

Nature's Field

An Electronic Journal for NSP Distributors

St. John's Wort

By Steven Horne

St. John's wort is the perfect example of a very versatile herb whose real uses have been obscured by modern commercial herbalism. While St. John's Wort does have mood-elevating effects, it is much more than an antidepressant.

St. John's Wort has a rich history of use by herbalists on all five continents going back at least 2,000 years. The name is believed to come from early Christians who named it in honor of John the Baptist. "Wort" is an English term for remedy, so "St. John's wort" is equivalent to saying "St. John's remedy."

When extracted in olive oil, the flowers turn the oil blood red. Using the doctrine of signatures, middle age herbalists considered this red color to indicate the herb was good for wounds. It was used by English herbalists for centuries to treat deep sword cuts and other traumatic injuries. The English nickname "touch and heal" gives an idea of the esteem in which St. John's Wort was held.

This application of St. John's Wort for traumatic injury continued in the New World when European settlers brought it with them to treat common wounds and to prevent tetanus. When they arrived, these settlers found the Native Americans already using St. John's Wort for a variety of purposes, some similar and some different. It was frequently used by the Cherokee, Iroquois and Montagnais tribes to treat fever and cough. The Cherokees also used it to treat irregular menstruation and nosebleed.

Today, many herbalists continue to use St. John's Wort for traumatic injury. It is most often used topically as an oil. Clinical trials performed in Germany showed that when the oil was applied to first degree burns they healed in 48 hours; second and third degree burns healed three times as quickly as burns treated with conventional medication.

St. John's Wort has a particularly valuable ability to stimulate nerve regeneration and repair. In fact, it has been referred to as "the arnica of the nervous system." For those of you who don't know about arnica, it is used homeopathically to promote rapid healing of damaged tissues and to prevent bruising. St. John's Wort does the same thing for injured nerves, but is most effective for this purpose when taken homeopathically at doses of 30c or 200c. The oil can also be applied topically to stimulate nerve repair.



St. John's Wort is an excellent remedy for viral infections. According to Matthew Wood, AHG, it is also a specific remedy for correcting the solar plexus, the nerve center that regulates digestion. All these applications point to the broad range of properties this herb possesses: it is considered an anti-bacterial, anti-fungal, anti-inflammatory, antiseptic, aromatic, astringent, disinfectant, expectorant,

nervine, resolvent, styptic, tonic and vulnerary.

St. John's Wort has a photosensitization effect on livestock. While the only reports I have of this effect are from herbalists who have experienced it while picking large quantities of the fresh plant, it is wise for fair-skinned people to avoid excessive exposure to sunlight while taking large quantities of the herb. This light-sensitivity, however, is a powerful "signature" of St. John's Wort's ability to "let in the light." It is used as a flower essence to dispel dark dreams or nightmares and bring a "light-filled awareness." Depression can be thought of as a "lack of light," and I see St. John's Wort as a remedy that illuminates the buried emotional causes of people's depression.

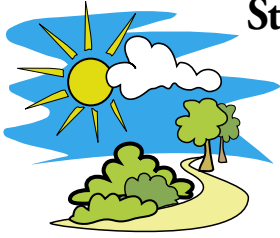
We've only scratched the surface of the healing potentials of this plant. But, in this coldest and darkest part of the winter, St. John's Wort can be just what's needed to help kick those "winter blues" and lift one's spirits. NSP offers St. John's Wort as a single herb and as a part of the Kudzu/St. John's Wort formula. It is also in Homeopathic Asthma Formula.

Selected References:

- The Healing Herbs* by Michael Castleman
- The Wild Rose Scientific Herbal* by Terry Willard

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Steven Horne's Ramblings and Ravings

A Holistic Approach to Depression

Last weekend, I hauled a bunch of trash to the dump, then returned with a load of compost. In the process, I dislocated my lumbar vertebrae. As my body tried to compensate for the injury, I developed painful spasms in the hip muscles. For most people, the solution would have been to pop painkillers, but I knew better. Painkillers would have done nothing to correct the real problem, and by masking the pain, would have allowed me to overexert myself and further injure the damaged area.

