

# Nature's Field

---

An Electronic Journal for NSP Distributors

---

## Borage

By Steven Horne

*Borago officinalis* is a member of the borage family, the same family as comfrey. It has a lot of similar properties with comfrey, too. Both plants contain a lot of mucilage and some tannins. Unfortunately, both also contain small amounts of pyrrolizidine alkaloids (which are common in this family). These alkaloids are toxic to the liver. Even though they are present in borage in very small amounts, their presence has resulted in borage falling into disfavor in the herbal community.

I personally think that the toxicity of both comfrey and borage is highly exaggerated. I have no problems with using either in small amounts for specific problems, but not all herbalists agree. On a professional herbalists newsgroup I belong to, there was a hot debate on the issue just a couple of months ago. While some herbalists defended comfrey and claimed they were still using it with no toxic reactions, other herbalists were adamantly insisting that no herb with pyrrolizidine alkaloids should ever be used.

So, while borage has been used traditionally for respiratory problems, as an aid to healing wounds and as a cardiac and adrenal tonic, we won't dwell on these uses of the herb. We'll also gloss over the fact that borage is rich in silica (the tiny pointy "hairs" that cover it are a signature of this). The reason borage herb isn't available through Nature's Sunshine is because of the controversies surrounding its use.

What is available is the oil from the seeds. Since it contains no pyrrolizidine alkaloids, it is perfectly safe, and is both nutritionally and therapeutically valuable. Borage seed oil is very high in gamma-linolenic acid (GLA), an important essential fatty acid. GLA is what makes evening primrose oil so popular, but borage oil is much richer in GLA than evening primrose oil. Borage oil is 17-25% GLA, while evening primrose oil is only about 9%. Black currant seed oil, another source of GLA, only contains about 13% GLA. All three of these oils are blended to form Super GLA.

Super GLA is an even better choice for problems like PMS, joint inflammation, eczema, chronic skin conditions and various inflammatory conditions than evening primrose oil. Evening primrose oil outsells borage oil and Super GLA only because people are aware of evening primrose oil, but don't know



Photo by Steven Foster

about the value of the others. Since borage oil is less expensive than evening primrose oil, people need to become aware that it is the better choice.

Borage is one of the herbs that strengthens the adrenal glands. It has been used during convalescence and to counteract exhaustion. This explains why borage oil powder is included in Adrenal Support, a powerful formula for rebuilding exhausted adrenals.

Most of my experience with borage has come in using it as a flower essence for emotional healing. Borage promotes cheerful courage in the midst of hardships and adversity. It is useful for people who feel discouraged, broken-hearted and sad. It buoys up their spirits and gives them the "heart" to continue.

For instance, I once gave borage flower essence to a woman who had been sick for many years due to parasites she contracted in South America. Her struggles with her health had left her deeply discouraged and she had lost the will to live. Just a few days on borage flower essence and her desire to live and resolve her health issues returned. This is just one of numerous cases where I've used the flower essence of borage to restore hope and courage in people facing challenging circumstances.

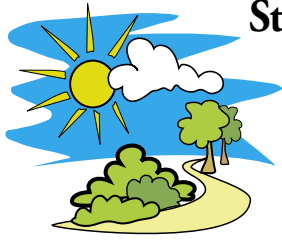
If nothing else, borage is a beautiful flower, which is why I've ordered some seeds to plant in my herb garden. I think we all need a shot of courage and hope from time to time, don't you?

