaceutical medicine.

## Eclectic Medicine at the Turn of the Twentieth Century

From my point of view hybrid isn't entirely bad, but then, my views on the subject are very eclectic. For those of you unfamiliar with that term, I'm alluding to the Eclectic medical movement that started in the mid-1800s and died out in the early part of the twentieth century. In fact, most Americans are completely unaware that the Eclectics were the dominant school of medicine at the turn of the 20th century. If large sums of money from wealthy men with vested interest in synthetic drugs had not been pumped into squelching the Eclectic movement, we would already have an integrated system of healthcare, adopting the best of both modern biomedicine and alternative systems.

This is because the Eclectic doctors were pragmatic. They were careful observers, concerned with what actually

worked in clinical practice, not defending a particular philosophical viewpoint. This commendable openness allowed them to blend the diagnostic and therapeutic methods of orthodox medicine, such as surgery and drugs, with herbalism, homeopathy, and naturopathic practices.

## Everything Old is New Again

At the beginning of this new millennium, we are witnessing a resurgence of the Eclectic point of view. Doctors who are seeking to utilize herbs, homeopathics, massage, meditation and other natural methods in conjunction with drugs and surgery are eclectic in their thinking. Unfortunately, some of the principles and practices that make natural health care powerful and effective get lost in the process of integration. Still, I think that the process must continue and will continue, in spite of unrelenting economic opposition from powerful pharmaceutical interests.

## Just the Facts, Please

It is ironic that the side effect warnings so clearly stated in numerous advertisements for drugs on TV and in magazines are virtually ignored, while the contraindications and other issues associated with herbs are exaggerated. But people have been known to strain at gnats while swallowing camels for a long, long time.

Let's start with the recent negative reports about St. John's wort failing to relieve severe depression. This negative publicity blatantly ignores two facts. First, St. John's wort was never recommended for severe depression in the first place, and secondly, the placebo performed better than *both* the drug and the herb in the study. What the headline should have said is "Zoloft and St. John's wort fail to relieve serious depression." Somehow, the fact that Zoloft didn't do any better than St. John's wort was omitted from the story.

Of course, I was never happy with the media hype about St. John's wort in the first place. St. John's wort is only one of many herbs available to help depression. In a recent article in the *Journal of the American Herbalists Guild*, David Winston listed 21 other herbs that can be used as

**Eclectic** (ek lek' tik) *adjective*: 1 selecting from various systems, doctrines, or sources 2 composed of material gathered from various sources, systems, etc. *noun*: a person who uses eclectic methods in philosophy, science, or art

Webster's New World College Dictionary, Fourth Edition

CONTINUED ON NEXT PAGE

antidepressants, plus ten additional plants that can be used as adjunctive therapy. Each of these herbs can be used to effectively treat different kinds of depression, depending on the cause and nature.

The rest of our herbs for depression are largely ignored because they have never received media attention, demonstrating that Paul Bergner (editor of *Medicinal Herbalism*) was right when he stated that modern medicine is impoverishing herbalism. The public has been “trained” to accept biomedical research as the “truth” or only acceptable evidence, while ignoring the basic premise of the Eclectics: “what actually works in clinical practice.”

A similar situation has arisen with kava, an herb that has been safely used by Polynesians for centuries. Kava has been accused of causing liver damage. The evidence that kava can cause liver damage is scanty. It appears that in rare cases, it may cause stress to the liver (hepatotoxicity). And, those cases all tend to involve strong concentrates, distributed in Europe, and used with other hepatotoxic drugs. Further, to put this into perspective, lots of things that Americans regularly consume are hepatotoxic. Alcohol is a leading example. One of the worse offenders is acetaminophen (sold as Tylenol), which is known to destroy both liver and kidney tissue, but you don't see any warnings in the press about that.

If we were to compare the relative safety and effectiveness of kava kava and popular drugs used to treat anxiety, I'm certain we would find that kava kava is just as effective and much safer. But, this discussion is not “allowed” because kava is not FDA approved for the treatment of anxiety. We have created a system of regulation that favors the powerful economic interests of the drug companies, and disfavors the use of whole plants.

In between extremes of “herbs are dangerous” and “it can't hurt you, it's natural” lies the truth. A dose of reason and common sense is needed to clear up the muddied waters of public opinion. So, in an effort to shed some light on this subject, this article will address the issues of herbal toxicity and standardization.

### Toxicity: From Foods to Drugs

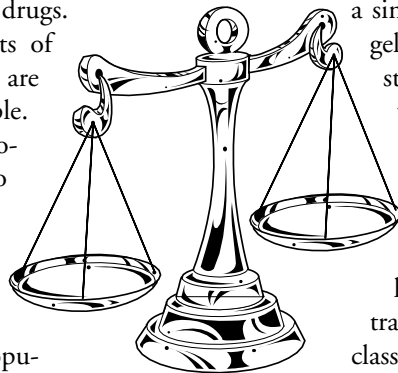
On one side of the toxicity discussion we have those who naively claim, “it's natural, it can't hurt you.” On the other side we have those who claim that everything is toxic, it's only a matter of dose. The truth is somewhere in the middle.

For instance, there are people who have drunk so much carrot juice that their skin actually turned orange from it, but this does not appear to have done them any harm. What is the toxic dose of mother's milk for a baby? Clearly, some substances are completely safe to consume in whatever quantities we desire because they are completely wholesome influences. Sure, if we abandon all common sense, we might be able to do harm to our bodies with these things, but you'd have to really work at it.

Of course, some foods that are completely safe for one person may be toxic to someone else. Some people are highly allergic to peanuts for example. In fact, peanuts have killed a number of people. So, there are some individual genetic variations in how our bodies react to certain foods. But, just because a few people react to a particular substance is no reason why it should be inaccessible to everyone.

At the other extreme, there are natural substances that are highly poisonous. There are herbs that may kill you with a single dose, such as hemlock, belladonna, and gelsemium. Some of these toxic botanicals can still be used as medicines, provided the practitioner is skilled enough to understand how to use them safely, but they are poisonous just the same.

In between the extremes of food substances and toxic botanicals are medicinal herbs of varying strength. Various schools of traditional medicine have all had systems for classifying the relative “strength” of botanical medicines. Unfortunately, this concept is largely missing in modern Western herbal medicine, so people tend to see things as being black and white (either harmless foods or poisonous drugs).



### Four Degrees of Action

At Tree of Light, we developed and use a model with four degrees of action. Our latest version of this model (which also shows the six directions of action) is shown on the facing page. Our system for classifying degrees of action is less esoteric than the systems used in traditional medicine. It's based primarily on safety, not on physiological effect.

The **first degree** of action is **foods**. Foods are substances that can be consumed daily, and in large quantities. Although foods have physiological effects and can be used as a form of medicine, a food isn't going to poison someone unless that person has a specific allergy to it.

The **second degree** of action is **medicinal foods**. Medicinal foods are substances which can be used regularly as medicine, flavoring agents or garnishes, but are not consumed in large quantities. Lemon is a very good example.

While most of us might eat oranges and grapefruits as food, few of us would eat lemons. Instead, we use lemon juice for flavoring. Lemon is also more medicinal than most foods. For example, the juice of four lemons in a gallon of purified water will help to dissolve and pass kidney stones. Other examples of medicinal foods would include parsley, garlic, capsicum, ginger, bilberries, hawthorn berries and ginger. All of these substances have medicinal value, but are also consumed regularly as food substances, but seldom in large quantities. These are the herbs that are safe for long term use.

The **third degree** of action is **medicines**. We define these jokingly as “herbs we would never eat in a salad.” Herbs that are medicines are not eaten as foods. On the other hand, they are not seriously toxic either, meaning they won't kill you or do serious damage to your body. They can, however, have unpleasant or even harmful effects when consumed in large quantities or over extended periods of time.

Medicinal herbs should be used when the body is out of balance and needs extra help to bring it back into balance. Once the problem or imbalance has been corrected the medicine should be discontinued, and foods or medicinal foods should be used to maintain that balance. If they are needed over a longer period of time to correct a chronic or constitutional imbalance, then they should be used in very small doses. Cascara sagrada, senna, lobelia, golden seal, Korean ginseng, white oak bark and yarrow would all be examples of herbs that should be thought of as medicines.

**Toxic botanicals** belong to the **fourth degree** category. These are plants that can kill you or do serious damage to your body if not used with a high degree of skill. Belladonna, aconite, lily of the valley, nightshade, Scotch broom and foxglove are examples of herbs that fit into this category. Most

