

Nature's Field

An Electronic Journal for NSP Distributors

Hawthorn

By Steven Horne and Mark Montgomery

The *doctrine of signatures* is the notion that the color, shape, growth pattern and so forth of a plant provide clues to its medicinal properties. Hawthorn is an herb that most certainly conforms to this idea. Herbalists have long noted the bright red color of the hawthorn berry as being associated with the cardiovascular system.

In fact, the color of its berries reveals hawthorn's high level of flavonoids, which along with its oligomeric procyanidins (or OPCs for short) are widely recognized for their ability to tone and strengthen the heart and to prevent cardiovascular damage by scavenging free radicals and inhibiting inflammation. Flavonoids regulate the body's immune response to allergens, viruses and carcinogens and are active against a wider range of free radicals than most anti-oxidants. In addition, hawthorn berries contain: magnesium and niacin, which are useful for treating angina; at least seven known blood thinners; at least nine separate anti-edemics; and three hypertensives which expand blood vessels, lower blood pressure and reduce the heart's workload.

Hawthorn is a member of the rose family and many of these same components are found in other members of the family, such as apples, crab apples, peaches, pears, blackberries, prunes and rosehips. So, it appears that many other members of the rose family may have similar benefits on the cardiovascular system. (But then, roses are associated with the heart, too, so there still may be a "signature" here.)

Hawthorn is a small tree or shrub native to Southern Europe and Western Asia. Its botanical name, *Crataegus oxyacantha*, comes from the Greek words Kratos, meaning hardness (of the wood), oxus (sharp) and akantha (thorn). There are over 200 different varieties of hawthorn, but even the best botanists admit that many of them are almost impossible to tell apart.

Oddly enough, in China, the berries of one variety have been taken for centuries as a digestive stimulant. In Europe, though, and among at least 10 different Native American tribes, hawthorn has been used as a remedy for many different cardiovascular problems. Modern research has only confirmed hawthorn's value in this respect. It is widely used in Europe to treat angina, and its beneficial effects have been documented in the most prestigious medical journals. The *British Journal of Medicine* reported



Photo by Steven Foster

that an extract of hawthorn flowers "significantly improved the health of patients suffering from an 'ageing heart' and those who had heart-valve disease." It has also been reported to increase oxygen utilization by the heart, strengthen heart muscle, regulate both high and low blood pressure and dilate both peripheral arteries and the coronary arteries which supply blood to the heart itself.

Besides its cardi tonic properties, hawthorn has other interesting properties. Dr. James Duke, a leading North American herbalist cites evidence that hawthorn helps with the symptoms of ADHD, aiding children, in particular, to stay more focused and attentive. Hawthorn is also considered a powerful diuretic and was traditionally used for kidney conditions to promote the flow of urine.

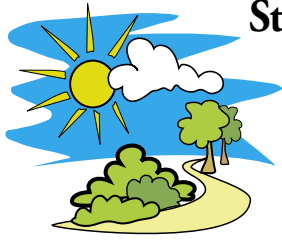
Of course, no one should try to treat a serious heart condition on his or her own, but there are countless stories—and scientific studies—telling how hawthorn berries have helped to prevent and help heal the number one cause of death in the US. In over 100 years of medical literature, there are no reports of complications attributed to its use. The only caution issued regarding hawthorn berries is that they potentiate or boost the effect of digitalis if taken together. Hawthorn berries are available as a single herb, and are also part of the Cardio-Assurance and HS-II formulas.

Selected References

- A Book of Herbal Wisdom* by Matthew Wood
- Nutritional Herbology* by Mark Pederson
- A Modern Herbal* by Mrs. M. Grieve
- The Illustrated Herb Encyclopedia* by Kathi Keville
- The Wild Rose Scientific Herbal* by Terry Willard, Ph.D.
- The Green Pharmacy* by James A. Duke, Ph.D.

