

# Nature's Field

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An Electronic Journal for NSP Distributors

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## Nopal

By Steven Horne

Outside of the herb trade, Nopal is more commonly known as prickly pear cactus. Various species of prickly pear are found throughout North America, from British Columbia to the Appalachian Mountains. They are especially common in the Southwest. Although various species have been used interchangeably, the two species most commonly used in the herb trade are *Opuntia streptacantha* and *Opuntia ficus-indica*.

Both the stems and the fruits of the prickly pear have been eaten as food. In fact, in the Southwest United States, both the stems and the leaves of the prickly pear are occasionally found in the produce section of the grocery store. I've purchased the fruits once or twice and eaten them. I've also harvested the stems in the wilds and eaten them.

Eating a cactus stem can be a real pain, pun intended. Instead of leaves, cactus stems grow sharp and pointy spines. The stems swell with water and stored nutrients to allow the cactus plant to survive the long dry spells found in desert climates. Because they store both water and nutrients, the spines are necessary to ward off animals looking for food and water. So, to eat one of the stems requires carefully removing the spines.

Native people's burned the spines off. You can also pluck the bigger spines out with pliers or a similar tool and peel the skin to remove all the spines. When I've eaten Nopal stems, I've cut the pad-like stem in half so I could scrape out the juicy interior. Cactus makes a decent food, and is certainly a great source of water for desert survival.

The inner part of the stem is mucilaginous, juicy and slightly sweet. The properties of this pulp are similar to aloe vera. The juice of the stems is anti-inflammatory and diuretic. The pads themselves have been applied as an instant drawing poultice for bruises, contusions, burns and other minor injuries. Like aloe vera, the inner pulp of the stems soothes and softens the skin, reducing irritation and pain.

Nopal's recent "claim to fame" as a medicinal plant came because of scientific studies demonstrating its ability to lower blood sugar levels and help diabetics. Researchers hypothesize that the nopal treatments may improve the ability of insulin to stimulate the glucose movement from the blood and into the cells where it is used as energy.

It is also interesting to note that cactus has one of the lowest glycemic indexes of any food, so eating it doesn't trigger insulin

production. Maybe that's part of the reason why Southwest Indians never had problems with diabetes until they were put on reservations and reduced to rations of flour and lard. Diabetes is now rampant among Native Americans.

When I first signed up as an NSP Distributor in 1980 in Colorado, NSP was carrying nopal as a single. I met an NSP Manager in Golden, CO who raved about how valuable nopal was for diabetes and was very distressed when they discontinued it. Now, it is back in the NSP line, both as a single, and as an ingredient in SugarReg, NSP's newest formula for diabetes.

Cactus also appears to have a beneficial effect on the immune system. Lab animals given cactus juice demonstrate increased immune efficiency with regards to tumor growth, Epstein-Barr virus and suppressed immune response.

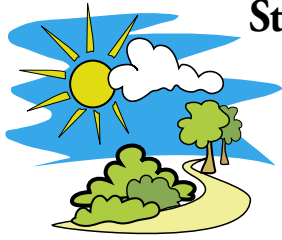
Although I've never used a flower essence of cactus, I have a pretty good idea what it would be used for. Nopal is a juicy, watery plant, having a lot of yin (female) energy, and is often found growing in a hot, dry climate. It has spines to defend itself against those who would take advantage of its juicy, yin nature. I think the energy of cactus demonstrates that femininity can also have the power to protect itself and to remain feminine even in the midst of harshness. How to remain kind, gentle, loving and "open" without being taken advantage of is a lesson many of us need to learn, and cactus may be the perfect teacher.

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## Steven Horne's Ramblings and Ravings

# Giving Up the Whites A Personal Odyssey

In 1981, I attended a seminar in Colorado sponsored by *Mother Earth News* (which I read avidly for many years). One of the speakers talked about giving up the whites (refined sugar, bleached white flour, shortening, etc.) and replacing them with healthier substitutes. He said that white may be a symbol of purity in religion; but when it comes to nutrition, white is a symbol of sickness and death. My experience has shown this is generally true.

In this article, I want to focus on refined white carbohydrates, but I'm not going to lecture you on why they are bad for our health. You probably already know that or you wouldn't be reading this newsletter. But, there is a big difference between knowing something and practicing it. Just about everyone "knows" junk food isn't good for them, but they still eat it.