### Selected References

*The Encyclopedia of Medicinal Plants* by Andrew Chevallier  
*PDR for Herbal Medicines* published by Medical Economics Company  
*Flower Power* by Anne McIntyre

### In This Issue

<b>Feature Herb: Borage</b> . . . . .	<b>1</b>
<b>Steven's Ramblings &amp; Ravings:</b>	
<b>Relax Your Way to Better Health</b> . . . . .	<b>2-3</b>
<b>Kimberly Balas' Clinician's Corner: Replacing Ephedra, Osteomyelitis, and More</b> . . . . .	<b>4-5</b>
<b>Product Handouts:</b>	
<b>Adrenal Burnout</b> . . . . .	<b>6</b>
<b>AdaptaMax</b> . . . . .	<b>7</b>
<b>Announcements/Class Schedule</b> . . . . .	<b>8</b>



## Steven Horne's Ramblings and Ravings

# Relax Your Way to Better Health

Stress. It's something that affects all of us. It's also one of the major root causes of our health problems. In fact, chronic stress, combined with nutritional deficiencies is the underlying cause of *most* of our health problems. The high incidence of "mental" illnesses in our society—ADHD, depression, anxiety, paranoia, schizophrenia, etc.—is directly linked to the consumption of white carbs (discussed last issue) and high stress levels.

Throughout the last century, we've come to understand the mechanisms of stress very well. We now know that whenever the brain perceives a threat to one's survival, it causes the hypothalamus to release the adrenocorticotrophic hormone releasing factor, which signals the pituitary to release the adrenocorticotrophic hormone (ACTH). This, in turn, signals the adrenals to produce stress hormones. These also cause other chemical messengers (prostaglandins) to be released from various cells, putting the whole body on a kind of "red alert" status.

This cascade, known as the HPA (hypothalamus, pituitary, and adrenal) axis can be mediated by the use of adaptogenic herbs which moderate the release of stress hormones. This reduces base-line levels of stress hormones, enhancing immune response, endurance and overall health. Eleuthero root, Nervous Fatigue Formula, Nutri-Calm, Suma Combination and AdaptaMax are examples of herbal products with adaptogenic properties.

Although I could devote this entire article to discussing the HPA axis and adaptagens, I think this information is covered adequately in the handout on stress found in this issue. So, I want to focus on the first part of the stress cascade, i.e., the phrase "whenever our brain *perceives* a threat to our survival." The key word here is *perceives*.

If you've ever watched a horror or suspense movie, ridden on a roller coaster or had someone "jump" you, you've experienced the release of stress hormones from a situation in which there was no real threat to survival. In other words, an imagined stressful situation will also cause the release of stress hormones.

The release of these stress hormones isn't completely bad, or no one would go to amusement parks. In moderation, experiencing the adrenaline rush can be kind of fun, even addictive. A reasonable amount of these stress hormones cause us to feel alert and alive. A healthy physical challenge (including strenuous and even slightly dangerous sports) produces a certain rush of stress hormones. These hormones spur us to action and give us the energy and drive to carry out rigorous activities. It's only when the stress response is invoked repeatedly, with little or no time

for recovery between stressful situations, that the stress mechanism becomes harmful to our health. The heavy use of sugar and caffeine exacerbate the harmful effects of repeated stress by "whipping" the adrenals and put blood sugar and stress hormone levels on a nutritional roller coaster ride.

Now lets get back back to that word *perceived*. The truth is that most of our stress isn't real. It's imagined. It's *self-induced* by negative mental self-talk we call *worry*. When we worry, we imagine *potential future threats* to our survival. These imagined threats also evoke the cascade of stress hormones. This causes the body to become tense, and we feel anxious and nervous.

The problem is, the danger *only* exists in the mind.

When one encounters a real physical danger, stress hormones can spur one to run, fight, and otherwise take action to deal with the threat. This physical activity helps "burn up" those stress hormones, and after the threat has been overcome, the body can breathe a sigh of relief and relax again.

But, when the danger is only in the mind, there is nothing physical that can be done about it. The released stress hormones still condition the body for action, but when no action is taken, one feels fidgety, nervous, anxious. There is an urge to "do something," but since nothing can be done, a kind of "pent up" energy builds up, which often "explodes" in unhealthy ways. A person may get angry and lose his or her temper, becoming aggressive with loved ones. A person might also bottle those feelings up inside so strongly that he or she winds up feeling depressed and defeated because there is no way to escape the feeling that their survival is being threatened.

Whatever response we choose, the fact remains that the threats aren't real. They are only hypothetical possibilities, constructs of the mind, not real problems that can be faced and resolved.

