

# Nature's Field

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**An Electronic Journal for NSP Distributors**

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## Yucca

By *Steven Horne and Mark Montgomery*

This issue's feature herb is the yucca plant, a hardy native of the American desert southwest and Mexican desert highland and plateau. It grows abundantly in the deserts around St. George, where Tree of Light Publishing is located. You can easily spot the long, sharp leaves which grow at ground level from a central stem. These leaves have earned it common names like Spanish Bayonet, Spanish Dagger and Dagger Plant. Yucca is actually its scientific name (the genus). Several species are used medicinally, but *Yucca baccata* is the species used by NSP.



Yucca was valued by Native Americans both as a food and as a cleanser. The roots are rich in saponins (natural soaps), so this plant was actually used as a natural soap or detergent. That explains another common name, Soap Weed.

Starting in the 1970s, modern researchers began to explore the chemistry of yucca and discovered some interesting properties. John W. Yale, Ph.D., determined that steroidal saponins, a precursor to synthetic cortisone, were a primary component of yucca. In fact, he showed that when yucca plants die in the desert, their leaves break down into a fine dust which spreads to the soil and plants around them, lending the plants the adaptagenic (anti-stress) and water-retaining characteristics which allow the yucca to survive in its harsh environment.

The saponins in yucca also have been shown to accelerate organic waste breakdown by the microorganisms found both in our colons and in large-scale sewage treatment plants. Since this discovery, yucca has been used to increase the effectiveness of many of the sewage treatment plants across the country. Interestingly enough, research has shown that the saponin steroid derivatives in yucca aren't absorbed into the colon the way that animal steroids are. This means that these saponins somehow improve digestion and reduce the accumulation of undigested toxic wastes in the colon, not through their direct absorption, but by somehow helping the "friendly bacteria" living in our guts to process this waste more effectively.

The most striking application for yucca which stems from this discovery is its use in combating arthritis. Although there are many types of arthritis, they all have in common the symptoms

of joint pain and inflammation, ranging from mild to severe. Rare before the 20<sup>th</sup> century, millions of people in the U.S.—and all over the world—suffer today from arthritis. It is suspected that this is because of our sedentary lifestyles and diets high in white sugar, refined flours, and preserved, highly processed, and otherwise nutritionally deficient foods. Many scientists are coming to the conclusion that the accumulation of toxins from these factors is what triggers the inflammatory process in arthritis, and yucca's ability to assist the body in eliminating them—along with healthy lifestyle changes—can make a significant difference for many arthritis sufferers.

Although the saponins aren't converted in the body to cortisol, yucca has a cortisol-like action in reducing inflammation and pain, without the side effects. In addition to the saponins, yucca contains salicylic acid, the natural "aspirin" compound found in many pain-relieving plants.

A double-blind study done at a Southern California pain clinic in the 70's with one hundred sixty-five patients showed that 60% reported improvement in their conditions. Patients with gastrointestinal problems as well as arthritis seemed to do best with yucca: patients with headaches accompanying arthritis symptoms also seemed to derive significant benefits.

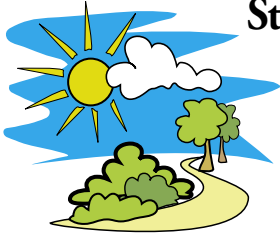
Yucca is available as a single from Nature's Sunshine, but is also found in Caprylimune and Joint Support.

### Selected References

- Field Guide to Medicinal Wild Plants* by Bradford Angier
- Medicinal Plants of the Desert and Canyon West* by Michael Moore
- Nutritional Herbology* by Mark Pederson

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## Steven Horne's Ramblings and Ravings

# Chronic Pain Relief (A Tribute to Dr. C. Samuel West)

In my *Dr. Mom-Dr. Dad* course, I talk a lot about reversing the pain of injuries by using techniques like pressure, massage and rapid-light stroking. However, as I've been working on the generic book, *Dr. Mom-Dr. Dad* (which is in the final stages of production, by the way), I remembered that I'd left out something very important. I realized that I hadn't addressed the value of these techniques for relieving chronic pain, such as arthritis pain. When I remembered the experience I had with my knee, I realized that it was quite a remarkable story, one that dramatically demonstrates the value of these techniques. So, I'd like to share it with you.

