

Nature's Field

An Electronic Journal for NSP Distributors

Psyllium

By Steven Horne with Mark Montgomery

Psyllium is the seeds of a particular species of plantain (*Plantago psyllium*). *Plantago major* is the common lawn and garden weed, whose leaves are used as a drawing agent and vulnerary. Psyllium's name derives from the Greek word "psylla" or flea, because the seed resembles one.

Psyllium is believed to have originated in Iran or Iraq and was cultivated by Persian and Arabian doctors for centuries. It was used in the treatment of constipation, diarrhea, hemorrhoids and other bowel disorders. Later, the plant spread to India, northern Africa, and the Mediterranean and is now used all over the world. These seeds and the seed husks are extremely bland, having almost no detectable odor or taste, but are loaded with mucilage. This mucilage is what gives psyllium its prized properties as a bulk laxative, helping it to scrub the intestines and absorb toxins lingering in the lower GI tract.

When soaked in water, psyllium increases 8 to 14 times its original size, which is why it is a primary ingredient in Metamucil and many other commercial laxatives. Unfortunately, the psyllium found in most commercial laxative formulas is bleached, then laced with sugar or artificial sweeteners. You can also compare the quality of NSP's psyllium to other products by mixing the same amount of both products in water and comparing how much the stuff swells. NSP uses top quality psyllium, which absorbs more water than cheaper brands.

Mucilage is a form of water-soluble fiber. The mucilage found in plants like psyllium is formed of complex polysaccharide chains which are intended to store food for the plant in times of scarcity. These polysaccharide chains are mostly indigestible, which is what allows them to pass through the stomach and into the intestines, where they act like brushes, scrubbing away accumulated waste.

Psyllium's water-storage properties allow it to act in varying ways, depending on the need of the individual. If it is taken with more than six cups of water a day it acts as a bulking laxative, but if it is taken with less water it acts as an absorbent, drawing water from the GI tract. This accounts for psyllium's effectiveness in treating diarrhea. This drawing effect also explains psyllium's use as an agent to draw pus from boils, carbuncles

and other sores when applied as a poultice, although the leaves are more commonly used in poultices than the seeds.

Psyllium has some additional properties that researchers have seen in clinical trials. Psyllium reduced glucose levels following meals and it lowered cholesterol absorption, increasing the rate of cholesterol transformation into bile acids. The explanation for psyllium's effect on cholesterol is that bile acids are digestive agents made from cholesterol. These are normally reabsorbed in the intestines after they have done their job, but when they are captured by psyllium and excreted, the body is forced to manufacture more bile, using up more of the cholesterol in the body. This lowers total cholesterol.

Another fascinating aspect of psyllium that is being researched is its apparent ability to protect from colon cancer. Some researchers believe this effect comes from absorbing toxins and preventing them from contacting the cells lining the colon.

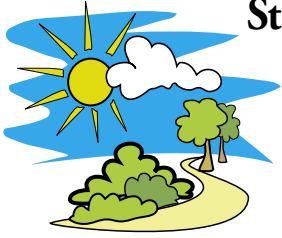
In summary, psyllium is one of the safest, gentlest laxatives available, acting on constipation and diarrhea alike and providing additional benefits to protect from hemorrhoids, cholesterol and blood sugar levels. Psyllium is found in three fiber blends: Nature's Three, LOCLO and Psyllium Hulls Combination. Both the seeds and the hulls are available in capsules. The seeds are gentler and more suitable for children and persons with sensitive or irritable colons. Psyllium is also found in: Fat Grabbers, AS with Gymnemia, Bowel Detox and Kidney Activator.

Selected References

Herbs That Heal by Michael A. Weiner, Ph. D. and Janet Weiner
Natural Healing with Herbs by Humbart Santillo
The Healing Herbs by Michael Castleman
Nutritional Herbology by Mark Pederson

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Steven Horne's Ramblings and Ravings

Enzyme Detoxification Systems, Part One

Forward: This newsletter is coming out in the middle of NSP's National Convention. The theme for Convention this year is cleansing, so the next two issues of *Nature's Field* will feature articles on this theme. This is a taste of things to come because next year *The Herbal Hour*, *Sunshine Sharing* and *Nature's Field* will all have the same theme each month. It's part of a program we'll be implementing to create a monthly product education focus that can be built into a marketing program. You'll hear more about this program and how it will work in October and November.