Think about it for a minute. How many things have you worried about that never came to pass? Furthermore, even if what you worry about did happen, would it really constitute a threat to your survival? It might hurt your pride, or inconvenience you, or cause you some emotional pain, but the fact is, worry is almost never about real physical danger. The things we worry about are usually only a threat to an illusionary part of ourselves that is often referred to as the ego.

Ego threats evoke a stress response in our body because they have their roots in childhood. When we were little, we were dependent on our parents for physical survival. Our parents

sheltered us, fed us, and clothed us, because we were unable to provide for ourselves. Since we were totally dependent on our parents for physical survival, their emotional issues and problems could provide a genuine threat to our physical existence.

For example, mother becoming angry because we failed to live up to some arbitrary expectation she made of us could result in a loss of food (a genuine survival need). On the other hand, father becoming angry with us because we had violated some arbitrary rule he established could result in a physical assault such as a spanking (a real threat of pain). Over time, these rules, expectations, etc. became connected in the mind to real physical threats, even if the rules and expectations themselves were not linked to any genuine threats to survival. This is how something that threatens one's social status, lifestyle, self-esteem or belief system can become linked in the mind as a threat to physical survival. It is this link that allows it to evoke stress in the body.

So, while one can pop adaptagens and nervines to help counter the *effects* of stress on the body, if one wants to reduce 90% or more of the *causes* of stress, one has to deal with them at the level of perception. This necessitates changing one's way of perceiving things. To do this, a person needs to take control of his or her mind, while deliberately allowing the body to relax.

Numerous techniques can be used to do this, but they all have some common elements. The process has traditionally been called meditation, and has been linked with various spiritual practices. However, it does not need to be done as a spiritual practice in order to derive health benefits. Dr. Herbert Benson, author of *The Relaxation Response*, did a great service to the subject by doing scientific research into the meditative process. In effect, he demystified it and documented its positive benefits on health. Thus, whatever your spiritual beliefs, you can benefit from doing a generic, non-religious version of the meditative process. Here are the steps.

*First*, you need to sit or lay down in a comfortable position. It generally works best to sit upright in a chair or lay on the floor flat on your back.

*Second*, relax your body as much as you are able to. The easiest ways to do this is to focus on each part of your body, starting at your feet and working up to your head, while consciously allowing it to relax. Sometimes it is helpful to tense the muscles for a few moments and then relax them.

*Third*, focus on your breathing, allowing yourself to breathe slowly and deeply. Breathe from your abdomen.

*Fourth*, you need to find a single focus for your mind. This is the part where various spiritual interpretations come in. Some people focus the mind on a candle, or on a single phrase (called a mantra in some traditions). Others make a single sound such as "ahh" or "om." Dr. Benson recommended repeating the single word "one" over and over again in your mind. This is a nice approach because it has no religious overtones. I use a similar,

secular approach. I count my breathing, "in-two-three-four, out-two-three-four," and so forth.

That's all there is to it.

By doing this regularly, you learn to shut off the constant mind chatter of the verbal brain, set worries and fears aside, and consciously relax. With practice, you can enter this state whenever you choose. One simple technique I learned was to breath in deeply thinking, "I am" and then breathe out thinking "relaxed."

I think of the streams of thought in the brain as computer programs. Many of these programs were written by parents, teachers, religious leaders, friends and even enemies. When I relax, I am able to disengage from these programs and observe them from a detached perspective. I can then see the negative programs (worries) as computer viruses that have affected my thinking. I am able to consciously delete these negative thought programs and replace them with new ones.

Let me give you a practical example. My parents grew up during the depression. Both were constantly worried about money. As a result, I inherited a "poverty mentality" mental virus. I also worried about money. Many years ago, I used the relaxation technique described above to identify this negative programming, and start replacing it. My new program was an affirmation, "the Lord provides sufficient for every need."