When I was 23 years old, I was in the Air Force. I was stationed at the Defense Language Institute at the Presidio of Monterey where I was studying Korean in preparation for a job in Air Force intelligence. Shortly after being stationed there, my wife of eight months decided to leave me and go home to her parents.

This left me without a car, so I purchased a moped. I'd had the moped for only one month when a driver made a left turn in front of me one night. I was unable to stop and slammed into the right front side of the car. I "got the driver back" by breaking his windshield and denting his roof with my body before I went flying over the top of the car and landed face down on the pavement. Fortunately, I was wearing a helmet with a face shield.

I can still remember how my eyes were open until I saw the pavement rushing up to meet my face shield and when I saw it crack, I decided it was time to close my eyes. I skidded across the pavement and came to a stop in the middle of the street.

I was taken to the army hospital at Fort Ord. It was obvious that my wrist was broken because of the way it was hanging, but I reported that my knee also hurt. My wrist was x-rayed, but they just palpated my knee and told me it was OK. My wrist was set and my arm put in a cast and I was sent home with the friends with whom I was living.

A couple of days later they decided my wrist hadn't been set right and admitted me to the hospital for surgery. They inserted two metal pins to hold the bone in place, one in the back of my hand and the other near my elbow, then recast my arm. I reported to them that my knee still hurt and two more doctors

felt the knee and told me it was fine. So, I was discharged from the hospital a second time and sent home.

It was shortly before Christmas, so a couple of weeks after the accident, I decided I needed to do some Christmas shopping. My friends drove me to a local shopping mall where I hobbled around for a couple of hours doing my shopping. My right knee swelled very badly and my friends took me to the hospital.

The doctor trained a medic how to draw fluid off a knee using me as the guinea pig. I remember him telling the medic where to insert the needle, then telling him that he would hit a protrusion of bone. I felt a sudden sharp pain in my knee and cried out, "Ouch!" Not even acknowledging me, the doctor proceeded with his instructions, "That's it, now just move the needle down a little." They drew 100 cc of blood red fluid off my knee and sent me down to x-ray.

It turned out my kneecap was broken into three pieces. They hadn't moved out of place, so the doctors had been unable to detect the break through palpation. They cast my leg and then the doctor came to me and matter-of-factly stated, "If we had caught this on the night of the accident there would have been a 50-50 chance that your knee would have healed normally. However, now that you've walked on this, you've roughed up the cartilage on the underside of the kneecap, broken blood vessels and done significant damage to the knee. So, chances are better than 90% that your knee will never be normal again. You'll develop arthritis in it, and you'll probably have to have further surgery and maybe an artificial kneecap."

I was furious. I wanted to hit him. I was angry for being treated like an object, angry that I hadn't been listened to (I had told them repeatedly how much my knee hurt), and angry with his total lack of compassion or empathy. But, I was an airman first class, and he was an officer, and I knew my place, so I kept my mouth shut.

I went through a lot more problems before I was through with the military doctors. My wrist malunited and I had to be sent to an Air Force base for surgery on my wrist. I still have a problem with my wrist to this day.

(There's a side story here, in that I wasn't making progress with my wrist, even after the surgery until I went off base for a weekend with some friends. Her mother was an NSP manger

and I bought some comfrey, lobelia, capsicum and vitamin E and started taking them. I also started a "mild food" diet. I made dramatic progress, and it was that experience that actually caused me to "give up" on doctors and start getting serious about alternative medicine. So, we can thank the medical doctors who attended me in the Air Force for me being where I am today.)

But, back to my story about the knee. I was so angry with the doctor that I swore to myself that I'd beat the odds and my knee was going to heal up just fine. For the next five years, however, his "voodoo hex" on me seemed to be coming true. I couldn't run anymore. I walked with a limp. I experienced dull aches in my knee regularly and if I bumped my knee, it sent me into excruciating pain.

