

Nature's Field

An Electronic Journal for NSP Distributors

Capsicum

By Steven Horne and Mark
Montgomery



Photo by Steven Foster

If herbalists ever decided to create a “superhero” category for herbs, capsicum would certainly be one of these herbal wonders. Most people know capsicum by its everyday identity as the common kitchen spice cayenne or red pepper, but that’s just capsicum’s “alter ego” (like Superman’s Clark Kent). Herbalists know the amazing healing power “disguised” in this common spice.

There are over 90 varieties of hot peppers, found all over the world, but they all originated in South and Central America, where they’ve been a staple part of the diet for over 5,000 years. Christopher Columbus is credited with discovering cayenne, misnaming red pepper (thinking it was a form of black pepper), and bringing it back to Europe from the West Indies. From Europe, it was introduced to Africa and India, and only then brought back to England from India in 1548.

The early American herbalist Samuel Thompson considered capsicum the second most important herb (right after lobelia) because it so powerfully “built the heat and cleared the cold.” The famous herbalist John Christopher (creator of NSP’s “-X” formulas) used a little capsicum in almost every formula because it acts as a catalyst that helps other herbs work better.

Given capsicum’s heat, you might ask why people in hot countries would eat it. The answer is that it has a *primary heating* action and a *secondary cooling* action. That means it stimulates blood flow and actually brings heat to the surface of the skin to be dispersed, thereby ultimately cooling the person who takes it. Many of capsicum’s healing properties stem from these two qualities: it is considered one of the most powerful non-narcotic stimulants and actually creates a sense of warmth and vitality. It stimulates digestion, appetite and circulation. It also has a dispersing quality, which clears mucus, dispels gas and opens up the sweat glands to promote perspiration. Sweat, of course, helps the body cool down in hot weather.

Researchers in England have found another interesting advantage to all that heat generation. They discovered that eating capsicum as a spice temporarily boosts the body’s metabolic rate by about 25% through a “diet-induced thermic effect.”

Capsicum’s stimulant action has many benefits for the circulatory system as well. The most dramatic is that it stops bleeding and hemorrhaging both internally and externally. This—along with its potent ability to combat colds and flus—makes it very handy as part of any first-aid kit.

Ingesting capsicum has been proven to regulate both high and low blood pressure, partly by helping vessels regain elasticity, and partly by opening peripheral blood vessels and allowing blood flow to the extremities. It

has been shown to significantly lower cholesterol and triglycerides in the blood, as well as the ratio of LDL to HDL. And, lastly, it’s been shown that capsicum thins the blood and helps the body to prevent blood clots from forming and to dissolve clots that already exist.

It would take an article four or five times the length of this one to cover all the other benefits of capsicum, but here are a few of them. It has been shown to block Substance P, a chemical that carries pain messages from nerve endings in the skin to the central nervous system. In fact, numerous clinical trials have shown that capsicum creams reduced or even eliminated pain from shingles, diabetic neuropathy and amputations.

Capsicum is a wonderful short-term anti-inflammatory agent. Used as a gargle it can dispel hoarseness and sore throats. And finally, it has been proven by researchers in France to boost energy levels, vitality and strength in laboratory animals engaged in physical tests.

Sounds like an herb that even Superman could use!

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Steven Horne's Ramblings and Ravings

It's In the Pulse

An Introduction to Pulse Taking

Pulse assessment is one of the most universally recognized systems of health assessment in traditional medicine. It is a major diagnostic tool in Chinese, Ayurvedic (East Indian), Tibetan and Sufi (Middle Eastern) healing systems. It was also used in European medicine by Galen, Hippocrates and their followers. The Eclectic physicians in America also used this method, as did Native Americans and some African cultures.

Physicians in other cultures who become extremely skilled at pulse diagnosis are able to accurately assess the health problems of clients in less than a minute, often in as little as 15 seconds, but it can take 20 or 30 years of experience to become that proficient. Knowing this, I shied away from even trying to learn this skill for many years, feeling I didn't have the time to devote to learning to do it properly.

