

Nature's Field

An Electronic Journal for NSP Distributors

Eyebright

By Steven Horne

One of the biggest problems with many herb books is that they simply list a bunch of diseases for which a particular herb has been used without telling you information such as 1) what part is used, 2) how it is prepared and 3) how it is administered. All of these things make a difference in how the herb works.

Eyebright is a perfect example of a plant that has fallen victim, not so much to misinformation, as a lack of important data about how it is most effectively used. Most people who are familiar with herbs, will immediately connect eyebright as an eye remedy, and they would be partially correct.

The use of eyebright for the eyes is based on a concept called the *doctrine of signatures*. Because Europeans saw a similarity between the colors and shape of the flower and bloodshot eyes, the plant began to be used as an eyewash for diseases of the eye. The key here is that the plant is very effective for eye problems when used as an *eyewash*.

An eyewash made from eyebright has been effectively used in treating problems like blood shot eyes, pink eye, conjunctivitis and other inflammatory conditions affecting the eyes. Eyebright helps these conditions because it is an astringent, so it tones the eye tissues, reducing inflammation. It also has a disinfectant action. It contains a volatile oil that becomes activated by sunlight once it is applied to the eye.

Eyebright has most often been used for this purpose as part of a formula. For instance, the EW formula (which contains eyebright, bayberry, goldenseal and red raspberry) was designed by John Christopher as a topical eyewash to be used for the conditions listed above. Dr. Christopher's original formula also contained capsicum. He claimed that regular use would actually improve eyesight and remove cataracts, although I haven't known very many people who have successfully used it in this manner.

This use of eyebright as a topical application for the eyes, lead people to begin using it internally, believing it will do the same thing. The same thing happened with EW. My experience is that both EW and eyebright are not very effective for eye problems (especially eyesight problems and cataracts) when taken internally.

However, both have some very useful properties when taken internally, which are not directly related to the eye. Eyebright is

an upper respiratory formula, which helps coughs, sore throats, allergies, post nasal drip, sinus infections, sinusitis, earaches and the itchy, red and watery eyes associated with hay fever. In short, eyebright and EW are eyes, ears, nose and throat remedies. EW in particular is a great formula product for that drippy, water runny nose one gets with hay fever or the beginning of a cold, particularly if the eyes are red and puffy. To help these conditions, take 2-4 capsules of EW three to four times per day.

From AHG herbalist David Winston I learned that the tincture of fresh eyebright would open the Eustachian tubes which often swell shut in small children causing earaches. It's an herbal "tubes in the ears" treatment. Having suffered occasionally from earaches myself, I tried this out, and it really worked. He claims the dried powder is ineffective, but I tried that once in a dose of four capsules every couple of hours and it proved to work, although it was slower acting.

To use eyebright as an eyewash, put the contents of 2-3 capsules in a cup and fill it with boiling water. Steep for 5 minutes and strain mixture carefully through a fine cloth. Keep refrigerated and make a fresh batch every 3-4 days. The same directions can be applied to making EW into an eyewash. EW is even more affective than straight eyebright.

You can put it into the eyes with a dropper or use an eyewash cup to rinse the eyes. (It's a good idea to warm it to room temperature first.) I've also saturated a cotton ball with the tea and placed it as a compress over my closed eye. Using EW in this manner, along with vitamin A & D allowed me to relieve a very serious eye infection in about 24-48 hours.

Selected References

Herbal Therapy and Supplements by Merrily A. Kuhn and David Winston
The Comprehensive Guide to Nature's Sunshine Products by Tree of Light Publishing

In This Issue

Feature Herb: Eyebright.	1
Nature's Field is Now Free! And Other Important Changes in Tree of Light Programs . . .	2-5
Free Emotional Healing Teleseminar.	5
Product Handout:	
Eye Problems	6
Kimberly Balas' Clinician's Corner: Cleansing Issues, Plaque on Teeth and Other Questions	7
Publication Info	8

Nature's Field is Now Free! And Other Important Changes in Tree of Light's Programs

2006 marks the 20th anniversary of Nature's Field. During the past 19 years Nature's Field has evolved from a simple typed newsletter to a professional journal and finally to an electronic publication or E-zine. And, now it's time for another change. Beginning next month, Nature's Field will now become a free monthly electronic newsletter.

