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An Electronic Journal for NSP Distributors

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## Eleuthero Root

By Steven Horne

In the late 1980s I had the opportunity to interview Dr. Bruce Halstead, a famous medical doctor and medical research scientist. He told me an interesting story about eleuthero root (*Eleutherococcus senticosus*), sometimes known as Siberian ginseng. Dr. Halstead said that in the earlier days of the space program, our astronauts were quickly shuttled off behind closed doors for what the public was told was a quarantine period. What was really happening is our astronauts were puking their guts out due to space sickness.

Russian cosmonauts, on the other hand, would step out of their space capsules, drink some vodka and join a parade. Dr. Halstead had many friends inside the Soviet Union and was asked if he could discover the cosmonaut's secret. He learned that the Russian cosmonauts were taking an herb called Siberian ginseng and recommended it to the U.S. space program. Our astronauts started taking the Siberian ginseng and experienced the same benefits as their Russian counterparts. Now that's an herb success story you won't hear on the news.

We can't call it Siberian ginseng anymore because the people who grow and sell the real ginsengs, Korean ginseng (*Panax ginseng*) and American ginseng (*Panax quinquefolius*) thought that all the different ginseng titles (i.e., suma as Brazilian ginseng, ashwaganda as Ayurvedic ginseng, etc.) were confusing the public and got a law passed that only the plants in the *Panax* genus could be called ginseng. Oh well, eleuthero still does what Siberian ginseng did—which is help reduce the effects of stress in the body. The action is called adaptagenic—a name coined by the Russian researchers who first studied eleuthero root.

I don't know about you, but as an A blood type, stress is my number one enemy. It reduces my effectiveness, causes me to lose sleep and makes me gain weight. Yuck! But if stress is my enemy, then eleuthero and other adaptagens like it are my friends. They reduce stress, help me sleep better, and even help me lose weight. (You've probably seen the Corti-Slim ads on TV, too.)

Eleuthero reduces the effects of stress and the production of stress hormones like cortisol (which causes abdominal fat). It improves athletic performance, normalizes immune and adrenal responses, improves recovery time after illness, improves memory, reduces fatigue, and generally enhances feelings of well-being. That's quite a list, but there's more. Several studies have shown eleuthero can help eye problems such as glaucoma and myo-



Photo by Steven Foster

opia. Eleuthero can reduce the side effects of chemotherapy and radiation in cancer treatment. It also stimulates better immune responses.

In Chinese medicine it has been used for "wind damp" conditions such as muscle spasms and joint pain. It's considered a chi tonic for the Chinese spleen and kidney, therefore it has been used to improve appetite, relieve low back pain, insomnia, fatigue and anorexia. So, the herb has a lot more potential uses than just treating the effects of stress.

Eleuthero finds its way into many NSP formulas. It is a key ingredient in the adaptagenic formula AdaptaMax. It is also in the energy-enhancing formula ENER-G-V. Other formulas it is found in include Urinary Maintenance, pH GreenZone, Seasonal Defense and MetaboMax. Even if we can't call it Siberian ginseng anymore, eleuthero root is an incredible ginseng-like tonic which can help us cope with the stresses of modern society.

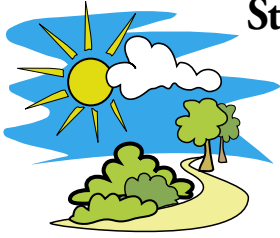
### Selected References

*Encyclopedia of Medicinal Plants* by Andrew Chevallier

*Herbal Therapy and Supplements* by Merrily A. Kuhn and David Winston

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## Steven Horne's Ramblings and Ravings

# None Dare Call it Diagnosis, Part One

Right now, I'm in the middle of revising our old *Basic Health Assessment* course to create a new, expanded course *Practical Tools for Health Assessment*. Since this topic is occupying my thought processes, I decided to focus on this topic in Nature's Field. Medical doctors call their assessment process diagnosis. We can't use the word diagnosis because it's copyrighted by the medical profession. Laws in every state in this country prohibit people who are not licensed from diagnosing any disease. So, since none of us want to get charged with "practicing medicine without a license" we don't dare call what we do diagnosis.

