

Nature's Field

An Electronic Journal for NSP Distributors

Damiana

Turnera diffusa

By Steven Horne

About ten years ago I was mixing up some liquid herbal formulas with some friends. One of the blends we were working on was an aphrodisiac blend, with damiana being the main ingredient. We were all tasting the mixture trying to tweak the ingredients for just the right taste, and soon started kidding each other about what to call it (XXX, Triple-X, etc.). Our mood got brighter and soon we were all laughing and having a great time. That's how I became familiar with the antidepressant, mood-elevating qualities of damiana.

Native to Central America, damiana is definitely an "upper" in the best sense of the word. It is mildly stimulating and mood elevating, producing the same kind of euphoric effect that kava does, only it's relaxing effects aren't as profound, and it has a mildly invigorating quality about it. It is probably a mild central nervous system stimulant.

These qualities make damiana useful for people suffering from mild or moderate depression, enervation (nervous exhaustion), anxiety and long term stress. I personally think it is a much better antidepressant than the widely touted St. John's wort, but few people in the NSP community use it for this purpose. Daniel Gagnon, a professional herbalist, says it is also good for stress while traveling.

Damiana's most widely recognized use is a sexual stimulant and restorative (i.e., an aphrodisiac). It was regarded as an aphrodisiac by the Mayan people. The leaves of this aromatic shrub have a testosterone-enhancing effect, and were traditionally seen as an herb primarily for men. Damiana has been used to treat premature ejaculation, loss of desire and impotence. It can also be helpful for sexual problems related to stress.

Damiana's benefits aren't limited to men, however. Damiana has also been used as an aphrodisiac and sexual restorative for women. It is also used for painful periods or delayed menstruation. It can help relieve headaches associated with menstruation, and may also be of benefit during menopause.

One can readily see why damiana is an ingredient in X-A, Men's X-Action, Women's X-Action and DHEA-M. All of these formulas are designed to promote sexual desire and/or tone the

reproductive organs. However, to limit thinking that damiana (or any of these formulas) are only for enhancing sexual desire is miss the full potential of these remedies.

All of them are also general mood enhancers, energy enhancers and have the ability to help balance hormones (particularly the reproductive hormones) and tone the reproductive system and urinary tract.

For instance, another lesser known use of damiana is as a urinary tract remedy. It contains a constituent called arbutin, which is converted into hydroquinone in the urinary tract. Hydroquinone is a urinary antiseptic and is also found in one of my favorite herbs for urinary tract infections—uva ursi. In Chinese medicine, the kidney chi (energy) is deeply connected with the sexual energy, so it is not surprising that a remedy like damiana would benefit both the reproductive and urinary systems.

As an aromatic, the essential oil is also antiseptic. It contains thymol (also found in thyme). The aromatic quality may be responsible for a mild decongestant and expectorant action in damiana. Ed Smith, another professional herbalist, indicates damiana is useful for respiratory irritation, coughs and hypersecretion of mucus. It's also a mild laxative.

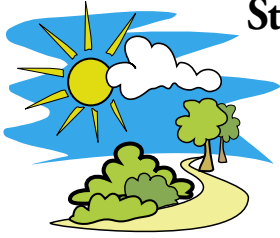
It's a shame I didn't have a photo of damiana to include in this newsletter. It's bright yellow blossoms stand out as a signature of its bright, uplifting nature.

Selected References

Encyclopedia of Medicinal Plants by Andrew Chevallier
The Wild Rose Scientific Herbal by Terry Willard
Liquid Herbal Drops in Everyday Use by Daniel Gagnon
Therapeutic Herb Manual by Ed Smith

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Steven Horne's Ramblings and Ravings

None Dare Call It Diagnosis Part Two, Wholistic Thinking

In our previous issue, I started a series on the topic of health assessment, which continues here.

Whether a person is practicing conventional medicine or providing natural health care, there are two steps to what they do. These are evaluation and recommendation.

Whatever approach is taken, the evaluation and the recommendation go hand in hand. Each is useless without the other. An evaluation that provides no solid clues as to what can be done about the problem is not an effective evaluation. Just giving a condition a name doesn't mean anything. A meaningful evaluation must help us understand what is happening so we can make recommendations that will be effective in changing what is happening. Likewise, to make recommendations without an effective system of evaluation is just as pointless, since one is merely guessing at what is needed.