That's right, Nature's Field is free from now on!

Those of you who have prepaid subscriptions will receive a credit on your account for the remaining issues on your subscription, which you can use to purchase anything you want or can apply to our new membership program.

The new Nature's Field E-zine will be delivered monthly and will feature an in-depth article on our monthly theme. It will be 4-8 pages in length, and will not include product handouts. (These will be included with our membership programs described below.) There will be a sign-up box for the newsletter on Tree of Light Publishing's website (www.treelite.com).

It's all part of a shift in the goal of Tree of Light's programs.

Up until this last year, the primary focus of Tree of Light has been to provide third-party educational material to help Nature's Sunshine Managers and Distributors learn about NSP's product line. Although our products have also been useful in helping to build an NSP business, that was a secondary function, not the primary goal.

Now, the primary focus of Tree of Light will be to help NSP Managers and Distributors build their NSP businesses. Don't worry, the health educational value will still be there, it's just that our focus will be on helping you educate your customers to grow your business, rather than just on us providing product and health education for you.

Here's how our new program will work.

First, we'll have a monthly theme.

In the past, our herbal hour videos, Sunshine Sharing issues and Nature's Field articles have been pretty much unrelated. It's only been in the past few months that I've started to tie these educational tools together.

By creating a coordinated theme, we are creating a marketing focus for each month. That is, the Sunshine Sharing issue and the Nature's Field can be used to promote that month's Herbal Hour topic. We'll have several featured products selected to go with the theme, which we will provide product handouts for, as usual.

Materials for each topic will ship the month before so they will arrive around the first of the month. The product handouts, Sunshine Sharing issues and Herbal Hours will all be shipped at the same time. The Nature's Field issue on that topic will be sent about the last day of the month. The topics for next year and the shipping dates for Sunshine Sharing, handouts and Herbal Hour DVDs are listed in the table below:

Month	Theme	Shipping Dates
January	Iodine Deficiency	December 20
February	Chinese Herbalism	January 20
March	Inflammation	February 20
April	Respiratory Allergies	March 20
May	Adaptagens	April 20
June	Natural Beauty	May 20
July	Leaky Gut Syndrome	June 20
August	Liver Detoxification	July 20
September	Parasites	August 20
October	Antioxidants and Aging	September 20
November	Tonic Herbs	October 20
December	Keeping a Healthy Home	November 20

Second, we'll have two levels of membership.

As part of Tree of Light Publishing's focus on business building we'll offer two business building membership programs—Silver Associate and Gold Associate.

Silver Associate

The Silver Associate Program will include:

- 50 copies of *Sunshine Sharing*
- 3-6 *Product Handouts* on the *Featured Monthly Products* (which will be delivered with the *Sunshine Sharing*)
- Access to the *Member Area* of the Tree of Light Website, where additional handouts, PowerPoint Presentations from the Herbal Hours and back issues of Nature's Field will be available
- Printed delivery of *Nature's Field*
- Right to purchase additional copies of *Sunshine Sharing* and *Sunshine Sharing* Back Issues at \$5.00 per bundle of 25 copies (Non-subscribers can't purchase back issues of *Sunshine Sharing*)
- Ability to participate in our Affiliate Program (which will be described later)

Silver Associate fee is only **\$32** per month.

