

Nature's Field

An Electronic Journal for NSP Distributors

Maca

By Steven Horne

The first professional herbalist I worked with personally was Edward Milo Millet, who helped John Christopher write *The School of Natural Healing*. Ed was a linguist, fluent in Spanish. He had traveled extensively in South America studying medicinal herbs. He told me that South America was a tremendous untapped resource for botanical medicines. Unfortunately, Ed never realized his dream of bringing some of these South American remedies into the American marketplace.

Over the years, I've watched commercial herb companies introduce a number of powerful herbs from South America, including pau d'arco, suma, and cat's claw. Maca is one of the more recent introductions. Maca (*Lepidium peruvianum*) is a member of the mustard family—related to radishes and other cruciferous vegetables. One of its closest relatives is garden cress (*Lepidium sativum*) which, like many other members of this family, is used primarily as an immune-enhancing herb.

Maca is a hardy perennial plant growing in the Andes mountains between 11,000 and 14,000 feet. Exposed to the rough climate of these high altitudes, maca grows close to the ground. It produces a pear shaped root, which can be eaten raw, baked, boiled or dried for future use. Maca was domesticated over 2000 years ago. High in protein, iodine and iron, it has served the people of the Andes as a food, medicine and animal feed.

The plant has a reputation as an aphrodisiac and energy tonic. Legend has it that Inca warriors would consume maca before battle to increase their fighting ability. Once the city was conquered, however, the warriors were prohibited from consuming maca to protect the conquered women from their powerful sexual drives. Whether the story is true or not, maca has a long-held reputation in Peru for enhancing strength, libido, sexual performance and stamina.

It is also told that the Spanish were having trouble with infertility in their animals after conquering the area. The natives suggested they feed the animals maca and the problem was resolved. Even today, maca is used in Peru to increase fertility in both animals and humans.

As an energy tonic, maca is used to overcome fatigue and increase mental clarity. It does not appear to contain any stimu-

lants, so its energy-enhancing effect appears to be a general tonic effect, rather than a stimulant effect. It also appears to balance hormones generally, which means it may benefit the pituitary and hypothalamus. There are claims that maca has benefited people with autoimmune disorders like fibromyalgia and chronic fatigue syndrome, but I have no personal experience with this.

Some scientific research has been done on the constituents of maca. A group of compounds called aromatic isothiocyanates have been found that appear to have aphrodisiac properties. Another group of compounds called glucosinolates appeared to have a beneficial effect on fertility. Research done in 1998 by Dr. Qun Yi Zheng and his colleagues revealed the presence of novel compounds called macamides and macaenes. Results of their research on these compounds were published in the April 2000 issue of *Urology*. Rodents fed these compounds demonstrated increased energy, stamina and sexual activity. These compounds appear to have the same effect on humans.

Peruvians eat maca as a food, which means they typically consume 3,000 to 5,000 milligrams daily, which would be 6 to 10 capsules. NSP's maca product contains a standardized 4:1 root extract, with a guaranteed potency of macaenes and macamides, so the dose is only 1 capsule three items daily.

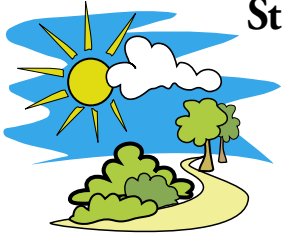
I've have personally tried maca as an energy tonic. I felt it was quite effective. It's good to see Ed Millet's dream of these powerful South American herbs benefiting those of us in North America.

Selected References

<http://health.discovery.com/centers/sex/libido/maca.html>
<http://www.american.edu/TED/maca.htm>
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Steven Horne's Ramblings and Ravings

Motivating Men To Use Natural Remedies

This issue of Nature's Field is about men, but since most of our readership is women, I decided to write an article about how women can motivate men to get involved in prevention and natural health care. So, I solicited help from the NSP advisor forum (NSPAdvisor@yahoogroups.com) and here's some of the feedback I received. (See, men can *learn* to ask for help.)

One of the male members of the forum commented on why it can be difficult for men to start taking care of their health.

