

Nettles

By Steven Horne

My first encounter with stinging nettle was when I got "bit" by the plant as a child. Nettles have hairs filled with a mixture of substances that include histamine and formic acid which cause inflammation and pain. So, for many years I steered clear of this plant.

Then, in my teens, I learned it was edible. Boiling the leaves in water removes the sting, and the leaves have a flavor similar to spinach. Drying also removes the sting. Nettles were the first wild plant I tried eating, and they were delicious. In fact, the plant is so nutrititious that it probably has to sting animals to protect itself from being eaten by everyone. Nettles are rich in iron, calcium, magnesium and potassium. These minerals give nettles their slightly salty flavor.

Dried nettle leaves can be mixed into soups and stews or made into a decoction for drinking. I once had a case involving a vegan woman who was severely anemic. At my recommendation she bought marshmallow and nettles in bulk, simmered them as a decoction, and blended them in her blender. She then drank the mixture without straining it. Her iron levels responded by rising dramatically within weeks. This shows the incredible nourishing power of this food herb.

The high iron content of nettles is one of the reasons they are included in the blood-building formula I-X. The nourishing qualities of nettles are also responsible for its ability to increase the production and nutritional value of breast milk.

The plant has many medicinal uses beyond its value as a food. The leaves are anti-inflammatory, nourishing, alkalizing, diuretic, and slightly astringent. The roots and seeds are also medicinal.

In European countries, people rub nettles onto areas of the body afflicted with arthritis. It works as a counterirritant, relieving pain and inflammation. The practice dates back to Roman times. There are, of course, less painful ways to obtain the benefit of nettles. Taking nettle leaf internally over a period of time also has a healing effect on arthritis and gout.

One of the benefits of nettle leaves is their antiallergenic effects. This is interesting because they actually contain hista-



Photo by Steven Foster

mine, the chemical involved in producing allergic reactions. It almost sounds like a homeopathic effect. Their antiallergenic action makes nettles very beneficial for asthma and other respiratory conditions involving swelling (inflammatory reactions) in the mucus membranes. This is why they are included in the histamine-blocking combination, Hista-Block.

The astringent properties of nettles make it useful for stopping nosebleeds and heavy menstrual bleeding. It is especially valuable for heavy menstrual bleeding because it also helps overcome the anemia associated with it. This is why it is included in the formula Mesnstrual-Reg for heavy menstrual bleeding.

Nettles is also an excellent remedy for problems in the kidneys. It will break up and remove coarse material from the bladder and increase the flow of urine. It is a highly alkalizing remedy that aids the kidneys in their job of removing acid wastes from the blood, particularly uric acid. As an interesting signature, nettles actually thrive near the compost pile or over an old out-house pit, anywhere where a large amount of urine and fecal matter has been concentrated. They help break this waste material down. The seeds of the nettle are a specific for kidney failure. According to David Winston, a tincture of nettle seed can halt and even reverse kidney failure.

Nettle root is a good prostate remedy. Clinical trials confirmed its benefit on benign prostatic hyperplasia, which is why nettle root is included in Men's Formula.

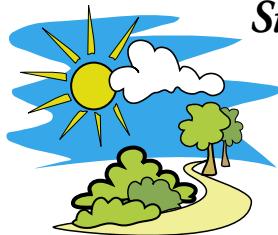
I respect nettles and their power to "sting," but I respect them even more as a valuable herbal ally in nourishing our bodies and helping them to heal.

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Steven's Horne's Ramblings and Ravings



Where Do I Begin? (Part Two)

I've never believed in "one size fits all" health programs. We are biochemically unique and nothing works for everyone. That's why it is so important to pay attention to one's own body and its unique responses to any supplement program. However, there are several supplements that *almost* everyone needs. This article is based on a conversation with Kimberly Balas, ND, and Hugo Rodier, MD. These were the four categories of supplements we agreed were basic products that benefit almost everyone. Here they are.

Enzymes

In the 1930s Francis Pottenger did a series of experiments feeding cats cooked and raw food. Cats fed exclusively on raw meat and milk thrived for generation after generation, while cats fed cooked milk or meat developed allergies, arthritis, and numerous other diseases we are afflicted with in modern civilization.

