

Nature's Field

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Pau D'Arco

By Mark Montgomery
and Steven Horne

Pau d'arco is one of the most popular herbs in the U.S. today. It's harvested from the inner bark of *Tabebuia impetiginosa*, a large evergreen tree that grows in the tropics of South and Central America, parts of the Caribbean and India. Its use in South America reportedly predates the Inca civilization. The respect which the indigenous tribes continue to accord it is indicated by its name in the Guarani and Tupi tribes: "tajy" which means "strength and vigor" or "the divine tree."

First researched in the 1880s, pau d'arco really came into its own in the 1940s when its quinone constituents were isolated and proven effective in the treatment of malaria. It is commonly considered an astringent, anti-bacterial, antioxidant, antifungal, antiviral and antitumor, with anti-inflammatory properties. It was traditionally used as a remedy for ailments ranging from boils to diarrhea, dysentery, snakebites, syphilis, cancer, ulcers, arthritis, constipation and poor circulation.

Although it was touted in South America for decades as a remedy for cancer, it was ignored in North America until researchers at the University of Hawaii studying mice with lung cancer found that 71% of those injected with pau d'arco survived, as opposed to a survival rate of 20% for the mice which were not injected. Studies a few years later at the Institute for Pharmaceutical Biology in Munich, Germany found that it stimulated the activity of macrophages, granulocytes, and lymphocytes, which could explain its anti-tumor properties. But when pau d'arco was investigated by the National Cancer Institute as a possible cure for cancer it was quickly dropped.

Two of the most powerful quinone components in pau d'arco are called naphthoquinones (or n-factors) and anthraquinones (or a-factors). These two chemicals seldom occur together in one plant and some top herbalists believe that the powerful properties of pau d'arco are due to the synergistic effect of these (and the other dozens of constituents) working together. As Dr. Daniel Mowrey states, "No isolated component of (pau d'arco) comes close to being equal to the combined activity of all constituents or, in other words, to the whole herb." Yet the

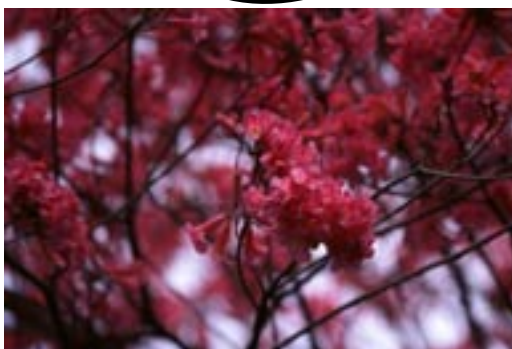


Photo by Steven Foster

National Cancer Institute in its trials elected to test only the effect of one of the constituents of pau d'arco, the naphthoquinone called lapachol.

Another interesting observation regarding the lapachol in pau d'arco is that it seems much more effective when taken orally. Dr. Mowrey believes that this is pau d'arco showing us that "natural routes of administration" (topical or oral ingestion, for instance) are more effective when it comes to

herbs and other natural substances. As he says, "The further removed from the natural state, the more active substances become when injected into the blood stream, and the less able the natural processes of the body are in dealing with them."

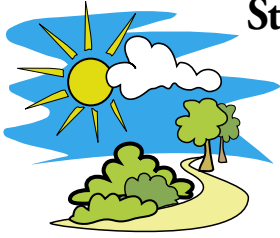
In fact, the use of pau d'arco for candida does bear out Dr. Mowrey's idea. Although it's often used as a tincture to treat local fungal infections (under fingernails, for instance) it is considered extremely effective in treating candida when taken as a tea. Besides being an important ingredient in the Yeast/Fungal Detox formula Nature's Sunshine, offers it in single herb form as a bulk tea, as well as in capsule, tincture and topical form. Pau D'Arco is also present in BP-X, a blood purifier, GastroHealth, a formula for fighting H. pylori and other infections, and the Pau D'Arco Power pack which is used to enhance the immune system during cancer.

