

# Nature's Field

---

An Electronic Journal for NSP Distributors

---

## Yohimbe

(*Pausinystalia yohimbe*)

By Steven Horne

About five years ago a Native American man came into my herb shop and asked to speak to me "in private." He confided in me that he was having a hard time maintaining an erection and wondered if I had any suggestions. Based on his constitution, and using some muscle testing, I recommended damiana. He came back about a month later and told me that the damiana had been helpful in allowing him to have an erection, but he was still having trouble maintaining it.

Fortunately, in the interim I had learned about yohimbe from a lecture by Herbalist Ed Smith, a professional member of the American Herbalists Guild. From Ed, I'd learned that yohimbe helps to stimulate blood flow into the pelvic region. It also stimulates nerves in that area of the body. Ed had personally experimented with the plant and claimed it worked, but cautioned not to take too much of it because it could be overstimulating and make things too sensitive.

So, I added just a little bit of a yohimbe tincture to the damiana the gentleman was already taking. On his next visit, he reported happily that everything was working just fine. A few months later, NSP came out with Men's X-Action which contains both damiana and yohimbe. He started taking that formula and was very pleased with the results.

That was my first experience with yohimbe. I've never actually used the herb, myself. But, I have seen yohimbe help several men with impotency problems since that first experience.

Yohimbe contains an alkaloid called yohimbine, which has been researched extensively and is used as a drug. Much of the literature focuses on the effects of this alkaloid, its contraindications and effects. Yohimbine is an adrenergic receptor blocking agent. Adrenergic receptors are receptor sites for the sympathetic neurotransmitters epinephrine and norepinephrine. The alkaloid is also a monamine oxidase inhibitor, which means it enhances serotonin. Yohimbine also causes a release of norepinephrine from the adrenal glands and a slight increase in blood pressure. The prescription drug, yohimbine HCl, is used to treat erectile dysfunction in diabetics. It is also used for orthostatic hypertension, narcolepsy and circulatory problems in the legs of diabetic people.

But, yohimbe (the herb) is different from yohimbine (the alkaloid and drug), since one constituent "doth not an herb make." There are numerous other alkaloids and natural compounds in yohimbe. While yohimbine (the alkaloid drug) is reported to slightly increase blood pressure, yohimbe (the herb) appears to have some blood pressure lowering effect. This may be partially due to the fact that another constituent, ajmaline is reported to dilate peripheral blood vessels.

So much for trying to figure out the action of the whole plant through its individual ingredients. I prefer to look at an herb's historical reputation, because more often than not, I find there is some validity to traditional claims. Yohimbe is an African herb, and it is regarded there as an aphrodisiac. It is also used for dysmenorrhea, prostatitis with bladder problems and as a local anesthetic for eye, ear and nose operations. It is also a stimulant and in very high doses hallucinogenic.

Yohimbe is a controversial herb and probably shouldn't be used as a single except by skilled clinicians. It is contraindicated with liver disease, kidney disease, bipolar disorders and schizophrenic disorders. In a low dose, as part of a formula like Men's X-Action I consider it both safe and effective. However, even Men's X-Action isn't a long-term solution to problems of male impotency or infertility. Root causes, such as stress, general poor nutrition, exercise, circulatory problems and emotional issues should always be considered and addressed. Still, Men's X-Action is a great alternative to Viagra® or some other drug and, thanks to herbs like yohimbe, an effective one, too.

