

# Nature's Field

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An Electronic Journal for NSP Distributors

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## Bayberry

By Steven Horne

The waxy berries of the bayberry bush were used by pioneers to make fragrant candles, but the root bark of bayberry has a long history of use in folk medicine. In fact, bayberry has long been my favorite astringent herb. It was also the favored astringent of Samuel Thomson. As I understand it, Thomson was searching for an astringent to arrest discharges like sinus drainage and diarrhea, but he didn't want one that would dry out the mucus membranes. After chewing on various astringent plants, he settled on bayberry because it toned the membranes, but left the mouth clean and moist.

Bayberry became the chief ingredient in Thomson's famous herbal composition powder, available from NSP as HCP-X (herbal composition powder). Composition was originally prepared as a tea and sipped warm for relief from coughs, colds, sore throat, congestion, flu and other acute ailments. It helps decongest the lungs and remove mucus from the digestive tract. Thomson even used it in enemas. I've tried it, and it was highly effective at removing mucoid material from the colon.

Bayberry contains flavonoids, tannins, triterpenes, resins, gums and an essential oil. Its astringent nature comes from the tannins, organic acids that get their name because they were used to tan leather. Tannins contract tissues and arrest discharges. The resin and oils in bayberry give it its fragrance and its slightly stimulating nature. It is this stimulation of secretions that helps keep bayberry from overly drying out sensitive respiratory and digestive membranes.

Bayberry is an excellent decongestant for excessive mucus discharge from the upper respiratory tract. Usually taken internally as part of a formula, it can also be used as snuff to rapidly drain congested sinuses, shrink nasal polyps and arrest excessive discharge. Simply take a pinch of bayberry rootbark powder and snort it up the nose. It causes copious drainage, followed by immediate clearing of the sinus passages. It works even better for snuff when combined with equal parts of goldenseal.

Bayberry makes a great gargle for sore throats, particularly those caused by post nasal drip. Make bayberry into a tea with a pinch of capsicum and gargle with it. Or even more effective, make a tea with four capsules of HCP-X and one capsule of goldenseal or myrrh gum. Gargling with this mixture loosens phlegm from the back of the throat, relieves pain and inflammation, and fights infection.

As a styptic, bayberry can be used to stop both internal and external bleeding. The powder or extract can be applied topically to bleeding wounds, or it can be taken internally as a tea or extract. It can be snuffed for nosebleed. One can also open the capsules and empty the contents directly into the mouth for internal bleeding and nosebleeds. It combines well with capsicum to stop bleeding from the lungs or bowels, or to arrest excessive menstrual bleeding or postpartum bleeding.

Internally, bayberry is also a good remedy for diarrhea and hemorrhoids. It is used to support the immune system against a range of ailments such as coughs, colds, flu, fevers, headache, and sore throat. For these purposes, however, it works better as part of the HCP-X formula.

Topically, bayberry can also be used as a poultice for boils and skin ulcers. It will also reduce the swelling of bites and stings when applied in extract form or as moistened powders.

In very large doses, bayberry is emetic (induces vomiting). It is a stronger herb and is generally not used internally with young children. Topical use is fine for any age.

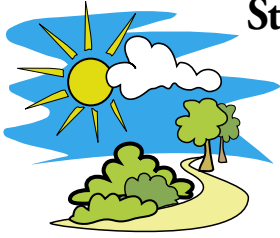
Bayberry's wide range of properties explains why it not only is offered by NSP as a single in capsule form, but is also an ingredient in the NSP formulas HCP-X, EW (where it helps to tone and decongest the eyes) and Lymphomax (which takes advantage of its decongestant and immune system-boosting effects). Although its not as well known as many of its celebrity cousins, bayberry is a real workhorse which definitely deserves wider recognition for its many uses.

### Selected References:

*The Comprehensive Guide to Nature's Sunshine Products* by Steven H. Horne  
*The Complete Illustrated Holistic Herbal* by David Hoffman  
*Rodale's Illustrated Encyclopedia of Herbs*  
*The Encyclopedia of Medicinal Plants* by Andrew Chevallier

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## Steven Horne's Ramblings and Ravings

# A Short "Course" in Thomsonian Botanical Medicine

In this issue of Nature's Field, we're featuring a handout on a formula that has been threatened to be discontinued by NSP several times. The product is HCP-X. Fortunately, it's still with us, and I want to ensure it remains that way. So, I've got to educate people about what a terrific formula HCP-X is, and why it is so important.