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Steven Horne's Ramblings and Ravings

Stick Out Your Tongue

Part Two: More on Tongue Analysis

Last month, I introduced basic tongue analysis. This issue, my discussion of the tongue continues with a discussion of mucus color and other special characteristics.

In the last issue, I mentioned that the coating of the tongue is indicative of what is happening with the lymphatics and the mucus membranes of the body. As a quick review, mucus membranes are supposed to have a thin layer of mucus as a protective coating. The coating on the tongue (known as moss in Chinese medicine) reflects what is happening on these mucus membranes. So, a thin, white mucus coat on the tongue is normal. If the coating is too thick, then there is excess mucus in the system, probable lymphatic congestion, and possible problems with candida. A dry tongue, on the other hand, indicates dehydration.

Moss Color

The color of the coating is also significant. White is the normal color for the coating, but when the coating is white and heavy, this indicates congestion. This may be due to poor digestion, which the Chinese would call a "damp spleen." If the coating is in the center of the tongue, it is definitely a problem with the digestive organs. Toward the front of the tongue, it is affecting the respiratory system.

The Chinese Anti-Gas Formula works on damp spleen conditions. AL-J would be a good formula if the problem is in the lungs.

When the mucus turns yellow, it is a sign of heat in the system. This can be a sign of constipation, infection or irritation of the liver, gallbladder or stomach. Look at the location of the yellow coating for clues. Remedies will be needed that cool and detoxify organs. Bitters are particularly useful because they have cooling, detoxifying properties. Consider remedies like All Cell Detox, Enviro-Detox, or Milk Thistle Combination or single herbs like yellow dock or dandelion.

If the tongue coating is yellow and greasy-looking, this is definitely a sign of gallbladder problems. There may be too many fats in the diet, or fat metabolism is impaired. Remedies that help to flush the gallbladder, such as Gall Bladder Formula and/or the olive oil and lemon juice gall bladder flush, may be helpful. Also, consider Hi Lipase enzymes, SF or chickweed.

If the coating is yellowish-brown, there is definitely some kind of heat or irritation in the system. The lymphatic system is probably burdened with toxins and there may be serious prob-

lems with constipation. The liver, spleen or pancreas may need help. Remedies that may be helpful include Oregon Grape and dandelion, or formulas like All Cell Detox or Enviro-Detox.

A gray coloration of the mucus coating on the tongue indicates toxicity. This may be due to smoking or a sluggish bowel with extended colon transit time. If the person is a smoker, they need to be encouraged to quit. Otherwise, some colon cleansing is needed.

Please remember that stimulant laxatives like LBS II or Cascara do not cleanse the colon, because stimulating it to move is not the same as cleansing it. Cleansing the colon requires fiber to absorb toxins from the tissues and carry them out of the body. So, when cleansing the colon, put the person on a fiber product, have them drink lots of fluids, and use one of the general detoxifying formulas like All Cell Detox or Enviro-Detox. Only use the laxatives temporarily if you need to "kick start" the colon. If the bowel needs more help, have them eat lots of fresh fruits and/or take magnesium and citrus bioflavonoids with vitamin C.

A black coating on the tongue is seen after radiation treatments or with severe diseases. For example, it may occur with serious fungal infections in AIDS patients. I've personally never seen it. If it's just at the back of the tongue, it may be a severe fungal or bacterial infection where tissue is dying. Echinacea and baptista are used by professional herbalists to help with these kinds of serious infections, but if you see a person with a black tongue or tongue coating they should probably be checked by a doctor.

Sometimes there is a frothy appearance to the mucus (like there are air bubbles in the tongue coating). This is typically a sign of lung problems, respiratory congestion and/or shallow breathing. Respiratory decongestants like AL-J may be helpful.

When the tongue is dry and furry looking, it is a sign of dehydration. There may be fever or irritation in the system. Have the person drink more water. Slippery elm may be helpful here. Another useful formula for aiding hydration is HY-C.