My attitude on pulse analysis changed about seven years ago when I was able to attend a workshop on tongue and pulse analysis taught by Matthew Wood. I started to realize that even if I didn't understand all of the subtleties of the pulse, there were some major patterns in the pulse that were both useful and easy to recognize. So, while it takes decades to become proficient at the subtle aspects, even the beginner can derive useful information from the pulse. The primary information you get from the pulse is the basic state of the biological terrain, which helps you determine the kinds of herbs that will balance the body's energies.

So, after Matthew's class, I started by taking the pulse of each of my clients to simply get used to feeling the pulse. I continued to rely primarily on other assessment tools to make my recommendations, but in a short time learned to distinguish major features of the pulse.

You can do the same thing. It just takes practice. So, don't make the same mistake I did and overlook this very valuable and important tool because it seems intimidating. It only takes a minute or two to feel a person's pulse and the more you do it, the more useful this tool will become to you.

You can feel the pulse best when you place three fingers along the wrist as shown in the diagram on this page. Use the pads of your fingers, not your finger tips, when feeling the pulse, as the pads of the fingers are much more sensitive than the tips (because they have more nerve endings). Relax and breathe slowly and deeply as this increases blood and oxygen flow to your finger tips which increases their sensitivity.

As you feel the pulse you will be looking at the following characteristics: rate, width, strength and height. I'll explain what each of these characteristics feels like and what it means.

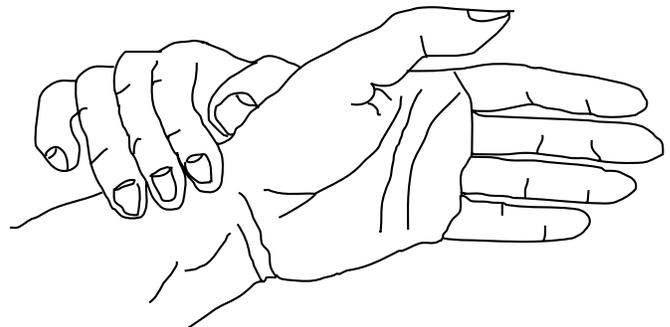
Pulse Rate

This is the easiest aspect of the pulse to learn because it's the part of pulse assessment that the medical profession uses. You simply need to count the number of beats per minute. This is usually done by counting the number of beats you feel in 15 seconds and multiplying that number by four. So, if you feel 15 beats in 15 seconds, then the pulse rate is 60 beats per minute. If you feel 20 beats in 15 seconds, then the pulse rate is 80 beats per minute. The normal range for an adult at rest is 60 to 80 beats per minute.

When the pulse is beating more rapidly, the system is irritated. This is a sign of excess heat or inflammation in the body. The pulse rate will be elevated during fevers, allergic reactions, inflammation and infections. A practical application of this fact is found in testing for food allergies. If you place a small amount of the suspect food in the person's mouth and the pulse rate increases by 10 beats per minute or more, then the food is irritating the body and causing an allergic reaction.

When the pulse rate is elevated, substances which reduce inflammation, heat and tissue irritation are needed. The Chinese formulas IF-C and VS-C are both indicated with rapid pulse rate. Thai-Go or other antioxidants would also be potentially useful for conditions where the pulse rate is rapid.

When the pulse rate is slow (less than 60 beats per minute), this is a sign of cold or tissue depression. The only exception to this is people who exercise vigorously on a regular basis. They may have a naturally lower resting pulse rate. Otherwise, a slow pulse is a sign that the vitality in the body is greatly diminished and the system needs warming tonics so that more energy will be



produced. This situation is more common with elderly persons or people suffering from chronic illness.

Spleen Activator is one of the formulas that may be helpful for a slow pulse. Capsicum, Garlic and Parsley is another possibility. A slow pulse may also be indicative of a low thyroid suggesting the need for Thyroid Support or Thyroid Activator.