HCP is short for Herbal Composition Powder, and although it has an X at the end, signifying it was a formula used by Dr. John Christopher, HCP isn't really a Christopher formula. It's a Thomsonian formula, one of the six basic medicines Samuel Thomson (who lived in the early 1800s) used to treat just about everything. Lobelia was Thomson's number one, capsicum his number two, and Composition Powder (NSP's HCP-X blend) was Thomson's number three.

### A "Course" of Thomsonian Medicine

Here's a brief description of what Thomsonian medicine entailed, along with a description of Thomson's six basic remedies.

The number one, **lobelia**, was used to clear obstructions from the system. It was used in frequently repeated doses along with number two, **capsicum**, which was used to "raise the heat." Lobelia was often given until it induced vomiting to "clear the stomach," but was always administered with capsicum, ginger or another stimulant.

This was followed or in some cases preceded by frequent doses of number three, **composition powder**, a combination of bayberry rootbark, hemlock spruce or white pine, ginger, cayenne and cloves. Doses of this tea were given orally throughout the course of treatment. It was often administered rectally in an enema to open the bowel or to arrest diarrhea. Composition tea was supposed to "scour the bowels to remove the canker" (mucus).

When the patient was not feeble, he or she was "steamed" next. To create a mini-sauna, the patient was placed on a chair and wrapped in a blanket. A pan of water was placed at their feet into which a hot stone was dropped to create the steam. The stone was changed as soon as it was cool and more cayenne and composition were administered until the patient was perspiring freely. If the patient was weak, he or she was fed mild food for several days before undergoing this procedure.

These three procedures cleansed the body by emptying the stomach, cleansing the bowel and opening the sweat glands.

After being "cleansed" in this manner, the patient was put to bed and permitted to rest.

The final step was the administration of number four, a bitter **digestive tonic**, consisting of herbs such as golden seal and poplar bark. This was drunk for several days before meals "to correct the bile and restore digestion."

In cases of diarrhea, a syrup, Thompson formula number five was used. A tincture of myrrh and cayenne was number six. There were a few other formulas which might be added to the treatment for special purposes such as a nerve powder, but the above six were the basic remedies, and the first four were the most important. There were substitutes for each of the basic six, because Thomson recognized that different herbs could be used in the procedure as long as they produced the desired effect.

The above was considered a "course" in Thomsonian treatment. Usually, it took only one "course" of treatment to relieve the condition, but sometimes the procedure was repeated several times. (I sometimes think that by the third course you'd want to get well just to avoid having to go through all that again.)

### Priddy Meeks

As I understand it, John Christopher learned about capsicum, lobelia and composition from the journal of the Mormon pioneer, Priddy Meeks, who was a Thomsonian doctor in early Utah. Priddy Meeks lived in Leeds (where I currently reside) and also in a little town called Harrisburg, about 5 miles south of here. I drive past the remains of Meeks home in Harrisburg every day (which is easily spotted from the freeway).

I have a copy of Priddy Meeks journal, along with a biography of a midwife, Mary S. Fowler, who also practiced Thomsonian medicine in nearby Orderville, Utah. Both of them sing the praises of lobelia, capsicum and herbal composition. Meeks has this to say about lobelia.

...Lobelia will act on the system in complete conformity with the laws of health, and when that law is obstructed and fails to fulfill the operations that nature intended it to fulfill while healthy, it will remove those obstructions wherever located. For lobelia will permeate the whole system till it finds where the obstruction is seated, and there it will spend its influence and powers by relaxing the parts obstructed. They should always accompany the lobelia with cayenne pepper, which is the purest and best stimulant that is known in

the compass of medicine. It will increase the very life and vitality of the system and give the blood a greater velocity and power. Now the system being relaxed with lobelia and the blood being so stimulated with such power, it will act on the whole system. It will act on the whole system like an increased flow of water turned in to a muddy spring of water—it will soon run clear. And although lobelia is set at nought and persecuted for the way it is...it is ordained of God to be used in wisdom.

He also had this to say about cayenne pepper.

Now the healing power of nature is in the blood, and to accelerate the blood is to accelerate the healing power of nature and I am convinced there is nothing that will do this like cayenne pepper. You will find it applicable in all cases of sickness.

