
An Electronic Journal for NSP Distributors

Thyme

By Steven Horne

I was finally able to till up a section of the backyard at my new home so I could get an herb and vegetable garden going. I got my first plants from a nursery, and as I was planting them I was amused to find that the first four herbs I had purchased were parsley, sage, rosemary and thyme. So I began singing the Simon and Garfunkel song *Scarborough Fair* as I went about my planting.

Thyme is a traditional kitchen garden herb, used to flavor foods. But it is also a powerful medicinal plant. It contains a volatile oil that is strongly antiseptic, antifungal and antiparasitic, working against a broad range of microbes.

One of the chief constituents of the oil, thymol, is a particularly potent antifungal. It is also effective against *Porphyromonas gingivalis*, *Selenomonas artemidis*, and *Streptococcus sobrinus*, three strains of bacteria that cause dental caries and gum disease. For this reason, the essential oil can be used in mouthwashes for preventing cavities and treating gum disease. Thymol is also effective against *H. pylori*, the bacteria associated with ulcers.

Like most aromatics, thyme is an excellent remedy for digestive problems. In fact, the seasoning of foods with herbs like thyme was originally done to preserve the food from decay and improve digestion. Thyme is very effective for digestive tract infections involving foul-smelling flatulence, abdominal bloating and nausea. Its tannins tone intestinal membranes, while the essential oil helps rid the intestines of yeast and other harmful microbes.

The antiseptic properties of thyme make it a valuable herb for treating infections in general, but it is particularly effective against respiratory infections. It has a history of use in bronchitis, whooping cough, spastic cough, pneumonia, chest colds and pleurisy. Part of its effectiveness as a remedy for coughs is due to ingredients in both the oil and the herb that have antispasmodic action (similar to lobelia or black cohosh).

The NSP combination Fenugreek and Thyme has a long history of use for respiratory problems. It has proven effective for allergies and asthma, and even cystic fibrosis and emphysema. Its most popular use, however, is as a remedy for sinus congestion and sinus headaches. Given the properties of both fenugreek and thyme, it is also a good formula for digestive problems such as indigestion, intestinal gas, bloating and digestive tract infections.



Photo by Steven Foster

Thyme also contains flavonoids and tannins, giving it a tonic effect. Research in Scotland suggests both the herb and the oil have an anti-aging effect. It has anti-inflammatory and antioxidant actions which probably contribute to its anti-aging benefits. Tradition among NSP Managers is that thyme is also good for the thymus gland, a claim that makes a lot of sense. It is used in this capacity as an ingredient in MasterGland.

The disinfecting action of thyme also accounts for its inclusion in the Paw Paw Lice Remover Shampoo. The shampoo is not only useful for lice, it is also helpful for skin infections. Paw Paw Shampoo has been successfully applied to the skin to relieve acne, toenail fungus and a variety of other skin infections.

Thyme is also available as an essential oil. The oil is a wonderful antiseptic and can be diffused into the air to ward off colds, sore throats, flu and coughs. Emotionally, it is a tonic for debility, depression, or feeling run down. The oil is also an ingredient in the essential oil blend Cellu-Tone, which is applied topically to help with cellulitis.

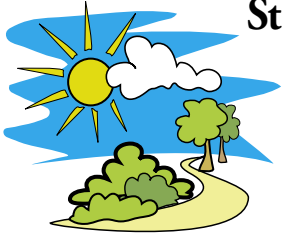
Thyme has also been used as a flower remedy. It is thought to have an amplifying effect, increasing strength and courage, and enhancing physical stamina. It also speeds the healing of injuries. It is a good flower remedy for those who are always struggling with time—stressed for deadlines and trying to beat the clock. I guess the final lesson here is that there is always time for thyme.