Pulse Width

When you feel the pulse across the tips of your fingers, the pulse has a certain amount of width. A healthy pulse is full, which means the blood vessel feels like a small pipe or tube that pulsates (gets wider and then shrinks) with each beat. When the pulse lacks width, it is said to be thin or thready. Instead of feeling like a small tube, a thin pulse feels like a piece of thread beating against the fingers. A thin or thready pulse can indicate there is a lack of blood volume in the body (or in other words blood deficiency). It can also be a sign of reduced vitality and a need to build up the body.

Several of NSP's Chinese formulas are indicated by a thin pulse. These include Nervous Fatigue Formula (HS-C), Spleen Activator (UC-C), Lung Support (LH-C), KB-C and Blood Build (BP-C). Which formula is best for a given individual will depend on which specific organs are run down in the body. I find Blood Build and I-X specifically helpful for increasing the blood volume.

The pulse can also be tense. This means that the blood vessel feels tight and isn't expanding and contracting fully. This can indicate a tendency to high blood pressure, especially if the pulse is beating with a lot of force. See pulse strength for possible remedies.

The pulse can also be wiry. A wiry pulse feels like a wire stretched tight, sort of like a guitar string. This is a sign of tension and stress in the body, and is very common in our society. Western nervines like Stress-J, lobelia, and kava kava are helpful for relaxing a tense or wiry pulse. Nutri-Calm may also be helpful. A wiry pulse is one of the indications for the Chinese formulas Mood Elevator (AD-C) and Stress Relief (STR-C).

Pulse Strength

There is also a certain amount of strength in the pulse. The strength of the pulse is at least partially related to blood pressure. That is, the blood is being pumped through the body with a certain amount of force or pressure. The pulse can feel very hard or strong or it can feel soft or weak. It only takes a little bit of practice and experience to tell the difference.

When the pulse is pounding against one's fingers with a lot of force, the person may have a problem with high blood pressure. They may also be tense or irritated.

Blood Pressurex is one of the formulas I've found useful for a strong or hard pulse. Magnesium is often helpful, too. Some of the remedies for a wiry pulse can also soften a hard, tense pulse.

When the blood vessel feels really hard, MegaChel may also be indicated, as there may be hardening of the arteries.

When the pulse lacks strength and feels "wimpy" or weak, you are looking at a lack of vitality in the body. The possibility of low blood pressure exists. Many of the Chinese formulas have weak pulse as an indication. These include Spleen Activator (UC-C), Lung Support (LH-C), KB-C, Blood Build (BP-C) and Trigger Immune (IMM-C). All of these formulas are tonics for weakened organs in the body and a weak pulse is a primary indicator that these types of tonic formulas may be needed. The adrenals may need help, in which case Adrenal Support is a good choice.

Pulse Height

The height of the pulse has to do with how close to the surface of the body the pulse may be found. Normally, you have to apply a slight pressure to the wrist in order to feel the pulse. When the pulse is superficial or floating, then the pulse can be felt with the slightest touch to the wrist; no pressure is necessary, the pulse is right on the surface of the body. When you have a hard time finding the pulse and have to push hard in order to feel it, the pulse is deep. Again, it only takes a little practice and experience to tell the difference.

A superficial pulse indicates the energy in the body is moving outward towards the surface. This indicates the body is trying to throw off some kind of irritation and is usually felt in acute illnesses like colds, flu and fevers. A floating or superficial pulse is an indication for the Chinese formula IF-C, which is used to counteract conditions of acute inflammation or fever.

A deep pulse, on the other hand, is an indication that the body has pulled its energy inwards and away from the surface. This means vitality is lower and the disease is more internal or chronic. So a deep pulse indicates Chinese formulas that tonify weak organs such as Spleen Activator (UC-C), Lung Support (LH-C), KB-C and Trigger Immune (IMM-C).