Gold Associate

The Gold Associate Program will include:

- All of the benefits of the Silver Associate Program, plus:
- 100 copies of *Sunshine Sharing* (50 more copies than the Silver Associate package)
- The monthly *Herbal Hour Video*
- Right to purchase additional *Herbal Hour Videos* at \$17.95 each (Regular Price is \$29.95)
- Monthly *Product Education and Marketing Ideas Coaching Call* (This call will feature Steven Horne and Kimberly Balas providing business and marketing tips about how to promote this month's theme and build your business, interviews with special guests, and a question and answer period on that month's topic if you have any questions about that month's theme.)
- Special offers and discounts on Tree of Light products .

Gold Associate fee is just **\$76** per month.

Special Offer: Anyone who signs up for the Gold Associate program during the month of December and commits to a minimum of three months on the program will receive a special bonus gift worth 200 dollars. (See *The NSP Business and Marketing Coaching Program* below.)

Third, I will be doing less traveling and more training by teleseminars and telephone coaching.

This past year, I scheduled some classes and lectures around the country. These seminars went well, but the truth is, it is very tiring to travel so much and it reaches a very limited number of people. Since my goal is to get this information out to as many people as possible, I have decided the best way to do this is to utilize the new technologies that are available and hold classes by telephone conference call. You can learn about our first teleseminar inside this issue.

In addition to these teleseminars, we're also starting a Tree of Light business coaching program. There are two parts of this program.

The NSP Herbal Consultant Coaching Program

This will be a program for people who are new to the business and want to learn our Body System's and ABC+D Approach to helping people find the supplements they need. It will include:

- The *ABC+D Course* (which includes a manual and 2 videos)
- An electronic copy of our *New Heal-It-Yourself Reference Charts* (showing the disease tree, body furnace and other models)
- A *Copy of the Comprehensive Guide to Nature's Sunshine Products*
- 5 telephone coaching conference calls with Tree of Light trained coaches who understand the ABC+D system and have successful NSP businesses of their own.

The NSP Consultant Coaching program will cost \$295 (and affiliates will get a \$75 cash commission for anyone they refer who signs up for the coaching).

The NSP Business and Marketing Coaching Program

This program will feature 5 telephone coaching calls with me. There will also be handouts and a manual.

Continued on Next Page

This program will be an additional \$200, but will be included free for anyone who signs up with a Gold Membership to Tree of Light during the month of December and commits to three months of Gold Membership. Subscribers can cancel their Gold Membership anytime after the first three months.

We plan to run both coaching programs monthly, and in the future, a person who registers for the entire program (\$495) will receive two months of the Gold Associate program free, and affiliates will receive a \$100 commission.

Why I'm Offering Business Training and Coaching

Some of you may be wondering why I'm offering business and marketing training, and not just health and product training. Well, fueled by the desire to learn how to get my message out to more people, I've spent \$12,000 in the past three years on books, audio tapes and seminars to learn all I could about publicity, marketing and business so I could acquire the knowledge and skills I needed to make this vision happen.

As I've been implementing what I've been learning, it has really helped my business to grow, and I haven't even begun to implement a tenth of what I've already learned. Those of you who have known me for a long time know that one of the things I love to do is synthesize information, simplify it and pass it on to other people. Also, I figure one of the best ways I can reach more people is to help you reach more people. So, this coaching program and the monthly coaching calls you'll receive with a Gold Membership are my opportunity to share with you my \$12,000+ worth of business and marketing training, to help all of us spread the message.

Fourth, we'll be launching an affiliate program.

An affiliate marketing program is a way we can help our Members gain financial benefit from recommending our educational programs to their customers and distributors.

Our Silver and Gold Associates will receive a special promotional code, which they can put on flyers, in emails or other materials we'll provide to promote our teleseminars and coaching programs. When a student uses that promotional code, they'll receive either a discount or a free bonus on the class. The Member will also receive a finder's fee for each paid student.

In other words, we're going to pay you for allowing us to train your customers and Distributors. So, by promoting our classes and coaching programs to your customers and Distributors, you'll win in two ways:

1) You'll receive checks from Tree of Light paying you commissions on every student who signs up.