### Selected References

*Encyclopedia of Medicinal Plants* by Andrew Chevallier  
*Herbal Therapy and Supplements* by Merrily A. Kuhn and David Winston  
*PDR for Herbal Medicines* by Medical Economics Company  
*Handbook of Medicinal Herbs* by James Duke

### In This Issue

<b>Feature Herb: Yohimbe</b> .....	1
<b>Steven's Ramblings &amp; Ravings: None Dare Call It</b>	
<b>Diagnosis Part 5: Optional Assessment Tools</b> .....	2-3
<b>Kimberly Balas' Clinician's Corner: Overactive</b>	
<b>Spleen, Sperm Count, Copper &amp; ADD and more</b>	4-5
<b>Product Handouts:</b>	
<b>Impotency and Infertility</b> .....	6
<b>Men's X-Action</b> .....	7
<b>Announcements/Class Schedule</b> .....	8



## Steven Horne's Ramblings and Ravings

# None Dare Call It Diagnosis Part 5, Optional Assessment Tools

*This is the fifth article in a series on the topic of health assessment.*

In the last installment of this series, we spoke about using intake forms and the importance of the interview. These are the essential tools of Health Analysis that everyone should learn. In addition to these essential tools, one can learn various other assessment tools that can be applied to any case. The optional assessment tools one chooses depends on what kind of business a person wishes to operate and personal preference. These could include any of the following:

- Blood Cell Analysis (Dry or Live)
- Blood Chemistry Analysis
- Blood Typing (A, B, O, AB)
- Body Typing (Glandular Body Typing and others)
- Constitutional Typing (Western, Chinese, Ayurvedic)
- Facial Analysis
- Fingernail Analysis
- Iridology & Sclerology
- Kinesiology (Muscle Response Testing)
- pH testing
- Pulse Testing
- QFA/BTA Analysis
- Reams Testing
- Reflexology (Hand and Foot)
- Tongue Analysis
- Voice Analysis

The tools I personally use are iridology, muscle testing, tongue and pulse, body typing, constitutional typing, blood typing and some facial analysis. I'm learning to use Kim's blood chemistry analysis, which is a fantastic tool. Kim uses some of these same tools, but focuses more on scientifically observable data such as QFA/BTA analysis and blood chemistry analysis. What you chose will depend on factors such as your personality and personal preferences, the legal requirements of your particular state, the cost of the technology (looking at the tongue is free, a QFA machine is a large investment) and your clientele.

At Tree of Light Publishing, we have always recommended that you use the intake form and interview as one tool and have at least two other health assessment tools, making a total of three. This allows you to "line up" your results. Generally, you want to be able to confirm a finding three different ways. We say, "three points make a straight line," meaning that if three different assessment tools point to the same problem, then you can be almost 100% certain that you have identified an area that needs work.

It is also important to realize that different tools also provide different pieces of the picture. So, it is important to know what part of the overall picture each tool is assessing. Using the Disease Tree model as a guide, we want to look at the following:

1. A person's constitution (their inherent physical and emotional make-up).
2. A person's lifestyle (stress factors that may be causing disease such as poor nutrition, lack of sleep or exercise, stress, toxicity and injuries).
3. The current biological terrain (this is the quality and composition of the fluids—blood and lymph—which nourish the body tissues).
4. Which body systems have been weakened and are not contributing their share of the work in maintaining health.
5. The actual diseases and symptoms a person is suffering.

The intake form and interview will provide information about the person's lifestyle and the actual diseases they are experiencing. It will also give you clues as to which body systems need support and what their constitution is. To get a more accurate picture, you should also have at least one tool for assessing constitution, one for assessing biological terrain, and one for assessing which body systems need support.

### Tools for Assessing Constitution

A person's constitution is their inherent genetic makeup. Everyone is born with certain inherent strengths and weaknesses. These are also modified by early childhood experiences. For instance, people may have a family or genetic tendency to heart disease, diabetes, cancer, digestive problems, etc. This does not mean they are doomed to suffer these problems, it merely means that their body is more susceptible to these conditions.

Environmental factors such as diet, lifestyle, mental attitudes and so forth have to trigger these weaknesses to create a disease.

So, the value of understanding one's constitution is to know where one's strengths and weaknesses are. This helps provide extra nutritional and lifestyle support to weak areas and to avoid a diet and lifestyle that would stress those weak areas. In short, understanding one's constitution is valuable not only to assist in healing, but to prevent disease in the first place.

