



THIM-J

Herbal Formula for the Thymus

The thymus gland helps regulate the body's immune response. It assists the body in identifying and destroying foreign invaders like bacteria and viruses, as well as abnormal cells such as cancer cells. In these days of cancer, AIDS, autoimmune disorders, and other immune system problems, it pays to keep the thymus gland healthy.

The herbs in this combination all tend to be good sources of vitamins A and C. Many have proven anti-oxidant and anti-inflammatory capabilities. They have been used to support general health, digestion, glandular function, liver and kidney function. Some have even been proven to help protect the body against cancer.

As a result, THIM-J is used to strengthen both the thymus gland, and the immune system in general. Hence, this formula should help strengthen the overall immune response of the body. It has been used for problems like addictions, AIDS, cancer, *Candida albicans*, colds, Epstein-Barr virus, flu, hepatitis, infection, low immune response, low self esteem, Lyme's disease, myasthenia gravis, vaccine detoxification and an underactive thymus gland. The formula is very useful for people with run-down immune systems and weak thymus glands, who are very susceptible to infections.

The following paragraphs contain a more complete description of the ingredients in THIM-J.

Rosehips are one of the richest sources of vitamin C in the plant kingdom. They are also rich in vitamin C co-factors, the bioflavonoids. Both vitamin C and bioflavonoids are important for strengthening tissue integrity to help prevent infection. Many people have found rosehips helpful in both preventing and fighting colds and other infections.

Beta carotene is not an herb, but the plant form of vitamin A. The body converts beta carotene into vitamin A. Taking large quantities of vitamin A can be toxic. However, large quantities of beta carotene are completely harmless. Considerable research has come forth in recent years which demonstrates the importance of beta carotene to the function of the immune system. Studies have shown that people who consume large quantities of vegetables rich in beta carotene have a decreased risk of developing many forms of cancer. Beta carotene is an important anti-oxidant in helping to fight against free radicals, which are believed to be the cause of aging and degenerative diseases.

Broccoli and cabbage are cruciferous vegetables. The National Cancer Institute has determined that cruciferous vegetables have a protective effect against development of cancer and have been encouraging people through advertising to consume more of these vegetables in their diet. The protective effect is partly due to their high content of pro-vitamin A (beta carotene) and vitamin C. Both of these vitamins are antioxidants, which means they scavenge and destroy the free radicals believed to be responsible for the formation of cancer cells. These vegetables also contain sulphur compounds which help with liver detoxification.

Eleuthero helps the body to maintain its biochemical balance and increases the body's ability to adapt. It reduces levels of a stress hormone called cortisol, which depresses immune function. In short, it helps to "stress-proof" the body, while enhancing immunity.

Parsley herb is naturally rich in many vitamins and minerals, especially electrolytes like sodium and potassium. Traditionally, it has been used to build the blood, strengthen the liver and to improve kidney function. It has a mild antibacterial action.

Red clover has long been used as a blood purifier and anti-cancer agent. It enhances lymphatic movement and helps decongest the tissues, improving the elimination of toxins.

Wheatgrass is rich in chlorophyll, vitamins, minerals, enzymes and many other nutrients. This herb appears to be able to protect the body against X-rays and other forms of radiation. It has a powerful immune-enhancing effect.

Horseradish serves as a catalyst in this formula. It stimulates digestion and circulation. It also helps expel mucus from the lungs.

Dosage: Jeanne Burgess, the herbalist who formulated this blend, recommends 4 THIM-J two to three times daily with meals. She does not recommend taking it before bedtime as it is very energizing.

Sources

- Norman R. Farnsworth, A.d. Kinghorn, D.D. Soejarto and D.P. Waller. 1985. Siberian Ginseng (*Eleutherococcus senticosus*): Current status as an Adaptogen. In H. Wagner, H. Hikino and N.R. Farnsworth, eds. *Economic and Medicinal Plant Research*. Academic Press, London, pp 155-215.
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- Daniel B. Mowrey. *The Scientific Validation of Herbal Medicine*.
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- Jeanne Burgess. *THIM-J Handout*.

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