It only takes a little practice and experience to be able to distinguish these basic pulse characteristics, and they provide us with very useful information about the biological terrain of the body. In the next issue I'll continue this discussion and provide other valuable applications of pulse taking.

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

Parkinson's, Cirrhosis, High Platelets and more

Parkinson's

I would like to know what to do for a 66 year old male at the end of Stage II Parkinson's. I am pretty sure DHA would be of great help. He is taking \$1000 of medication a month and they are not working at all. His son says that he is open now to alternatives and is also very depressed (suicidal) at times because of the limitations in his body. I don't want to overwhelm him, but I do want to be able to present a very good idea of what he can do before I start looking at all these prescriptions and their horrible side effects.

Margaret

I would start with Milk Thistle combination with extra amounts of N-Acetyl-Cystine. This will aid liver detoxification and glutathione production. In Parkinson's, there is a degradation of neurons in the brain due to oxidative damage and glutathione helps protect against this damage. Since the glutathione conversion is reliant on polyphenols, I would also add the Green Tea Extract.

You are right on track with the DHA and other essential fatty acids. These are very important for brain tissue. Adaptomax may also be helpful.

Cirrhosis of the Liver

I have an elderly man with cirrhosis of the liver. He is having lots of fluid buildup and is having to go have it drained frequently. His blood type is B-negative. He has never had a drop of alcohol. Thanks for any help!

Kaye

Decongest the pathways in the liver where glycogen flow occurs with SAM-e and MSM. Also add the Lymphatic Drainage in large quantities.

pH Question

What does it mean if someone's urine and saliva are both 7.0- 7.5? Their pH was taken around 10 am.

Lora

These readings are too alkaline, which indicates a stagnant condition in the body. They aren't digesting foods properly and their tissues aren't dumping acid wastes. I would have them take digestive enzymes to help break down food better and use herbs that move the lymphatics such as Lymphatic Drainage and Cellular Energy. Astringents can also be good with over-alkaline pH.

High Platelets

Any ideas on how to lower the platelet level? I have a customer with polycythemia vera.

Kasara

High platelets are usually an allergy indicator. This can also be a plaque indicator depending on what the person's free calcium index is. With the condition listed, I would start with Germanium, B-12 and Chlorophyll capsules.

This is just for the platelet side of it. The other numbers in the CBC would play a factor here as NO test is a stand-alone test in blood. So, to make more accurate recommendations, we'd need to look at what is going on with other blood tests.

Dogs and Red Meat

When I look at the blood type chart for blood type A, the diet profile says no red meat or pork and recommends a more vegetarian diet with fish and low glycemic vegetables. So would you say dogs should have red meat? I thought they needed red meat?

Donna

Dogs are pack animals and if you observe them in their environment when they were less domesticated, they would always eat the intestines of the animal first where the digested grass and such is. Dogs will eat some red meat but not as their staple diet. This fits the blood type rule perfectly since you shouldn't follow it 100% of the time. They knew they needed some l-tyrosine and B-12 once in

a while and the red meat would be the source they instinctively got it from.

If you look at cats, they will eat more of the fleshy part of the meat and muscle structure. This fits their profile too. Yet, cats will also chew on grass.

Immune System

I have a client in her early 70s who has taken vitamins and supplements for many years. She generally eats well and has a healthy lifestyle. Recently, she did the 90 day health challenge program, just for extra measure. She had a physical and lots of tests (blood work, etc.) and apparently is very healthy.

The last several months she has been getting every cold, flu and respiratory ailment out there. I am at a loss to know why her immunity seems so low. She drinks plenty of water, her colon seems to work well, she uses fiber and so forth. She uses Immune Stimulator and Vitamin C at the first sign of getting something and still she gets very sick. She called again today and wonders what she is doing wrong.

I would think the Thai Go and other things she takes would help keep her from all these things. Frankly, she wants an answer and I don't know, as basically she does far more than most do and takes care of herself far better than the average.