In medicine, these two steps are called *diagnosis* and *prescription*. Diagnosis and prescription are limited to licensed health care providers by law. So, as natural healers we can't call what we do diagnosing or prescribing. I have chosen to call the evaluation part of what we do *health assessment*. Based on my assessment of someone's health, I *teach about* and *suggest* natural products or lifestyle changes which may improve the person's health.

While the languaging is important for legal reasons, my choice of words isn't just a word game I'm playing to stay out of legal trouble. There is a vast philosophical and practical difference between what I do and what medical doctors do. My goal in this article is to articulate that difference.

Differing Paradigms

Effective health assessment is a critical and essential first step to making effective product recommendations. In fact, most of the failures people have with natural health care are due to people's inability to make an accurate health assessments. Instead, they are relying on a diagnosis. As I mentioned, evaluation techniques go hand in hand with the selection of remedies. So, if you are trying to use natural remedies within the framework of medical diagnosis, the results will always be less than optimal, because the two systems are naturally opposed to each other. Here's why in a nutshell:

Diagnoses focuses on identifying disease, which leads to therapies designed to attack disease.

Health assessment focuses on recognizing health, which leads to focusing on therapies to build health.

Again, this is not a game in semantics. There is a real difference in thought process and perception here, which I will continue to differentiate.

What is Health?

To understand this difference, we must first understand what health is (as discussed in the previous article). Health is wholeness. In fact, to heal is literally "to make whole." This state of wholeness implies that everything is interacting as a whole, operating in balance and harmony.

Health is also a state of vitality. That is, the state of health is one of energy—energy being synonymous with life. What is the major difference between a live body and a dead body? The live body moves because it is filled with energy or life which sets it in motion.

The medical paradigm sees health in terms of chemistry and structure, which is why drugs and surgery are their tools of choice for "fighting" disease. Yet, a dead body has both chemistry and structure. What it lacks is energy.

So, to look at health, we must look at the state of energy within the body. We must also see the body as a whole, that is, we must see the interaction between its various parts.

The Paradigm of Medical Diagnosis

Medical diagnosis is the antithesis of all of this. Medical diagnosis sees each reading and measurement it takes as separate from the whole. If cholesterol is high, then treatment is recommended to bring it down irregardless of any other factors which may be present. If blood pressure is high, then treatment is recommended to bring that down, irregardless of any thing else that may be happening in the body.

This separation of the person into parts is further evidenced by the tendency doctors have to speak about organs as if they were separate from the body, as in "I have a heart patient." This is extended to the fact that separate physicians may treat different parts of the body. Shortly before his passing, my father was in the hospital after a stroke. He had a doctor assigned to

him for the stroke, another who was treating the pneumonia he got as a complication of the stroke, and a cardiologist who he had been seeing for years. These doctors were even making contradictory recommendations because each was only looking at the “piece” of my father to which he had been assigned.

In short, the goal of medical diagnosis is to separate, because medical diagnosis is rooted in a belief in separateness. In fact, if we really look closely at the goal of medical diagnosis it is to create a “disease” and give it a name and an identity that is apart from the person. Read that again, the disease is seen as an “entity” which exists apart from the person.

Having identified the disease as an entity that is separate from the person, the disease can be attacked, suppressed, fought, etc. See the languaging here? In order to attack something, we have to separate it from the whole. We have to create an enemy to fight.

If health is wholeness, how can modern medicine, which is firmly rooted in a belief in separation (and has separation as its ultimate goal) heal? Let me ask it again in a different way. How can that which is inherently separate make whole?

Creating a Paradigm Shift

If we accept the premise that health is wholeness, then we must learn to see things in another way. Darkness is not something, it is merely the absence of something—light. Disease is not something either, it is merely the absence or diminishment of something—life or energy.

So, to create wholeness, we must look at the body as a whole. We must see the overall picture. We cannot see each “disease” as a separate problem. They are all part of an overall pattern of imbalance within the person. Each measurement we take should be placed, like a puzzle piece, into the picture of the whole. For, it is within the contemplation of the whole that the path to health emerges.