Selected References

Herbs That Heal: Weiner and Weiner
Herbal Tonic Therapies: Daniel B. Mowrey
Wild Rose Scientific Herbal: Terry Willard

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Steven Horne's Ramblings and Ravings

Is Refined Sugar a Drug?

The theme of this issue is yeast infections. I'm positive I had a serious yeast infection growing up. I was plagued with chronic sinus problems in my youth. From the time I was a small child, I was a mouth breather, simply because my sinuses were always plugged up. I also "caught" colds frequently, and every time I did my mother took me to the doctor for antibiotics.

In junior high school the doctor said I had chronic sinusitis and had me take penicillin every day for two years, which was supposed to clear it up. However, at the end of the two years my sinuses weren't any better. In fact, they were worse. I don't blame my family doctor; he was a wonderful, kind man. He just didn't know any better.

In 1973, after my first year of college, I was working as a camp counselor for the YMCA. About half-way through the summer I got sick, took a round of antibiotics, and felt better, then had a relapse where I felt even worse. After the second round of antibiotics, the doctor gave me two shots of gamma globulin to boost my immune system and prescribed a B-complex vitamin with vitamin C which he said would help with stress. This seemed to really help, at least for a time.

However, at the end of the summer I went to Southern California on a two-year mission for my church. The smog really aggravated my respiratory system and within about six weeks I started to get sick again. For the next six months, I was constantly battling congestion, sinus drainage and sinus headaches. The following spring, I wound up in bed for two weeks with pneumonia. After a week on antibiotics, I wasn't any better, so the doctor had me come to his office every day and gave me a shot of tetracycline as well as an oral dose of ampicillin.

When I was feeling better a week later, he put me on antihistamines. I took them and my sinuses were clear, but I was constipated for a week. When I was finally able to go to the bathroom again, I thought, "I'm not going to do this anymore."

Fortunately, there was a chiropractor nearby who belonged to my church who offered to start treating me for free. He encouraged me to stop drinking milk (funny no doctors had ever mentioned this) and to make some other adjustments to my diet. I actually started to feel better.

To anyone who knows about Candida, it should be obvious by now that I had a massive problem with yeast overgrowth. With all those antibiotics, and all the sugar and refined carbohydrates I consumed, it's pretty obvious my intestines must have been teeming with lots and lots of yeastie-beasties.

Chiropractic care and giving up milk and ice cream got me through the rest of my mission with less incidence of sickness. After returning to Utah from my mission I was given a copy of *Back to Eden* by Jethro Kloss. I started using some of his suggestions and continued to improve.

By the early 1980s I was eating less and less refined sugar and had gradually been moving towards more natural sweeteners, such as honey, maple syrup, date sugar, etc. Of course, I also quit using antibiotics entirely and switched to using garlic, goldenseal, Herbal Crisis (Ed Miller's modified Composition Powder), lobelia and capsicum when I got sick. The result was that my immune system got stronger.

I am totally convinced that my gradual dietary improvements and my use of the herbs listed above resulting in a reduction in yeast overgrowth in my intestines, but I never actually went on a candida diet. I personally consider what most people do to try to control candida to be rather extreme and in some cases absurd.

For example, I don't believe that vinegar or mushrooms directly contribute to yeast overgrowth. In fact, some mushrooms, like ganoderma and reishi mushrooms actually help a person overcome yeast problems. Bread is probably a problem, but not because it contains yeast as leavening. Yeast feed off simple sugars, and white bread and rice convert rapidly into simple sugars, which feed yeast.

I also think that it's ridiculous to avoid all natural sugars in trying to combat yeast. I never did. For example, avoiding fresh fruit has always seemed extreme to me. Fruits contain fruit acids and other ingredients that build immunity and help control yeast, not just sugar. In short, my experience in overcoming what was obviously a severe yeast problem without doing any of these things makes me doubt their necessity.