Funny things about men; we think we're invincible. We're often hopelessly self-reliant. We rarely stop to ask for or look at directions. Somewhere along the way from infancy to adulthood someone convinced us we're actually the ones in control. We like what we like and no one else can change that. I've got my caveman club, how 'bout you? Where's the beef? *In short somewhere along the way we have to feel that it's our idea or we made the change ourselves.* [Emphasis mine.]

So, for starters, help your man think it was his idea. Many years ago, a female student told me that she had got her husband interested in natural health by leaving literature on it lying around the house. She never badgered him about anything. After a while, he became curious, started reading some of the materials, and pretty soon, he was completely supporting her.

Men are also motivated more by results than they are by words. Marilyn Navarro noted this in her suggestions.

Most men want to see cause and effect, so keep that in mind when trying to get them on to herbs. When they see a good, effect they are more willing to listen about more subtle effects. A high triglyceride result on a blood test responds to fiber—like LOCLO—and the next test proves the results. Rising cholesterol responds rapidly to several of our herbs, and when they take them, the results are on the lab tests and the lack of severe side effects is amazing. [Emphasis mine.]

Sometimes men will try things just to please their wives, and if they get good results, then they are likely to stick with it. Evelyn Billingsley had this to say:

When we first started taking herbs for health my husband dutifully did what I told him because he knew "if mama ain't happy ain't nobody happy." But then after dragging him to a NSP regional meeting where Bev Nicholson spoke on cleansing, he said he wanted to do a cleanse. He even got the guys at work on a cleanse; they called it the Fecal Flush!

I think it is very important that men become knowledgeable about health issues and take ownership in their health. This changed my husband's role to an active interest in what these supplements actually do. [Emphasis mine.]

Kathy Osborn, who was new to the business, just asked her husband to try the supplements to test and see if they worked. He was very willing to help her out, and now she has some great experience with the products and a healthier husband. If a man won't do that, then the best motivator is to see you and the children getting good results with natural remedies. So start by just being an example.

Sharon Grimes shared that moments of crisis, such as a personal health crisis or a health crisis in the family, are good windows of opportunity to help men "get on board" with natural health. Her comments reminded me of something I learned years ago, "When the student is ready, the teacher will appear." This means the best time to share new information is when a person is in a questioning mood. For Sharon's husband, this opportunity came because of problems surrounding childbirth and pregnancy. She says:

I admit my husband was often skeptical, but when he saw for himself the proof that these things worked, he became increasingly supportive. I established a "three day rule" when it came to illness in our home - I would work with herbal remedies for three days, and if there was no improvement, we would visit the doctor; if there was a drastic worsening of symptoms, we would go before the three days. This made him feel better, and as he saw me studying and learning and taking natural health courses, he was able to place his confidence in me to do what was right and healthy for our family.

The "three day rule" seems like a wise plan to alleviate a husband's natural concern over the health of his wife and family members. I know that I had a similar rule for myself when I was learning how to use natural remedies in my own home. I assured myself that I would try these natural remedies, and if they didn't work in a "reasonable amount of time," I would take the family member to the doctor. This rarely occurred, because most of the time the natural remedies I tried worked better than what the doctor recommended.

When a man is not showing an interest, he isn't a willing pupil, but there are ways of helping develop his interest. Leslie Hasslinger suggested:

I belong to a health support group and inevitably, the wives usually start coming first. I think it is just like most things in life, women tend to be more open to certain things. I have found the best thing to do is *have no expectations of them to change, don't force anything and work on yourself first.* I also consider myself in charge of the household, therefore in charge of the health of my family - groceries, herbs, etc. I have told my

husband in past circumstances that I would no longer buy certain things at the store because I felt convinced. *Other than that, just go slow.* Offer healthier choices for dinner or dessert (but for heaven's sake don't tell him it is from a "health" cookbook)! [Emphasis mine.]

Being an example gets one a lot farther than being a nag, and often if a woman takes things slowly, the husband comes around eventually. For husbands who need a bigger push, Marilyn Navarro had a great idea for using essential oils to introduce natural health products to a man.

