

Nature's Field

An Electronic Journal for NSP Distributors

Who's Afraid of the Big, Bad Swine Flu? Not Me!

by Sharon Grimes

You can't turn on the news without hearing about the possible swine flu epidemic. I am getting phone calls and e-mails from people asking what they should do to protect their family. So, I wrote this article to tell you what we are doing at our home. We are simply taking the same steps we would to avoid any type of an illness or outbreak.

I recommend a three-prong approach to protect yourself against the swine flu, or any other type of contagious illness that is passed by human contact from one person to another.

First Take Steps To Boost Your Own Immune System!

- Drink half your body weight in ounces of pure water every day to keep your immune system strong.
- Make sure you are eliminating after every meal so that germs do not have a place to "hibernate" in your body.
- Get plenty of sleep at night, and be in bed before 11 PM.
- Eat healthy foods, including lots of fresh fruits and vegetables.
- Eat cultured dairy products such as organic yogurt and kefir to boost your immune system, as they are loaded with natural probiotics
- Avoid the foods that deplete your immune system particularly coffee and soda, and anything containing white sugar or high fructose corn syrup. Drinking just one can of soda depletes four immune system by 90% for the next 5 hours...a great reason to give up drinking soda!

You can also boost your immune system with several simple supplements taken daily. The first is probiotics, such as Bifidophilus Flora Force, which stimulates the growth of beneficial microorganisms in the intestines and boost your body's first line of immune defense.

Another fantastic immune booster that is being recommended by the CDC is Vitamin D3, which our bodies manufacture from **Sunshine!** Try to get out in the sun for at least 15 minutes a day, and be sure your arms and legs, as well as your face, are exposed for maximum Vitamin D3 production. D3 gives your immune system a tremendous boost, and greatly reduces your risks of illness. If you can't get out into the sun, take D3 as a supplement.

Other supplement s suggestions include: Elderberry Defense, Defense Maintenance, and Trigger Immune TCM.

Your second line of defense: **Put A Silver Shield Around Your Body!**

What do the hospitals use to kill germs and prevent infections? Silver! I am so thankful we have silver at our disposal to both boost our own immune system, and kills germs on contact.

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Protect Your Family With Silver! We sell Silver Shield at cost every day in our office.

Here are three tips for using silver to kill any and all germs!

- Take Silver Shield every day by mouth. 1-2 teaspoons daily will help protect your body from unwanted guests: germs! It is completely safe to take a silver sol solution every day.
- Apply silver gel to your hands throughout the day, particularly if you are out in public. The silver gel applied to hands (or anywhere!) kills every type of pathogen known to science for four hours, or until you wash your hands again. It is particularly important to apply this to your hands when you are in any public place work, stores, or church. Keep a 1.5 ounce pocket size of gel with you wherever you go, and keep a 3 or 4 ounce tube of gel by the sink in your house so that it may be applied every time you wash your hands.
- Apply a small amount of gel at the entrance to your nostrils with a q-tip swab. This is the spot where flu germs enter the body—so be proactive and protect yourself!
- Use a nasal spritzer bottle filled with Silver Shield, which will put liquid silver into your nasal passages and kill any germs that have entered there. Do this 1-2x/day.

Use a neti pot to rinse your nasal passages with a saline solution 1-2x a day. This will also do wonders to help with seasonal allergies and sinus problems!

Your third line of defense: **Fear Not!**

Fear has been proven to lower your body's immune responses. Wash your hands, take your silver and supplements, eat healthy foods, and trust in God, praying for His protection! God has not given us a spirit of fear, but of power, love and a sound mind. (2 Timothy 1:7) A sound mind is key to remaining calm and focused in any time of emergency or crisis.

This Month's Theme - Herbal First Aid

Our theme this month is herbal first aid and emergency preparedness. We'll be offering suggestions for herbal remedies and other supplies to keep on hand for emergencies as well as tips for using these remedies to deal with common injuries and health problems that arise.