So, instead of taking painkillers, I got a massage, made a couple of visits to the chiropractor, put some antispasmodics over the affected areas, and doctored myself with some heavy doses of the muscle relaxants lobelia and kava kava. I am doing much better.

Pain may be annoying, but it serves a useful purpose. It keeps us from further stressing damaged tissues by making us avoid using them until they have a chance to heal. Depression can do a similar thing for us emotionally.

One of the pitfalls of the whole "positive mental attitude" dogma, that is so prevalent in modern society, is the tendency it has to make people feel like they should be "up" all the time. There's an attitude that if you're depressed, something is "wrong" with you. If you had a positive attitude, you'd never feel unhappy, sad, depressed, etc. However, the truth is, we're all going to feel that way from time to time.

So, there is nothing wrong with feeling depressed once in a while. It's normal and natural under certain circumstances. For example, it's normal to feel depressed when you lose someone close to you through death, divorce or separation. It's also normal to feel depressed when you're under a lot of financial pressures, such as a heavy debt load or bankruptcy. Having to go to court over anything can be depressing. In short, depression is often a natural response to life's difficulties, just like pain is a natural response to injury. Both serve a purpose.

Pain gets us to "lay off" an injured body part to give it time to heal. Depression causes us to "pull away" from the normal pressures of life and take time to introspect. It is actually a form of healing, because it can get us to stop the "rat race" of our lives long enough to look inside and see what is happening in our emotions, and why.

For instance, several months before my 50th birthday I was feeling a little depressed (mid-life crisis, I think). But, rather than feeling guilty about it, I took a few days off to figure out what was bothering me. As a result I was able to get in touch

with some important feelings and make some changes in my life, which resulted in a renewed sense of vigor and personal productivity. The problem is that most people can't (or won't) make time for this process.

Chemical Causes

Of course, sometimes we feel depressed when there doesn't appear to be any outside reason for it. We just feel down. Modern medicine would tell us that this is a deficiency of certain neurotransmitters, serotonin or perhaps dopamine. So, their answer is to try and increase levels of these neurotransmitters with drugs. We can do the same thing with supplements, which is a lot safer.

For instance, 5-HTP directly increases levels of serotonin and dopamine. Yet, I view this approach as a band-aid. Low serotonin and dopamine are symptoms, not causes. To fix the causes, we need to look deeper.

If you study traditional Western medicine, you'll find that melancholia (the traditional term for depression) was thought to be an excess of "black bile." When the liver is toxic, the bile is very dark and often colors the stool black. (Some of you may have noted the dark smelly stools you've passed at the beginning of a cleanse. That's the liver dumping toxins or "black bile.") So, in modern herbal lingo, we would say toxins, instead of black bile, but the concept is the same.

In the 1980s, I read Dr. Rudolph Ballentine's book, *Diet and Nutrition*. Dr. Ballentine explains that the liver takes the burden of filtering the blood and removing any toxins that might damage the system, including pesticides, food additives, drugs, environmental pollutants, xenoestrogens and so forth. When the liver is functioning poorly, it can't do this and the excessive wastes circulating in our body give us an overall sense of heaviness and achiness. This can create feelings of apathy, lethargy and often depression. He then states, "In fact, it has been suggested by some authors that the primary cause of most depression is liver dysfunction."

I've personally experienced the feelings of heaviness, lethargy and depression that accompany a congested and overburdened liver. For example, several years ago I broke my leg. After my leg started to heal, there were several occasions when I felt extremely depressed, even though I was on the mend. I finally realized it had nothing to do with my attitude. I was experiencing a detox reaction to the painkillers and drugs I'd been given in the hos-

pital. When I did some liver detoxing therapy, the depression and heaviness immediately lifted. In a similar manner, I've experienced an instant clearing of the mind and "lightening" feeling when I've done a colon cleanse or have had a colonic.