Part of the reason for this difference is that raw foods contain enzymes, which are deactivated or destroyed during cooking. In addition, enzyme inhibitors are added to processed foods to prevent spoilage and increase shelf life. As a result, unless a person is eating about 70% raw foods, they need to supplement with enzymes.

Enzymes help the body break down the food we eat into the nutrients we need. Enzymes help with structural repair, immunity, detoxification, and other vital body functions. Most people will notice a difference in digestive function, energy level, and overall health after they start taking a plant enzyme supplement, like Proactazyme. If people have a hard time digesting protein, then a Protease Plus enzyme should be taken whenever heavy protein foods are consumed.

Other enzymes can help when there is difficulty breaking down specific foods. Hi-lipase is helpful for people who have a hard time breaking down fats or who have had the gallbladder removed. Lactase Plus is helpful for people who are lactose intolerant and get gas and indigestion after drinking milk or consuming other dairy products.

The one instance where enzymes may be contraindicated is in the case of stomach ulcers. Products containing protease enzymes should *not* be used in cases involving stomach ulcers.

Probiotics

If you've never taken an antibiotic in your lifetime, maybe you don't need probiotics. But for everyone who has ever had a round of antibiotics, probiotics (acidophilus, bifidophilus and other friendly bacteria) are a must. Of course, even if you've never taken an antibiotic, you may still need these friendly bacteria. Chlorinated drinking water disrupts healthy intestinal flora, as do a number of medications besides antibiotics.

People are beginning to realize that one of the side effects of antibiotics is that they kill the friendly microbes in our intestinal tract, along with harmful bacteria. This allows yeast and harmful bacteria to multiply out of control in our intestines. These unfriendly microbes, particularly the yeast, affect the health of our intestines, our immune system, and ultimately weaken the whole body. *Probiotics* are the antidote to *antibiotics*. By ingesting these friendly bacteria, we repopulate the colon with microbes which benefit health, rather than take away from it.

Probiotics are absolutely essential in combating yeast infections. *When traveling, probiotics are also an absolute must.* They help protect the guts against infectious microorganisms that can cause diarrhea.

Probiotic Eleven is a product NSP introduced this year that contains eleven species of friendly bacteria, making it a broad spectrum probiotic. This is the best product to take because there are many strains of friendly bacteria in our intestines besides the popular acidophilus and bifidophilus. Another excellent supplement introduced this year is a lactobacillus, L. Reuteri. This strain of friendly bacteria is particularly helpful after a round of antibiotics because it is aggressive at knocking out unfriendly organisms and making room for the friendly ones.

Minerals

Unless someone is exclusively consuming food grown using organic methods in mineral rich soil, it will be necessary to supplement minerals on a regular basis. Agricultural practices over the past 100 years have severely depleted our soils, which has severely depleted the mineral content of our foods. Just like we need probiotics in the gut to maintain health, plants need microbes in the soil to maintain their health. Microbes in the soil help make minerals bioavailable to plants. Chemical

farming sterilizes the soil, kills these microbes, and interferes with the mineral absorption of the plants.

It is difficult to find documentation of this fact, because the knowledge seems to be suppressed. There are few studies I've seen documenting this fact. In one, 4,000 grain samples were taken from four midwestern states over a four year period about 20 years ago. These samples were then analyzed for their mineral content. During this period, the following mineral reductions were measured. Copper levels dropped 68%, sodium levels 55%, calcium levels 41%, iron levels 26%, magnesium 22%. Even levels of phosphorus and potassium, both of which are found in the commercial fertilizers, dropped—phosphorus by 8% and potassium by 28%. This shows that the plants were not able to utilize these elements *even though they were present in the soil*.

Another study I found was conducted by Firman E. Baer of Rutgers University. He compared the mineral content of organically grown foods with nonorganically grown foods. The study showed significant differences in the mineral content. For example, organically grown snap beans had twice the phosphorus content, three times the calcium content, four times the magnesium content, over three times the potassium content and 22 times more iron than their chemically grown counterparts.