Kicking the Sugar Habit

I think that the single biggest factor in my improved health was simply giving up refined sugar and processed grains. Although I'd been minimizing my sugar intake for years, I was motivated to go "cold turkey" when an iridologist named Grace Larsen in Orem, UT told me I was pre-diabetic. That was in the early 1980s. I had a lot of orange in my eye, and I also have a lacuna on my pancreatic area.

Growing up, I never smoked, used illegal drugs, drank any kind of alcoholic beverage, or consumed tea, coffee or caffeinated sodas. This was, of course, due to my religious upbringing.

In fact, I drank my first Coca Cola in 1986 in mainland China at the age of 32, just because I was dehydrated and there was nothing else to drink. (By the way, I first tasted wine 10 years ago when I was 40 and my first taste of coffee was 5 years ago at the age of 45.)

The point in this is that I had a hard time understanding addiction until I tried to give up refined sugar. I didn't think I had any addictions. Boy was I wrong.

I was visiting my sister the other day, who has made tremendous progress in overcoming a weight problem she's had for years and she was telling me that she'd discovered she was an addict and that sugar was a drug. I learned the same thing over 20 years ago when I did what she has done—gave up my refined carbohydrates. The experience taught me a lot.

First, I did come to the conclusion (just as my sister and others have) that refined sugar is a chemical drug. It is not a food. It has been processed to the point that it's a lifeless chemical substance. It took me three weeks of complete abstinence to get over the physical withdrawal symptoms.

The second thing I learned from the experience of going "cold turkey" off of sugar was that getting past the physical addiction is only 25% of the battle. The psychological and social aspects of the addiction are much harder to get past.

It took me at least a year, perhaps two, to overcome the social/psychological addiction to sugar. The social addiction comes because sugar is such a social thing. It was especially true in the culture I was in. If you don't smoke, drink, etc., what do you do? The answer, eat sugar and chocolate. I was amazed at how offended one of my friends was one day when I politely said "no thank you" to a piece of chocolate cake. I could see why people who are trying to quit smoking or drinking often have to change their circle of friends.

The psychological addiction comes because we've been trained since childhood to reward ourselves with sugar and to use sugar as a medication when we feel hurt or sad. Birthday parties, holidays and celebrations of all kinds revolve around sugar. How many well-meaning parents offer sugary treats to their children when they are crying or upset? I even wrote a poem about eating cookies to stop crying when I was twenty.

Sugar gets psychologically associated with having a "good time" and receiving comfort from others. So, you feel you're depriving yourself when you turn it down and that doesn't feel good.

Fortunately, I was working at that time with Dr. C. Samuel West, who preached (and *preached* is the correct word) against the "evils" of sugar and refined grains. He said that you should avoid the stuff and focus on eating healthily, but he also said that if you got the urge to binge, do it with gusto because if you've been eating right long enough, the stuff will immediately make you sick. He was right.

After I'd been off refined sugar for at least one month, I would occasionally let myself "binge." The sugary treats always looked fun and appealing, but I'd always feel worse afterwards. This made it easier to avoid the next time. I "arrived" one day when I suddenly got the urge for some donuts. I went to the local donut shop and picked out three that looked good. When I sat down and took a bite however, they tasted like white flour, sugar and shortening. I was so used to eating whole foods that they tasted awful to me. I was never tempted after that.

When there were company parties and everyone was having cake and ice cream I just didn't have any. One of my fellow employees commented, "You have a lot of will power." I told her that will power didn't have anything to do with it. If you don't like broccoli does it take willpower to turn it down? The stuff had completely lost its appeal. I was too addicted to the good feeling I had when I didn't eat it.

Which brings me to the third thing I learned when I gave up sugar. My sister told me she felt the same way. I felt like a fog had been lifted from my brain and I could think clearly. I also felt closer to God. For about 8-10 years I avoided refined sugar like a recovered alcoholic avoids alcohol. I just didn't like the way it made me feel when I ate it. This was one of the most best periods of my life in terms of productivity and learning. Then, because of some emotional struggles, I relaxed my attitudes. I began to socially indulge again.