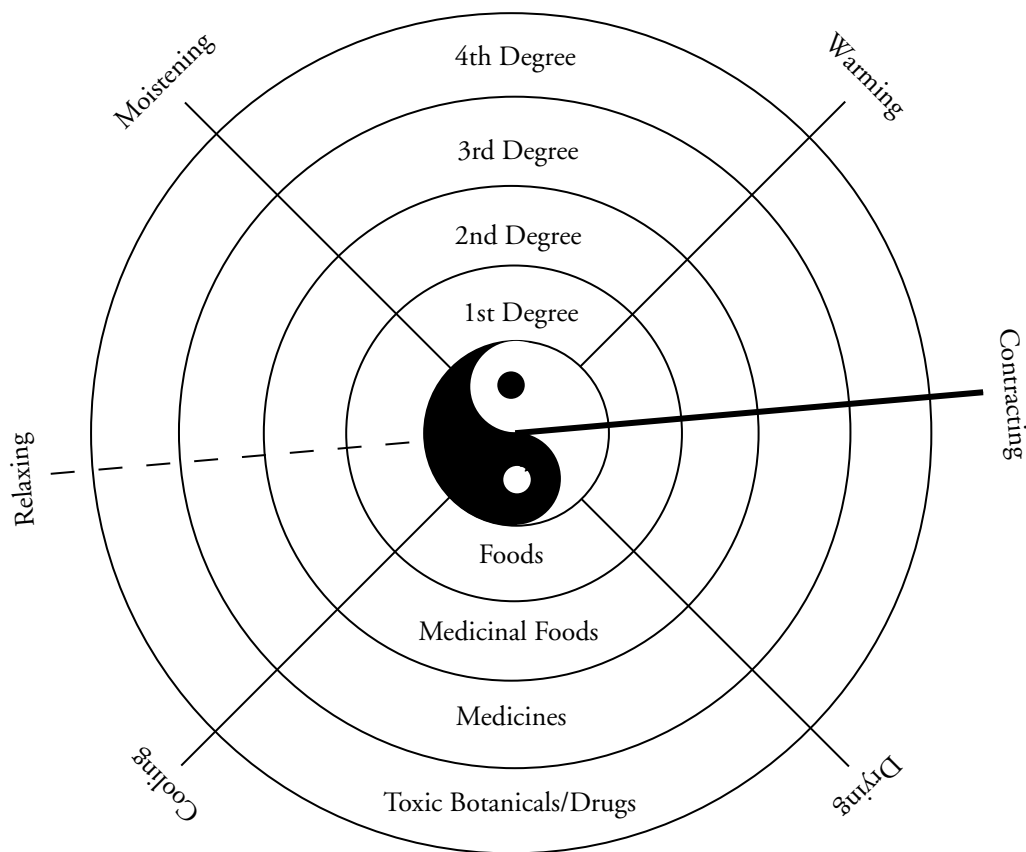
essential oils belong to this category when used internally. For instance, oregano oil can seriously damage liver tissue and even cause death. In other words, these very natural substances can cause damage to your body just like prescription drugs. In fact, they are drugs, *botanical drugs*, which require a comprehensive understanding of their actions and toxicity and extremely skilled administration.

### What is Natural?

Having established that natural things can be toxic, let's move to the other side of the discussion—what is natural? These days, the “natural” products industry is promoting a wide variety of highly refined substances as “natural” remedies. Of course, if we take the viewpoint that everything has to be completely natural, then we should only be chewing on fresh herbs, because everything else has been processed in some way.

Again, there are two extremes here. Eating a sprig of fresh parsley is the one end of the spectrum. It is using the plant exactly as it exists in nature. On the other end of the spec-

CONTINUED ON NEXT PAGE



Directions and Degrees of Action

trum are the synthetic drugs. These are patent chemicals that were invented in a laboratory. They never existed in nature. Almost all drugs developed since the 1960s fall into this category. We could safely call these substances unnatural.

In between we have a whole continuum of processing. For example, if we make an herbal infusion (tea) or decoction, we are not getting everything found in the original plant. So, is this natural? Since we are extracting a whole complex of substances using just water, I think we're safe in saying these preparations are natural.

Moving farther away from the whole plant, we have tinctures and extracts of various kinds. These involve solvents other than water, like glycerin and alcohol. But, are alcohol and glycerin natural?

Alcohol is a natural product of fermentation (or decay), but the kind of alcohol used in tinctures has been distilled and "purified." Glycerin is a derivative of fats and a by-product of making soap. Neither of these extraction mediums is found in their isolated form in nature. They both have to be manufactured. So, tinctures and extracts are a little farther removed from the whole natural state, but they are still complex mixtures of chemicals and thus qualify as being "natural" to a certain extent.

There have always been standards for making tinctures and extracts, too. The term standardization simply refers to making products according to a specified standard. When you see the initials "USP" on a product, it means it has been made according to the standard found in the *United States Pharmacopeia*. Older versions of the *United States Pharmacopeia* contained numerous USP standards for botanical medicines. These standards included information about when the plant is to be harvested, what part, what marker compounds it should contain, what percentage of water and alcohol should be used to extract the herb, and how long the extraction should take. So standards have been around for a long time.

There is nothing wrong with establishing standards for botanical medicines. It is absolutely necessary for the practice of herbal medicine, and the more toxic the botanical, the more important standardization is. We need to have a method of assuring some consistency in the end product so that we can depend on it to have the effect we desire. Roy Upton, vice-president of the American Herbalists Guild is spearheading the project of creating a modern pharmacopeia for herbal medicines—a project that will benefit the entire industry.

### Isolation of "Active Components"

Of course, at this level of standardization, the actual compounds present in the plant will have variations from

batch to batch and from year to year. This is very unsettling for scientists steeped in our mechanistic scientific paradigm. What they want is something that is exactly the same from batch to batch. That's why they search for specific chemicals that they can isolate. They call these chemicals "actives," giving the false impression that they are the only part of the plant which has any effect on the body.

In the modern herbal world, many companies are pushing for standardization based on "actives." This is often called guaranteed potency. For some herbs, there are clear chemicals that are primarily responsible for the plant's effect. This is the case with kava kava. The kavalactones it contains are largely responsible for its effects, so making certain that a certain percentage of kavalactones are present makes some sense.

There are two ways of making these kinds of products. One is to extract the herb using a variety of chemical solvents that favor the constituents which are desired. The level of these constituents is then measured (assayed) in the finished extract and the extract is concentrated or diluted to the desired "potency."

Another method of doing this is to extract and isolate the specific chemical substances that are desired and then add them back into a base of the whole herb to achieve the desired potency. In essence, we make an herbal "drug" by isolating specific chemical substances and then mix that "drug" back into the herbal base.

There are a couple of problems with this last approach. First of all, it is often the synergy of many ingredients that accounts for the effect of an herb, so how do you guarantee the potency of the product? Second, many of these guaranteed potency herbs actually are less effective in clinical practice. The original study with feverfew involved chewing on whole leaves. None of the "standardized" preparations of feverfew have been able to obtain the same clinical results as chewing on the leaves. So, from the eclectic point of view, "standardized" doesn't automatically mean better.

The third issue, and the one that concerns me the most, is that we are calling isolated plant chemicals *natural*. If this is the case, most modern drugs are natural, too. Digitalis, for instance, comes from a plant, so it is a natural drug, derived from a toxic botanical. Ephedrine is found in many over-the-counter cold medicines. It is also a natural drug, derived from ephedra. So, if we are going to call these isolated extracts natural, then a large percentage of our OTC and prescription drugs are natural as well. I just can't make this leap.

To me, if we isolate and concentrate any compound from a plant, we have created a drug. In that light, I personally consider refined sugar a drug—there is nothing "natu-

ral” about it. If we put an isolated chemical back into a base of the whole plant, that’s like taking refined sugar (sucrose), mixing it with some raw sugar and calling the whole thing natural. It just doesn’t cut it for me.

### The Best of Both Worlds?

Not that mixing drugs and herbs may not be useful sometimes. Many years ago, when I toured China for Nature’s Sunshine Products, I learned that the Chinese were taking Western drugs and mixing them into herbal bases to help counteract their side effects. It seems like a perfectly legitimate option to me. Again, there is that eclectic viewpoint asserting itself. While I personally avoid drugs, I realize that sometimes they are necessary. So, why not use herbs to mediate their side effects? It’s something I find myself doing quite frequently for people anyway.

However, it still upsets me when people call products like IGF-1, DHEA, Sam-e, Triple Relief, etc. “natural.” I’m not saying they are necessarily bad—they are certainly better than the purely synthetic drugs. It’s just that once we’ve reached that stage of processing, I think we’ve left nature behind. Nature never presents us with a singular chemical substance—it always presents us with a kind of chemical “soup”—a mixture of hundreds or thousands of substances.

### Is it Still Safe?

Now, we come to the million-dollar question: are these isolates safe? When used properly, of course they can be. There are times when isolates are necessary. The more out of balance our body is, the more it may need something strong and concentrated to stabilize it. So, such substances may be therapeutically useful. But should they be taken long term as a permanent solution? Probably not. They should be used to stabilize the situation while we tackle it from a deeper level with nutrition, lifestyle changes and milder herbs so we can bring the body back into a more permanent state of balance.

I think the new paw paw product NSP recently introduced is a fine example. It’s a partial extract of paw paw, not the whole plant material, but it is still a complex extract containing multiple chemicals. I’ve reviewed the research on paw paw extract, and it appears to be safe to take as a medicine (3<sup>rd</sup> degree remedy), meaning it has no serious toxicity, but wouldn’t be something you’d consume regularly for food. I’m actually excited about it because paw paw extract has exciting potential in treating cancer. The presence of cancer indicates a very serious imbalance in the body, so I think a standardized extract of a stronger medicine—paw paw extract—is very appropriate here.

Will paw paw extract correct the underlying lifestyle and nutritional imbalances that lead to the development of cancer in the first place? Absolutely not. And that’s the whole point of this article. The more serious the imbalance, the more we may need strong remedies (3<sup>rd</sup> and 4<sup>th</sup> degree medicines) and perhaps even isolates, but that isn’t really dealing with the *cause*. **Everyone needs to learn to use foods and medicinal foods more regularly (in their more whole and natural forms) to keep one’s body strong in the first place.**

That’s the beauty of having an Eclectic viewpoint. One can take the best that’s out there and explore options. Too often we try to make everything black and white and judge things arbitrarily without examining all the facts and all the options. We need to drink deeply from the spring of knowledge, for as a wise philosopher once stated, “shallow draughts intoxicate the brain, while drinking deeply largely sobers us up again.”



### Defining the Terms: Herbs vs. Drugs (From the “Forward” of *Is Any Sick Among You?* by LaDean Griffin.)

Voltaire said, “If you wish to converse with me define your terms.” Before we begin, I would like to define my terms. When I speak of “drugs” I mean anything made from inorganic sources except where I speak of the young people taking hard drugs as I realize marijuana is an herb. Many herbs are considered to be drugs. Many herbs are an essential part of the inorganic, man-made drug products on the market. They are a mixture of plant and inorganic chemicals. When they are both, I will call them chemical or drug. When they are entirely chemical, they will be referred to as drug. When they are herbs or plant only, I will call them herbs.

