

Nature's Field

An Electronic Journal for NSP Distributors

Garlic

By Steven Horne and Mark
Montgomery

Garlic has been prized for its many healing and culinary properties for thousands of years. But its strong odors can arouse some strong feelings as well—who wants to be around someone with garlic breath? It's interesting that garlic's smell is actually part of what gives garlic its potent antibiotic, expectorant, anticoagulant, anti-histaminic, and antiparasitic properties—and, even if it's not guaranteed to keep away werewolves and vampires. *It has* been shown to fight infection and to lower blood cholesterol and blood sugar levels,

Garlic grows all over the world. Legend has it that it began in Siberia and spread from there through Asia and Europe all the way to Sicily, where it grows wild today. Garlic bulbs have been used for millennia in folk medicine as a cough remedy, a drawing poultice and against a host of infectious diseases, including tuberculosis, whooping cough, plague and diphtheria.

But what about that smell? Scientists tell us that garlic contains the sulphur compounds allicin, alliin, and ajoene (in addition to a volatile oil, vitamins A, B and C, fats, enzymes, flavonoids and amino acids). These sulphur compounds are responsible for the acrid or pungent quality and smell of garlic. Sulphur is a naturally antiseptic element. In fact, the first generation of "miracle drug" antibiotics were called "sulfa" after their primary constituent, the sulphur compound sulfanamide. Research has shown that alliin, allicin and ajoene break down into diallydisulphide, another sulphur compound with potent anti-bacterial effects. During World War I, raw garlic was applied to soldiers' wounds to prevent septic poisoning and gangrene and is credited with saving thousands of lives.

Garlic also has been clinically proven to reduce the risk of another heart attack in people who have already had one. An explanation put forward by James Duke Ph.D., is that it contains nine different anti-coagulant compounds—more than any other herb—which also makes it an effective preventative against strokes. This also explains why some herbalists recommend against taking large doses of garlic if you're on blood-thinning drugs like warfarin or coumadin.



Photo by Steven Foster

From a Chinese energetic perspective, herbs with a pungent or acrid smell correspond to the Metal element and the lung and large intestine meridians, so we'd expect that garlic would affect these organs, which it does. Research has shown that it helps with asthma and bronchial conditions. It also has been clinically proven to have powerful anti-viral action against colds and even stronger effect than some prescription anti-viral drugs on the mar-

ket. According to Chinese medicine, garlic also benefits the stomach and spleen meridians, which helps to explain its reputation among herbalists as a first-rate digestive tonic and remedy for digestive disorders.

By now, hopefully, you get the picture. With all the different health benefits it provides, no one should be going without garlic. But who wants that smell? One of the features of garlic is that after being digested, its sulphur-compounds are released through the skin and lungs. This means you can end up smelling like garlic even if your breath doesn't. A great solution is to take NSP's high potency garlic tablets which leave almost no garlic smell. Each tablet contains all the sulphur compounds you would find in four cloves of fresh garlic.

One last use for garlic: In her book, *A Modern Herbal*, Mrs. M. Grieve writes that "there is a curious superstition in some parts of Europe, that if a morsel of the bulb be chewed by a man running a race, it will prevent his competitors from getting ahead of him." Given garlic's many healthful, revitalizing and rebuilding qualities, there may be some merit to this claim—but don't try it if you're going in for a job interview!

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Steven Horne's Ramblings and Ravings

Tissue Has Memory Cleansing One's Life

This is a continuation of the topic of "life cleansing," discussed in the previous issue.

In the previous article, I mentioned that it is unresolved mental and emotional stress that is a root cause of disease. I also indicated that one of the ways you can tell that an emotional issue is unresolved is the fact that there is still an emotional charge attached to it. That is, when the subject comes up, it evokes intense feelings.

There is another way to tell that we have unresolved mental and emotional stress in our lives and that is to look at the amount of tension we hold in the body. The tissues of the body hold memory as is documented in the book, *The Heart's Code*. People with organ transplants acquire likes and dislikes, food cravings, and even memories from the people who donated the organs. Even if we have suppressed the memory of an unresolved emotional trauma, the tissues of the body are still holding the memory.

Areas where we are stiff and our movements are jerky or robotic are possible areas where we are holding unresolved emotional issues. Areas where we accumulate fat are also areas where we have stored painful memories. Fat serves as a type of emotional insulation for these areas. Parts of our body that we do not like, or parts of the body that we do not touch or want loved ones to touch, are very likely areas where we are storing unresolved emotional conflict. Here's why.

