

# Nature's Field

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An Electronic Journal for NSP Distributors

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## Ginkgo

By Steven Horne

My first exposure to ginkgo didn't come in an herb class; it came in my first botany class at the University of Utah. The class was Trees and Shrubs, and my teacher told us that the Ginkgo tree was a living fossil, a tree that was believed to be extinct at one time, but was rediscovered in China. Although I haven't documented this anywhere, it is something that stuck in my mind.



Photo by Steven Foster

Ginkgo is the only deciduous gymnosperm. All other members of this division (such as pine, spruce, fir and juniper trees) are evergreen. So ginkgo is believed to be a genetic bridge between the gymnosperms and flowering trees and shrubs. Ginkgo is also thought to be the oldest tree on the planet, with fossil records dated to 190 million years ago.

Today, it is commonly planted as a shade tree and is valued because it is resistant to atmospheric and water pollution, as well as insects and disease. Ginkgo trees are also long-lived, up to a thousand years, and can reach heights of over one hundred feet.

So, what does all this botany information have to do with using ginkgo as an herb. Well, it's all about the doctrine of signatures, which is the idea that a plant's growth pattern, shape, color, and general nature provide us clues as to its use. The ginkgo tree has the perfect signatures as an anti-aging remedy. As a long-lived, disease resistant, "living fossil," it should not be surprising to learn that the tree is a great remedy to counteract the effects of aging. It is the leaves which are used for this purpose.

Ginkgo is one of the most highly researched herbs on the planet. The leaves contain terpene lactones (ginkgolides and bilobalide), flavonoids, flavonols, sesquiterpenes and organic acids which have many scientifically documented benefits. Ginkgo has many beneficial effects on circulation. It relaxes blood vessels to enhance blood flow to the brain and extremities. It also strengthens blood vessels, reducing capillary fragility and bruising. It has been shown to improve diseases involving peripheral vascular insufficiency, such as Raynaud's disease. It will relieve tinnitus (ringing in the ears) and vertigo (dizziness) caused by circulatory problems, and may help some cases of erectile dysfunction.

The flavonoids in ginkgo have anti-inflammatory and anti-oxidant benefits. By reducing vascular inflammation, ginkgo

may help reduce the risk of cardiovascular diseases. The combination of Ginkgo and Hawthorn is particularly helpful here. Ginkgo can also slow macular degeneration.

Ginkgo is very helpful for the brain. Besides preventing free radical damage to tissues (which causes diseases such as Alzheimer's and dementia in the elderly) it has been shown to improve brain wave activity. It may even stimulate regeneration of damaged nerve cells. Although ginkgo won't cure Alzheimer's or dementia, it has been

shown to stabilize these conditions for as long as 6-8 months, preventing further deterioration.

Another important action of ginkgo is its ability to inhibit the platelet-activating factor (PAF). PAF causes the blood to become stickier and more likely to produce clots. PAF is released in inflammatory and allergic reactions. This ability makes ginkgo a very promising remedy for reducing the risk of heart attack and stroke; it also enables it to reduce asthmatic symptoms

Ginkgo may also help relieve some cases of dizziness (vertigo), erectile dysfunction and absentmindedness. Although in general, I favor the use of whole herbs, in this case, a highly-concentrated extract of the leaf seems to work best, which is what NSP offers in their Time Release Ginkgo concentrate. Ginkgo is also a part of several combinations.

So, if you want to be a healthy old "fossil," aging gracefully with a healthy brain and heart, the ginkgo tree may be one of your best allies.

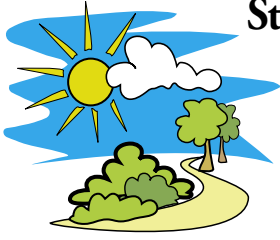
### Selected References

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

*Encyclopedia of Medicinal Plants* by Andrew Chevallier

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## Steven Horne's Ramblings and Ravings

# Disassociation: We're All a Little Crazy After All

One of the four root causes of illness is unresolved mental and emotional stress. Because we're mostly focused on helping Nature's Sunshine Managers build their herbal supplement businesses, we don't spend a lot of time talking about this root cause of illness. Of course, our primary focus on nutrition and detoxification means we also don't talk too much about physical trauma or structural issues.

However, in my personal healing work, I do emotional healing work with about 50% of my clients, and since the theme I've chosen for this month is mental health, I want to address the topic of unresolved mental and emotional stress as a cause of illness.