Meanwhile, at NSP's request, I wrote a book on cleansing for National Convention. It's called *Coming Clean: Your Guide to Detoxifying the Body*. As I was researching for the book, I uncovered some great information that was too technical to include in a book geared to the end consumer. So, I'll be writing about it here. Now to the main article.

Sources of Toxins

There are two kinds of toxins the body has to eliminate. First, there are endotoxins, toxins that are produced in the body as a by-product of metabolism. These toxins can be thought of as the "smoke and ash" of the body's internal metabolic fire.

Bacteria and other micro-organisms, such as yeast, also produce endotoxins. In fact, it's these toxins that kill you in diseases like botulism or food poisoning. These toxins are also the problem in yeast infections. That's why just trying to kill the microbes isn't enough. One also has to help the body flush toxins faster in order to overcome any infectious disease.

The second kind of toxins are exotoxins. These are chemicals that are foreign to the body and are introduced into the system through the skin, lungs or digestive tract. Exotoxins include drugs, agricultural chemicals like pesticides, many food additives, heavy metals, and so forth. I believe that the excessive amount of exotoxins we are exposed to in modern society is a major cause of many chronic and degenerative illnesses, especially autoimmune disorders.

Because the more dangerous exotoxins are typically lipid (fat) soluble and not water-soluble, they get stored in fat and are released during weight loss. This is why weight loss must also involve cleansing.

Relationship Between Cleansing and Building

Before going any further, I want to clarify something I've been teaching for years, which is, that you can't cleanse and build at the same time. What people fail to realize is that this *doesn't* mean they can't use herbs that cleanse and herbs that build at the same time. The problem isn't mixing cleansing and building herbs. Chinese formulas regularly contain small amounts of herbs which have the opposite action in order to balance the formula. While I think it's a waste to take equal amounts of herbs with opposing actions (After all what are you trying to accomplish?), this issue misses the key point.

Building involves eating and assimilating nutrients. Real cleansing involves fasting, or at least semi-fasting. So, the real reason why you can't cleanse and build at the same time is because you can't eat and fast at the same time! I guess I've just been too polite to come out and say it like I see it. I don't know how anyone can do any serious cleansing if they aren't willing to go on some kind of fast or at the very least a mild-food diet. All the books on cleansing that are out there rely on fasting, juices or a detox-diet.

Sure, you can get the bowels to move without fasting, and you can even stimulate the kidneys to release more urine without fasting. What you can't do is cleanse the tissues of the body without fasting, and that's where the toxins wind up getting stored. I'm not going to go into detail about fasting here, but I really want to make it clear that any serious cleanse I've ever done has been some kind of fasting process, usually juice fasting.

Even when I've done a colon cleanse (like I'm doing now), I've noticed that the tissues will start to release toxins and I'll start to feel bloated, stuffy, light-headed, dizzy, etc. I know this means I need to stop eating and start flushing the body with water, water with lemon, or fresh juice until my body is able to clear the toxins. Eating slows the eliminative process and congests the body further! Just like you should stop eating when you're acutely ill, when you start to get congested on a nutritional program, you should stop eating long enough for the body to clear itself. That's why it's impossible to build and cleanse at the same time!

Just as I've clarified what I mean when I say that you can't build and cleanse at the same time, I'm going to also clarify that cleansing and building are interrelated. Building therapies will initiate cleansing in the body. This is because the body uses nutrients for detoxification.

What we typically call cleansing therapy is a form of stimulation therapy. Many cleansing herbs have a slight irritating effect on tissues, which causes them to increase the discharge of toxins. Stimulants don't actually provide energy to the tissues, they simply increase energy output in the tissues. This burns up nutritional reserves. That's why constant use of caffeine exhausts the adrenals and why I believe that the constant use of stimulant laxatives exhausts the colon.