Tools that assess constitution include all of the following:

- 1) Iridology
- 2) Blood Type
- 3) Body Typing (Physical shape and structure)
- 4) Personality Assessment

My favorite tool for constitutional assessment is iridology. Iridology can tell us exactly what types of health problems a person is genetically prone to with amazing accuracy. In fact, it is so accurate at predicting sites for potential problems, it has been misinterpreted as a tool for actually diagnosing diseases. One cannot accurately diagnose disease conditions from the iris, as has been demonstrated clearly by a number of studies testing the ability of iridology to diagnose disease states in various organs.

However, there are several studies that have demonstrated that iridology is very accurate at determining a person's tendency to develop health problems in specific organs and systems. These concepts are explained in detail in our *Practical Iridology* course.

Blood type is another excellent tool for constitutional typing. It can provide you with information on basic health problems a person is prone to and basic dietary and lifestyle guidelines. Blood type kits are available from Tree of Light which you can use to determine a person's blood type. We also have *Blood Type and pH* charts and Kim Balas' course, *A Blood Type Approach to Nutritional Consulting*, which will provide you with what you need to use this tool effectively.

Glandular body typing is a tool I've used for many years. Different body shapes are prone to different glandular (and organ) strengths and weaknesses. With practice, one can tell at a glance what some of the potential imbalances are in any given client, so this can be done during an interview with the client. We have a video on Glandular Body Typing, and it will be part of our course *Practical Tools for Health Assessment*, currently in production.

Personality is also a big clue to constitution. Is the person outgoing and fiery, or laid back and down to earth, or indecisive and wishy washy. Traditional systems of medicine—Western, Chinese, Ayurvedic, Native American, Tibetan, etc.—all had

systems of personality typing that were linked with the tendencies to certain health problems. Emotions by themselves provide clues as to which internal organs may be under stress and need support. This is another form of constitutional assessment that can be done during the interview.

### Why Assessing Constitution is Important

The reason it is important to understand a person's constitution is to better assess the type of solution that will be required. The intake form and interview allows us to learn about a person's lifestyle and the health problems they are suffering from. As we combine that with information about their constitution (i.e., what they are inherently prone to) we start to see a bigger picture of what is happening. For instance, if a person's health problems are in line with their inherent constitutional weaknesses, then long term therapy that helps to strengthen the person's constitution is in order.

On the other hand, if there are no signs of inherent weakness in a particular organ, but that organ is experiencing problems, then there is a definite environmental cause at work, which will need to be addressed. In other words, if a person is experiencing a health problem in an organ area or body system that is inherently strong, then the cause is most likely some toxin or other environmental influence that has temporarily overpowered their otherwise healthy system. In this case, once we remove the source of irritation (i.e., the cause), the body will likely heal with minimal support.

Understanding a person's constitutional pattern and their lifestyle habits, enables one to see how disease has taken root in their lives. For instance, let's suppose that a person has signs of inherent liver weakness and has worked in jobs where they exposed to a lot of chemicals. Since the liver is the primary organ for breaking down those chemicals, it becomes easy to see that the inability of their inherently weak liver to deal with those toxins, is a major root cause of illness in their life.

*Next issue we'll discuss tools that assess biological terrain and weakened body systems.*

**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

# Overactive Spleen, Sperm Count, Copper & ADD, Static Electricity, and Some Great Product Tips

### Overactive Spleen

*My husband has a series of symptoms that follow the spleen meridian if you look at a Chinese Acupuncture chart. Supposing that this is an overactive spleen, what would be done to help calm it down?*

*I'm thinking Capryl Immune, but am not sure if this is the most effective or if other things should be added in.*

Thanks,

Sharon

One of the main functions of the spleen is to bring blood into contact with lymphocytes. As blood flows slowly through the spleen, any disease organisms within it are likely to come into contact with lymphocytes in the spleen tissue. This contact activates the lymphocytes, which can then attack the foreign invaders.