However, there's a good reason why we shouldn't even want to call the assessments we make a "diagnosis." That's because diagnosis in modern medicine is largely a process of assigning a name to a particular set of disease symptoms, and has little to do with creating a real understanding of what is happening in the body, let alone what can be done about it.

### The Fallacy of Naming Diseases

Speaking of the healing art, Hippocrates taught: "Whoever treats of this art should treat of things which are familiar to the common people." Unfortunately, that's not the way things are typically done in modern medicine. Doctors are likely to give you a fancy "scientific" name for your condition. These names are often based in Latin, a dead language. What for? Why do we need a seven-syllable word to describe a condition when a simple one would do the trick.

An Australian naturopath, Dorothy Hall, gives us a clue to why this is so. "From medieval times the mystique has grown that if one has a knowledge of Latin and Greek which enables one to speak as the common man cannot, one must be able to cure all ills." In other words, using fancy names for diseases helps build the mystique that surrounds the medical profession.

Samuel Thomson, a nineteenth century herbalist, was less polite about this subject. He felt that this disease naming was outright deceptive and designed to keep the people in ignorance.

...they have learned just enough to know how to deceive the people, and keep them in ignorance, by covering their doings under an unknown language to their patients. There can be no good reason given why all the technical terms in medical works are kept in a dead language, except it be to deceive and keep the world ignorant of their doings, that they may the bet-

ter impose upon the credulity of the people; for if they were written in our own language, every body would understand them, and judge for themselves; and their poisonous drugs would be thrown into the fire before their patients would take them.

I'm not ready to accuse medical doctors in general of practicing deliberate deception, they were taught to use those fancy names in medical school. However, it often seems like they are trying to deceive people in actual practice. I once had a lady tell me that the doctor had diagnosed her as having idiosyncratic pancreatitis. Translated that means: inflammation of the pancreas due to unknown causes. Wouldn't it have been easier just to say, "Your pancreas is inflamed, but we don't know why?" Easier yes, but it destroys the medical mystique.

Investigate the meaning of other labels doctors use for diseases and you'll discover the same thing. Many disease names are simply descriptions of symptoms in Latin. Let's look at a common example. If a person comes to the doctor and says "I have a pain in my joint", the doctor might respond, "You have arthritis." What the doctor just did was repeated the symptoms back in Latin. "Itis" means "inflammation of." The word arthritis means "inflammation of the joints." Words like bronchitis, tonsillitis, appendicitis and so forth are simply Latin descriptions of the tissue or organ that is inflamed.

Any part of the body that hurts is probably inflamed, because all tissues of the body respond to damage or irritation through the process of inflammation. Other symptoms of inflammation include redness, swelling and heat. Hence, all these names are fancy ways of naming the location of the pain, redness, swelling and heat, something you probably already knew.

Diseases are also named after the first person who was diagnosed with them, or after the doctor who discovered them. But whatever the process of naming a disease is, health assessment is NOT about naming diseases. The 19th century herbalist Samuel Thomson explained in the following words why it isn't necessary to be able to name diseases to help the body heal.

All...that medicine, can do in the expulsion of disorder, is to kindle up the decaying spark [the vital power or life force of the body], and restore its energy till it glows in all its wonted vigor. If a direct administration can be made to produce this effect, and it can, it is evidently immaterial what is the name, or color of the disease, whether bilious, yellow, scarlet or spotted;

whether it is simple or complicated, or whether nature has one enemy or more. Names, are arbitrary things, the knowledge of a name is the cummin and anise, but in the knowledge of the origin of a malady, and its antidote, lies the weightier matters of this science. This knowledge makes the genuine physician; all without it is real quackery.

It has been a general opinion that extensive study and great erudition, are necessary to form the eminent physician. But all this may be as Paul saith, but science, falsely so called. *A man may have a scientific knowledge of the human frame, he may know the names in every language of every medicine, mineral and vegetable, as well as every disease, and yet be a miserable physician.* [Emphasis our's]

The above quote has been a favorite of mine for a long time because it really drives home the point that understanding biochemistry, anatomy and physiology, pathology, etc. may all be good and useful, but it doesn't really touch the essence of what healing is all about. In fact, the whole problem with the medical system of diagnosis can be summed up in just one sentence, "It focuses on disease rather than on health."

