

Nature's Field

An Electronic Journal for NSP Distributors

Yellow Dock

By Steven Horne

If you've ever seen a yellow dock plant in the late summer or fall, you will observe a great example of the doctrine of signatures. The seeds at first, and later the whole plant, turn rust-colored, signifying the plant's connection with the mineral iron.

Dr. Edward Shook promoted yellow dock as a natural source of iron in *Advanced Treatise in Herbology*, claiming it contained up to 40% iron-bearing compounds. Dr. John Christopher also promoted the plant for this purpose, so it is widely known among Utah herbalists as a remedy for anemia. Oddly enough, however, yellow dock doesn't even make the top 20 list of iron-bearing herbs in Mark Pederson's *Nutritional Herbology*.

Last issue, I discussed the concept of whole food nutrition, and yellow dock is a perfect example of how nature combines specific nutrients in complex forms to produce medicines far superior to the isolates of modern chemical medicine. Although not the highest plant in iron, it does overcome anemia and improve the oxygen carrying capacity of the blood. This is why it is included in the herbal iron formula (I-X), well known for its ability to build up the blood and overcome anemia.

Inorganic iron supplements are well known to cause constipation, but yellow dock has no such side effect. Quite the contrary, yellow dock is actually a mild laxative. It contains a small amount of anthraquinones, the same compounds found in senna and cascara sagrada. So, it can not only overcome anemia, it's also a great remedy for constipation, especially in children, because it is such a mild laxative herb.

But, here's an ironic twist, yellow dock has also been used to arrest diarrhea and reduce intestinal inflammation. That's because it also contains tannins, which tighten tissues and arrest discharges. So, yellow dock is one of those "dual-acting" remedies that can normalize bowel function.

Probably the most common use for yellow dock is as a blood purifier. Here again, we see the dual action. It builds the blood (overcoming anemia) and it also cleanses the blood (helping to remove toxins). The concept of blood purifiers is unique to herbal medicine. You won't find any modern drugs being promoted as remedies to "purify" the blood.



Photo by Steven Foster

Traditionally, diseases involving morbidity (pus, decay, etc.) of tissues were thought to be the result of impure blood. This includes diseases involving eruptions on the skin, including eczema, psoriasis, dermatitis, itching, chicken pox and even leprosy. All of these diseases respond favorably to blood purifiers. Boils, cysts, and abscesses also respond favorably to remedies designed to purify the blood. Most traditional anti-cancer remedies have a reputation as blood purifiers. Both yellow dock (*Rumex crispus*) and its close relative, sheep sorrel, (*Rumex acetosella*) have been used for all these conditions. These

remedies appear to increase the flow of bile (detoxifying the liver) and aid lymphatic cleansing, too.

Yellow dock is traditionally combined with other blood purifiers such as burdock and dandelion for maximum effectiveness. It comes as no surprise therefore that it is an important ingredient in BP-X (NSP's blood purifying formula), All Cell Detox (a general cleansing formula), Liver Cleanse Formula (a traditional liver enhancing formula) and Enviro-Detox (a formula for cleansing the body from environmental toxins). In each of these formulas, yellow dock contributes to the detoxifying capacity of the body, helping to keep our blood pure and iron-rich.

Selected References

Encyclopedia of Medicinal Plants by Andrew Chevallier
 Handbook of Medicinal Herbs by James Duke
 Nutritional Herbology by Mark Pederson
 Herbs and Old Time Remedies by Joseph VanSetters

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Steven Horne's Ramblings and Ravings

Environmental Toxicity and Modern Medicine

Last issue, I wrote about whole food nutrition and my belief and experience that whole plant medicines are vastly superior to isolated derivatives and chemicals. This issue, I wish to address the same subject from a slightly different angle—the problem of environmental toxicity. It seems to me that this problem is affecting everyone in modern society to one degree or another. Everywhere we turn we are exposed to environmental toxins, not just in our food supply, but also in our air and water.