The problem lies in knowing where to begin. Having done emotional healing work with people for about 20 years now (which includes approximately 200 personal emotional healing sessions lasting 1-3 hours) and having read numerous books on mental and emotional health, I've gained a lot of insight into what makes us all crazy.

Yes, you read that right. I suggested we're all a little crazy. (I can just imagine some readers saying, "Speak for yourself," but just hear me out.) I say this because I don't think that any of us are "whole" in the absolute sense of the word, and health is wholeness—a perfect integration of body, mind and spirit.

### Disassociation

I believe that all forms of unresolved mental and emotional stress are created by chronic disassociation. This disassociation happens during abuse or other traumatic events. Most of you can probably recall a time when you had something "shocking" happen to you, such as the sudden, unexpected death of a loved one, or an accident of some sort, which affected either you or someone close to you. During this time, you probably felt a little "spaced out." That was disassociation at work.

Disassociation is the ability to disconnect from the pain of the experience. There is a feeling, "This can't be real," or "This isn't happening to me." It is almost as if we are seeing what is happening as if it is happening to someone else. This disassociation is normal and healthy. It helps us remain calm and objective in a crisis so we can deal with what is happening.

Disassociation is a kind of "split" in our nature. You can think of this a couple of ways. Feel free to choose the way that

works in harmony with your own belief system. If you believe we have a spirit or soul inside of us, then think of it as the soul temporarily disconnecting itself from all or part of the body to avoid having to experience the full impact of what is happening. If that doesn't work with your belief system, then think of it as our consciousness or mind withdrawing energy and/or awareness from part of our body to avoid feeling or acknowledging what is happening. Either way, there is a fracturing of our being, which creates a state less than "wholeness", or health.

Physically what happens is that we hold our breath and tense our muscles around the areas of the body where we are feeling the pain. This reduces oxygen intake as well as blood and lymph flow to tissues, which reduces their energy output. Reduced energy equals reduced feeling or sensation. The numbing effect lasts until we do something that relaxes the tissue and causes us to breathe fully and deeply again.

Many times, we are able to reintegrate and heal from these experiences. Once the crisis is past, we are able to connect with our pain, fear, anger, etc. We may cry, shout or otherwise move or vocalize in a way that restores breathing and blood flow to tissues. We reconnect with our feelings, process them and then breathe again with a sigh of relief. The crisis is over.

Of course, sometimes we are never able to reconnect fully with the part of our body that we've contracted around and shut off feeling to. This is why we tend to get stiffer as we age. Notice how supple and flexible a child's body is. As we accumulate more and more pain, that we've disassociated from, our bodies become more and more stiff. Pain sets in and organs and body parts deteriorate as they are chronically deprived of oxygen and nutrients through diminished breathing and blood flow.

### The Problem with Positive Thinking

While I believe in the power of positive thinking, goal setting, affirmations and other mind-based healing tools, I think that these tools are often used to suppress and deny the emotional aspect of our nature. I find many people who promote positive thinking use it as just another tool to bury their emotions. If you feel bad, just change your thinking and talk yourself into feeling good again. This isn't promoting healing, it is furthering disassociation.

I don't like to "open up" to very many people (which means allowing them to see my own pain or vulnerability). It's not because I'm ashamed of it, it's just that most people will immediately start giving you advice on how to "fix it." In other words, the social norm is "just find a way to stuff that pain and keep yourself from feeling it." Obviously, if you're feeling the pain you aren't being positive enough, you aren't being spiritual enough, or you must have done something wrong.

Sorry, but that's all nonsense. The heart knows things the head doesn't. Often our "heart" will tell us things the head doesn't want to believe. So, if we're using positive thinking as a way of avoiding what we are feeling, we're just withdrawing more and more from our own body. The bridge between thought and action is feeling. (Any good salesman or marketing person knows that!)

The more we withdraw our energy, spirit or consciousness (again, call it whatever you feel comfortable with) from the body, the more "insane" we become. After all, isn't that what insanity is really all about? Isn't it about being disconnected from reality? And when we are talking about reality, aren't we talking about the physical world in which we live, a world we experience through our body?

So, my way of looking at mental illness is that it is a continuum of degrees of disassociation. At one end of the spectrum, we have perfect health, in which we feel connected to every part of our being; we are perfectly in touch with our own feelings, needs, wants, desires, emotions, thoughts and body. We are also connected to the world around us. We connect with other people and with nature and feel the wholeness that is in everything. In this state, we are whole, integrated and balanced.