Many times, I've seen people start on whole food supplements (like Ultimate GreenZone) or a healthier diet, and wind up with water retention, sinus congestion, fatigue, diarrhea, short bouts of nausea, and so forth. I firmly believe this is not a negative reaction to the supplement or the diet. It is a sign that the good nutrition being put into the body is increasing cellular vitality and initiating a detoxification process. This is a sign to stop the building process (i.e., stop eating and back off on the supplements) and flush the body to eliminate the toxins. As I learn more about the internal mechanisms of tissue detoxification, I can see that there is some good scientific backing to some of my intuitive and experiential conclusions.

Internal Detoxification

Internal detoxification is carried on primarily via enzymes. An enzyme is a protein-compound that is able to chemically transform other substances without being altered itself. Enzymes are created by the genes inside cells. Enzymes are the "work horses" of the body, digesting food, processing it for use, creating energy, manufacturing hormones and neurotransmitters, and, of course, detoxifying the tissues. The enzymes involved in detoxification aren't digestive enzymes (the kind we take as supplements). Although these detoxification enzymes are found throughout the body, the highest concentration is in the liver, which is why liver health is so important in the chemical-laden world we live in.

What makes some toxins difficult to eliminate is that they are lipid(fat)-soluble substances, not water-soluble substances. So, before the body can flush them from the system, it has to convert them to a water-soluble form.

The process of converting toxins into water-soluble compounds involves two steps, *Phase 1 Detoxification* and *Phase 2 Detoxification*. In Phase 1 Detoxification, the body creates an electrical charge on the toxin so that it can bind it to a water-soluble substance in Phase 2. Toxins that already have an electrical charge can by-pass Phase 1 and go directly to Phase 2.

After the toxins have been made water-soluble they are flushed from the body. Toxins that are smaller in molecular form will be taken to the kidneys where they will be flushed out of the body in the urine. Larger toxins are taken to the liver where they are excreted into the bile, absorbed by fiber in the intestines and carried out of the body through the stool.

Of course, if you don't have enough water to flush toxins efficiently from the kidneys, or enough fiber to carry them out through the bowel, they can be reabsorbed and cause further irritation. I believe this is one of the problems that takes place when people start improving their nutrition, but their kidneys and colon aren't working very well.

There are certain nutrients that are co-factors for Phase 1 and Phase 2 Detoxification. If people are deficient in any of these nutrients, they will have a hard time processing toxins. The table "Nutritional Requirements for Detoxification" shown below, lists some of the nutrients involved as co-factors in Phase 1 and Phase 2 Detoxification.

This is why nutrient-deficient people can't cleanse effectively. You can irritate the tissues trying to stimulate cleansing, but the body doesn't have the nutritional reserves to mount effective cleansing.

We'll continue our discussion of this topic in the next issue.

Nutritional Requirements for Detoxification

Phase 1 Detoxification

- Beta-carotene
- Vitamins:
 - B¹
 - C
 - E
- Minerals:
 - Copper
 - Iron
 - Magnesium
 - Manganese
 - Molybdenum
 - Sulfur
 - Zinc
- Choline
- Fatty Acids
- Lecithin
- Methionine

Phase 2 Detoxification

- Vitamins:
 - Folic Acid
 - B-Complex
 - C
- Minerals:
 - Germanium
 - Magnesium
 - Manganese
 - Molybdenum
 - Selenium
 - Sulfur
 - Zinc
- Amino Acids
 - Cysteine
 - Glycine
 - L-glutathione
 - Taurine
 - N-acetyl-cysteine

Steven H. Horne is a professional member and past president of the American Herbalists Guild, a certified iridologist with the International Iridology Practitioners Association, and a gifted teacher and consultant in the field of natural health care. He is president of Tree of Light Publishing.





Kimberly Balas' Clinician's Corner

Goldenseal and Drug Testing, Herniated Disks and More...