So in order to make sure this contact is occurring, I use Eleuthero, as it will move the energy through capillary structures. To increase the flow through the spleen and relax it, so it can better do what it needs to do, I use the PS II.

As blood flows through the spleen, macrophages remove worn-out red and white blood cells and platelets. These macrophages produce the pigment bilirubin from the breakdown of hemoglobin and release it into the blood plasma. Bilirubin is removed from the blood by the liver and kidneys and is excreted in the bile and to a lesser extent, in the urine.

Because a great deal of blood circulates through the spleen, this organ serves as a kind of reservoir for blood. Adrenaline and sympathetic nerve impulses stimulate the spleen to contract, releasing much of its blood into the circulation. The adrenals have to be supported to help the spleen do what it needs to do. I would consider Adrenal Support and possibly Adaptamax or Nerve Eight.

The spleen appears to store platelets, as a large percentage of the body's platelets are normally found there. When the spleen goes into a hyperactive mode and doesn't store enough platelets then the platelets, get elevated in the blood. This is where plaque formation occurs. So I would look at the possibility of "thick" or viscous blood. If you have access to a dark field microscope you can confirm this. If the blood is too "thick," then APS II would help.

If he has inflammation present in other ways, then this is going to relate back to spleen. The Thai Go is a great antioxidant

to use here. This is also an indicator of a possible magnesium deficiency. Increasing Omega 3 essential fatty acids would also be helpful in this case.

### Low Sperm Count

*I have a client taking the following for a fertility problem. He is a B blood type.*

*Flaxseed Oil 2 day*

*Magnesium Complex 1am/1pm ea. day*

*Zinc 2 day*

*MasterGland 2 day*

*B Complex 2 day*

*Damiana 2am/2pm each day*

*Red Raspberry 2am/2pm each day*

*pH Green Zone 2 Tblsp./day*

*Mineral Chi 2 Tblsp./day*

*This program has increased the motility of the sperm from 30% to over 60%, but the concentration of sperm has not improved. Any suggestions for improving sperm count?*

*Tonja*

I would increase the Flax seed oil or use Omega 3 Hi EPA. I would add Lymphatic Drainage and sarsaparilla to his program. Another thing to consider is using SF or Vitamin A&D for liver congestion. Korean ginseng is sometimes helpful in increasing sperm count, too.

### Copper Excess and ADD

*I read somewhere that high copper in children is linked to ADD. Is this true?*

*Toni*

This is true. The really interesting thing is that copper is controlled initially by the parotids (salivary glands). They produce ptyalin, an enzyme that is necessary for digesting starches. They also produce mucous secretion containing mucin for lubricating purposes. Potassium is concentrated in the plasma during maximum salivation and is used to push food into the cells. The bicarbonate ion is also initiated here too for buffering.

By utilizing the mineral copper, the parotids tag all incoming substances through the mouth and nasopharynx. Food gets

taken to the liver and toxins sent to the lymphatics. Also, friendly microbes are taken to the point of beneficial hosting. This means that when there is more copper present, the beneficial bacteria are sent through faster than the body can host them. So, if someone has a high copper count you would add bifidophilus and proactazyme to help.

Also the parotids program proteins. They work with albumin which is used as an osmotic gradient which keeps objects in passive motion. The other protein is globulin and this moves toxins and infections throughout the body so the body can balance what it wants and does not want. It keeps them moving and when they don't move, it becomes an issue of congestion.

What makes the globulin colloidal is the electrical copper implant which steers it through the system. If there is too much copper, then it is because there is congestion, so you would work on lymph. Lymphatic Drainage is a good formula.

All man-made products such as pesticides and attenuated viruses contain no nucleic affinity so the body cannot tag or identify the chemical compound. This throws copper out of balance because it loses its job and the body has no idea what to do with these compounds. This distortion is what causes sickness and disease that our body has difficulty, or a longer time, overcoming.