At the other end of the spectrum, we are fractured. We have disassociated with our body and others around us. The "insane" person no longer cares for their body. They often don't feed themselves or care about personal hygiene. They have a difficult time relating or connecting with those around them. They are in denial about what is really happening. Their personality may even be fractured, resulting in multiple personality disorder. They are the opposite of whole. They are fractured, separated and out of balance.

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So, as I said in the beginning, all of us are a little "insane" because all of us suffer from some degree of disassociation. This disassociation not only leads to physical illness (because we are literally withdrawing life energy from parts of the body where the pain is stored), it also destroys relationships.

## Relationships and Disassociation

Relationships are based on emotion. When you see couples arguing, or parents arguing with children, etc. it's never really about what it appears to be about on the surface. In other words, it really isn't about the "logic" or mental issues that are being raised. It's about the emotions. We bond with others through feelings, not logic. One can win an argument logically and destroy the feelings that hold the relationship together. It is compassion that holds relationships together.

Compassion is about common passion (or in other words, common feeling). We feel close to someone when we feel an emotional connection or commonality between us. In other words, our ability to relate to the feelings of another is what creates feelings of intimacy and belonging.

The problem is that when I have disassociated from some of my own feelings, I can no longer relate to that feeling in others, having no sense of common passion. When a person is with someone who has no compassion for their feelings, they feel disconnected, isolated and alone. Over time, these feelings create unhappy, unfulfilling relationships, which lead to broken homes and broken hearts.

Just like inflammation is a good thing (a natural part of our immune system), so disassociation is a natural part of our emotional coping mechanisms. However, both of these forces become negative when they become chronic. Chronic disassociation from our body and feelings, like chronic inflammation, is a sign that the injury we suffered was never allowed to heal and is festering, creating even worse problems.

Are you suffering from disassociation? Well, is your body full of stiffness and pain? Do you breathe shallowly through your chest instead of your diaphragm? Do things that happened 10 or 20 years ago (or more) still have the power to emotionally upset you when you think about them? If you answer, yes, to any of these questions, then yes, you are suffering from some degree of disassociation, which makes you a little crazy.

But, you're in good company, because all of us are dissociated to one degree or another (and therefore not completely sane). Once you accept that, it's a lot easier to feel compassion for others. (After all, they're probably just as screwed up as you are.) In our next issue, I'll present some tools we can use to help heal our disassociated natures and create greater wholeness within ourselves.



## Kimberly Balas' Clinician's Corner

# Product Sensitivity, Cancer, Sty, Fibroids and More

### Sensitivities to Products

*I have a friend who seems to be sensitive to many natural products. She also has problems with prescription drugs. She has ankylosing spondylitis and fibromyalgia and wants to use natural products. She has tried several of our products but has unpleasant reactions to them. She gets tingling in her toes, gets extremely nervous (she calls it hyper), she sweats, and she dreams crazy dreams. Sometimes this is happening after taking just one dose.*

*Some of the products my friend has had problems with are Thim-J, Stress-J, Triple Relief, Vitamin C Ascorbates and Joint Support. I gave her a bottle of Thai-Go and she said after she took one tablespoon her toes started tingling and her heart was racing for about two hours, but she is still trying to take it because she has so much energy from it.*

*She is in her late 50's. She has had a hysterectomy back in 1989. I would appreciate any help you could give me.*

I would guess this is not so much a physical reaction as an emotional reaction. There is some emotional block with a fear of getting well. So, first I would find some flower essences or other emotional remedies. Some of these symptoms relate to exhausted adrenals and are indications for Nervous Fatigue Formula. After addressing any emotional issues, I would start her on some minerals.

### 8 Year Old with Cancer

*I am working with an 8-year-old with cancer. We are wondering what we can do to enhance healing besides using herbs and nutrition. I know that positive affirmations are very healing to the body. What would be the best thing the dad could say to (or over) this girl to help her body overcome the cancer? What is the best thing the girl could say to herself? Are there any sounds or colors she should be using?*

I would use the essential oil of inula in a hydrosol. This is a spritzer made with some drops of the essential oil put into two ounces of water.

I would have her say something like "I release abandonment" and then replace it with "I am worthy of love" Make sure the dad keeps all the conversations positive and can relate from his heart and not just his head. He needs to convey that he believes in her to be able to heal.