Geraldine

This sounds like a congested lymphatic system. All the colds and flus are damp conditions and if she has a congestive damp condition, then she needs to clear this out or the other nutrients she takes won't do much good. I would start with the Lymphatic Drainage formula and the Lymph Gland Cleanse. I would also add Cellular Energy to activate cellular energy and detoxification and Adrenal Support (as the adrenals regulate fluid and mineral balance). Drop the focus on the immune system and focus on decongesting the lymphatics, as this is probably the root cause of the problem.

Raising Testosterone

I had a man come yesterday who said his testosterone is very low. He didn't give me a number but seemed bashful about talking about it. He muscle tested for X-A, but not for damiana or Men's Formula. I was out of X-Action for men and had forgotten that sarsaparilla also has a testosterone enhancing effect.

I remember that testosterone needs to be gotten through a cream or a patch because it is broken down when ingested orally. Am I on the right track with my recommendations?

Charlotte

I use the Pro-G Yam and Black Walnut for low testosterone. Progesterone is a precursor to testosterone.

Infant with Eczema

Do you have any good information on the causes of and remedies for an infant with eczema? She is only about 4 months old and has eczema on her face. In the past, I have used blood purifiers, essential fatty acids, and colon cleansers internally and helichrysum oil topically. This baby doesn't have a blocked colon.

Leslie

I use Histablock and Yucca for eczema.

Thai-Go and Travel

My husband and I are flying to Florida to go on a cruise. I am currently taking Thai-Go for my arthritis and need to take it with me. Can I carefully pack an unopened bottle in my suitcase without it exploding because of air pressure? I was also thinking I might pack it in a carry on but I don't know if it would be a problem getting through security. Have you traveled with a bottle of Thai-Go?

Dawn

I travel with mine all the time. I put it in a plastic bottle (something that usually contains purple liquid) or an empty Mineral Chi bottle. I just don't like carrying the glass in my suitcase (mostly because it weighs a lot and there are tough weight restrictions now and I would rather use the weight for shoes). As for carrying it in your luggage, I have taken it on over 20 trips this year and have never had questions asked about it.

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 (321-626-9243).





Blood Pressure

Natural remedies can keep your blood flowing freely

Blood pressure is a measurement of the force applied to the walls of the arteries as your heart pumps blood through the body. This pressure is determined by the force of the heartbeat, the volume of blood pumped, and the size and flexibility of the arteries. Blood pressure changes continually depending on your level of activity, temperature, diet, emotional state, posture, physical state and medication use.

Blood pressure readings are usually given as two numbers: for example, 110 over 70 (written as 110/70). The first number is the systolic blood pressure reading, and it represents the maximum pressure exerted when your heart contracts. The second number is the diastolic blood pressure reading, and it represents the pressure in your arteries when your heart is at rest. In adults, the systolic pressure should be less than 120 mmHg, and the diastolic pressure should be less than 80 mmHg.

Most people cannot sense if their blood pressure is high (hypertension) because there are usually no symptoms. High blood pressure results from high levels of pressure in the arteries, causing the heart to have to pump harder. This increases the risk of heart failure, heart attack, stroke and kidney failure. Testing blood pressure frequently is a way for people with high blood pressure to monitor the effectiveness of medications and dietary modifications.

Although not as widely recognized as a problem, blood pressure can also be too low. Low blood pressure can be a sign of a variety of illnesses, including heart failure, infection, glandular disorders (especially adrenal exhaustion), and dehydration.

Some general aids for high blood pressure include Garlic, Capsicum, Garlic and Parsley formula, and Blood Pressurex. These formulas work to enhance blood flow through the body and balance blood pressure. However, to be more precise in the selection of remedies, one must look at the root causes of high blood pressure and address them. Here are five things to consider.

First, high blood pressure may be caused by hardening of the arteries. Plaque on the inside of arterial walls obstructs circulation and must be removed to restore normal blood flow. The MegaChel oral chelation program can be used to help the body remove this plaque and restore normal blood flow.