Goldenseal, Oregon Grape and Drug Testing

I've heard that if you took goldenseal or Oregon grape that it could show up as a positive on a drug test. Is this true?

D.

Goldenseal, Oregon grape and barberry all contain an alkaloid called berberine. There was a story floating around for years that goldenseal would mask drug tests, so lots of people who were taking drugs started taking goldenseal to try to mask the drug tests (or flush the drugs from the system). Since this was getting so popular, they started screening for berberine in the drug testing. My understanding is that it doesn't show up saying you are taking drugs, but sends a flag to the lab technician that you may be taking these substances to try to cover up drug use.

Herniated Disks

I got a follow-up call from a neurologist I went to see last week. He sent me in for two MRIs—one for the neck and one for the brain. They did the neck MRI last week and will do the brain MRI in a few days.

He called me today with the results from the first MRI and said there is significant herniation of C5 and C6 disks. He said this would cause neck pain and numbness or pain in the arm. I have neck and arm pain, but not the numbness. This is the guy who said also that I showed no evidence of neurological disease (like MS, Parkinsons, or Alzheimers), but that I clearly have a hypothyroid condition.

I asked if this condition could be reversed. He said, "Only with surgery." He told me physical therapy can help with symptoms and he will be recommending medication, and if necessary as a last resort, surgery. No thank you!

Any suggestions?

K.M.

Any time you have the degeneration occurring in the disc space then there is a lack of enzymes. I would use the Nature's Fresh internally, two teaspoons per day, to help with this. Problems with the C5 and C6 vertebrae would naturally affect the thyroid.

Opening up the vertebrae is also about creating space. You should keep your tongue against the roof of your month and your head upright, otherwise, it compresses the discs and the thyroid as well. This is information from Deanna Hansen in the class *Love Your Body Beautiful*.

I would also find a great chiropractor and have some nerve energy tests run. There is a machine that some chiropractors have that will show output from the nerves in the vertebrae.

Plaque Build-up

I have a 13-year-old girl who has an absolutely terrible build-up of tartar. Her dentist says it is caused by an over-producing salivary gland, something about the saliva being high in minerals.

Her mom said when she took her back to the dentist for a filling, after a cleaning less than a week before the tartar had already started to build back up. The dentist said he'd never seen anything like it.

The Mom is asking if there is anything that will help with this problem.

T.H.

The salivary (or parotid) glands function on a mineral composition of zinc, copper and potassium. When the parotids go into a hyperactive state, it is usually an excess level of copper and a low level of potassium. I would use HSN-W and get her on an enzyme product like Proactazyme.

If there are a lot of high glycemic index foods in her diet, this could also cause the parotids to over-extend themselves in producing amylase enzymes. If the glands aren't producing enough, then the tartar could also build up from that. In this case, digestive bitters would work best.

Flouride and Low Thyroid

Can flouride be associated with a low thyroid? I was talking with a client and she is convinced that her husband has low thyroid because of everything having flouride in it— toothpaste, water, etc. Have you heard of this connection?

R.P.

Absolutely! Iodine, fluorine, chlorine and bromine are all halogens, on the same column of the periodic table of elements, which means they compete for uptake. Since fluorine, chlorine and bromine are listed higher on the periodic table than iodine, they have a smaller atomic weight, so they bump iodine out of solution. Not only do they inhibit the thyroid's uptake of iodine, they are also carcinogenic.

Iodine is not only important for the thyroid, it is used by other tissues such as the breast, prostate and skin. Also, no virus,

bacteria, fungus or cancer can live in an iodine rich environment. For some more reading on this subject, including documentation from medical journals, check out David Brownsteins web site www.drbrownstein.com

C-Reactive Protein High

I took a test for c-reactive protein two weeks ago. The result was 15. Anything over 3 is considered high. I had the test repeated this week and it is now 52.

I have been taking a high dose of cod liver oil for 6 weeks. I've also taken Thai Go and Noni for about 3 weeks, with some Green Zone thrown in occasionally. So, I'm pretty surprised that it's gone up so much.