Pinks and greens are good to use here. I would have her put the color cloth over her heart area.

### Infected Tear Duct

*I want to know if anyone has successfully used any herbal remedies for helping a sty or an infected tear duct. I have one and used three drops of Roman chamomile essential oil mixed in one cup of reverse-osmosis water as an eyewash. It has helped a little, but it's itching now. I'm planning on using colloidal silver.*

I would add the Nature's Fresh enzymes to the colloidal silver and use that as an eyewash. I usually pour the straight Nature's Fresh into an eyewash cup and add 1/2 teaspoon of colloidal silver. Use the eyewash for a minimum of five minutes. It does sting a bit, but it does help break down scar tissue and relieve eye infections. I have had some clients who have also found this helpful for a pytergium in the eye.

Steven has successfully used the EW formula as an eyewash or compress for eye infections and a sty. He also found putting vitamin A&D oil (put a pinhole in the capsule to extract it) around (but not in) the eye helpful.

### Fibroids

*I am working with a 40 year old lady (B blood type) with a history of uterine and breast fibroids and endometriosis. Her FSH levels were tested and came out at 32.8 (way too high). She needs to get them down to 8-10 to be able to conceive. What would be the best thing to give her?*

I would use an iodine supplement and work on the adrenals. Good sources of iodine include Black Walnut, Kelp and Liquid Dulse. B types usually have a weakness in the nervous system which exhausts the adrenals. Eleuthero

would be a good supplement to help balance the excess FSH production in the anterior pituitary. Focus on balancing adrenal and pituitary and that should correct the problem.

### Healing a Fracture

*My mother-in-law fell yesterday and the doctors say it is a Jefferson fracture. All of her ligaments and muscles are torn, ripped, injured on the outside of her left foot. What would you suggest that I muscle test her for to help this heal as quickly as possible?*

*Also, just lately we have noticed that she has developed a head tremor. What would you use for that?*

I would start the Liquid Collatrim and the Bone/Skin Poultice internally. These products help to rebuild cartilage and bone tissue. Also, spray the area down with Nature's Fresh mixed with the essential oil of black pepper. If you can't find black pepper oil, just use Nature's Fresh.

Next, have her take enzymes (Proactazyme) between meals. This helps break down toxins from dead and damaged tissues. The essential oil of helichrysum applied topically will help to heal the area and prevent scar tissue build-up. Of course, you'll have trouble applying things topically if she's in a cast.

As for the tremor, I would use essential fatty acids with N-Acetyl-Cysteine and NSP's Green Tea extract.

### Fatty Deposits

*I just met a lady who has large lumps on her forearms. She said they are fatty tumors that grow larger, than disappear, then come back bigger. Another lady in our group is a nurse and said they can turn into dangerous tumors. The first lady would like to know what causes them (the doctor doesn't tell her) and what she could do to get rid of them. I don't have any idea. Please remember she is new to this and I don't want to overwhelm her with too many supplements. I find new people aren't open to that.*

Most likely these lumps are being caused by lymphatic congestion. I would recommend putting some Lymphatic Drainage Formula in water and sipping it throughout the day. I would also recommend using All Cell Detox as a general cleansing formula.

If they are composed of fats, then there may be some fatty congestion in the liver. SF and Chickweed are very good at relieving this.

### Foot Pain (Plantar Fasciitis)

*Do you have any suggestions on how to help foot pain? I think there is some water retention involved here, because the lady's feet are very swollen and her legs feel heavy. She is taking magnesium and lots of potassium and I just started her on parsley tea.*

This sounds like plantar fasciitis, which is an inflammatory condition of the long, flat ligament on the body of the foot. It occurs when this ligament, known as the plantar fascia is injured, torn or ruptured. When you walk or run, you land on your heel and raise yourself onto your toes, which causes your weight to be held up by the plantar fascia.

I have used IF-C and Una de Gato for plantar fasciitis. These products will reduce the inflammation that is causing the swelling. Collatrim helps to rebuild the tissue. If the pain is due to a bone spur, then Hydrangea will be helpful in dissolving it.

### Hyperaldosterone

*Can you tell me what to do for hyperaldosterone? I don't know anything about what it even is.*

Aldosterone is an adrenal hormone that regulates fluid and mineral balance. Hyper, means it is too high. This could lower estrogen levels and will cause increased fluid retention. PMS where there is fluid retention typically involves increased levels of aldosterone.