This point was brought home to me very strongly several years earlier, while living in Spokane, Washington. My wife and I were invited to dinner by a nutritionist who taught at the local college. She prepared a healthy meal of natural, whole foods and told us how she couldn't understand her colleagues. She said they were studying the damaging effects of "junk food" and then took breaks for coffee and donuts.

So, I've decided to forego quoting research about the health hazards of refined carbohydrates. Instead, I'm going to tell my story. I'm going to tell you about the challenges I faced in giving up these unhealthy whites and the benefits I derived from doing so. Hopefully, my story will provide some practical advice and encouragement for those seeking to improve their diet.

I began switching to whole grains and natural sweeteners in the late 1970s, but I still ate white flour and products containing refined sugar quite often until the early 1980s. It was in 1983, while working with Dr. C. Samuel West, at the International Academy of Lymphology, that I finally got both the information and motivation I needed to eliminate the white carbs from my diet. It was after I went to see Grace Larsen, an iridologist, at Larsen's Herb Shoppe in Orem, Utah. She told me I was "pre-diabetic" and something inside of me got serious and said, "it's time to really give up the refined carbohydrates."

Dr. West's teachings helped. He taught about the difficulty of giving up unhealthy food by focusing on what you can't or shouldn't be eating. Instead, he encouraged people to focus on the positive. Eat what you know is healthy for you first,

and then, if you still crave the junk food, have some once in a while. From my subsequent studies in human emotions and psychology, I've learned he was very right. The moment you decide you can't have something, it can become an obsession. Trying not to think about something forces you to think about it. So, in order to eliminate refined carbs from my diet, I had to focus on the positive—that is, I had to focus on what I should be eating, not on what I shouldn't.

### Beating the Sugar Cravings

When you've got a sweet tooth, and you're craving those carbs, you've got to start by eating healthier versions of the foods you're used to. This is exactly what I did. Instead of white flour and white rice, I ate whole grains—whole wheat, brown rice, millet, oats, etc. Instead of refined sugar, I used unpasteurized, unprocessed honey, grade B maple syrup, fruits, and unprocessed, raw sugar.

I also decided to tell myself that I wasn't giving up the white carbs entirely. I was simply fasting from them. In other words, I didn't tell myself I couldn't ever have them again as long as I lived. Instead, I went on a white carb fast—that is, I decided to go two weeks without eating these foods, then if I wanted some of them I would have them.

I was very diligent about this and adopted a zero tolerance. This is not as easy as it sounds, because these white carbs are hidden ingredients in many food products. I had to read labels carefully, and really watch myself in restaurants. Sometimes, it was hard to find something I could eat.

I soon discovered that I could break the physical addiction to refined carbs in about two weeks. I stopped craving them physically during my fasts. Not only that, but I quickly started to feel better. The first change was not physical, it was mental. When I gave up refined carbohydrates, I felt like I was coming out of a mental fog. I could see things more clearly, I could absorb new concepts more easily, too. I also noticed that my energy level became more stable. The rewards were very apparent.

However, I quickly learned that overcoming the physical addiction was only the beginning. The emotional and social addictions, especially to sugar, were much harder to overcome.

## Emotional Addiction

Emotionally, we associate these refined carbs, especially sugar, with “good” times. We eat sweets on holidays, birthdays, celebrations, etc. Over time, I learned that the emotional craving for sugar is linked to a craving for sweetness and joy in one’s life. I’ve also observed that I don’t crave sugar when I’m “up” and feeling good about myself. Rather, I crave sweets when I’m “down” and feeling bad about myself. Eventually, I came to regard these cravings as a desire for self-punishment rather than reward.

I discovered this by following another suggestion of Dr. West. He taught, “It’s not what you do once in a while, it’s what you do every day that counts.” He said that if you would eat healthy for a period of time and then get the urge to binge, then really binge. He said that you would get so sick, that you’d think twice before eating the food again.