Whenever I would catch myself worrying about money, I would stop, breathe deeply, and think "I am relaxed." Then, as I started relaxing, I would start repeating my affirmation, "the Lord provides sufficient for every need," until I felt calm and confident. I discovered that when I stopped putting mental energy into worrying about money, it left my mind free to come up with creative solutions to money problems. Over a period of the next two years, my income doubled.

We have the power to change the way we perceive stressful situations and events. By changing the way we view these situations and events, we can learn to not perceive them as threats to our survival. When we no longer perceive them as threats to survival, the cascade of stress hormones never begins. So, while it's great that herbs, and natural modalities like massage, can help us unwind from stress, it's even better to not have it in the first place.

**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

# Replacing Ephedra, Osteomyelitis and More

### Replacing Ephedra

*I'm writing an article on AdaptaMax, the new NSP product to buffer the effects of change and stress. In it, I would also like to offer the product as an aid for those "jonzing" over the loss of ephedra. Can you share any insights regarding the effects of adrenals "jacked up" by ephedra and how we can help to balance them out herbally so people won't be turning to unhealthy alternatives to bring back their sanity?*

Jasergel

To answer your question requires some more information on the adrenals. There are two parts to the adrenal glands, the adrenal medulla and the adrenal cortex. The medulla produces two hormones—epinephrine and norepinephrine. These substances are both hormones and neurotransmitters used in the sympathetic nervous system. In fact, this part of the adrenal is derived from the nervous system (specifically from chromatin tissue) and is an extension of the sympathetic nervous system.

Epinephrine is used to break down glycogen and norepinephrine builds up glycogen. Epinephrine elevates blood pressure by increasing cardiac output and peripheral vasoconstriction; increases respiration by dilating passageways; increases efficiency of muscular contraction; raises blood sugar and fatty acid levels; and increases rate of release of ACTH and TSH from the pituitary. Norepinephrine elevates blood pressure due to generalized vasoconstriction; increases respiration; efficiency of muscular contraction; and raises blood sugar and fatty acid levels but to a lesser degree than epinephrine.

The medulla also has an affinity for chromium, a blood sugar regulator which is why we crave sugars when we are fatigued or tired. People with a parasympathetic dominant nervous system tend to crave sugar even more than sympathetic dominant people.

The ephedrine alkaloid found in ephedra mimics epinephrine. This causes it to have some of the same effects that epinephrine. It dilates the bronchials, increases the heart rate, and elevates blood pressure. Technically speaking, though, ephedra doesn't "jack up" the adrenals. It is different from caffeine, which increases epinephrine production by stimulating the adrenal glands. Caffeine will stimulate the adrenal glands to work even when they are exhausted. This prevents the adrenals from being able to rest.

Ephedra directly replaces epinephrine (in much the same way phytoestrogens act like estrogen in the body). This actually takes stress off the adrenal glands. This is why the two substances act in conflict. Caffeine is stimulating the adrenals to produce more epinephrine, while the ephedrine alkaloid is providing an epinephrine effect on its own. Most of the problems associated with ephedra came from mixing the two substances together and taking them in large quantities. This was done to "jack up" the metabolism for weight loss.

Ephedra was particularly helpful for people with a dominant parasympathetic nervous system, which includes most people with ADHD. This is because these people tend to have a low output of epinephrine and norepinephrine.

The adrenal cortex produces a variety of hormones, including sex hormones, aldosterone, and cortisol. Under stress, the pituitary releases ACTH which stimulates production of cortisol from the cortex and epinephrine from the medulla. These are sometimes called *stress hormones*. As cortisol and epinephrine levels rise, the stress mechanism is "tripped" and the signal to produce more stress hormones is halted.

One "side effect" of ephedra we observed with long term use was it had the tendency to inhibit the production of cortisol, presumably because the presence of the ephedrine alkaloids were mimicking epinephrine and causing the hypothalamus and the pituitary to believe there was a sufficient amount of stress hormones already being produced. We found that herbs like yucca, which has a cortisol-like action could solve this problem.