If we accept the hypothesis that light is life, and that there is something more to living things than simple chemical composition, then toxins are materials which cannot participate in the dance of life. They may react with living tissue, but their reactions will be less than optimal at best and destructive and deadly to life at worst.

The philosophical battle between the vitalists (those who believe in an immaterial life force) and chemical medicine (those who believe that inorganic compounds can heal) has been going on for hundreds of years. Samuel Thomson wrote of this in the early 1800s when medical doctors used arsenic, mercury and other heavy metals as medicines. The following is an extract from a circular he published in 1817.

While in silent repose upon my bed, my mind was greatly agitated by a voice which, in my dream, I heard saying, "Poor wretched inhabitants of a free country! Boasting of religion, medical knowledge and wisdom!" And I thought myself awake and said, "what is the cause of their wretchedness?" As I spoke, turning my eyes, I saw by my bedside a man clothed in a long white garment. I thought I said to him, "who are you?" He replied, "I am Deception." I then said, "why do you give yourself this odious name?" He replied, "White denotes Purity, Innocence, and a Promoter of Health."

I then asked him what he was in reality; his reply was, "I am Death under the name of Life; or Evil, under the name of Good." I then asked him to appear to me without any cover or disguise; this he did, by throwing off his white robe; all was blackness and darkness. I then asked him what he represented; he said "DEATH! and many of my victims you have known, and others you have lately heard of, and will continue to hear of them, until this mineral practice is changed.

Many have I destroyed with my deadly weapons, some within a few days or hours."

After hearing all this, I asked him if he was a reality or not. He replied, "I am only the representative of many." This led me to inquire what he represented; to which he replied, "I shall call no names," and then showed me two pill bags and said, "These, and what is inscribed on them, will teach you why I am Death under the name of Life, and why I kill under the name of preserving life." I then asked him what he meant by that inscription; he replied, "I mean those deadly weapons contained in the bags, the names of which are, according to the best of my recollection, Arsenic, Mercury, Quinine, Opium, Nitre, Lancet, and Knife."

He then added, "These instruments of death are used under the pretense of curing diseases or promoting life; and the men who use them, you know have been the cause of the death of those who were so suddenly taken from their friends and all they held dear on earth."

Thomson says the messenger then showed him the poisonous nature of these substances and told him to check the Dispensatory and discover for himself their toxic nature. Thomson continues:

Fearing I might forget these things, I arose immediately and wrote down the vision according to my recollection; and as soon as possible, found the books mentioned, and to my great astonishment, found every word in the Dispensatory which had been related to me.

The Dream, and what I found in the Dispensatory, caused some serious reflections in my mind. I said thus to myself: If arsenic, mercury, and nitre are in their nature poison, can they in the hands of a physician be medicine? If, when taken by accident, these things kill, will they cure when given designedly? Does not mercury go to the same part of a man when taken by accident, as when given by the doctor? Surely it does; of course it will be poison, and be injurious whenever it is taken.

One only has to watch TV to see that the same practice of using poison for medicine has continued to this day. Chemistry,

the study of isolates and parts, not the study of the living whole, rules the day. Thomson called this learned ignorance. Elsewhere in his narrative, Thomson says that our bodies contain natural sentinels (the eye, ear, mouth, etc.) to judge for ourselves whether something is good for the system or not. He points out that wild animals instinctively know what to eat and what to avoid, and often even know what herbs to eat when they are sick.

And when wild beasts go according to the dictates of nature, they are more successful in raising their offspring than are mankind in raising theirs by art. For the beasts will neither eat poison themselves, nor force it down the throats of their offspring. But mankind, by the prejudice of false learning, will both eat poison themselves and force it down the throats of their children, till they by this means execute death upon them in their own arms....

...Yet the eyes of the people are blinded by the sound of the word learning and learned doctor...