This is exactly what I would do. When the emotional urge to “pig out” on sweets would come I would indulge in it to the fullest. My mental clarity would disappear, my energy level would get a temporary boost followed by a rapid “let-down.” I began to become keenly aware of how “bad” these foods actually make us feel. It’s just that we eat them so regularly that we don’t realize that we’re feeling bad. The complete fasting, and the occasional binge, allowed me to clearly see how these foods affected me in a negative way and more and more I began to choose to “feel good” rather than “feel bad,” which made it even easier to resist temptation. This reinforced my ability to see sugar, not as a reward, but as a form of self-punishment.

I’ve used this same technique to help other people overcome bad food habits. For instance, in helping people with dairy allergy give up milk, I’ve told them to fast from it for a couple of weeks with the reward that they’ll get to eat all the ice cream they want when the two weeks are up. When they’ve gone without the dairy for two weeks and they eat it again, their symptoms flare up and it gets easier for them to resolve to go without the dairy.

I remember the day that I realized I had won my battle with emotional addiction to sugar. I got a craving that day for donuts and I hadn’t had any sugar or refined carbs in a while, so I decided to indulge myself. I went to a donut shop in Provo, Utah where I was living at the time and ordered a bunch of donuts. I took one bite, and all I could taste was refined sugar, white flour and shortening. The taste was so bland, that I couldn’t eat another bite. In fact, for several years I never touched the stuff. I wasn’t even tempted. After turning down cake and ice cream at an office party once, someone told me, “you have a lot of willpower.” I replied that it didn’t take willpower to avoid eating foods you don’t like, and that’s exactly how I felt.

## Social Addiction

The hardest part of the journey was overcoming the social addiction. I remember clearly going to a friend’s house and being offered a piece of homemade cake his wife had made. I turned it down, and my friend seemed offended. He suggested I was becoming fanatical. That hurt, and almost made me cave in on my resolve. If Grace Larsen’s words, “you’re pre-diabetic” hadn’t been ringing in my brain, I probably would have.

Having been raised in a family where we didn’t drink, smoke, drink coffee or cola drinks, let alone take drugs, I had never been able to understand the problems an addict faces when overcoming an addiction. I really had empathy after that. It’s hard to have friends view you as unreasonable, fanatical or self-righteous, just because you’re trying to do something for your own health. It has helped me learn to be gracious, and to tell people “no thank you” when offered something I don’t want, without needing to offer any explanation, I simply say, “I really don’t care for any right now, thank you.”

For about six years, I never ate sugar, and rarely ate white flour or white rice. I had great energy, incredible mental clarity, was quite resistant to stress, and rarely got physically sick. I also had no problems with excess weight. After about ten years, however, I started backsliding. It was partly emotional, but mostly it was the social addiction. I decided I didn’t want to be such an odd-ball and started eating some of these products now and then for social reasons (sort of like a social drinker). My health suffered as a result. I gained weight, and my mental clarity and stamina diminished.

So, now I’m back on the policy of zero tolerance for refined carbs. I’m again shunning the whites like an alcoholic who knows if he or she takes that “one drink” they could be back on the road to full blown drinking again.

Personally, I’m convinced that refined sugar is an addictive drug. Like any drug, it enslaves the user and slowly saps away their health. If you don’t believe me, then just give it up cold turkey—don’t eat any refined carbs at all. You’ll rapidly learn how addicted we have become to the “whites.” Are you ready to join me in breaking the addiction?

**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

# Hydrocortisone, Lymphocytes and Other Questions

### Hydrocortisone and Weak Adrenals

*I have an 82 year old woman that I am going to go see today. She is currently on a prescription for Cortef (hydrocortisone). She is always exhausted and was diagnosed a few years back with weak adrenals.*

*I'm thinking get her off the medication—slowly of course. Would the best approach be to do adrenal support along with nervous fatigue formula while weaning off the drug?*

*Anything else for the chronic fatigue? She is currently taking a collagen supplement for the amino acids.*

*John*

The adrenals produce a hormone called cortisol that reduces inflammation in the body. Hydrocortisone is a synthetic mimic of this hormone, so it would make sense to support her adrenals so they could produce more cortisol on their own. Since she has been diagnosed with weak adrenals, using Adrenal Support would make a lot of sense. I am also having some really amazing results with Suma Combination and Adrenal Support for severe fatigue. Adaptamax is another formula that may help with the weak adrenals.