2) Your customers and Distributors will receive NSP-oriented education that will help them build their NSP businesses, or, at the very least, buy more products from you.

It's a win/win all the way around.

Later, we'll introduce other products into our affiliate program, too. Details of our affiliate program will be announced to our Members during January and February.

Fifth, our materials will increasingly become more effective marketing tools.

As I learn more about marketing, I'm incorporating what I'm learning into the materials we produce. The biggest change you'll see is in *Sunshine Sharing*. We'll be slightly altering the look, and making it more focused on promoting specific products. We'll also be working to make it more attention grabbing, so people will see the headline on the front cover and be enticed to read more.

For instance, our theme for January is iodine. The headline on *Sunshine Sharing* will be "Are You Iodine Deficient?" Underneath will be a short quiz people can take which shows the symptoms of iodine deficiency. The issue will be in the form of short pieces with headlines like: "Why Are So Many People Iodine Deficient?" "How Do I Correct Iodine Deficiency?" and so forth. Also, the reader will be encouraged in more than one place in the newsletter to contact the person who gave them the letter for more information. And, because we'll be providing our subscribers with Handouts and *Herbal Hour Videos* on the topic you'll be armed with the information to be the expert on the subject.

Of course, we'll continue to offer our NHC and CHC courses as well as developing our CPH courses, many of which we will hold by teleseminar, and provide charts, booklets and other materials as we have done in the past. As I indicated, our goal with these new programs is to help NSP Managers and Distributors build larger businesses. This is a win/win for us at Tree of Light, because the bigger

NSP grows, the larger the market becomes for the materials we've spent 20 years putting together.

If you want to learn more about Tree of Light's new programs, we'll be having a couple of conference calls, where we'll be explaining the new program and answering people's questions. Since each conference call can only host a limited number of people, you'll have to register for the call. You'll also find additional details on the website.

New Program Conference Calls

Tuesday, December 13, 5:30 PM MST

Thursday, December 15, 7:00 PM MST

You can register for these calls by going to

<http://www.treelite.com>

or by calling: 888-707-4372

That finishes our explanation of the changes we're making in our program. However, there is one more announcement I need to make.

Emotional Healing Class

In the last two issues of Nature's Field, I talked a little bit about healing the mind and emotions. This is a very important topic to me, because from the beginning of my studies in herbal medicine and natural healing in the late 1970s, I have always seen the pursuit of health as a broad-based endeavor. Since the process of healing is the process of being made whole, it involves the whole person. It is not simply a matter of nutrition (diet and supplements) or of detoxification. Even if we include adequate rest (sleep and time for recreation) balanced with physical activity (work and exercise) the equation is not complete. There are mental, emotional, spiritual, social and environmental aspects to the healing equation.

My 25 years of experience in this field have amply demonstrated to me that one can only go so far on the physical plane with healing. Then roadblocks begin to occur. This is demonstrated by the fact that many times we know what we are doing is unhealthy and we do it anyway. We also know things we could do that would make us healthy and we don't do them. Which raises the entire question of why all of us do things we know aren't good for us and avoid doing things that we know would be good for us.

The problem is illustrated by something I was told in 1978, when I was newly married and living in Spokane Washington. My wife and I belonged to a food co-op, where we bought our healthy food. Because of our interest in health, we befriended a woman in our church who held a Ph.D. in nutrition and worked at the local university. Over a wonderful meal of nutritious, whole foods, our friend told us that she couldn't understand her colleagues at the University. She said they were researching all the health problems created by junk food, and would then go out and have coffee and donuts on their breaks.

This illustrates the fact that knowing something in our head isn't enough to motivate us to action. There is a bridge between thought (mind) and action (body) and that bridge is feeling or emotion (spirit). It is the emotional (or spiritual, if you prefer) part of our nature that moves us to act. Every good salesman knows this. They know that people won't buy or do things based on logic or reason, people will act based on emotions. Notice the TV ads for the drug companies don't try to sell their product logically; instead, they appeal to people's emotions. Effective advertising is persuasive because it touches people's feelings, which moves them to action.