In another example, spinach grown in organic soil had twice the phosphorus content, twice the calcium content, four times the magnesium content, three times the potassium content and nearly 80 times the iron content of commercially grown spinach. So, if you want the iron available in one serving of organic spinach you'd have to eat 80 servings of commercial spinach.

So, clearly we need to supplement our minerals, particularly trace minerals. The best way to obtain more trace minerals is to take Colloidal Minerals periodically. In the case of severely depleted and chronically sick people, Mineral Chi Tonic is a better choice, since it also contains tonic herbs to rebuild the system.

You will notice that I am not recommending calcium for everyone. Quite honestly, very few people in our society are calcium deficient. Without trace minerals, they are unable to properly utilize the calcium in their diets. Therefore, very few people need more calcium. If there is a macromineral most people need to take, it *is* magnesium. Far more people are deficient in magnesium than are deficient in calcium.

If you want an herbal source for trace minerals, try HSN-W, Herbal CA, alfalfa, Herbal Minerals or dulse. All of these products are good sources of plant-bound trace minerals.

Fiber

This brings us to our final essential supplement for just about everyone—fiber. Of course, if you eat your fruits and vegetables every day, including the skins and peelings, and if you eat only whole grains, then maybe you're getting enough fiber. However, very few people do this.

Fiber has numerous benefits. It absorbs bile from the gallbladder to help reduce cholesterol levels. It slows the release of sugar into the blood to regulate hypoglycemia and diabetes. It absorbs toxins in the intestinal tract to help detoxify the body. It reduces inflammation in the gut. It provides food for friendly bacteria. Fiber also reduces the risk of colon cancer and prevents diverticulitis and hemorrhoids. And, of course, it helps assure regular elimination.

Many people think that cleansing the colon means taking a stimulant laxative like LBS II or cascara sagrada. These products just stimulate peristalsis, which is something that is rarely needed. Most people are constipated from lack of fiber, lack of water, and magnesium deficiency. Besides, fiber is what really cleanses the colon, because fiber is what binds the toxins so they can't be absorbed into the bloodstream. So, fiber is the one cleansing product that can, and should, be taken regularly by most Americans.

We have four great fiber products to choose from in NSP—Psyllium Hulls Combination, LOCLO, Irritable Bowel Fiber, and Nature's Three. I find that taking just one heaping teaspoonful of fiber, first thing in the morning, along with a large glass of water, can make a dramatic difference.

The only problem you might run into with fiber is if you don't drink enough water with it. Without water, fiber can actually bind you, so make certain you drink plenty of water when you take fiber. Stay hydrated.

In conjunction with some basic improvements in diet, these supplements will clear up many common health problems found in our society in about 30-60 days. So, if you are unsure of where to start, this is a good place to begin.

Steven H. Horne is a past president and professional member 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



Liver Problems and Cleansing Reactions

Herbs and Cirrhosis of the Liver

I would appreciate feedback on a disturbing situation with one of my distant relatives. He is a white male, about 45 years old. He is a high school coach, with no abusive habits, who has developed cirrhosis of the liver. After extensive testing in a well-equipped local hospital, he was transferred to a more prestigious hospital in Dallas for a liver biopsy. It seems the M.D.s are saying the liver problem has stemmed from NSP's ALJ and LBS-II usage (mostly licorice), but overlooking that Vioxx was discontinued about six months ago! He did not use these products on a daily basis, and only then in recommended amounts. I would love your expert input. I also think that if Vioxx has been prescribed, then he may have overused NSAIDs, which we all know is rough on the liver and kidneys. Thanking you in advance.

T.

Medical doctors don't know much about medicinal herbs. There is nothing hepatotoxic about ALJ and LBS-II. The amount of licorice root in these formulas is extremely small and isn't enough to do any harm. If it were, then licorice candy would have to be banned as a liver toxin. Doctors often use herbs as a convenient scapegoat for conditions they can't explain or don't want to admit are the fault of drugs. The NSAID's (non-steroidal anti-inflammatory drug) are definitely the issue here! The fact that they are blaming the herbs is out of pure ignorance of not knowing anything about them.

