

Nature's Field

An Electronic Journal for NSP Distributors

Aloe Vera

By Steven Horne

Back in the 1980s, aloe vera was one of the big “fad” herbs, much like noni and mangosteen are today. Whole companies were built on selling this one herb, just like whole companies are built today on noni and mangosteen. I’ve never been much into herbal fads. The way I see it is that nature abundantly provides all of the medicine we need right in our own backyard. Still, aloe vera is a wonderful herb and even though people are drinking noni and mangosteen (found in Thai-Go) every day now instead of aloe vera, it doesn’t mean that aloe has lost any of its powerful therapeutic benefits.

One of the reasons I like aloe so much is because I sunburn so easily. I get that trait from my dad, who was so fair-skinned that he sunburned on his face in the middle of winter from the reflection of the sun off the snow. In my mind’s eye I can still picture my dad with his red sunburned face. While I’m not quite that bad, I still heavily apply sunscreen before swimming or going out in the sun.

However, when I do burn, aloe vera is my friend. I liberally slather the aloe vera gel from NSP over the burned areas and then apply a mist of water or more gel every time it begins to dry out. Aloe not only kills the pain, it helps the burns to heal very rapidly.

NSP has one of the finest aloe vera products available in the marketplace. When I’ve been sunburned while traveling I’ve searched for other aloe vera products. But, I’ve never been as happy as I have been with NSP’s aloe vera. I remember when I worked for the company in the 1980s, I was told that aloe suppliers were shocked when NSP told them they wanted 100% aloe vera juice, not a 20, 40 or 60 percent dilution. Suppliers said they had never had a company that didn’t want aloe vera juice that hadn’t been watered down before. It’s one of the things I love about NSP—they always strive to put out the very best product.

I love Herbal Trim Skin Conditioner even more than straight aloe vera. I use it in my ears when they start itching to relieve the itch, apply it to regular burns and sunburns, and even use it as a moisturizer when my hands get dry.

Of course, aloe vera isn’t just for burns. The mucilaginous nature of aloe vera makes it an anti-inflammatory and antioxidant remedy. It cools and soothes any kind of irritated tissue. This is



Photo by Steven Foster

why it has been sold as a “cure-all.” Inflammation is the beginning stage of all disease, and cooling inflammation helps numerous conditions. It’s the same reason why noni and mangosteen are so popular. They also reduce inflammation.

The anti-inflammatory qualities of the aloe plant make it useful for a wide variety of conditions, including, but not limited to: abrasions, acne, AIDS, allergies, amenorrhea, arthritis, asthma, bites and stings, boils, bruises, bursitis, cancer (especially stomach), Candida (yeast infections), canker sores, chapped skin, chemical burns, chicken pox itch, colitis, constipation, Crohn’s disease, denture sores, dermatitis, diabetes, diaper rash, eczema, food poisoning,

heartburn, hemorrhoids, hepatitis, herpes, irritable bowel syndrome, poison ivy or oak, psoriasis, radiation burns, rashes, sores, sprains, ulcerations, ulcers, vaginitis, viral infections, and wounds. (The list I have in my files is twice this long, but it won’t fit in the allotted space. You get the idea.)

Like many people, I have an aloe vera plant in my home. The leaves can be broken off and the fresh gel applied to burns and other minor injuries. It’s like having a first aid kit in a house plant. By the way, use the gel freely, both internally and externally, but be careful with the green part of the leaf. Not only is it a nasty bitter, it’s a powerful stimulant laxative. So, in our rush to embrace the latest herbal offerings from Mother Nature, let’s not forget the value of our old stand-bys that have served us so well for many years.

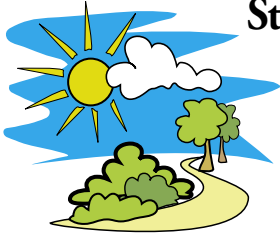
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Steven Horne's Ramblings and Ravings

Business-Building 101: Begin With the End in Mind

Can you imagine deciding to take a vacation, packing your bags, then driving to the airport and asking the person at the ticket counter to pick a vacation destination for you? That would be quite amusing wouldn't it?