I've recently had a tick bite (and took a round of antibiotic) and I had a bad bout with asthma, but both were prior to the first CRP test.

Any thoughts please?

M.J.

C-reactive protein (CRP) is a basic protein that helps to fight bacterial infections. It will always go up 10-100X when there is a bacteria present that the body is fighting. The complex it forms with the bacteria is sticky and is used to glue or pin the bacteria to the cell wall in preparation for the arrival of segmented neutrophils to finish the kill. You would need to see if the neutrophils are high, too.

The antibiotic is what drove the level of CRP up abnormally. The body sees antibiotics as a more serious threat to cell survival than any invader, so the body drops all other priorities to work on binding the antibiotic to get it out of the system. Thus, symptoms go away for a while and then come back again once the body can reestablish its priorities.

For future information, colloidal silver and iodine are more potent against bacteria than antibiotics and will not drive CRP higher.

Increasing Testosterone Levels

Doesn't low testosterone help the body fight against cancer? If yes, what is the best herb to take during chemotherapy to help the body make more testosterone, or to mimic testosterone.

S.

Just smelling cinnamon oil will help stimulate testosterone production. Sarsaparilla is also testosteroneic. Iodine is also key here. Cancer can't exist in an iodine-rich environment. If the testosterone is low, then iodine is usually very low, too.

It also means the liver is congested in its conversion abilities. I would decongest the liver slowly with something like red clover and add in iodine.

Why is Low Cholesterol Bad?

Kim, could you please, in the simplest terms possible, say why your cholesterol should be over 200. I am having a terrible time convincing mostly elderly people that 175 is dangerously low. "Well, my DOCTOR didn't say it was good and he wouldn't lie to me!!!" is mostly what I get. The most basic explanation of why it should be over 200 would be greatly appreciated.

Marie

Cholesterol is needed for many body processes. It is used in making hormones. It is used to make bile to digest fats. It is used in cell membranes. It is used to transport toxins in the bloodstream. There is plenty of research showing that cholesterol levels that are too low are associated with depression, infertility, reduced sex drive and a greater risk of cancer (just to name a few).

Read a lot more about the problem of low cholesterol, along with the medical facts to back it up in *The Cholesterol Myth*. We also did a book and video on the subject that presents some of this research. Both are available through Tree of Light.

Leaky Pituitary?

I have a friend whose sister has extreme fatigue and a low sodium count. Her doctor is running tests right now but said he suspects a leaky pituitary gland. I've never heard of this and can't wait until I get her blood test results. I was just wondering if you had heard of this or had any successes with it?

John

How very fascinating! Anatomically speaking, I never knew that a pituitary could "leak!" It has bidirectional activity with the link to the neuroendocrine components via cytokine activity, but how would it leak? It can have growths or atrophy, but what would it actually leak out if it were leaking something? I would also believe that sodium counts would be more directly associated with posterior pituitary and that would affect ADH, which would cause water retention. If they are speaking about how the body retains fluid due to the inability of the pituitary to perform its anabolic activities then I guess (by some far stretch of the mind) it could be very overly simplified as "leaking."

But the bottom line is—the pituitary doesn't leak!

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.





Do You Need a Colon Cleanse?

Determining Health from Bowel Function

In the movie, *The Last Emperor*, the Chinese doctors regulated the young Emperor's diet by examining his stool. In modern society, few people pay attention to this, but you can learn to maintain better health by monitoring your elimination.

For starters, most healthy infants (and wild animals) have one bowel movement for each meal they eat. Since most North Americans eat three meals per day, this would translate into three eliminations per day. So, if you have one bowel movement per day (or less) and you eat three meals per day, you're constipated and could probably benefit from a colon cleanse.

Next, your stool should not be difficult to eliminate. You should be able to feel the urge to go, sit down and have the elimination come out in a smooth move. If you have to strain to eliminate, you're lacking water and fiber.

The shape of the stool is also important. Your colon is a long narrow tube, and the stool should come out in long, narrow pieces. Usually, healthy stools will be banana- or s-shaped, or shaped like a thick piece of rope. If the stool comes out in hard, dry balls, you are likely dehydrated and constipated.