Today, the ears of the people are being duped by the words *science* and *scientific medicine*. For instance, do you realize that many pesticides were originally developed in Germany between the first and second world wars for use as forms of chemical warfare? Yet today, people blindly spray these chemicals in their homes, yards and buy foods that have been sprayed with them as well. We use household cleaning products, cosmetics, building materials, fabrics, etc. all containing chemicals any reliable reference will verify are toxic in nature. Then, when people get sick from the build up of these toxic substances in their bodies, they are encouraged to consume more toxic substances called drugs to "get well."

It is interesting to note that the words pharmacy, pharmacist, and pharmacology all have their roots in the Latin word *pharmakia*. This is a Greek term for poison. This word *pharmakia* is found in the New Testament and was translated in English as the word sorcery. So, for instance, in the Book of Revelations, when it says that the Mother of Harlots deceives all nations by means of her sorcery (*pharmakia*). If this passage were properly translated today it would read that the Mother of Harlots has deceived all nations by means of her pharmacology.

Whether you believe in the New Testament or not, it is interesting that in Biblical times the one who mixed poisons was the sorcerer and the herbalist was the healer. During the middle ages, this situation became reversed. The herbalist was called the witch or sorcerer and the pharmacologist (who mixed poisonous drugs) became the respected healer. This putting of light for darkness and darkness for light continues until this day.

Thomson felt that if people were to return to nature for their medicine and learn again to trust their own sentinels that the strength and health of mankind would dramatically improve in a few generations.

Were it possible for mankind to be brought back to his proper grade, that of other animals, and at the same time to exercise all their natural faculties, and have their sentinels which have been knocked down by the doctor restored, so as to be as good as those of the beasts, so that the sentinel of the eye and nose would regulate their food and medicine and prevent any poison being taken either by themselves or their children for four generations, the people, I think, would improve in stature and vigor, and become "mighty men of renown;" such as we read of in olden times, before the poison doctors had destroyed the natural senses of our race; or at least, so perverted them that they cease to be subservient to their natural use.

Then he warned.

But, on the contrary, should the hoodwinking system be continued, and the people continue to degenerate, in every sense of the word, so far as their health and bodily faculties are concerned, for four generations to come as they have for two generations past, they will become more like a race of monkeys than like human beings.

As I look around at the incidence of attention deficient disorder, hyperactivity, depression, mental illness, crime, violence, and lack of judgement I see exhibited in the world around me, I wonder if Thomson's prophesy isn't coming to pass. I realize this might seem harsh, but the more I have learned to avoid chemicals and cleanse my system, the clearer my thinking has been. I am convinced that Americans as a whole are being slowly poisoned by deception, even worse than people were being poisoned in Thomson's day.

Detoxification therefore, is absolutely essential to maintaining good health in modern society. But detoxification has to extend beyond simply taking herbs to improve elimination in the body. It also has to extend to avoiding chemicals as much as we possibly can, whether they are in our food, air or water. Someday, we may be able to change the social and political climate that is creating this problem, but until then, regular detoxification is our only protection.

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Kimberly Balas' Clinician's Corner

Cleansing, Building and Other Questions

Cleansing, Building and Parasites

First, I'd like to thank you, Steven, and anyone else who has had a hand in creating the Tree of Light certification courses, for the excellent job on presenting the information. I have thoroughly enjoyed the ABC+D Approach, Health Assessment, and the Therapy for Common Ailments [which has been replaced by Dr. Mom-Dr. Dad—Editor]. You're right, just the shift in thinking on how to view disease (historical versus traditional) seems to help the practitioner make suggestions and applications with more confidence and I'm sure have a higher success rate.

KUDOS to all of you!

Now to my questions. The ABC+D Approach course suggests that IBS usually involves a proliferation of Candida, fungi or the presence of parasites. How can I pinpoint if any of this is true in a person that has IBS, so that I can give the right remedy? Is it through muscle testing? Do I suggest to the client to go get stool test for parasites? Are there tests for fungi or Candida?