Adaptagens, like AdaptaMax, work by inhibiting ACTH release from the pituitary, thus lowering the production of stress hormones. Since ephedra was never stimulating production of stress hormones, it is unlikely that AdaptaMax would help someone who was withdrawing from using ephedra, because it inhibits the production of stress hormones. Substances that help the adrenals produce more epinephrine would be helpful.

Energ-V is a good ephedra replacement for those parasympathetic types that are reliant on ephedra. L-tyrosine, an amino acid found primarily in red meat, is the precursor to epinephrine and norepinephrine production. Adrenal Support can also benefit the adrenal glands and contains many of the nutrients the body requires to convert l-tyrosine to epinephrine.

Where stress and anxiety are being caused by overproduction of epinephrine, adaptagens like AdaptaMax are very helpful. AdaptaMax is very good for people with blood type A, and possibly blood type AB. For O and B blood types Suma Combination tends to work better.

### Osteomyelitis

*Can you tell me what to do for osteomyelitis?*

Reed

Osteomyelitis is the medical term for infection of bone and bone marrow. These infections are usually caused by certain types of bacteria, the most common types being pyogenic bacteria and mycobacteria. Osteomyelitis is usually caused by salmonella in adults and by Group B streptococcus or *S. aureus* in children.

The bacteria usually reaches the bone via the blood stream, causing an acute osteomyelitis. What may follow is usually a secondary infection following an infection elsewhere in the body caused by a wound, surgery, an open fracture of a bone or the presence of a foreign body such as a bullet or surgical plate. Sometimes, no obvious source of infection can be found. In about 20 percent of cases, recurrence of infections occurs. These cases are known as chronic osteomyelitis.

The infection bacterium is harboured in more or less easily definable areas of necrotic (death of tissue) bone, and therefore provides a source for recurrences. The distinguishing feature of chronic osteomyelitis is the absence of living osteocytes (bone cells).

Once the bacteria have entered the body, phagocytes (cells that ingest bacteria and foreign cells) attempt to contain the infections, and in the process release certain enzymes which disintegrate the bone. Pus spreads into the vascular channels, raising pressure and impairing the flow of blood. As the untreated infection becomes chronic, large bone fragments separate from the main structure. When the pus breaks through the external portion of the bone, abscesses form in the soft tissue. Bacteria escape the body's defences by adhering tightly to damaged bone and by coating themselves with a protective film.

Dehydration is a major factor in this condition. Obviously, agents that fight infection are needed. Colloidal silver in large amounts can help. Other products that might be helpful for osteomyelitis include Capryllimmune, yucca, yarrow, IN-X, Immune Stimulator, and Trigger Immune. To help rebuild the bone, products like BON-C, Collatrim, Skeletal Strength and Herbal CA may be useful. Eliminate phosphates from the diet and reduce acid-forming foods in the diet (meat, grains, soda pop, etc.). Soft tissue abscesses may require incision and drainage. Black Ointment could be used to help to draw out the infection topically.

### Tic Douloureux

*Have you had experience helping people with tic douloureux? I understand it is a type of headache which a person has short jabbing pains around the mouth, jaw, or forehead. A gentleman called me tonight and asked if I could help him. He is taking a prescription injection which lasts for 3 months. It is over his right eye.*

Janice

My understanding of this is that it is mostly mineral related. I would start with the Mineral Chi tonic and then add in the Ultimate Green Zone. If there are sharp stabbing pains then the nervous system will need support, too. Try Suma Combination, Nerve Eight or St. John's wort along with some essential fatty acids (Super GLA or CLA) to soothe the nerves.

### Thrush in a Horse

*Are there any relatively economical and effective remedies for treating thrush in a horse? In the case I am asking about, the owner treats the problem topically, but it keeps coming back. I thought enzymes and bifidophilus might help. Can you give a horse caprylic acid? Also, since we're talking about a 1000 lb. animal, this could get real pricey if I just adjusting dosage according to weight.*

Ginger

I would use Bifidophilus and colloidal silver. I would start with 1/4 bottle of colloidal silver per day for about 7 days. Then do about 10 Bifidophilus per day. You can also spray Nature's Fresh in the horses mouth. We find that just helps with almost everything. I add 10 drops of peppermint oil per bottle of Nature's Fresh so it will help with digestion as well. The grains in the food can aggravate the thrush so I would try giving the horse more alfalfa.