Evening Primrose Oil or diuretic herbs may be helpful. Licorice root, which increases aldosterone levels, would be contraindicated.

**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.**





# Don't Lose Your Mind

## Protecting Your Brain From Free Radical Damage

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The brain is one of the most chemically sensitive organs in the body. Fortunately, many toxins can't get across the blood brain barrier to damage this highly complex and sensitive organ. However, when toxins are able to damage the brain, it can have devastating consequences.

For instance, Alzheimer's is a degenerative disease of the central nervous system characterized by mental deterioration. Neurons in the brain that produce a neurotransmitter called acetylcholine are destroyed by free radical damage. High levels of aluminum have been found in the brains of Alzheimer's patients, so aluminum poisoning may be a factor.

Dementia is a loss of cognitive and intellectual function, without the loss of perception. Symptoms include disorientation, impaired memory and judgment, and a loss of intellectual capacity. It may be caused by toxins or diseases of the brain, that result in inflammation and destruction of brain cells.

Parkinson's disease is a chronic, progressive disease of the nervous system, usually occurring later in life. It involves the destruction of neurotransmitters that produce acetylcholine and dopamine, and is marked by tremor and weakness in resting muscles and a gradual loss of muscle control.

It is becoming increasingly clear that diseases like these, and the general loss of memory and cognitive abilities that frequently occur in the elderly, are primarily due to oxidative (free radical) damage to the brain and inflammation. Poor circulation and a general lack of nutrition are probably contributing factors.

The bad news is that once these diseases have been diagnosed, a significant number of irreplaceable brain cells have been damaged. The good news is that there are lots of things we can do to avoid and minimize this damage, helping to preserve our cognitive ability as we grow older.

To protect the brain from aluminum, avoid cooking in aluminum cookware, especially with acidic foods like tomatoes. Also avoid antiperspirant deodorants that contain aluminum compounds. Other heavy metals may also contribute to a deterioration of brain function. Both mercury and lead will destroy brain cells and cause damage to nervous system tissue. Avoid exposure to these metals, and use Heavy Metal Detox and essential fatty acid to help eliminate them from the body.

Since nerve tissue is composed primarily of fats, fat soluble toxins such as petrochemicals, pesticides, plastic components, etc. tend to accumulate in nervous system tissue. A periodic, general cleansing program can be used to help eliminate these and other toxins from the body, protecting sensitive nerve tissues.

Brain tissue is very dependent on essential fatty acids. In particular, the brain needs two Omega-3 fatty acids, EPA and DHA. Unfortunately, Omega-3 essential fatty acids are deficient in many American diets, due to the high consumption of processed oils. Flax Seed Oil is a good source of both Omega-6 and Omega-3 essential fatty acids. It can help with brain development in growing children, and help protect the brains of adults. Super Omega-3 EPA and DHA are other essential fatty acid supplements that may be helpful for the brain.

B-Complex vitamins and amino acids are needed for neurotransmitter production, so B-complex taken with Free Amino Acids may enhance mental activity. Antioxidant nutrients, such as Thai-Go, Green Tea extract, Grapine, S-O-D with Gliadin and Brain Protex, can help protect the brain against free radicals and reduce inflammation.

Brain Protex is a valuable formula that contains Chinese club moss. This herb contains an alkaloid, huperzine A, that blocks acetylcholinesterase, an enzyme that breaks down acetylcholine, a neurotransmitter that is involved in memory and muscle movement. This enhances levels of acetylcholine in the brain and muscles. It also contains ginkgo, antioxidants and other ingredients that help to protect brain tissue and enhance cognitive ability.

Ginkgo/Gotu Kola may be helpful in enhancing cognitive function in Alzheimer's patients, loss of memory, or in just enhancing cognitive ability. Gotu kola has a reputation as a memory enhancing herb and ginkgo has been shown to improve circulation to the brain and aid in brain function. Both herbs are also available as single remedies.

Many times poor circulation may be involved in deterioration of the mind. An oral chelation program using Mega Chel along with Heavy Metal Detox, may enhance circulation to the brain and remove heavy metals that interfere with brain function.

Obviously, there are many things which can be done to enhance brain activity and preserve memory and mental ability as we age. Prevention is the key, however, because once brain cells have been damaged, it is difficult to replace them. To help design a program for you, consult with your local herb specialist, or obtain information from some of the resources listed below.