The word emotion has "motion" in it. Emotions make us move. They cause us to act. Experts in marketing know that people don't do things based on logic. One has to engage the emotions in order to get people to take action. I have always thought of emotions as the evokers of motion in the body. However, I learned an even better way to think of emotion from a workshop at the IIPA symposium taught by Alicia Rocco, a holistic healer. She says emotion is *energy in motion*.

Just consider a person who is really alive, dynamic and active. You will probably find that they are a passionate person, which means they have a lot of emotional energy which is propelling their actions. In contrast, think of the flat emotional state of people who are depressed and note their lack of energy and tendency to lethargy and sleep. Whatever this mysterious energy called emotion is, it is obviously connected with movement, which is linked with life.

I submit to you that emotions are vibratory or energy states of the body. The entire body is constantly oscillating in various

ways. The blood pulsing through the body, the breath moving in and out and the brain waves reflecting the electrical impulses of the nervous system are all examples of these vibrations we call life. Emotions change these movements in specific ways.

When emotions arise that we don't want to acknowledge or experience, we stifle these movements. We hold our breath, we contract muscles and otherwise inhibit the physical movements these emotions naturally evoke. The longer these waves of energy are held in check, the more "frozen" the physical body becomes. The tissue is holding onto the emotional energy and is unable to discharge it. This creates hard, dense, tense tissue that is "full" but cannot "release." Toxins and fat accumulate in these areas where the energy is no longer in motion. In short, these areas become "deadened."

The most important thing I ever learned about "letting go" of these blocked emotions paralleled the most important lesson I learned about physical healing, which is that symptoms are not the enemy. The body creates symptoms like fever, runny noses, coughing, diarrhea, skin eruptions, and so forth in order to discharge irritants. When one fears these symptoms, there is a natural desire to suppress them. However, when one understands that these symptoms are the efforts of the body to heal itself, the discomfort remains, but the fear goes away. One learns to work with the body, instead of against it and one can actually learn to be grateful that the body is doing what it is doing.

Emotions are like that. People think that being "loved" is a wonderful thing, and it is, but just like good food can bring about a healing crisis, intimate relationships will almost always bring about emotional healing crises. Situations in life are always touching our hidden, unresolved emotional conflicts. This brings these hidden emotions to the surface. Because we are afraid of these feelings (which is why we buried and suppressed them in the first place) our tendency is to attack and blame others (especially those close to us) for these feelings.

Emotional healing is about allowing ourselves to confront and experience these emotions. If we allow ourselves to just let them be, they move through the body like a wave. We may have a good cry, we may scream or hit a pillow, or experience other sensations moving through the body, but this is not a bad thing as long as we've chosen an appropriate time and place and aren't being destructive towards ourselves or others.

In my experience, when I've been able to create an emotional healing crisis and have allowed that discharge of tension from the

tissues, there is always a sense of calm and peace that follows. If you recall from the last article, this is the moment of stillness or emptiness where Divine love, joy and peace are found. As long as we are holding back these waves of emotional energy, and we are in denial of how we feel, we can't let go of them. We can't release or give away something until we acknowledge its presence and like I said last time, most of us are constantly trying to "fill up" our lives in order to avoid facing what we haven't resolved inside of ourselves.

As children, we were not afraid to express these emotions. We cried freely, threw temper tantrums when we were angry, laughed easily and freely and otherwise moved gracefully with our emotions. As adults, we have learned to suppress what we feel. We hold back our tears of joy or sadness, we control our tempers, stifle our laughter and otherwise keep our emotional responses in check. This is not entirely bad, as we do need to learn how to act in a socially responsible manner. This is about channeling this emotional energy into constructive actions, rather than destructive ones. There are appropriate ways to deal with all our emotions, including anger, fear, resentment, grief and lust. Suppressing and denying them is not dealing with them.

The bottom line is that we tend to stifle emotions because we feel guilty and ashamed for having them or we are afraid to let them go for fear of what others will think. Being in a state of grace is being in a state of freedom from shame, fear and guilt. It is a state of innocence, where, like the child, we are not ashamed or afraid of what we feel. And this is how the state of emotional grace and the state of gracefulness are interconnected.