It is also interesting to note that the parotids are activated via the mumps, a normal childhood disease which shouldn't be suppressed with vaccines. The IgG and IgA antibodies acquired from having mumps (being in the first stage of developing them which is simply a cold), then the copper parotid phenomenon is actually activated. There is a strong possibility that ADD is connected to vaccinations, which may be interfering with proper copper tagging in the parotids. So I would also try some Vaccine Detox and Heavy Metal Detox. Since the parotids also need potassium, one could supplement with this mineral.

### Static Electricity

*I was working on a horse last week that was so filled with static electricity that I was reduced to using very short strokes that would not generate anymore electricity. This is a fifteen year old mare who foundered two years ago (a metabolic issue that manifests in the hoof). The owner does not believe in mineral supplementation and I suspect that this relates to a mineral imbalance. Even though this is a horse, the biological question remains the same. Why does a living body discharge that much electricity? The body condition was excellent and the coat was naturally glossy.*

#### Copper

Discharged electricity is usually the inability for the fats to bind with lipoproteins and pass through the intestinal membrane for a mineral delivery system. This would really link it to adrenal activity, as well. I would try a little B-12 liquid and supplement with some more alfalfa in the diet. Flax oil could be

put on pellets too, if that is the feed. I have also used Nervous Fatigue for this in the past.

### Product Tips

*In response to a request for product tips, Kim turned in the following, which are so unique that I wanted to share them with everyone. It's a good lesson in not pigeonholing products. We tend to limit a product's use in our minds, but herbs are far more versatile than we give them credit for. (Steven Horne)*

- I use FCS II for men who feel overwhelmed and have congestion in the neck area and tend to have the red nose with circulatory issues.
- I use Gastro Health for low CO<sub>2</sub> numbers and chronic underlying viral conditions
- I use MasterGland for almost everyone who comes to me.
- I use HSN-W for those who live in higher radiation areas.
- I use SF for liver congestion and syndrome X
- I use Cellular Energy for high triglycerides
- I use Collatrim for structural repair and irritable bowel
- I use Cordyceps for tissue damage and muscle or ligament tears
- I use Cellular Build for structural repair, IBS, MS, Hep C and hemochromatosis or hemosiderosis
- I use Astragalus to help negate the agglutinating effects of "avoid" foods
- I use ALJ for a lot of digestive issues
- I use Histablock like a benedryl for allergies and rashes
- I use C-X for men who are having emotional ups and downs and feel constricted in expressing feelings
- I also use C-X for low cholesterol issues
- I use HSN-W for osteoporosis
- I use Eleuthero for macular degeneration and glaucoma
- And I use Nature's Fresh for "everything" else!

**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).**





# Impotency and Infertility

## Natural Approaches to Male Reproductive Problems

In human history, a man has always been considered “potent” if he could perform normal sexual activity. Impotency refers to a man’s inability to have or maintain a normal erection, loss of sexual desire, premature ejaculation or any combination of these conditions. These problems, although not life-threatening, can cause a great deal of damage to a man’s self-esteem.

When reproductive problems are present, remember that like all other body processes, reproductive function requires an adequate supply of minerals and other nutrients. Start by eliminating the empty calories, such as sugar, refined grains and canned goods. In their place, try a diet of fresh produce, whole grains and organically raised meat, fish or eggs. Also, avoid alcohol, cigarettes and unnecessary drugs.

Besides these basics, it is also essential that a man be aware of his cardiovascular health. The ability to maintain an erection is dependent on a good blood supply in the pelvic region. Check for problems with high cholesterol, hardening of the arteries or high blood pressure. MegaChel or Blood Pressurex may be helpful in improving circulation, which can enhance reproductive function.