Vioxx is extremely hard on the liver. It is one of the traditional NSAIDs that inhibit both the Cox-1 and Cox-2 enzymes. Cox-2 inhibitors inhibit the enzyme involved in inflammation of body tissue. The problem with this is that they stop the "good" Cox-1 enzyme that helps protect the lining of the stomach. Cox-2 inhibitors, in theory at least, do not impair the good Cox-1 enzyme, only the Cox-2 enzyme that is responsible for inflammation. Cox-2 inhibitors (such as the Nexrtine® in Triple Relief) therefore cause less gastrointestinal problems.

There is a legal action suit listed against the Merck drug company now for Vioxx deaths. Here are the actual side effects listed on Vioxx: Serious stomach problems (such as stomach and intestinal bleeding), serious allergic reactions (swelling of

the lips, tongue or throat), serious kidney problems, severe liver problems, hallucinations, headache, dizziness, diarrhea, nausea and vomiting, heartburn, stomachache, swelling of the legs or feet, high blood pressure, back pain, tiredness and urinary tract infections.

Fortunately, there are natural methods of dealing with cirrhosis of the liver. Products like milk thistle, yucca and Sam-e taken internally, with topical application of helichrysum essential oil over the liver area, can help the liver heal from this condition. As far as what his doctor is saying and the drug path they will take him on, if it were me, I would RUN!! The medical profession still continues to blow my mind with its hallucinogenic approaches to diagnosis! Have him find a more alternative MD in that area of the country to work through him with this issue if he is set on going the medical route.

Liver Enzymes

I'm dealing with a person whose liver enzymes are slightly high. Her doctor wants her to come back in a few months to have another liver enzyme test. He said he thought the test would probably be normal at that time. Her suspicion is that they are high because she was treated with heavy doses of antibiotics a few months ago for the pylori bacteria. My question is, can I safely recommend any herbal products at all until her liver is normal? Her doctor didn't give her any restrictions about drugs or anything else, but she didn't ask him specifically about herbal products. I told her I didn't think she needed to worry about a few herbs here and there, but I would like others' opinions on this.

Liver enzymes (AST, ALT and GGTP) are indicators of different things. ALT is a liver enzyme used to determine inflammatory liver issues. ALT is dependent on LDH found in the cytoplasm of a number of tissues where it helps synthesize pyruvate and l-glutamate. It does this with the help of l-alanine. As cells die they release a small amount of ALT.

When ALT is elevated, it often means that the primary surface surfactant substances (vitamins A & D) are not holding the nutrients and the toxic substances in the cell. As a result, there may be free floating sugars, proteins and toxins. Protease Plus between meals is very helpful in this case.

If ALT is higher than normal, this can also be an indicator of liver damage or inflammatory disease. In this case, alkaline phosphatase will be elevated as well.

If the AST is higher, then it could be a bile flow interruption occurring in the liver. When AST is above 75 this may be an indicator for viral hepatitis. AST will rise early in the case of viral hepatitis and precedes a rise in ALT. As the disease becomes more chronic, the ALT level will rise and surpass AST level.

AST is also used with LDH to evaluate whether or not an individual has had a heart attack. It can also be elevated in severe muscle injury. If there is muscle tissue breakdown, then the urine would be positive for hemoglobin and the serum would be clear and colorless indicating the presence of myoglobin. This enzyme could also be high when there is copper toxicity. It can indicate excessive oxidation at the membrane level. This is where the Cellular Energy formula helps.

GGTP will be one of the first liver enzymes to elevate. The enzyme is located in nearly all cell membranes and transports amino acids into the cell. Elevated levels of GGTP are an indicator of liver damage or biliary obstruction of bile ducts outside the liver. This would lead to oxidative stress. This can be caused by an exposure to hepatotoxins, alcohol abuse, diabetes melitus, pancreatic imbalance, trauma, and drugs such as antibiotics, Phenobarbital, and anticonvulsants.