There are also some herbs that have a cortisol-like action or influence cortisol in the body. These herbs include licorice (which prolongs the life of cortisol in the blood by inhibiting its breakdown), yucca (which has a natural anti-inflammatory action similar to cortisol), and wild yam (another cortisol-like anti-inflammatory). Turmeric has also been shown to have a cortisol-like action. Which of these herbs is best depends on what her other symptoms are.

It is possible to wean someone off of medications, but you can't take them off their medications, only a doctor can do that. If they want to try to get off their medications, then you can support them by giving them the herbs and allowing them to experiment with backing off on the dose of their medications. Many people have been able to wean off these anti-inflammatory drugs.

I would also work on issues like environmental allergies and heavy metal toxicity, but very slowly. Usually you will see elevated eosinophils (EOS) and basophils (BASO) in chronic fatigue conditions when the toxins are the driving force behind a slight viral load. Serum glutamic pyruvic transaminase (SGPT

or ALT) and serum glutamic oxalacetic transaminase (SGOT or AST) usually decrease in this situation.

To start a gradual cleansing process, I would start her on the Lymphatic Drainage Formula in water sipped slowly throughout the day. Cellular Energy may also be helpful.

### Lymphocytes

*Will echinacea raise lymphocytes?*

*Edna*

Before selecting a remedy to try to raise lymphocytes, it is wise to examine underlying causes. Lymphocytes help to destroy toxic metabolites of protein metabolism and originate from lymphoblast in the spleen, lymph, glands, tonsils, bone marrow and thymus. Lymphocytes are usually decreased when there is adrenal dysfunction, immune deficiency, infection, flu, or in some cases, lupus. When lymphocytes are extremely low, it can indicate chronic viral infection.

The best remedy will be determined by discovering the cause, but in general, I would use Immune Stimulator and Protease Plus between meals rather than echinacea. Echinacea is usually needed when lymphocytes are too high.

### Bilberry for Diabetes

*Is Bilberry listed as a corrective for high blood sugar strictly to protect the eyes or does it also have a direct effect on sugar levels? If so, how? This specific person's problem is adrenal/liver related, not pancreatic.*

*Sunshine*

Bilberry does help blood sugar problems directly. It helps cells become more receptive to insulin. It also helps with many of the side effects of diabetes such as degeneration of the eyes (diabetes is the leading cause of blindness) and circulatory problems (bilberry helps tone and protect blood vessels).

Although bilberry also helps protect liver cells, blood sugar problems that are liver related would probably respond better to the SF formula. This blend helps emulsify fats and reduce congestion in the liver. The Suma Combination helps with indirect insulin control through the adrenals.

## Splenda versus Stevia

*I was at a meeting last night with an ND who told us not to use stevia because it contains compounds that get stored in the liver and they do not know long term side effects of this. Also, he said that no country other than the US allows the sale of stevia. He also said that NSP Distributors should be aware that there are many products that contain stevia as an ingredient. He said we should use Splenda, but I thought this was chlorinated and could cause problems. This person said Splenda was an all natural product from sugar cane, with no contraindications.*

*Kny*

There are obviously different kinds of NDs, some of which are very medically-oriented. I disagree with this person's information. Sorry to disagree but this is incorrect information. The rabaudicides in the stevia allow it to pass through the pancreas and liver without detriment. They use a hexane gas and chlorination process on sucralose (splenda) and it can shrink the thymus and also cause kidney stones due to the way it reduces bicarbonate ion production. There is tons of research to back this up.

## Fluid in Ear

*Every time I lean over or turn my head a certain way, I can hear water or fluid in my right ear. I can't get rid of the sound and it is driving me mad. Yesterday, I took 12 AL-J capsules five times and took some Fenugreek and Thyme for good measure—it didn't touch it. I've never heard of anything like before. I haven't been swimming, so I can't image what is causing it. Any suggestions?*

*Christine*

The root cause of fluid build-up in the ear is usually lymphatic congestion that is affecting the Eustachian tubes that drain the inner ear. My favorite formula to use for this is EW. The eyebright in this formula helps to open the Eustachian tubes, and the other ingredients help reduce inflammation and fluid buildup. Generally, you take about two capsules every two hours until the problem clears up. I'd also work on the lymphatic system with Lymphomax or the Lymphatic Drainage Formula.