So, I believe that a major reason many people are chronically depressed is because their system is burdened down with chemicals. If you've seen the documentary, *Super-Size Me*, about the guy who ate three meals a day at McDonalds for a month as an experiment, you may recall that one of the problems he started to experience was lethargy and depression. The appearance of these symptoms coincided with abnormal changes in liver function. (If you haven't seen the movie, rent it and watch it.)

NSP introduced its Chinese herbal line about one year after I read about the depression/liver connection in *Diet and Nutrition*. I could immediately see why Mood Elevator (originally called AD-C) worked. It was designed to relieve feelings of heaviness and sagging chi or energy. It works by helping to normalize colon and liver function.

In recent years, Dr. Hugo Rodier has introduced me to the "gut brain" concept, which helps further explain why traditional medicine was right. It seems there are more serotonin receptors in the intestines than in the brain. So, when we're "full of it," of course, we feel depressed.

Mind-Body Connections

It's interesting that both Western and Eastern systems of traditional medicine associate the liver with the emotion of anger. Depression and anger are closely connected. Anger is the emotion we experience when we feel threatened and want to fight back to defend ourselves. Depression is what we feel when the situation is hopeless and we don't feel there is any way we can win. In other words, I see these emotions as the flip sides of the same coin—an excess and a deficiency of the same energy.

It's interesting that the organ located under our right rib cage is called the liver. In other words it is the live-er, the center of the drive to live life to its fullest. In many traditional systems of medicine, the liver, not the heart, is seen as the emotional center of the body. When our life is threatened, the first response of the liver inside us is to fight back, to defend us. That desire generates feelings of irritability and anger. But, when the liver gets battle weary, it wants to give up the fight. It feels overwhelmed and defeated. That situation gives rise to feelings of discouragement and depression.

In fact, the ultimate loss of liver energy is to become so depressed that one is suicidal. Feeling suicidal is feeling the loss of the desire to live, but it is also a form of anger—anger turned inward against the self, instead of outward against an external enemy. This is why I believe that depression is suppressed or underactive liver energy. It is anger turned inward.

Most of the people I've seen who suffer from chronic problems with depression were abused as children. They were severely

hurt when they were unable to fight back, and the very people who should have helped protect and defend them were the source of their pain. Since getting angry with an abusive parent only generates more abuse, the anger energy may turn inward and become depression or it may explode in later years by the injured child becoming an adult abuser of others.

However, it doesn't matter whether the factor that is trying to defeat us is an external experience or problem, or internal toxins; the core element is that the body wants to defend itself. If we help the body defend itself in a healthy way, the cause is removed and the problem will be resolved. I don't see drugs accomplishing this, but I do see a well thought-out program of holistic health care being able to offer real solutions.

Holistic Therapy for Depression

In summary, I see the following as critical in helping someone overcome depression.

1. You need to strengthen the liver, cleanse the colon and detoxify the body. Mood Elevator, used along with a colon cleanse, should work for most people. Letting go of all that waste immediately helps a person feel "lighter" and "freer."

2. You need to put good food in the body and stop abusing it with chemicals, drugs, alcohol and junk foods. This is a form of self-attack or self-defeating behavior which is a sign that one is turning against one's own body and one's own life. Nourishing oneself is a form of self-care and self-love.

3. The person needs to go inward and find what is emotionally defeating them. I've found flower essences like borage, scarlet monkeyflower and others to be helpful in this process. Keeping a journal about one's feelings can also be helpful. The process involves getting in touch with the repressed anger, allowing oneself to feel it, then releasing it through forgiveness work.

Much more could be written about the subject, but suffice it to say that I completely disagree with the way our society as a whole is handling the problem of depression. The above approach really works, but you probably need to seek outside help from a skilled therapist to assist in this process when depression is severe. (And be patient, healing takes time, that's what both pain and depression are trying to do—force us to stop and take the time we need to heal.)

