

Nature's Field

An Electronic Journal for NSP Distributors

Yarrow

By Steven Horne

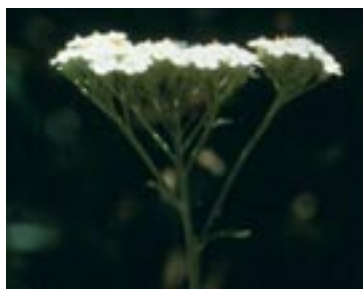


Photo by Steven Horne

I've read that many native American medicine men had a special plant that represented their personal "plant medicine." If I were to pick just one herb that represented my personal medicinal plant, it would be yarrow. Yarrow was the first plant I learned to identify as a teenager and I've always been fascinated with it. My field guide said that Native Americans used yarrow to stop bleeding and heal wounds. It also said they chewed the leaves to relieve toothache, drank the hot infusion for colds and fever, and consumed a cold decoction for stomach and kidney problems. It fascinated me that one plant could be used for so many different purposes, which stimulated my interest in edible and medicinal plants.

Yarrow was also the first herb I tried using. I slapped some yarrow leaves on some cuts when I forgot my first aid kit on an outing. I also tried making some leaves into a tea when I was sick (it tasted terrible). Later, I drank a tea made of the flowers to try to improve my health. The tea tasted terrible, but I gagged it down anyway. Now I mix it with peppermint or peppermint and elderflowers. It's the principle herb in a cold, flu, and fever formula I've made for years called Children's Composition. (The recipe is in the Dr. Mom-Dr. Dad course.)

It wasn't until I learned about North American flower remedies that I really understood why I was so attracted to yarrow. The flower essence is for people, especially in the healing field, who are too empathetic. As a result, they feel overly responsible for fixing other people's problems. The flower essence helps the healer maintain their empathy and compassion for their clients without taking the responsibility for fixing the problem away from their clients. If you find yourself overwhelmed trying to fix everyone's problems sometimes, you may need yarrow as a flower essence. (People with lymphatic rosaries in their iris are very prone to this.)

Matthew Wood says yarrow is for "the wounded warrior and the wounded healer." It's easy to see why. Its ability to stop bleeding and speed wound healing have led it to be used to staunch battle wounds in Europe, America and China for thousands of years. It also fights infection and helps ease pain. Its ability to allow the healer to not "take on" the problems of their clients means it also heals the healer.

Yarrow flowers are one of the best remedies in the plant kingdom for fevers. Yarrow removes "heat" from the blood and helps

clear even severe fevers. It promotes perspiration, moves stagnant blood and has an antiviral action. Yarrow is also a lymphatic moving remedy.

Yarrow's ability to move "stagnant blood" and stop bleeding makes it a valuable remedy for female problems, including heavy menstrual bleeding, painful periods and uterine fibroids.

Yarrow's many benefits explain why it is included in 12 NSP formulas, besides being sold as a single. Its tissue healing qualities make it valuable in Bone/Skin Poultice and Golden Salve. Its ability to help the lymphatic system result in its inclusion in Lymphomax, Lymph Gland Cleanse, and Lymph Gland Cleanse-HY. In fact, yarrow is a key constitutional remedy for people who have a lymphatic rosary in their eye pattern. It not only helps the physical problems people have with a lymphatic rosary experience, it helps balance the emotional traits associated with this iris sign.

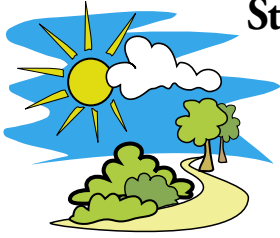
The antiviral properties of yarrow help CC-A fight colds and other acute viral disorders. Its ability to decongest the pelvis and stop heavy menstrual bleeding make it a key ingredient in Menstrual-Reg. It is also found in the blood purifying formula BP-X because it moves stagnant blood and helps perspiration. It lends these same properties to Joint Support.

Yarrow is also helpful as a remedy for side effects of diabetes and urinary tract infections. It is an ingredient in Pro-Pancreas, P-14 and Chromium GTE.

Being the first herb I identified, the first herb I used, and the first flower essence I tried, yarrow will always be a plant near and dear to my heart. For me, yarrow symbolizes the incredible healing powers of the plant kingdom, which even provides a remedy to heal the healer.