It seems that a loving relationship helps men use herbs. I should think that any husband who will let his wife give him a massage is right in line for starting to use herbs! *Using essential oils to help with massage is a very natural way for men to get involved in herbs. It has helped my clients get their husbands involved...*The next time the husband has a cold, well here is a fine opportunity to remind him how miserable he was last time around, and wouldn't he just love a nice massage (and use those EO's). Another eye opener is when the wife is just too tired to share intimacy, and it is after dark, or they won't be going out into the sun. Use a small amount of pink grapefruit or red mandarin in a bath and watch her rejuvenate! He will appreciate her increased energy, and *if she gives credit to the oils, then he will think they are good for him also.* [Emphasis mine.]

I think such an approach would help any man develop an interest in natural remedies. (It would work on me anyway!) In the same vein, women could interest their husbands in using the X-Action Cream. Again, results speak to men, especially when it comes to sex! Sharon Grimes shared the following about the many women who come to her asking for help for their husband's erectile dysfunction:

I have found that the big factor is sugar. If they will stop eating refined sugar, their sexual prowess is often returned in a powerful way!! Dr. Hugo Rodier told us in his "Syndrome X" class, "If every brownie, Twinkie, and Krispy Kreme donut were required to be labeled with the following statement: WARNING—EATING THIS DONUT WILL CAUSE YOU TO HAVE ERECTILE DYSFUNCTION ---- they wouldn't eat them anymore, because sexual performance ranks pretty high with a man!". You know what? He's right on!! I came home and shared that with my husband, and with many ladies since. Some have posted this on a sign in a discreet place for their husband's eyes only! It is very effective!!

I was feeding my husband the right foods at home, but he was getting into sugar-laden desserts at work. He was coming home sluggish and tired every morning, and could hardly stay awake until 10 PM each evening. I gave him a 30-day no-sugar challenge to see if it would make a difference. I told him just to say this to himself every time he was tempted: "Sugar or sex? Sugar or sex?" That was the only thing he changed in his program. I want to be discreet here, so I will just say—oh, my, it definitely worked! He also lost weight and lost that fatigue. Now, when we are at a dinner somewhere, or at someone's house, or he is tempted by sweets at work or in the store, he will silently think to himself, "Sugar or sex?" "Sugar or sex?" and he refuses the sweets.

Believe it or not, there is one thing that motivates most men even more than sex. I've read it in several books on marriage which validate this male motivator, and I know it really works on me. Men *crave* admiration and praise from the woman they love. Both Leslie and Sharon commented on how effective this was in motivating husbands to take better care of their health.

Leslie said the following.

I also know that men tend to work well with positives. If you tell him how great he looks as he slims down or how proud you were of him that he tried your new dessert, he will probably feel better about the whole thing. Just a thought! After all, compliments never hurt anyone. I don't mean this manipulatively. Be sincere, but be positive.

Sharon's comments also validated the importance of this.

I have learned that the most important thing I can do is PRAISE, PRAISE, PRAISE my wonderful husband and then PRAISE him again! He is not perfect, but where my tendency would be to correct the things I would like him to be doing differently, I have learned instead that I need to PRAISE him for all the things he is doing right. I constantly tell him how glad I am that he is taking his supplements, eating his fruits and veggies, wanting ME to have more all-raw meals, putting in a big garden for us, etc. This might sound corny but I say things like, "I don't want to be a widow and I am so thankful that you are taking such good care of yourself to help keep that from happening!". "Your grandchildren are going to have so much fun playing with a healthy grandpa!". (We don't have any yet!!) "I am so glad you are taking better care of yourself now." "I love starting our morning together with a fruit smoothie." "Thank you for taking such good care of your heart." "I am so impressed by your stamina - I can't believe how much energy you have! Thank you so much for doing _____ for me."

Men are hurt far more by criticism from their wives than most women suspect, because they try so hard to be strong and not let it affect them. Speaking as a man, I know that I'm willing to work very hard to please a woman who praises and admires me. So, I know that a positive approach will get farther than a negative one. That's true for everyone, male or female.

I want to give special thanks to Leslie, Sharon, Marilyn, Evelyn, and Kathy for sharing their wisdom and experiences with me to make this article possible. We need more men involved in natural health.