Selected References

Encyclopedia of Medicinal Plants by Andrew Chevallier
Herbal Therapy and Supplements by Merrily A. Kuhn and David Winston
Flower Power by Anne McIntyre

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Steven Horne's Ramblings and Ravings

The Thymus— Home of Self-Esteem and Immunity

Situated just behind the sternum in front of the heart is a gland known as the thymus. This gland is the regulator of the immune system and is composed largely of lymphatic tissue. It is large in children, but shrinks in adults. By old age, the gland is mostly composed of fat and fibrous tissue.

The fact that the gland tends to atrophy has led the medical community to consider it of minor importance. They know it plays a role in programming lymphocytes (white blood cells) to develop immunity to specific diseases. They also know it produces a hormone called Thymosin A which causes the proliferation of and increased activity in lymphocytes.

Beyond this, you won't find much about the gland in orthodox medical texts. Fortunately, there are other sources of information that fill in our understanding of this gland. My first insights came from Dorothy Hall, an Australian naturopath. In her book, *What's Wrong with You?*, she put forth the theory that the thymus gland is responsible for telling us what is good for the body and what is not good for the body. In other words, its purpose is to tell us what belongs to the body and what does not belong to the body.

In her work using kinesiology testing, she determined that children who craved unnatural substances (coal, kerosene, carpet, mothballs, detergent, etc.) or who refused healthy food and would only eat a limited number of junk foods (potato chips, spaghetti, sodas, etc.) had malfunctioning thymus glands. She also claimed that autoimmune disorders and autism arise from a malfunctioning thymus gland.

Any of you who do muscle testing should be aware of the phenomenon of "reversed polarity." When a person's polarity is reversed, they test strong for things that are bad for them and weak on things that are good for them. What causes reversed polarity? It's caused by a run-down thymus gland.

Over the years, through reading and observation, I've also come to recognize that energetically, the ability of the thymus gland to regulate immunity and to attract positive influences and repel negative influences is linked to a person's sense of self. In other words, the thymus gland regulates self-image, which is where we derive our sense of self-worth.

This may also explain why we are so attracted to junk food when we are feeling sad and depressed. Think about that for a minute. Aren't we most attracted to alcohol, sugar, drugs, junk food, etc. when we are feeling bad about something? We claim we are eating these less nutritious foods as a "reward" to help us

feel better, but what if the reality is that we are actually subconsciously punishing ourselves by damaging the body. In other words, we are drawn to the junk food because we feel bad about ourselves, not because we feel good about ourselves.

Is this also why we are most prone to "catching" colds and other infectious diseases when we are depressed and upset? A person who has a positive self-image will have the feeling that they are worth defending and protecting. A person who does not feel they are worth sticking up for sends a message to their immune system that they aren't worth fighting for and hence "catch" diseases more readily or suffer from immune disorders such as environmental illness.

The Thymus and Self-Esteem

The relationship between self-esteem and the thymus gland can be easily demonstrated with muscle response testing. The thymus can be tested by placing the fingers just above the heart on the breastbone. This area will always test strong on a positive, healthy person. However, all one has to do to make the thymus test weak is to look the person in the eye, call them by name and say something like: "You were a very naughty boy (girl). You are bad, wicked and evil and you deserve to be severely punished." Immediately, the thymus gland will test weak. Conversely, the thymus can be made to test strongly again by saying, "I apologize, I didn't really mean that, 'I love you'" and giving the person a hug.

The thymus is fun and loving by nature. It is well documented that laughter, joy, love, happiness and the like enhance the function of the immune system, while sorrow, grief, hate, envy, jealousy and worry depress the function of the immune system. Again, I believe this entire process, linking attitude with immunity, is connected to the function of the thymus gland.

All of the organs surrounding the thymus have been associated with love, nurturing and concern. We associate the heart with love. The breast represents nurturing and mother love. The Chinese associate the lungs with the emotion of grief which is caused by the loss of something we care for. In Chinese medicine, they refer to something called the "heart protector," that part of oneself which guards the emotionally vulnerable "heart." If there is an organ that could be classified as the heart protector, it would be the thymus. A person with a puffed up ego (exaggerated sense of self-worth) is usually covering a very wounded and broken heart. In other words, the thymus energy (self-worth) tries to protect the heart energy (openness and vulnerability).