This may sound strange, but the process of health assessment is a process of perceiving the “wholeness” of the person, not lack of ease (i.e., disease) they are experiencing. How does one do this? By recognizing that disease symptoms are manifestations of life. With the exception of decay (which is the process that takes place after death) all disease symptoms are the process of life and health seeking to accomplish one of the following goals:

- 1) To flush or remove an irritation from the body.
- 2) To compensate for the presence of an injury, weakness or deficiency.
- 3) Reveal and clear a block in the flow of energy created by a negative attitude or emotion.

Here lies the critical difference. When we see a fever or a runny nose as something separate from the body that needs to be corrected, we are thinking in diagnostic terms. This leads us to make recommendations based on thoughts of separation which leads to attacking or fighting the symptom.

In contrast, when we see a fever or a runny nose as a sign that the immune system is trying to flush an irritation from the body, we are seeing the process of life and health at work within the disease. This leads to a different sort of approach based on thoughts of unity or wholeness. We seek to nurture and support what life is trying. Thus, wholeness is created and healing takes place.

No Side Effects

Diagnosis, by giving the disease the status of being separate from the person who has it, gives permission to attack the disease. We do not attack that which we perceive to be a cherished part of ourselves. But, since the disease is not separate from the person, but a manifestation of the body’s attempt to restore balance, attacking the disease is always an attack on health. Thus, the system always has “side effects,” collateral damage to the life and health of the person done in the name of “curing” them.

Healing is not a process of attack. It is fundamentally a process of nurturing, supporting, harmonizing, uniting and balancing. Just as one does not “heal” a relationship through fighting, anger and conflict, one does not heal disease by attacking it. Since the disease cannot be separated from the person, the attack will always produce the collateral damage we call side effects.

That’s why I like the idea of health assessment. Our focus is to look at and support the health and life within the person, trusting that in doing so we will support the efforts of the system to restore balance. This approach produces no side effects because we are not attacking anything. We are seeing wholeness and enhancing it, rather than seeing separation and enhancing that.

To be continued...

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Kimberly Balas' Clinician's Corner

Chlorophyll, Sinus Congestion, and More

Chlorophyll

What is the difference between liquid chlorophyll and the chlorophyll capsules?

There are several important differences between chlorophyll capsules and the liquid chlorophyll. Therapeutically, they do different things and are not interchangeable.

Natural chlorophyll is a fat soluble substance (think of the green grass stains on clothes). It is a pigment with a composition similar to (but not identical to) heme globulins such as hemoglobin and myoglobin. It is a matrix carbon, hydrogen, oxygen and nitrogen with a single atom of magnesium at the center.

The chlorophyll in the capsules is the fat soluble chlorophyll with the magnesium core intact. This is not true for the liquid chlorophyll, which has been rendered water soluble (instead of fat soluble) by displacing the magnesium atom with a mixture of sodium and copper. This substance is technically not chlorophyll, but sodium copper *chlorophyllin*.

Both chlorophyll and chlorophyllin have deodorizing properties. They can reduce odor in cases of colostomy or ileostomy. They can also reduce body and stool odor. Both substances also have been shown to have antimutagenic and anticarcinogenic activity. In other words, they inhibit cell mutation and cancer formation.

Because of its high copper content, the liquid chlorophyll activates parotids. By activating the parotids, liquid chlorophyll help to prevent agglutination in the blood. This is where the red blood cells tend to become sticky, which causes less surface area to be exposed, so less oxygen is carried in the blood. By preventing agglutination, liquid chlorophyll allows for freer floating red blood cells. Thus, the blood is able to transport more oxygen to tissues and more carbon dioxide away from tissues.

The activation of the parotids also activates an immune response to destroy bacteria, therefore eliminating the need to increase white blood cell count. Copper tags all substances coming in through the mouth and nasopharynx. It can be compared to addressing packages to determine their point of delivery. Copper tags food and "addresses" it to be sent to the liver. It also tags toxins so they will be delivered to the lymphatics.

