

Nature's Field

An Electronic Journal for NSP Distributors

Pumpkin Seeds

By Steven Horne

Autumn is probably my favorite time of year. Not only do I love the autumn colors, I love the harvest of produce fall brings—apples, pears, grapes, squash, tomatoes, fresh corn, and of course, pumpkins. Botanically, pumpkins are a type of fruit known as a pepo (check spelling). They are a type of squash.

Not only do they make Jack-o'-lanterns and pies, pumpkins are also good for soup or just about anything that squash is good for, including just cooking and eating them. I've made pumpkin cakes, cookies and cupcakes, and have prepared a baked pumpkin stuffed with a filling of meat and rice (like stuffed green peppers).

Outside of pies, people don't use pumpkin for food that much, which is a shame because they're a healthy food and quite inexpensive. Pumpkin seeds are also good to eat, either raw or roasted, and they make a good medicine, too.

Historically, raw pumpkin seeds are used as an antiparasitic. They are considered a safe de-worming agent for young children and pregnant women. There's no scientific research backing up this use, but they do appear to be effective. That's why pumpkin seed is the main ingredient in the NSP formula Herbal Pumpkin.

In addition to pumpkin seeds, Herbal Pumpkin contains black walnut (another antiparasitic), cascara sagrada (a laxative and antiparasitic agent), violet leaves (a lymphatic herb), chamomile flowers (for reducing intestinal inflammation), mullein leaves (another lymphatic herb), and marshmallow and slippery elm bark (which are soothing, mucilaginous herbs). The formula is primarily designed for intestinal worms, and is less effective against other forms of parasites. It is also a mild laxative and contains herbs to reduce intestinal inflammation and irritation. Herbal Pumpkin is also found in the more potent Para-Cleanse with Paw Paw.

Pumpkin seeds are high in zinc, an important mineral for men's prostate health. Zinc is lost with every ejaculation, so it is important men get adequate zinc in their diets. Eating pumpkin



Photo by Percy M. Horne

seeds is a delicious way to get natural zinc. The German Commission E monographs approve pumpkin seeds as a remedy for prostate enlargement. However, they don't actually reduce the swelling, they only help ease the symptoms. The Commission E monographs also approve pumpkin seeds for irritable bowel.

Many years ago I spoke with Jack Ritchason about parasites being a possible cause of prostate problems. I believe the idea originated with LaDean Griffin. Whether this is true or not, Herbal Pumpkin does sometime test strong for prostate problems using kinesiology.

Pumpkin seeds are also an ingredient in NSP's DHEA-M, a DHEA supplement containing sarsaparilla, saw palmetto, damiana, pumpkin seed, and Panax ginseng. The formula is used to restore male potency and drive.

There is an additional folk use for pumpkin seeds. They are a mild diuretic and considered beneficial for nephritis and kidney inflammation. Pumpkin seeds are also antioxidant and antiphlogistic (meaning they reduce inflammation and fever). Pumpkin flesh has also been used as a poultice for burns.

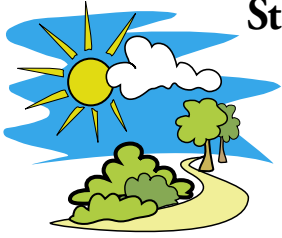
Finally, seeing the bright orange pumpkins in the stores and roadside fruit and vegetable stands is medicine for my soul. Maybe I'm just deficient in orange, but seeing the colorful pumpkins of fall always makes my heart glad.

Selected References

Encyclopedia of Medicinal Plants by Andrew Chevallier
A Modern Herbal by M. Grieve

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Steven Horne's Ramblings and Ravings

We Interrupt This Series... ...With A Report on the 15th Annual AHG Symposium

We're nearly to the end of our series on health assessment, but I'm interrupting our regularly scheduled article to bring you this special report."

Sounds sort of like a special TV news broadcast interrupting your favorite TV show, but it's fall, and I'm in Montreal, having just returned from New England at the American Herbalists Guild's 15th annual symposium. The trees turned color while I was at the symposium, which was held in the mountains of New Hampshire in a little resort town called Waterville Valley. Last night, walking back to my room at the Black Bear Lodge I actually saw a live black bear. Good medicine!