All through history, herbs have been called drugs as well as herbs and were, of course, not made of inorganic substances until Paracelsus and others of his time began to introduce inorganic substances (chemicals) into the bodies of men. Do not be confused by the strange concoctions added to the herbs in the apothecary; these will not be referred to as either drug or herb. In this way I will make a definition so you may understand the line that has been drawn between the “Nature doctor” and the medical doctor. When I speak of vitality in reference to healing, I use the term to denote the body’s vitality to throw off toxic waste.

*Is Any Sick Among You?* by LaDean Griffin, was republished in 2003 by Tree of Light Publishing, St. George, Utah and is available now.

## ADHD, Ephedra, Cramps, Headaches, Stress

By Kimberly Balas, ND, PhD



### ADHD in the Iris?

*I read my grandson's eyes recently and noted large pupils. He is on the go more than the other children at his day care. I fear he will become an ADHD child. Any ideas how to correct the possible oncoming ADHD?*

*Dixie*

Large pupils are more an indicator of a dominant sympathetic nervous system and this is not indicative of ADHD. It is more an indication of adrenal exhaustion and high sugars. These are the children that are at full steam or no steam. They crash and burn, so to speak. This is where the Nervous Fatigue formula works great, as well as green foods. They tend to be more acid. I would focus more on the adrenals and nerves and less on ADHD.

### Soap Box: Ephedra Safety

*I'm so annoyed with the Westerners regarding ephedra... The Chinese have used it safely and wisely for thousands of years. The West gets its hands on something natural and thinks if a little is good, more will be better and faster... Consumers neglect to notice that when they drink can after can of caffeine sodas or cup after cup of coffee and then they take ephedra ... Who wouldn't get heart palpitations or distress???*

*Christine*

I will join you on your soapbox!!! If ephedra is used with caffeine it confuses the body. The caffeine stimulates the adrenals to produce more epinephrine, and the ma huang (ephedra) actually gives the adrenals a break by allowing them to recognize that it is already being mimicked in the system, and the adrenals know that they don't have to go into overdrive to keep production up. If ephedra and caffeine are taken together, then the body is in this conflict of "work harder, but the job is already done, but work harder anyway..." This is what causes adrenal burn out.

Ephedra is safe to use, and even long term with education. It can, after a while, give the adrenals a vacation, so that they start to get sluggish on their corticosteroid production as well. This means that some heat and inflammation can occur after long term use, so you will want to balance it with yucca if using it long term.

### Severe Cramps During Liver Cleanse

*My daughter was trying to do a liver cleanse using the LIV-C. She said she started getting stomach cramps. They were not*

*mild cramps, in fact they were quite intense. She stopped taking it a little while to test it out then went back to it, and it did the same thing. Is this what one would call a healing crisis? Should she continue to take it?*

*Jeannette*

She probably started dumping too much bile. I would try doing some Gall Bladder Formula (BLG-X) first for a few weeks and then try again.

### Dilative vs. Constrictive Headaches

*I have a client who has used something like "Tiger Balm" for migraines and it made them worse. So would our Tei Fu do the same? She has been hospitalized for migraine headaches since she was a young girl. How do you know when to use a vasoconstrictive or a dilator?*

*LeRae*

From what you have said, it appears that anything with menthol aggravates it. This appears to be a vasodilative type headache, since menthol opens up. If it feels like their head is exploding then it is a vasodilative headache. These are the people who usually feel better with things like Excedrin, since it has caffeine in it. The High Potency Feverfew usually works well with this type. I have also had people use Varigone for these headaches.

Vasoconstrictive seems like a band clamping around the head, and it feels tight. Caffeine usually aggravates these. This is where something like Black Cohosh helps to open up blood flow. These are also the cases that Tei Fu works best for.

The root cause could be sinuses, colon or liver in either of these cases. A gentle flush of red clover or LIV-J and some Milk Thistle could help, as well as getting the bowel moving. If the headaches are only occurring in conjunction with menstrual cycles then try Master Gland.

### How Stress Responses Contribute to Diabetes and Depression

*I'm trying to work with a man who is a Type II diabetic. He also has a high stress job, and he gets no exercise at all.*

*Carol*



High stress situations set up conditions that favor the development of both diabetes and depression. Here's how it works. Almost immediately after a stressful event, whether physical (such as illness, trauma, surgery, or temperature extremes) or psychological, our "fight or flight" mechanism kicks in. The levels of the regulatory hormones ACTH and CRH (from the brain) increase, causing an immediate release of cortisol by the adrenal glands into the blood. When cortisol is secreted, it causes a breakdown of muscle protein, leading to release of amino acids into the bloodstream. These amino acids are then used by the liver to synthesize glucose for energy, in a process called *gluconeogenesis*. This process raises the blood sugar level so the brain will have more glucose for energy. At the same time, the other tissues of the body decrease their use of glucose as fuel.

Cortisol also leads to the release of so-called fatty acids, an energy source from fat cells, for use by the muscles. These processes prepare the individual to deal with stressors and insure that the brain receives adequate energy sources. This would be OK for one's metabolism if it didn't happen too often, and the person actually ran away or fought, but regular sedentary stress just keeps on making high blood sugar problems worse.

### Treatment Options for Polycystic Ovaries

*I have a client with what her doctor calls a minor case of polycystic ovaries. She also has a low thyroid. I have her on Red Raspberry. She is a very thin-framed lady and only needs a small amount of herbs to work for her. What is the natural procedure for this problem?*  
Janice

This is a complex endocrine disorder associated with a long-term lack of ovulation (anovulation) and an excess of androgens (male hormones, e.g., testosterone). Most women will experience depression with this as well as abnormal flow. Some things that occur with this condition are depression, crying, forgetfulness, confusion, and insomnia. If these are indications of her imbalance, then the estrogen is usually low and the progesterone is high, so the Pro-G Yam cream is not going to offer her the results she is looking for. Things like Menstrual Reg, Black Cohosh, B12, L-Tyrosine, Nutri-Calm or Stress-C would be better.

Another issue can be hyperhydration, which would produce fluid retention, weight gain, breast tenderness, swollen hands and feet. Again this is when the aldosterone is elevated. Try K-C, Black Cohosh, B6, Evening Primrose, and Phyto-Soy. Reducing caffeine and eating a low carbohydrate diet is a must. These cases are very prone to hyperinulinemia. I would look at enzyme support here, as well as GTF chromium.

### Can Cholesterol be too Low?

*Does anyone know about the health issues regarding low cholesterol? I have a female client age 44. Her cholesterol reading is 146. Is low cholesterol a sign that something else is happening in one/or several of the body systems?*  
Mayra

Low cholesterol has a higher mortality rate under 175 than someone who goes over 275. There is a higher risk for cancer, mini-strokes and suicidal tendencies.

Cholesterol is required to protect the nerves from exposure to heavy metals such as mercury and other toxic agents that could otherwise cause brain and nerve disorders. The body is severely impaired in how it can deal with oxidative stress and there is more free radical damage with high cholesterol. This is where antioxidants are going to work by themselves without increasing cholesterol. Cholesterol levels may be decreased in malabsorption/malnutrition (blockages on the villi in the small intestines with mucus), herpes zoster, various free radical pathologies, hyperthyroidism, depression and some depression drugs, malignancies.

Support the immune system, digestive (pepsin is necessary to a balanced HCl) and biliary. Manganese is a necessary enzyme co-factor for cholesterol synthesis. Red raspberry is high in manganese. Also use a B-Complex supplement. Try the Chinese Blood Build (BP-C) for fatty congestion in the liver.

### Interpreting Elevated Liver Enzymes

*I'm dealing with a person who's liver enzymes are slightly high. She suspects that they are high because she was treated with heavy doses of antibiotics a few months ago for H. pylori bacteria. Can I safely recommend any herbal products at all until her liver is normal? I told her I didn't think she needed to worry about a few herbs here and there, but I would like your opinion on this.*  
Shelly

The liver enzymes AST, ALT, and GGTP are indicators of different things. With ALT it can mean that the primary surface surfactant substance (vitamins A & D) are not holding the nutrients and the toxic substances in the cell so there may be free floating sugars, proteins and toxins. This where Protease between meals works. It can be an indicator of liver damage or inflammatory disease if ALT is about 3 units higher. Usually Alkaline phosphatase is elevated as well. If the AST is much greater, then it could be a bile flow interruption occurring in the liver. AST usually has to be above 75 to be an indicator to test for viral hepatitis. AST will rise early and precedes a rise in ALT causing the ration to switch early. As it becomes more chronic then the ALT will rise

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# Bernard Jensen: Reflections On A Wonderful Life

By Frances Townsend, CCN

"I feel wonderful, and you can, too!" With those words Dr. Bernard Jensen opened countless lectures to many thousands of eager listeners, inviting them into his wonderland of health, happiness and longevity. He himself achieved and exemplified all those ideals.

## A Life Lived Wonderfully

One of the outstanding qualities he revealed to those who knew him is that he said what he meant, and he meant what he said. He lived by every principle and bright idea he taught. He walked his talk. At any random moment, what he was doing was consistent with what he taught. He asked me to come to his house one morning for instructions as I began to work for him. I was invited to sit with him while he had breakfast. His breakfast tray featured a large reconstituted fig, a glass of carrot juice and goat milk, and a gently poached egg, each thing a good example of careful food preparation as he taught it. If the subject were exercise, he would allow his students to feel the rock-hard muscles in his legs. He was the ultimate example of the power of the truth he taught.

Friends were a major part of his life. His teachers became personal friends, and in introducing the work he taught, he never failed to pay homage to those whose own pioneering work became a part of his knowledge and understanding. I wondered at first why it seemed so important to him to give credit to his teachers for their contributions to his life and work. I no longer wonder—since I have become a teacher

of Dr. Jensen's work. A debt of gratitude seems to spring spontaneously from an appreciation of the value of his truth, knowledge and wisdom.