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Steven Horne's Ramblings and Ravings

None Dare Call It Diagnosis Part 4, Essential Assessment Tools

This is the fourth article in a series on the topic of health assessment.

In our last issue, I introduced a four step process of health assessment based on seeking the answers to four important questions. These questions are related to the disease tree. Rather than trying to diagnose symptoms and diseases, we dig deeper to determine underlying causes. Using the disease tree as a model, we are working to discover the constitution of the person (the soil), the root causes of disease in their life (roots), the imbalances in their biological terrain (trunk) and what body system(s) need(s) nutritional support (the major branches).

A variety of health assessment tools are available to help you determine these deeper aspects of the picture. Each health assessment tool evaluates different parts of the "disease tree" picture for an individual. Some tools tell us about a person's constitution and some about the root causes of illness. Other tools help us assess which body system's need support and what is the state of the biological terrain.

Which health assessment tools you chose to use depends on personal preferences, cost effectiveness, ease of use and legality. The choice is up to you. Use those that you feel most confident with and which best serve the needs of the kind of business you are trying to build.

As I write this, I am just finishing up a visit to the United Kingdom where I've lectured on the ABC+D charts for NSP UK. After being stagnant in sales for many years, NSP UK put together a consistent way of teaching their people to assess problems and recommend products. In talking with their General Manager, Mark Lees, and their number one Manager, Clinton Sellers, I learned that they realize that NSP is not a hype driven company, but still needs a consistent, duplicatable method of training people.

Clinton Sellers, who has a background in marketing, says it takes about 18 months for a new program to take hold in a network marketing company, so you have to consistently teach the same message over and over again until the people understand it well enough to be able to duplicate it. That's the key to success in network marketing.

Because they understood that NSP people typically don't want to just sell products on hype, like so many network mar-

keting companies do, they adopted the ABC+D charts and system I developed for NSP's School of Natural Health (now the ABC+D Course from Tree of Light). People are learning the system and teaching it to their people and sales are starting to grow. So, that's an example of choosing assessment tools to meet the needs of what you are trying to achieve.

Whichever set of assessment tools you select, the first type of information you will need to collect is background information. You need to understand the health problems a person is seeking assistance for. That's because people aren't coming to you to buy herbs and supplements. They're coming to you to seeking relief. They don't feel good and they want to feel better. Your job is to match them with the products that are going to help them achieve the results they want.

So, even though we aren't going to treat their diseases, the client won't feel like we've understood what they want if we don't let them tell us what health problems they are experiencing. Besides, the kind of health problems they are experiencing will provide us with important clues that tell us how the body is out of balance and suggest to us what systems we need to work on to restore balance.

So, there are two health assessment tools that I don't consider optional. The first is using some type of intake form, which can be as simple as the Lifestyle Analysis or the Body System's Questionnaire. The second, is asking questions and listening to the client to get a precise picture of their needs. This interview can be formal or informal, but it is essential to learn to ask appropriate questions and listen carefully if one wants to be successful at helping people find the herbs, supplements and lifestyle changes that will help them regain and maintain their health.

Intake Forms

Even if you don't do formal consultations, it is still beneficial to have some kind of questionnaire or intake form that provides you with an overview of the health problems a person is experiencing. It takes much less time to read over someone's answers to a questionnaire or intake form, than it is to ask all the necessary questions and write down the answers yourself. Besides, this written material provides you with a record that helps you follow through with clients.

I recommend you include the following on your intake form:

1. **Background Information** (such as age, weight, height, sex and occupation). It is important to know a person's occupation because sometimes their work ties directly into the health problems they are experiencing. For instance, beauticians, painters, and dry cleaners are among the many occupations where chemical exposure may be a problem. Some occupations can also be very stressful.

2. **Lifestyle Information** should include typical dietary habits, sleep patterns, exercise routines or lack thereof, stress level, water intake and frequency of bowel eliminations. This information can point to specific root causes of disease in their life and help you make appropriate nutritional and lifestyle recommendations.