The mental "fog" that crept in was slow, but steady. I wasn't eating that much sugar, but I did notice a difference. Recently, however, I've decided to go back to my "cold turkey" approach to refined sugar. I'm avoiding it as much as possible and sticking to natural sweeteners. My head feels clearer and I'm more productive when I stay away from the white-sugar drug.

I believe it's almost a vibrational thing. Refined sugar is a completely dead food vibrationally. Unprocessed honey, while very similar chemically, is still a live food and vibrates at a higher frequency. While it's still not good to eat too many sweets, even ones that are sweetened with natural sugars, I find that the mental clarity is still there because they have more "light and life" in them.

If you doubt my assertion that sugar is a drug, then I challenge you—give it up "cold turkey" for just three weeks. You might be amazed by what the experience will teach you.

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Kimberly Balas' Clinician's Corner

Everything You Didn't Want to Know About Calcium

Editor's Note: I have long been an advocate that the best way to increase minerals in the body, including calcium, iron, etc. is through foods and herbs. Kim Balas recently addressed a series of questions about calcium on our forum (NSPAdvisor@yahoo.com). Although this information contradicts some popular teachings about calcium, my personal experience with calcium supports these conclusions. So, although some people may not like hearing some of this, it is important that people understand that everyone doesn't need a calcium supplement. Also, many NSP Managers have reported to me over the years that they have also had better results healing bones and tissues with Herbal CA, HSN-W or other herbal products than they have using calcium supplements. —Steven Horne.

Calcium and Kidney Stones

I am a little confused about kidney stones. I understand they are free floating calcium formations, but the herbs we recommend to get rid of kidney stones, such as hydrangea & marshmallow are high in calcium. So, when their doctor has told them to stay away from calcium, there is confusion. Can you please clarify this issue?

The calcium in the herbs is bound calcium, and the amounts are very small. If you look at Mark Pederson's Nutritional Herbology book, you'll see that 100 grams of hydrangea contains about 646 milligrams of calcium. One capsule of hydrangea contains 325 milligrams of the herb. A gram is 1,000 milligrams, so 100 grams is the same as 100,000 milligrams.

So, to get 100 grams calcium from hydrangea you'd have to take over three bottles (300 hundred capsules) of hydrangea. Put another way, each capsule contains about 2 milligrams of calcium, so taking a whole bottle of hydrangea gives you a little more than 200 milligrams of calcium.

This is far less than any calcium supplement. Even Herbal CA has only about 4 mg. of calcium per capsule. So, that amount of calcium isn't going to cause stones.

There is a difference in the form of calcium, too. The calcium in plants is more bioavailable to tissues than the calcium in supplements because it is bound calcium. The parathyroid uses mostly bound calcium.

Kidney stones are the result of unbound or free floating calcium. So, if you have kidney stones you need to reduce the level

of free calcium in the blood. One way of doing this is to increase lipid levels to help bind this calcium, but it requires B-12 to drive it through the intestines.

The herbs, like hydrangea, also contain co-factors, including other minerals that help the body bind and utilize calcium. Thus, they not only pose no risk for kidney stones, they actually help prevent and even dissolve them.

Assimilating Calcium

I have a client who has a very hard time; in fact says her body cannot assimilate calcium, any suggestions?

Most people have a hard time assimilating calcium. Especially the kinds of calcium found in mineral supplements. It is a very dense mineral and without the right balance of hydrochloric acid and pepsin in the stomach most of it winds up being unbound and causes more harm than good.

Calcium is poorly absorbed in the intestinal tract as are most other bivalent cations. Calcium absorption can be dramatically affected by Vitamin D which has a potent effect on increased calcium absorption in the intestinal tract along with the B-12. B-12 deficiency is usually a root cause for difficulty in calcium absorption. The other major root cause is a lack of bindable lipoproteins for it. A Vitamin D compound is formed between the liver and the kidneys known as dihydroxycholecalciferol, which is also stimulated by parathyroid hormone to help facilitate calcium uptake.