His patients became his friends; they responded to Dr. Jensen's teachings as I did. They showed their appreciation by building a house for him at his Hidden Valley Health Ranch. Doctor's friends spanned a wide spectrum: The King of Hunzaland and the Dalai Lama were his hosts when he visited them in the course of his world travels, seeking the secrets of health and longevity. He exemplified the ideal Rudyard Kipling wrote of in his poem, "If." Dr. Jensen could "...walk with kings, nor lose the common touch."

Some of Doctor's friends were four-legged. Doctor loved goats for many reasons. He admired their keen intelligence and their clean ways. And he extolled the healing powers of goat milk in his little book: "Goat Milk Magic." He also taught the benefits of goat milk whey and goat cheese. Many of Doctor's patients survived serious illness on a diet of goat milk and a few other natural foods.

My sojourn with Dr. Jensen at his ranch/home/office was an adventure which colored the days of my life immediately and continues to this day. Only my father had a greater impact on my life than Dr. Jensen. The story began when a good friend insisted on taking me to an iridology workshop taught by Lynne Johnston, one of Dr. Jensen's close friends and assistants. I say "insisted" because I really did not want to get into iridology. It was too complicated, and I didn't want the responsibility for consequences if I didn't do it correctly. Nevertheless, I took the week-long seminar and found it very interesting.

Frances Townsend is the "finish editor" for *Nature's Field* and *Sunshine Sharing*. Fran is meticulous and consistently improves everything she touches. Fran was deeply involved in preparing Dr. Bernard Jensen's book, *Iridology: Science and Practice in the Healing Arts, Volume II*. If you have a copy, look for Fran Stanfield's iris pictures and Dr. Jensen's comments on the "Acknowledgement" pages. Fran lives in Springfield, Missouri and regularly writes "The Wellness Way" column for *Today's Woman* magazine.

In fact, it seemed that if the claims made for iridology were indeed true, it would be a powerful tool for healing.

### Putting Together the “Big Book”

Several months later, another friend contributed to the story. My traveling friend Fern Stansfield stopped by Dr. Jensen's office one day in the winter of 1982. At that time, Dr. Jensen was hiring the team who produced his big book on iridology. He offered Fern the job of production coordinator. She declined, sensing it would be too confining for her free spirit. Then she added: “But I think I know the person for the job.” With that, she gave him my phone number.

About two weeks later I met Dr. Jensen and his wife Marie for lunch at the National Health Federation's annual convention in Pasadena. That was to be my job interview. He looked me over head to toe and commented on my trim ankles. I presented my resume, which included degrees in art and English and the seminar in iridology. That seemed to satisfy Dr. Jensen. He turned to Marie saying “I think she could do the job. What do you think?” Marie smiled and nodded her approval. In that moment, the direction for the rest of my life was cast. Nothing has been the same since. The adventure had begun!

During my first day on the job, I met Michael and Debra Diogo, the first of many friends who enriched the experience. They gave me my orientation to the emerging book and to the ranch, a sprawling complex of buildings, large and small, entwined by roads and footpaths, on a wooded hilltop.

The next day, at my assigned workstation, I found seven corrugated boxes filled with papers, the accumulated iridology charts and related notes Dr. Jensen brought home from his world travels. No instructions, just the obvious assignment. I suppose I could have asked for help, but I was too awestruck by Dr. Jensen to bother him. (I know how Dorothy felt when she met the Wizard of Oz!) So I sat and looked at the boxes and just shook. Eventually, the logic within the records became apparent, and I arranged them chronologically and geographically. It must have been acceptable. No changes were made to the work I did, and Chapter One in *Iridology: Science and Practice in the Healing Arts, Volume 2, First Edition*, remains as it did that day.

A few weeks later, I happened to be in the workroom where new iris slides were taken to be evaluated. Michael and Debra leaned over the light box as Dr. Jensen inspected slides. “There it is! I knew it. I knew it! Inherent mental!” Debra's words called up in my mind recollections of a strange young man who had been hanging around the ranch for a few weeks. He was pleasant enough. It just seemed the

fellow was not playing with a full deck. Inherent mental. Yes, that could explain his behavior. That is one of the areas I had seen on the iridology *chart*. The connection was obvious to me, and I rushed over to see “inherent mental” in an iris *photo*. Sure enough, there was a gap in the pattern, a place where there was no activity. In that moment I knew that the claims for iridology were based in truth. Iridology works!

The weeks and months which followed were a rush of words and pictures. My responsibility was to oversee the total makeup of the book, to make certain every word was correct and every picture was in its correct place. I read the manuscript of the 580-page book through four times, and three other proofreaders also read it as many times. I'm sure that big book is nearly letter perfect. Apparently, Dr. Jensen was pleased. In his pages of Acknowledgements, where my name and iris picture appeared, he wrote: ...”Production editor whose capable hands and clear vision guided the many diverse elements of this immense project to completion.”

Within my employment contract was a provision allowing me to attend classes whenever Dr. Jensen was teaching. Eventually, I had taken all the seminars he offered. At the end of the final class, he and I were the only people left in the room. I was reluctant to leave. “Is that all there is?” I asked. Doctor turned to me with a smile and said, “If you feel that way, it's time for you to go out and teach.”

### The Twin Pillars: Iridology and Nutrition

That body of knowledge and wisdom he challenged me to teach encompasses all the principles of natural healing which are now being adopted by practitioners of all disciplines. The future of nutrition will be enhanced to the extent that iris analysis is incorporated into wholistic healing plans. In Dr. Jensen's creed he stated: “I believe in iridology and nutrition as the twin guiding stars that will bring in a new profession equally uplifting for both doctor and patient.”

The mind of Bernard Jensen was amazing to all who knew him. Universal in scope, he was a true possibility thinker. Doctor foresaw the age of computers we now live in, relating the practice of iridology to its emerging potential with computers. He lived to see his invention, the Jensen Iriscope, evolve to digital. From there, he knew, the possibilities were unlimited.

In closing, I'd like to let Doctor Jensen speak for himself, as he did in the following letter, signed January 1, 2001, just a month before his passing:

“I began my journey as a young idealistic chiropractor in 1929. From the very start, my desire was to treat

CONTINUED ON NEXT PAGE

anyone who was suffering and in need of help. Since those early years, I have circled the globe wherever needed. Today, after having worked with over 350,000 patients around the world, I am firmly convinced that nutrition is the greatest single therapy to be applied in the wholistic healing arts, and that we must treat the whole patient, not just the disease.

I believe in iridology as the “eye” of the natural healing arts, the window through which the wholistic perspective on health becomes understandable. Iridology is a wonderful means of demonstrating the rewards of choosing a healthy way of life, the ideal of preventive medicine. While I am sincerely flattered by the acknowledgments, awards and titles extended to me over the course of my profession, I am most humbled by having been able to touch and improve the quality of lives of so many patients around the world.

Now with loving pride and utmost confidence, I have passed the torch to my son, Art Jensen, and to my protégé, Ellen Tart, to carry on the unfinished business of Bernard Jensen International. Art has supported me for so many years with his invaluable administrative expertise—even while building and managing his own business, Natural Books and Products. Ellen Tart, D. Sc., has not only mastered all that I had to teach her, but has become the finest iridologist and nutritional consultant in her own right. I am entrusting both of these dedicated individuals with my mandate to care for those in need and to positively affect the lives of everyone in the field of wholistic medicine.

Finally, I am taking this opportunity to thank all those wonderful people who have believed in me throughout my “pioneering” years. I say to you, “trust in yourselves” because what you are doing is needed by all of humanity for more years to come. I love you all.”

Bernard Jensen.

Now, speaking for myself and my colleagues, who are legion, I say: “Thank you, Dr. Wonderful! We love you, too.”

Frances Townsend a.k.a. Fran Stanfield



**Dr. Bernard Jensen**

March 25, 1908 – February 22, 2001

In a fitting culmination of their commitment to Dr. Jensen, Art and Ellen made another commitment—to each other. Art Jensen and Ellen Tart were married July 7, 2001, thus assuring a seamless continuity of Dr. Jensen’s vision of the future of iridology and wholistic healing.



### **A personal note from Steven Horne**

When Dr. Bernard Jensen passed away I was at a board meeting for the International Iridology Practitioners Association in Las Vegas. Ellen and Art Jensen were at that meeting and Dr. Jensen had committed his work into their hands just a few days before, as indicated in the letter quoted in the article above. It seemed to all of us present at that meeting that once Dr. Jensen had known his work was safely committed into Ellen and Art’s care that he was free to pass into the next world.

I had the privilege of meeting Dr. Jensen in person on two occasions. The first was when we were both speakers at an area herb conference. I was impressed by the fact that he was so

gracious and easy to talk to. At his 80<sup>th</sup> birthday celebration, his excellent health and attitude were an inspiration to me of what could be achieved with natural living.

I have come to know Art and Ellen much better than I knew Dr. Jensen, and I want all of our readers to know that Dr. Jensen’s legacy has not died. Art and Ellen are two of the most gracious and hospitable people I have ever met. They are absolutely dedicated to continuing the work Dr. Jensen started in both iridology and nutrition. Those of you who knew and loved Dr. Jensen can rest assured that they are continuing to build on the foundation that he laid.





# Para-Cleanse with Paw Paw

## Improved Intestinal Parasite Program

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**Para-Cleanse with Paw Paw** is a packaged program for removing intestinal parasites. Each of the 20 packets contains 1 capsule of Paw Paw Cell-Reg, 1 capsule of Herbal Pumpkin combination, 2 capsules of Yeast/Fungal Detox, and 2 capsules of Artemisia Combination.

This improved formulation replaces the already-effective Chinese Para-Cleanse product.