"I want to purchase a plane ticket."

"Where do you want to go?"

"I don't know. Somewhere fun, I want to take a vacation. What's your cheapest fare to a good vacation destination?"

The idea is quite ludicrous. However, that's the way many people operate in their lives. They have no clear destination, let alone a plan for getting there.

Many NSP Managers I've talked to sort of stumbled into the NSP business. It's a story I hear quite often. The person was sick. Someone helped them get better with NSP products. They signed up as a Distributor so they could get the products wholesale. They started providing some products to family members and friends, then, all of a sudden, they started getting this "bonus check." Soon, they were running a business.

My story is different, but it sort of parallels this scenario. I had a love for herbs and natural healing and I wanted to help people. I had majored in communications, and I saw that NSP Managers needed product information in their businesses, so I started providing it. Before long, I was running a business.

While I haven't completely drifted aimlessly, my business has been subject to whatever winds of change were happening with NSP corporate and with the marketplace in general. So, my business was riding the ups and downs of external influences and I was doing my best to respond to them.

Two years ago, I decided to make a change. I again caught a big picture of what I wanted to achieve and started redefining my ultimate destination. I'm happy to report that my efforts, at being proactive and going after what I've decided to do, rather than being reactive to what is happening in the marketplace, are starting to pay off. There are still "bumps" on the road, but the ride is a lot smoother and I'm seeing progress towards a bigger goal.

For some time now I've been longing to share what I've been learning about business, not just what I know about products and natural healing. I wrote the book *Catch the Vision* a year and a half ago as my first effort in this direction. You'll be seeing more materials like this coming from Tree of Light Publishing, including periodic Ramblings and Ravings about business issues (such as this article).

The first idea I want to put forth is that you have to decide where you want to go or you are never going to get there. So, if you have not done so, start defining what you want to achieve with your NSP business. If you're like many NSP people I've talked to, one of your main motives is the same as mine—you really want to help people. That's one of the reasons I stick with NSP. I believe that the majority of NSP Managers have a genuine desire to help others. In contrast, I see many other network marketing companies where the primary motivation is greed. In fact, greed is used as a vehicle to sell the product. I'm personally turned off by that approach. I want to make money, but I want to believe in what I am doing. I don't want to do it just for money.

Wanting to help others is admirable, but it isn't enough. You also need to define what you want to get out of the deal. What would you like your business to look like two, five or even ten years from now? If you don't know where you are going, how will you get there?

But, believe it or not, the primary focus of this article isn't about goal setting. It's an effort to shift your focus on the way that you make money. Reading Robert Kiyosaki's *Rich Dad/Poor Dad* books has really helped me understand the different ways that people can make money. Basically, there are four.

The way most people earn their money is to become an employee. As an employee, you sell your time for money.

The second way one can earn money is to become a self-employed, small business owner. As a small business owner you are still selling your time for money, you just own your own job.

These first two types of income (employee and self-employed/small business owner) are active income—meaning you have to work to make money. Stop working and the flow of money stops.

The third and fourth types of income (which we'll discuss momentarily) are passive income. Passive income is money you earn whether you are working or not.

The first type of passive income (and our third way of making money) is to own a business. What separates owning a business from owning a job (i.e., being self-employed) is that the business makes money for you whether you are actively working in it or not.

The final type of income is investment income. This is income from stocks, bonds, real estate, or other investments. Again, investment income is income one receives whether one works or not.

Most Nature's Sunshine Managers are self-employed, small business owners. Some are also employees who have a full-time job and work their NSP business part-time. In either case, their primary source of income is active, meaning they have to trade their time for money.

The distinctions here are important, because there is a "mind-set" associated with each of these sources of income. People who are used to being paid as employees don't want to do anything unless there is pay involved. Robert Kiyosaki calls this a WIMP attitude (Where Is My Paycheck?). He also says that the rich do not work for money. That's because rich people aren't interested in a paycheck or in trading their time for money. Instead, they work towards building assets. What is an asset? An asset is something that produces passive income for you.