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Kimberly Balas' Clinician's Corner

Suggestions for Men's Health Problems

Hormone Imbalances

I have a 23-year-old client with symptoms similar to someone with hyperthyroid. He has a few spots on the skin that look like needle pricks, white hairs, receding hair, breast growth, poor upper body muscle development, puffy skin, depression, mood swings, anxiety attacks, shaking of limbs and lines of the fingernails. He has had several hormone tests which has shown his TSH, T4, DHEA, testosterone, progesterone, estradiol and estrogen are all out of balance.

I really don't know where to start. Any suggestions?

Teresa

Based on everything you have listed, I would start with Heavy Metal Detox or Enviro Detox. Many of these symptoms are indications of liver issues and heavy metal toxicity. The receding hair indicates that there is an inability of the liver to break down proteins adequately. So there is a high probability of congestion in the liver. If the endo-reticular portion of the liver is swollen, then toxins are probably not being processed quickly enough, so the body would store them in fat cells to be released later.

The imbalance in the hormones shows there probably aren't enough fat cells to store the toxins, so it is depositing them in areas where there is fatty or lymphatic tissues (like the breasts). Swollen breasts in men can indicate storage of heavy metals.

The puffy skin indicates water retention. This is another way the body has of diluting toxins it is retaining. This is controlled by the posterior pituitary through the anti-diuretic hormone. All of the hormones listed are controlled by the anterior pituitary, so I would add MasterGland to balance the pituitary.

Symptoms like depression, mood swings, anxiety attacks, shaking of limbs, and lines on fingernails can indicate both heavy metal toxicity and intestinal imbalances. The mood problems may relate to an imbalance in the flora of the intestine, because there are many neuroreceptor sites located there. So, I would add a probiotic. This will also help with the production of B-vitamins in the body.

Low Sex Drive

I'm working with a client who is only 24 years old and has a low sex drive. He chews tobacco, presently works about 60 or more hours a week and doesn't have a good diet. I recommended eating more protein, cutting back on carbs and taking X-Action for men.

Do you think chewing tobacco and the long hours he is working could cause this?

Norma

I usually find that low sex drive in young men has to do with problems related to cholesterol. Sex hormones are produced from cholesterol, so low cholesterol or a problem with the liver may be causing this. Essential fatty acid supplementation may be helpful. Also check for a low grade infection affecting spleen.

Premature Graying and Hairloss

My hard-working college student son just got home for the summer and he has a noticeable receding hairline. He has been getting gray hair since he was 15. His hair stopped growing at age 15. Any natural solutions for hair loss? I have been wondering if IGF-1 would be good to try just in general?

Sharon

Minerals are what give hair color. They are also necessary for hair growth. So, there is probably a problem with minerals. Minerals are regulated by the pituitary and the adrenal cortex. Support is probably needed for both the pituitary and the adrenals. I would try Ho Shou Wu and Master Gland.

Heart Problem

I just had a treadmill isotope stress test done. Because I have fibromyalgia, and low cholesterol, the doctor really didn't think there was a problem, just false symptoms. However, the test came back showing an abnormal EKG, and positive for infarction of the anterior wall. In other words, he said there is a blockage, and the bottom part of the heart does not show up in the pictures.

Now I need to move on to a heart specialist for further tests to show exactly where the blockage is, probably by plaque. The reason I went for the test was because I ran across Dr. Chi at a health show and he commented that I have the creases in my ears showing heart problems. Plus, my chest does not feel exactly right.

My right kidney will really ache, too, but not every day. I hold water weight, and my eyelids seem to swell when my kidneys hurt. My legs get to feeling achy and feel like they are just waking up as if they had fallen a sleep—but not all the time. What do you suggest as far as supplements? Does exercise, like walking on a treadmill, help this at all?

Ardis

Moderate exercise, like walking, would be helpful. I would start immediately on the Kidney Drainage and Magnesium Complex.

Low cholesterol is a stagnant liver situation, so something like SF and Milk Thistle would help. If there is plaque build up, you may want to consider the MegaChel program with Hydrangea added.