So, when we are making a health assessment, we are after a different kind of information than a medical doctor would be seeking. Therefore, we need a different lingo, leaving the diagnostic model of naming diseases to the licensed physician. That's why I've chosen to call what we do health assessment.

### What is Health Assessment?

Health assessment begins from an entirely different perspective than diagnosing, because it starts by looking at health, rather than disease. The root of the word health means "whole" or "holy," so what we want to know first in health assessment is what is the ideal or "whole" state of the human being. In short, what does health look like?

Let's look at how this change in perspective shifts what we would do with just one common medical assessment technique—laboratory blood tests. When you go to the doctor and have blood work done, you see a set of normal ranges on your blood report. These normal ranges are calculated primarily using statistics. In other words, as the lab tests thousands of people, they determine where the majority of people's lab ranges occur. Those at the very high end (statistically the top 10 or 15%) and those at the very low end (statistically the bottom 10 or 15%) would be considered outside the normal ranges.

This all sounds well and good, but only if we want to be average. The average American dies of heart disease, cancer or diabetes. The average American suffers headaches, upset stomachs and other minor aches and pains on a regular basis. The average American is obese. So, I ask again, do we want to be

average? Only if we want to be plagued by all the health problems everyone else is.

Furthermore, the so-called normal ranges on blood tests may also be shifted in response to current medical theory and practice. For example, the normal ranges for cholesterol have been shifted downward in recent years due to the misguided assumption that high cholesterol levels are responsible for heart disease. The philosophy is, the lower the cholesterol the better. This also helps doctors sell more statin drugs.

Now, if we were to shift our focus away from diagnosing diseases and start assessing health, we ask a different set of questions. We say, what are the optimal blood chemistry ranges for people with a high level of wellness? In other words, let's go find the healthiest people we can, test their blood and establish normal ranges based on healthy people. Doesn't this make much more sense than the current method of using the statistical average of a sick population and/or the popular scientific theories of those who study sickness rather than health.

So, health assessment begins by asking what health looks like. What is the skin tone of a healthy person? What does the pulse of a healthy person feel like? What does the tongue of a healthy person look like? What is the ideal body shape of a healthy, well-balanced person? What is the optimal pH of the urine and saliva of a healthy person? As we start to ask these questions, we begin to understand the nature of health assessment. By knowing what is optimal or ideal health wise, we can examine how a person sitting in front of us is deviating from that norm. We can then start advising them how to start balancing their diet and nutrition, lifestyle, attitudes, etc. to move towards that optimal profile.

Now, medicine appears to do this to a degree, because they've established normal heart rates, blood pressure, blood sugar levels, etc., but they always attempt to fix each test in isolation from the whole. In health assessment we never do that. Since being healthy is being whole, we always need to look at the whole picture. We can't assume that just because we've pulled some little trick to bring the urine and saliva pH into healthy ranges that we've really fixed the problem. We need to see the larger picture and the goal of health assessment is to also train us to think holistically.

In our next issue, we'll continue this discussion of how we can assess health instead of diagnosing diseases.

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## Kimberly Balas' Clinician's Corner

# Cholesterol, Kidney Infection and Other Questions

### Cholesterol Question

*You have reported that lowering cholesterol increases the chances of toxins permeating the heart and that the Journal of the American Medical Association (JAMA) has reported that lowering cholesterol doesn't reduce cardiovascular risks.*

*Isn't the real story that the liver produces cholesterol to cover over the tears or scratches in the arteries caused by inflammation? Also, I don't know what the whole HDL/LDL 'ratio' thing really means. My 'bad' ratio went up last blood check even when my total cholesterol went down. I'm only getting moderate help from the CholesterolReg.*

Margaret

One of the main jobs of cholesterol is to bind with environmental toxins so they don't kill you. Cholesterol protects the nerve and brain against exposure to heavy metals and other toxins. The LDL or low density lipoproteins go up when the body is exposed to a lot of toxins. Too many carbohydrates (i.e., hyperinsulinemia or syndrome X) also raise LDL levels.