For those of you who have never been, an American Herbalists Guild symposium is a real eclectic affair. The AHG houses a collection of some of the most colorful characters I've ever met. Outspoken, passionate, dedicated and sometimes downright eccentric, herbalists are drawn together by their love for the plants and their deep desire to heal. Nobody at an AHG symposium wears suits and ties, and although many workshops present scientific information, there are also workshops based on folk medicine, discussions of synergy, spiritual issues, and nature.

Because the NSP community tends to be a rather closed circle and the AHG community is also a rather tight-knit circle, I sometimes see myself as a bridge between the two communities. As such, here's a report of my experience with some of the herbalists at the conference.

David Hoffman: Deep Ecology

I hadn't seen David Hoffman for about eight years, but we had warm greetings for each other. Confident, politically outspoken, and scientifically literate, David Hoffman has produced some terrific herb books. I saw his latest *Medical Herbalism*, which I'm considering using as a textbook for one of our advanced herbal courses. The book appears to be an excellent blend of science (plant chemistry) and tradition (practical use of herbal medicines), the first half devoted to the constituents and the second half to the uses.

Hoffman told me that he had planned on intermingling the chemistry information with the traditional use information, but confided that the chemistry part didn't really help much when it came to actually using herbs. It's nice for conversations that

help you convince clients and medical people that you "know" herbalism, but you don't have to know the chemistry of plants to be a good herbalist. That's a great insight from an herbalist who also happens to be very knowledgeable about chemistry.

I attended a workshop where David Hoffman spoke about "deep ecology." Ecology is the study of the relationships between the living things on this planet. It's understanding how we are connected to nature and nature is connected to us, and we can't destroy or pollute our environment without destroying and polluting ourselves. He talked about his transition from being a "hard-core" scientist to developing a more spiritual relationship with nature.

Hoffman pointed out that herbalism has flourished historically when human beings are in transition, throwing off established dogmas or oppressive political systems. I didn't know that Hoffman had started out as an ecologist, but he started off as a scientist out to "save the planet." He spoke about how one experience was pivotal in changing his consciousness. When some friends "forced" him to drink some valerian tea after several nights of insomnia, and he was able to fall into a deep sleep, he realized that the planet (through the plants) had also saved him.

He spoke of the deep spiritual connection (which he sometimes has difficulty acknowledging even to himself) that he feels to the plants. I can relate. When you don't just know herbs from capsules, but have actually sat with the plants, harvested them, made them into medicine yourself, and watched their healing powers at work, it changes you. He said that many Western religions misunderstand the spiritual connections the herbalists have with plants and nature. They call it "nature worship" and thousands of herbalists have been killed because of it. Hoffman correctly pointed out that the traditional herbalist (i.e., the wise woman or green "witch," and the native shaman or green man) didn't worship nature. They saw the hand of God through nature.

As an ecologist, Hoffman also spoke about the fact that diversity in ecosystems is healthy. In fact, the more diverse ecosystems are, the healthy they are. Doesn't that suggest the diversity among human beings is also good? Hoffman used the analogy to say that there are diverse ways in which we all apply the plants in our healing work, but that diversity is good.

Susun Weed: Story Medicine

At this conference, I got to meet Susun Weed for the first time. As a wise woman healer, her energy was wonderful. I didn't get to attend her workshops, but I read her papers in the proceedings and had a pleasant visit with her. I really enjoyed her discussion on the different types of medicine because it relates to what I've been trying to teach about health assessment. She says there are seven types of medicine: serenity medicine (just resting and letting nature do its work), story medicine (seeking to understand what is happening), energy medicine, lifestyle medicine, herbal medicine, pharmaceutical medicine and hi-tech medicine. All are useful in their proper place.

I also liked what she had to say about story medicine:

When we seek diagnosis we are looking for story medicine. Different healers offer very different kinds of story medicine...

I sort story medicine into Scientific, Heroic, and Wise Woman types: Something is broken and needs to be fixed (Scientific). Something is toxic, and needs to be cleansed (Heroic). Something lacks nourishment and wants to be whole (Wise Woman).