Considering what Meeks had to say, it's little wonder that John Christopher added a little capsicum and lobelia to almost every one of his formulas. There were several other Thomsonian physicians who practiced in the pioneer days of Utah who had a strong influence on many of the people who founded the herbal renaissance that grew out of companies in Utah like Nature's Sunshine Products. In fact, without these pioneer herbalists and the Thomsonian system of practice, it is likely that many more of the pioneers would have perished.

Christopher wasn't the only one influenced directly or indirectly by Thomson's work. The herbs Thomson discovered or popularized include many of the most popular Western herbs sold today—capsicum, lobelia, golden seal, bayberry rootbark, myrrh gum and red raspberry leaves. Many popular herb books use a neo-Thomsonian approach. For instance, one can clearly see the influence of Thomson in *Back to Eden* by Jethro Kloss, who emphasizes Thomsonian herbs, such as lobelia, capsicum and goldenseal, and Thomsonian therapies, including enemas and the emetic.

Naturopathic physician and author Stan Malstrom has stated. "Samuel Thomson has probably contributed more to the science of herbology than any other individual in the history of the United States."<sup>1</sup> Without any formal medical training, he devised a system of healing that not only swept frontier America like a storm, it also crossed the oceans to kindle a new botanical movement in Europe (particularly England). In fact, it is estimated that by 1840 three to five million Americans had adopted the Thomsonian method of treating illness. Interestingly enough, Thomsonians weren't interested in obtaining legal monopoly on the medical profession. In fact, they wanted just the opposite. Thomson and his followers believed that "the people are certainly capable of judging for themselves whether what is done for them removes their complaint or increases it."<sup>2</sup> So, supporters of this "grass-roots" health movement aligned themselves with

the Jeffersonian democrats, who considered monopolies to be undemocratic in a free society. They helped form a powerful political movement known as the Popular Health Movement and were amazingly successful in their efforts. By 1850, they had wiped the medical licensing laws off the books in every state. The success of the Thomsonian movement opened the door for the Eclectic physicians, the homeopaths, the naturopaths and many other innovations in health care. As the *Story of Medicine in America* noted, Thompson "demonstrated to the satisfaction of many that the capacity of Americans to survive between 1630 and 1760 without a medical profession had not been an accident, that a separate class of medical men was a luxury incompatible with sound reasoning or democratic practice."<sup>3</sup>

Thomsonian medicine still holds much for us to consider. If nothing more, it demonstrates that even in medicine, history repeats itself. The following statements from Thompson's works sound like they could have been written today, by a modern herbalist or naturopath.

...I think we never had more need to be on our guard than at the present time. The people are crammed with...poison drugs, and the laws say they shall not examine and judge for themselves. The effects are pains, lingering sickness, and death...poison given to the sick by a person of the greatest skill, will have exactly the same effect as it would if given by a fool.

Of course, Thomson's writings and approach have strongly influenced my own works such as *Dr. Mom-Dr. Dad* and the *ABC+D Approach to Natural Health Consulting*. Like Thomson, I want to see a "grass-roots" botanical movement where people are able to take greater responsibility for their own health and monopolistic restrictions on healing are removed. The success of the Thomsonian movement gives me hope that we do this by creating a second "botanical revolution." It's also why it's so important for us not to lose effective traditional remedies like Composition (HCP-X) from our modern herbal arsenal.

#### Footnotes

- <sup>1</sup>Dr. Samuel Thomson by Stan Malstrom, *Herbalist*, Vol 1, No. 7, 1976, p. 281.  
<sup>2</sup>New Guide to Health or Botanic Family Physician by Samuel Thomson, Boston:

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## Kimberly Balas' Clinician's Corner

# Pre-eclampsia and Iron Questions

### Pre-eclampsia

*A pregnant mom, who happens to be an OB/GYN nurse, wants to know why women get pre-eclampsia. When we were looking through the herb lists in the Footprints books, we saw that extra protein is used for women with toxemia. So, is it caused by a protein deficiency?*

Sharon

Pre-eclampsia is an elevation in blood pressure, with protein in the urine and swelling (edema) of the feet, hands, and/or face. Changes within the blood vessels can cause them to “leak” fluid and plasma protein into the tissues. This causes swelling of the tissues or edema (the process which occurs in all inflammatory conditions). In this case, the kidneys also “leak” fluid and protein, so that protein spills into the urine. This can be detected when the urine is tested for protein.