High blood pressure can also mean that a man’s nervous system is in a state of sympathetic excess, i.e., stress. For a man to perform sexually, his nervous system must relax into a parasympathetic state. So, nervines such as Stress-J or NutriCalm, which reduce stress and enhance parasympathetic nervous system function, may be beneficial. Of course, emotional factors can also come into play here. Often, if a man stops worrying about his “performance,” relaxes and focuses on giving his partner pleasure, the parasympathetic nervous system will kick in gear and so will the man’s arousal.

Lack of libido is often a mental/emotional problem more than a physical problem. Generally speaking, a person must feel safe and respected in order to fully enjoy an intimate relationship. Hence, a “bad” relationship with a spouse can spell disaster for libido. Feelings of guilt and shame about one’s sexuality can also cause a loss of desire.

Assuming the cause isn’t mental or emotional, there are physical causes for a lack of desire. One of the primary problems is simple fatigue. Here, good nutrition, adequate rest and perhaps a change of pace (mini-vacation) can do the trick. Essential oils can enhance the mood and help, too. These include sandalwood, ylang ylang and jasmine.

Other physical causes for loss of libido include high or low blood pressure, high or low cholesterol levels, hypoglycemia, diabetes, migraines/cluster headaches and hormonal imbalances.

Many prescription drugs can also be responsible. Consult other resources for natural remedies for these problems.

Though the population of the world is soaring, so are problems with infertility. The inability to have a child can be a serious problem in a marriage, especially to a couple who strongly desire a family. While there are many possible causes for infertility (and a couple should seek appropriate medical assistance to determine the cause), there is a world-wide decrease in male fertility. This is believed to be due to the presence of xenoestrogens. Xenoestrogens are chemicals in the environment which mimic estrogen in the body. Primary sources include pesticides and plastics.

These environmental estrogens appear to be reducing male fertility, causing males to develop breasts and may also be responsible for prostate cancer and reduced male virility. Men can avoid these compounds by choosing organic foods (or washing commercial produce in a natural soap like Sunshine Concentrate). Eating soy and other legumes, dark green leafy vegetables and whole grains also help to minimize the effect of xenoestrogens in the body.

Supplements can also be helpful. B-complex, vitamin C, mineral electrolytes and trace minerals are essential to nutritionally supporting a strong libido. A good source of minerals for improving reproductive function is Mineral Chi Tonic.

Herbs may also enhance libido and reproductive performance and function. Many herbs have reputations in various countries as aphrodisiacs (remedies that enhance sexual function and desire). Herbs reported to have aphrodisiac qualities include Korean ginseng, American ginseng, damiana, maca, muira puama, yohimbe, horny goat weed, licorice and chocolate.

A specific formula which may help with male infertility and impotency is Men’s X-Action which contains damiana, muira puama, horny goat weed and yohimbe with DHEA. These herbs have earned reputations in various countries for enhancing male sexual performance. This formula provides a natural alternative to drugs, but is not always the long-term solution to the problem. Other potential remedies for male fertility and impotency problems include Korean ginseng, maca, KB-C and X-A, which are more appropriate for long term use.

For help in designing a program that is right for you, talk to your local herb specialist or consult some of the references below.

### Selected References

*Prescription for Nutritional Healing* by James F. Balch and Phyllis A. Balch  
*The One Spirit Encyclopedia of Complementary Health*, Nikki Bradford, Editor  
*Professional Guide to Conditions, Herbs and Supplements* by IntegrativMedicine

### For Educational Purposes Only

Seek appropriate professional assistance for all serious health problems. Handout prepared by Tree of Light Publishing  
P.O. Box 911239, St. George, UT 84791 (www.treelite.com)  
©2004 May be reproduced provided it is not altered in any way.

Distributed by:



# Men's X-Action

## A Supplement for Enhancing Male Desire and Virility

Men's X-Action is a combination of herbs that enhances male energy, activity and vitality. These herbs also support the male reproductive organs including prostate function. Men's X-Action may be helpful for impotence or lack of desire in men. It may also help restore male fertility.