How you explain to clients what is wrong is your "story" as a healer. Different stories appeal to different people and some people may not like your story. I know that many of my clients want to hear the Scientific, rather than the Heroic or Wise Woman story.

James Duke: Herbs Versus Drugs

Speaking of stories, listening to James Duke sing some of his odes to the herbs filled my heart with laughter. If you've never heard James Duke speak (and sing) about botanical medicine, you're really missing a choice experience. He sang a song about the misrepresented St. John's wort study, which the media quoted to say herbs don't work, calling attention to the fact that the "two billion dollar a year" prescription drug did worse than the placebo, too. The song ended with a humorous suggestion that he was going to abandon his herbs and start investing in placebos.

James Duke also commented on the withdrawal of one of the two COX-2 inhibiting drugs being withdrawn from the marketplace by FDA just about a week ago. He said that when these two drugs were first introduced he predicted that one of them would be withdrawn within 10 years. He said it wasn't because he was psychic, he was just betting with the odds, since one in two new drugs approved by the FDA (at a current cost of over a billion dollars each in research) is withdrawn within 10 years because of dangerous side effects.

Turmeric, on the other hand, has a COX-2 inhibiting effect and has been with us for thousands of years. (He made a good cause that turmeric was the saffron mentioned in the Bible.) Methyl salicylates, found in the yellow birch I saw on the herb walk with 7 Song, are also COX-2 inhibitors. They are also found in wintergreen (an ingredient in Tei Fu oil). Duke mentioned these and several other natural COX-2 inhibitors that have been used safely by human beings for hundreds and even thousands of years. He explains it in the terms of science, i.e., plants and humans have evolved together, but I see it as the expression of the Divine in nature.

Dr. Duke acknowledged the "spiritual" aspect of herbs by talking about one of the native healers he knew in Central or South America. His friend sees "healing spirits" in certain plants, which Duke said that he could never see, even after ingesting the plant that is supposed to enable you to see these things. (He said as scientists they weren't supposed to do such things, but he had.) However, as I gathered it, there was a correlation between the different "spirits" his friend saw and certain chemical constituents. For example, all the plants with a certain spirit contained allicin (the antibacterial compound in garlic). All the plants where another spirit resided contained methyl salicylates. So, he spoke of the different chemicals as the "spirits" he, as a scientist, is able to see in the plants.

As an interesting side note, he mentioned that when they took the plant that was supposed to enable them to see the plant spirits, one of his fellow scientists had a vision of her brother dying of a heart attack. When they returned to the states she was given the message that her brother had passed away due to a heart attack while she was gone. He added, as a scientist, he is supposed to say that was just a coincidence.

Okay, so maybe stuff like that is too "weird" for some of you. I apologize. Here's something a little more practical. Duke spoke to about 100 congressional aides and friends on June 17, 2004 on Capital Hill, urging Congress to mandate a third arm in any new clinical trials. He wants complete unbiased clinical trials of pharmaceuticals to include not only a placebo and the pharmaceutical being tested, but a promising botanical alternative as well. He says, "only unbiased clinical comparisons can

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show if the herbal alternatives are as good as the pharmaceuticals or nearly so." Unbiased clinical comparisons are a neat idea, but I don't think anybody would go for it as I'm certain it would put the pharmaceutical companies out of business (if the studies were done honestly).

Alan Tillotson: Nerve Regeneration

Most of you have probably never heard of Alan Tillotson. He's a professional AHG member who has a background in Ayurvedic and Chinese medicine. He is doing some fascinating work in developing protocols for some very serious and difficult to treat diseases. He discussed his methodology for developing these protocols in one workshop. He starts by trying to get an accurate physiological description of what is happening in the tissues for that particular illness. He then examines the protocols used to treat that illness in diverse systems (Chinese, Ayurveda, Western medical, etc.) if they are available. He also tries to understand the strategy (reasoning behind) the therapy and render those strategies into medical English. This enables him to start creating a treatment protocol which he then starts testing.