The stool should be about the combined thickness of your pointer and middle fingers. If it is larger than this, then you are getting ballooning in the colon, a sign that the colon is lacking muscle tone, and a good colon cleanse is probably in order.

The consistency of the stool tells a lot about what is happening in the digestive tract. The stool should have form, but the form should be loose and probably break up a little on flushing. It should not be thick and fudgy (like peanut butter). If it is, you may not have enough fiber in your diet, or you may have an imbalance in the friendly microbes in the colon.

If the stool doesn't have form and is watery, then you've got diarrhea. Diarrhea is a sign of acute or chronic intestinal inflammation, which is due to the presence of toxins in the digestive tract (which may be the result of infection or parasites), and can be remedied by fiber or activated charcoal. The fiber absorbs the toxins, but there may also be a need for anti-inflammatory agents, anti-microbial agents or a parasite cleanse. Chronic diarrhea is often a sign of inflammatory bowel disorders and should be checked out by a doctor.

The stool can also tell you how well your digestive tract is working. If there are undigested food particles in the stool, then you need to work on digestion. Are you chewing your food thoroughly? Do you have sufficient hydrochloric acid and digestive enzymes to break food down properly? Digestive enzymes may help.

Stools should not float, either. If stools have a greasy sheen and bob around in the toilet like a cork (which makes them very

difficult to flush) then you aren't digesting fats properly. Your gall bladder may not be functioning properly to emulsify fats (make them water soluble) for absorption or you may be deficient in lipase enzymes.

This brings us to the subject of stool color. Bile is a major contributor to the color of one's stool. Healthy bile is a yellow color and colors the stool a light brown. When bile is toxic it becomes green or dark green, which makes the stool darker in color. Dark brown or blackish colored stools can be a sign the body is dumping toxins from the liver through the bile, particularly if the stool has a strong odor. If the stool is clay-colored (very light), then the gallbladder may be obstructed or the liver is failing to produce sufficient bile.

Of course, specific foods, such as chlorophyll and red beets, will also affect stool color. One can use the coloring effect of these foods to determine one's colon transit time. Transit time is the time it takes for waste material from the food we eat to exit the body. To see what your colon transit time is, try eating some red beets and see how long it takes for the red color of the beets to show up in the stool. Also, see how long it takes before no more red color appears in the stool. If the red color shows up and disappears within 24 hours, you're in good shape. If it takes longer, you have a slow colon transit time—a good indication of the need for a colon cleanse.

If you have red in your stool and haven't been eating beets, you probably have bleeding in the colon or rectum. See a doctor at once to find out what is happening.

Okay, we all know that waste material is supposed to smell, but it isn't supposed to smell that bad! I'm not suggesting that the stool is supposed to smell sweet, it just isn't supposed to smell rotten. Foul belching, gas or stool odor is a sign that food is decomposing in your digestive tract.

Proteins are usually the worst offenders when it comes to creating foul odors—ever smell a rotten egg or piece of fish? So, foul odors are usually a sign that you're not digesting proteins properly. Hydrochloric acid or enzyme supplements will be helpful in breaking down proteins properly. However, general poor digestion, poor elimination and toxicity will contribute to foul odors.

The material above was extracted from *Coming Clean* by Steven Horne, which you can consult for more information on colon health. For help in determining what kinds of supplements or colon cleansing will help restore health to your gastrointestinal tract, seek advice from your local herb specialist or a competent naturopath or holistic doctor. Colon cleansing is a good way to help restore health to your gastrointestinal tract.

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Everybody's Fiber

A gentle fiber blend suitable for spastic colons, inflammation and IBS

Fiber is one of the most important factors in maintaining the health of the gastrointestinal tract, and, in turn, the health of the body as a whole. Fiber absorbs toxins in the gastrointestinal tract, preventing them from being absorbed into the body. It lowers cholesterol, slows the release of sugar into the bloodstream (helping both diabetes and hypoglycemia) and bulks the stool to relieve constipation and improve general elimination.