If the pre-eclampsia becomes more severe, swelling can occur in the liver, leading to severe pain under the right rib cage. In rare cases, there can be a rupture of the liver with hemorrhage. Sometimes swelling can occur in the brain, leading to seizures, which is called “eclampsia.”

Pre-eclampsia is caused by damage to the placenta, the special pregnancy organ which supplies the baby with food and oxygen from your blood. The reasons for this are linked to the immune system and the process of oxidation. The immune system makes white blood cells, also known as leukocytes, which produce a variety of antibodies. Some of the antibodies protect us and others can be harmful (as in autoimmune disorders).

Phospholipid molecules are normal components of all cell membranes. Some also have glue-like properties and allow cells to fuse. Antibodies bonded to phospholipid molecules can, therefore, cause problems. Specifically, they can damage the inside of the blood vessel wall. This allows blood cells to stick to the site of the injury and cause blood clots.

The formation of the normal placenta involves the fusion of small cells, called cytotrophoblasts, into giant cells known as syncytiotrophoblasts. The syncytiotrophoblasts play a key role in the regulation of nutrients going to the baby.

Antibodies to phospholipid molecules can, therefore, interfere with the development of the placenta. So, in this case, the immune system is creating antibodies that attack

the placenta. Women with underlying autoimmune diseases may have antiphospholipid antibodies even before they ever become pregnant.

This is where adaptagens can be helpful because they regulate the immune function. I would consider supplements like Adaptamax, Suma Combination and B-Complex. APS II can also be helpful because it contains salycin, which reduces inflammation. Salycin can cross the placenta but the amount used is so small that the fetus is unaffected. Herbs, such as yucca, that mimic cortisol can also be helpful for reducing inflammation. Magnesium Complex is a must here to prevent the onset of convulsions during delivery if the problem progresses.

Some new studies are showing that pre-eclampsia is caused by oxidants, created by a poorly functioning placenta. As an antioxidant, selenium intake can help reduce the risk of pre-eclampsia.

Researchers from the University of Surrey in Guildford, UK, studied selenium levels in 53 pre-eclamptic pregnant females and 53 healthy pregnant women. Their findings, published in the November issue of the *American Journal of Obstetrics and Gynecology*, showed that average selenium levels were much lower in pre-eclamptic women. In addition, low selenium levels were directly related to increased risk of premature delivery. So, you could also use Vitamin E with Selenium and Thai Go. The Vitamin E with Selenium aids circulation and Thai Go reduces inflammation, which reduces fluid leakage into the tissues.

Edema may be triggered by allergies or serious disorders of the kidney, bladder, heart or liver. Other causes of edema include poor diet, drug abuse, over use of laxatives or diuretics, oral contraceptives, poor kidney function, heart problems, protein deficiency, varicose veins, sodium retention, poor magnesium/calcium balance, premenstrual syndrome, pregnancy or a high carbohydrate diet.

Vitamin B Complex reduces water retention. Adrenal Support and Vitamin C with Bioflavonoids improve adrenal function. Calcium, magnesium and zinc supplements will replace minerals lost when dealing with edema. Chinese Blood Build and Black Walnut would help here, as well. Kelp improves thyroid function and also supplies needed minerals. Bromelain aids digestion and metabolism, so taking Proactazyme or some other enzyme would be vital.

I would also use the Lymphatic Drainage to help keep the interstitial tissue clear of congestion. Potassium helps keep body fluids in the cell walls. Urinary herbs like gravelroot, Cornsilk, dandelion leaf, Butcher's Broom and marshmallow root are beneficial in treating the edema.

It is very important to consume adequate amounts of protein during pregnancy because protein is needed for the growing baby's cell development. Also, blood volume increases up to 50 percent during pregnancy, and protein is required to produce these blood cells and to hold the fluid in the blood stream. Studies have shown that increasing protein intake can help prevent pre-eclampsia.

Dr. Robert Bradley (of the Bradley Childbirth Method) has long recommended that pregnant women consume between 80 and 100 grams of protein daily for optimal pregnancy health and to prevent pre-eclampsia. Dr. Tom Brewer, author of Blue Ribbon Baby, cites a Harvard study that found eating at least 75 grams of protein per day can help prevent pre-eclampsia. He recommends 80 to 100 grams of protein per day.