One of the diseases he has developed treatment protocols for is multiple sclerosis (MS). Conventional medical thinking about MS is that the immune system is attacking the myelin sheath for no reason. Alan believes this is not the case. He says the myelin sheath has been deteriorating for years before the immune system "attacks" it. His protocol is to strengthen the myelin sheath. He has developed a Myelin Sheath Support formula and uses it with alpha-lipoic acid, DHA, vitamin E and a multi-vitamin as a base program. He presented several case studies documenting reversal of myelin degeneration in MS using his protocols. He's been having some success with the same protocols for nervous system damage.

Alan Tillotson has also been applying this process to developing natural protocols for glaucoma, which is actually caused by inflammation and poor circulation to the eye. He also provided case histories showing regeneration of eyesight in glaucoma. Exciting stuff!

Margi Flint: Face, Tongue and Nail Diagnosis

The most exciting part of the conference for me was listening to Margi Flint, a friend of Matthew Wood, who spoke on "diagnostic" techniques for herbalists. It was based on different signs associated with different body systems and organs. She compiled the information from William LeSassier (one of Matthew's teachers), Matthew Wood, Phyllis Light (who works with the herb program at Clayton College), Annie McIntyre and David Winston. Right at the top of her symposium proceedings paper she writes, "Look to three areas before confirming your

thoughts." That's the same thing Kim and I have been teaching, which is to confirm a finding through three different assessment tools, as in, "Three points make a straight line."

When I went up after the class to tell her how much I enjoyed it and to ask if she was publishing this in a book, she gave me an advance review copy, if I would give her a review. I gave her a copy of the *Dr. Mom-Dr. Dad* course, too. This material is fantastic and will not only be helpful in my work of finishing up the new health assessment course, I plan to use her books as texts for our Certified Professional Herbalist's course.

New Information About Paw Paw

By the way, I did give a workshop at the symposium. I spoke on *Acetogenins and Paw Paw*. Donald Yance, a professional member of the AHG who works extensively with cancer (and has written a book on the subject) attended my workshop. He'd already been reviewing the research on Paw Paw, so I doubt I was able to teach him much, but there was another student in the class who taught all of us a great deal about Paw Paw. She was a native healer and agreed to tell us how she was taught to use (and actually uses) paw paw twigs, fruits and seeds to cure cancers. She only agreed to share her knowledge if we shut off the tape recorder, so I'd have to have her permission to pass on all the information she shared, but I can briefly tell you that they pick all three of these plant parts (which are some of the best sources of acetogenins according to Dr. McLaughlin's research) at the times of the year when the research shows the acetogenins would be at their highest concentration.

Now, Dr. McLaughlin discovered all this through scientific research. How did native people come to learn how to collect the right parts of the paw paw tree at the right times of the year? If you believe what native people the world over say, as did this woman, the plants told them. Okay, there's that weird stuff again, but if you come on an herb walk I'll teach you how to "talk" to a plant. Or should I say, I'll teach you how to start "listening" so the plants can teach you. But, that's another story.

I took our new found paw paw expert to lunch. She feels that many wonderful healing plants in North America are being completely overlooked in favor of European, Chinese and Ayurvedic plants. I agree. I expressed the opinion that with the way the white man had treated the native Americans, it was no wonder native healers were reluctant to share their secrets with the white man. She offered a different perspective. She said that much of the time the white man and the native Americans actually lived side by side in peace and that her people had a vast knowledge of healing and wanted to help the white man.

The problem came because the white man wouldn't follow directions. They'd tell the white man what to do and how much of a particular medicine to take, and the white man would think,

“if a little is good, more is better.” The white man would also mix the treatment with other therapies, and then pass it on, often in a distorted manner. As a result, some people would die or fail to recover and the native healer would get the blame, maybe even be killed. So, the native people learned to hide their knowledge of medicine from the white man and only share very safe and simple remedies.

She commented that a recent herbal book put out by Steven Foster is loaded with warnings not to use certain herbs because they are poisonous. She says that many of those plants are safely used by Native healers, but to protect the white man from abusing the medicine, the natives simply told us the plant was poisonous. Interesting perspective, huh?