3. **Medical History** is important to collect for legal reasons. If someone has had their thyroid removed or destroyed through radiation, you want to know that because thyroid enhancing supplements will be useless. I want to know what drugs a person is taking, what surgeries they have had, any medical diagnosis they have received and previous therapies they have tried.

4. **A Symptom Checklist** such as the Lifestyle Analysis or Body System's Questionnaire will jog their memory about any symptoms they may be having besides the "disease" they are trying to get help with. This gives you a broad overview of their symptoms and helps you assess which body system's are in need of support.

The Body System's Questionnaire is available for download from the resources section of our website, www.treelite.com/downloads.php. You are welcome to download and print these files at no charge. They are also available in the appendix of The ABC+D Approach to Natural Healing course and other Tree of Light courses. Feel free to modify the forms to suit your particular needs. We are also developing an updated and improved "Complete Lifestyle Analysis" form that will be made available for download when it is completed.

Interviewing the Client

After a person has filled out their intake form, you need to interview them to clarify what they have written and obtain additional information. As you ask questions, you will often be surprised at the number of things they forgot to record on their intake form. I've had people "forget" that they have diabetes or high blood pressure, and fail to mark it on the intake form. So, don't just assume that what they've told you is accurate. Ask questions that clarify the situation.

This isn't a matter of being super intelligent, it's just a matter of being curious. I ask questions to satisfy my own curiosity. For example, I'll ask questions like, "How long have you had

this problem?" "What was happening when you first started experiencing this problem?" "Describe the symptoms you experience." and so forth.

For example, people will say they have yeast or parasites, so I'll ask, "How did you find out that you had parasites?" Often they'll reply, "because so and so muscle tested me and told me I did." Because I know that muscle testing is very subjective and not very accurate when used alone, I don't place much stock in "diagnosis" that has been made by muscle testing.

Again, it's all about curiosity. By asking questions you get a clearer picture of what is going on.

The interview is not a time to listen to yourself talk. It's a time to listen, and listen carefully to your client. Listening is not a passive activity. Since 90% of all communication is non-verbal, it is important to focus your whole attention on the person as you listen. Listen with your eyes by maintaining eye contact. Listen with your body by adopting a body posture that says I'm open to you and interested in what you have to say. Also, listen with your voice. This means acknowledging what the client is saying and making supportive remarks that show you heard what was said and have compassion and empathy for them.

I believe that most of the time people have a fairly good intuitive sense about what is wrong. Too often medical doctors don't listen, which often leaves their patients feeling dissatisfied and frustrated. When a person feels like you really listened, they are more likely to accept your advice and recommendations. Making supportive comments like, "That must have been difficult for you," "I can relate, I've had similar problems," or even "Thank you for sharing that," sends the message, "I heard you and I acknowledge and accept you." Just feeling they have been heard, understood and accepted is good therapy for clients and can be a critical part of a person's healing process.

The interview is also a good time to observe the client. Note their body shape, personality, skin tone and facial features. With practice, your observation skills improve and you become increasingly able to pick up on subtle clues that help you determine how to help people.

To be continued...

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Kimberly Balas' Clinician's Corner

Centrum, Tonsils, Goat's Milk & Kidney Infection

Centrum Multivitamins

I am tired of hearing people talk about Centrum!

Do you have any research or comments about the quality of Centrum? I can't find any on the internet.

Eli

Many people think that all vitamins and minerals are the same, but they are not. Nutrients have to be presented to the body in appropriate forms in order to be bioavailable (useable by the body). Cheap vitamins and supplements tend to use cheap forms of nutrients that are not bioavailable, and may actually do more harm than good.

After reviewing some of the ingredients in the Centrum product, here are my comments. These comments apply not only to Centrum, but to other multivitamin supplements that contain these forms of vitamins and minerals, along with additives and fillers.

The first ingredient is calcium carbonate. Calcium carbonate is chalk. It is not a form of calcium that is bioavailable to tissues. It buffers hydrochloric acid and interferes with digestion, making assimilation of other nutrients more difficult.

And while the label says "Vitamin A (50% from Beta Carotene)." Usually, the other 50% is a palmitate, which is a synthetic acid residual.