Work on finding the culprit that is causing the stagnation. For instance, using the wrong kind of fats or eating too many refined carbs. If you make some modifications to the South Beach Diet here (like no microwaving and no artificial sweeteners) you could really benefit from it. I am not saying you have a weight problem, just that it is a good food plan for heart issues as well.

They need to run a C-reactive protein test on you to really see. Most people with fibro have cholesterol issues since they have an unusually hard time dealing with environmental toxins. Adding some Omega 3 EPA can also help.

Serious Stress Problems

I'm working with a male, 42 years old with blood type O. He is under heavy emotional stresses. He had a very difficult move last August and his mother passed in October. He was very close to his mother, who was ill with cancer for 20 years. He was born shortly after the death of an older brother who was hit by a car at age three. All of his life, he has felt that he needed to replace his older brother and somehow lessen his mother's grief.

He is also in the military and works 12-hour shifts, three days on and three days off. He will work nights for two months and then days for two months. His management position requires that he be available to handle situations even when they come up on his off days. He has trouble falling asleep, trouble staying asleep and has restless sleep (tossing and turning). He also mumbles while sleeping and is always exhausted. He takes benedryl and occasionally Resterol to help him sleep. He drinks coffee constantly to stay awake and sweats profusely at night.

His blood pressure is at the high end of normal. He is withdrawn and shut-down, has mood swings, and growls (literally!) when walking through the house. He has an inability to make even small decisions. He has been diagnosed with degenerative disk disorder and has had two knee surgeries for Baker's cysts. He takes Vioxx. The military performed surgery on a hiatal hernia which results in him being unable to vomit, so he takes Phenergan at the first sign of nausea. He has foul smelling gas and bloating.

My thoughts were to put him on Nervous Fatigue Formula, Intestinal Soothe and Build, Mineral Chi or Cellular Energy, Proactazyme Plus and Caffeine Detox to help him with caffeine withdrawal. There are obviously huge emotional issues here. His behavior is putting enormous stress on the entire family. I would so appreciate any thoughts or ideas that you would care to share.

Copper

You're on track with Nervous Fatigue Formula and the Mineral Chi Tonic for the adrenals, because he definitely has exhausted adrenals. However, as serious as his case appears, I would really look at Adrenal Support with Suma combination instead of Nervous Fatigue Formula. He absolutely needs to give up the coffee so his adrenals can recover.

Digestive Enzymes are a must here considering his digestive symptoms. You might consider MSM. He will probably need to do a liver cleanse at some point as well. It will be hard to do with those shift hours, though.

Help With Lab Results

My legs have been sore this year. I play golf with a doctor and he told me he wanted to get some tests done to see if it was an aneurysm. The tests came back showing LDL cholesterol of 137, inferior infarct on an EKG, and the aorta is atherosclerotic, but of normal course and caliber. The neck and body of the pancreas are not enlarged, but the tail is obscured by bowel gas. The liver is not enlarged but is rather heterogeneous in appearance with a question of several more focal hypoechoic possible masses involving the liver beneath the dome. CT was recommended for further evaluation. On the blood test BUN was a little low. Any help would be great.

Jim

Based just on the little information that you provided, it seems that your toxic levels may be high. Some focus on the liver would help with the blood pressure. If total cholesterol is under 175, it is low which could mean that the liver is congested and not breaking down fats to dump toxins. This would cause more stress on the capillaries to have to recycle them and also pull them from tissue that may have too much fat stored. Also, the low BUN usually indicates that there is excessive capillary permeability allowing water retention in the tissues and possible albumin spillage into the urine.

Basic suggestions would be to reduce high glycemic carbs in the diet. Combination Potassium and Adrenal support would probably help. Alpha Lipoic Acid might also be beneficial.

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For Men Only

Natural Remedies for Prostate Health

The prostate gland is located just under the bladder in a man's body. This chestnut shaped gland surrounds the beginning of the urethra in the male. It secretes a milky fluid that is discharged by excretory ducts into the urethra at the time of ejaculation. A number of health problems can develop with this important gland. The most common are inflammation of the prostate (prostatitis), enlargement or swelling of the gland (benign prostate hyperplasia or BPH) and prostate cancer. Fortunately, there are natural remedies available that can be very effective in helping most prostate problems.