I can really relate to the problem she's referring to. I see many people who still have that “more is better” attitude. I see people who are ill who are seeing half a dozen different natural therapists looking for answers. They take several liver formulas when one would do, or they simply take dozens of supplements in hopes that something will wind up being helpful. I can see why Native healers would have a problem with this. I certainly do.

Kevin Spelman: Cytokines

Kevin Spelman, a current member of the AHG board and part of the Tai Sofia Institute, gave a lecture on *Cytokines and Botanical Immunomodulators*. It's an extension of the material found in my new course, *Activating the Healing Response*, which focuses on hormones, neurotransmitters and other chemical messengers. Cells communicate with each other by means of chemicals, and cytokines are cell to cell messengers produced to communicate messages that regulate immune functions.

There are a number of types of cytokines. One type are interleukins, which help the immune system communicate with the nervous system, mediate the immune response and inflammation and can actually stimulate stress hormone production in the HPA axis. Interferons are another form of cytokine (famous for their antiviral activity). They modulate immune activity, affect sleep and can also stimulate stress hormones.

The latest push in drug research is to affect these cytokines. As always, however, such efforts are going to be fraught with problems because of the complex interactions in the communication systems of the body.

For instance, this research not only shows that an infection can increase production of stress hormones, stress hormones also influence the immune response. In the short run, stress hormones upregulate (stimulate) immune functions, but they depress immune function in the long run. Cytokines also affect mood, which is why being ill can make someone cranky and irritable. Kevin suggested that this helps lessen the spread of

infection by helping people stay clear of the infected person.

There are quite a few herbs which have been shown to affect cytokines. These include many herbs recognized for their immune effects such as garlic, turmeric, echinacea, ginseng, milk thistle, and cats claw. Like myself, Kevin believes that the complex mixtures found in herbs regulate the body in safer ways than the isolated “magic bullets” of the pharmaceutical companies. James Duke believes our bodies are capable of extracting from the “soup” of chemicals presented by any given herb, the compounds they need to repair themselves. He says the belief is “unscientific,” but he still believes it.

Parting Thoughts

I have felt frustrated and discontent of late. Discouraged with my work. There is something dissatisfying to me about commercial herbalism. As I listened to Deb Soule showing slides of her herb gardens in Maine and wandered down the path on an herb walk with 7 Song, I felt the reconnection to the spirit of nature that herbalism represents. I felt again the longing to grow my own herb gardens, to take people on herb walks, to take people into the kitchen and show them how to harvest the bounteous blessings of nature, and to conduct small classes where we could practice real assessment skills rather than just talk about them. It is so hard to teach herbalism in a darkened hotel room with a PowerPoint projector.

That's because it is impossible to understand what herbalism is really all about with just your head. Reductionist science can't explain it. Oh, sure, it's interesting to know about antioxidants and COX-2 inhibitors and cytokines and so forth, but that misses the heart of the healing relationship between man and plant.

Herbalism is about the plants and plants are living things, not powders found in capsules or tablets. Science tries to gut the heart, the spirit, the soul of herbalism and leave us with the empty shell of it. Living matter is in a constant state of flux. It is not static, it is dynamic in nature, constantly shifting, adjusting, growing, changing, adapting and developing. Studying chemistry, we are only studying the materials of life. It is like trying to understand the soul of music by taking apart a piano or trying to understand a painting by analyzing the chemical composition of the paints.

We study the corpse of life—chemicals—and think that within chemistry we shall unravel the mystery of life and healing. But when life departs from the matter (chemistry), all that is left is an empty shell.

For me, this past weekend in the fall tapestry of the New Hampshire woods has been a refresher course in real herbalism—which is all about life, living plants and living people, working together to heal and support each other.



Kimberly Balas' Clinician's Corner

Cholesterol, LDL, HDL and Triglycerides

A friend just sent this note and asked me to forward it to you for additional suggestions. "My doctor did a cholesterol check and said it was 215 or so. I don't have the exact figure. Several months later I bought a home testing kit, CholesTrak. I measured myself at 213 mg/Dl for LDL. I started out on Cholester-Reg II, two capsules twice daily.