When there are high levels of LDL along with chronic inflammation, then your risk of heart disease does increase. Chronic inflammation shows up in blood work in tests such as elevated monocytes, eosinophils, basophils, A/G ratio, serum glutamic pyruvic transaminase (ALT or SGPT), serum glutamic oxalacetic transaminase (AST or SGOT), free calcium index, total protein, and cortisol and low alkaline phosphatase. These factors are directly related to increased cholesterol.

With the exception of the brain and red blood cells, all cells in the body are capable of synthesizing cholesterol. In the cells, it serves as a structural component in cell membranes and as a metabolic precursor to the synthesis of other sterols, including many hormones. In addition, about .05 grams of cholesterol (about 50% or more of what the body produces) is converted into bile salts which are secreted by gallbladder. These bile salts are needed for the digestion and absorption of fat-soluble nutrients.

In the bloodstream, cholesterol (carried by lipoproteins—HDL and LDL) acts as a rendezvous point for antioxidants and oxysterols (oxidized cholesterol). Cholesterol therefore becomes the place where free radicals can be neutralized by antioxidants. So, raised LDL is also an oxidative stress state.

When cholesterol is too low (below 175) then there are fewer lipoproteins and fewer fat-soluble antioxidants such as vitamin E,

beta carotene and CoQ10 to protect tissues from oxidative free radical damage. When cholesterol is low then there is a limited ability to transport cancer-fighting antioxidants to the tissues where they are needed. If cholesterol is lowered via a low fat diet then the cancer risk rises because the antioxidant protection is reduced while the level of free radicals remains the same.

Cholesterol also provides a means by which fat-soluble toxins can be removed from critical binding sites such as the brain and nerves. So, it protects the brain from neurotoxins. Elevated cholesterol (over 250) can indicate the lowest risk for cancer because the body knows how to protect itself against environmental toxins.

Cholesterol also serves as a colloid stabilizer. It helps to prevent coagulation proteins from engaging in intravascular coagulation. In times of trauma, cholesterol can act in a life-saving function to help stop internal bleeding. A natural part of the fight or flight mechanism is to raise cholesterol for a period of time. So when people are chronically in fight or flight mode due to persistent stress, the body can mistakenly lay down more thrombus patches in the blood stream. This happens only if the cortisol level stays high and the other precursors to chronic inflammation (mentioned earlier) are also present to a greater degree.

The bottom line is this. If you want to reduce cholesterol safely, then don't just take something to stop the liver from producing it. Go to the root cause. Why is the body producing the extra cholesterol. Is the problem chemical exposure? Try using Heavy Metal Detox with fiber to help carry the heavy metals out of the body. Maybe EnviroDetox could help, too. If the problem is chronic stress, then consider some nervines and adaptagens. If there is a lot of inflammation consider Thai Go and IF-C. Maybe the body is fighting something to do with cancer and it needs help. Try the Para Cleanse with Paw Paw and Immune Stimulator for a while.

Drugs are not the answer. If cholesterol is lowered by drugs then the risk for cancer goes up. So does the risk for stroke, suicide, neurotoxins affecting the brain, elevated mercury levels and cyclosporin.

### Kidney Stone and Infection

*My sister had a kidney stone removed eight days ago. The doctor said she had a kidney infection. He gave her an antibiotic for the infection. She had an allergic reaction and broke out with blisters*

everywhere, a rash, and swollen joints. He then gave her two cortisone shots and a z-pak for 7 days. Yesterday she had the tube removed and she began bleeding badly. He said she apparently had internal blisters as well and they broke and bled when he removed the tube. He then told her that she still had a kidney infection. So far she had been given eight different medications and last night she said she is quitting all of them. What could she do for the kidney infection and rash? Also, what can she do to rebuild her immune system?

Cindy

I would start with some Yucca, which is a natural anti-inflammatory with a cortisol-like action, but without the side effects of cortisone drugs. She might also try Histablock, which blocks the histamine reaction involved in allergic responses. Because of the antibiotics, she may have developed a severe yeast problem, so I would also consider Yeast Fungal Detox and L. Reuteri to restore normal intestinal flora.

As for the kidney infection use the Lymph Gland Cleanse (IGS II) and colloidal silver together. I would add the Cranberry/Buchu to this program to help strengthen the kidney, too. Leave her on the Cranberry Buchu even after the problem has cleared up to prevent reoccurring infections.