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

Growing Pains, Cystic Acne, EW for Ears and More

Growing Pains

I have a client with a "healthy" three-year-old daughter, who goes to bed at night and starts having severe pain in her joints. She is crying out in pain all night and is now starting to wet the bed. I haven't had a chance to interview her personally but they are returning next week. Do you have any ideas about what may be happening?

Dori

Pain in the joints of children is often a sign of mineral problems, particularly magnesium and calcium. The fact that she is wetting the bed shows there is also a kidney/adrenal connection. It sounds like there is acid build up in her body, which is then using the magnesium to buffer the acid. Magnesium is important for nerves and for relaxing muscles. So, she doesn't have the magnesium she needs.

I would really look at KB-C here because it strengthens the kidneys and helps them remove acid from the tissues. It also builds the bones. You could start by giving her just one capsule per day in some applesauce or yogurt. Just because a child is on a "healthy" food plan doesn't mean he or she is actually assimilating the minerals properly. Vitamin B-12 can help make certain they are being assimilated. Magnesium Complex may also be helpful. Ultimate GreenZone would be good too, if you could get her to take it in some fruit juice. It tastes pretty good in pineapple juice.

Cystic Acne in Adult

According to what I've gathered, it looks like the following would be helpful for cystic acne in an adult: Protease Plus between meals to clean up protein waste, either BP-X or Ayurvedic Skin Detox as a blood purifier, lots of Bifidophilus to restore friendly flora, and keeping colon open. What would be the best essential oils (EOs) for this problem—lavender/geranium in Aloe Vera Gel? What about using Nature's Fresh or Colloidal Silver topically and following it with the EOs? Would Herbal Trim be a better base for EOs? Your experience would be appreciated.

Patricia

Your basic program looks good, but I would also look at taking Master Gland to balance hormones and using the Pro-G-Yam cream as a moisturizer. I would also recommend the Lymphatic Drainage formula to increase lymphatic movement.

Nature's Fresh makes a great toner for skin, so I would definitely use it topically. As for EOs, one of the best oils for acne is rose oil. You could use one drop each of rose bulgaria, lavender and tea tree in a base of Nature's Fresh and apply this topically. If the acne is cystic then the condition is already one of excess dampness, and since aloe is moisturizing, it would not be the best choice.

EW for Ears

I've heard people recommend EW for fluid in the ears. I thought this formula was for the eyes. Why would someone recommend it for the ears and how would it work?

Jeffrey

EW was originally formulated to be used as an eye wash, not as something to take internally for the eyes. You use it in the eyes by making an infusion and using it as an eye wash or as eye drops or a compress. Taken internally, the formula isn't beneficial for the eyes.

Look at the ingredients. It has goldenseal, bayberry, eyebright and red raspberry in it. All of these herbs are astringent. They all shrink swollen tissues and reduce excessive mucus secretions. So, these herbs will help with removing congestion in the upper respiratory area. This congestion gets in the eustachian tubes and causes them to swell, which creates the fluid build-up and pressure of an earache.

Eyebright is a specific for upper respiratory congestion. It also reduces allergic reactions in the upper respiratory system. We have gotten great results using a tincture of fresh eyebright to shrink swollen eustachian tubes and reduce fluid build-up in the inner ear.

EW is also useful for itchy, watery eyes, drippy, runny nose and sore throats. This is one more lesson in learning what the herbs actually do and not just going by what the label says.

Liver or Age Spots

Why does a person get liver spots or age spots on their face and hands?

James

It is the presence of melanin (a natural pigment) in the hair, and also the skin, that gives it its color. Melanin is not

only processed in the pituitary but in the mitochondria of the cells. When the interstitial tissue and lymph get congested or “backed up” (which is usually due to liver stagnation), then the dermal layers of the skin will store these pigments or try to flush them out. This flushing process can cause melanin to be flushed to the surface of the skin.