They are using Vitamin E acetate, which is a by-product from film processing by Kodak. They sell this unnatural form of vitamin E to major vitamin companies. You can tell it is synthetic because it begins with "dl." Natural vitamin E is just "d." This refers to the spin on the molecules. Natural ones spin only one direction, synthetics contain a mixture that can spin in both directions. Although the source for the vitamin D is not listed, it is usually synthetic in products like this.

Most of the inexpensive vitamin B12 comes from sewer sludge. The minerals are not in a chelate form, which makes them pretty unusable when bound with the other synthetics. This product contains a chromium picolinate which can toxify the liver over an extended period. It also "heats up" the body.

The fifth ingredient is cellulose, which is just a filler to make the tablet bigger so you feel like you are getting your money's worth. Microcrystalline cellulose is a naturally derived stabilizer, texturizing agent and fat replacer. Hydroxypropyl Methylcellulose is a pesticide resin that they shave off wood and sell the sawdust as another filler. Silicon dioxide is sand.

Titanium dioxide is the standard white pigment used principally in paints, paper and plastics. It is the most important pigment in the world, accounting for about 70% of total volume. The pigment is made by processing a variety of titanium-containing minerals such as ilmenite, rutile, leucocene or titanium slag. They use it to make the vitamin a better color.

There is gelatin, starch and sucrose in this product. Oh yes, we all have deficiencies of gelatin, starch and sugar, right?

Cupric oxide is black iron powder. This is not a form of iron the body assimilates easily, especially when bound with calcium carbonate. This kind of metallic iron irritates intestinal membranes.

Triethyl citrate, a chelating and pH control agent, is used in pesticide formulations applied to growing crops and raw agricultural commodities after harvest. It is produced by Monsanto Company and Zeneca Ag Products. Makes you feel better already, huh?

Chromium chloride is a synthetic form of chromium. It is a poor source of chromium, bordering on the toxic side. Sodium molybdate is used mostly for manufacturing dyes, pigments, and as a corrosion inhibitor.

Sodium selenate and sodium selenite are used as supplements to poultry and livestock feed to promote growth and prevent selenium deficiency diseases. Both compounds have been found in chemical waste sites. They are used to dehydrate the body, so you don't flush as many residuals, like B vitamins, out of the body through urine.

Sodium metavanadate is a recycled stabilizing chemical. In a raw form and in large quantities it can actually burn when in contact with skin in a raw form. There is a safety data sheet that shows that nickelous sulfate can be harmful if swallowed and is reported to be a cancer causing agent in laboratory animals. It is also reported to cause reproductive disorders. They use it as a stabilizing agent so that acids from the other vitamins will not break down and cause the tablet to get mushy.

I don't think I even have to provide all the information on the dyes and colorings listed here that have been reported to have carcinogenic effects. Of course, they do make the vitamin look good while sitting on your tongue for all of two seconds.

Nutrients have to be presented to the body in appropriate forms in order to be used by the body. Cheap price typically means cheap quality, and people shouldn't be cheap with their

health. Multiple vitamins like this one are acid forming and aren't very effective at supplying the body with nutrients it can actually use.

In short, I would put vitamins like this where they belong, in the garbage, because I wouldn't even give them to someone I didn't like.

Enlarged Tonsils

I'm working with a two-year old whose tonsils are very large. He has some eating problems. He eats only baby food, spits out food and is very picky. His appetite has been poor and he has refused to eat in the past. The doctors attribute this to the enlarged tonsils. Could this be possible? Why are his tonsils large?

Patricia

The tonsils are composed almost entirely of lymphatic tissue. They are part of the immune system and filter lymph from the head area. Enlarged tonsils would suggest lymphatic congestion and stagnation. Lymphatic congestion and stagnation in the digestive tract would make for poor appetite and poor digestion.

I would start by giving him Lymphatic Drainage to improve lymphatic flow. Red root, an herb found in Lymphomax, will shrink swollen lymphatic tissues, including swollen tonsils. I would also give him Proactazyme to help him break down food. You can open the capsules and mix some of the powder directly into his food before feeding it to him. However, whatever he doesn't eat right away will need to be thrown away as it will start to digest in the bowl after five or ten minutes.