Also, I'm a little bit confused about when to suggest a regular cleanse or a parasite cleanse and when not to recommend a cleanse. It seems you can have a lower level of cleansing with some herbs while you're building (i.e. taking the alterative in the morning and the building in later meals). When would something like this be applied? It's confusing to me.

The reason I say this is in my case studies I have seen people with combination of adrenal exhaustion and constipation. This type of person is already feeling fatigued, however I understand how a cleanse could clear out many toxins, but it wouldn't it make them feel terrible for 10 days? If this type of situation would benefit from a cleanse, please clarify how I encourage or explain to the client to do the right thing for themselves even if it causes discomfort?

What about a person with IBS/hypoglycemia combination? To cleanse or not cleanse before building?

Thank you. I look forward to your answers.

Lourdes

Thanks for the positive feedback. Tree of Light is updating many of these courses to make them even more valuable!

There are no really accurate tests to effectively measure

Candida. However, if a person has taken antibiotics and never followed them up with probiotics and antifungals, they probably have at least some problem with Candida.

Most everyone can benefit from a parasite program periodically. There are some tests on the blood work that can tell you an indication of parasites. For example, elevated eosinophils can suggest the presence of parasites. The stool sample only measures what is being flushed and not what's being retained in the system, so it is not always a reliable indicator for parasites.

The best thing to do is address the issue of biological terrain. If one clears up the terrain of the body so it is not a good host environment for parasites, then it will encourage the parasites to leave if they are present. So, assessing and correcting the imbalances in biological terrain are more important than trying to diagnose whether a particular parasite, like Candida, is present or not. If you destroy the parasite, but don't change the biological terrain of the host, then the environment for the parasite remains and it will likely return.

The new ABC+D course and charts (featuring the six tissue terrains) helps make working with biological terrain easier.

Cleansing and building are not totally mutually exclusive, it's a matter of primary focus. If someone tends to run hot (red face, fast pulse, bright red tongue, etc.) or is congested, then it is probably wise to start them on a cleanse. On the other hand, if they tend to run on the cool side (pale face, slow pulse, pale or dark colored tongue, etc.) then it is probably wise to start them on a building program first. If you increase a person's vital energy, then the body starts cleansing itself. Using your example of the person with exhausted adrenals and constipation, it's possible that strengthening the adrenals might help with the constipation without having to resort to a laxative. In the IBS/hypoglycemia case, licorice root is both anti-inflammatory and blood sugar balancing, so one herb might help both problems. If in doubt, always build.

Mange

My dog has had mange two times in the last year. Both times I gave her Ivamec shots and it cleared up for awhile. What can I do so she won't get it again?

Marvin Gehman

Mange comes in three varieties: Demodectic, Cheyletiella and Sarcoptic. It is caused by different species of mites, tiny eight-legged critters related to spiders.

Boost the immune system with Trigger Immune and do the Black Walnut to get rid of the parasites causing it. I would make an infusion of black walnut, then let it cool and add tea tree oil, colloidal silver and Nature's Fresh (about 1 ounce). Spray this mixture all over the dog's body and give him the liquid black walnut internally as well.

Change the host environment and the parasites will go away.

Oregano Oil and Cats

I just had a lady tell me she is using oregano oil on her kitties who are very sick with feline infectious peritonitis (FIP). I need to know if oregano essential oil is safe to use on cats. I know it is very strong and should never be used undiluted, but is it safe to use internally?

Lisa

My answer is NO to both questions. Felines are especially sensitive to essential oils. When I use essential oils on a cat, I usually put the oil somewhere near their litter box or an area near where they like to curl up. That way they will inhale very small amounts. Cats have a very sensitive respiratory system and the EO's can be too much for them. If I were to use any oils on them I would use lavender. Again, I would not give it to them internally, I would put it somewhere they can get a whiff of it so they are not overwhelmed by it.

I would probably use Trigger Immune here. Open the capsules, mix the contents with Nature's Spring reverse osmosis water, then put the liquid into a syringe and use the syringe to squirt the mixture into their mouths. Use about 1 cc two times per day on each cat.