When we give someone a good hug, we press our entire chest area to their chest area. Because hugs strengthen the thymus gland and the immune response, many of us have dubbed these chest to chest hugs as “thymus-to-thymus” hugs. We also refer to them as “thymus treatments.” Have you had your six doses of thymus therapy today?

Hugs aren't the only way to stimulate the thymus. When Tarzan beats against his chest and yells, he is stimulating the thymus gland. He is saying, “Look at me, I am important, I am strong, I can defend myself, I am worthwhile.” People have called gentle drumming on the chest to stimulate the thymus area “the thymus thump.” The thymus thump is also used to correct reversed polarity.

However, one can also stimulate the thymus by thumping the opposite location on the back. Interestingly enough, this is the very spot we slap or pat when we congratulate someone. Hence, a pat on the back is also a form of thymus therapy. Of course, a pat on the back need not be physical to stimulate the immune system. Pats on the back can be given verbally as well. Since genuine praise builds our self-esteem, this is also therapy for the thymus.

There are a lot of influences attacking our thymus gland in modern society. Not only does our fun-loving thymus (self) have to cope with the chemical overload from air, water and food pollution, it also has to cope with a constant barrage of verbal pollution. From the time we are small, we are bombarded with judgment, criticism and blame. Hence, it is little wonder our thymus gland shrinks as we grow older. If you were a thymus gland you'd want to shrink down and make yourself as small as possible, too. You'd be less of a target that way.

Thymus Therapy

So, what can be done to improve the function of the thymus gland? Well, for starters, work on your self-image, because your immune system will never be better than your image of yourself. But, I hear your subconscious programming say, isn't it wrong to think too much of yourself—that would be egotistical! Absolutely, if you try to feel good about yourself by comparing yourself to other people and trying to make yourself “better” than others. That approach will never work because the moment you consciously make one person worth more, you make another person worth-less.

You can also demonstrate with muscle testing that you weaken your own thymus gland every time you put another human being down through criticism, judgement or blame. So, that approach will never work.

What does work is to affirm and believe in your own self worth and the self-worth of others. Years ago I had a sweatshirt that said, “I am...loveable, huggable..” and proceeded to list about 30 or 40 different positive attributes. At the bottom of the list it said, “...and you are, too.” In other words, we avoid

egotism and strengthen our thymus by having a positive image about ourselves and other people, at the same time. As the singer Kevin Benedict says in one of his songs, “To swear, I'm there, and you're equally grand, to me makes much more sense.”

The thymus is regulated by the verb “to be.” The forms of this verb are “I am...” “You are...” and “He or she is...” What you put after the phrase “I am...” constitutes your self-image and is the program you have for your thymus. We program others (including our children, friends, partners, etc.) with the “You are...” and “He or she is...” forms of the *to be* verb. What is placed after the “to be” verb tends to create a self-fulfilling prophesy. So, start by observing what you put after “I am” and “You are” and shift from putting negative things after these phrases to positive things.

That's your first assignment. There are, of course, physical remedies that can help the thymus, too, but in my experience, they won't override a negative self-image. Echinacea is a primary thymus remedy, working both on a physical and an emotional level. It not only stimulates the thymus gland as an herb, it is also used as a flower remedy for people whose self-image is shattered from trauma or abuse. Ultimate Echinacea can be used almost homeopathically (2-3 drops once or twice a day) to help rebuild a damaged self-esteem and repair the thymus.

Yarrow is another important thymus remedy, both physically and emotionally. It's particularly valuable for the person who has a poor self-image and tries to feel good about themselves by trying to fix everyone else's problems. In other words, they derive their sense of self-worth from being a rescuer. The flower essence, or just one capsule per day of the herb can help this.

Thyme is another thymus remedy that works both physically and emotionally. It's discussed in detail on the first page. Jeanne Burgess' THIM-J formula is a very beneficial remedy for the thymus gland. See the handout on page seven.