Gracefulness is a state of the body in which movements are flowing, rather than awkward, jerky or robotic. Wild animals exhibit this gracefulness of movement; there is nothing stiff or awkward about the way they move. Just watch squirrels as they dart through the trees or a herd of deer, elk or antelope moving across the landscape and you will see that gracefulness.

You can also see this state of gracefulness in healthy children. They run, jump, play and otherwise move with freedom and ease. As a rule, the child's body is free from stiffness. It is soft and supple, moving with the same ease and freedom as the wild animals, but then, children and animals aren't living under the burden of guilt, fear and shame that makes them deny and suppress their emotions.

It takes a lot of energy to keep emotions suppressed, so the more you suppress your energy in motion, the less energy you have to function in life. Depression, lethargy, fatigue, lack of interest in life, loss of sexual desire and even physical health problems can all arise from this stifling of the energy that moves the body.

As I listen to various speakers on human potential or various holistic healers, I observe that emotions are rarely discussed.

People tend to either treat the body or they tend to talk about the importance of positive thinking and attitude. Rarely are emotions discussed. They are usually dismissed as chemical reactions in the body or the outcome of thoughts (positive or negative) in the mind. Rarely are they looked at as an experience in and of themselves. In fact, one of the main complaints I have about many motivational speakers is that they actually encourage people to suppress their emotions and override them with "positive thinking."

I'm not suggesting that we should allow our emotions to run our lives. I'm just saying we should pay attention to them, acknowledge them and allow them to be. How do we do this?

Well, the most important thing we can do is to learn to breathe consciously. The diaphragm is the only muscle in the body that is under conscious control, that also functions automatically. Our breathing pattern shifts with our emotional state. In fact, I have demonstrated in classes that one can shift one's emotional state simply by shifting one's breathing pattern. To breathe is to be alive. But to breathe is also to feel, and many of us do not want to breathe because we are afraid of how we feel. When we start consciously breathing, we start feeling again.

Deanna Hansen, Athletic Therapist, has taught me that the most important part of the breath is not the inhalation, but the exhalation. We especially need to breathe in a way that allows our lungs to fully empty out. Try it. Take a slow deep breath. Then exhale fully, pushing as much of the air out of your lungs as you can. Let it go.

Then, the next time emotions start surfacing, instead of just reacting to them with blame, or guilt or shame or fear, just breathe with them. Breathe out fully. Let it go. As you learn to do this, you'll release the emotions stored in the tissues. The more you do this, the more tension you'll release from your body and the more alive you will feel. You'll find yourself able to go with the flow of life better.

Much more can be said about this, but space doesn't allow it here. More information will be available in the *Love Your Body Beautiful* class, and in the forthcoming books, *Love Your Body Beautiful* and *TLC: A Message of Hope and Healing Sent Forth in Love to All Mankind*, scheduled for publication in the coming year.

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

Thyroid, Iodine, Seasonal Defense, Four and More

Hyperthyroid

I have a lady coming in with a hyper-thyroid condition. The doctors want to burn her thyroid out with radiation. She does not want this to happen to her. So, my question is, would I use the same NSP products for hyper-thyroid as I would with hypo-thyroid? It is all about feeding the cells of the gland right?

Merry

You would not use the same products for hyper-thyroid that you do for hypo-thyroid. It could aggravate the condition. There is still an iodine deficiency in hyper-thyroid, because the thyroid would not take up the radioactive iodine they use to kill the thyroid if the thyroid was already saturated with iodine. High doses of iodine are used to protect against radiation poisoning, because when the tissues are saturated with iodine, it keeps the radioactive iodine from being absorbed; it just passes out through the urine.

I would put her on heavy doses of Black Walnut to get some iodine in, but you also need to “cool-down” the thyroid activity. I would use the 7-Keto and IF-C for this. Steven Horne uses lemon balm (melissa) and bugleweed to calm thyroid function. Motherwort can calm the heart rate if it is too high.

Sometimes the vitamins and minerals can aggravate this condition. Magnesium would be fine as well as some HSN-W or CA Herbal. Occasionally the adrenals need help with this condition too.

Seasonal Defense

What can I do for sore throat, chest congestion and sinus drainage. I feel like I'm dying here!

Kansas

There are many good products for this, but if I had to just choose one product I would use the Seasonal Defense—2 capsules every two hours.

Thyroid Problems and Iodine

I am currently on Armour thyroid, but want desperately to get off of it. I have been reducing the amounts gradually and am now down to 4 days a week. On the off days, I started taking the Thyroid Support, but then switched to Target TS II. The problem is, I have been dragging and I mean really dragging for a while now. I recently had a blood test and the doctor suggested I up the Armour at least one more a week because I was still a little low.