Copper keeps globulin in colloidal suspension, which keeps toxins and infection organisms moving throughout the system. Substances like pesticides or attenuated viruses (such as those found in vaccines) contain no nucleic affinity so the body cannot tag them correctly, and thus doesn't know what to do with them. By activating the parotids, liquid chlorophyll helps the cells flush irritants.

Peppermint oil has been added to the water soluble chlorophyllin in NSP's Liquid Chlorophyll. Although this was added for flavoring, this makes liquid chlorophyll excellent for settling upset stomachs and relieving intestinal gas. The Chlorophyll Capsules do not have this ability because they do not contain peppermint oil.

The chlorophyll in capsules also does not contain sodium or copper, as the magnesium core is still intact. The magnesium in chlorophyll capsules helps to create a release of bound calcium in the liver, which can initiate a mild cholagogue (bile stimulating) response. This can give it a mild laxative effect, something that does not happen with the liquid.

The capsules will have more of a detoxifying affect. The fat-soluble chlorophyll in the capsules helps repair the gastrointestinal mucous membranes, so it is helpful for ulcers and colitis. It is also a better choice for osteoporosis, menorrhagia (excessive menstrual bleeding), and internal bleeding.

Many people are under the mistaken belief that liquid chlorophyll and chlorophyll capsules are good sources of minerals such as iron. This belief is based on the fact that most chlorophyll is derived from alfalfa. Alfalfa is rich in iron and other trace minerals, but chlorophyll products are not the same as alfalfa juice. Sugar can be derived from sugar cane (which is high in iron and B-vitamins), but this does not mean that refined sugar is high in iron and B-vitamins. Chlorophyll, being a processed product, does not have all the nutrients that whole green foods do.

Green leafy vegetables that are high in chlorophyll (like alfalfa, parsley, etc.) help the liver, aid in tissue repair, are sources for fat soluble vitamins like A, K and E, provide iron, potassium, and other minerals. They help to build red blood cells. It is probable that both chlorophyll and chlorophyllin may also benefit red blood cell production, since they are probably broken down into tetrapyrroles, compounds similar to the heme

group of globulins. These may form easier building blocks for hemoglobin, as long as iron and other nutrients are available.

Chlorophyll also has the ability to accelerate the formation of granulation tissue that forms the base for new tissue growth in wound healing. So, it can also be used on skin and leg ulcerations, especially those related to poor circulation, rectal lesions, surgical wounds, abscesses, and burns. It is non-irritating, soothing to the skin, and totally non-toxic. At worst, it may leave a temporary green stain on the skin. It also has a slight antibacterial action.

In summary, liquid chlorophyll is better for digestive upset, intestinal gas, activating the parotids, and helping the immune system recognize and flush irritants. The liquid is also a good source of copper. Chlorophyll capsules are better for cleansing and repairing the intestinal tract, promoting bile flow, aiding the liver, and for bleeding. It is also a good source of magnesium. Both products are good for detoxification and cancer prevention, deodorizing, and blood building. Both also have a mild disinfecting and vulnerary (tissue healing) action on wounds.

Sinus Congestion

A client came in yesterday saying that he is having allergies and sinus congestion when he blows his nose he says nothing comes out. I thought I start him on the basic ABC program and use AL-J for a direct aid. What do you think?

This is where I would use bayberry as a snuff. This can be done several ways. You can put some opened capsules on a plate, then tap the plate to raise some bayberry "dust" and inhale the dust. For convenience, we clean 35mm film canisters and put the bayberry in the canister. You shake the canister, then open it up and sniff the dust. You can also directly snort the herb up your nose, but that's only for the brave!

Get ready for the waterfall because this shrinks nasal polyps, releases trapped mucus and drains the sinuses. If there is yellowish mucus and signs of infection you can add an equal amount of goldenseal to the snuff. If the sinuses are dry and sore, mix equal amounts of Intestinal Soothe and Build and bayberry to make a soothing snuff.

Autoimmune Hepatitis

I have a client, a 17-year-old female, blood type B, who was diagnosed with type I diabetes when she was five months old. If her blood sugar is around 200 they are considering it good. They thought she had mono and treated her for it, then decided it was auto-immune hepatitis. She has now developed alopecia. She is currently using injectable insulin, prednisone, birth control pills, and Celcept, an anti-rejection drug (because they believe her body is rejecting its own liver). She has frequent urinary tract infections and chronic fatigue. Do you have any suggestions.