The general remedy for liver is Milk Thistle, which is perfectly safe to take when liver enzymes are elevated. Adding SAM-e can help with the amino transport in the liver, and Cellular Energy and Protease can help with the toxic overload. These are all products that may be helpful with elevated liver enzymes.

Alpha Lipoic Acid Reaction

Just had a new client call me. She has had a bad reaction (healing response??) with the alpha lipoic acid. She took only one and within an hour began to itch. Her face became really red, and she was very itchy all over her upper torso. Her throat also began to get froggy. At that point she took some Benedryl. She is better now. I suggested an Epsom salt bath with a few drops of lavender. I told her to start with the Master Gland instead, and to wait with the alpha lipoic acid. Any clarification, suggestions or ideas will be appreciated.

She came to me because she is trying to get pregnant. They have tried for over a year and nothing has happened. When I tested her she was weak in lungs, immune, liver, estrogen, pro-

gesterone, adrenals and pituitary. I took care of the pituitary, the adrenals and the lungs. She muscle tested for alpha lipoic acid, MasterGland, ProGYam 500, and a spritzer with Lavender. She is doing this first part of the program for about 7 weeks; then we are going to test again.

LeRae

Alpha lipoic acid helps cells flush toxins. Looks like she flushed too many toxins into her blood at one time when the immune system was already overloaded, and she had a histamine reaction in the immune system. Benedryl is a histamine blocker. HistaBlock could be used in the same manner.

The cellular energy formula has alpha lipoic acid in smaller quantities, so you might want to start with that and take the HistaBlock at the same time. It has stinging nettle in it which is the most nutritive plant on the planet. Nettles also help the body flush acid waste and is very alkalizing.

As far as the hormonal issues, she may be having the imbalance due to a lack of essential fatty acids. I would consider that a priority. If you don't have the adequate amount of fat, then the hormones are out of balance. Cholesterol is necessary to produce both estrogen and progesterone.

All Cell Detox Reaction

Every time I take All Cell Detox I get a hot condition like a fever. I don't get sick, just hot in my head and on my shoulders and neck. I took 2 caps and then went down to 1, stopped for a few days and then took just 1 and it happened again so I have stopped taking it. What's going on?

Angela

In Chinese medicine, there is a condition called "liver fire rising" in which the excess heat of the liver is said to cause a flushing of the upper part of the body. All Cell Detox would stir up toxins in the liver and cause this reaction. The cells are flushing toxins too rapidly. Try doing the Cellular energy first along with fiber. Also increase water intake. Then try it again.

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Cold Sores and Canker Sores

Natural Aids for Fever Blisters and Mouth Ulcers

A cold sore, also known as a fever blister, is an infection by the herpes simplex virus that causes a painful, oozing group of blisters usually located around the lips. It usually starts with localized tenderness and a small bump, which develops into a blister. It then turns into a scabby sore. Cold sores develop about three to ten days after exposure to the virus. They last about three weeks. The sores can be very painful, and the condition is contagious.

Once the virus is in the system, it can remain dormant for long periods. Further cold sores develop whenever something weakens the immune system or stresses the body. For example, exposure to wind and summer sun will often cause outbreaks. Outbreaks can also be caused by fever, colds, stress or menstruation.

Canker sores differ from cold sores in several ways. They are not a viral infection, but are the result of inflammation in a localized area of the mouth. Also known as mouth ulcers, they are often connected with inflammation in the gastrointestinal tract and an overacid condition in the body.

Canker sores do not raise blisters like cold sores, but they do develop into red, ulcerated spots with yellowish borders. They can appear suddenly and leave suddenly, lasting from four to twenty days. Cankers can also be very painful and interfere with eating.

In spite of their differences, the remedies that aid cold sores and canker sores are identical, suggesting both involve similar internal conditions in the body. One of the very best remedies for both is an herbal formula called VS-C. It was developed by Dr. Wenwei Xie, a traditional Chinese medical doctor, specifically for combating the herpes simplex virus. The product was subjected to medical testing, and research documented its effectiveness against the virus. This formula is very effective in rapidly eliminating both cold sores and canker sores.