So, one of the things you need to decide, up front, is how you will approach your NSP business. Do you want to approach it from a self-employed mind set (meaning you want to get paid for what you do) and have the business totally dependent on your personal efforts? Or, do you want to see it as an asset (something you are working to build that will one day bring you passive income)? That decision will guide how you go about building your business.

When I started building Nature's Field and Tree of Light Publishing, I was interested in building an asset for myself. For the first four years I worked this business part-time while I was also working as a home office employee at NSP. For the next two years I made my income as a self-employed contractor teaching manager schools for NSP. But, for that entire first six years I never took one dime out of the company as pay. I invested every dime I earned back into making the business grow.

After six years, I was able to draw \$2,000 per month from the business and I only had to work a couple of days each week to earn that. It was still self-employed income, but I had succeeded in starting to build an asset. Somewhere along the line, however, I lost sight of my ultimate destination and started reacting to circumstances trying to keep the money flowing, instead of acting by choosing my destination and working toward it.

One of my goals right now is to shift my emphasis away from earned income towards developing systems that bring me passive income. After all, I just turned 50 and while I love to work, I'd also like to have more time to enjoy life. That requires that I work towards building more assets that will bring me passive income.

Nature's Sunshine Products has a built in way to create passive income. Robert Kiyosaki teaches that network marketing is the best way for ordinary people who have little investment capital or business experience to develop a business that produces passive income. He's even written a book about it—*The Business School for People Who Like Helping People*. Does that sound like you?

However, in order to build a passive income with NSP, you need to make what you do duplicatable. If people look at what you are doing and think, "Gosh, I could never do that." Then

you're going to be stuck forever being the self-employed person with active income. People need to look at what you are doing and say, "Gosh, I could do that!" That's what builds downline Managers and Distributors and the passive income that goes with it. So, whatever you do, make certain it's something other people can copy if your goal is to develop passive income.

This requires an ability to delay gratification. Instead of working to earn the money immediately, you're going to put time and energy into helping other people succeed. Not all of your invested time and energy will pay off, but if you are persistent, then eventually you will build a downline and passive income.

Our current goal is to provide tools to help NSP Managers make this mental shift by providing materials that can be used to train new people so that they can more easily duplicate what you do. Our *Dr. Mom-Dr. Dad* course is one of our efforts in this direction. By teaching regular people how to take care of their basic health needs they can continue to order online even when you're on vacation. Several of our instructors are already experiencing success with this because people who attend the training are saying, "I can do that." One instructor broke out four new Managers with this class.

The ABC+D Approach to Natural Healing is our latest project supporting this direction. It contains a simple system that anybody can use to help others find the right products for their health needs. *Sunshine Sharing* and *Herbal Hour Videos* have always been tools we've produced to help people make the business more duplicatable. The journal you are reading right now, *Nature's Field*, is another duplicatable success tool. We also have more tools and resources in the works.

Our success is based on your success. When we help you get more people successfully using and helping others with NSP products it helps us because that enlarges our customer base at the same time. So, in the future you can expect to see us continuing to provide product information, but we also be producing more business materials to help your organization grow.

We want to help you get where you want to go with your business. However, where you want to go is completely up to you. And one of the big questions you need to ask yourself is whether you want to build a self-employed business that runs on your efforts, or a passive income business that runs on a system that doesn't require your presence. The choice is yours.

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





Kimberly Balas' Clinician's Corner

Thyroid Questions and Drug Withdrawal

Thyroid Products

I would like to know the specific differences between all the thyroid products NSP offers, including when to choose one or the other. The products I'm referring to are TS II with Hops, Target TS II, Thyroid Activator and Thyroid Support.