### Low Red Blood Cell Count

*I have a client with a low red blood cell count. What is the best way to increase it?*

S.B.

There are several factors to consider if you want to increase the red blood cell count. The function of the red blood cells is to carry oxygen from the lungs to the body tissues and to transfer CO<sub>2</sub> from the tissues back to the lungs. The lab tests only show the total number of cells or erythrocytes found in a cubic millimeter of blood, but what if toxins are there too? In that case, the RBC's have a less healthy environment and die off faster. This is also a big factor in dehydration.

Anemia can come from a variety of factors. A diet high in refined foods will cause the blood cells to agglutinate (stick together) so they can't carry as much oxygen and die off early. There can also be problems with malabsorption of iron, increased iron loss and increased iron requirements. These factors can be determined by looking at other blood tests.

If total iron binding capacity (TIBC) is increased, then internal/microscopic bleeding is a possibility. Iron deficiency anemia may be secondary to hypochlorhydria. If pH is decreased and globulin is increased, then some indicators are prolonged fatigue, blue sclera in the eye, desire to chew ice and inability to tolerate cold. These would all be indications for Chlorophyll capsules and I-X formula along with Yellow Dock.

A B-12 and/or folic acid anemia would be determined by an increased HCT and HGB, increased uric acid, MCH, MCV, RDW, LDH and a serum iron less than 100. Often you will

see increased WBC, neutrophils and LDH in megaloblastic anemia. Liquid B-12 and Herbal CA would help here.

Copper deficiency may also be a problem if there is a decreased HCT and HGB, a low or high MCV, and increased MCH. This is where you would use Liquid Chlorophyll or HSN-W.

With all anemias, there can be a B-6 deficiency, liver dysfunction, renal dysfunction (especially with dehydration) and a vitamin C deficiency.

Other factors that need to be looked at include asking if the blood draw sat in the office for too long, if the blood was taken in the recumbent position, or if the person is pregnant? All of these factors influence the iron levels.

### Hemotomachrosis

*I received this question from my downline and need some help. What's the condition where you have too much iron in your blood? I know it's more common in men, but a woman friend of mine in Colorado has just been told her iron count is too high. She was asking for information about this condition and what she could do about it. She's Caucasian, early 50's, and was hit last year with West Nile. Any information you can pass along would be greatly appreciated.*

Maureen

Hemochromatosis is the hereditary version of high iron. Hemosiderosis is the non-hereditary form and actually occurs in 1 in every 150 people. To verify if this is actually what the problem is, you have to look at ALT, AST and GGTP liver enzymes. If these are increased, then you have a positive ID for this condition. Liver issues like detox ability and liver congestion should be considered. If there is an increased white blood cell count (WBC) and increased lymphocytes, then bacterial or viral infection is usually present. This problem can come from drinking tap water, iron cookware and mercury binding the iron in the liver. Usually B-12, copper (Liquid Chlorophyll) and SF will help balance iron levels.

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# Breathe Freely Again

## Relieving Sniffing, Sneezing, and Runny Nose the Natural Way

In the bones surrounding our eyes and nose are cavities called sinuses. These cavities make our skull lighter and they also serve as resonance chambers for our voice. Surrounded by mucus membranes, the sinuses can sometimes become irritated or infected, resulting in inflammation or sinusitis. Chronic sinus congestion or inflammation usually points to a chronic problem in the lymphatic and immune systems.

In Chinese medicine, the lungs and the colon are the organs corresponding to the Metal element, which is responsible for the functioning of the “wei qi” or defensive energy which protects the body from external invasion. In Western terminology, we would call this energy, “immunity.” The connection between the colon and the lungs appears to be the lymphatic system, which under ordinary circumstances, removes waste from the tissues and drains it into the colon in the form of mucus. When the colon is congested, this results in a greater toxic burden in the body with less effective lymphatic drainage. As a result, more waste is eliminated from the body via the mucus membranes of the respiratory tract, including the sinuses.

In the short term, this can result in sinus problems such as a runny nose, sneezing, post-nasal drip and coughs. As the problem becomes more chronic, post-nasal drip can inflame the throat causing sore throats, and toxic-laden lymphatic fluid can irritate other tissues causing inflammatory conditions like earaches, tonsillitis, bronchitis and even asthma. The toxic “swamp-like” condition also creates a breeding ground for infection.