With any disease which compromises the immune system, felines will also respond well to nutritive, building herbs like nettles, cordyceps, astragalus or Green Zone. Cats are B blood type and do very well with adaptagens.

Nature's Fresh as a Deodorant

I have been trying the Nature's Fresh as a deodorant this last week. I don't think I am using it correctly. I have simply been spraying it under my arms and rubbing it in with my hands. I am a massage therapist and as I work on people I tend to break a slight sweat. (Or should I say I "glisten" since we all know that girls don't sweat, we "glisten!") I stink by the end of the day!

Jenny

Nature's Fresh works by breaking down odor molecules to

remove odors. It doesn't stop perspiration and after a while the enzymes will break down and the effect will wear off in about 3-4 hours. The odor is caused by bacteria on your skin breaking down compounds in your sweat and by toxins being eliminated in your sweat. I find it also helps to take the chlorophyll capsules internally to control odor.

If you add some of your favorite essential oils to the Nature's Fresh, the effect will last longer because the essential oils control bacteria and also mask odors. I find that the citrus ones can become metallic after a while on some people, so be careful with the citrus oils. Take a small two ounce bottle to work with you and refresh it after a couple of hours. Then you can "glisten" with confidence!!

Brain Cancer

Is there anything that can be done about Brain Cancer? I've heard from several different sources that, once you develop cancer in the brain, you may as well give up and die. How true is this? And, if there's no truth to that statement, would you handle it any differently than any other type of cancer?

Lynn

As with ANY cancer, if the terrain is not changed then there is always a condition present for good "hosting" of the abnormal cells. When the terrain becomes stagnant and cells go anaerobic, then changes have to occur no matter where the cancer is in the body. Yes, brain cancer is more challenging due to the density of the matter and the accessibility of the blood to the brain but it can be dealt with.

Essential oils, such as helichrysum, can be a great help with brain cancer because of their ability to cross the blood/brain barrier. We have successfully used MSM and Cellular Energy to help with stagnation and improve the terrain. I have also had success dealing with cancer with enzymes. People with cancer should take lots of enzymes between meals. We have some people going through a whole bottle of Proactazyme Plus per day along with 10-12 Protease Plus capsules. All these enzymes are taken in between meals without food. Of course, Paw Paw Cell Reg is also helpful here.

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Cleansing

A Periodic Herbal Cleanse is an Important Part of any Health Program

Like a furnace or an engine, the body takes in fuel (food) and oxygen, then burns it to create energy. And, just as this process produces waste in an engine or a furnace, it produces waste in the body. The less efficient the digestive and metabolic processes, the more waste will be generated.

Just as engines need oil changes and radiator flushes, the body occasionally needs a cleanse to clear up accumulation of waste products. This is especially true in modern society where we are exposed to a wide variety of chemicals and environmental toxins every day.

In the state of disease, metabolism is always impaired and excess waste is being generated. The eliminative organs are overburdened, and there is an accumulation of waste material (or toxins) in the system. When the body tries to clear this excess accumulation of waste through various channels of elimination, this gives rise to the various symptoms of acute disease.

For example, if the body removes toxins through the bowel, the result will be nausea, vomiting and diarrhea. When the body eliminates waste through the skin, rashes, pimples, hives, acne, dandruff, itching and body odor result. When the body removes waste products through the respiratory tract, foul breath, a runny nose, watery eyes, sneezing, post-nasal drip, earache, sore throat and congestion occur.

Most people seek to "cure" disease by suppressing or arresting these eliminative functions. However, if any of these channels become blocked, waste must then be removed by burdening another eliminative channel. Rather than trying to suppress disease symptoms, we need to aid the cleansing process by helping the body eliminate obstructions.

Herbs have long been used to help cleanse the body in various ways. Cleansing herbs are simply herbs that strengthen the body's own detoxification methods. For example, diuretics increase the flow of urine through the kidneys, laxatives aid bowel elimination, expectorants and decongestants help clear mucus and debris from the lungs, blood purifiers or alteratives help to remove toxins from the blood via the liver and lymphatics, while sudorifics increase perspiration through the skin.