What we have found with the horses is that we don't have to give them very much more than we give a person. They are very efficient metabolizers and are A blood types so they respond fairly quickly to the remedies. When we were giving our horse KB-C, we only had to give her 12 per day. That is the same that I give a lot of my clients.

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





# Adrenal Burnout

## Healing the Effects of Long Term Stress

The adrenals are part of the endocrine or glandular system. These bean-shaped glands sit on top of the kidneys and produce a variety of hormones that regulate energy production, fluid balance, immune functions, and other important processes.

There are two parts to these glands. The adrenal cortex produces mineralocorticoids which regulate body fluids, glucocorticoids which mediate the effects of stress and suppress inflammation, and sex hormones, such as estrogen, progesterone and testosterone. The adrenal medulla produces epinephrine and norepinephrine, which help to regulate energy and help us deal with stress.

The adrenal glands help the body deal with stressful situations by adjusting the internal biological factors in response to external pressures. They create what is called the fight-or-flight response, the reaction we have when we are scared, startled, stressed, or worried. Adrenal hormones provide the energy we need to meet life's challenges. They also reduce inflammation and regulate fluid balance.

Constant stress, especially when coupled with poor nutrition, can deplete the adrenal glands, resulting in adrenal fatigue. 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 also tend to deplete the adrenal glands by overstimulating them. As a result, adrenal weakness is very common in modern society.

Severely depleted adrenals cause a person to feel tired, tense and exhausted, a "burned out" sensation. Specific 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 allergic reactions.

There is a class of herbal remedies that have been scientifically proven to help exhausted adrenals recover by mediating the effects of stress. Known as adaptagens, these herbs reduce the effects of stress by acting on signals from the hypothalamus and pituitary gland which trigger the production of stress hormones from the adrenal gland. By reducing the production of stress hormones from the adrenals, adaptagens giving the adre-

nal glands a much needed rest. Two of the very best adaptagens are eleuthero root and schizandra berries. Eleuthero (formerly known as Siberian ginseng) and schizandra berries have a calming effect on adrenal function and keep the adrenals from being overstimulated.

Suma is another herb shown to have adaptagenic properties. Suma has been called Brazilian ginseng because of its tonic properties. Suma Combination combines suma with eleuthero root, astragalus, ginkgo, and gotu kola. In combination, the herbs in Suma Combination reduce stress levels, enhance immune function and improve memory and concentration.

AdaptaMax is another valuable adaptagenic formula. It combines a variety of adaptagenic herbs including: Korean ginseng, eleuthero root, rhodiola, ashwaganda, gynostemma, schizandra, and suma. This formula can be used to reduce stress responses, enhance immunity, reduce oxidative damage, brighten moods and support the immune system.

Nervous Fatigue Formula is a valuable product for exhausted adrenals, chronic fatigue, restless sleep and chest pains brought on by anxiety and stress. According to Chinese tradition, it helps "calm the spirit," promotes deeper sleep, reduced stress levels, a calmer mind and more energy. It is particularly indicated for people who are tired after a long bout with stress but cannot sleep peacefully through the night.

There are also formulas that act directly to nourish depleted adrenal glands. One of these is NutriCalm, which provides vitamin C and B-complex vitamins vital for nervous and adrenal function. It is helpful for reducing anxiety levels, nervous tension and the tendency to overextend one's energy.

For severely depleted adrenals, there is Adrenal Support. Combining some of the same anti-stress vitamins found in Nutri-Calm with schizandra and other adrenal-supporting herbs and nutrients, Adrenal Support also contains adrenal tissue substance. It nourishes and rebuilds the adrenal tissue, as well as supporting adrenal function.

It is very important to avoid sugar and caffeine when recovering from stress and adrenal burn-out. Where caffeine and sugar cravings are a problem, licorice root can help. It supports adrenal function and stabilizes blood sugar levels and energy. Target Endurance can also be used to increase energy levels in people who crave sugar and caffeine.