The dosage is four capsules, which can be taken 3-6 times per day depending on the severity of the problem. It is also available in a liquid form, which can be taken orally in doses of 1/2 to 1 teaspoonful 3-6 times per day. The liquid can also be applied topically. VS-C can not only rapidly clear outbreaks of herpes, it can actually help eliminate the virus, if taken regularly for a period of three to six months. In addition to its ability to deal with cold and canker sores, it is also effective against warts and other viral disorders like shingles.

There are other remedies that can be effective against these

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sores. One of these is an amino acid, l-lysine. In combination with citrus bioflavonoids with vitamin C, l-lysine has also proven effective against herpes infections and cold sores. It has also been used for mouth ulcers. L-lysine is one of the essential amino acids that must be obtained through the diet.

In contrast, the amino acid l-arginine, tends to aggravate cold sores and herpes infections. Persons who are trying to eliminate cold sore outbreaks should avoid foods high in arginine. These include carob, chocolate, coconut, meat, oats, peanuts, soybeans, walnuts and wheat.

Single herbs that can be helpful in eliminating cold sores include antiviral agents like echinacea, pau d'arco, black walnut, and maitake, shitake or reishi mushrooms. Black walnut extract has been applied topically to successfully aid healing. One of the best herbs for canker sores is goldenseal, which is very effective in alkalizing the body, reducing inflammation in the digestive tract, and rapidly healing mouth ulcers. Take 2 capsules every two hours. It is even more effective (and pain-relieving) when the powder is removed from the capsules and placed directly on the sores. This helps rapidly relieve pain, even though the taste isn't exactly pleasant.

Essential oils can also be helpful in speeding the healing process when applied topically to both cold sores and canker sores. Tei Fu Essential Oil will almost instantly kill the pain of a mouth ulcer. Other oils that have been successfully used include tea tree oil and peppermint oil. There are probably others as well.

Frequent outbreaks of cold sores may be a sign of a weak-end immune system or low thyroid function. In cases of a compromised immune system, Nature's Immune Stimulator can be effective. Zinc lozenges can also help boost immune function against viral infections, and are helpful for cold sores and canker sores. Black walnut contains iodine, and can be helpful for low thyroid as well as cold sores.

Where canker sores are a frequent problem, pay attention to the intestines. Sooth them with Intestinal Soothe and Build and rebuild the friendly flora with Probiotic Eleven. Also, avoid acid-forming foods (meat, grains) in favor of more alkalizing foods (fruits, vegetables).

Sources

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The ABC+D Approach to Natural Healing by Tree of Light Publishing
The Encyclopedia of Natural Healing by Siegfried Gursche

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VS-C

Antiviral Formula for Herpes and Other Viral Conditions

Dr. Wenwei Xie a traditional Chinese medical doctor from Beijing China came to the United States as part of a research project on Chinese remedies for the herpes simplex virus. He formulated this product and tested it in the lab. It reduced viral counts more than 50% with no toxicity. The researchers were unable to find any "active" compounds in the herbs that could be developed into drugs, so the project was abandoned. As a result, he introduced the formula to Nature's Sunshine, who made it commercially available.

According to traditional Chinese medicine, the combination helps to resolve viral disorders by cooling the blood and regulating the chi. Many of the herbs in this formula are antiviral and anti-inflammatory. They are also detoxifying. VS-C has been clinically successful in resolving a wide variety of viral conditions including colds sores or fever blisters, canker sores, genital herpes, shingles and chicken pox. It is also useful for weak individuals who have tried unsuccessfully to control infections with antibiotics. The herbs in this formula work as follows:

Dandelion is an alterative and a tonic that aids the function of the liver, kidneys, stomach and blood. It reduces inflammation and relieves sores. It has been used to treat lymphatic swelling and bacterial infections. It gently detoxifies the body by promoting healthy liver and kidney function.

Scute Root is an antiseptic that reduces inflammation and relieves pain. It is related to the Western herb, skullcap, and has similar nervine effects. A detoxifying herb, it has a fever reducing effect and is antiviral and antibacterial. It also eases allergic reactions.