So, the mind/body connection is found in the heart. To be whole (i.e., healthy), the mind, body and spirit (feeling) must be acting in harmony. When our actions don't match our belief system, we experience internal conflict. This internal conflict will result in a sense of disharmony inside, which I believe will ultimately lead to physical disease, and based on my experience in working with people, I believe that all illnesses involves some type of unresolved internal conflict between our actions, our thoughts and our emotions. When the head and the heart are in conflict, the body is confused, and reacts accordingly, with disharmony in the biochemistry.

I've decided to conduct a workshop after Leader's Conference. There's more information on the website.

Slay Your Dragons

Healing the Emotional Wounds That Keep You from Experiencing Health, Wealth and Happiness

Thursday, February 16, 2006, Panama City, FL

You can register for this seminar by going to:

<http://www.treelite.com>

or by calling: 888-707-4372



Eye Problems

Protecting your eyesight and treating common eye problems

The ability to see is a precious gift. Unfortunately, many people start losing this gift as they age. Cataracts, glaucoma and macular degeneration are common problems that cause a loss of sight in the elderly. The eyes may also have problems such as eye infections, pink eye, conjunctivitis, etc. Fortunately, there are ways to help the eyes heal naturally. Here are some tips for dealing with common eye problems.

Conjunctivitis and Eye Infections

Conjunctivitis is also known as pink eye because of the redness that occurs in the whites of the eyes due to the inflammation in the eye. The inflammation occurs in the clear covering over the white of the eyes and the lining of the inner eyelids, and may be due to an allergic reaction or an infection.

Both conjunctivitis and eye infections can be treated naturally in a similar manner. The fastest way to correct them is to apply natural remedies topically. Make a tea out of EW, or a mixture of eyebright, goldenseal and chamomile. The tea can be used as eye drops or as an eyewash, using an eyewash cup after it has been cooled. You can also saturate a cotton ball with the tea and place it over the closed eyes, allowing it to rest there for about 15 minutes. Repeat this process at least four times per day. Always refrigerate the tea and make a fresh batch every couple of days to avoid microbial growth.

Another remedy for eye infections is colloidal silver which can be used straight as eye drops or as an eyewash. Conjunctivitis can also be helped by rubbing the contents of a capsule of Vitamin A & D around (but not in) the eye. Both Colloidal Silver and vitamin A & D are also useful for eye infections and conjunctivitis when taken internally.

Bloodshot or Irritated Eyes

For bloodshot or irritated eyes, there are several herbs that can be used as eyewashes, eye drops or compresses over the eyes. These include goldenseal, chamomile, chickweed, and eyebright. The herbal eyewash formula, EW, is especially effective.

When eyes are dry, HY-C may be of benefit. It is indicated for dry mouth, dry skin and dry eyes where there is constant thirst. It hydrates tissues. Blood Build may also help dry eyes. It is a liver formula, but there is a strong connection in Chinese medicine between the liver and the eyes.

For Educational Purposes Only

Seek appropriate professional assistance for all serious health problems. Handout prepared by Tree of Light Publishing
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Improving Vision

Bilberry has been known to improve night vision. However, for nearsightedness and farsightedness, supplements taken internally will probably be of little value, although they may help slow or halt deterioration of eyesight. Perfect Eyes is the best formula for this purpose, although Thai Go and Mega Chel have both been reported to have helped some people improve their vision.

There are some reports of vision improvement using EW regularly as an eyewash. Dr. John Christopher, the herbalist who developed this blend, claimed that regular use of the eyewash would improve eyesight. Some people claim this has worked, but others have claimed the eyewash was irritating to their eyes when used over a long period of time.

There are also exercises which can be done to improve eyesight. There are books which can be purchased that teach these exercises, but they do require some dedication. A good one is listed in the references below.