**Paw Paw Cell-Reg** adds the special property of killing parasites by reducing their ability to create life energy. Although Paw Paw Cell-Reg is primarily used to fight existing cancerous growths, it is also effective against parasites. It works by reducing the ability of the mitochondria (“energy factories”) in cells to convert nutrients into energy for their own life functions. Specifically, it blocks the production of adenosine triphosphate (ATP), a cellular energy storage molecule.

Although there are many products that should not be taken with the Paw Paw Cancer Program, this limitation does not apply to Para-Cleanse with Paw Paw. This is because Para-Cleanse uses smaller amounts of Paw Paw Cell-Reg, for a different purpose, and for a shorter time, than with an anticancer program.

**Herbal Pumpkin** contains traditional herbs such as pumpkin seeds, black walnut hulls, and cascara sagrada to cleanse the lower bowel of parasites and stimulate bowel movements. Herbs such as chamomile, mullein, marshmallow, and slippery elm protect and heal bowel tissues. Pumpkin seeds are high in organic zinc, which is needed to build and repair tissue damage.

**Yeast/Fungal Detox** is especially designed to inhibit the growth of *Candida albicans* in all three of its life-cycle stages. Persistent yeast infections often follow the use of antibiotics and are fed by typical diets high in sugars and starches. They can overwhelm the immune system and are difficult to overcome.

Oregano is an especially powerful agent against candida. It is combined in Yeast/Fungal Detox with other traditional antifungals including caprylic acid, garlic, and pau d’arco. Sodium propionate and sorbic acid are Generally Recognized As Safe (GRAS) by the FDA when used in foods as antimicrobial (preservative) agents according to current good manufacturing practices. Many of the ingredients also support the immune system to resist this and other infections.

**Artemisia Combination** contains potent anti-parasite herbs and immune system activators. Artemisia contains about 12% thujone, an oil that can stun roundworms, which are then expelled by normal bowel elimination. Elecampane also expels parasites and kills some bacteria and fungi. It is used against a variety of intestinal parasites including amoebic dysentery, pinworms, hookworms and giardiasis. Spearmint, turmeric, ginger, garlic, and cloves are aromatic stimulants. Olive leaf extract has been shown to be effective against fungal infections, the malaria parasite, and others.

Typical use is one packet 15 minutes before breakfast and one packet 15 minutes before dinner. Drink at least 8 ounces of pure water with the capsules in each packet.

This self-contained intestinal parasite program should be used for several 10-day periods with a 7-10 day break between each use.

Do not use during pregnancy.

While using Para-Cleanse, make a point of eating plenty of fresh fruits and vegetables. Leafy greens and unrefined grains are best. After waiting 10 days, repeat the program to kill new parasites that have hatched since the previous treatment. Always buy (or sell) at least 2 Para-Cleanse packages.

The Para-Cleanse program is often preceded by 2 weeks of the Tiao He Cleanse or Nature’s Cleanse and is followed by replanting of healthful bacteria with Bifidophilus Flora Force or Probiotic Eleven.

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# Paw Paw Cell-Reg

## Restricts the Growth of Cancerous Cells

Almost half of U.S. men and women will eventually be diagnosed with a malignant, cancerous growth. Cancers are the result of damage (mutations) to DNA in the nucleus of our cells. In cancer, cells become so severely damaged that they lose their normal control systems for growth, cell division and death.

Cancers will attract new blood vessels to themselves to feed their runaway appetites for nutrients needed for their out-of-control growth. Cancers can even clone themselves and, traveling through the blood stream and lymphatic system, metastasize throughout the body.

Paw Paw Cell-Reg contains an extract from the twigs of the paw paw tree (*Asimina triloba*). These contain a group of plant chemicals (annonaceous acetogenins) that interfere with the cellular production of energy. Cancer cells use energy at up to 17 times the rate of healthy cells. Paw paw extract safely and selectively deprives these malignant cells of the energy they need to rapidly grow and reproduce.

Paw paw is a fruit-bearing tree that grows in the U.S. from Missouri and Arkansas to the Atlantic coast. Because the therapeutic ingredients of paw paw are at their peak in May, seasonal shortages are possible. Also, some groves of trees have been found to be especially potent producers and have been deliberately cultivated for the therapeutic paw paw extract.

NSP's Chief Scientific Officer, Dr. Jerry McLaughlin conducted years of research on paw paw at Purdue University. His research suggests that paw paw extract:

- Slows and stops the production of cell energy in cells by blocking the production of ATP.
- Prevents the growth of new blood vessels in or near tumors.
- Depletes DNA and RNA building blocks needed for cell division.
- Kills even those cells that are resistant to chemotherapy drugs.
- Prevents cells from activating ATP-fueled metabolic pumps that reject chemotherapy drugs.
- Is up to 300 times more potent than Taxol, without inducing weight loss.

Paw paw extract works by blocking the production of energy in the mitochondria of cells. Mitochondria use a multistage, repeating process called the Krebs cycle to store energy as adenosine triphosphate (ATP), a high-energy molecule used to power other cellular processes.

Without abundant ATP production, the life processes of cancer cells are inhibited. Healthy cells are not such "energy hogs" and are not impacted so severely. Taking too much paw paw extract causes nausea and vomiting. This is built-in protection. It is typical to feel more energy while using Paw Paw Cell-Reg as the tumor cells no longer sap the body of glucose.

This product may be used by people with actual diagnosed cases of cancer. The suggested use of Paw Paw Cell-Reg is 4 capsules per day until after remission. Use with Immune Stimulator and High Potency Protease (between meals). Dr. McLaughlin recommends adding Nature's Noni. Women with breast cancer may want to add Breast Assured. Men with prostate cancer may want to add Men's Formula. These are the only supplements to be taken during this time.

Do not use this program with products that are intended to increase the production of cellular energy. Products to avoid include Coenzyme Q<sub>10</sub>, SOD, Super Antioxidants, Grapine, Alpha Lipoic Acid, Cellular Energy, Creatine, IGF-1, 7-Keto, Spirulina, Super Algae, TS II and Thyroid Activator. Also avoid the new Para-Cleanse with Paw Paw (to keep from consuming more than you intend.)

Some people report a rapid, measurable response to the program. For instance, one lady saw an improvement in her CA-125 antigen (used to monitor ovarian cancer) after only one week. A patient with non-Hodgkins lymphoma who had undergone 3 rounds of chemotherapy in 6 1/2 years had her white cell count and lymphocytes return to the normal range after 35 days with paw paw extract.

The Paw Paw Cell-Reg program is not used for prevention. It is intended to act against the special metabolism of active, cancerous cells. If you are currently healthy, it will only make you feel fatigued.

Do not use if you are or may become pregnant.

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# Perfect Eyes

Nutritional support for general eye health including the macula

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Like any other part of our body, our eyes need nutritional support to stay healthy. In our modern world, our eyes can become irritated from air pollutants and smoke. They can also be damaged by free radicals, which are responsible for macular degeneration. Diabetes, which is in epidemic proportions in this nation, is the leading cause of blindness, too.

Perfect Eyes is a nutritional formula that can strengthen the eyes and protect them against free radical damage. It is a useful formula for protecting the eyes and improving eyesight in the aging or those suffering from diabetes. It can also slow or possibly help reverse macular degeneration. While it isn't likely to help you throw away your glasses, it can protect your eyes during infections or help slow further deterioration of eyesight.

Eyebright has a reputation in folklore for use in eye problems that comes from the Doctrine of Signatures. The flowers look like an eye and so they were assumed by practitioners in the 1600s to be useful for eye problems. There is some basis for this. Eyebright makes an excellent eyewash and, taken internally, it appears to tone tissues in the eyes, ears, nose and throat. It helps upper respiratory and eye infections and reduces allergic reactions.

Bilberry has its own reputation for improving eye health, particularly night vision and near-ultraviolet. This was noted in the second World War when it was observed that pilots who ate bilberry jam (bilberry and blueberries are related botanically) had better night vision. It contains flavonoids that strengthen eye tissue and is very valuable for protecting eye tissue from deterioration by free radicals or diabetes.

Curcuma root is another name for turmeric, a spice from India, shown to be a powerful antioxidant. It reduces allergic reactions, reduces inflammation, improves blood flow and aids liver function. In Chinese medicine, there is a strong connection between the liver

and the eyes. Perfect Eyes contains mixed curcuminoids powder extract.

Carotenoids are protective antioxidants which are related to vitamin A. Recent studies have shown that carotenoids such as lutein concentrate in the eye and are needed in sufficiently high levels to protect eye tissues such as the macula. (Beta carotene is one of the substances in carrots—hence the folk idea that carrots are good for your eyes.) Perfect Eyes contains “caramix,” a carotenoid mix including alpha carotene, beta carotene, lutein, lycopene, zeaxanthin and cryptoxanthin.

Bioflavonoids are related to vitamin C and contribute to the creation of strong connective tissues including blood vessels and the eyes.

Zinc (as zinc gluconate) and selenium are trace minerals which help the immune system. They both act as antioxidants. Zinc is needed for healthy tissue growth and repair. Selenium is well-known as vital for the body's production of the protective antioxidant glutathione in the liver.

N-Acetyl-Cysteine is also used in the body to produce glutathione. Glutathione is used in the liver to remove toxic substances from the body. Here again we see the connection between the liver and the eyes.

Taurine is an important amino acid for nervous system function. It helps to maintain healthy eye function in combination with zinc. A deficiency of either of these nutrients can impair vision.

Perfect Eyes isn't just for older people or those already developing eye problems. It can be used by people who want to protect their eyes from the damaging effects of pollution or from the gradual deterioration of aging.

The recommended use is 2 capsules daily with food.

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# Cellular Energy

Nutrients needed by every cell for efficient energy metabolism

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## Generation of Energy in Cells

Inside each cell of the body there are tiny energy producing factories called mitochondria. Using a chemical process known as the Krebs cycle, the mitochondria utilize fuel (fats and carbohydrates) and oxygen to create an energy storage molecule called adenosine triphosphate (ATP for short). ATP powers the life processes within each cell. Without ATP the cell cannot function.