Phosphorus is a factor here with the parathyroid and it is usually easily absorbed unless there are large quantities of calcium that combine with the phosphorus in the intestines. This creates an insoluble calcium phosphate compound that is excreted from the bowel.

In fact, 90% of calcium loss is from the bowel, only 10% is from the urine. The 10% from the urine is controlled by parathyroid hormone which also causes excretion of phosphorus. Phosphorus levels can dramatically change without affecting function. On the other hand, increased amounts of calcium in the blood can cause central nervous system depression.

Coral Calcium

I have a client who is getting great results using NSP's Coral Calcium. She is using it along with NSP's Calcium Magnesium and several other products but when she tries to lay off of it for awhile she

very quickly loses ground (just 2-3 days). How long should one stay on coral calcium and is there a long term effect that can be negative to ones health?

I am not a huge proponent of calcium supplements. Plant calciums are the ultimate choices for calcium. For example, horsetail is rich in calcium and silica. Silica works with calcium and acts as a messenger to tell the hypothalamus what is really being utilized and what is needed in the body.

The calcium in plants is taken up more efficiently and is more bioavailable to the tissues of the body. It is not going to create an excess of free calcium in the blood because plant calciums contain their own organic anions. Organic anions or protein are required for calcium to be utilized correctly in bone and other tissue without creating calcium deposits. Most of the time people don't really have calcium deficiencies, they have protein deficiencies or problems with protein metabolism, so they can't properly bind and utilize calcium. They may also lack silica, boron, or other trace minerals that work with calcium in the tissues.

So while you may feel better on some levels by taking calcium supplements, this doesn't mean your body is utilizing it effectively. If you aren't taking in enough vitalized protein or don't have enough organic anions present, then you will create an excess of free calcium in the body. 55% of the calcium in your body is bound and 45% is unbound. If this ratio is thrown off even slightly by adding excess calcium that cannot be bound then you can create things like hardening of the arteries, kidney stones, calcifications, bone spurs, increased cancer risk, and so forth. Hyper calcimia malignancies are proof of the increase in cancer risk with unbound calcium.

Many claims are made that coral calcium will help prevent cancer because it buffers and will increase pH values. There may be a temporary buffering of excess acids, but this is just a band-aid, and isn't really correcting the underlying problems. In reality, increased free calcium in the blood can actually lower pH in the tissues. There are many factors here, because there are 7 layers in the body's pH buffering system. We don't know that the same layer will be affected in the exact same way in every single person.

Coral calcium is composed of calcium carbonate, which is also called limestone or chalk. Calcium carbonate is the form of calcium in antacids like Tums. In order to be bound, the body has to break the bond between the calcium and the carbonate and bind the calcium to a different organic anion or to protein. Breaking this bond, and digesting the proteins needed to bind the calcium requires hydrochloric acid (HCl). But, calcium carbonate blocks HCl production, so the process of metabolizing and utilizing the calcium is disrupted. This is why you wind up with more unbound, free calcium.

If you are taking coral calcium with protease then you will be more likely to bind the calcium. You will also be more successful

in binding the calcium if you also take a plant-based calcium like Herbal CA or HSN-W.

When there is too much calcium in the blood what is needed is a "push" to move the calcium. B-12 and increased protein can offer this push. Taking a protease enzyme with any calcium supplement is also beneficial. Finally, most people don't really need the calcium at all. What they need is magnesium and protein.

To summarize. The body needs bound calcium to utilize in the parathyroid to build bone. To bind calcium you need protein, certain lipids and B-12. Phosphorus will not alter how the parathyroid uses calcium but excess free calcium will. Excess calcium can cause more harm than good, especially if one has digestive or intestinal issues. Lastly, plant-based calciums will be better assimilated and utilized than other forms of calcium.

Long Term Use of Coral Calcium

I've been taking coral calcium for a couple of months. It has increased my energy level. I've tested my pH and it stays within range. I don't see enough negative data on this product to really change my mind on taking it.