Therefore, as odd as it may seem, cleansing the colon is usually the first, and most important, step to easing sinus troubles. In acute situations, an enema will often rapidly ease sinus pressure and congestion. A short fast, or at least abstaining from all heavy foods and flushing the system with water and juices, will also allow the digestive and lymphatic systems to clear themselves and sinus problems to be relieved.

For more chronic problems, a colon cleanse such as the Tiao He Cleanse or even just taking Nature’s Three or Psyllium Hulls Combination with All Cell Detox can work wonders.

Food allergies may also be part of this picture. Chronic sinus problems (and the other conditions related to them) are often caused by dairy or wheat allergies. Dairy is particularly troublesome. Milk is created by mammals by condensing lymphatic fluid into a concentrated substance. Remember that breast tissue is primarily lymphatic tissue. The milk essentially gives an oral “transfusion” of nutrients from the mother’s blood. To put it

more bluntly, milk is practically condensed lymphatic fluid and congests the lymphatics more rapidly than any other food.

So, eliminating dairy products, as well as using milk substitutes like rice milk or soy milk, can be helpful. Avoiding sugar and wheat products may also be helpful.

In addition to these foundational measures, there are many ways to directly work with the sinuses themselves. Pressure or blockage in the sinus cavities is usually a sign of mucus “trapped” in the sinuses resulting in depressed function of the mucus membranes from constant irritation. Because of this, the membranes are no longer able to properly flush the excess mucus.

Herbs with expectorant and decongestant actions can stimulate these tissues and help to break-up trapped mucus and expel it from the system. AL-J is one of the best all-around formulas for sinus problems and chronic sinus congestion. It is good for colds, coughs, sneezing and practically any respiratory problem involving excess mucus production. Another effective formula for breaking up both acute and chronic sinus problems is HCP-X.

Fenugreek & Thyme is a great formula for chronic sinus pressure that has a tendency to cause sinus headaches. Sinus Support is another helpful formula for chronic sinus problems. It helps dry up excessive sinus drainage while working to expel excess phlegm and detoxify the lymphatic fluids. When the sinus problems are also affecting the bronchials causing bronchitis and cough, Bronchial Formula is an excellent choice.

Snuffing a little Bayberry up the sinuses can rapidly shrink nasal polyps and bring relief from constant sinus problems. Colloidal Silver, IN-X and Vitamin A&D are other remedies that can be helpful for sinus problems.

All of these formulas will work better when taken with plenty of water. Mucus is 95% water and it is very important that the mucus membranes be properly hydrated so they can produce a thin, watery secretion to break up the trapped mucus.

There are plenty of excellent natural remedies that can help you to breathe freely again. Talk to your local herb specialist to help you develop a program that is right for you. You can also consult some of the resources below.

### Selected References

*The Comprehensive Guide to Nature’s Sunshine Products* by Steven H. Horne  
*Prescription for Nutritional Healing* by James F. Balch and Phyllis A. Balch  
*The One Spirit Encyclopedia of Complementary Health*, Nikki Bradford, Editor

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# HCP-X (Herbal Composition)

Relieving Colds, Flu and Sinus Congestion for Two Hundred Years

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HCP-X is a traditional formula that has been used successfully for over 200 years for colds, flu, sore throats, coughs, congestion and other acute ailments. Developed by the pioneer herbalist Samuel Thomson, it was originally called composition or composition powder. (HCP stands for Herbal Composition Powder). Thomson claimed the formula was used to “scour the bowels and remove the canker [mucus and/or toxins].” He used it as a tea, along with lobelia and capsicum as part of a system of eliminating infectious diseases.

Here are the ingredients in this HCP-X

## Bayberry

As the principle ingredient in this formula, bayberry is an astringent and stimulant that helps to dry up excessive mucus secretions, but leaves mucus membranes moist and clean rather than overly dry. It cuts mucus, so it is no longer sticky and easier for the body to expel. It also helps fight infection.

## Ginger

An Oriental spice which began to be imported into Europe hundreds of years ago, ginger is more than just an ingredient in cooking. It is an important medicinal herb with a stimulating action on circulation. It contributes warming, invigorating properties to HCP-X. It also has an anti-inflammatory action.