When the cells produce energy efficiently, they are inherently healthier. This, of course, makes the whole body function better. Increased cellular energy not only improves energy levels for better physical and mental performance, it also speeds healing of damaged tissues, enhances resistance to infections and helps the body overcome chronic and degenerative diseases.

## Who Needs Cellular Energy?

Many people can benefit from this new Cellular Energy formula. Aged and weak individuals will especially need Cellular Energy to recover from the effects of debility and/or serious degenerative diseases. Athletes will be interested in Cellular Energy to improve their physical performance. In fact, any person who needs to increase their general health, resistance to disease, and ability to cope with stress may find Cellular Energy helpful.

## About the Ingredients

The components of Cellular Energy provide the materials needed to create ATP in the mitochondria of our cells. The biochemistry involved in the selection of each of these ingredients is very technical and mostly beyond the scope of this handout.

Here is a description of some of the component materials for energy production found in Cellular Energy.

Minerals, including manganese, zinc, and magnesium, are used to make enzymes that move each stage of the Krebs cycle forward. Enzymes are criti-

cal to this process. They are natural biochemicals that act as catalysts to enable these important chemical reactions to take place. Different enzymes are required at each stage of the energy production cycle, and each stage must be finished before the next begins.

B vitamins (B<sub>1</sub>, B<sub>2</sub>, niacin, pantothenic acid) have vital effects on energy, growth, and healing.

L-carnitine draws fatty acid molecules into the mitochondria, where they are burned to produce energy. In doing so, the level of blood triglycerides is reduced. A deficiency of the amino acid l-carnitine can result in the buildup of fat in muscles, heart and liver. Athletes use l-carnitine to improve their endurance.

Coenzyme Q<sub>10</sub> is responsible for transporting energy from one enzyme to another during cellular energy production. It is so critical that, even by itself, CoQ<sub>10</sub> can help with heart disease. The muscles of the heart have more mitochondria and need more CoQ<sub>10</sub> than other cells in order to keep on pumping continuously.

Cellular Energy also contains alpha keto glutaric acid, alpha lipoic acid, dimethyl glycine HCl, and ferulic acid.

## How to Use Cellular Energy

Although Cellular Energy contains a variety of vitamins and minerals, it should be considered as a "supplement" to your daily multiple vitamin/mineral supplement such as Super Supplemental.

Cellular Energy may be used to lower triglycerides, improve healing, reduce inflammation, and reverse degenerative health trends. It helps to enhance energy, mental clarity and a general sense of well being.

Typical use is one capsule three times per day with food. Drink plenty of pure water and add Proactazyme for extra enzyme activity.

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# Yeast/Fungal Detox

Effective program to eliminate *Candida albicans* infections

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Overgrowth of yeast (*Candida albicans*) in the intestinal tract is a condition that has been linked to numerous health problems. Yeasts secrete toxins which weaken the immune system. Yeast overgrowth is also linked to sinus infections and cravings for sugar and refined carbohydrates. Candida infections in the gut also contribute to yeast infections in other areas of the body such as the feet, nails, and genital areas. Itchy ears may also be a result of yeast overgrowth.

Antibiotics are primarily to blame for the proliferation of yeast in the body. By killing friendly bacteria in the colon, antibiotics allow yeast and other harmful microorganisms to proliferate. The simple sugars and starches, so prevalent in the American diet, also feed candida overgrowth. Dr. Robert Greenberg estimates that 90% of the American population has an overgrowth of yeast.

The ingredients in **Yeast/Fungal Detox** are designed to inhibit the growth of *Candida albicans* in all three of its life cycle stages. They also help to rebuild an immune system that has been weakened due to yeast overgrowth.

Here is a short description of the purpose of each ingredient in this formula.

The essential oil of oregano has been widely promoted for yeast infections, because it is a strong antifungal. It is not wise to use the pure essential oil of oregano internally, however, because it can damage the liver. For internal use, **oregano** herb (which is found in this formula) is the better choice. It is completely safe, and is still a useful antiseptic and antifungal. Oregano herb not only helps control yeast overgrowth, it also stimulates digestive function and expels excess mucus from the lungs.

**Garlic** has been dubbed "Nature's Penicillin" because of its ability to combat bacterial infections. Unlike chemical antibiotics, however, garlic does not cause yeast overgrowth because it also inhibits viral and fungal infections. Like oregano,

it also stimulates digestive secretions and enhances digestive function, as well as expelling mucus from the system.

**Pau d'arco** comes to us from the Amazon rain forests. No parasites grow near the pau d'arco tree, under its branches, in spite of the damp tropical climate in which it grows. Pau d'arco not only inhibits the growth of fungus, it is also a blood purifier and helps with bacterial, viral, and parasitic infections.

**Echinacea** is also known as purple coneflower. Echinacea is widely recognized for its ability to stimulate the immune system and inhibit the spread of infection. It overcomes sluggish lymphatic function and helps remove toxins from the blood. It helps people who feel sick, exhausted and weak to recover their strength.

Yeast/Fungal Detox also supplies other traditional antifungals including **caprylic acid**, which kills yeast in one phase of growth. These ingredients also support immune system function to resist candida and other infections.

The minerals **selenium** and **zinc** (as amino acid chelates) are absolutely critical to immune function. Zinc enhances immunity and promotes tissue integrity.

**Sodium propionate** and **sorbic acid** kill yeast in all phases of growth and are classified as GRAS (Generally Recognized As Safe) by the FDA when used in foods as antimicrobial (preservative) agents according to current good manufacturing practices.

The recommended use of Yeast/Fungal Detox is one capsule with a meal twice daily.

It is best to go slowly when trying to eliminate yeast from the system, as a too-rapid die-off of yeast can cause uncomfortable symptoms such as headaches and diarrhea. It is also wise to follow up with probiotics such as Probiotic Eleven or Bifidophilus Flora Force to replace friendly microorganisms in the intestines.

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# Thyroid Support

Nutritional support for the glands that control metabolism

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**Thyroid Support** helps build the thyroid gland and improve its function by providing materials the body can use to maintain a healthy thyroid gland and produce an adequate supply of the hormones secreted by the thyroid.

The thyroid gland produces hormones which play an important role in a wide variety of body processes. Thyroid hormones help the body to burn fat and regulate body temperature. Hypothyroidism (low thyroid) can result in fatigue, loss of appetite, cold hands and feet, weight gain, skin problems, reproductive problems, hair loss, depression and slow speech.

Hypothyroidism is wide spread in the United States. This may be due to inadequate intake of iodine, or to a wide variety of toxins that may depress thyroid function, including chlorine and fluoride from tap water, radiation and certain medications. For some, increasing iodine intake by taking a formula of iodine rich herbs such as Thyroid Activator (KC-X) or TS II is sufficient. But for others, this is not enough.

Thyroid Support offers a stronger boost for thyroid function and may be helpful in cases where herbs alone are insufficient. It contains natural thyroid substance from raw glandular tissue as well as nutrients that feed the thyroid and aid in production of thyroid hormones. Here is what it contains:

**Thyroid** substance is thyroid tissue from healthy animals raised in a pollution free environment. This thyroid glandular substance contains a small amount of thyroid hormones, thus directly supplementing the body's supply. Thyroid tissue also contains all the nutrients needed for a healthy thyroid.

**Pituitary** and **hypothalamus** substance are also a part of this formula. The hypothalamus and pituitary send thyroid-stimulating hormone TSH to the thyroid gland to trigger production of

thyroid hormones. If these glands are weak, then the thyroid may not receive the stimulus it needs to function properly. Pituitary and hypothalamus glandulars help to feed these glands and supplement their hormone production.

**Protease**, a protein digesting enzyme, is included in this formula to aid in the breakdown of the glandular substances in the digestive tract. This helps ensure a person gets the full value of the glandulars.

**L-tyrosine** is the amino acid used as the foundation building block in the production of the thyroid hormones known as T4 and T3 (T4s active metabolite). Low plasma levels of this amino acid are associated with hypothyroidism.

**Kelp** is a sea vegetable that is rich in iodine, an essential element in manufacturing thyroid hormones. Kelp actually contains a precursor to thyroxin, the principle thyroid hormone, so it is very beneficial in aiding an underactive thyroid.

**Stinging nettle** is a mineral rich herb that helps to provide a favorable pH for the absorption of iodine, which has a very narrow pH range for assimilation.

**Vitamin B<sub>6</sub>** is used in a wide variety of metabolic processes, including the production of thyroid hormones.

**Zinc, Copper** and **Manganese** are trace minerals important for many cellular functions, including proper function of the thyroid gland.

Typical use is 2 capsules twice daily with food.

When taking supplements to rebuild the thyroid gland it is best to use cruciferous vegetables in moderation as these vegetables tend to inhibit thyroid function. They include cabbage, broccoli, kale and brussels sprouts. Thyroid Support is not recommended for hyperthyroidism, where the thyroid gland is overactive.

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# Lymphatic Drainage

Move body fluids to reduce stagnation and improve cleansing

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The lymphatic system provides a collection system for fluid waste removal from around cells. It drains excess fluid from the tissues, purifies it and returns it to the blood stream. It is a critical part of the body's immune system.

Since muscular movement activates the lymphatic system, exercise is very important to lymphatic drainage. Physical activity such as walking, swimming or using a minitrampoline will greatly enhance lymphatic movement.

When lymphatic drainage is sluggish, fluid and waste material builds up around the cells, creating a "swamp-like" condition in the tissues. Cells gradually become poisoned in their own wastes, resulting in lowered vitality and immunity. In the Western herbal tradition, this condition was known as torpor or stagnation. It is characterized by sluggishness, fluid retention, a heavily coated tongue and reduced resistance to disease.