I sleep about 9-10 hours a day and still drag. I have been home this entire weekend because I am too tired to do anything. Just barely got the house clean. No fun, no recreation, no energy. My diet is not perfect, but not that bad either—no sugar for three years and I recently cut out bread. My carbohydrates come from fruit and other complex sources.

Help! I need energy big time! The bags and circles under my eyes are worse than ever. I have gained about 20 lbs., too.

Lisa

I recently attended a class on hormones taught by Dr. David Brownstein, M.D. I learned a lot about the thyroid and about iodine, which totally blew me out of the water. It filled in so many gaps and questions I was having with several of my clients. I now know the missing link is upping the iodine (even in hyperthyroid cases). It was a huge light bulb for me and I'm happy to share what I've learned.

All glandulars and synthetic medications for thyroid support T4 only. In order to support TSH and T3, you have to add iodine to the diet. It will take large amounts in the beginning because we are all so iodine deficient.

Iodine is a rare nutrient, and difficult to obtain from inland diets. What makes the situation worse is that other halogens (chlorine, fluoride and bromide) all displace iodine. So, for starters, chlorinated water is contributing to the problems. About twenty years ago, they stopped

using iodine as a dough conditioner in bread and substituted bromides. So, while we used to get iodine from bread, now we get something which displaces it.

The bags under the eyes are an iodine deficiency indicator. Doing an iodine loading test, which is a 24 hour urine collection after a 50 mg. dose of iodine will show you how much iodine you are dumping. The body should dump 90% of this iodine and most people dump far less than this.

Here's the thing...the thyroid glandular isn't as effective as it should be without the iodine intake. So, I would start on an iodine supplement at 50 mg. per day. Now, I always use the thyroid glandular (Thyroid Support) and add more iodine to it. I typically use 50 mg. for women, 25 mg. for men and 12 mg. for kids.

Iodine Test

A friend of mine was just diagnosed with a possible thyroid disorder (her test was in the form of a drop of iodine on her arm and watching how fast it disappeared). Have you ever heard of this test and do you know how effective it might be?

Jeff

I've heard of this test, but it isn't really an accurate test of what the glands or organs are holding onto because the iodine never penetrates into the blood. The skin stores iodine, so it's only an indicator that the skin may be deficient in iodine and is absorbing it. Iodine has to be oxidized into iodide before the thyroid gland can use it.

A more accurate test is an iodine loading test where the person takes a 50 mg. dose of iodine and the urine is collected for 24 hours. If a person has adequate tissue levels of iodine, then 90% of the iodine will be secreted in the urine. (50 mg. for two days) and then their urine is collected to see how much iodine they are dumping. If the tissues are saturated, then a person will dump 90% or 90 milligrams. Many people dump far less than this, indicating they are iodine deficient.

Dr. David Brownstein's book, *Iodine: Why You Need It, Why You Can't Live Without It* explains this test.

What is Four For?

I pick a few herbs or formulas each week and try to learn about them. I came across one called "FOUR". I had never

heard of it before and I don't think I've ever seen it discussed on the nsp_advisor forum. Can you tell me what it's used for?

Silky

Four was originally formulated for allergies, but has been reformulated a couple of times and doesn't work quite as well for that purpose as it used to. As a respiratory formula, I've used it for when there is excessive moisture in the lungs, especially with hard coughing. I have used Four for a damp inflamed liver, especially with sharp pains present. I find that it works well in conjunction with Spleen Activator for spleen issues.

Morning Cough

When someone gets up and starts coughing, what are some of the underlying problems and solutions.

James

The body is doing what it knows how to do—flush the irritants. If there is excess mucous build up, I would look at how the body is moving proteins through the system. When proteins aren't being metabolized properly, it generates excess mucus. Protease on an empty stomach can help resolve this.

Also, many people don't realize it, but the adrenals are very much involved in mucous and congestion. If there are some signs of adrenal problems, I would look at using Cellular Energy and Adrenal Support or Nervous Fatigue Formula.

For some immediate help, I would choose the EW internally. People think EW is just for the eyes, but it's a very good respiratory formula as well.

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).