It appears that she has an acid constitution and would need some advice on shifting to a more alkaline diet. She also needs to drink plenty of water, and should add lemon to it to help alkalize the system.

## Sinus Congestion and Allergies

A client came in yesterday saying that he is having allergies and sinus congestion, but when he blows his nose he says nothing comes out. I thought I would start him on the ABC program then use AL-J as a direct aid. Is there something else I need to focus on besides the respiratory system?

No Name

I have had a lot of success with this using bayberry as a snuff. You can do this in a couple of ways. You can put some opened capsules on a plate and tap it and inhale the dust. For convenience with travel, we clean the 35mm film canisters and dump a lot in there and just shake it and open it up and sniff. For the brave, you can also just snort the straight herb up your nose. Get ready for the waterfall! It breaks up trapped mucus and causes the sinuses to start draining copiously.

Fenugreek and Thyme is also used internally to break up hardened mucus in the sinus area.

## Diarrhea Problem

Someone I know has severe diarrhea and cannot seem to get at the bottom of it. She has been taking enzymes and probiotics with no success. Now she has tried activated charcoal, which seems to slow

it down somewhat. At times she adds a medication from the doctor. When she does, it may go away for two or three days, during which she has no bowel movements at all, and then, with no warning, the diarrhea starts again.

I noticed on the last conference call someone reported Spleen Activator stopping someone's diarrhea, which was caused by radiation treatments. Could Spleen Activator work for other causes, too?

This lady does not think food makes the difference. She can eat hot and spicy and go for days without a problem. She also watches wheat and dairy and often has no problem while eating them. Then, the diarrhea suddenly appears.

Could the thyroid play a role in this? Several years ago the doctor decided her thyroid needed help. He put her on Synthroid, which at the time did stop the diarrhea. However, it comes and goes.

She is a very high-strung, active person, not fitting the hypothyroid type. She is not finding answers medically and it doesn't seem like we are helping much either. Any suggestions?

Geraldine

The body's innate response is to flush irritants. Something is irritating the colon if she is having diarrhea. If she is on a medication that she doesn't need, the body will try and get rid of it. Does she or did she ever use over the counter pain medications like aspirin or Tylenol?

Spleen Activator can be helpful for cases of diarrhea alternating with constipation, if the person also tends to have poor digestion and tends to be pale, thin and lack muscle tone. Stress could also be a problem here. Alternating diarrhea and constipation can be a sign of a spastic bowel condition aggravated by stress. Intestinal Soothe and Build and Stress-J work well together for this problem. Also look for emotional causes.

I use the PLS II in larger quantities to help with chronic diarrhea. Small Intestine Detox on an empty stomach might be helpful, too. If Activated Charcoal helps, but doesn't quite do the trick, a small amount of an astringent such as bayberry, white oak bark or blackberry rootbark can help to stop fluid loss from the bowel and arrest the excessive discharge.

**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).**





# ADD/ADHD

## Natural Methods of Dealing with Attention Deficit Disorder

Today, more and more children are being diagnosed with learning disorders like ADD (attention deficit disorder) and ADHD (attention deficit hyperactive disorder). Typically teachers and schools are pressuring parents to put their children on various drugs in an attempt to solve these problems. For parents who desire them, there are alternative solutions.

One of the major causes of both learning problems and behavioral difficulties in children is hypoglycemia. When there is too much sugar in the brain, children are agitated and overstimulated. When blood sugar levels crash, self-control is lost. You will be amazed at how much calmer children are and how much easier they are to work with when refined sugar, white flour and other simple carbohydrates are reduced or removed from the diet. Just having children eat protein for breakfast instead of sugar-sweetened cereals and other simple carbohydrates can make a big difference.

For kids who constantly crave sweets, licorice root helps stabilize blood sugar levels and reduce sugar cravings. Super Algae supplies amino acids that also help to keep blood sugar stable and nourish the brain. Try two capsules of each in the morning, followed by two more at lunch. Two more can be taken mid-afternoon (after school), if necessary.

Don't substitute artificial sweeteners for sugar either. Food additives, including aspartame, can be linked with hyperactivity and other behavioral disorders. In fact, eliminating food additives from the diet often results in improvement.