Herbs that help overcome lymphatic stagnation or torpor were dubbed "alteratives" by the herbally-oriented Eclectic physicians of the late 1800s and early 1900s. The **Lymphatic Drainage** formula contains some of these alterative herbs. It helps reduce fluid buildup in the tissues as well as the build up of toxins in the body. It can be especially helpful for swollen lymph glands, tonsillitis, breast tenderness due to lymphatic congestion, and general "sluggishness."

Here are the ingredients in this blend.

**Cleavers** is an excellent drainage remedy. It not only increases lymphatic flow, but also supports urinary function to help remove excess fluid from the body. It reduces lymphatic swelling, particularly in the head and neck area, making it useful for congestion in the ears, sore throats, tonsillitis, and adenoid problem. It is particularly useful for "hot" conditions where pain, swelling, redness and other signs of inflammation are present. It has cooling, soothing properties. The herbs in this formula can also help skin conditions and dry, irritated coughs.

Cleavers are cooling and soothing; a very gentle, non-toxic remedy. It is very suitable for children, yet has a strong enough detoxifying action that it has been used in cases of cancer.

**Red clover** is another very gentle but effective alterative or blood purifier. It acts on the liver and lymphatics to help remove waste materials from the tissues of the body. Red clover also reduces glandular swellings. It is especially useful where there are hard or red and painful encysted glands.

Red clover has been a part of many anticancer formulas. It thins the blood, improves oxygenation to the tissues and the removal of wastes, but does so in a very nourishing way. Its detoxifying action is mild, not harsh—exactly the kind of detoxification needed by people in a severely weakened state.

**Stillingia** is also a powerful alterative and improves the function of the body's cleansing systems including the lymphatics, liver and kidneys. It has a long history of use in treating degenerative diseases. It helps dry, hacking coughs by promoting mucus production. It may also be helpful in skin conditions such as fungal infections, dermatitis, and eczema.

**Prickly ash** is a pungent herb that acts as a circulatory stimulant. It is much like capsicum in this action, except that the effect is more sustained than capsicum. It helps peripheral circulation and enhances digestion. It also balances the cooling nature of the other herbs in this formula.

Recommended dosage for adults is 15-20 drops 3 times per day. For acute problems, this dose could be taken every 1-2 hours. The formula can also be used for small children in doses of 3-10 drops depending on size and age.

Although lymphatic cleansing can produce mucus discharges, this formula is a good balance of warming and cooling herbs to reduce discomfort. Because breasts and lactation are associated with lymphatic processes, lymphatic cleansing is not recommended while nursing.

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# Heavy Metal Detox

Bind and remove toxic heavy metals from the body

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In our modern world heavy metal poisoning is extremely common because we are constantly being exposed to toxic metals like lead, mercury, aluminum, arsenic, and cadmium. They get into our environment through industrial contamination of our water and air, dental fillings, building materials and paint, and even cosmetic products like antiperspirants. Heavy metals damage our immune and nervous systems, producing a wide variety of hard-to-diagnose symptoms.

Our body has natural defensive mechanisms to help it eliminate these heavy metals and other toxic substances from our body. One of the principal detoxifying agents in the body is a substance called glutathione. It is an antioxidant, produced in the liver from three amino acids: cysteine, glutamic acid and glycine. Glutathione helps cells eliminate drugs and heavy metals and protects the body from damage from smoking, radiation and alcohol.

Heavy Metal Detox helps promote the production of glutathione. It also contains fiber, which bonds to heavy metals in the intestinal tract to help remove them from the body.

Here are some of the ingredients in this formula and how they help the body detoxify.

N-Acetyl-L-cysteine (NAC) contains the amino acid cysteine, which is a building block for glutathione, a powerful antioxidant that protects tissues including the liver, respiratory and immune systems, and the eyes. Glutathione protects healthy cells from damage by heavy metals and other toxic chemicals.

L-methionine is a sulfur bearing amino acid that acts as a powerful antioxidant. It is needed in extra amounts when toxins are present in the body because it protects glutathione. It can also be converted into cysteine to help produce more glutathione.

Alpha lipoic acid is a potent antioxidant. Because it is soluble in both water and fat, it has an especially wide range of protective actions. Even more, it enhances the

function of other antioxidants like vitamin C, vitamin E, and glutathione. It also helps increase energy production in the cells.

Sodium alginate is a mucilage derived from kelp. Kelp is a purifier of the oceans because the alginate in it bonds to heavy metals and other toxins to neutralize them. Sodium alginate binds to heavy metals such as lead and mercury in the intestinal tract and carries them out of the body with regular bowel movements.

Kelp is also included in this formula. It serves as an additional fiber source to help absorb toxins. It also supplies iodine to the thyroid for the production of hormones that regulate overall body metabolism.

Apple pectin is soluble fiber that absorbs toxins being released from the liver and carries them out of the body with our bowel eliminations. Plenty of dietary fiber is important during any detoxification process.

Cilantro has been found to be clinically useful in eliminating heavy metals from the body. It is especially helpful for mercury detoxification.

Magnesium (provided as easy-to-assimilate magnesium citrate) and vitamin B6 are required by cells to maintain energy production. They are involved in numerous chemical processes throughout the body. For example, they help prevent and dissolve kidney stones and ease PMS symptoms. In this formula they also enhance the detoxification mechanisms in the liver.

This formula is a potent cleanser. Do not exceed 1 capsule with a meal 2 times a day. If you develop a strong cleansing reaction, stop taking it for a while, then restart with only 1 capsule per day.

Each capsule provides 5 mg of an active form of vitamin B6 in a proprietary blend of cilantro leaves, sodium alginate, apple pectin, N-Acetyl-L-cysteine, magnesium citrate, l-methionine, kelp, and alpha lipoic acid.

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# Adrenal Support

Essential nutrients for building adrenal function

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The adrenal glands help the body respond to stressful situations, maintaining an internal sense of balance when faced with external pressures. They control the flight/fight response, reduce inflammation, help maintain fluid balance, and maintain stable energy. Constant stress can deplete these glands, resulting in adrenal fatigue. Severely depleted adrenals cause a person to feel tired, tense and exhausted, a “burned out” sensation.

In our modern society many people feel under constant stress and pressure. Financial pressures, traffic jams, busy schedules and relationship problems all take their toll on the adrenals. Caffeine and sugar consumption further deplete these important glands.

Symptoms of adrenal exhaustion include severe fatigue, difficulty relaxing or feeling peaceful, disturbing dreams and restless sleep patterns, nervousness, anxiety, heart palpitations and a sensation of pressure in the chest that is often interpreted as a cardiac problem. Persons suffering from adrenal fatigue will tend to have dark circles under their eyes, a quivering tongue and pulsing pupils in their eyes. Other symptoms include dryness, blood sugar imbalances, inflammation, difficulty breathing, tension headaches, and excessive allergies. NSP's **Adrenal Support** is designed to help these conditions.

**Licorice root** has long been known to help weakened adrenal function. It helps to prolong the life of cortisol and aldosterone, two important adrenal hormones, so they are not broken down too rapidly. This helps the adrenals rest. It also stabilizes blood sugar levels, reducing the desire for caffeine and sugar, two substances which deplete the adrenal glands.

**Schizandra berries** are adaptogenic. This means that they inhibit the hormone from the pituitary which stimulates adrenal function. This allows the adrenals to rest by lowering the baseline stress level. Schizandra berries act as a general tonic to improve stamina and overall energy levels.

**Vitamin C** is critical to adrenal function. In fact, the largest stores of vitamin C are in the adrenal glands. Both vitamin C and **vitamin B<sub>6</sub>**, are necessary for the production of epinephrine and norepinephrine, two of the key hormones produced by the adrenal glands. Two other B vitamins, **B<sub>1</sub>** and **B<sub>2</sub>** are also included in this formula because they also play a critical role in the production of other adrenal hormones.

**Pantothenic Acid** is another nutrient critical to adrenal function. It is a key nutrient that is depleted from the adrenals under long term stress.

**Zinc** and **magnesium** are needed to produce the body's own supply of vital enzymes and hormones. Zinc also is needed at adrenal hormone receptor sites. A zinc deficiency reduces the body's ability to adapt to stress. Zinc is necessary for the absorption of B vitamins. (Repeated consumption of caffeine can deplete both zinc and magnesium.)

Adrenal Substance is freeze-dried raw adrenal gland tissue. It comes from cattle which are free of disease and live in a pollution free part of the world. Glandulars like this can be very powerful for helping rebuild weakened glands and organs, making Adrenal Support especially powerful for people who need a strong boost in recovery.

Other ingredients in this formula include potassium, which is depleted from the body under stress, and borage oil powder, which supplies essential fatty acids. Borage is another herb known to help rebuild the adrenal glands.

Recommended dose is one capsule two times daily. This product is best taken with meals.

Adrenal Support may be used for two to six months to rebuild severely weakened glands. After that, switch to a milder formula such as Nervous Fatigue Formula, Nutri-Calm or Suma Combination for maintenance. Eleuthero root, another adaptogen, is one of the best single adrenal tonics for long term use and can be taken with Adrenal Support for an enhanced effect.

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# Milk Thistle Combination

Improved successor to LIV-Guard protects and builds liver function

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The liver performs over 500 functions. It processes nutrients for other organs in the body, stores sugar to stabilize blood sugar levels, breaks down toxic compounds in the body, and produces bile to digest fats. The liver is the organ of fat metabolism and detoxification of fat soluble poisons.

Keeping one's liver in good working condition can be a challenge in our modern world. The liver must process many of the chemicals we encounter in our environment, from pesticide residues and food additives to chemicals in the air we breathe and the water we drink. The diet of highly refined and nutrient-depleted foods that most Americans eat challenges the liver to keep up with its load. Add to that the consumption of hepatotoxic (liver poisoning) substances like alcohol and many drugs, which can do serious damage to the liver.