I don't use the Coral Calcium long term (over two months) and only use it in serious situations. Since the body can't utilize the free calcium that enters the blood stream when using coral calcium, it will dump the excess in the urine. This will balance the pH of the urine, but it does not mean that you are balancing the pH of the tissues. You can get a similar false positive by taking baking soda.

In order to see what is really happening, you have to figure out your free calcium index which measures the excesses of free calcium. The Free Calcium Index (FCI) compared with total calcium reflects the sum total organic anions (alkaline buffers) plus albumin relative to total calcium.

To calculate the FCI you take the serum phosphorus number and multiply it by 2.5. This gives you a total for predicted calcium. You then take the serum calcium number and subtract this predicted calcium number from it. If the total is greater than 1.8 this signals the start of a plaque situation. Anything greater than 2.4 is serious.

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Candida and Yeast Infections

Keeping the Yeast “Weeds” Out of Your Intestinal Flora “Garden”

Many people have heard the saying “A weed is just a plant that’s not in its proper place.” What many of us are not aware of is that all plants, including weeds, grow when the environmental conditions are favorable to them. Alter the environment and different plants will be encouraged to grow.

Inside our intestinal tract we have a “garden” of microorganisms growing—some friendly, and some not so friendly. These microbes are collectively called the intestinal flora. When the environment of the intestines is altered, the unfriendly microbes, like weeds in a garden, can take over.

One of these microbes is *Candida albicans*, a strain of yeast. It is present in everyone’s body, but when the internal environment of the intestines is altered, it can multiply out of control, just like weeds can overrun a neglected garden.

One of the primary factors that alters the environment and causes yeast overgrowth is the use of antibiotics. Yeast like *Candida* normally have to compete with certain strains of friendly bacteria like *acidophilus* and *bifidophilus*. These friendly bacteria, known collectively as probiotics, secrete substances which inhibit yeast overgrowth. Antibiotics kill them, which allows the yeast to multiply out of control. Yeast secrete a toxin that damages the intestinal membranes causing toxins to “leak” into the body—a condition known as “leaky gut syndrome.” These toxins also weaken the immune system. This can contribute to problems like food allergies, respiratory congestion, earaches, skin rashes, and the development of inflammatory bowel disorders.

The damage isn’t limited to the colon. Yeast often infects the vaginal area in women causing itching, burning and pain. It can also settle in other areas of the body, such as the mouth and throat (causing thrush in infants). Yeast infections can also occur in the fingernails and toenails, in the feet (athlete’s foot) and in the upper respiratory system (chronic sinus problems and itchy ears).

Fortunately we’ve understood the dynamics of *Candidiasis* for years, and experience has shown that it can be effectively treated, provided the person suffering from it is willing to make some basic lifestyle changes and more carefully “tend their intestinal garden.”

There are three parts to an effective program for yeast infections. The first part is using remedies which directly kill or inhibit the yeast growth. Keep in mind that you’ll never destroy all the yeast (just like you’ll never kill all the weeds). You just need to knock them down enough for the friendly organisms to reassert their dominance in the intestinal garden.

Yeast/Fungal Detox is a powerful formula for knocking down yeast overgrowth. Start slowly using 1-2 capsules per day. A person may increase the dose to as many as 5 or 6 capsules per day, but it is always best to start slowly. If the yeast die off too rapidly, it can cause a toxic reaction in the body known as a healing crisis.

Another great antifungal remedy is pau d’arco, a South American plant which has proven highly effective for many people. It is most effective when made into a tea and consumed throughout the day. The tea can also be used as a douche for vaginal yeast infections.

Other products that are anti-fungal include High Potency Garlic, Caprylimune, and Paw Paw Cell Reg. The ParaCleanse with Paw Paw will not only knock down yeast in the intestines, but other forms of parasites, too. Essential oils can also be helpful in an anti-fungal program. They are best used topically in baths or massage oils that are rubbed on the abdomen. Antifungal oils include oregano, tea tree and lavender oil.