My favorite formula for the thymus is Trigger Immune. This formula is one of the best for correcting reversed polarity, so it is very beneficial when the thymus is very run down. Used in conjunction with shifting a person's “I am” statements, it can also help correct self-esteem issues.

Steven H. Horne is a professional member and past president of the American Herbalists Guild, a certified iridologist with the International Iridology Practitioners Association, and a gifted teacher and consultant in the field of natural health care. He is president of Tree of Light Publishing.





Kimberly Balas' Clinician's Corner

Immune System Questions

What Causes Vomiting?

I'd like to know what causes vomiting. I have been on colon cleansing herbs for a long time and was always told if the colon is moving along, then you have a clear passage through the colon and you won't vomit. Well, I hate to say it, but you can and I DID. I'm ever so much better today but apparently there is something to this "bug" thing people are always talking about. More importantly, I've never heard anyone explain WHY you vomit—the mechanisms that go into it.

Annie

This is part of the body's second line of immune defense. The first line of immune defense is the mucus membrane linings of the digestive tract and the skin. If something enters into the body it comes in contact with mucus membranes and an activated immune response occurs. The body goes to work trying to identify the invader and devise a plan to kick it out of the body. It then starts to build up its forces to repel the foreign invader.

Think of the mucus membranes and skin as the "customs port of entry" to the "country" of your body or the coast guard patrolling the shoreline. The job of these first lines of defense is to monitor everything coming into the body and look for suspicious characters. If a suspicious character is identified it is prevented from entering the body. If you get diarrhea, that's your first line of immune defense at work. If you get a runny nose, that's also your first line of defense at work. That's why we teach, "the cold is the cure."

This first line of immune defense is where IgG and IgA antibodies begin to be produced. These antibodies are created in response to invaders that are identified at the first line of immune defense. These antibodies are like permanent criminal records, recorded in the body for the rest of a person's life. So, when this same substance shows up at the "port of entry" again, it can be properly identified and prevented from entering the body.

The liver is the body's second line of immune defense. It's the backup to the intestinal membranes. When an irritant gets past the "custom's officials" at the port of entry, then there are other agencies who can go to work. The liver can chemically neutralize toxic substances, but it can also expel them back to

the borders. It does this by flushing the irritants through the gallbladder and back into the intestinal tract.

Nausea and vomiting occur to prevent the irritant from traveling through the small intestines where it can be reabsorbed. It expels the foreign agent through the quickest route possible. It could be likened to a deportation system. This process can also occur during detoxification, when the liver starts processing large amounts of toxins and seeks to eliminate them.

So, yes, even if your colon is fairly clean, it doesn't mean your liver, bloodstream, lymphatics, etc. are all clear. So, as you continue to detoxify, the liver will sometimes dump toxins and you'll have nausea, vomiting and/or diarrhea. It's a good sign that the liver is on toxic overload. It's also one of the reactions the body can have during a "healing crisis."

Tumor on Pineal Gland

I have a friend who was recently diagnosed with a tumor on his pineal gland. He is in late 40's and unfortunately, is overweight. I would like to offer some assistance, but I'm not sure where to start. If you have any information that would help, it would be appreciated.

LeNore

The pineal is controlled by the amount and type of light that passes through the eyes. It happens like this. Nerve pathways transmit light signals from the eyes to the supra-chiasmatic nucleus of the hypothalamus and then to the pineal. This activates pineal secretions, such as pinealin, which is an insulin-like substance that lowers blood sugar, and melatonin, which targets the secretions of certain hypothalamus releasing factors that affect the secretion of gonadotrophins and ACTH. Melatonin is synthesized from serotonin. The pineal is a mediator between the body's internal environment and the external surrounding environment. It is also known as the biological clock of the body and can be affected by traumatic emotional or physical shocks.