With herbal and nutritional support, rest and good nutrition, it is possible to recover from adrenal burn-out. For more information talk to an herb specialist to help you develop the program that is right for you.

### For Educational Purposes Only

Seek appropriate professional assistance for all serious health problems. Handout prepared by Tree of Light Publishing  
P.O. Box 911239, St. George, UT 84791 ([www.treelite.com](http://www.treelite.com))  
©2004 May be reproduced provided it is not altered in any way.

Distributed by:



# AdaptaMax

## Powerful Adaptogenic Formula for the Adrenal Glands

In our modern world most people rarely get the opportunity to relax and “unwind.” As a result, they are often plagued by stress-related health problems. Chronic stress can contribute to problems like fatigue, anxiety, nervous tension, muscle pain and stiffness and depression. Over time, it can contribute to digestive weakness, immune weakness, chronic inflammation, restless and disturbed sleep patterns, high blood pressure and cardiovascular disease and weight gain.

Fortunately, there are ways of helping to reduce stress levels and improve overall health in the process. One of these stress-reduction aids is adaptogenic herbs. Adaptagen was a word coined by Russian scientists to describe the effects of eleuthero root (sometimes known as Siberian ginseng). Scientists in Russia discovered that eleuthero root improved athletic performance, enhanced energy and immune function, and even reduced the number of mistakes made by clerical and office workers. They found the plant accomplished these feats by reducing the output of stress hormones and improving the body’s ability to cope with both physical and emotional stress. They even learned that eleuthero root helped prevent Soviet cosmonauts from getting space sickness from weightlessness, a fact that was later passed on to U.S. astronauts.

Since the benefits of eleuthero root were discovered, other herbs around the world have been found to possess adaptogenic effects. AdaptaMax combines many of these herbs into one formula. AdaptaMax can be taken by anyone who desires to improve physical endurance, immune function and the ability to cope with and adapt to the stresses they face in life. AdaptaMax contains eleuthero root and 12 other adaptogenic and tonifying herbs, as follows:

**Rhodiola rosea** is another herb from Russia which has been discovered to possess powerful adaptogenic properties. Russian studies show it enhances both mental and physical performance. It is antidepressant and has a cancer-preventing effect.

**Korean ginseng** has long been prized in the Orient for its ability to enhance overall health, especially in the elderly. It improves digestive function, glandular activity and increases energy and stamina. It is warming and stimulating.

**Ashawaganda**, used in Ayurvedic medicine as a tonic, has been called Indian ginseng, because of its tonic and restorative properties. It helps restore vitality to people who are suffer-

ing from overwork and nervous exhaustion. It also helps with recovery from long term stress.

**Rosemary** has a tradition in western herbalism as a tonic for the brain, improving cognitive function and memory. It contains powerful antioxidants that help protect the body from free radical damage.

**Gynostemma pentaphyllum** is an adaptogenic herb from China. It balances the energy system of the body.

**Schizandra** is another powerful adaptogenic herb. Used in Chinese medicine to balance and harmonize the organs of the body. Schizandra helps with many of the health problems brought on by chronic stress, including disturbed sleep patterns, fatigue, shortness of breath, loss of concentration, forgetfulness and irritability.

**Astragalus** is considered a general tonic in Chinese medicine and is often used in place of Korean ginseng in formulas. Modern research shows it enhances immune function, increases endurance, lowers blood pressure and balances body fluids.

**Reishi** mushrooms enhance the immune system, aid liver and cardiac function and reduce allergic responses.

**Suma** has been called Brazilian ginseng. It is an adaptogenic herb that regulates blood sugar, enhances energy and aids the immune system. It also has anticancer properties.

**Ginkgo** has been researched extensively in Europe as a circulatory aid and antiaging herb. It enhances cognitive function and circulation to the brain. It also aids general, peripheral circulation.