Richard

Viral conditions can push the body into autoimmune responses sometimes. Remember that a virus is merely junk DNA. If her blood sugar has remained this high for a long time then it would mean that the glycogen stores have clogged the sinusoids of the liver. This would stress the pancreas and would also put stress on the white blood cells.

Liver congestion is also suggested by the alopecia, since the conversion of T4 to T3 (necessary for healthy hair, skin and nails) occurs in the liver, and low thyroid can cause hair loss. The hair loss can also be caused by the adrenals not receiving the mineral corticoids due to the liver congestion.

I would try germanium and SF for this problem. SF helps decongest the liver. Also, rub helichrysum essential oil on topically over the liver. Also consider using N-Acetyl Cysteine to improve liver detoxification. I would also test her for Adaptamax to help reduce stress, improve energy and balance immune and hormone functions.

Coffee and A Blood Types

I have struggled with the fact that coffee is listed as beneficial for A blood types. All of my "A" blood types, myself included, have adrenal issues and coffee doesn't seem to help. I don't like coffee and I don't drink it, but when I have any caffeine, my heart races and I can't sleep that night. What's up with coffee on the list of beneficials?

John

The coffee tested on the list was actually green coffee beans and not roasted. It will clear the liver in small amounts but when the adrenals are exhausted it is contraindicated. Peter wasn't going to put it on the list and the publisher demanded it.

Since A blood types have a harder time breaking down stress hormones from the adrenals, and coffee stimulates the release of these stress hormones, it would only make sense that most A Blood Types are really not going to do well drinking coffee, unless it is a very occasional thing.

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Lifting Depression

Herbs and Supplements for Lifting the Sad and Sagging Spirits

Depression is an unnatural or exaggerated sadness, and may also be accompanied by malaise, apathy, lack of appetite, insomnia, etc. It is natural for everyone to feel discouraged from time to time. Only when these feelings prevent us from carrying out normal activities are they cause for serious concern.

Modern medicine tends to take a chemical approach to treating depression. Drugs are used, which affect a neurotransmitter in the brain called *serotonin*. Serotonin induces sleep and is the calming antagonist to epinephrine and norepinephrine (two neurotransmitters that promote activity and energy). Serotonin also regulates pain, depression, mood and appetite.

An enzyme called monoamine oxidase (MAO) breaks down serotonin and other neurotransmitters. The class of drugs known as MAO inhibitors, block the action of this enzyme, thus preventing the breakdown of serotonin and norepinephrine, causing their levels in the brain to increase.

The use of MAO inhibitors to treat depression has largely fallen out of favor, having been replaced by another class of drugs used to block the reuptake of serotonin. They are called selective serotonin reuptake inhibitors (SSRIs) and include: Prozac, Zoloft and Paxil. If a person is on anti-depressant drugs, they should never discontinue these drugs "cold turkey," as this can cause severe rebound effects. If a person on these medications wants to use a natural approach they should use natural remedies in addition to their medication and slowly wean off of the drugs, preferably under professional supervision.

Low serotonin levels trigger an increase in cravings for carbohydrates. So, people who crave sweets may be low in serotonin. The problem is that this craving is often satisfied with refined carbohydrates, i.e., sugar and white flour products, which trigger hypoglycemia, which can contribute to moodiness.

If one wants to increase the levels of serotonin naturally, there are ways to do so. Serotonin is created from the amino acid tryptophan in the presence of vitamin B3 and B6. Diet has a powerful influence on serotonin production, because the production of this hormone is directly linked to dietary tryptophan. A meal high in carbohydrates and low in protein causes an increase in tryptophan absorption by the brain and increases production of serotonin. Plants high in tryptophan include passion flower, oats, corn and chaparral.

5-HTP, found in the formula 5-HTP Power, provides tryptophan and helps to directly increase serotonin levels. This product also contains B-6, which is needed for serotonin synthesis.