This supplement may also have energy and mood-lifting qualities. Here is an explanation of each of the ingredients in this formula.

### **Muira puama (*Ptychopetalum olacoides*)**

Known as "potency bark," muira puama is a common shrub indigenous to Brazil. It has been historically used in Brazil as an aid to sexual vitality, including infertility, menstrual problems and impotency. It is also a neuromuscular tonic used for nerve pain, depression and central nervous system disorders. It is an adaptogenic remedy with antistress and anti-fatigue properties. In clinical trials in France on men suffering from loss of desire or the inability to sustain or maintain an erection, 62% of the men reported the herb had a "dynamic effect." In another study, 85% of the men reported enhanced libido and about 90% reported improved ability to maintain an erection.

### **Yohimbe bark (*Pausinystalia yohimbe*)**

Yohimbe comes from a tree in West Africa, and has a similar reputation as a sexual-enhancing herb. Containing the alkaloid yohimbine. Yohimbine and other alkaloids present in this herb appear to have effects on several hormones and neurotransmitters, including epinephrine, norepinephrine and serotonin. It appears to both stimulate blood flow to the pelvic region and to increase nerve sensation in the groin area. Large doses cause a tingling sensation in the genitals.

### **L-Arginine**

Arginine is an amino acid that affects a chemical messenger called nitric oxide, which acts to dilate blood vessels, reducing blood pressure and increasing blood flow to the extremities. It can be helpful for impotency caused by circulatory problems. Arginine supplementation is often an effective treatment for male infertility because it boosts sperm counts among men with low levels of active sperm. It is also reported to improve sperm motility. Arginine is naturally found in chocolate, peas, peanuts, seeds, and almonds and other nuts.

### **Damiana (*Turnera diffusa*)**

Damiana leaves have been used in the U.S. since 1874. Native to Mexico, this herb also has a long-standing reputation as an aphrodisiac. It is reported to improve the sexual ability of

the aging and has been used for infertility, hot flashes, frigidity and impotency. It also has a mood-elevating effect. Damiana may partially work by slightly stimulating the urethra, therefore producing extra feeling in the penis.

### **Oat Straw (*Avena sativa*)**

Oat straw is a mineral rich herb that acts as a nutritive, supplying calcium and other important minerals. Oat straw is reported to be a general tonic to the nervous system.

### **Saw Palmetto (*Serenoa repens*)**

Saw palmetto berries come from a small southeastern palm tree. They have been traditionally used as a tonic for the elderly to enhance digestion, overcome respiratory weakness and to enhance reproductive function. The herb's ability to reduce prostate swelling is well documented. It is also reported to have aphrodisiac qualities.

### **DHEA**

DHEA is a hormone precursor created by the adrenal glands. It is converted to other hormones in the body, particularly sexual hormones like testosterone and estrogen. DHEA supplementation can enhance production of reproductive hormones, helping with fatigue and impotency.

### **Horny Goat Weed (*Epimedium Sagittatum*)**

The traditional name of this ingredient is fairly self-explanatory. Horny Goat Weed has been used for hundreds of years in Chinese medicine as a tonic, adaptagen and aphrodisiac. The exact manner in which it works is still being studied.

### **Recommended Use**

Take one capsule with meals three times daily, or as directed by your health care provider following DHEA level assessment. DHEA can cause adverse reactions in some people, including hormonally related acne. This supplement is not for women, children, person's suffering from bipolar disorder or schizophrenia, or those taking any prescribed medications that affect hormones or neurotransmitters. (Consult with a physician if you are on any medications.) It is also recommended for temporary or occasional use, but not for long-term use (over three months). For longer use, try maca, X-A, or KB-C.