Symptoms of prostate problems can include recurrent urinary tract infections, frequent need to urinate with increased urgency, difficulty urinating (including difficulty starting urination, decreased flow, or inability to urinate), painful urination, inability to sleep through the night without needing to urinate, dribbling after urination, painful ejaculation, bloody semen or sexual dysfunction. In order to know exactly what he is dealing with, a man should obtain a medical diagnosis when he is experiencing any of these problems. However, as a general rule, prostatitis is more common in younger men, while BPH is more common in older men.

Depending on the cause, here are some of the remedies that help prostate problems. The mineral zinc is very important for prostate health and is lost with every ejaculation. Pumpkin seeds are high in zinc and have been used historically to aid prostate health. Studies have shown that saw palmetto can be an effective remedy for BPH. It inhibits the conversion of testosterone to dihydrotestosterone of DHT, a more powerful form of testosterone that promotes prostate swelling. It also has an anti-inflammatory property.

Another herb helpful for prostate problems is pygeum, an African herb. It is slightly less effective than saw palmetto, but does improve urinary function and reduce inflammation. Nettle root, white sage, agrimony, and soy are other herbs that may be helpful for prostate problems.

There are several good prostate formulas available which contain these, and other prostate assisting herbs. Men's Formula blends pygeum, saw palmetto, nettle root, and zinc into an effective formula for most cases of BPH. The formula may also be helpful for prostatitis and urinary tract infections in men.

PS II is a blend created by herbalist Stan Malstrom for prostate problems. It contains black cohosh, licorice, kelp, gotu kola, golden seal, capsicum fruit, ginger and dong quai. This blend

reduces inflammation, helps fight infection, stimulates circulation in the pelvic area and may help prevent over stimulation of the prostate. It can be effective both for BPH or prostatitis.

John Christopher also created a prostate formula sold under the trade name P-X. It contains cedar berries, golden seal, capsicum, parsley, ginger, eleuthero root, uva ursi, queen of the meadow, marshmallow. This formula works primarily on the urinary tract, reducing inflammation and combating infection. It is more particularly aimed at prostatitis, than BPH.

Herbal Pumpkin is an antiparasitic formula that has also been helpful in some cases of prostate enlargement or inflammation. It contains pumpkin seeds, which are rich in zinc and helpful for the prostate. It may also help clear up prostate infections.

There has been an increase in the cases of prostate cancer and infertility in men in recent years. Many researchers believe this is due to the influence of xenoestrogens (estrogen-like substances found in the environment). These xenoestrogens attach to hormone receptor sites and disrupt the balance of hormonal communication in the body. Sources of xenoestrogens include pesticides, materials leached from plastic containers, and certain industrial chemicals. It is wise for men who wish to maintain prostate health to avoid chemical pollutants, eat organic food to reduce exposure to pesticides, and eat foods that protect the prostate from xenoestrogenic damage.

Lycopene, a substance found in tomatoes and other red fruits and vegetables, has been shown to be a powerful antioxidant that helps protect the prostate. It is found in Men's Formula, Super Antioxidants and Carotenoid Blend. Legumes such as beans and soy appear to have a protective effect against xenoestrogens, as do whole grains and green leafy vegetables. Zinc supplements may also be helpful in protecting the prostate.

If prostate cancer does develop, the herbs and formulas mentioned above are not effective therapies for cancer. Alternative approaches to treating prostate cancer are available, but are beyond the scope of this handout.

For help in selecting the supplements that are right for you, consult a qualified herb specialist. You can also check some of the references 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
Hormone Replacement Therapy: Yes or No? by Betty Kamen, Ph.D.

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Seek appropriate professional assistance for all serious health problems. Handout prepared by Tree of Light Publishing
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Men's Formula

Herbal Relief For Prostate Troubles

As men grow older, the balance of hormones in a man's body begins to shift. Testosterone is converted into a more powerful form known as dihydrotestosterone or DHT. The balance between estrogen and testosterone in a man's body also begins to shift. This can result in a swelling of the prostate gland, a chestnut shaped gland under the bladder that surrounds the urethra (the tube which transports urine to the penis).