Goat's Milk for Infants

Do you have some information on the benefits, nutritional values, etc. of goats milk. My daughter wants an alternative to breast milk as she will soon be going back to work and can't pump as she would like to. She tried him on a milk-based formula, which I'd like to see her change. He is restless and has gas with this product. Her concern is, "...will the goats milk be sufficient?"

Gale

I was in a very similar situation with my own daughter. I went back to work and it was nearly impossible (with stress in the engineering world) to produce breast milk. I struggled for 3 months of pumping, just to get enough for her to have twice per day. I found someone I could purchase organic goat's milk from and actually drove over an hour just to pick it up each week. I read a lot of the information from Dr. Jensen and made up my mind that it was the best choice. After seeing how my daughter responded, I feel that I did make the best choice.

I made a formula of 1/2 goat's milk and 1/2 water. I added bifidophilus, vitamin E, and flax seed oil along with a liquid mineral. I added 4 flax seed oil capsules broken open (that was before we had the liquid). I would think this is about a tablespoon of

flax seed oil. I also added the contents of one vitamin E capsule as a preservative, along with the contents of 4-6 bifidophilus capsules and about one tablespoon of colloidal minerals. I found it easier to mix everything first in a bowl, then add it to the milk mix and blend it by shaking it. With what I now know, I think I would also add some Proactazyme to the formula.

My daughter absolutely thrived on this, had very little, if any, gas or digestive upset from it. She automatically weaned herself at 10 months and went directly to water and sometimes chlorophyll. She hasn't had anything to drink since that time, other than water or doing some Berry Healthy drink or Herbal punch once in a while.

I really feel that this choice along with non-immunization has increased her dense muscle mass and she has only had the sniffles a couple of times.

Kidney Infection

My sister had a kidney stone removed eight days ago. The doctor said she had a kidney infection and gave her an antibiotic. She had an allergic reaction to the antibiotic—broke out every where with blisters, rash, and swollen joints. He then gave her two cortisone shots and a z-pak for seven days. Yesterday, she had the tube removed and began bleeding badly. He said she apparently had internal blisters as well and they broke and bled when he removed the tube. He then told her that she still had a kidney infection. So far she had been given eight different medications and last night she said she is quitting all of them. What can she do for the kidney infection, the rash and to rebuild her immune system?

Cindy

I would start with some Yucca or Histablock to help with the negative reaction she had. I would also look at Yeast Fungal Detox, considering the antibiotics she's received. As for the kidney infection, I would use the Lymph Gland Cleanse (IGS II) and Colloidal Silver together. I would add the Cranberry/Buchu to help rebound the kidneys. It appears that she has an acid constitution and would need some advice on changing her diet to more alkaline foods. She also needs to make certain she is drinking enough water. Adding lemon to the water she drinks would probably help.

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).





Uterine Fibroids

Proper Natural Therapy Can Avoid Unnecessary Hysterectomies

Fibroids are abnormal growths of connective tissue, usually benign, in the uterus. Very common in women between the ages of 35 and 40, they may grow inside the uterus, within the layers of the uterus, or on the outside of the uterus.

Where they grow will determine the type of symptoms a woman with fibroids experiences. Fibroids inside the uterus typically cause heavy, prolonged periods and bleeding between periods. Fibroids on the outside of the uterus will not increase bleeding, but may put pressure on other organs such as the bladder or colon. This can cause constipation, frequent urination, incontinence or symptoms of cystitis.

Other symptoms of fibroids include painful periods, enlarged abdomen, painful intercourse and backache. Anemia may result from loss of blood. Fibroids can also prevent conception. Since symptoms are often obscure, it is important to get an accurate medical diagnosis to ensure the problem is actually fibroids and not something else.

Fibroids are usually caused by excessive levels of estrogen in the body, either from hormonal imbalance or as a result of exposure to xenoestrogens (environmental toxins with estrogenic effects) such as pesticides and plastics. The extremely common occurrence of fibroids in modern society suggests that xenoestrogens are the major culprit.

Excess weight appears to aggravate the tendency to fibroids, but this is probably due to the fact that fat stores estrogen. Other factors that increase the risk of uterine fibroids are too much caffeine and too much fat in the diet, deficiencies of essential fatty acids, underactive thyroid, birth control pills and X-rays.