Lisa

I use the Thyroid Activator for people that are experiencing thyroid problems where just the TSH number is high. A high TSH number, with other numbers being normal usually means low thyroid activity. Thyroid Activator seems to be more nutritionally supportive of the thyroid than other products. I also find that it is a more "earthy" or "grounding" formula, which works well for those that seem to get stressed fairly easy. The person needing Thyroid Activator tends to get nervous and emotional under pressure. This is also the formula I use most of the time for goiters. It is an all herbal formula.

The other all herbal formula is TS II with Hops. I use the TS II with Hops for those that have a low body temperature and feel cold in the extremities. Their metabolism is slow and oxidation is higher. In this case, the T4 is low and the T3 is high. They are usually retaining proteins in the blood and the capsicum in this formula helps with that problem. Another common thing is their cholesterol is usually low (below 170) and there is a lowered function of the anterior pituitary.

Target TS II is 80% minerals and only 20% herbal. The herbs are the same ones found in TS II with Hops. The minerals are amino acid chelates that are targeted to the hypothalamus to trigger the pituitary to produce more TSH. So, it is indicated in low TSH. The T3 and T4 are usually off, too. When I use Target TS II most of the time TSH will come back in semi-normal ranges. The causes in this case are in the thyroid-pituitary-hypothalamic feedback axis. The minerals in the Target TS II are what help balance this axis. The adrenals also still need support here to as they move the mineralcorticoids through the system. A lot of times food allergies can cause the thyroid to show this pattern. Working on the adrenals and possible food allergies will also help support the anterior pituitary and help the

Target TS II work better. Target TS II can also be helpful for weight loss where a person has a hard time burning fats.

When you get into more chronic issues with the thyroid, where the thyroid is very weak, the thyroid needs stronger help. Radiation exposure could be one cause. Many halogen compounds can damage the thyroid, too. These elements displace iodine in the body and make it hard for the body to absorb iodine. They also deplete the body's reserves of it. People who have been on thyroid medication for a while can also fit into this category.

It is in these cases where there is severe chronic thyroid weakness that Thyroid Support is most useful. This is because it contains the thyroid glandular which helps to rebuild the thyroid. It also contains the hypothalamic glandular to support the hypothalamus. It also contains nutrients that are precursors or helpers in making thyroid hormones. The profile for people who need this formula will usually look like this: TSH will be increased, T4 will be normal or decreased, and T3 will be decreased. Cholesterol will be above 225 and triglyceride levels will be above 170. Often a person with this profile will be experiencing hair loss.

Armour Thyroid Question

I received a note today from a friend of mine who just started using Armour Thyroid. It was recommended by me and seconded by her OB/GYN doctor, who also uses some holistic therapies. The note claimed that the Armour thyroid could cause the body to build up antibodies causing an autoimmune reaction that would eventually destroy the thyroid. What can you tell me about this.

Carol

Armour Thyroid is an isolated glandular. The point of using glandulars is to use them for a short time to help rebuild the gland, then back off from them so they don't replace the gland's normal function. By taking Adrenal Support with the Armour Thyroid you can stay on it for a longer, but you still have to get to the root cause to really solve the problem. Otherwise you are just treating a symp-

tom. The root cause of most thyroid problems is in the liver or the pituitary.

Just like taking Synthroid or Levoxyl, taking Armour Thyroid for a long time is just masking the symptom. Armour Thyroid is better as a choice than the drugs because it can help to rebuild the thyroid, which the drugs won't.

Think of it as if you were trying to build a dam, but every spring the flood waters come and tore down the dam. Each time you rebuild the dam, the waters come back and tear it down.

You've got to solve the problem upstream. Treating the thyroid is like building the dam. Working on the liver and pituitary you will be creating flood controls upstream and the problem can eventually be solved.

Why All the Thyroid Problems?

I have met several people, mostly women, who somewhere in their mid-30's to early 40's begin having problems with their thyroid glands. All of them experience severe tiredness; some have trouble functioning at all; and some are sleepy by 3:00 or right after eating. It seems odd to me that so many people would develop this problem. What can cause thyroid problems? Is it something missing in the diet? Is it too much stress causing the adrenals to get overtaxed and then the thyroid gets weakened?