### Dr. West to the Rescue

In January of 1983, however, I starting working with Dr. C. Samuel West at the International Academy of Lymphology. I learned about inflammation from Dr. West, although he didn't call it inflammation. He called it trapped blood proteins, because inflammation is characterized by excessive amounts of plasma (or blood) proteins entering the tissue spaces and becoming trapped there. This causes a build up of fluid in the tissues which interferes with oxygen and nutrient delivery and waste removal. This causes cells to become sick.

The lymphatic system moves this fluid and protein out of the tissue spaces, restoring oxygen and nutrient delivery to the tissues and facilitating the removal of waste. Since massage, rubbing or other compression of the tissues increases lymphatic drainage, these techniques can be used to rapidly reduce inflammation and aid tissue repair in injuries. I've used them many times to completely reverse damage in various minor injuries, but what about old injuries, like my knee?

Dr. West said that if you could make the pain go away by rubbing, that you could heal the tissues. The key was that one had to return the tissues to the healthy "dry" state by removing the fluid stagnation around the tissues. This allowed oxygen and nutrients to get to the tissues so they could heal. It also allowed wastes to be removed.

When an area has been swollen for a long time due to a chronic inflammatory condition, the tissues lose their elasticity. This allows the area to swell up more easily than other tissues. Most people wait until the pain returns before they massage the sore spot again. In other words, they wait until the swelling has returned along with the pain before they massage again.

Dr. West said you needed to massage before the pain returned. If the pain came back after four hours, then you needed to do the lymphatic massage every 2-3 hours. This

would keep the fluid out of the tissues and allow the tissues to repair themselves.

I started doing this with my kneecap. I would massage all around my kneecap until the pain went away, and then continued to regularly massage my kneecap many times each day. My goal was to keep the swelling from reoccurring. After about 30 days, there was no more pain in my knee. I could run again. I was walking without a limp. It was amazing!

It was twenty-seven years ago that I broke my kneecap. It was about 22 years ago that I worked on my knee. I have occasionally had a little swelling or pain in it over the years, which I have simply rubbed away. It has troubled me a little more since I broke my leg a few years ago and stressed the knee area again. But, I don't have arthritis, I can still run, and I haven't had to have surgery on my knee. It's amazing to me how simple things, repeated consistently, can yield amazing results.

Recently, I've been working on my stomach every day using the massage techniques I've learned from Deanna Hansen, a certified athletic therapist, and have been impressed with how my stomach continues to shrink as I do it. I'm really starting to realize that the supplements we are taking aren't going to be as effective if the tissues are chronically inflamed. This is because the fluid in the tissue spaces will inhibit oxygen and nutrients from reaching the tissues. It also doesn't matter how much you open up the channels of elimination, if you don't remove the excess fluid from tissues via the lymphatic system, the tissues aren't going to be able to release toxins.

Dr. West's work is having a whole new meaning for me. I realize that his work was visionary. He really had discovered a grand key to healing all disease with his work with inflammation (trapped blood proteins) and the lymphatic system. I just learned that Dr. West passed away last fall, due to complications of an accident. However, he has left an important legacy for all of us. I'm hoping my *Dr. Mom-Dr. Dad* book and the book I plan to write on pain relief will allow his discoveries to continue to move forward. One of his sons has taken on the job of continuing to promote Dr. West's work. If you're interested, you can check it out at [www.ZeroDisease.com](http://www.ZeroDisease.com).

**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

# Weight Loss and Thyroid Questions

### Ovaries and Weight Loss?

*Can you tell me why supporting the following four organs might be helpful for stubborn weight loss—ovaries (this one really has me stumped), liver, thyroid, adrenals?*

*If you work on bringing an identified weak area back to balance, should you automatically lose weight?*

Carol

There are four stages to the metabolism of fat in the body.

Stage 1. During digestion the gall bladder secretes bile. Bile emulsifies fats, that is, it makes them water soluble for digestion and absorption. Enzymes from the small intestines and pancreas break the emulsified fats into fatty acids and glycerin.