Natural therapy for fibroids begins by reducing exposure to xenoestrogens. Commercial meat and dairy products typically contain hormones that aggravate fibroids. Soft plastics (like milk cartons) and many pesticides also contain xenoestrogens, so avoid plastic containers and purchase organic produce where possible. Wash commercial produce in Nature's Concentrate to remove pesticide residues. Coffee also contributes to fibroid growth and should be eliminated.

Foods rich in phytoestrogens should be increased, as these phytoestrogens block estrogen receptor sites, but are less stimulating than regular estrogens or xenoestrogens. Foods rich in phytoestrogens include soy products, other legumes, whole grains and dark green vegetables.

Weight loss will help as well as improving circulation in the pelvis with moderate exercise. Herbs that improve pelvic circulation such as ginger, capsicum or yarrow can be helpful.

Yarrow has been helpful in breaking up fibroids in many cases. Matthew Wood, a professional herbalist, has cleared up many cases of uterine fibroids with this herb alone. Where heavy periods and bleeding are a problem, try 2 capsules of yarrow and 2 capsules of Menstrual Reg three times daily. Where heavy bleeding has resulted in anemia, I-X and yellow dock can be beneficial.

V-X is an excellent formula for breaking up uterine fibroids. Internally, it should be taken in large doses, such as 3-4 capsules three times daily. It works even better when it is also used as a suppository. The powders are blended with enough cocoa butter or Golden Salve to hold them together and formed into little finger-sized suppositories. These are stored in the refrigerator to keep them hard until ready for use. Inserted vaginally twice daily, they absorb toxins and excess estrogen, rapidly eliminating the cause of fibroids.

Where hormonal imbalances in the body are a problem, Pro-G-Yam Cream can be massaged into the abdomen to help shift the balance between estrogen and progesterone. Wild Yam/Chaste Tree combination or False Unicorn can also be taken to reduce estrogen production in the body.

Fibroids can be related to congestion in the liver, because the liver is responsible for breaking down excess estrogen. Chinese Blood Build (BP-C) can be of great help here. It not only strengthens the liver, it also helps overcome anemia. Other liver formulas such as EnviroDetox or SF may also be helpful.

Super GLA, Omega-3 EPA or flax seed oil can be added to the diet to obtain necessary essential fatty acids. Vitamin E may also be beneficial.

Left unattended, fibroids can cause scarring of the uterus. To prevent fibroids from forming from a wound and a scar, blend Golden Salve and/or Vitamin E with Lavender or Geranium essential oils and apply topically.

Hysterectomies should only be sought as a last resort. The uterus is not just a reproductive organ. It has other important functions in the body, including assisting in fat metabolism. Natural therapies are usually very effective and should be tried first. Consult your local herb specialist or some of the references below for additional information.

Selected References

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Professional Guide to Conditions, Herbs and Supplements by IntegrativMedicine

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V-X

Vaginal Suppository, Rectal Bolus, and Poultice Formula

V-X is based on a formula developed by the famous herbalist John Christopher. It is a combination of herbs that draw toxins out of the body and encourage tissue repair and healing. Its original purpose was to be used as a vaginal suppository or rectal bolus for problems such as uterine fibroids, vaginal irritation, cysts, tumors and hemorrhoids. So, it was sold in bulk.

V-X is made into suppositories by blending it with enough melted cocoa butter to make a paste the consistency of pie dough. These are rolled into pencil-like shapes approximately the size of the middle finger and about one inch long. They are then stored in the refrigerator until ready for use.

When inserted into the vagina or rectum, just prior to retiring for bed, the cocoa butter melts, leaving the herbs in contact with tissues to absorb toxins and promote healing. It is a good idea to use a sanitary napkin to help hold the suppository in place. The herbal powders can be washed out of the vagina with a douche the following morning. (This is not necessary with rectal insertion as the powders will simply pass with the next bowel movement.)

If heavy bleeding is a problem, the douche can be made using a decoction of an astringent herb (such as white oak bark or calendula) and retained for 5-10 minutes to tone up tissues. Bleeding can also be stopped by adding one ounce of colloidal minerals to each pint of water. The retention douche is performed on a slant board or with some pillows propped up under the hips. The fluid is taken into the vaginal area and retained for 5-10 minutes, then expelled.