Coarse dietary fibers like bran and psyllium hulls are often too harsh for people with intestinal problems like spastic bowels, irritable bowel syndrome (IBS), inflammatory problems like colitis and Crohn's, and hemorrhoids. Softer, more mucilaginous fibers, work better in these conditions.

Formerly known as Irritable Bowel Fiber, Everybody's Fiber is a fiber blend that just about anyone can use. It contains fiber products that gently bulk the stool and improve elimination, but it also contains herbs that reduce inflammation, improve digestion, feed friendly intestinal flora and restore intestinal tone to reduce gut "leakage." The blend may be helpful for health problems like IBS, colitis, Crohn's disease, diverticulitis, diarrhea, constipation, high cholesterol, leaky gut syndrome, diabetes and hypoglycemia.

Everybody's Fiber contains the following ingredients:

Soluble FOS Fiber

Short-chain fructooligosaccharides (SCFOS) are chains of sugar molecules similar to starches which are water-insoluble. This means they are not easily digested and move through the digestive system, scrubbing and eliminating waste and adding bulk. The additional bulk helps to exert pressure on the walls of the intestines, which in turn stimulates peristaltic activity, helping the colon to eliminate efficiently and reducing waste in the colon.

Fibers: Slippery Elm, Flax, Marshmallow, Apple Pectin

Slippery elm is a gentle, soothing, mucilaginous herb that reduces intestinal inflammation and provides fiber for bulking the stool. It is nourishing and tissue healing—a very good herb for colitis and other inflammatory bowel disorders. It is a useful remedy for diarrhea in children, too.

Like slippery elm, ground up flax seeds are a source of soothing bulk fiber. They have a lubricating action on the intestines and help to ease spastic constipation and intestinal inflammation. Flax meal is also high in the lignan secoisolariciresinol diglyceride (SDG). SDG has powerful antioxidant and anticancerous properties and absorbs toxins and irritants from the colon.

Marshmallow is a mucilaginous herb with similar properties to slippery elm. It is one of the best sources of easily-digested mucilage. Containing about 25-30% of these polysaccharides and about the same percentage of starch allows marshmallow to coat and lubricate the membranes of the digestive tract, moistening dry stools and constipation and carrying toxins from the bowel.

Apple pectin is a water-soluble fiber that forms the gel that makes jellies and jams thick. Animal studies suggest that apple pectin may be beneficial in reducing the number and tumor score of colorectal tumors. It has an anti-inflammatory effect and may help to lower cholesterol.

Carminatives: Fennel, Peppermint, Chamomile

Fennel is an aromatic herb that stimulates digestive secretions and helps expel intestinal gas. Fennel also has an antispasmodic action which relaxes spasms in the colon and digestive organs.

Peppermint tea is extensively used as a remedy for indigestion, most commonly taken in tea form. Like fennel, it stimulates digestion and has an antispasmodic action. It is a very effective remedy for easing bloating and expelling gas.

Like peppermint, chamomile is extensively used in tea form for indigestion. It also expels gas from the colon and settles an upset stomach. Chamomile contains a blue essential oil that is very anti-inflammatory, making it a very good remedy for easing intestinal inflammation. It is also helpful for reducing leaky gut.

Cat's Claw

The inner bark of cat's claw, a woody vine which grows in the rainforests of Peru, is an immune tonic herb. It has antioxidant and anti-inflammatory properties, and has been used for a wide variety of digestive related health problems, including stomach inflammation, ulcers, hemorrhoids, diverticulitis and chronic intestinal inflammation. It helps stabilize the intestinal flora and protect the cells lining the intestines from damage. Research also suggests it is very helpful for leaky gut syndrome.

Asparagus

Asparagus is a soothing diuretic which helps to reduce inflammation. It also has a restorative effect on the smooth membranes of the digestive tract, flushing wastes that may have accumulated in the tissues.

Dosage

Mix one scoop of "Everybody's Fiber" in water or juice and take before meals 2-4 times daily.

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