Purslane is a common garden weed, seldom used in Western herbalism. However, in Oriental medicine it is considered a cooling remedy for fever and inflammation. It is used to cleanse the liver and blood, and has been used to treat warts, sores, boils, stings and malaria.

Indigo Herb and Root detoxifies the blood, reduces fever and is anti-inflammatory. In Oriental medicine it has been used for eruptions on the skin, including derma-

titis, chronic eczema, infected wounds and abscesses. It is also used for canker sores and skin ulcers.

Thlaspi expels pus, purifies the blood, reduces fever and arrests pain. It is a bitter, acrid herb that has been used in Chinese medicine to treat viral disorders like hepatitis and mumps.

Pinellia dissolves phlegm, stimulates digestion and absorbs toxins. It is primarily a decongestant herb that has been used to treat sinus congestion, bronchitis, tuberculosis, croup, sore throat and asthma, but it has also been used in Oriental medicine for blood poisoning.

Bupleurum is a major Chinese herb for the liver. It helps reduce fever and has been used to treat hepatitis and skin eruptive diseases. It has some antibacterial and anti-viral effects, too.

Ginseng is a general tonic that acts as an immune stimulant and improves energy. It balances the cooling effect of the other herbs in this formula.

Cinnamon Twig is an aromatic herb with antiseptic qualities. It acts as a catalyst in this formula to improve digestion and stimulate circulation.

Licorice is included in many Chinese formulas because it is a balancing herb. It is also anti-inflammatory and has some antiviral activity.

The general indications for this formula include fever or inflammation and skin eruptions. It may be helpful for any viral condition that causes skin eruptions. The normal dose of this formula is two capsules or 1/2 teaspoon of the liquid formula twice daily. For acute outbreaks, larger doses can be taken, up to 4 capsules four times daily. Long term use (about six months) has permanently cleared up some cases of herpes and other viral conditions.

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Information provided personally from Dr. Wenwei Xie in the files of Steven H. Horne

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Discover the Benefits of Paw Paw Extract

To help you get excited about the potential of NSP's new one-of-a-kind product, paw paw extract, and to assist you in sharing information about the benefits of paw paw, we've prepared the following new educational materials.

The Miracle of Paw Paw (Herbal Hour Video vid-406)

This 55-minute video features Steven H. Horne, AHG, and Kimberly Balas, N.D., discussing the fundamentals of paw paw extract and clinical uses. Learn the many uses for Paw Paw Cell Reg and Paw Paw Lice Remover Shampoo such as viral and fungal infections, and skin problems like acne and athlete's foot, etc. The general protocols for using paw paw with cancer are also discussed. Detailed graphics to show how the acetogenins in paw paw work at the cell level to cause cancer cells to self-destruct—a process called apoptosis. Copies of this video are available for \$29.95.

The Power of Paw Paw (Audio Tape)

Narrated by Steven Horne, AHG, this 30-minute audio tape features five medical doctors and research scientists, including Jerry McLaughlin, Ph.D., Alex Duarte, Ph.D. and Bill Keller, Ph.D., who explain the research and science behind these products. The tape also includes reports from two medical doctors, Hugo Rodier and James Forsythe, detailing actual case histories of cancer patients who have experienced success with paw paw. Copies are \$3.00 each or less, depending on quantity purchased.



Class Schedule

Tree of Light Classes Call 888-707-4372 to register.

pH and Blood Typing—Kimberly Balas (\$290)

Aug 23-24 Casper, WY

Biochemical Blood Analysis—Kimberly Balas

June 28-29	Los Angeles, CA (\$295)
July 25	Buffalo, NY (\$175)
Sept 2	San Francisco, CA (\$225)

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The Amazing Benefits of Paw Paw (Sunshine Sharing)

Our most recent issue of Sunshine Sharing will acquaint you with the remarkable properties of Paw Paw Cell Reg, ParaCleanse with Paw Paw, and Paw Paw Lice Remover Shampoo. Learn how these products can be used for health problems like cancer, parasites, viral and fungal infections, head lice, ticks and more. Additional copies of this newsletter are available for \$9.00 per package of 25 copies.

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