### **Selected References**

[www.rain-tree.com/muirapuama.htm](http://www.rain-tree.com/muirapuama.htm)

*PDR for Nutritional Supplements* by Thomson PDR

*PDR for Herbal Medicines* by Medical Economics Company

*Handbook of Herbal Medicines* by James Duke

#### **For Educational Purposes Only**

Seek appropriate professional assistance for all serious health problems. Handout prepared by Tree of Light Publishing  
P.O. Box 911239, St. George, UT 84791 ([www.treelite.com](http://www.treelite.com))  
©2004 May be reproduced provided it is not altered in any way.

Distributed by:

## 2005 Lecture Tour for Steven Horne

Steven Horne is planning a lecture tour for 2005 to promote, Dr. Mom Dr. Dad. He will be traveling nation-wide offering a new two-day class, Clinical Practicum. This class will be limited to 10-14 people. Steven will do a live consult on each student in the class using iridology, tongue and pulse, body typing, facial analysis, muscle testing and more. Students will be able to observe practical application of clinical skills first hand.

If you would like Steven to give a lecture or teach this class in your area, please call 888-707-4372 or email [classes@treelite.com](mailto:classes@treelite.com).

## Products from the Herbal Prep & App Class

Steven Horne made some jars of comfrey/calendula salve, poultice mix, sinus snuff, Herbal Crisis, Children's Composition and some other herbal preparations during the filming of *Herbal Preparations and Applications*. If you'd like to try any of these homemade herbal preparations, please contact David Tanner at ABC Herbs 435-627-1682 to find out what is available. There is a limited quantity of these preparations and they will be available only while supplies last.



## 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.

#### Canadian Lecture Tour

Nov 1	Kelowna, BC	\$20 pre, \$25 at door
Nov 2	Duncan, B.C.	\$20 pre, \$25 at door
Nov 3	Calgary, AB	\$20 pre, \$25 at door
Nov 4	Edmonton, AB	\$20 pre, \$25 at door
Nov 5	Winnipeg, MB	\$20 pre, \$25 at door
Nov 6	Toronto, ON	\$20 pre, \$25 at door
Nov 7	Montreal, PQ	\$20 pre, \$25 at door
Nov 8	Ottawa, ON	\$20 pre, \$25 at door

Topic: Dr. Mom-Dr. Dad. Call 800-265-9163 to register.

#### Canadian Educational Cruise

Nov 13-17 Departs from Miami

Contact NSP Canada for information

### Kim Balas' Classes

Unless otherwise noted, call 888-707-4372 to register.

#### Aromatherapy

Nov 6-7 Casper, WY \$300

#### Natural Approach to Blood Chemistry

Dec 3 Phoenix, AZ  
\$250 before 11/19  
\$295 thereafter

## Subscription Information

The *Nature's Field* E-zine and website are published by Tree of Light Publishing, a division of Kether-One, Inc. A year's subscription is \$29.00 USD for both domestic and foreign subscribers.

### Nature's Field Production Staff

President: Steven H. Horne  
General Manager: Darla Steiner  
Production Manager: David Tanner  
Associate Editor: Leslie A. Lechner  
Technical Editor: Kimberly Balas  
Computers and Design: David Horne  
Staff: Katherine Tanner, Niki Colmenero

### About Tree of Light Publishing

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.

### Important Notice

The information in *Nature's Field* is for educational purposes only and should not be used to diagnose and treat diseases. If you have a serious health problem, consult a qualified health practitioner.

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.

### Copyright 2004

### Tree of Light Publishing

This journal may not be copied without written permission from the publisher. Subscribers are free to quote portions of this journal without written permission provided proper credit is given.

**We welcome your questions and comments. You can reach us at:**

#### Shipping Address:

321 North Mall Drive #J-101  
St. George, UT 84790

#### Mailing Address:

P.O. Box 911239  
St. George, UT 84791-1239

Order Entry: 800-416-2887

Customer Service: 435-627-8709

Fax: 435-627-2367

E-mail: [nf@treelite.com](mailto:nf@treelite.com)

Website: [www.treelite.com](http://www.treelite.com)