Just wondering.

Sharon

It is very interesting to see all of the progressive issues with thyroid. Thyroid disorders have certainly been increasing. There are several possible causes. Chlorine, bromine and fluoride (all of which are being added to drinking water) displace iodine and deplete iodine reserves. There are pesticides that may be a factor. The release of radioactive iodine from nuclear plants may also be a factor. The standards say that they can release so much of this into the air per month, so instead of dispersing a small amount each day, they dump one month's worth into the environment each month. This is a profit issue, and meets the government standards, but causes periodic overexposure to radioactive iodine.

Here is one site that I have read some stuff on chemtrails: <http://www.endtimesevents.com/CHEMTRAILS.html>. This may be source of some of these chemical irritants. Another factor is electromagnetic pollution (microwaving, EMF's that we are constantly bombarded with from cell phones, computers, TVs, etc.)

Intake of healthy iodine helps protects the thyroid from radiation and other problems. One can also get protection by drinking chaparral tea. (Native Americans in Southern Utah who drank chaparral tea during the nuclear tests in Nevada did not have the problems with cancer from radiation exposure.) You also have to support the adrenals and pituitary to protect the thyroid.

Drug Withdrawal

I am working with someone who is having severe withdrawal symptoms from illegal drugs. I have him on EnviroDetox and Suma Combination. Before this he did lots of building for about six weeks using Mineral Chi Tonic, ENERG-V, Super Algae, Intestinal Soothe and Build, Cellular Energy and SAM-e. He is having a very challenging time. I have also suggested doing detoxifying baths and detoxifying homeopathics. He is having a difficult time concentrating and feels horrible. Any thoughts?

Tonja

Remember that toxins are stored in fat cells as well as the liver. In order to detox more slowly, add some essential fatty acids to his program. Eleuthero is also good during withdrawal because it helps to move stagnant chi so that the drug toxins keep moving out of the body. I would also look at fiber to bind the toxins so they aren't as potent and are carried out of the body more quickly.

ENERG-V is good for adrenal support, which is important when going through drug withdrawal. If he was on speed-type (uppers) ephedra containing products can act as a substitute while the person is going through withdrawals. Unfortunately, it's hard to get them anymore.

The Epsom salt baths are a great choice for detoxing. I would also consider Fasting Plus for regulating blood sugar. Blood sugar problems are common in drug withdrawal.

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





Summertime First Aid Kit

Natural Remedies for Sunburn, Bug Bites, Bee Stings and Minor Injuries

Summertime is the time for outdoor fun, and all that goes with it—sunburn, bug bites, bee stings, abrasions, cuts, bruises, poison ivy or poison oak, and so forth. Fortunately, summertime is also the time when nature's green remedies are also in abundant supply. According to native beliefs, there is no venom in nature where the Creator didn't provide an antidote within a few feet. Unfortunately, very few people in modern urban society are familiar enough with our green herbal allies to identify them in a natural state. It is still possible to get the benefits of these botanicals, without knowing any field botany, by assembling an herbal first aid kit to take with you on those summertime excursions. Here's a list of what to include, and how to use it:

Nature's Fresh Enzyme Spray

Formulated as a product to remove stains and odors, many people have also discovered the powerful healing qualities of this product. Sprayed on just about any injury, it reduces swelling and inflammation, eases pain, and speeds healing. Put a small spray bottle in your first aid kit and apply it to insect bites and stings, abrasions, scrapes, sunburn, sprains, pulls, and other minor injuries.

Tei Fu or Deep Relief essential oil blends

When a person "over-does" it and winds up with sore and aching muscles both Tei Fu and Deep Relief oils can be applied topically to ease pain and stiffness. These oils can also be applied topically to minor injuries to prevent infection. Both will help ease the swelling and pain associated with insect bites and bee stings. Massaging them into various areas of the neck and head can help relieve headaches, too. Inhale Tei Fu oil for sinus congestion or apply a drop to the back of the tongue to help stay alert when driving.