Start by considering the emotional implications of this. Is this friend in sensory overload? Does he feel that his life is too overwhelming to deal with? Does he just want to shut his eyes to what is going on around him? These are issues where rosemary and sandalwood essential oils can be beneficial, both to the pineal and to his emotional state. They both promote

oxygen transportation to the brain, and cancer cells are anaerobic, meaning they do not like a highly oxygenated environment.

The pineal can also adjust the pH of the body to accommodate external environmental changes. It does this by balancing sodium, which is controlled by the adrenal cortex, and chloride, which is controlled by the adrenal medulla. Sodium and chloride are very responsive to the movement of light and sound in the body. So, I would look at doing some alkalizing here, using dietary changes and alkalizing supplements, perhaps some Enviro-Detox. Adrenal Support will be a must to help with this pH regulation.

The pineal also forms a reticula formation with the posterior pituitary to deal with humidity in the external environment and water balance within the body. Chinese Kidney Activator could help take this stress off the pineal gland. The Kidney Drainage and Lymphatic Drainage formula can be mixed together in a quart of water and sipped throughout the day to further balance fluids in the body.

Most imbalances that occur in the pineal are due to the lack of silica. The silica reflects vibration in a hormonal circuit. It picks up light and sound waves and then reflects these into the eyes/ears triggering a cascade of reactions. Suggest that he find some soothing music to surround himself with. Pulsating or artificial light influences the pineal and confuses it, resulting in tumors. So, make sure he gets plenty of natural sunlight. Replace all the bulbs in the house with full spectrum lights.

Anytime there is a tumor, you want to cut off support to it. Definitely do the Paw Paw Cell Reg, Immune Stimulator and Protease, but don't forget to check and work on the emotional issues. Some supplements that would be contraindicated here include: all B vitamins, alfalfa, melatonin, Nutri-Calm, IGF-1 and gotu kola.

CA Markers

Can you give some insights on CA markers? Some cancer victims don't seem to know anything about them and others do. What are CA markers really all about? I assume they are part of a blood test. I especially want to know what the range numbers mean, so I can understand if the Paw Paw Cell Reg is making a difference or not.

Geraldine

CA markers are blood tests for cancer antigens. CA is an abbreviation for cancer. High levels of these markers generally indicate the presence of cancer.

CA-15-3 is a breast cancer marker. Normal range is 0-31.

CA-125 is an ovarian cancer marker, normal range 0-35.

CA-19-9 is a gastric/pancreatic cancer marker.

CEA is a carcinoembryonic antigen mostly found in colorectal cancers, normal range 0-5

The Paw Paw Cell Reg is generally shifting these markers in a matter of weeks. If someone has CA markers in the high end of the normal range, I would put them on the Paw Paw Cell Reg as a preventative measure until the markers come down.

Seasonal Defense and Autoimmune Conditions

I am wondering if a person with auto-immune disease can safely take this new Seasonal Defense. I have someone who gets many symptoms at seasonal changes, fibromialgia-like pains, inflammation, etc. The person doesn't tolerate Immune Stimulator because of the autoimmune nature of her problems and is wondering whether this product will stimulate or balance the immune system.

Geraldine

Seasonal Defense does have immune stimulating properties. However, if someone has heat-related conditions with autoimmune disorders, Seasonal Defense could be taken for short periods of time. Seasonal Defense will flush toxins so be careful to use it in smaller quantities with autoimmune conditions.

The andrographis in this formula is cooling to the immune system. That is why it would work like blue vervain does to cool fevers. There are studies using andrographis in AIDS patients. It decreased the HIV in the blood by 38% and created a 31% increase in CD4+ cell counts. One of the constituents in this plant, andrographolides, was found to have liver protective properties. In laboratory trials, it helped to increase bile flow and repair chemically induced liver damage.

There has also been lots of research documenting andrographis' success on colds. It is also very good for prostate problems, especially with tubular swelling and fluid retention. It helped to reduce the accumulation of glycogen and cholesterol in the testis and increased activities of lactate dehydrogenase in the testis and alkaline phosphatase in testis and ventral prostate.

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).