Stage 2. Fatty acids absorbed from the intestines are carried to the liver. Cholesterol is formed by binding fat to the nitrogen in proteins via oxidation. Iodine, supplied from the thyroid gland in the form of the hormone thyroxin breaks these nitrogen bonds (a process called denitrification) which activates the fats for metabolism.

Stage 3. Fat is stored and aged in the spleen until the sex organs demand the cholesterol for hormonal production. The cholesterol can also be sent directly from the liver to the cells.

Stage 4. The ovaries and testicles (and the uterine and prostate tissue) are involved in the final stages of fat metabolism because they convert the cholesterol to sex hormones. Problems with uterine tissue can cause water retention, loss of energy and deposition of fat, especially around the hips, buttocks and thighs. Cellulite is typically a sign of uterine problems in women.

The adrenals are involved because they secrete the stress hormone cortisol, which contributes to muscle breakdown and the deposition of fat.

At the recent Leader's Conference in Texas, Kat James spoke about focusing on health instead of weight loss. She said that when we start balancing the body health-wise, people will automatically start losing weight. The above organs are not the only organs involved in weight problems, but any of these organs may be underlying causes of weight issues.

### Nature's Cortisol and DHEA

*I just started taking Nature's Cortisol and have a couple of questions. It's well known that DHEA should not be used by anyone under the age of 40. Since Nature's Cortisol has DHEA in it, does that mean that those under 40 years old should not use this product.*

*I have the fact sheet with the general info on it but am I correct in my thinking that this product is best for people who carry their weight around their middle?*

Toni

DHEA consumption can't really be based solely on age. DHEA levels do decline with aging but whether a person needs it as a supplement or not is also based on their unique hormone cycles and uptake. DHEA is in the cascade of cholesterol combustion. If the HDL goes too high, then it is an indicator that there are too many xenoestrogens present. This would then affect the cascade of pregnenolone, progesterone and androstenedione. DHEA governs these and in the process, cascades to estriol, estrone and estradiol.

DHEA can be used to stimulate testosterone production in men. Low testosterone can equal high PSA counts as well. With all the xenoestrogens in our foods, DHEA would be helpful for a lot of people.

I use DHEA often for those who have platelet clumping. I do taper it off after four weeks though and only use 12 mg. at a time per day. More isn't good here. Less is better. You know you are getting too much DHEA if you get acne, moodiness or hirsutism (excess hair growth). I would quit using the single DHEA if you are taking the Nature's Cortisol product.



The DHEA will increase arterial dilation and increase blood flow to subcutaneous tissue. You can't lose weight in the areas that have constricted blood flow (i.e. most of our stomach regions). The DHEA also has been shown to decrease abdominal fat by 10% or more. It will lower insulin levels in those with high glucose tolerance tests.

It will induce transcriptional up-regulation of fatty acid transport proteins. It facilitates the fatty acid entry into cells and enzymes involved in the beta-oxidation of fatty acids.

## Hyperthyroid

*I have a sister-in-law who has quite severe hyperthyroidism and has worsening symptoms—swelling in neck, sore throat and now eye problems (didn't specify exactly what). She did agree to taking the bugleweed, lemon balm and motherwort that you and Steven have mentioned and has done so for only about two weeks. She's not sure if they are helping and I've explained the 30 days deal to her. It's taken three months for her to get an appointment to a specialist and her GP is recommending irradiation. She has written and asked if anyone has any successes with these herbs with severe cases such as hers.*

*She definitely needs reassurance. Plus, what can I tell her to expect in the long term if in fact she chooses to go the irradiation route. I know it leads to other issues. Thanks so much for any input.*

*Lisa*

They use the radioactive iodine to kill the thyroid and to destroy excess thyroid tissue. The excess tissue is not the cause; it is the consequence of the illness. The radioactive iodine will bind to all tissues where iodine is bound including the breasts, prostate, ovaries, etc. All tissues of the body utilize iodine. The radioactive iodine will also kill surrounding cells. 68-90% is extra-thyroidal and will deposit in the ovaries, testicles, parathyroid, adrenals, breasts, eyes, intestine, salivary glands, pituitary, muscles, bones, skin, gallbladder and kidney.