Other Surface Characteristics

When the tongue surface is completely smooth, it can be a sign of heart or blood deficiency, a deficiency of B-vitamins or extreme edema. It can also be a sign that the person has over-used purgatives (stimulant laxatives). Assimilation is likely poor. Lemon juice in water may be helpful to flush the system.

There is a special kind of tongue that combines a heavily coated tongue and a smooth tongue. Known as a geographic tongue, this tongue is characterized by a thick white or yellow moss coating which looks like it has been "ripped off" in patches, leaving the surface completely smooth. There is likely heat or irritation in the digestive tract and fluids are stagnating with the heat. Matthew Wood recommends using dandelion as a single herb for this. Yellow dock may also be helpful.

When the papillae (taste buds) are swollen and red, giving the appearance of raised "dots" on the tongue, there may be a low grade infection in the body. Small dots may be associated with allergic reactions. Larger dots are more likely to indicate an infection with possible swollen lymph glands. Lymph Gland Cleanse or Lymph Gland Cleanse-HY may be helpful. I have also found VS-C helpful in these cases.

When the raised dots are at the back of the tongue (something I see a lot) there is heat or inflammation in the eliminative organs. This could be inflammatory conditions in the bowels, such as colitis or hemorrhoids, or in the urinary tract, such as cystitis or urethritis. Irritable Bowel Fiber, slippery elm, or Intestinal Soothe and Build may be helpful here.

The tongue surface may also be cracked. Cracks indicate some kind of weakness or deficiency. Look at the tongue map to see where this weakness or deficiency is in the body. For example, a crack down the center can indicate problems with the spinal column or digestive tract. Consider digestive enzymes like Proactazyme or Food Enzymes and Digestive Bitters. When there are wiggly lines or cracks coming off this center line, there is probably digestive weakness with poor assimilation of nutrients. The enzymes and the bitters can be helpful here, and Small Intestine Detox can improve assimilation. Criss-crossing, angular cracks in back of the tongue indicate irritation in the intestines or possible ovarian cysts.

Tongue Thickness

A normal tongue has some "plumpness" to it, but is not swollen. When the tongue is swollen and looks big and thick, it is often a sign of edema or fluid retention. There is a lack of "fire" to move fluids around in the body. If the tongue is swollen and red, it may indicate heart problems. If it is swollen and pale, it is more likely anemia, kidney problems and lymphatic congestion.

A swollen tongue with a thick coating may indicate a need for the Chinese Anti-Gas formula to clear the digestive tract of mucus. If the tongue is pale and swollen, with scalloped edges, look for corroborating signs of fluid retention (puffiness under the eyes, swelling around the ankles, etc.). If a person has fluid retention, then Chinese Kidney Activator would be a good formula for them. Of course, Kidney Activator and Kidney Drainage Formula may also be useful.

If the tongue looks shriveled or withered in the mouth, this is a sign of nutritional deficiency. The body is in a state of atrophy and needs nourishment. Tonics such as Mineral Chi Tonic, American ginseng, maca, GreenZone or licorice root may be helpful.

Other Characteristics

When the edges of the tongue are scalloped (i.e., have the appearance of teeth marks in them) it indicates deficient spleen (weak digestion), kidney weakness or B-vitamin deficiency. It is considered in Chinese medicine to be a deficiency of the yang (or fire) energy. There may be swelling of the tissues, too much water and/or dampness in the internal organs. I sometimes use KB-C in these cases.

A quivering tongue is a sign of exhausted stomach chi (energy), malnutrition and/or weak adrenals (adrenal "burn-out"). Have the person hold out their hands and see if they can hold their hands steady. Trembling hands indicate the nervous system is over-sensitized and adversely affected, a condition traditional doctors and herbalists called enervation.

When the adrenals are the problem, the person will typically have pulsing pupils and may have dark circles under their eyes. Fatigue, coupled by restless sleep, is a good indicator of adrenal exhaustion. Nervous Fatigue Formula or Adrenal Support are good choices here. Spleen Activator may be needed if the person is thin or heavy with poor muscle tone, and has poor digestion. NutriCalm, B-Complex vitamins, HSN-W and milky oat seed are all helpful for enervation.