Moderate liver dysfunction is involved in a wide variety of health problems including digestive upset, nausea, diarrhea, poor fat digestion, headaches, hot flashes, hypoglycemia, PMS symptoms, uterine fibroids, prostate problems, skin eruptions like acne and hives, allergies, anemia and high cholesterol levels. Liver stress is probably a part of many chronic diseases including cardiovascular disease, diabetes, arthritis, and even cancer.

Anyone who works around chemicals or is exposed to a lot of environmental toxins needs to provide liver support to protect it from these substances and enhance its detoxifying capacity. This is exactly what Milk Thistle Combination does.

Milk Thistle Combination contains the following nutrients, known to aid liver function:

## Milk Thistle Extract

Researchers found that milk thistle contains silymarin, an antioxidant phytochemical complex that helps protect the liver from damage. It strengthens the integrity of liver tissue and protects it against a wide variety of hepatotoxic substances. Milk Thistle

Combination contains a standardized extract that provides an 80% concentrate of silymarin.

## Dandelion

The root of the common dandelion is a bitter herb that helps support liver function. It aids liver detoxification and increases the liver's production of bile. Bile is the fluid that carries waste away from the liver.

## N-Acetyl-Cysteine

This substance, built on the amino acid cysteine, helps the liver make glutathione, a powerful antioxidant that increases cellular detoxification. This helps the liver by preventing free radical damage and enhancing its ability to remove waste products and irritants.

## Vitamins

This formula also contains several vitamins that are needed for the liver's detoxification processes. Beta carotene and vitamin C are needed in large amounts by the liver. Beta carotene is a fat-soluble vitamin that can be metabolized into vitamin A, which is concentrated in the liver and protects fats from oxidative damage. Vitamin C is a water soluble antioxidant vitamin. Besides being protective against free radical damage, it is required to make collagen to maintain healthy connective tissue.

Choline bitartrate and inositol are lipotropic; they increase the transportation and metabolism of fat in the liver. This reduces fatty liver congestion, which is common in developed countries. These are "unofficial" B vitamins that protect against liver scarring and help prevent cirrhosis and high cholesterol.

This improved Milk Thistle Combination is a superior product that gives results. It is effective with just a couple of capsules a day.

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## Clinician's Corner

CONTINUED FROM PAGE 9

and then surpass AST. AST is also used along with LDH isoforms to evaluate whether or not an individual has had a heart attack. It can also be elevated in severe muscle injury. If there is muscle tissue breakdown then the urine would be positive for hemoglobin and the serum would be clear and colorless indicating the presence of myoglobin. This enzyme could be high when there is copper toxicity. It can indicate excessive oxidation at the membrane level. This is where the Cellular Energy formula helps.

ALT is a liver enzyme used to determine inflammatory liver issues. ALT is dependent on LDH found in the cytoplasm of a number of tissues where it helps synthesize pyruvate and l-glutamate. It does this with the help of l-alanine. As cells die they release a small amount of ALT.

GGTP is an indicator of liver damage or biliary obstruction of bile ducts outside the liver. It will be one of the first to elevate. GGTP is located in nearly all cell membranes and transports amino acids into the cell. This would lead to oxidative stress. This can be an exposure to hepatoxins, alcohol abuse, diabetes melitus, pancreatic imbalance, trauma and drugs such as antibiotics, Phenobarbital, anticonvulsants, etc.

Your general remedy for liver is always Milk Thistle. Adding SAM-e can help with the amino transport in the liver and Cellular Energy and Protease can help with the toxic overload.

### Yellow Color Around Pupil in Iris

*I have a client with light and dark yellow around their pupil area. I think this is the stomach or colon area. This person has yellow spikes which go out into different areas in the eye. The top or brain area shows a larger amount go through the middle of the pupil. I need some help as to what this may be and how we can work to eliminate it and get the yellow out and the color back. Some have said that this is the effects of sugar. Is this so, or am I being told wrong. I would appreciate some of your good advice.*  
John

When you say through the middle of the pupil, do you mean they are on the edge of the pupillary border or actually fibers in the pupil region?

The light yellow in the iris represents more of a disturbed urinary metabolism and is often found close to the collarette.

A dirty or pus-colored yellow can be indicative of long-term chronic inflammation or low grade infection such as sinusitis, staph, tonsil infection, inflammation of female organs. Since it is located closer to the top of they eye, I would look at chronic catarrh in the sinuses.

A bright orange is more indicative of sugar issues.

If it is the light, straw colored yellow, then it would be a time to balance their pH. Even though this is topile labile in the eye you would still want to work on the kidneys with minerals and the pH GreenZone. Chlorophyll can help here too. For help with the kidney metabolism try the Kidney Drainage formula, Urinary Maintenance, JP-X, Cornsilk or K-C.



## Featured Herb: Morinda/Noni

CONTINUED FROM BACK COVER

Many users of Morinda report that it is amazingly effective, but that it works gradually over a period of several months. About 25% of Morinda users report benefits within a few weeks. About 50% report benefits within 2 months.

### Usage Instructions

Take 2 tablespoons of Morinda juice daily at least 30 minutes before a meal.

Morinda juice should be taken on an empty stomach in order to facilitate an enzyme action that releases xeronine, a therapeutic alkaloid phytonutrient.

### Commercial Product Comparison

Nature's Sunshine Products has included the Chinese species of Morinda herb (*Morinda officinalis*) as an ingredient in combination KB-C since 1987. "KB-C" stands for "Kidneys and Bones – Chinese" and follows the ancient knowledge that healthy kidney function supports a strong structural system, particularly the ligaments, bones, and joints. KB-C is also used for people (especially the elderly) having brittle and inflexible dispositions, often with sciatica and low back pain.

In 1996 NSP also made a synergistic combination of the two Morinda species available in capsules. (Look for their products named "Nature's Noni.") The formula includes *Morinda citrifolia* root, leaves and fruit plus *Morinda officinalis* root. This provides a wide range of healthful properties and superior benefits over any single plant part. In 1997 NSP released a 1-quart fruit juice liquid, *Morinda citrifolia*, prepared from certified radiation-free plants grown in Hawaii. (The U.S. government tested nuclear bombs in the central Pacific islands after World War II and radiation contamination is a significant issue.)

In 1996 another company began aggressively marketing "Tahitian Noni," a liquid prepared from the Morinda fruit. Morinda, Inc. has an exclusive agreement with French Polynesia for the export of "Tahitian Noni."





# Morinda/Noni

Pacific noni: *Morinda citrifolia*

Chinese morinda: *Morinda officinalis*

## Background

There are two species of *Morinda* that are commonly used medicinally. The fruit of *Morinda citrifolia* (Pacific noni, Tahitian nono, Hawaiian noni, etc) is usually taken as a juice drink. The root of *Morinda officinalis* (Chinese morinda) is used in Traditional Chinese Medicine (TCM) as a powder or tea.

*Morinda* is native to a broad area of the Pacific including Malaysia, Australia and Polynesia. It is also cultivated in India, the Philippines and throughout Southeast Asia. The fruit has been used for food but has a somewhat unpleasant taste and odor. Desperate soldiers in the WW II Pacific Theatre found that *Morinda* fruit kept up their strength and reduced infections.

For thousands of years, natives of the South Pacific islands have made healing preparations from *Morinda*, their "Queen of Sacred Plants." It is known by a variety of names including *Indian Mulberry* in India, *Pain Killer Tree* in the Caribbean, *Nono* in Tahiti and *Noni* in Hawaii. Today the traditional healing properties of *Morinda* are being explored by scientists and exploited by mass marketers. The results are exciting. The root is commonly used for therapeutic purposes although the leaves and fruit are also beneficial.

The US FDA approved Noni as a food in the mid-1950's. The American Herbal Products Association (AHPA) classifies *Morinda* as "generally safe for appropriate consumption."

## History of Use and Research

The Chinese have used *Morinda officinalis* in many medicinal herb combinations since the Han Dynasty as a yang strengthener to "disperse wind" and "expel dampness." It strengthens weak sinews and muscles as well as weak and sore backs while reducing pain and swelling. Chinese scientists have documented its ability to relieve minor depression.

In 1990, the University of Metz in France reported studies that documented pain-relieving and sedative properties from *Morinda* roots. Additional studies showed that the fruits are rich in plant acids including caprylic acid which are active against molds and fungi such as *Candida albicans*.

In 1993 a report in *The Journal of Herbs Spices and Medicinal Plants*, the article *Morinda citrifolia L. - Use in Indigenous Samoan Medicine* listed a number of ailments for which *Morinda citrifolia* is used medicinally. It reported, "Yes, it true that Noni has been used for a long time. But it's not the juice that's used. It's either the root or the fruit or the leaves."

A Japanese study in 1993, published in *Cancer Letters*, demonstrated that an extract prepared from *Morinda* root was able to cause pre-cancerous RAS cells to revert to normal cells.

## Phytonutrients

Xeronine, a relatively small alkaloid, is, physiologically, *Morinda's* key ingredient. Though *Morinda* contains only small amounts of xeronine, it contains significant amounts of pro-xeronine and the enzyme that releases xeronine from pro-xeronine. In order for this process to work efficiently, it is best to drink *Morinda* juice on an empty stomach, up to 30 minutes before a meal.

## List of Therapeutic Uses

*Morinda* improves the function of the digestive, intestinal, respiratory, nervous, skeletal and immune systems. Although it's easy to be skeptical of a product that is claimed to help with so many problems, *Morinda's* generalized beneficial action allows it to be helpful for a broad array of seemingly unrelated health problems. *Morinda* has been used therapeutically to:

- Cleanse the blood of acids - reduce skin problems
- Repair damaged tissues - build structural system
- Reduce pain and inflammation
- Reduce the symptoms of Type II diabetes
- Reduce the symptoms of arthritis

*Morinda* also builds the immune system by increasing the white blood cell count to fight bacteria. It is known to kill at least 9 types of bacteria. It benefits healing of wounds and infections. *Morinda* reduces the incidence and severity of colds and flus.