Very little will actually deposit in the thyroid because there is a minimal amount of iodine there in the first place—thus the medical reason for putting a large dose in. Once the thyroid tissue is destroyed with the radioactive iodine, then you forever have a case of hypothyroid where you have to take thyroid drugs.

It only works in an iodine deficient state. If the thyroid actually had iodine present, then the thyroid wouldn't even

take up the radioactive iodine. It would just flush it through the urine. It doesn't treat the cause, only the symptom.

This problem can be fixed with adding iodine. This is discussed at length by Dr. David Brownstein, M.D., in his book *Overcoming Thyroid Disorders*.

It is interesting that the radioactive iodine treatments are about \$3000-\$6000 per treatment and it would cost less than a dollar a day to fix it with herbs! The way you can prevent it from damaging the thyroid if they decide to go through with it is to ingest enough iodine (100mg per day for about two weeks) and it will suppress the radioactive uptake by the thyroid and fix the underlying root cause.

## Thyroid and Weight Loss

*I have a lady who just found out her thyroid is not working. She wants ONE supplement to help her with her weight. I was planning on recommending Spirulina. Would any of you recommend something different. Again, she states she only wants to take ONE item. I thought the Spirulina would work better than the weight loss pills.*

*Donna*

The first thing is to determine if she is having a true thyroid issue or a liver congestion issue. The real way to see this is through the blood tests or a 24 hour urine collection test.

Without knowing this information and being limited to just using one thing, I would choose the Target TS II. This formula stimulates the hypothalamus and pituitary to stimulate the thyroid and was designed to aid in weight loss.

Another thing for the liver congestion is to get her to do some bitter foods and alkalize her diet. You can also get her to drink some lemon in water throughout the day.

**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).**





# Arthritis

**Nature has answers that can help reverse this condition**

Arthritis is a disease involving pain, swelling and deterioration of the joints. It is a common problem in modern society and is now the number one cause of disability in America. It was once a problem largely confined to the elderly, but today it, affects people at younger and younger ages.

There are two basic types of arthritis. Osteoarthritis is a non-inflammatory degenerative joint disease that affects the tissue and fluid between the bones. This results in pain, stiffness or restricted movement and weakness. It can develop over time from everyday wear and tear on the joints or even from a lack of enzymes in the diet.

Rheumatoid arthritis is an auto-immune disorder. The body's immune system gets confused and attacks its own joints. The synovial membrane secretes the fluid that lubricates bone joints. When the synovial membrane is inflamed, blood flow to the membrane increases and swelling occurs. The inflamed membrane then releases chemicals that destroy cartilage and bone. The body tries to correct this damage by replacing the destroyed cartilage and joint tissue with scar tissue, which only further hinders joint function.

Most arthritis sufferers deal with these symptoms by using non-steroidal anti-inflammatory drugs (NSAIDS). Initially, these drugs may knock out the pain and seem like a solution, but they are not removing the cause and because they are toxins themselves, will eventually contribute to further breakdown of the body. Other arthritis sufferers opt to use corticosteroids or to undergo surgical repair or replacement, none of which solves the root causes either.

Arthritis is caused by irritation to the joints which comes from three major sources: first, from structural stress (mechanical wear or damage); second, from emotional stress (being "frozen" in our lives); and third, and most commonly, from chemical stress. An overly acid condition in the body, nutritional deficiencies, environmental toxins and infection can all rob the body of the resources it needs to build and maintain the skeletal system.

Diet is of supreme importance in dealing with arthritis, especially in replacing acid forming foods like meat, dairy, grains, nuts and beans with more alkaline-forming foods like fruits and vegetables. GreenZone is a very alkaline-balancing supplement that can be beneficial.