## Stabbing Pain in Back

*I have a friend who is experiencing some depression. However, her main concern is a pain in her back. She said it feels like a stabbing pain by the right shoulder blade, like she's been stabbed and the knife is still in there. She can feel it all the way through to the front of the throat. She has had this for months and is wondering if it is emotionally related or if it is a physical thing. How can this be determined?*

*Lillyanna*

It can be both emotional and physical. The area you are referring to is a gall bladder referral point and often signifies something is wrong with the gallbladder. This may be both physical and emotional. Depression is often linked to problems with the liver, so it's very possible there is a need for a flushing of the gallbladder.

Emotionally, the gall bladder deals with anger and resentment. In other words, "what is galling her?" Depression is often repressed anger. Has someone she trusted betrayed her, i.e., "stabbed her in the back?" The fact that it feels as if it goes to the throat could mean that she isn't able to speak about her feelings or speak up for herself. What is not being spoken that is building up inside of her?

Physically, she could try flushing her gallbladder with some Gall Bladder Formula. She could also take some Epsom salt baths and spray Nature's Fresh over the area. It is also possible she is overacidic, so doing things to alkalize her body may also help.

Emotionally, the color blue is good for the throat area. The person can wear blue around their throat or drink water from a blue-colored glass. Using lavender oil can help open up the person's ability to see what is happening.

## Rash on Arms and Legs

*My son woke up with these tiny little bumps all over his arms and legs yesterday morning. None on his torso or face, just the extremities. They don't seem to really bother him, but I have seen him scratching a bit. They don't look inflamed or infected or even colored—just little bumps. Any ideas?*

*Shari*

I had a similar situation and this is how I handled it. My daughter came home from gymnastics with a rash in the quad on her left leg. I was racking my brain trying to figure out why and finally gave up trying. I just sprayed Nature's fresh on it, then followed that up with Golden Salve at night mixed with a little (1/2 capsule) of Histablock. Next morning the rash was almost gone and after one more application it was totally gone. Everyone in my house gets to be a science project!

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# Hyperinsulinemia

## Metabolic Syndrome X: Hidden Cause of Many Health Problems

Research has recently brought to light a previously hidden cause of many modern illnesses. Dubbed *metabolic syndrome X*, this condition involves excessively high levels of a hormone called insulin, a condition known as *hyperinsulinemia*.

It is well known that insulin deficiency produces a condition known as diabetes, but, in reality, very few cases of diabetes involve a lack of insulin production. Only type I diabetics (10-15% of cases) have low insulin production. In most cases of diabetes (type II), insulin is produced in excess, but isn't working due to cellular resistance. This means that type II diabetes is automatically associated with syndrome X or hyperinsulinemia.

Even if a person doesn't have diabetes (insulin resistance), high levels of insulin in the blood stream cause serious health problems. Too much insulin is also linked to high blood pressure and arteriosclerosis. Excess insulin is a bigger risk factor for cardiovascular disease than excess cholesterol. So metabolic syndrome X increases the risk of heart attack and stroke.

Hyperinsulinemia is also a major cause of obesity, because insulin causes the body to store more fat. It also disrupts sodium metabolism, so it increases water retention. By depressing neurotransmitters in the brain, it contributes to depression. In women, 75% of all cases of polycystic ovarian syndrome are related to too much insulin.

In the initial stages, producing too much insulin causes a rapid lowering of blood sugar levels, which causes hypoglycemia or low blood sugar. This increases the craving for sweets and stresses other hormone systems. It interferes with the conversion of thyroid hormones T-4 to T-3 which can result in functional hypothyroidism. Another negative effect is a rise in cortisol production from the adrenals. This reduces one's ability to cope with stress, lowers the immune response and eventually exhausts the adrenals. Excess cortisol contributes to rapid aging.

If you want to know for sure if you have syndrome X, you could have lab tests run to check your insulin levels. (Fasting levels of insulin should be below 10 units.) However, there is an easier way—measure your waist and hips. Abdominal fat is a good indicator of excess insulin production. Check your circumference at the navel and at the widest part of your hips. In men, if your waist measurement is larger than your hips, you've probably got high insulin levels. In women, the waist should be less than 80% of the hip measurement.