Children, like adults, can suffer from anxiety and nervous tension. Chamomile is a good herb for calming the nerves where children are peevish and overreacting to stimuli. It works on adults as well. Matthew Wood, AHG, says chamomile is "for babies of any age." It helps restore a calm, even and "sunny" disposition when taken regularly.

An anti-stress vitamin supplement like NutriCalm will also be helpful where there is anxiety and a lot of nervous tension. Adaptagens like schizandra and nerve tonics like gotu kola or Mind Max may also be helpful. These remedies may be particularly helpful for children with the A blood type as they are more prone to anxiety and stress.

Both licorice and chamomile also work on a deeper problem often present in both hyperactivity and ADD. This is leaky gut syndrome. It works like this: inflammation of the bowel allows the guts to become too permeable and large molecules of irritating substances "leak" into the bloodstream to bombard the liver. This creates feelings of agitation and aggression. Since the gut produces neurotransmitters like serotonin, gut inflammation

will upset the nervous system. Besides licorice and chamomile, Kudzu/St. John's Wort can help reduce gut permeability and Thai-Go can be used to reduce gut inflammation.

Heavy metal poisoning, particularly with lead or mercury, can be another root problem in learning disabilities such as ADHD. These metals may have been introduced into the nervous system through vaccines. Heavy Metal Detox may be helpful in this case.

Essential fatty acids are absolutely essential to brain function since the brain structure is mostly composed of fat. Omega 3 oils, found in Omega 3 EPA and flax seed oil, are often helpful for ADHD children. Super GLA may also be helpful.

There are specific neurotransmitters that calm down excess nervous system reactions. Focus Attention helps to elevate levels of these neurotransmitters and calm down excess activity in the brain, making it very helpful in some cases of ADHD.

In true ADD, there is usually an excess stimulation of the parasympathetic branch of the autonomic nervous system (ANS) and a lack of vitality in the sympathetic branch of the ANS. Anxiety and nervous tension arise from excess sympathetic nervous system activity. Standard nervines (calmatives and relaxants such as hops, skullcap, passion flower and lobelia) tend to activate the parasympathetic nerves and suppress the sympathetic nerves. This actually makes children with true ADD worse. This is why the herbs that calm most people make ADD children more agitated.

Ritalin, and similar drugs used to treat ADD, work because they mimic a neurotransmitter in the sympathetic nervous system called epinephrine. This stimulates the sympathetic nerves and calms the parasympathetic nerves, thus bringing balance. Substances which stimulate the sympathetic nervous system will also be helpful. These include ENER-G-V, licorice root, HistaBlock (which also helps leaky gut) and small amounts of green tea. Note: NSP's green tea extract won't work because it is caffeine-free. Finally, essential oils of citrus (like lemon) also stimulate sympathetic nerves and have a calming effect on ADD and ADHD.

As one can see, there are many natural options to explore before putting a child on drugs to attempt behavior control. For more information on natural options for ADD and ADHD consult an herb specialist or some of the resources below.

### Selected References

*Herbal Therapy and Supplements* by Merrily A. Kuhn and David Winston  
*The One Spirit Encyclopedia of Complementary Health*, Nikki Bradford, Editor  
*Professional Guide to Conditions, Herbs and Supplements* by IntegrativMedicine

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# Super GLA

## Supplying Essential Fatty Acids is Essential for Good Health

Increasingly, the American public is being lead to believe that fats are a bad thing, something to be avoided. However, this is actually not the case. The body needs fats, but it needs the right kinds of fats. One of the reasons many Americans may crave fats is that their diets are lacking in the right kinds of fats, which means they aren't getting the fatty acids their body requires.

Fatty acids are building blocks of fats, and while there are many different types of fatty acids, there are two which the body cannot manufacture. These are called essential fatty acids, and they must be supplied through the diet or supplementation for our bodies to be healthy.

The essential fatty acids (EFAs) are linoleic acid (Omega-6) and linolenic acid (Omega-3). Omega-3 fatty acids can be found in cold-water fish and several vegetable oils, including borage oil which is in this formula. It is also found in flax seed oil and fish oils, like those found in Omega-3 Hi-EPA.

Omega-3 fatty acids are the parent compounds to eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA). Omega-3 also influences the proper conversion of omega-6 oils into anti-inflammatory prostaglandins.