Known as benign prostatic hyperplasia or BPH, the condition results in a lessening of the force and volume in the flow of urine. It can cause difficulty starting the urine stream and dribbling after urination. It may also cause burning sensations during urination. Often the condition results in the need to wake up and urinate at night.

Because prostate cancer can cause similar conditions, it is important to check with a healthcare profession when a man suffers from these symptoms to ensure nothing more serious is occurring. Medical strategies for treatment of this condition include alpha-adrenergic drugs which relax the tissue around the prostate or finasteride drugs (Proscar) which inhibits male hormone production. Surgical procedures are also employed.

Fortunately, there are some very safe herbal remedies for BPH that will work on the majority of cases. Several of these herbs have been combined to create Men's Formula, a blend that has proven effective for many males suffering from BPH. This combination can also be effective for prostatitis and urinary tract infections. The following is a brief summary of the benefits of the herbs and minerals found in this blend.

Pygeum

Pygeum africanum is a South African evergreen tree known commercially in Europe as tadenan. Pygeum contains plant-type steroids (sterols and triterpenoids) that help diminish the swelling of the prostate. Research shows pygeum increases glandular secretions and inhibits cholesterol in the prostate. In addition, pygeum encourages the production of prostaglandins that fight inflammation, making it useful for prostatitis. In France, about 80% of all BPH patients receive a prescription for pygeum.

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Saw Palmetto

Saw palmetto berries, *Serenoa repens*, have been shown to lower levels of dihydrotestosterone, the form of testosterone that encourages enlargement of the prostate. It also blocks estrogen receptor sites to prevent estrogen stimulation of the prostate and reduces prostate inflammation. Several clinical studies have demonstrated the herb is effective in many cases of BPH. The plant is also adaptogenic, anti-inflammatory, diuretic, and acts as a urinary antiseptic, which makes it useful for prostatitis and urinary tract infections.

Stinging Nettle

Stinging nettle root, *Urtica dioica*, has been shown to increase the flow and volume of urine. Nettles have an anti-inflammatory and diuretic effect. Clinical trials suggest it is helpful for prostate problems (both BHP and prostatitis) and irritable bladder.

Gotu Kola

Gotu kola or *Hydrocotyle asiatica*, is a tonic herb from India which has anti-inflammatory, antibacterial, antispasmodic and vulnerary properties.

Zinc and Lycopene

Zinc is a well-known mineral and is essential for male reproductive function as well as immunity. Lycopene is a substance found in tomatoes that has been shown to protect the prostate from free radicals and reduce the risk of prostate inflammation and cancer.

Recommended Use

Take six capsules of Men's Formula daily; three with breakfast and three with dinner. A smaller dose, 2-3 capsules per day can be taken to help prevent prostate problems as men begin to age.

Suggested Further Reading:

Herbal Therapy and Supplements by Merrily A. Kuhn and David Winston
PDR for Herbal Medicines by Medical Economics Company
The One Spirit Encyclopedia of Complementary Health, Nikki Bradford, Editor
The Encyclopedia of Medicinal Plants by Andrew Chevalier
Pathological Basis of Disease by Cotran, Kumar and Collins

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The ABC+D Approach teaches you the basics you need in order to understand 80% of common ailments. The syllabus included with this course guides you through reading the manual and watching the two videos. The ABC+D Approach has been used by many NSP Managers to successfully train their Distributors and help build their business. So, we're excited to get this program up and running so that NSP Managers and Distributors can benefit from it. *The price for this course is \$99.98 but pre-order today and save 20% off the retail cost.*

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Pre-orders will ship in the beginning of July. Updates are available for qualified owners of previous editions of the ABC+D Approach

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We'll also be scheduling travel for Steven Horne and Kimberly Balas for 2005. Contact us at 888-707-4372 for information.



Class Schedule

Tree of Light Classes

Call 888-707-4372 to register.

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

Kim Balas' Classes

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June 26-27	Scottsdale, AZ	\$225 before 5/15 \$295 thereafter

CLEAR

Aug 14-15	Casper, WY	\$495
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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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