When a quivering tongue is also withered, there is a general atrophy and debility of the body. Spleen Activator or American ginseng may help. A trembling tongue with a blue or purple cast, or even a dark color, can be a sign of serious neurological trouble, possibly an impending stroke. Have the person checked by a doctor.

With just a little practice, you can learn to use the tongue to help you select the right herbs or supplements for a person. It's a simple thing to do. Start by looking at your own tongue each day and correlating how you feel and what is going on in your body with what you see on the tongue, then move on to family members, friends, and clients.

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Kimberly Balas' Clinician's Corner

Thyroid Gland Questions

TSH Reading

I have a possible customer with a TSH of 1.48. He is 87 and very fatigued. I told him to get the test so I could find out the normal range and if he needed any help with thyroid supplements. Could you give me a little insight on thyroid tests?

Marie

The thyroid is a complex endocrine gland that works in conjunction with many other endocrine glands with hormonal mediators. You have to support the whole glandular system. It is especially important to work on adrenal when you work on thyroid, as these two glands have very strong interactions in regulating metabolism.

Thyroid tests don't tell the whole story. One has to look at nutritional deficiencies (iodine particularly), fatty acid metabolism, protein availability, liver activity, hidden infections, medications and other factors. For instance, there is almost always an iodine deficiency with thyroid symptoms.

The serum thyroid tests only show what is circulating in the blood and not being taken up by the cells. The most accurate lab tests for thyroid are a 24-hour urine collection test and an iodine loading urine test.

I use the basal body temperature test for five days in a row and monitor results. This is done by taking one's temperature first thing in the morning. Body temperature is determined by hormones secreted from the thyroid and adrenal glands. If the person's temperature is consistently lower than 98 degrees, you are most likely dealing with low thyroid.

You also have to carefully look at the person's overall symptoms when dealing with the thyroid—not look at just the lab test numbers. The thyroid hormones are extremely sensitive to stress and toxins, like halogens (fluoride, chlorine and bromide), heavy metals and over the counter drugs, which interfere with the synthesis, transport and utilization of T4 and T3.

T4 is the storage form of the hormone which circulates in the blood until it is needed. T4 is the inactive form of the hormone. T3 is the active form, which is converted from T4 as needed in the body. Synthetic thyroid medication only affects T4, the inactive form. It still has to be converted to T3 in order to be utilized.

The thyroid numbers on blood tests are actually better for looking at liver function instead of thyroid function. The blood tests I look at to see thyroid imbalance are BUN, Creatinine, Globulin, Protein, Calcium, Phosphorus, Bilirubin, Alkaline Phosphatase (this one is significant), AST, ALT, Cholesterol (another significant one for thyroid function) and T4/T3. I don't just rely on TSH because it doesn't give you a whole picture. You have to look at all the players in the community of thyroid. None of these tests are stand-alone tests, that is why it is important to understand their relationship to each other.

This is all explained in the *Nutritional Approach to Blood Chemistry* course that I will teach prior to convention and also in Pleasanton, CA area in late September. We also plan to do an Herbal Hour Video on the thyroid some time this year.

Hashimoto's Thyroiditis

I have Hashimoto's Thyroiditis. I am currently taking one 60 mg. dose of Armour Thyroid at this time. Herb wise, I am taking Female Comfort, Adrenal Support, and Nutri-Calm when I need it.

My problem is that my TSH is a constant roller coaster. I go about 3 months before I have to adjust my medication to get me going back the other way again. Also, I can have a "normal" TSH reading, but all the symptoms of Hypothyroidism. I have finally convinced my doctor that I need to keep my TSH below 3 to really feel well. If I don't I experience weight gain, depression, foggy thinking, arthritic, burning hands, etc.

Interestingly enough, the last time I muscle tested, I brought my medication with me. What we found was when

the Adrenal Support was added, I needed MORE medicine. So my question is WHY?