Omega-6 fatty acids are found in many vegetable oils, but most vegetable oils have been hydrogenated, producing trans fatty acids that disrupt normal body function. Omega-6 fatty acids are the parent compounds to gamma linolenic acid (GLA), dihomogamma linolenic acid (DGLA), and arachidonic acid.

Essential fatty acids are an important component of cell membranes and nerve insulation. They cushion and protect the tissues and are metabolized into other fatty acids and prostaglandins. Prostaglandins are necessary for the regulation of many body functions such as the secretion of other hormones, blood clotting, menstruation and childbirth, and the inflammatory response.

Omega-3 Hi-EPA and CLA (conjugated linolenic acid) increase the conversion of GLA into type one prostaglandins, thereby increasing the anti-inflammatory and healing benefits of GLA. These products help prevent GLA from being converted to the pro-inflammatory arachidonic acid, which produces type two prostaglandins.

Many Americans don't get enough essential fatty acids. In fact, scientific literature shows that as many as 60 health condi-

tions can be linked to essential fatty acid deficiency.

Super GLA contains three oils high in GLA. These are evening primrose, black currant, and borage oil. While each of these oils is a source of GLA, each also offers other benefits that the other may not, making for a powerful combination. GLAs are used by the body, in conjunction with Omega 3 and low insulin levels, to make prostaglandins of the type one series which reduce inflammation and blood clotting. Thus, oils high in GLA can benefit conditions such as heart disease, diabetes, arthritis (especially rheumatoid), autoimmune disorders, skin conditions, learning disabilities in children (ADD/ADHD), and premenstrual syndrome (PMS). Here's a brief description of what each of these oils does.

**Evening primrose oil**, from the seeds of the evening primrose plant, is the nutritional oil with the greatest number of research studies supporting its use. Studies have been conducted for all of the conditions listed above, plus cancer and many others. Evening primrose oil is about 72-73% linoleic acid, 8-10% GLA, and it contains only trace amounts of alpha linolenic acid.

**Black currant oil**, from the seeds of the black currant plant, is a rich natural source of GLA and an effective anti-inflammatory agent. It is frequently used for skin conditions (including brittle nails and hair), arthritis, autoimmune disorders and PMS. Black currant is about 47% linoleic acid, 15-18% GLA, and 13% alpha linolenic acid (which can be converted into EPA, then DHA and then prostaglandins of Omega-3 series).

**Borage oil**, from the borage or starflower plant, has the highest concentration of GLA and has a fatty acid profile very similar to human breast milk. It is about 35-37% linoleic acid, 20-24% GLA, and it contains only trace amounts of alpha linolenic acid.

Super GLA is vastly superior to the popular evening primrose oil supplements because it contains a wider range of essential fatty acids. Each capsule contains 130 mg of gamma linolenic acid (GLA). General recommendation is to take one capsule with a meal three times daily. These oils will be even more effective when combined with a diet of low glycemic carbohydrates and supplementation with Omega-3 essential fatty acids.

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# New Instructor Training Classes

We need your help in picking a few key cities to hold instructor training classes in 2005. Taught by Steven Horne and Kimberly Balas these classes will certify instructors to teach our six Certified Herbal Consultant courses.

**Steven Horne** will teach the training class, Foundations of Natural Healing, for the two natural health courses  
—*Dr. Mom-Dr. Dad* and *The ABC+D Approach*.

**Kim Balas** will teach the training class, None Dare Call it Diagnosis, for the two “diagnostic” courses  
—*Practical Iridology* and the new  
*Practical Tools for Health Assessment*.

These classes will offer training in promoting and marketing these courses in your area and in using these courses as a means to attract new Distributors to get involved in building the business.

## We Need Your Input!

E-mail [classes@treelite.com](mailto:classes@treelite.com) and tell us why we should hold these training classes in your area. Don't miss out, we need your response in the next two weeks so we can announce the dates and locations at US National Convention.



## Class Schedule

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)

### 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

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

#### Advanced Blood Applications

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

#### 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

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## About Tree of Light

Tree of Light Publishing is an independent educational organization dedicated to research, writing, and education in the field of natural health. Our approach 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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