The second part of an effective antifungal program is to stop feeding the yeast. Yeast thrive on simple sugars and refined carbohydrates. It’s a good idea to completely avoid these foods for a few weeks or so while taking the antifungal remedies. It’s also a good idea to limit fruit juices, peanuts, foods containing yeast and fermented or aged foods like cheese or tamari. However, the main dietary changes are to avoid all simple sugars.

The final part in an effective program for eliminating yeast is to reintroduce friendly bacteria into the system. *L. Reuteri* is a strain of *Lactobacillus* bacteria that is particularly aggressive at clearing out yeast overgrowth. *Bifidophilus Flora Force* is another good choice. A third product is Probiotic Eleven which contains eleven different types of *Lactobacillus* and is the best choice for restoring healthy flora over the long run.

Finally, it’s important to note that many authorities agree that six weeks of following these guidelines will usually yield clear improvements. Within that time there will usually be periods of improvement, followed by periods of seeming aggravation of symptoms which can be the result of toxins entering the system as the yeast are killed off. But even after yeast levels have been brought under control it’s important to “keep any eye on the weeds” so they don’t once again take over the garden.

For more information on dealing with yeast infections consult your local herb specialist. You can also check *The Comprehensive Guide to Nature’s Sunshine Products* by Tree of Light Publishing.

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Yeast/Fungal Detox

Effective Combination for Candida and Other Fungal Infections

Overgrowth of yeast (*Candida albicans*) in the intestinal tract has been linked to numerous health problems. Yeasts secrete toxins that weaken the immune system. Yeast overgrowth is also linked to sinus infections, immune weakness and cravings for sugar and refined carbohydrates. Candida infections in the gut also contribute to yeast infections in other areas of the body such as the feet, nails, and genital areas. Itchy ears may also be a result of yeast overgrowth.

Some experts claim that 90% of the American population have an overgrowth of yeast. Others state that anyone who has ever used antibiotics should take steps to reduce yeast overgrowth. Any condition which has left the immune system weakened can open the door for the overgrowth of these microorganisms.

Yeast/Fungal Detox is designed to inhibit the growth of *Candida albicans* and other forms of yeast. Several of its ingredients also help to rebuild an immune system that has been weakened due to yeast overgrowth.

Here is a short description of the purpose of each ingredient in this formula.

The essential oil of oregano has been widely promoted for yeast infections because it is a strong antifungal. It is not wise to use the pure essential oil internally, however, because it can damage the liver. For internal use, **oregano herb** (which is found in this formula) is a better choice. It is completely safe and is still a useful antiseptic and antifungal. Oregano herb not only helps control yeast overgrowth, it also stimulates digestive function and expels excess mucus from the lungs.

Garlic has been dubbed “Nature’s Penicillin” because of its ability to combat bacterial infections. Unlike chemical antibiotics, however, garlic does not cause yeast overgrowth because it also inhibits viral and fungal infections. Like oregano, it also stimulates digestive secretions and enhances digestive function, as well as expelling mucus from the system.

Pau d’arco comes to us from the Amazon rain forest. It has long been recognized as a powerful anti-fungal agent. It was originally thought to be directly anti-fungal, but more recent research shows that it may work by stimulating the immune system. It is not only helpful for yeast infections, it can also be useful for bacterial and viral infections as well as parasites and cancer. It is considered to be a blood purifier (which means it helps remove toxins from the fluids of the body).

Echinacea is also known as purple coneflower. Echinacea is widely recognized for its ability to stimulate the immune system and inhibit the spread of infection. It overcomes sluggish lymphatic function and helps remove toxins from the blood—particularly important when dealing with yeast die-off. It also helps people who feel sick or weak to recover their strength.

Yeast/Fungal Detox also supplies other traditional antifungals. These ingredients also support immune system function to resist candida and other infections.