Research demonstrating that St. John's wort had both MAO and SSRI properties led to its widespread use as a natural anti-

depressant herb. St. John's wort is useful for mild to moderate depression, especially depression associated with anxiety. Other herbs believed to act as MAO inhibitors include: ginkgo, passion flower, poppy and corydalis. Ginkgo helps prevent breakdown of serotonin receptor sites due to aging, making it potentially useful for depression related to aging.

Essential oils such as chamomile, cedarwood, lavender, marjoram, melissa and orange all have antidepressant qualities and may be helpful for some cases of depression. A person should smell various oils and see which oils have an "uplifting" quality for them and then smell those oils regularly.

In traditional herbal medicine toxins in the bowel and liver (black bile) were considered to be the cause of melancholia, now known as depression. Modern research is confirming that our intestinal tract has a lot to do with mood. The gut produces neurotransmitters like serotonin. So, when the intestines are congested, neurotransmitters are thrown out of balance. Leaky gut syndrome causes the liver to be bombarded with toxins, which causes feelings of irritability or depression.

The formula Chinese Mood Elevator is very effective for many forms of depression. It works on the intestines, liver and nervous system. It reduces anxiety and lifts a person's mood, reducing feelings of sadness and depression. Many people have been able to wean off of SSRIs using Mood Elevator.

There are many other herbs that can affect different types of depression. Damiana is a mood elevator and is useful for depression associated with low energy and loss of sex drive. Lemon balm is useful for depression associated with grief. The essential oils of rose and bergamot are also helpful for depression associated with grief. Depression associated with PMS or menopause, or post partum depression can be aided by black cohosh.

Depression can also be caused by low thyroid, so Thyroid Support or Thyroid Activator may help in some cases. As people age, depression can be associated with poor circulation to the brain. Ginkgo/Gotu Kola can help here, along with Mega Chel. Adaptagens and tonics like Eleuthero Root, American ginseng and Trigger Immune can help depression associated with anxiety. Lack of iron can be another source of depression. This can be aided with I-X and yellow dock.

For more specific help with depression consult an herb specialist or some of the references below.

Selected References

Professional Guide to Conditions, Herbs and Supplements by Integrative Medicine
The One Spirit Encyclopedia of Complementary Health, Nikki Bradford, Editor
PDR for Nutritional Supplements by Physician's Desk Reference

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Chinese Mood Elevator

Natural Alternative to Antidepressant Medications and More

Chinese Mood Elevator is a Traditional Chinese Medicine (TCM) formula that is used to relieve sagging energy (chi). It is helpful for sadness, depression, fatigue, insomnia and anxiety. Unlike modern Western approaches to depression which focus on the neurotransmitter serotonin, Mood Elevator works in a holistic manner to relieve depression and sadness by balancing liver, digestive, intestinal and nervous functions.

The formula supports the liver, expels mucus and toxins from the liver and digestive tract, relaxes muscle spasms, stimulates circulation and energy, and eases indigestion. In TCM terms it relieves sagging chi (or energy) and disperses stagnant chi. It also expels wind (constriction and spasm) and dampness (excess fluid). So, it is useful not only for depression, but for congestion and sluggishness of the liver, abdominal bloating and pain, lymphatic congestion, anxiety and nervous tension, and muscle spasms.

Here are the ingredients in this formula and their benefits:

Perilla leaf (*Perilla frutescens*) is an aromatic herb with a pungent flavor. It is warming and stimulating, moving stagnant energy in the body and relieving intestinal bloating and distention. It helps improve the duration of sleep.

Cyperus rhizome (*Cyperus rotundus*) is used in TCM to relieve depressed liver function, depression of the chi (or energy), liver-stomach disharmony and distention and pain in the chest and the abdomen. It enhances energy, improves digestion and relieves depressed feelings.

Chih-shih fruit (*Citrus aurantium*) is the fruit of the bitter orange. It is used to expel phlegm and relieve constipation. It also breaks up and disperses stagnant energy. The formula also contains **Aurantium** peel, which is the peeling of the same fruit and expels mucus while increasing circulation.

Typhonium rhizome (*Typhonium flageliforme*) is pungent and warming, relaxes muscle spasms, and expels phlegm and dampness.