Macular Degeneration

Macular degeneration involves a loss of central vision in both eyes produced by pathological changes in the center of the retina, the region of most visual acuity. It is believed to be an inflammatory condition and the result of free radical damage. High blood pressure and hardening of the arteries increase the risk of this condition.

Antioxidants can help prevent, slow the progress of, and perhaps even partially reverse macular degeneration. Perfect Eyes is a blend designed to protect the eyes from deterioration during the aging process and can be particularly helpful. Mega Chel and Thai Go can also be helpful in cases of macular degeneration.

Obviously, space does not permit discussing all the possible natural remedies that exist for eye problems. Consult with your local herb specialist to help design a program for you, or obtain additional information from the resources listed below.

Selected References

The Comprehensive Guide to Nature's Sunshine Products by Tree of Light Publishing
The Bates Method for Better Eyesight Without Glasses by William Bates

Distributed by:



Kimberly Balas' Clinician's Corner

Cleansing Issues, Plaque on Teeth and Other Questions

Pesticide Cleansing

Any suggestions on what to use to cleanse pesticides out of someone?

R.R.

Since pesticides bind with lipids I would start with breaking those down slowly with something like Lecithin. Then I would look at using the Heavy Metal Detox along with SAM-e and folic acid. This helps move things through the liver. Red clover is another one of my favorites here, but use it in large doses. Indole-3-Carbinol can also be helpful. I would add Lymphatic Drainage as well.

Cleansing for Weight Loss

What are your picks for liver cleansing when someone wants to lose weight?

C.

I love the Dieter's Cleanse we have because it works on all areas of congestion. I usually just add some red clover to it. If there are cravings for sweets, then my favorite recommendations are MSM, Sam-e and Folic Acid along with iodine to mildly cleanse the liver.

Liver Stagnation

I have a client who has not had a period for a year. She is on Chinese Blood Build now. She went to the acupuncturist who says she is not blood deficient but has liver stagnation. I'd like to know if the Chinese Blood Build will take care of liver stagnation or do we need to go in another direction.

P.

I use the Blood Build for lots of stagnant issues, but it isn't the best formula for liver stagnation. Liver cleansing formulas like Liver Balance work better when the liver is stagnant or congested. I would also look at using folic acid and possibly Guggul here. This would create a methyl folation chain for the hormone combustion. The guggul will help with glycerol combustion in the cells to produce transport activity.

Plaque on Teeth

My soon-to-be 11-year-old daughter is having a terrible time with plaque on her teeth. We are brushing with the Black Walnut

in the tooth paste. Why does this happen and what can be done about it?

L.

I would say this is a B-12 deficiency. She isn't taking the calcium up into a bound form in the blood. Binding calcium properly requires good fats and B-12.

Cat's Claw and Chemo

I had a doctor tell a client that Cat's Claw negates chemotherapy. Is this true?

T.

Usually, this only applies if they have low platelet activity. Chemotherapy can reduce platelet counts. The lower limit of normal is 150 (thousand). Patients with low platelet counts are cautioned not to take aspirin or anti-inflammatories while taking chemo. Chemotherapy can also suppress immune responses and doctors may be concerned about remedies that increase immune response.

Blood Chemistry Question

I have a client with the following blood numbers: 68 HDL, 128 LDL, 112 triglycerides, total cholesterol 216. What do you see going on here?

N.

It looks like this person has a minor inflammatory issue with some congestion in the cells. There seems to be some toxicity and the cells can't flush out these toxins because there isn't enough energy combustion. The total cholesterol number is good. It says the body is dealing with toxins but some Lymph Gland Cleanse will help here along with some Thai Go for anti inflammatory affect.

Kimberly Balas is a board certified naturopath and an instructor for Tree of Light. She is also a certified iridology instructor and a board member with the International Iridology Practitioners Association (IIPA). She is available for personal consultations. To schedule a consult call Balanced Health Solutions at 321-626-9243.



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About Tree of Light Publishing

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.

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