Tea Tree essential oil

This essential oil makes a great topical antiseptic for cuts, abrasions, burns, or wounds of any kind. It doesn't sting, even when applied directly to injured areas and promotes rapid healing and tissue regeneration. It also helps repel insects when applied topically.

Herbal Trim Skin Conditioner

This blend of aloe vera gel, Tei Fu oils, pau d'arco and lobelia is a wonderfully soothing preparation to apply to burns and sunburn. It eases pain, cools the heat and promotes rapid healing, especially if kept moist with an occasional spray of Nature's

Fresh Enzymes. Herbal Trim can also be applied for itching from poison oak or ivy, or any other skin irritation. It can also act as an insect repellent.

Lobelia extract

Applied topically, lobelia will relax muscle cramps and spasms. When combined with capsicum and Tei Fu oils it makes an effective rub for sore muscles of any kind. Lobelia applied topically will also take the pain and swelling out of most bug bites. It can be warmed and dropped into the ear to help relieve earaches. It can be taken internally in small quantities to relieve asthma attacks, anxiety or nervous tension.

Capsicum extract and/or capsules

Capsicum is a must for any first aid kit because of its ability to treat shock. After any accident or injury a person may go into shock, with their face and skin becoming cold, pale and clammy. A small amount of capsicum extract, or the powder from a capsule, placed under the tongue will help with symptoms of shock. Capsicum can also be applied topically to bleeding wounds to help stop bleeding and speed healing. Taken internally, it can also help to stop internal bleeding.

Yarrow or Bayberry capsules

Both of these herbs are astringents, meaning they contract and tone tissues. The powders from open capsules can be sprinkled directly into bleeding wounds to help stop bleeding. They can also be taken internally, along with capsicum, for internal bleeding. Both yarrow and bayberry are also effective against insect bites and bee stings. Moisten the powders and apply them as a poultice (paste).

Distress Remedy

A blend of flower essences, Distress Remedy can be used internally for just about any kind of shock or trauma. Use about ten drops under the tongue and hold it there for several minutes. Applied topically it can help injured tissues to heal. Add ten drops to a spray bottle of water and you can mist larger areas of injury to help reduce swelling and ease pain.

Of course, add a few bandages, a pair of tweezers for slivers, some gauze pads and tape and other standard first aid supplies and you'll be well prepared to deal with any of the minor injuries you might encounter during your summertime fun. For more information on these products, consult with your local herb specialist. His or her name should appear below.

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Nature's Fresh Enzyme Spray

First Aid Kit in a Bottle (and Handy Deodorizer, too)

Enzymes are special proteins manufactured by living things. They act as catalysts that either form or break down various chemical substances without undergoing change themselves. They are utilized in every phase of metabolism, from digestion to elimination and everything in between.

Nature's Fresh is a mixture of enzymes dissolved in water. Originally produced and sold as a natural deodorizer and stain remover, people have discovered it has amazing health benefits as well. Nature's Fresh can be sprayed topically on just about any type of injury or inflamed tissue with positive results. It reduces swelling and inflammation and speeds healing at the same time.

People have sprayed Nature's Fresh on insect bites and stings, bumps and bruises, sunburn, rashes, sprains and other injuries to reduce pain and speed healing. This makes a small bottle of Nature's Fresh a positive addition to anyone's first aid kit.

Nature's Fresh has also been successfully used on chronic conditions like acne, arthritis and back pain. It is especially valuable in helping spinal disks to heal, including degenerated or herniated disks. For even faster pain relief, Deep Relief oil or Tei Fu oil can be applied to sore muscles or other areas where there are aches and pains, then Nature's Fresh can be sprayed over the area.

Nature's Fresh is entirely non-toxic and can be taken internally in small amounts (about 1-2 Tablespoons per day). It has a soapy taste because it contains a surfactant to hold the enzymes in suspension, but this can be camouflaged by taking it in pineapple juice. The enzymes help to break down debris in the digestive tract and heal the mucus membranes lining it. They also help to reduce inflammation throughout the body.