## White Pine

White Pine has been used by Native Americans as a remedy for coughs and congestion from colds. The Indians used primarily the resinous sap and young leaves for their remedies, but the inner bark is the part used in HCP-X. Pine is an expectorant. It stimulates the tiny hair-like projections lining the respiratory passages (cilia) to move the mucus out of the lungs. It also stimulates the secretion of a thinner mucus which breaks up the thicker trapped mucus so it can be eliminated.

## Cloves

Long recognized for its mild anesthetic (pain-relieving) property, the essential oil found in cloves has been used by dentists to numb the mouths of patients before operating, as well as to disinfect root canals. Clove bud is known to trigger the release of anti-inflammatory substances and also supports the expectorant and stimulant properties of ginger and bayberry. It is also anti-parasitic, and helps to destroy intestinal microbes and bacteria.

## Capsicum

Also known as the spice cayenne pepper, capsicum stimulates blood flow throughout the body. This helps promote general healing and brings warmth and vitality to the tissues. Capsicum contains capsaicin which also has a pain-relieving quality. The strong heating quality of capsicum also helps to promote perspiration, which can break a fever or help the body “sweat out” a cold or flu.

## Dosage

At the first sign of cold or flu, take 1-2 capsules every two to four hours with plenty of fluids until symptoms subside. HCP-X can also be made into composition tea by pouring one cup of boiling water over the contents of 2-4 capsules and allowing it to steep for three to five minutes. Sip the warm tea frequently to ease cough, sinus congestion, colds, chill, and other symptoms of acute illness. The tea can also be used as a gargle for sore throats.

HCP-X is even more effective when used to promote perspiration in a sweat bath. Take 1-2 capsules with a large glass of water or sip a cup of tea while soaking in a hot bath for 15-20 minutes. Then go to bed, pile on some blankets, drink plenty of fluids and “sweat” the cold or flu out.

Warning: This is a spicy combination, so use caution if spicy foods irritate your stomach.

## Selected References

*The Comprehensive Guide to Nature's Sunshine Products* by Steven H. Horne  
*Rodale's Illustrated Encyclopedia of Herbs* by Rodale Press  
*The Complete Illustrated Holistic Herbal* by David Hoffman  
*New Guide to Health* by Samuel Thomson

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## Pre-Leaders Conference Classes

Steven Horne and Kimberly Balas will both be holding classes before Nature's Sunshine's Leader Conference. For dates and cost please look at schedule below.

### Dr. Mom-Dr. Dad Instructor Training and ABC+D Instructor Training

These classes are designed for students who have taken Dr. Mom - Dr. Dad or ABC+D Approach and are interested in teaching it themselves. Students who take this class will become certified by Tree of Light Publishing to teach Dr. Mom - Dr. Dad and/or The ABC+D Approach to Natural Health Consulting.

### Emotional Approach to Blood Chemistry

This class is recommended for students who have taken A Natural Approach to Blood Chemistry but is open to anyone. This class focuses on the emotional aspects of reading blood tests. This class includes handouts to follow along with the lecture.



## Class Schedule

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)

### Steven Horne's Speaking Engagements Call 888-707-4372 for information.

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Jan 29	Tyler TX	\$25 or register online and save \$5
Jan 31	Dallas TX	\$25 or register online and save \$5
Feb 1	Ft Worth TX	\$25 or register online and save \$5

Online registration at <http://www.treelite.com/courses/2005.php>

#### Dr. Mom-Dr. Dad Instructor Training

Feb 2	Dallas, TX	Free with purchase of 5 manuals
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#### ABC+D Instructor Training

Feb 3	Dallas, TX	Free with purchase of 5 manuals
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#### Leaders Conference

Feb 3-5	Dallas, TX	Call NSP 1-800-453-1422
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Steven Horne will be running one of the workshops

#### IIPA 2005 Iridology Symposium

Feb 25-27	The Woodlands, TX	\$319 or \$419 after 1/15
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Steven Horne, Jack Ritchason, Daniele Lo Rito, Ellen Jensen, and others will be speaking. Discount for IIPA members. Call IIPA at 888-682-2208 to register.

#### Fast, Effective Natural Health Care

Apr 21	Juno, AK	\$25 or register online and save \$5
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#### Clinical Practicum

Apr 22-23	Lass Illa, AK	\$200
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### Kim Balas' Classes

Call 888-707-4372 for information.

#### Emotional Approach to Blood Chemistry

Feb 3	Dallas, TX	\$150
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#### CLEAR®

Mar 12-13	Clairmont, FL	\$399
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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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