Improving Thymus Function

Building the Body's Immune-Regulating Gland

The thymus gland is one of the seven major endocrine glands. Located in front of the heart beneath the breastbone, the thymus gland regulates the immune system. It is largely composed of lymphatic tissue.

In our younger years, the thymus gland is quite large, and active. It helps program our immune system to resist various infections, by helping lymphocytes (white blood cells) to mature and be programmed to attack specific microorganisms and invading irritants. The thymus produces a hormone known as thymosin A. This hormone stimulates the proliferation of and increased activity in lymphocytes.

A weakened thymus gland can result in reduced immune activity. Unfortunately, this gland shrinks as a person ages, and by old age, most people's thymus glands are composed primarily of fat and fibrous tissues.

Fortunately, there are herbs that can help to strengthen the function of this important gland, enhancing immunity. Several single herbs appear to have strong affinity for this gland. They include echinacea, yarrow, thyme, licorice, olive leaf, pau d'arco, rosehips, wheatgrass and barley grass. Cruciferous vegetables like broccoli, cauliflower, cabbage, etc. also appear to enhance thymus function, as do the essential oils of bergamot, clove, tea tree, oregano, thyme and eucalyptus. Nutrients that help thymus function include black currant oil, organic germanium, vitamin A and beta carotene, and zinc.

The essence of immunity, and of thymus function, appears to be the ability to distinguish self and not-self, that is, to determine what belongs to the body and what does not belong to the body. A weakened thymus not only results in a lowered immune response, it also increases a person's attraction to negative energies and poor quality foods. Emotionally, symptoms of a weak thymus include poor self-esteem, lack of self care, lack of order in a person's personal life, and attraction to junk food. Building the thymus gland can not only help a person resist disease and infection better, it can also help in resolving some of these emotional issues.

Echinacea is a primary thymus remedy, working both on a physical and an emotional level. Physically, echinacea stimulates a non-specific immune reaction, increasing white blood cell count and activity (just like the thymus does). This makes it especially useful for chronic, low grade infections or immune deficiency where a person has a general lowered resistance to disease.

Echinacea not only stimulates the thymus gland as an herb, it is also used as a flower remedy for people whose self-image

is shattered from trauma or abuse. So, echinacea not only physically stimulates the immune system and the thymus, it also emotionally strengthens a person's ability to resist harmful influences.

Ultimate Echinacea is a blend of several species of echinacea and a powerful thymus-boosting remedy. It can be used in an almost homeopathic manner by taking small doses (2-3 drops once or twice a day) to help rebuild a damaged self-esteem.

Yarrow is another important thymus remedy, again acting both physically and emotionally. Yarrow physically strengthens the body's ability to fight off infection, particularly viral infections. It's valuable for the person who has a poor self-image and tries to feel good about themselves by trying to fix everyone else's problems. In other words, they derive their sense of self-worth from being a rescuer. The flower essence, or just one capsule per day of the herb can help this.

Jeanne Burgess' THIM-J formula is a very beneficial remedy for the thymus gland. Containing rose hips, beta carotene, broccoli, cabbage, eleuthero root, parsley, red clover, wheatgrass and horseradish. The formula is valuable for people with run down immune systems who are prone to frequent infections. It has been used for a variety of immune-related diseases including AIDS, Epstein-Barr virus, vaccine detoxification and cancer.

Another powerful formula for enhancing the thymus gland, and probably one of the most effective is Trigger Immune. Low thymus function causes a problem in the body's energy polarity that makes accurate muscle response testing impossible. Essentially, it causes the body to respond negatively to healthy influences and positively to unhealthy influences. Trigger Immune corrects this problem, improving thymus and immune function, while correcting the body's natural energy flow. Trigger Immune is especially valuable for the person who feels tired or "run down" with lowered resistance to disease.

Other formulas that may help stimulate the thymus gland include AL-J (which combines well with THIM-J for people who have frequent colds or allergic reactions) and Immune Stimulator (which stimulates a non-specific immune reaction like echinacea, but in a much more powerful way).