There are six different types of enzymes and Nature's Fresh is the only enzyme product that contains all six. For those interested in the more technical side of the product these six classes of enzymes are: oxidoreductases (enzymes that catalyze oxidation-reduction reactions), transferases (an enzyme that promotes transfer of a group from one molecule to another), lyases (an enzyme that forms double bonds on the substrate), hydrolases (hydrolytic enzyme-splitting water), isomerases (enzymes that catalyze the conversion of its substrate to an

isomeric form), and ligases (enzymes that catalyze the linking together of two molecules).

Naturally derived from the fermentation of a vegetable extract, the enzymes in Nature's Fresh are stable unless the product is exposed to heat. For best results, store the product at temperatures less than 100 degrees Fahrenheit.

Of course, Nature's Fresh can also be used for its originally intended purpose. It can be sprayed on any source of odor to remove it naturally. It works by breaking down the compounds in the odor into simpler compounds. It is also effective against many types of stains—again, breaking the compounds in the stain down into simpler substances.

It can be sprayed directly on clothes, shoes, pets, pet stains or areas of pet odors, carpets, upholstery, automobile interiors, and so forth. It also works as an underarm deodorant (but only lasts for about 3-4 hours). Nature's Fresh works on some very difficult odors. It even removes the odor of skunk!

Nature's Fresh can be used in the laundry and the dishwasher. It helps remove stains and odors from clothes and works in place of a rinse aid in the dishwasher.

For spot cleaning of carpets, spray directly onto stain or odor area and blot with a towel. You can also mix 1/4 cup of Nature's Fresh with three gallons of carpet cleaning solution to help clean carpets. (Be sure to use cold water, and let the mixture sit for about 30 minutes prior to using it so the enzymes can be activated.)

Nature's Fresh can also be used on clogged drains. Simply pour a bottle of Nature's Fresh down the drain, let it sit overnight and run water down the drain the next morning. It is a completely safe and non-toxic drain opener that can help septic tanks, too.

Essential oils can be added to Nature's Fresh to provide a clean fresh smell. Just add a few drops of oils like lemon or thyme to a cleaning solution. Nature's Fresh combined with Sunshine Concentrate and a few drops of essential oil, works well as a cleaning solution for just about anything—walls, kitchens, bathrooms, carpets, cars, etc.

This is just a small sampling of the potential uses for this amazing product. For more information consult the person who distributed this handout. His or her name appears below.

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Activating the Healing Response

Solving Nervous and Glandular Problems

Taught by Steven Horne, RH, AHG

In our high-stress society we see an increasing number of health imbalances involving the nerves and the glands: anxiety, depression, ADHD, PMS, menopause, adrenal burn-out, thyroid problems and more. In this special class you'll learn about the chemical messengers released by the nervous and glandular system that regulate thought, mood, growth, reproduction, and a host of other body functions. More importantly, you'll discover practical ways to use diet, herbs, nutritional supplements and other natural means to resolve a wide variety of health problems related to the nerves and glands.

You'll discover how the foods you eat affect your mood, sleep patterns, food cravings and more. You'll discover ways to reduce stress, anxiety, tension, and elevate mood without the use of drugs or medications of any kind. This powerful class is \$99, which includes workbook materials and certification credit (upon completion of assignments and open book test) for Tree of Light's NHC program.

All Day before National Convention
September 7 Orlando, Florida

Call 800-416-2887 to Register



Class Schedule

For a listing of Dr. Mom/Dr. Dad classes taught by our independent instructors, go to www.treelite.com/schedule.php

Steven Horne's Classes Call 888-707-4372 to register.

Activating the Healing Response

Sept 7 Orlando, FL \$99

Kim Balas' Classes Call 321-243-6855 to register.

Biochemical Blood Analysis

Aug 7-8 Winnepeg, Canada \$300 CAN before 7/1
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CLEAR

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

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