One of these ingredients is **caprylic acid**, which kills yeast in one phase of its growth. **Sodium propionate** and **sorbic acid** kill yeast in all phases of growth and are classified as GRAS (Generally Recognized as Safe) by the FDA when used in foods as antimicrobial (preservative) agents according to good manufacturing practices.

The minerals selenium and zinc (as amino acid chelates) are absolutely critical to immune function. Zinc enhances immunity and promotes tissue integrity.

The recommended dose of Yeast/Fungal Detox is one capsule with a meal twice daily. However, higher doses can be taken (up to six capsules a day) when the problem is severe. However, it is best to go slowly when trying to eliminate yeast from the system, as a too-rapid die-off of yeast can cause uncomfortable symptoms such as headaches and diarrhea.

For more effective yeast control you can add one tablet of L. Reuteri twice daily and one capsule of Paw Paw Cell Reg once daily. L. Reuteri is an aggressive probiotic which helps to quickly re-establish friendly bacteria in the intestines. It is also wise to follow up the yeast/fungus detox program with longer-term probiotics such as Probiotic Eleven or Bifidophilus Flora Force which re-introduce a wider range of friendly microorganisms back into the intestines.

It is also wise to eliminate or severely reduce the consumption of simple sugars and refined carbohydrates when trying to get yeast overgrowth under control. Yeast feed on simple sugars.

Selected References

The Comprehensive Guide to Nature’s Sunshine Products by Tree of Light Publishing

The Encyclopedia of Medicinal Plants by Andrew Chevallier

Professional Guide to Conditions, Herbs and Supplements by Integrative Medicine Communications

PDR for Nutritional Supplements by Physician’s Desk Reference

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Nature's Choices are Back

We know that many of you were disappointed when we stopped producing the *Nature's Choices* brochure back in 2001. So we are very excited to announce that it is back and better than ever as a 12 page 5.5" x 8.5" booklet.

To reintroduce *Nature's Choices* we will be sending all of our *Sunshine Sharing* subscribers an equal amount of pamphlets as the number of newsletters ordered for February. So if you've been thinking about subscribing to *Sunshine Sharing* now is your chance not only to try but get a great deal as well.

Based on the information in *The Comprehensive Guide to Nature's Sunshine Products* (which those of you who ordered it will be receiving soon if not already) *Nature's Choices* contains up to date information on NSP's single herbs, herbal combinations and key products like Sunshine Concentrate and Nature's Fresh.



Class Schedule

For a listing of Dr. Mom-Dr. Dad classes taught by our independent instructors, go to www.treelite.com/schedule.php

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

IIPA 2005 Iridology Symposium

Feb 25-27 The Woodlands, TX \$319 or \$419 after 1/15

Steven Horne, Jack Ritchason, Daniele Lo Rito, Ellen Jensen, and others will be speaking. Discount for IIPA members. Call IIPA at 888-682-2208 to register.

Fast, Effective Natural Health Care: 3 hours

March 14 Cathedral City, CA \$25 or register online and save \$5

March 15 Tustin, CA \$25 or register online and save \$5

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

June 10 East SF Bay, CA \$25 or register online and save \$5

June 12 Modesto CA \$25 or register online and save \$5

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

Clinical Practicum: 2 days

March 12-13 Oxnard, CA \$200 or register online and save \$10

Apr 22-23 Wassilla, AK \$200 or register online and save \$10

May 14-15 Ellicotville, NY \$200 or register online and save \$10

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

Get Rich Slowly: 4 hours

June 10 East SF Bay, CA \$35 or register online and save \$10

June 13 Modesto, CA \$35 or register online and save \$10

Dr Mom Dr Dad Instructor training: 2-3 hours

June 11 East SF Bay, CA 10 student manuals &

June 14 Modesto, CA attendance at Get Rich Slowly

Kim Balas' Classes

Call 888-707-4372 for information.

CLEAR®

Mar 12-13 Clairmont, FL \$399

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About Tree of Light

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

Important Notice

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

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