Bamboo Sap (*Phyllostachys nigra*) is a saps that comes from heated bamboo. It is sweat and cooling and affects the heart and lung energy. It clears heat and helps expel phlegm. It has been used to treat respiratory infections, lung congestion, fainting, vomiting and gastritis.

Bupleurum root (Bupleurm chinese) is a major liver remedy in TCM. It is believed to resolve “disharmony” between the liver and spleen (digestion) that results in bloating and indigestion. It reduces inflammation in the liver, regulates energy, and reduces cholesterol and liver inflammation. Emotionally, it is believed

it helps drudge up feelings of anger and sadness so they can be released. It has been used for moodiness and sagging spirits.

Cnidium rhizome (*Ligusticum wallichii*) is a warm and acrid remedy that moves energy and relaxes muscle spasms. According to TCM it affects the liver and gallbladder and relieves depression. It also has pain relieving and anti-inflammatory effects.

Gambir stem (*Uncaria rhynchophylla*) is a relative of cat's claw or una d'gato (*Uncaria tomentosa*). It is a sedative and antispasmodic and is mainly used to relieve spasms, headache, dizziness and other disorders caused by tension. It has been used in TCM to treat nervous disorders like epilepsy, hypertension, convulsion and anxiety. It calms the liver and contains a substance that protects the liver from infection.

Hoelen (*Poris cocos*) is a sedative and diuretic, used in TCM to quiet the spirit and the heart.

Ophiopogon tuber (*Ophiopogon japonicus*) is used in TCM for the lungs, stomach and heart. It is nourishing and moistening and has been used to treat insomnia and to remove “vexation” from the heart.

Mood Elevator also contains small amounts of the following herbs as balancers and catalysts.

Ginger rhizome (*Zingiber officinale*) stimulates circulation in the abdomen and improves digestion. **Panax Ginseng** (*Panax ginseng*) is an general tonic. It is adaptogenic (helping to reduce stress levels), and has been used to treat forgetfulness, fatigue and insomnia.

Platycodon root (*Platycodon grandiflorum*) is an expectorant and lowers blood sugar and cholesterol. It opens and diffuses chi (energy). **Tang-kuei** root, better known as dong quai (*Angelica sinensis*) is a mild sedative, blood builder and digestive tonic. **Coptis** root (*Coptis chinenses*) normalizes liver and digestive function. **Licorice** root (*Glycyrrhiza uralensis*) supports adrenal function and helps energy and fluid balance in the body.

For depression and nervous problems, recommended dose is 4 capsules twice daily. For digestive upset, liver problems, etc., use 2-3 capsules three times daily. Many people have been able to get off anti-depressant drugs with this formula, taking the formula along with their medication, until they begin to feel better. They then gradually reduce the dose of their medication. Never discontinue anti-depressant medications abruptly. Ideally, this process should be done under professional supervision.

Selected References

Oriental Material Medica: A Concise Guide by Hong-Yen Hsu
An Illustrated Chinese Materia Medica by Kun-Ying Yen

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Not Going to the NSP Convention?

You can still enjoy the convention specials.

Next week, we'll be at our booth at the NSP Convention in Orlando, Florida. All orders placed at the booth will receive 10% off and free shipping. If you aren't coming to Convention, you can still enjoy the convention special by placing your order online or by phone between Friday, September 3rd and Monday, September 13.

We're introducing several new products at Convention including an updated Archive CD of Nature's Field and Sunshine Sharing articles through 2003, a new NHC course by Steven Horne—*Activating the Healing Response*, an updated and improved CHC course—*Herbal Preparations and Applications*, and some new herbal hour videos.

We'll also be introducing two new programs. The first is our 90-day educational challenge. We'll be posting information about this program on our website shortly. The second, is our instructor training program for our CHC courses.

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Steven will be speaking with Kim on paw paw. Other speakers include:
Michael Tierra, Christopher Hobbs, Roy Upton, and Chanchal Cabrera.

Kim Balas' Classes Call 888-707-4372 to register.

Biochemical Blood Analysis

Sept 6 Orlando, FL \$250 before 8/15
\$295 thereafter

Advanced Blood Applications

Sept 6 (7-9:30 PM) Orlando, FL \$25

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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.

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