Hyperinsulinemia is caused by too many simple carbohydrates with too little protein. Low fat diets and diets high in saturated fats also contribute to the development of this problem. Low glycemic carbohydrates are complex carbohydrates

that trigger less insulin production. So, consuming low glycemic carbohydrates in proper balance with high quality fats and proteins is the first step to overcoming hyperinsulinemia.

Resistance exercise trains muscles to take up glucose without the need for insulin, thereby decreasing insulin requirements. After just five days of no exercise, insulin resistance increases. Thus, a program of muscle building exercise (at least three times per week) will help Syndrome X and reduce the risk of heart disease, diabetes and obesity.

Transfatty acids, found in margarine and vegetable oils, and saturated fats increase cellular resistance to insulin. Most vegetable oils are high in omega-6 fatty acids, but deficient in omega-3 fatty acids, which decrease insulin resistance. Avoid vegetable oils and hydrogenated fats (fries, chips, pastries, bagels, etc.) and use high quality fats like olive oil, butter and flax seed oil. It is also helpful to supplement the diet with CLA and/or Omega 3 Hi EPA.

There are several minerals that help with hyperinsulinemia and insulin resistance. GTF Chromium and zinc are very important. Both are found in the formula Target P-14, which aids the pancreas and balances blood sugar levels. Magnesium is also important in metabolic syndrome X.

Another great herbal formula for syndrome X is HY-C. This Chinese formula is indicated where there is dryness (mouth, eyes, skin, etc.) coupled with frequent thirst and urination. It helps both hyperinsulinemia and the early stages of diabetes.

Blood Sugar Formula comes from India, the country where the first incidences of diabetes were recorded. Like HY-C, it balances blood sugar levels and is helpful for both hyperinsulinemia and insulin resistant diabetes.

Where hypoglycemia (low blood sugar) is a problem, licorice root and HY-A can be helpful. These supplements balance blood sugar. Both stevia and licorice root are helpful for overcoming sugar cravings.

Balancing the diet, resistance exercise, and some well-chosen herbs and supplements can reduce insulin levels, reduce the risk of cardiovascular disease, aid in weight loss, and prevent diabetes. Consult a qualified herb specialist or natural health care provider to assist in developing the program that is right for you.

### Selected References

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*Syndrome X: Overcoming the Silent Killer That Can Give You a Heart Attack* by Gerald M. Reaven, et. al.

*The Insulin-Resistance Diet: How to Turn Off Your Fat-Making Machine* by Cheryl R. Hart, M.D., and Marry Kay Grossman, R.D.

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# Blood Sugar Formula

## Ayurvedic Formula for Balancing Blood Sugar

Ayurvedic medicine is a system of healing from India that has proven itself over the course of thousands of years. India was the first country to identify and treat diabetes, so Ayurvedic medicine has a long history of dealing effectively with blood sugar imbalances. Blood Sugar Formula, formerly sold under the name NBS-AV, is a traditional Ayurvedic combination of herbs for treating diabetes. The formula also helps metabolic syndrome X or hyperinsulinemia, the forerunner to type II or adult onset diabetes.

Here is a breakdown of the herbs in this formula.

### Gymnema

*Gymnema sylvestris* leaves have a long history of usage in India for diabetes. The leaves have the remarkable property of blocking the sweet taste buds. After chewing on gymnema leaves, sugar tastes like sand and a chocolate bar tastes like mud. Not only does gymnema block the taste of sugar, it prevents or inhibits absorption of sugar in the small intestines. Gymnema reduces the need for insulin, which gives the pancreas a rest and aids its ability to heal. Research even suggests the plant may help a damaged pancreas recover its insulin-making ability.

### Turmeric

*Curcuma longa*, or Indian turmeric, is a rhizome used for various liver problems. It stimulates bile flow, protects the liver, and has an anti-inflammatory action. The liver works with the pancreas and adrenals to help maintain balanced blood sugar levels.

### Neem

*Azadirachta indica* leaf, or Neem, is an astringent that is becoming increasingly known in the West for its ability to clean the teeth and tone up the gums in gum disease. It also has an effect of toning the gastrointestinal system, and reduces fever and inflammation. Neem has a blood sugar lowering effect.