Here are some other dietary suggestions. As much as possible, replace hormone-laden meats with organic, free-range meats or vegetable sources of protein. Increase alkalizing fresh fruits and vegetables. Avoid wheat, dairy and corn (including the corn syrup used to sweeten most processed foods), which play

the largest role in the severity of arthritis. Each of these foods can lead to chemical onset toxicity. Citrus fruits, aside from lemon juice (which is highly alkalizing,) should be avoided, as should nightshade vegetables (eggplant, tomatoes, potatoes, green peppers).

Certain plant seed oils containing the fatty acid GLA (gamma-linolenic acid) help alleviate the pain and discomfort of arthritis when combined with Omega-3 oils and when insulin levels are not elevated. Found in evening primrose (9%), borage (24%), black currant (17%), and flax seed oils (7%), GLA is important because the body converts it to compounds with strong anti-inflammatory and immune regulating effects. GLA is found in Super GLA Oil Blend. Omega-3 oils are found in flax seed oil and Super Omega-3 EPA.

Some other popular supplements to help with arthritis and joint pain are:

MSM (MethylSulfonylMethane), a sulfur compound, helps with liver detoxification; studies show it helps ease arthritis pain in many individuals. Glucosamine is an amino sugar normally found in the human body which helps joints to heal. Chondroitin is found naturally in the joints and connective tissues. It helps to produce new cartilage and protects existing cartilage. All of the above compounds are found in EverFlex.

Collagen is another major supportive tissue in the human body, used to form cartilage, ligaments and tendons. Where cartilage is damaged, a few grams of Collatrim per day can help prevent hardening of this tissue and can help cartilage to heal.

Many excellent herbal products also help arthritis by supplying nutrients to help damaged joints to rebuild. Silica, found in Horsetail, Dulse Liquid and HSN-W, adds resiliency to joints so they are less susceptible to damage. Herbal CA provides calcium, silica and other minerals which can also help to rebuild damaged joints.

Anti-inflammatory herbal formulas like Joint Support and Joint Health can reduce joint inflammation, aid in detoxification and ease arthritis symptoms. Massage and gentle stretching exercises combined with topical application of Tei Fu Essential oils or Deep Relief Essential Oils can draw better circulation into the affected areas and help them to heal.

There are many natural therapies and supplements which not only can ease arthritic pain, they can actually help with rebuilding and repairing the joints. For additional information, consult an herb specialist. Additional information can also be found in *The Comprehensive Guide to Nature's Sunshine Products* by Tree of Light Publishing.

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Seek appropriate professional assistance for all serious health problems. Handout prepared by Tree of Light Publishing  
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# Joint Support

Anti-inflammatory combination for arthritis and related conditions

Joint Support formula was designed to help those suffering from arthritis, but is also useful as a general anti-inflammatory and pain reliever. It has proven beneficial for conditions like bursitis, gout, lupus, neuritis and uric acid retention. It may also help fibrosis, damaged cartilage and calcifications.

The fifteen herbs it contains provide synergistic actions which reduce inflammation, aid elimination through the kidneys, ease minor pain, stimulate digestion, remove toxins from the blood, and help dissolve calcium deposits. The formula is anti-inflammatory, mildly diuretic and analgesic, alterative and lithotriptic, which benefits the blood, liver, lymphatic system, immune system, and, of course, the joints.

Also known as JNT-A, Joint Support contains the following ingredients:

**Hydrangea** is a diuretic and stone solvent. It helps dissolve kidney stones and calcium deposits in the body. It is an anti-inflammatory and cleanses the liver. Hydrangea has traditionally been used to treat rheumatism, osteoarthritis, bone spurs, kidney stones and edema.

**Yucca's** most common usage is in the treatment of arthritis. Its anti-arthritic action is attributed to saponins, which have a cortisone-like effect in reducing inflammation. It also contains salicylic acid the herbal "aspirin" compound that reduces pain and inflammation.

**Horsetail** is a silica-rich herb that has been used for all types of structural system conditions. It is also rich in gold, which was a traditional Chinese cure for arthritis. Horsetail helps give flexible strength to joints and connective tissues.