Dark or black surfaces heat up faster because they absorb light much more effectively. Melanin is a very dark, nearly black, substance. So melanin absorbs light extremely well. So, with sun exposure, even minimal, this “backed-up” melanin will create spots. The key to removing them is to flush the lymphatic system.

Type II Diabetes

I have a client who called me with Type II diabetes. Is there a particular program I should put her on? She weighs about 230 pounds. She is on glucovance and is interested in weight loss, cleanse and getting off meds.

Toni

It is challenging to just give a general diabetes protocol without looking at the whole situation since diabetes is just a symptom. When the medical profession measures just glucose and gives someone medication it is treating an isolated factor, not the underlying cause.

The glucose number is driven by many factors, because blood sugar regulation depends on many different organs and glands—the liver, which stores and releases glycogen; the pancreas, which produces insulin that transfers sugar from the blood to the extracellular fluid; the adrenal glands, which produce glucocorticoids that cause the liver to release glycogen into the blood as glucose; the sex organs, which deliver the extracellular glucose to the cell; the thyroid, which affects the storage of glycogen in the liver and the thymus and spleen, which affect the levels of iron and copper in the liver that determine the liver’s ability to handle glucose.

Which supplements are going to help depend on which other organs are out of balance. This is why one should always look at the big picture and treat the body as a whole.

Low Cholesterol, Low Blood Pressure, and Constipation

Several weeks ago, it was suggested I try SF and MSM for my low cholesterol. Even though I was taking 6 SF a day, I was still having trouble with chronic constipation. So, it was then suggested I try the Gall Bladder Formula and that certainly did the trick. The constipation has been much better.

But the original problem is still there. I participated in a wellness fair at our state university last week and the local hospital had lab techs doing non-fasting cholesterol and blood sugar testing. I know the non-fasting is not as accurate but I figured what the heck it was free. The cholesterol machine just beeped LO. The tech smiled and said “well you are very healthy, the LO means that your cholesterol is below 150.” Needless to say I really wanted to clue him in that cholesterol that low isn’t healthy, but that was not the time or the place!

So, I still need to get my cholesterol. Also my blood pressure has been so low lately, I’ve been getting dizzy. At a friend’s house the other day, I checked it with a home monitor. It is was only 87 over 56. The thing is that for the most part, I feel good but now am starting to think I’m a walking time bomb. I’m 43, 5’ tall and weigh 110. Suggestions?

Toni

The cholesterol may have been due to congestion in the digestive tract due to an insufficiency of bile salts from the gallbladder. This would also throw your serum calcium levels off as well as iron, blood pressure, and mineral uptake. Since the Gall Bladder formula appears to have kicked in and improved your bile production, I would now start adding more Omega 3 essential fatty acids.

Taking bitters with your food would help as they stimulate gall bladder function. You could also take the Food Enzymes which have the bile salts in them.

The adrenals also play a role in this. Low blood pressure can be a sign of adrenal insufficiency. The adrenals move the glucocorticoids through the system. If they are congested, then glycogen in the liver and the sinusoids are clogged. Usually, this causes the cholesterol to go up, but when there is bile salt inadequacy then cholesterol will be inhibited. Adrenal Support and Master Gland can help to balance glandular function and should be helpful.

I would think that Thai Go could be a benefit here as well. Hope this gives you a place to start.

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 in her Melbourne, FL office or by phone (321-725-7731).





Don't Be SAD

Understanding and Relieving Seasonal Affective Disorder

As much as people may enjoy the winter holidays, many people do heave a sigh of relief when they've come and gone and life can settle back into its normal routine. But for the thousands of people who suffer from Seasonal Affective Disorder (SAD, for short), the months of January and February can be the hardest time of the year. That's because the lower light levels in these months can trigger higher production of melatonin (sometimes known as the "hibernation hormone") and depress levels of serotonin in the brain, leading to various symptoms associated with depression.