Many people think that cleansing is simply a matter of getting the bowels to move. This isn't really the case. Cleansing isn't just making the bowels move, or even opening up all of the channels of elimination. Cleansing is a process of allowing the body to cleanse its tissues, to break down old material and eliminate or recycle it.

The best way to initiate this type of cleansing in the tissues is to fast. Fasting means abstaining from food for a period of time.

A 24-hour fast once per month is a good basic health-building practice. For most people, it is best to fast on some kind of juice. One excellent program, called the master cleanse, involves fasting on water with lemon and real maple syrup. This is an excellent way to flush the liver and the kidneys.

While it isn't necessary to fast completely to do a cleanse, it does help to at least fast from refined foods and chemicals and focus on eating only whole foods. However, even if a person isn't willing to make any changes to his or her diet, an herbal cleansing program can still be beneficial. Herbal cleansers can also be used with fasting or mild food diets for even more dramatic results.

Here is a basic cleansing program, that can be modified to meet individual needs. The basic components are:

- 2 capsules of All Cell Detox OR Enviro-Detox three times daily.
- 2 Proactazyme Plus with each meal
- At breakfast take one heaping Tablespoon of Nature's Three or Irritable Bowel Fiber in a large glass of water or juice.
- Drink 6-8 glasses of Nature's Spring (or other purified water each day)

This cleanse supplies the main items needed in a cleanse. Optionally, you can add the following:

If the bowels move less than 2-3 times daily add:

- 2-4 capsules LBS II before bedtime.

If the bowels still do not move, then switch to Senna Combination. If intestinal cramping occurs, then add:

- 2 capsules of Magnesium Complex twice daily.
- If yeast/bacterial infections may be a problem then add:
- 1 capsule Yeast/Fungal Detox per day
 - 1 tablet High Potency Garlic twice per day

If parasites may be a problem add:

- 2 capsules Artemisia Combination twice daily and/or
- 2 capsules of Herbal Pumpkin three times daily.

This cleanse should be done for a maximum of two to four weeks. These are only basic suggestions, both the amounts and the products may be varied to account for individual circumstances. Convenient pre-packaged cleansing programs like the Tiao He Cleanse, ParaCleanse with Paw Paw and CleanStart are also available. Consult with an herb specialist to work out a program that is right for you.

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All Cell Detox

General Cleansing Formula for Detoxification

Assisting the body in the process of detoxification is a very important part of natural healing. All Cell Detox is a formula that assists the digestive tract, colon, liver and kidneys in eliminating toxic waste materials. A general cleansing formula, it has been used for conditions such as acne, skin eruptive diseases, body odor, breast lumps, cysts, fibroids, polyps, parasites and tumors.

All Cell Detox works best as part of an overall cleansing program which includes water and fiber, such as Nature's Three or Psyllium Hulls Combo. It is an important component of the Tao He Cleanse, a popular colon cleansing program.

The following ingredients are found in this blend, and contribute their own unique properties to its effectiveness.

Gentian is a bitter herb that acts as a digestive tonic, stimulating digestive secretions and toning digestive organs.

Irish moss is a seaweed, rich in minerals, including iodine. It contains mucilage and helps absorb toxins in the digestive tract.

Cascara sagrada is a stimulant laxative, that encourages normal bowel elimination. It also stimulates the flow of bile to flush the liver.

Fenugreek seeds have a cholesterol lowering action. They also help break up hardened mucus so it can be expelled from the body and have been applied topically to treat abscesses, boils and ulcers.

Golden seal is a bitter tasting herb that has a tonic effect on the mucus membranes of the digestive tract. It also helps to fight infections.

Slippery elm bark is a nourishing, mucilaginous herb that absorbs toxins while soothing inflamed and irritated tissues in the digestive tract.