**Celery Seed** is used as a diuretic. It helps to clear toxins from the system and is especially helpful when uric acid crystals collect in the joints, as in cases of gout and arthritis.

**Alfalfa** is rich in nearly all nutrients necessary for human life, especially trace minerals. This property makes it useful as a structural system remedy. It is also a good anti-inflammatory.

**Black Cohosh** is best known as a female remedy and an anti-spasmodic, but the root has strong anti-inflammatory properties. It also contains salicylates or natural "aspirin" compounds. It has also been used historically in treating arthritis.

**Bromelain** is an enzyme found in pineapple. It aids digestion and nutrient assimilation and is a powerful anti-inflammatory. It has been used for sinusitis and ulcer prevention.

**Catnip**, a member of the mint family, is a calming nervine and digestive aid. It has been used to treat anemia and is a general relaxant.

**Yarrow** is an astringent, diuretic and blood purifier. Native Americans used it as a tonic for all rundown conditions. It has been used for colds, menstrual problems and hemorrhoids.

**Capsicum** contains capsaicin which is used externally to lessen pain. Capsicum also acts as a catalyst for other herbs, stimulating digestion and circulation. It has been used to treat arthritis, gas and cold limbs.

**Valerian** is best known for its nervine properties, but it is also a rich source of calcium and provides support for bones. Valerian has been used for anxiety, insomnia and spasms.

**White Willow** contains salicylic acid, the herbal precursor to aspirin, which gives white willow its pain relieving qualities. It is commonly used for headaches, back pain and arthritis.

**Burdock** is an excellent blood purifier. It is also a source of iron, zinc, manganese and copper, as well as numerous other necessary minerals.

**Slippery Elm** is a tree whose bark is used to aid all the membranes of the body, including the digestive system. Slippery elm has also helped colitis and bronchitis.

**Sarsaparilla**, the herb traditionally used to flavor root beer, is also known for its beneficial effect on the genitourinary system. In addition to relieving inflammation, it has been used in cases of impotence, gout and prostatitis.

**Dosage:** Take two capsules/tablets three times daily with meals. Also, be aware that an herbal remedy like Joint Support will not generally act as rapidly as pharmaceuticals to eliminate pain and inflammation, but usually takes effect over a period of 1-2 weeks. In some people unaccustomed to taking it, Joint Support can have a mild laxative effect at first.

## Sources:

*Complete Medicinal Herbal* by Penelope Ody  
*A Hand Book of Native American Herbs* by Alma R. Hutchings  
*The Healing Herbs* by Michael Castleman  
*Nutritional Herbology* by Mark Pederson

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# Love Your Body Beautiful

Do you want to learn how to flatten your stomach without exercising or going on a diet? Would you like to know how to give yourself a face lift and take 5-10 years off your appearance? On Friday evening, March 25 and all day Saturday, March 26th, DeAnna Hansen and Steven Horne will be team teaching a class in how to love your body to greater health and beauty.

Steven will be teaching some tips about detoxification and glandular balance to promote weight loss and a healthy complexion, and DeAnna will teach people the basics of her Kali Technique, a method for resculpturing your body using improved posture and self-massage. The class will also provide you with tools to help you shift your attitude about your body, learning to love it and feel comfortable with it.

The class will be \$75 if you preregister by Mar 1, and will cost \$100 if you register thereafter. For information call 888-707-4372 or visit our website at [www.treelite.com](http://www.treelite.com).



## Class Schedule

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

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

#### Love Your Body Beautiful (taught with Deanna Hansen)

March 25-26 St. George, UT \$75 preregistered by Mar 1  
(\$100 thereafter)

#### Fast, Effective Natural Health Care

Apr 21 Wasilla, AK \$25 or register online and save \$5  
May 17 Jaimestown, NY \$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

Apr 22-23 Wasilla, AK \$200 or register online and save \$10  
May 13-14 Ellicottville, NY \$200 or register online and save \$10  
May 15-16 Ellicottville, NY \$200 or register online and save \$10  
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