SAD has been observed since the 1800s, but has been extensively studied only in the last 20 years. It's estimated that half a million people are affected every winter between the months of September and April. For many people SAD is a crippling illness that makes it difficult to function on even the most basic levels. For others the symptoms are milder, an additional burden, like the extra layers of clothing we have to wear in winter. The symptoms of SAD include any of the following:

- Fatigue, lethargy, oversleeping
- Anxiety or disturbed sleep
- Overeating or cravings for sweet, starchy foods
- Loss of libido
- Loss of desire for contact with other people
- Mood swings, especially in fall and spring the transitional times

Generally speaking, a formal diagnosis of SAD is based on observing these symptoms over three successive winters, with none of these symptoms—or significantly less symptoms—occurring during other seasons. Many people suffering from SAD also suffer, as one might expect, from depressed immune systems, leaving them more vulnerable to colds, flu and other contagious illnesses. In general, people aged 30 and younger, as well as women, are considered more likely to suffer from SAD.

SAD is related to a lack of exposure to light. It was traditionally called "winter blues" or "cabin fever" in colder, northern climates. John Ott, a time lapse photographer is credited with discovering that light has an effect on nervous and glandular function. He observed that different kinds of light caused plants to grow differently and did experiments to prove that animals raised under different colors (or spectrums) of light developed various health problems.

It appears that the pineal gland, which produces melatonin in darkness, is a link between the kind of light we are exposed to and the nervous and glandular systems. During the winter months, many people get up and drive to work in the darkness, work under artificial lights all day, and drive home in the dark. With no exposure to natural sunlight, various mood changes occur, including the SAD syndrome.

So, an important answer to SAD is phototherapy—exposing oneself to additional light. The units used to measure exposure to light are called "lux," and the amount of light in an average office is usually in the range of 200-500 lux. By contrast, the amount of light on a sunny summer day can be as much as 100,000 lux. Research indicates that mid-day sunlight (even in wintertime) is more beneficial than the artificial lighting usually used in phototherapy and that a one-hour walk at mid-day is equivalent to two and one-half hours of exposure to artificial light. However, using full spectrum lights at work can be helpful. Full spectrum lights have even been shown to reduce behavioral problems with children in school.

In addition to phototherapy, there are also phytotherapy (herbal) helps for SAD, as well as some nutritional aids. St. John's wort is an excellent choice for SAD as it appears to make a person more light sensitive. Numerous studies have established its ability to improve symptoms of depression, anxiety, insomnia and to increase self-esteem. Be aware that its anti-depressant properties may require up to eight weeks to take full effect, so you should start taking it in the fall if you wish to avoid SAD. Calendula is another single herb which can help with SAD.

Mood Elevator is a Chinese antidepressant formula which can also be helpful for SAD. It corrects sagging energy and sagging spirits. It also helps reduce anxiety. 5-HTP Power is another formula that may be helpful for SAD. It contains 5-hydroxytryptophan, a precursor to serotonin. It can help with sleep disturbances and moodiness and is a natural alternative to SSRI drugs commonly prescribed for SAD.

Of course, other factors which can contribute to depression should also be considered. Adequate exercise, good nutrition, taking time for recreation, and finding ways to rest and to release the accumulated stresses that we all pick up over the course of time are the foundation on which any program for relieving depression should be built. For more information on dealing with seasonal affective disorder or depression of any kind using natural remedies, consult your local herb specialist.

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Seek appropriate professional assistance for all serious health problems. Handout prepared by Tree of Light Publishing
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5-HTP Power

A Natural Alternative to Selective Serotonin Reuptake Inhibitors (SSRIs)

5-HTP Power is a formula based on 5-hydroxytryptophan, a precursor to serotonin. Serotonin is a neurotransmitter that regulates appetite, mood and sleep. 5-HTP Power is used for depression, insomnia and other problems involving low serotonin levels.