Jennifer

Thyroiditis means there is an inflammatory condition of the thyroid, so you might want to add some anti-inflammatory remedies to your program. TSH is produced by the pituitary gland. It sounds like you need more support for the pituitary and the adrenal glands. I would try taking more Adrenal Support with Master Gland.

The liver is involved in the conversion of T4, the inactive form of the hormone, to T3, the active form. Thyroid problems are often linked with liver problems. So, I would also decongest the liver by using SF and Sam-e together.

Thyroid Nodules

Any suggestion for nodules on thyroid? The doctor wants to remove the whole thyroid and put customer on hormone replacement therapy. The doctor calls it a cold nodule and says there is a 50/50 chance of it being cancerous.

Ummna

Increasing iodine will most likely get rid of a nodule on the thyroid. I take Liquid Dulse and Black Walnut together.

After Radiation Treatments

I need help with a client who has had radiation treatment on her thyroid and now takes medication. Can the thyroid ever be stimulated to work again and how long would it take?

Rosie

It depends on how much of the thyroid tissue was destroyed. The only reason the thyroid takes up the radioactive iodine is because there was an iodine deficiency in the first place. If the thyroid were saturated with iodine, the body would simply flush the radioactive iodine away.

You can supplement the body with a source of iodine and see what happens. I'd use the Liquid Dulse.

Low Thyroid Problem

I have a low thyroid problem. I'm on medication, have been taking it for 20 years. I still suffer from extreme fatigue and sluggishness. I've lost jobs due to the fatigue—try explaining that to your boss.

When I eat certain foods, it's like a sleeping pill effect. I have Type II Diabetes as well. I'm not on medication for the blood sugar control because, I changed my eating habits a year ago or so. My blood levels have been fine.

I would give anything to feel normal again. The medication isn't doing it. I muscle tested for Thyroid Support. Any other suggestions?

Sue

The glandulars in the Thyroid Support help to rebuild the glandular tissue, which will probably be helpful, but I would also add more iodine to my diet by taking about 10 capsules of black walnut per day.

Sensitivity to Thyroid Support

What does it mean if someone feels like throwing up every time they take Thyroid Support? (It's not the zinc, because they can take plain zinc on an empty stomach with no problems.)

Sunshine

This is a good question because the same thing happens to me on this product and not on just a thyroid glandular. I think it may be the hypothalamus tissue in this formula. I have added the Super GLA to it and that seems to help along with taking it with food.

7-Keto and Thyroid Support

Would there be a problem taking 7-Keto and Thyroid Support together?

Barbie

These are usually fine together. Thyroid Support helps to rebuild the thyroid and increase production of T4 in the thyroid. 7-Keto enhances the conversion of T4 to T3.

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Preventing Heart Disease

Natural ways to keep your heart healthy

The heart is a great example of all the ways our bodies work tirelessly for us, functioning 24 hours a day, 365 days a year without rest or vacation. In return for its efforts, all the heart really asks for is a little respect. Unfortunately, most of us prefer to take its work for granted. In the U.S., cardiovascular disease is responsible for the most deaths and the largest number of hospitalizations each year.

Fatty buildup in the arteries, leading to their hardening, is the primary cause of cardiac problems. This has been blamed on cholesterol, but research is now showing that inflammation is the underlying cause of this plaque buildup. Cholesterol levels are not very good predictors of heart attack risk, either.

In recent years, it has been discovered that another chemical called homocysteine is a better indicator of heart attack risk. A by-product of amino acid metabolism, homocysteine is necessary in small quantities, but in larger quantities creates free radicals which damage artery walls, causing scar tissue and eventually creating blockages. In most cases, these elevated levels seem to be caused by a lack of folic acid and vitamins B6 and B12.

Another pair of culprits in cardiovascular disease are elevated levels of glucose in the blood and high insulin levels. Excess glucose in the blood tends to bind with proteins to create a very sticky substance which accumulates on vessels walls in much the same way we've been told that cholesterol does—creating much the same kind of damage. And when glucose levels rise, they also trigger high levels of insulin, the chemical needed by cells to process that glucose. High levels of insulin can cause damage to the blood vessels by contributing to inflammation.