Seasonal Congestion

Dealing with springtime colds, allergies and congestion

When spring rolls around and the long nights and cold days of winter are coming to an end, many people develop various respiratory problems such as colds, sinus drainage and coughs. As spring flowers come into bloom, respiratory allergies also become a problem for many. Fortunately, there are natural ways of dealing with these problems, but first, we need to understand what is happening in the body.

The sinuses and lungs are lined with mucous membranes. These membranes are coated with a thin layer of mucus, which serves as a protective substance. It keeps these membranes moist, and traps dust, pollen and other particulate matter in the air to protect these delicate tissues. Tiny hairlike projections called cilia continually sweep this mucus out of the lungs and sinuses along with any “garbage” which may be trapped in the mucus.

Sometimes, the mucous membranes are secreting an excessive amount of thin, watery mucus (as in allergies and the early stages of a cold). The mucus can also become too thick and goopy, so that it doesn't move freely. This creates congestion. It can “plug up the sinuses,” block the absorptive surfaces of the tiny sacs in the lungs called alveoli and constrict the passageways of the bronchi, inhibiting the natural breathing and air exchange processes.

What causes this excess mucus or congestion? It's primarily arising from the lymphatic system. The lymphatic system is designed to remove waste fluids from every tissue in the body and to clean up these fluids before returning them to the circulatory system. Physical movement promotes lymphatic flow. During the winter, people are more sedentary and their body may accumulate an excessive load of toxins in the tissues. Winter also puts a greater stress on the lungs—especially when we breathe through our mouths, the colder, dryer air can actually burn the tissues of the lung, just as meat left in a freezer gets freezer-burn. This leads to irritation of the tissues and diminishes the lungs' ability to breathe and to cleanse, setting the stage for the vicious circle of diminished function—increased irritation and build-up of toxins—and further reduction in ability to function.

In spring, as more cleansing foods become available and people become more active, the body may start a detoxification process to eliminate this build-up from winter. Normally, these toxins will get dumped into the colon, but if the colon isn't able to eliminate them all, whatever remains will be brought up to the mucous membranes of the respiratory system—hopefully to be swept out of the body by the cleansing action of these mucous membranes. Thin, watery mucus is a sign the body is trying to flush an irritant. Thick mucus is a sign of a congested lymphatic

system that is overloaded with toxins and possible dehydration of the tissues.

Various herbal remedies can be used, along with plenty of water, to help this spring detoxification process. ALJ is one of the best all-around formulas for treating almost every type of respiratory problem and can be very helpful in expelling mucus from the lungs and sinuses. Seasonal Defense is another formula that can help clear the lungs and sinuses of excess mucus and reduce allergic responses. It was formulated specifically to help with respiratory problems during seasonal changes.

For spring allergies, HistaBlock is a formula specifically designed to reduce allergic reactions, naturally. Four is another formula that has helped many people desensitize themselves to spring pollen.

There are also some more serious respiratory conditions people may develop. One of these is bronchitis, an inflammation of the small tubes which form the main air passages of the lungs. Bronchitis is usually a result of a respiratory infection. Bronchial Formula is an Ayurvedic herbal blend that is particularly helpful for overcoming this bronchial inflammation. Astragalus and ALJ can also be helpful.

Another specific condition is pneumonia, in which the lungs themselves are infected by bacteria, viruses or fungi, causing inflammation and fluid accumulation. Symptoms of pneumonia are cough with green/yellow mucus, fever with shaking chills, sharp or stabbing chest pain, which is worsened by deep breathing or coughing, rapid, shallow breathing or shortness of breath. Large doses of ALJ (3-4 capsules) taken every two hours along with one tablet of High Potency Garlic can be very helpful for pneumonia. (Medical attention should be sought, of course.)

Pleurisy is a third specific respiratory condition, involving inflammation of the pleura, the moist, double-layered lining that surrounds the lungs and lines the rib cage. It can cause painful and difficult breathing, coughing and accumulation of fluid or fibrous tissues in the thoracic cavity. The combination Four is particularly helpful for pleurisy because it contains pleurisy root, an herb which gets its name from its ability to help this condition.

These are just a few of the many remedies that can help with respiratory problems during the spring (or any other time of the year). For additional information on dealing with respiratory problems naturally, consult your local herb specialist. Additional information on these problems can also be found in *The Comprehensive Guide to Nature's Sunshine Products*, *Dr. Mom-Dr. Dad* and *The ABC+D Approach to Natural Health*.