**Alfalfa** is a nutritive herb and a rich source of trace minerals. It is used as a general tonic. It aids pituitary gland function.

**Kelp** is a seaweed that is rich in iodine and trace minerals. It is known for its ability to feed the thyroid gland.

One final ingredient in AdaptaMax is the mineral **chromium**, which is very important for balancing blood sugar levels and for preventing cardiovascular disease.

**Use and Dosage:** Take 2 capsules with a meal, two to three times daily.

### Selected References

The Encyclopedia of Medicinal Plants by Andrew Chevallier  
PDR for Herbal Medicines by Medical Economics Company  
Suma, Today’s Herbs, Aug 1989  
Reishi Mushroom by Terry Willard  
Chinese Herbal Medicine by Daniel P. Reid

### For Educational Purposes Only

Seek appropriate professional assistance for all serious health problems. Handout prepared by Tree of Light Publishing  
P.O. Box 911239, St. George, UT 84791 (www.treelite.com)  
©2004 May be reproduced provided it is not altered in any way.

Distributed by:

## Special Offer on NHC Courses

Buy two or more NHC courses before May 15 and pay only \$79.98 per course. Regularly \$99.98, these courses provide specialized instruction in various topics related to NSP and natural healing.

**Call 800-416-2887 to order**

## Herb Walk and Medicine Making Class

**Thursday, Friday and Saturday, June 24-26**

Learn how to gather and make your own herbal medicines during this exciting three-day class with Steven Horne, RH, AHG. This powerful course includes basic instruction in field botany and plant identification, plus an introduction to the "doctrine of signatures" (understanding what a plant is for based on its shape, structure, color, smell, taste, growth pattern and habitat). After two days in the field, the third day takes you into the kitchen where you'll get hands-on experience in making infusions, decoctions, glycerites, tinctures, and salves. Class cost is \$300 when pre-registered by June 1st with a \$100 non-refundable deposit. After June 1st class is \$350. Out of town students are welcome to "camp" at Steven's home for an extra \$100 to cover the cost of breakfast and dinners.

**Call 800-416-2887 to register**



## Class Schedule

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

### Herb Walk and Medicine Making Class

June 24-26 St. George, UT \$300 before 6/1  
Taught by Steven Horne

For a listing of Dr. Mom/Dr. Dad classes taught by our independent instructors, go to [www.treelite.com/schedule.php](http://www.treelite.com/schedule.php)

## Other Events

### Biochemical Blood Analysis

June 12-13 Nashville, TN \$225 before 5/15  
Taught by Kimberly Balas \$295 thereafter  
Call 321-725-7731 to register

### Herbal Medicine: Spirit and Science—AHG Symposium

October 8-10 Waterville Valley Conference Center  
Waterville Valley, NH

Call 770-751-6021 or go online at [www.americanherbalist.com](http://www.americanherbalist.com)  
Steven will be speaking on paw paw. Other speakers include: Michael Tierra, Christopher Hobbs, Roy Upton, and Chanchal Cabrera.

## Subscription Information

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

### Nature's Field Production Staff

President: Steven H. Horne  
General Manager: Darla Steiner  
Production Manager: David Tanner  
Associate Editor: Leslie A. Lechner  
Technical Editor: Kimberly Balas  
Computers and Design: David Horne  
Staff: Katherine Tanner, Niki Colmenero

### 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 discusses health on all levels: 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 qualified health practitioner.

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.

**Copyright 2004**  
**Tree of Light Publishing**

This journal may not be copied without written permission from the publisher. Subscribers are free to quote portions of this journal without written permission provided proper credit is given.

**We welcome your questions and comments. You can reach us at:**

### Shipping Address:

321 North Mall Drive #J-101  
St. George, UT 84790

### Mailing Address:

P.O. Box 911239  
St. George, UT 84791-1239

**Order Entry: 800-416-2887**

**Customer Service: 435-627-8709**

**Fax: 435-627-2367**

**E-mail: [nf@treelite.com](mailto:nf@treelite.com)**

**Website: [www.treelite.com](http://www.treelite.com)**