If a person is taking an SSRI (selective serotonin reuptake inhibitor), 5-HTP can be used as a transitional aid to reducing or eliminating the side effects of discontinuing SSRI drugs, because 5-HTP will have a similar effect. It is very important to never discontinue SSRI medication abruptly. Doses should be reduced gradually while being monitored by the prescribing physician or a health professional.

5-HTP Power can be used with St. John's Wort or Mood Elevator for depression. It's a great remedy for O blood types because it raises dopamine levels which are usually low when O blood types feel depressed. 5-HTP can also help with carbohydrate cravings as these are sometimes the result of low serotonin levels. Because it reduces these cravings, 5-HTP can also be combined with weight loss products to support weight loss.

The ingredients in this formula are as follows:

5-Hydroxytryptophan

Tryptophan is an amino acid that serves as the base for producing both serotonin and melatonin (a hormone that induces sleep). The body converts tryptophan into 5-hydroxytryptophan (5-HTP), which is then converted into serotonin. Under the influence of the pineal gland, serotonin is converted to melatonin to promote sleep. Since the body is able to directly convert 5-HTP into serotonin, this supplement naturally increases serotonin levels in the brain.

Eleuthero

Eleuthero was the first herb to be classified as an adaptogen, an agent that helps the body cope with stress. Eleuthero increases stamina and endurance, stimulates the brain to improve concentration, and stimulates male hormone production. It has also been proven to aid the immune response.

Ashwaganda

An Ayurvedic tonic, Ashwaganda is a general balancer for the glandular system. It counteracts long term stress, reduces overactivity and promotes sound restful sleep. It also strengthens the nerves and helps restore vitality in people suffering from nervous exhaustion.

Suma

Suma is an herb that helps the body cope with stress and resist disease. It also enhances circulation to the brain and stimulates the immune response. Nicknamed "Brazilian ginseng," it is one of those herbs which has been used to treat almost everything, from cancer to loss of energy. Like Eleuthero, it has an adaptogenic nature, which means it helps to reduce the effects of stress in the body.

Vitamin B6

Vitamin B6 is a cofactor for over 100 enzymes related to amino acid metabolism. It is involved in the production of niacin from tryptophan, and the production of neurotransmitters, particularly serotonin. Taking anti-depressants can increase the need for Vitamin B6 and B6, itself, has an antidepressant effect.

Zinc

Zinc is an important mineral in the synthesis of serotonin and other neurotransmitters.

Usage

Take 1 capsule three times daily with a meal for depression. As a sleep aid, take 3 capsules of 5-HTP Power with an evening meal. Before bedtime, turn the lights down low or otherwise darken the room. 5-HTP is converted to serotonin and when it is dark, the pineal gland converts the serotonin to melatonin a hormone that induces sleep.

Warnings

Don't take more than 3 capsules per day. If taking a prescription medication, consult a health-care practitioner before taking this product. Pregnant or nursing women should seek the advice of a health-care practitioner before using this supplement. Avoid using in cases of ADHD since high dopamine levels are associated with hyperactivity.

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" pamphlet.

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**.



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Feb 2	Dallas, TX	Free with purchase of 5 manuals
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Feb 3	Dallas, TX	Free with purchase of 5 manuals
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Feb 3-5	Dallas, TX	Call NSP 1-800-453-1422
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Steven Horne will be running one of the workshops

IIPA 2005 Iridology Symposium

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

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

Apr 22-23	Lass Illa, AK	\$200
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Kim Balas' Classes

Call 888-707-4372 for information.

Emotional Approach to Blood Chemistry

Feb 3	Dallas, TX	\$150
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CLEAR®

Mar 12-13	Clairmont, FL	\$399
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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.

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In an effort to offer you a variety of viewpoints and to broaden your understanding of health, body systems and natural healing, *Nature's Field* selects a variety of writers. The viewpoints expressed by each writer do not necessarily reflect the opinions or philosophies of Steven Horne or Tree of Light and its staff.

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