Fluid retention or edema will also cause the blood pressure to elevate. This can be caused by inflammation of damaged tissues or because of a problem with lymphatic drainage or kidney function. This fluid can be removed from the tissues using diuretic herbs, either irritating formulas that stimulate the kidney to work harder, like Juniper berry, buchu or uva ursi, or nourishing

(non-irritating) diuretics like Potassium Combination, Urinary Maintenance and KB-C. The Kidney Drainage and Lymphatic Drainage formulas can also be very helpful when taken together. Occasionally, edema is also caused by cardiac problems and in this case, a cardiac remedy like CardioAssurance or Co-Q10 may be necessary along with diuretics.

Stress will also cause nervous tension that will elevate blood pressure. It is an established fact that most people's blood pressure rises the moment they step into the doctor's office. Adaptagens such as Suma Combination, AdaptaMax, Eleuthero root and American ginseng have been helpful in relieving some cases of high blood pressure. Other stress-reducing remedies that may help include Magnesium, NutriCalm and Passion Flower.

Excess weight is a cause of high blood pressure because adipose tissue adds more blood vessels that the heart has to pump the blood through. Weight loss is therefore very important to normalizing blood pressure.

Hyperinsulinemia or Syndrome X is a hidden contributing factor to high blood pressure and the development of arterial plaque. In this condition, the body overproduces insulin in response to a diet full of simple carbohydrates, causing inflammation which has been linked to diabetes and heart disease. This problem also contributes to weight gain. Treating this condition by exercising and replacing simple carbohydrates with proteins and complex carbohydrates has resulted in dramatic reduction in blood pressure. Herbal formulas such as AS with Gymnema, CLA, HY-C, Licorice Root, Stevia and Omega-3 Super EPA have also been helpful.

A study published in the prestigious British medical Journal, *The Lancet*, in late 2004 conclusively demonstrated that lifestyle factors are the most important determinants of high blood pressure and heart attack. The study cited smoking, psychological stress and low intake of fruits and vegetables, as well as lack of exercise and a sedentary lifestyle as the most important determinants of high blood pressure.

If low blood pressure is a problem consider glandular tonics like Adrenal Support, Licorice Root, Thyroid Support and Master Gland. Capsicum, Garlic and Parsley can also help because it balances blood pressure (both high and low).

These are just a few of the many remedies that can help with blood pressure problems. For additional information on dealing with blood pressure naturally, consult your local herb specialist. Additional information on these problems can also be found in *The Comprehensive Guide to Nature's Sunshine Products* and *The ABC+D Approach to Natural Health*.

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Seek appropriate professional assistance for all serious health problems. Handout prepared by Tree of Light Publishing
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Blood Pressurex

A blend of herbs and nutrients that help to reduce blood pressure

Blood Pressurex is a formula designed to naturally reduce high blood pressure and to protect cardiovascular health. It works on the problem of high blood pressure from several angles. First, researchers are verifying that inflammation is the underlying cause of cardiovascular disease, including high blood pressure. Inflammation causes tissue swelling which reduces blood flow and is also the beginning of plaque formation. Blood Pressurex contains antioxidants and anti-inflammatory herbs to reduce this inflammation and the accompanying swelling. It also contains ingredients which reduce fluid retention in tissues.

Blood Pressurex helps to dilate (expand) peripheral blood vessels. As blood vessels dilate the heart can get blood to the extremities more easily, so it doesn't have to pump as hard. Other ingredients act as tonics to the heart and blood vessels.

The ingredients in this formula reduce blood pressure in the following ways:

Coleus Forskohlilii is used as a cardiac herb in Ayurvedic medicine. It has a number of documented effects on the circulatory system. It relaxes smooth muscles, dilates blood vessels and reduces blood pressure. It also increases blood flow to the brain. It increases levels of cyclic adenosine monophosphate (cAMP) which assists the body in making messenger chemicals that help dilate arteries. cAMP works with L-arginine to create nitric oxide which helps lower blood pressure.