Safflower has a mild blood-purifying effect. It has been used to treat fevers, wounds, sores, measles and skin rashes. It helps remove waste acids from the tissues.

Black walnut hulls are antiparasitic and antiviral. It has a tissue cleansing effect and has been used for abscesses, boils, acne, eczema, itch, shingles, and even tumors.

Myrrh gum is a disinfectant herb. Its aromatic and bitter taste also stimulates digestive secretions.

Parthenium root is a urinary tract disinfectant and diuretic with some immune stimulating properties.

Yellow dock root is a blood purifier and blood tonic. It helps build red blood cells, has a mild laxative action, and increases the flow of bile to cleanse the liver. It has been used for a wide variety of health problems, including cysts, eczema, psoriasis, chicken pox, and even cancer.

Dandelion root is a liver cleansing herb and mild diuretic. Like yellow dock, it helps cleanse toxins from the blood and has been used for a wide variety of diseases involving skin eruptions and toxicity. It is also a mild digestive tonic.

Oregon grape root is primarily a hepatic and lymphatic herb. It stimulates digestion and the flow of bile. It also has mild infection-fighting qualities.

Uva ursi leaves are a diuretic and urinary disinfectant. They help fight urinary tract infections.

Chickweed herb helps break up fats and fatty deposits in the system. It helps skin eruptive diseases like chicken pox and measles and helps reduce itching. It has also been used to treat eczema and dermatitis.

Catnip is an aromatic herb used to stimulate digestion and settle upset stomach.

Cyani flowers are a diuretic and have been used to treat fevers, inflammatory skin conditions, and urinary tract infections.

Recommended use is two capsules 3-4 times daily. All Cell Detox works best when taken along with a fiber drink. Use 1 teaspoon of Psyllium Hulls Combo or Nature's Three in a glass of water or juice first thing in the morning before breakfast together with 2 capsules of All Cell Detox. Take 2 All Cell Detox with lunch and dinner. A fourth dose, along with another fiber drink, can be consumed on an empty stomach right before bedtime. Drink plenty of water (at least 1/2 gallon per day) to assist the cleansing process. All Cell Detox also works well when taken with Small Intestine Detox or Proactazyme Plus. If constipation is a problem add two capsules of LBS II before bedtime.

Suggested Further Reading:

The HART Manual

The ABC+D Approach to Natural Healing by Steven H. Horne

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

Nutritional Herbolgy by Mark Pederson

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Activating the Healing Response

Solving Nervous and Glandular Problems

Taught by Steven Horne, RH, AHG

In our high-stress society we see an increasing number of health imbalances involving the nerves and the glands: anxiety, depression, ADHD, PMS, menopause, adrenal burn-out, thyroid problems and more. In this special class you'll learn about the chemical messengers released by the nervous and glandular system that regulate thought, mood, growth, reproduction, and a host of other body functions. More importantly, you'll discover practical ways to use diet, herbs, nutritional supplements and other natural means to resolve a wide variety of health problems related to the nerves and glands.

You'll discover how the foods you eat affect your mood, sleep patterns, food cravings and more. You'll discover ways to reduce stress, anxiety, tension, and elevate mood without the use of drugs or medications of any kind. This powerful class is \$99, which includes workbook materials and certification credit (upon completion of assignments and open book test) for Tree of Light's educational programs.

All Day before National Convention
September 7; Orlando, Florida

Call 800-416-2887 to Register



Class Schedule

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

Steven Horne's Classes Call 888-707-4372 to register.

Activating the Healing Response

Sept 7 Orlando, FL \$99

Kim Balas' Classes Call 321-243-6855 to register.

Biochemical Blood Analysis

Aug 7-8 Winnipeg, Canada \$300 CAN before 7/1
Call 204-444-4377 in Canada to register \$400 CAN thereafter

CLEAR

Aug 14-15 Casper, WY \$495

Biochemical Blood Analysis

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

Advanced Blood Applications

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

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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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