For more assistance in enhancing thymus function and building immunity consult a local herb specialist. You can also check out some of the references listed below.

Selected References

What's Wrong with You? by Dorothy Hall
Biochemical Blood Analysis by Kimberly D. Balas
The Endocrine Symphony by Steven Horne

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THIM-J

Herbal Formula for the Thymus

The thymus gland helps regulate the body's immune response. It assists the body in identifying and destroying foreign invaders like bacteria and viruses, as well as abnormal cells such as cancer cells. In these days of cancer, AIDS, autoimmune disorders, and other immune system problems, it pays to keep the thymus gland healthy.

The herbs in this combination all tend to be good sources of vitamins A and C. Many have proven anti-oxidant and anti-inflammatory capabilities. They have been used to support general health, digestion, glandular function, liver and kidney function. Some have even been proven to help protect the body against cancer.

As a result, THIM-J is used to strengthen both the thymus gland, and the immune system in general. Hence, this formula should help strengthen the overall immune response of the body. It has been used for problems like addictions, AIDS, cancer, *Candida albicans*, colds, Epstein-Barr virus, flu, hepatitis, infection, low immune response, low self esteem, Lyme's disease, myasthenia gravis, vaccine detoxification and an underactive thymus gland. The formula is very useful for people with run-down immune systems and weak thymus glands, who are very susceptible to infections.

The following paragraphs contain a more complete description of the ingredients in THIM-J.

Rosehips are one of the richest sources of vitamin C in the plant kingdom. They are also rich in vitamin C co-factors, the bioflavonoids. Both vitamin C and bioflavonoids are important for strengthening tissue integrity to help prevent infection. Many people have found rosehips helpful in both preventing and fighting colds and other infections.

Beta carotene is not an herb, but the plant form of vitamin A. The body converts beta carotene into vitamin A. Taking large quantities of vitamin A can be toxic. However, large quantities of beta carotene are completely harmless. Considerable research has come forth in recent years which demonstrates the importance of beta carotene to the function of the immune system. Studies have shown that people who consume large quantities of vegetables rich in beta carotene have a decreased risk of developing many forms of cancer. Beta carotene is an important anti-oxidant in helping to fight against free radicals, which are believed to be the cause of aging and degenerative diseases.

Broccoli and cabbage are cruciferous vegetables. The National Cancer Institute has determined that cruciferous vegetables have a protective effect against development of cancer and have been encouraging people through advertising to consume more of these vegetables in their diet. The protective effect is partly due to their high content of pro-vitamin A (beta carotene) and vitamin C. Both of these vitamins are antioxidants, which means they scavenge and destroy the free radicals believed to be responsible for the formation of cancer cells. These vegetables also contain sulphur compounds which help with liver detoxification.

Eleuthero helps the body to maintain its biochemical balance and increases the body's ability to adapt. It reduces levels of a stress hormone called cortisol, which depresses immune function. In short, it helps to "stress-proof" the body, while enhancing immunity.

Parsley herb is naturally rich in many vitamins and minerals, especially electrolytes like sodium and potassium. Traditionally, it has been used to build the blood, strengthen the liver and to improve kidney function. It has a mild antibacterial action.

Red clover has long been used as a blood purifier and anti-cancer agent. It enhances lymphatic movement and helps decongest the tissues, improving the elimination of toxins.

Wheatgrass is rich in chlorophyll, vitamins, minerals, enzymes and many other nutrients. This herb appears to be able to protect the body against X-rays and other forms of radiation. It has a powerful immune-enhancing effect.

Horseradish serves as a catalyst in this formula. It stimulates digestion and circulation. It also helps expel mucus from the lungs.

Dosage: Jeanne Burgess, the herbalist who formulated this blend, recommends 4 THIM-J two to three times daily with meals. She does not recommend taking it before bedtime as it is very energizing.

Sources

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Activating the Healing Response

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Subscription Information

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

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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.

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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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St. George, UT 84791-1239

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