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ALJ

A Popular and Effective Formula for Allergies and Respiratory Congestion

ALJ is a respiratory formula containing boneset, fenugreek seed, horseradish root, mullein leaves and fennel seed. Like the other NSP formulas ending with the letter 'J', it was formulated by herbalist Jeanne Burgess. Jeanne created this formula for allergies, severe congestion in the lungs, and as a digestive aid. (The 'A' and 'L' stand for Allergy and Lung). It was so effective that within months of its introduction, it became a best-selling product and has remained one for almost twenty years.

ALJ not only reduces the redness and swelling around the nose and eyes associated with allergic reactions, it also works for severe lung problems. It helps clear congestion (fluid and mucus) from the lungs in colds, coughs, pleurisy, bronchitis and even pneumonia. It breaks up hardened mucus and helps remove it from the lungs and sinuses.

Jeanne was well aware of the connection between the respiratory system and the digestive system. Improper digestion and poor elimination contribute to mucus congestion in the lungs and sinuses by congesting the lymphatic system. So, ALJ was also designed to improve digestion.

This combination aids digestion, if taken before meals and is even said to cleanse the colon. It certainly was not formulated for that purpose, but the claim makes sense, given the lymphatic connection between the colon and the lungs. Even better results are achieved if ALJ is used PLS II.

Here's what each of the ingredients in ALJ is for.

Boneset is an old Indian remedy, with aromatic and bitter qualities, which was quickly adopted by European settlers. It is reported to be laxative, diaphoretic, febrifuge and expectorant. Historically, it has been used for all kinds of fevers, influenza, catarrh, constipation, night sweats, bronchitis, sore throat and chills. It got its name from its use in cases of "bone break fever" which was a type of influenza where the bones felt like they were going to break. It is very helpful for colds and flu accompanied by pain in the muscles and bones.

Fenugreek seed is a mucilaginous herb with affinity for the lymphatic and respiratory systems. It is excellent to use for conditions involving excess mucus or phlegm. It has bitter principles, called saponins, which are emulsifiers and have dissolving and loosening properties. This may explain why it has been used to dissolve thick or hardened mucus and aid in its expulsion from the body. It may also help expel toxic waste from the lymphatic system—the source of many mucous secretions. The mucilage component of fenugreek is also helpful in absorbing toxins in the digestive tract.

Horseradish is a pungent, heating aromatic in the same "energetic" category as capsicum and ginger. It contains a mustard-like (sulphurous) oil which gives it powerful circulatory stimulant and antibiotic properties. It also stimulates the flow of digestive secretions and causes an increase in blood flow to the extremities. The Chinese used this herb to aid in the digestion of fats. Horseradish also appears to have a strong stimulating effect on the respiratory membranes causing them to expel mucus. Hence, it has been used historically for bronchitis, catarrh, constipation, coughs, hoarseness, pulmonary complaints, sinus troubles, wheezing and whooping cough.

Mullein combines the expectorant action of its saponins with the soothing effect of its mucilage. It has a strong affinity for the lung tissue and the lymphatic system. It is one of the major herbs the Indians used for lung problems. It appears to have the ability to loosen mucus and move it out of the body. It also appears to nourish and strengthen the lung tissue, making it useful for all respiratory problems. Mullein hydrates lung tissue and is very helpful for chronic weakness of the lungs. It has been used to help reduce swelling in the lymph nodes and improve lymphatic drainage.

Fennel is an aromatic herb used in herbal folklore to improve eyesight and promote weight loss (its Greek name 'marathon' reportedly derives from the verb meaning "to grow thin.") It also has a long history of use in overcoming colic, gas, and other digestive disturbances. In addition, it contains volatile oils which appear to stimulate the lungs and allow them to eliminate phlegm, which is known as an expectorant action. Fennel also has diuretic properties. Historically, it has been used in cases of persistent cough and bronchitis. It is also reported to have anticonvulsive properties.

Use: ALJ works best in doses of 2-4 capsules repeated every two to four hours. The amount and frequency of the dose depend on the severity of the problem. For serious lung problems, 4 capsules every one to two hours may be required. ALJ is also available in a liquid form, which can be administered in small doses (1/4-1/2 teaspoonful) as often as every 30-60 minutes. It combines well with High Potency Garlic for pneumonia and infections in the lungs. For colds and flu, it combines well with Ultimate Echinacea or Echinacea/GoldenSeal.

Sources

Handouts from Jeanne Burgess.
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New Guide to Health by Samuel Thomson.

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