This procedure can cause fibroids to start passing and bleeding problems to ease up in as little as a week. Unfortunately, although the procedure is very effective, many people simply will not take the time to make the suppositories or do the douching, so the formula was eventually encapsulated for internal use.

Internally, V-X soothes the irritated tissues of the digestive tract, reducing inflammation and absorbing toxins in a similar manner to Intestinal Soothe and Build. It also helps supply iron to build the blood and improves the flow of lymph in the body. It helps eliminate toxins and can be used for diarrhea, reducing cholesterol and easing dry, irritated cough.

Even though it is more effective as a suppository or douche, herbalists have found that taken internally it still helps to eliminate uterine fibroids. The process is simply slower. When

taken internally, V-X should be used in large doses, 3-4 capsules three times daily. Where heavy bleeding is a problem, yarrow and Menstrual Reg should be taken along with V-X.

Another excellent way to use V-X is as a poultice. Mix the powders with enough water to form a paste and apply topically to wounds, sores, insect bites and other injuries to reduce swelling and inflammation, ease pain, and promote rapid healing.

V-X contains the following ingredients:

Plantain leaves have the ability to draw toxins, pus, and other impurities from tissues, while promoting tissue healing and repair. They improve lymphatic drainage and have a mild astringent effect that helps stop excess bleeding.

Squaw vine gets its name because it helps to regulate the menstrual cycle and female hormones. The fact that it has been used to help sustain pregnancy suggests it has a progesterone enhancing, estrogen-lowering effect. It is also a diuretic that reduces pain and inflammation in the genito-urinary passages.

Goldenseal reduces stagnation and chronic inflammation on membranes such as those lining the vaginal area and rectum. It also has a mild antiseptic action.

Yellow dock is rich in iron and helps rebuild the blood, overcoming anemia. It is also beneficial to the liver, helping to detoxify that organ.

Marshmallow is a mucilaginous herb that soothes and softens tissue while it absorbs impurities.

Chickweed helps the body break down fats and fatty deposits. It improves liver and lymphatic function.

Mullein softens and hydrates tissue, while improving lymphatic drainage.

Slippery elm is nourishing and mucilaginous. It helps to bind poultices together and also absorbs toxins.

Sources

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A Handbook of Native American Herbs by Alma R. Hutchens (Boston, Massachusetts: Shambhala, 1992).

The Wild Rose Scientific Herbal by Terry Willard, Ph.D. (Calgary, Alberta: Wild Rose College of Natural Healing Ltd., 1991).

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“Kick It Up a Notch” With Steven Horne (aka Emeril La’Herb Guy)

If you like Steven Horne’s teaching style, then enjoy him at his best with our new *Herbal Preparations and Applications* course. We video taped Steven in his own home with a live class in making infusions, decoctions, green drinks, tinctures, glycerites, salves, poultices and more. The 50+ page manual for *Herbal Preparations and Applications* covers gathering, drying and preparing herbs, various methods for applying them topically and internally, dosing strategies, principles of herbal formulation and more.

This course will ship in early October and will cost \$168.98 for the manual, four professionally recorded video tapes, study guide and certification. You can pre-order the course for \$145, if you order before Oct 11.

Also if you order Steven’s New NHC course *Activating Healing Response* with Herbal Preparations and Applications receive an extra \$20 off.

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Call 770-751-6021 or go online at www.americanherbalist.com
Steven will be speaking on paw paw.

Canadian NSP National Convention

Oct 14-16 Montreal, Canada

Canadian Lecture Tour (Dr. Mom-Dr. Dad)

Kelowna, BC (Nov 1); Duncan, BC (Nov 2); Calgary, AB (Nov 3);
Edmonton, AB (Nov 4); Winnipeg, MB (Nov 5); Toronto, ON (Nov 6);
Montreal, PQ (Nov 7); Ottawa, ON (Nov 8)
Call NSP Canada 800-265-9163 to register.

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

Aromatherapy

Nov 6-7

Casper, WY

\$300

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Tree of Light Publishing is an independent educational organization dedicated to research, writing, and education in the field of natural health. Our approach discusses health on all levels: physical, mental, emotional, spiritual, social and environmental.

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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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