After two weeks I measured my cholesterol again. It was 197 LDL. Then I started dieting. My daily caloric intake was around 1000 calories divided up over 3 daily meals...Exercise was 15-20 minutes per day using free weights (dumbbells). The weight used was either 2-10 lb. or 2-15 lb. weights. A workout bench helped with a variety of exercises, about 12 different ones, each performed 10-20 times depending on weight and the particular exercise. After one week of diet and exercise I lost 2 pounds. I tested my cholesterol again after the one week adding diet and exercise and now my LDL cholesterol is 157 mg/Dl."

His current lipid profile is: total cholesterol 261, triglycerides 123, HDL 70, LDL 166. Do you have any suggestions as to what else he can do?

Mariann

For starters, LDL isn't an actual measurement from the lab. It is a calculated measurement. It is the total cholesterol minus triglycerides divided by 5. It takes cholesterol from liver to peripheral tissue where HDL does the opposite. The LDL is signaling cells to synthesize their own cholesterol. It will also help to stabilize the blood colloid. This is the transport system of fat soluble nutrients too, including vitamin E and carotenoid antioxidants. so if enough of these aren't present then the LDL will rise.

There is probably some inflammation present and there is some indication of liver congestion with these readings. The interesting thing here is that prescription drugs and even Tylenol can cause this elevation of LDL. I would also look to see if the iron levels are high or low and where the ALT is to verify if the problem is liver congestion. Does he get up at night to urinate frequently? This is another congestive indicator for the liver. Fatty congestion in the liver can impair the body's ability to detox, causing hormone levels to be thrown off. This can lead to hyperinsulinemia if not cleared with something like the SF or SAM-e.

If he has some fatigue then the liver is affecting the thyroid synthesis. This would call for some thyroid support while cleaning out the liver congestion.

There is also a possibility of pesticide toxicity here. HDL is responsible for removing mercury, heavy metals and pesticides from the nerve and brain cells. It also repairs damaged nerve and brain cells by redistributing cholesterol from areas of excess to where it is needed. It assists in the distribution of cholesterol, fat-soluble antioxidants and other fat-soluble nutrients to cells and endocrine glands in need of these. It provides a rendezvous point where the free radicals can be neutralized by fat-soluble antioxidants, like a docking station so to speak. It improves the inflammatory response and immune system by providing essential fatty acids necessary to synthesize certain prostaglandins.

This number on the HDL indicates the body is trying to detox. It is protecting the nerve and brain cells here from something. It is also responsible for hormone activity. This is where the xenoestrogens in the pesticides will show up, when this number starts approaching 75 or higher. I would consider the Heavy Metal Detox and supporting the adrenal glands, as their function in this transport of toxins is crucial. Eleuthero is good to get the peripheral movement needed here.

Looking at total cholesterol, it is fine considering where the other two are. I would really focus on digestion instead of targeting the liver with red rice to suppress the activity that the body is trying to do on its own. It is more about processing proteins here and the impact on the metabolism. The pepsin and HCl ratio are probably out of balance. I would do Protease Plus with food and between meals.

With some of the bile emulsification issues that could be here, too, I would consider other digestive support like alteratives or Digestive Bitters. You would have to look if phosphorus is high here to see if this is a major root cause. I would consider some Master Gland to support the hypothalamus during this hormonal transport process.

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Parasites

Natural Ways to Rid the Body of Unwelcome Guests

A parasite is an organism which lives in or on another organism, feeding on the host in a destructive manner. Some organisms live in or on the body in a symbiotic relationship, which means these organisms benefit the body and are benefited by the body. Parasites only take, they don't give anything beneficial in return.

Diagnosing the presence of parasites can be difficult, even for modern medicine. Medical diagnosis is typically done by analyzing a stool sample, but a single stool sample may not contain evidence of parasites, even if they are present.

If yeast and other single celled organisms are included, it has been estimated that about 70% of Americans have some form of parasite. Even intestinal worms are more common than people think. People who de-worm their dogs and cats don't realize that they are being exposed to the same parasites. In fact, anyone who has pets or animals should consider doing a parasite cleanse once per year just as a preventative measure. It is also a good idea to do a parasite cleanse after foreign travel.