Elevated levels of homocysteine, blood sugar and insulin also set the cardiovascular system up for more damage from free radicals, a downward spiral in which the oxidative damage leads to more loss of function. This process is accelerated by various negative lifestyle factors, from smoking to poor eating and exercise habits to high levels of stress.

That's the bad news. The good news is that there is a lot we can do to reverse these processes to strengthen and protect our hearts. Some of the most powerful steps are simple. Stop smoking. Eat plenty of fruits and vegetables because they contain antioxidants which reduce inflammation and free radical damage. Start to exercise at least a few times a week.

Eating the right kind of fats is important for preventing coronary heart disease. Omega-3 essential fatty acids help reduce inflammation and cardiovascular disease. Super Omega-3 EPA is an excellent supplement for helping to prevent cardiovascular disease. Flaxseed oil contains a proper ratio of omega-6 and

omega-3 essential fatty acids and is a good supplement to take to satisfy the body's needs for essential fatty acids. Lecithin is one of the good fats. It helps oil and water mix and thereby liquefies cholesterol and dissolves plaque.

Fiber is very important for cardiovascular health. It helps eliminate excess cholesterol and toxins, and slows the absorption of sugar to lessen the problem of hyperinsulinemia. Studies show that for every 10 grams of fiber you add to the diet, you lower your risk of dying from heart disease by 17%. Nature's Three or LOCLO are good choices for fiber supplementation.

There are specific supplements that can be taken on a regular basis to improve cardiac health. These include hawthorn berries, which tonify the heart and cardiovascular system, and cayenne or capsicum, which stimulates circulation throughout the body. Another important cardiac herb is garlic, which helps to lower blood pressure, reduce arterial plaque, eliminate excess cholesterol and prevent blood clots from forming in the arteries. All of these herbs are found in HS II.

Ginkgo enhances circulation to the brain and benefits the peripheral circulation through its antioxidant properties. Ginkgo and Hawthorn provides the benefits of both of these herbs. Butcher's broom has been shown to lower cholesterol levels and prevent blood clots.

CoQ10 is an enzyme found in all body cells and the heart has the most of these enzymes. Scientific studies have shown that people who have suffered a heart attack or who have high blood pressure greatly improve by taking CoQ10.

Magnesium is a very essential mineral for cardiac health. It regulates the heartbeat and lowers high blood pressure. This mineral prevents strokes by reducing platelet adhesiveness by about 40%. It also helps to absorb plaque. It can be used (like beta-blockers) to prevent the heart from having spasms.

Cardio-Assurance combines the benefits of many of the heart protecting herbs and nutrients listed above into one product.

With a little thought and effort, one can reduce the risk of heart disease. For additional information on preventing heart disease using herbs and natural remedies, consult your local herb specialist or one of the sources listed below.

Additional Resources

- The Comprehensive Guide to Nature's Sunshine Products* by Tree of Light Publishing
- Cholesterol: Facts versus Myth (Video)* featuring Kimberly Balas and Steven Horne
- Cholesterol and Your Health* by Kimberly Balas and Steven Horne
- The Green Pharmacy* by James A. Duke

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Co-Q10

Antioxidant supplement for a healthy heart, gums and more...

Co-Q10 stands for Co-enzyme Q10. Co-Q10 belongs to a family of substances called ubiquinones. Like enzymes, CoQ10 is a catalyst which facilitates biochemical reactions. In this case, the body uses CoQ10 primarily for energy production at the cellular level. It is used inside the mitochondria—our sub-cellular power plants—for electron transport and facilitates the production of ATP, the basic energy molecule in the cell.