Olive leaf, like olive oil, has been found to benefit the cardiovascular system through its antioxidant properties. Oxidative damage causes arterial plaque to form so preventing this damage reduces the risk of hardening of the arteries. Olive leaf also has diuretic, anti-inflammatory and blood pressure-reducing effects.

Hawthorn berries have been eaten for years in Europe as an herbal cardiac remedy and have been extensively researched as a cardiac tonic. One of the many benefits of hawthorn is its ability to dilate blood vessels, reducing blood pressure at the same time that it increases circulation. It dilates both peripheral blood vessels and the coronary arteries that feed the heart. It also tones the heart muscle, increases cardiac efficiency, and slows the heart rate.

Goldenrod is a diuretic herb that reduces fluid retention. It tonifies weak and tired kidneys. It also strengthens

the urinary system, restoring blood flow to the kidneys and improving urinary filtering ability.

L-Arginine is an amino acid generally necessary for the repair and replication of cells. Additionally, cells in the lining of the blood vessels produce nitric oxide as a messenger chemical to cause vasodilation. Nitric oxide requires arginine for synthesis, so low levels of arginine can cause vasoconstriction. Arginine helps stimulate nitric oxide production and vasodilation. As arteries dilate (or open up) blood pressure is reduced.

Blood Pressurex also contains two antioxidants that help prevent free radical damage to blood vessels—vitamin E and Grapine (grape seed extract).

Vitamin E is a fat-soluble antioxidant, which means it protects a different range of tissues than the water-based antioxidants like Vitamin C. These include the fatty coverings of nerves and heart tissue. Vitamin E also maintains elasticity in the blood vessels and heart muscle and enhances the ability of red blood cells to carry oxygen.

Grape seed extract contains antioxidants which have been shown to be twice as powerful as Vitamin E. In addition, it specifically targets damage to the circulatory system and clinical trials have established its effectiveness in healing hemorrhages and ruptures in capillary walls, as well as the inflammation which contributes to plaque build-up in blood vessel walls.

Blood Pressurex has a slow, positive, cumulative effect, and should be taken for at least 2-3 months to allow it time to work. It should be used in conjunction with lifestyle changes for maximum benefit.

Usage: Bottle recommendations are 1 capsule with a meal three times daily. However, larger amounts (2-3 capsules three times daily) could be safely consumed and would produce a stronger effect. High doses of L-arginine may aggravate cold sores, canker sores and herpes in some people. L-lysine helps counteract this tendency.

Selected References

The Encyclopedia of Medicinal Plants by Andrew Chevallier
PDR for Nutritional Supplements by Thomson PDR
Prescription for Nutritional Healing by James F. Balch and Phyllis A. Balch
The Comprehensive Guide to Nature's Sunshine Products by Tree of Light Publishing

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Watch for our Cholesterol DVD and Cholesterol booklet coming out next week.



Class Schedule

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

Steven Horne's Speaking Engagements

Fast, Effective Natural Health Care

May 17	Jamestown, NY	\$25 or register online and save \$5
June 10	Alamo, CA	\$25 or register online and save \$5
June 13	Modesto CA	\$25 or register online and save \$5

Clinical Practicum

May 13	Ellicottville, NY	Class filled
May 15	Ellicottville, NY	Class filled
Aug 11	Cedar Grove, WI	\$200 or register online and save \$10

Get Rich Slowly

June 10	Alamo, CA	\$35 or register online and save \$10
June 13	Modesto, CA	\$35 or register online and save \$10

Love Your Body Beautiful (with Deanna Hansen)

June 18	St. George, UT	\$100 or register online and save \$10
Aug 31	Salt Lake City, UT	\$150 or register online and save \$10

Kim Balas' Classes

An Simple Approach Blood Chemistry

Jun 10	Auburn, NY	\$150 or \$99 preregister by May 6
Aug 30	Salt Lake City, UT	\$150

A Natural Approach to Blood Chemistry

Sept 24	Walnut Creek, FL	\$295
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