A good general parasite cleanse is the Para-Cleanse with Paw Paw. This cleansing program contains several antiparasitic and antimicrobial agents. The first is Herbal Pumpkin, a formula containing pumpkin seeds and black walnut (both excellent antiparasitic agents) with other herbs. Artemesia Combination is also part of the Para-Cleanse program. This blend contains five antiparasitic herbs: wormwood, mugwort, eleanor, cloves and garlic. It is active against a wide variety of parasites and harmful microorganisms.

Yeast/Fungal Detox, an anti-fungal combination, is also part of the Para-Cleanse program. This is important because yeast are one form of parasite that is very prevalent in people's intestines, and yeast overgrowth must be eliminated to restore proper colon health.

The last ingredient in the Para-Cleanse is Paw Paw Cell Reg, a standardized extract of acetogenins from Paw Paw twigs. Paw Paw Cell Reg is both antiparasitic and antifungal and makes this one of the most powerful natural parasite cleanses available.

The Para-Cleanse with Paw Paw is a ten day program. Most people recommend doing one ten day cleanse, then waiting one week and doing a second cleanse. The theory is that the first cleanse will destroy any parasites, then the break between cleanses will allow any remaining parasite eggs to hatch so they can be destroyed in the second cleanse.

The program can also be used on animals, just be sure to reduce the dose to compensate for the size difference between an adult and a pet. The Para-Cleanse with Paw Paw is a very powerful program and should not be used by pregnant or nursing mothers or small children. For young children and pregnant women, Herbal Pumpkin, black walnut and High Potency Garlic are safe antiparasitics.

Here are some additional suggestions for specific parasites.

Pinworms are common in schoolchildren and are easily passed around the family. Plenty of garlic and onions will clear the system of this and many other types of parasites. Raw garlic is best, but High Potency Garlic can also help. Whole, raw pumpkin seeds will also help, or take Herbal Pumpkin capsules, adjusting the amount for the person's age and weight. Six capsules a day is probably sufficient for an adult. A tablespoon of aloe vera juice three times a day is recommended, and you may also serve slippery elm mixed in the child's cereal.

Although other parasites may be harder on the body, tapeworms are emotionally disturbing and frightening because they can get to be 10 feet long. Besides the Para-Cleanse program, proteolytic enzymes are helpful in destroying tapeworms. Eating nothing but raw pineapple for several days or taking large doses of Protease Plus will help. A cleansing enema of garlic in water is also good.

America has prided herself on excellent municipal water systems and inspection standards. In spite of this, the parasite *Giardia lamblia* continues to be a problem. Drinking water from open streams is the most common way to become infected with this single celled organism, but it can also be transmitted via food or hand-to-mouth contact.

Ten grams of goldenseal daily for ten days has been proven effective in ridding the body of *Giardia*. Other herbs reported to be useful in eradicating *Giardia* include grapefruit seed extract, black walnut, and wormwood. Artemesia combination may be helpful here.

These are not the only parasites that can come as unwelcome guests and disrupt our health, but the remedies listed in this handout should work on all but the most stubborn organisms. For more information about dealing with parasites naturally, contact your local herb specialist or consult some of the references below.

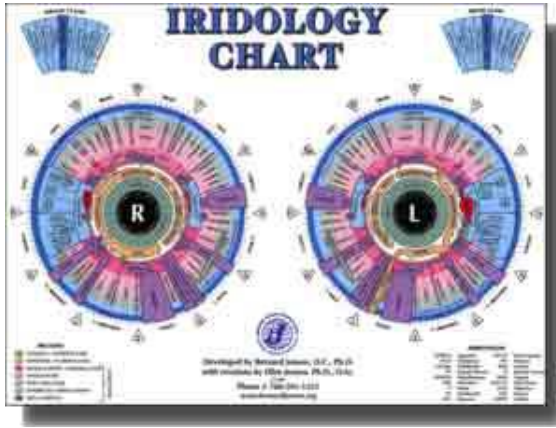
Selected References

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

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