Co-Q10 also has important anti-oxidant functions. Oxidative damage occurs in the body when free radicals—molecules with harmful levels of oxygen—damage cell membranes or cell DNA or RNA. These free radicals can also create more of themselves from any molecules they bump into. Co-Q10 fights this process by adding or taking away oxygen from other molecules. It increases oxygen levels when needed and reduces them if they approach toxic levels. This anti-oxidant behavior benefits every system in the body, especially since the process of aging is strongly linked to oxidative damage. Co-Q10's antioxidant properties may help inhibit damage to the nerves from environmental toxins and prevent the development of cancer.

Most of the research on Co-Q10 has focused on the heart—which makes sense if you think of how hard the heart works and its high energy requirements. Co-Q10 has been found to strengthen the heart in people who have suffered heart disease and to protect it from further damage. Large doses have also helped people recover from heart attacks. Other studies have documented Co-Q10's ability to balance both low and high blood pressure.

Co-Q10 has a beneficial effect on periodontal disease. It helps reduce inflammation in gingivitis (inflammation of the gums) and healing pockets in the gums. Since heart disease is also caused by inflammation and there is a link between gum inflammation and inflammation of the blood vessels, bleeding gums are a good indicator that supplementation with Co-Q10 may be beneficial.

Unfortunately, although Co-Q10 is found in many foods, the levels in our bodies decline with age. With supplementation, we can ensure that our cells, and especially our hearts, stay strong and are protected from free radical damage.

For those who wish to supplement their diets with Co-Q10, here are three different Co-Q10 supplements to choose from:

Co-Q10 30

This blend contains 30 mg of Co-Q10 per capsule—10 to 30 mg is the range recommended for maintenance doses. It also contains the minerals zinc, copper and magnesium, and the herbs capsicum, hawthorn and ginkgo.

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Aside from being an important anti-oxidant in its own right, zinc is required by the body in large doses for proper maintenance of the glandular system, production of insulin, proper brain function and the synthesis of DNA.

Copper is required to produce many of the enzymes that our bodies use for processes ranging from creation of red blood cells to oxygen transport and destruction of free radicals. Magnesium is another mineral needed in large doses to control movement of water across cell membranes, regulate the acid-alkaline balance, and carry electrical currents.

Capsicum is widely recognized as a powerful tonic, especially to the circulatory system, and a catalyst in its own right that aids the diffusion of other substances to every part of the body. Hawthorn has a long history of use as a cardi tonic and an anti-inflammatory for the circulatory system. Ginkgo has been shown to protect various organs from free radical damage, as well as to increase circulation to the brain, the heart and other organs. It also blocks an allergic substance called platelet-activating factor which may play a part in asthma, skin disorders, hearing problems and heart disease.

Co-Q10 30 is a good choice for basic prevention and heart health. One capsule should be taken with a meal three times daily.

Co-Q10 Plus

Co-Q10 Plus capsules contain 10 mg. of the co-enzyme. Like the Co-Q10 30 caps, they provide the benefits of copper, magnesium, zinc, capsicum and hawthorn. In addition, they contain iron, which is necessary for proper functioning of both the brain and the heart. For this product, take one to three capsules three times daily with food.

Co-Q10 Softgel

Co-Q10 Softgels contain 75 mg. of Co-Q10 per gel capsule, along with lecithin, an anti-oxidant which also boosts circulation and reduces fatty deposits in the blood vessels, and betacarotene, another anti-oxidant and top-notch heart protector. Since Co-Q10 is a fat soluble substance, the Co-Q10 in this product is more easily assimilated. This is the best choice for taking higher doses of Co-Q10 (75 to 225 milligrams per day) for serious cardiovascular or gum disease problems.

Selected References

The Comprehensive Guide to Nature's Sunshine Products by Steven Horne.
PDR for Nutritional Supplements by Medical Economics Press
The Encyclopedia of Medicinal Plants by Andrew Chevallier.

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Subscription Information

The *Nature's Field* E-zine and website are published by Tree of Light Publishing, a division of Kether-One, Inc. A year's subscription is \$29.00 USD for both domestic and foreign subscribers.

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