### Selected References

- The Comprehensive Guide to Nature's Sunshine Products* by Tree of Light Publishing
- Activating the Healing Response: An In-Depth Look at the Nervous and Glandular System* by Steven Horne

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# Brain Protex

## Antioxidant Formula To Protect The Brain

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As people age, they often start losing their memory. A neurotransmitter called acetylcholine is involved in the memory process. Acetylcholine helps thinking, learning and remembering.

In Alzheimer's disease, the brain cells which produce acetylcholine, a neurotransmitter responsible for memory and learning, are lost. This destruction of brain cells is the result of inflammation and free radical damage in the brain. There is also a loss of these brain cells, as well as a deficiency of acetylcholine, in dementia.

Acetylcholine is also involved in muscle movement. It is the neurotransmitter that transmits messages from nerve cells to muscle cells. Myasthenia gravis is an autoimmune disorder in which the receptors for acetylcholine in the muscle cells are deactivated. This results in progressive weakening of muscle tissue, leading to possible paralysis and respiratory failure.

Brain Protex contains ingredients which help to protect the brain from free radical damage and preserve acetylcholine production in the brain. This formula may aid in preventing Alzheimer's disease and dementia in the elderly, and may slow the progress of these diseases once they have begun (although it is unlikely to act as a cure). It may also be helpful in myasthenia gravis. For some people, it may simply aid memory and learning functions.

The ingredients in this formula are:

### Chinese Club Moss

This Chinese herb has a traditional history of use for treating memory loss, dementia and mental illness. It has also been used to treat inflammation and fever, suggesting it has anti-inflammatory qualities. Modern research has found a compound in the plant called huperzine A, which inhibits the enzyme acetylcholinesterase. This enzyme breaks down acetylcholine. By inhibiting it, more acetylcholine is held in the brain synapses.

Research suggests that huperzine A may be helpful in Alzheimer's disease. In one US study where 29 Alzheimer's patients were given huperzine A, more than half seemed to show improvement. Research in China suggests that 60 percent of people with Alzheimer's disease show significant cognitive improvement.

Other research suggests this alkaloid from the Chinese club moss may help protect brain cells from certain types of toxic chemicals. It may also be helpful for dementia and for improving memory function in general. So far the research has not shown any side effects from the use of this compound. Brain Protex contains an extract standardized to 1% huperzine A.

### Ginkgo biloba

Research in Europe has shown that ginkgo has the ability to enhance mental function. It has proven helpful with difficulty in concentration, absent-mindedness, loss of memory, confusion and dizziness. It improves blood flow to the brain and helps protect tissues from free radical damage. Ginkgo has even been shown to help stabilize patients with Alzheimer's disease and dementia for six to eight months.

### Lycopene and Alpha Lipoic Acid

As an antioxidant, lycopene is twice as effective as beta-carotene. It helps prevent oxidation of lipids (fats) in the body. Alpha lipoic acid is another antioxidant. It has been used to treat diabetic neuropathy in Germany and may help prevent toxins from damaging nerve tissues.

### Soybean lecithin complex

This mixture contains phosphatidyl-serine, choline, ethanolamine and inositol. Choline is converted to acetylcholine in the presence of b-vitamins. Phosphatidyl serine is a lipid which helps slow age-related memory loss. It enhances cognitive functions like attention, short-term memory, telephone number recall, paragraph recall, reading concentration, and name-face recognition.

### Rhododendron caucasicum

People living in the Republic of Georgia, a former part of the Soviet Union, have been documented as having longer life spans than people living in other parts of the world. They often live to be over 100 and continue to be functional in old age.

One of the secrets may be their consumption of snow rose (Rhododendron caucasicum) on a regular basis. Over thirty years of research have been conducted on the phenylpropanoids found in this herb. This research shows that Rhododendron helps improve circulation to the muscles and the brain. It reduces brain damage from chemical and biological causes and acts as a free radical scavenger. Rhododendron is used in foreign hospitals to treat heart disease, depression, neurosis, psychosis and concentration problems.

Usage: Recommended use of this product is 2 capsules twice daily with meals.

### Selected References

Herbal Therapy and Supplements by Merrily A. Kuhn and David Winston  
PDR for Nutritional Supplements by Physician's Desk Reference  
Activating the Healing Response by Steven Horne

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