### Enicostemma

*Enicostemma littorale* herb has been shown in experiments to cause a significant reduction of blood sugar in diabetic animals. This herb is also antibiotic and is used against malaria.

### Picrorhiza

*Picrorhiza kurroa* root has immune stimulating and hepatoprotective properties, as well as possessing antibacterial and antiviral properties. It also relaxes muscle spasms. It has a his-

tory of use for digestive problems, fever, hepatitis, and various inflammatory diseases. This root also improves blood circulation and reduces cholesterol.

### Kino

*Pterocarpus marsupium* gum, called Kino, is very useful for diabetics and lowers cholesterol, also exhibiting hypoglycemic action.

### Fenugreek

*Trigonella foenum-graecum* seed, or fenugreek, has a soothing effect on the digestive system. Fenugreek has an antidiabetic effect and it also helps to lower cholesterol levels. It reduces inflammation in the body.

### Bael

*Aegle marmelos* leaf, also known as bael, contains a sitosterol, a type of compound that lowers blood cholesterol. The herb is used in Ayurvedic medicine for constipation and diarrhea.

### Andrographis

*Andrographis paniculata* herb is known as the "king of biters." This tells you that the liver benefits from the herb and the gallbladder, also. This herb is used for general debility and convalescence.

### Momordica

*Momordica charantia* fruit/bark has also been used in China for reducing blood sugar.

### Jambolan

Jambolan are the seeds of *Syzygium cumini*. The herb is a traditional remedy for diabetes and other diseases of the pancreas. It is also used for constipation and gastrointestinal problems.

### Cyperus

*Cyperus rotundus* tuber, "nut grass," is a liver tonic and helps to counteract indigestion.

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- The Garden of Life: An Introduction to the Healing Plants of India* by Naveen Patnaik
- PDR for Herbal Medicines* by Medical Economics Company

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# Herb Walk and Medicine Making Class

Thursday, Friday and Saturday, June 24-26

Learn how to gather and make your own herbal medicines during this exciting three-day class with Steven Horne, RH, AHG. This powerful course includes basic instruction in field botany and plant identification, plus an introduction to the “doctrine of signatures” (understanding what a plant is for based on its shape, structure, color, smell, taste, growth pattern and habitat). You’ll even have the opportunity to sit with a plant and learn how to “talk” with it and let the plant instruct you about its uses. After two days in the field, the third day takes you into the kitchen where you’ll get hands-on experience in making infusions, decoctions, glycerites, tinctures, and salves.

Course includes a workbook, transportation to sites to look at plants, lunch, and samples of all the herbal products made during the class. It offers credit for Tree of Light’s Certified Herbal Consultant (CHC) program.

Class cost is \$300 when pre-registered by June 1st with a \$100 non-refundable deposit. After June 1st class is \$350. Out of town students are welcome to “camp” at Steven’s home for an extra \$100 to cover the cost of breakfast and dinners.

**Call 800-416-2887 for information and registration**



## Class Schedule

**Tree of Light Classes**  
Call 888-707-4372 to register.

### Herb Walk and Medicine Making Class

June 24-26 St. George, UT \$300 before 5/1  
Taught by Steven Horne

For a listing of Dr. Mom/Dr. Dad classes taught by our independent instructors, go to [www.treelite.com/schedule.php](http://www.treelite.com/schedule.php)

### Other Events

#### Biochemical Blood Analysis

June 12-13 Nashville, TN \$225 before 5/15  
Taught by Kimberly Balas \$295 thereafter  
Call 321-725-7731 to register

#### Herbal Medicine: Spirit and Science—AHG Symposium

October 8-10 Waterville Valley Conference Center  
Waterville Valley, NH

Call 770-751-6021 or go online at [www.americanherbalist.com](http://www.americanherbalist.com)  
Steven will be speaking on paw paw. Other speakers include: Michael Tierra, Christopher Hobbs, Roy Upton, and Chanchal Cabrera.

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### About Tree of Light

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

### Important Notice

The information in *Nature's Field* is for educational purposes only and should not be used to diagnose and treat diseases. If you have a serious health problem, consult a qualified health practitioner.

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

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