Be Prepared

by Steven Horne

I became an Eagle Scout as a teenager, and I still believe in the scout motto, "Be prepared." When you go hiking or camping, if you aren't prepared, you can wind up having a miserable time.

This lesson has carried over into my adult life. I always keep a kit of emergency supplies in my home. I have bandages, herbal remedies for injuries, contagious diseases and other health problems, flashlights and candles for power outages, some reserves of food and water, extra blankets and other supplies I need for both everyday problems and special emergencies.

I think everyone should have some emergency supplies on hand and that's why this month's theme is constructing and using an herbal first aid and emergency preparedness kit. With reports on the news about the swine flu scare, this information couldn't be more timely.

I would suggest that for starters you should have some herbal remedies on hand for contagious diseases at all times. At the very least I think you should keep the following on hand:

Raw garlic, garlic oil and/or High Potency Garlic
Silver Shield and Silver Shield Gel
Immune Stimulator or Ultimate Echinacea
VS-C liquid or capsules

Garlic is Nature's Penicillin. It is effective against most bacterial and viral infections. Crushed raw garlic is the most powerful antimicrobial I know of in nature. It is fast acting and works very well for most respiratory and digestive infections.

Silver Shield is a patented, non-toxic, colloidal silver product that kills every disease organism it has been tested on. Sharon Grimes give some great suggestions for using it in her article in this newsletter.

When something is "going around" you can boost your immune system by taking Immune Stimulator or Ultimate Echinacea. This will boost your body's natural defenses and help prevent you from becoming ill.

VS-C is a great remedy for chronic and severe viral infections such as herpes, shingles, chicken pox and chronic fatigue.

Besides learning to “be prepared,” I was also taught as a youth that “if you are prepared you will not fear.” Generally speaking, I find this to be true. My extensive knowledge of natural remedies and how to use them effectively makes me immune to panic when the news is full of dire warnings about some contagious disease that’s got people worried.

I suggest that you not only strengthen your immune system as Sharon suggests, but you also strengthen your immunity to fear and panic by learning to “be prepared.” For more information, read my article *Who’s Afraid of the Big, Bad...Whatever?* It sets forth my philosophy about preparedness in more detail, along with more suggestions for supplies to keep on hand.

You can also be prepared for dealing with pain in emergencies by attending our Pain Relief Webinar, May 18 and June 1.

Four Remedies No Home Should Be Without

by Steven Horne, RH(AHG)

None of us want trouble in our lives, but accidents, illnesses and injuries happen to everyone now and then. Having the knowledge and skills to know how to handle emergencies and illness effectively brings confidence and peace of mind. So does having some basic remedies on hand to use in emergencies.

There are four remedies that I think everyone ought to have on hand because they are not only incredibly versatile, they are potentially life-saving. These remedies are capsicum, lobelia, activated charcoal and Distress Remedy. Here’s why I believe each of these remedies should be on hand in every home in America (along with the knowledge of how to use them).

Capsicum and lobelia were Samuel Thomson’s “cure-all” remedies, and became main-stays of pioneer medicine in Utah. Following this tradition, the famous herbalist Dr. John Christopher put a little bit of each in nearly all his formulas. Here’s why I consider them so valuable.

Capsicum - Red Hot Help

Also known as cayenne pepper or red pepper, capsicum is a must-have remedy for heart attacks, shock, bleeding and

frostbite. It is also useful for colds, flu and fevers. Don’t depend on the cheap red pepper you get at the grocery store (although it’s better than nothing in a pinch) because it’s usually fairly weak compared to the high grade herb used in herbal medicine.

Capsicum placed under the tongue can save the life of a person having a heart attack. It can also be placed under the tongue to help a person going into shock. The powder can be sprinkled directly into a bleeding wound to help stop the bleeding (along with pressure—the standard first aid treatment). Taken internally it can help to stop internal bleeding. In any of these situations, capsicum could easily save the life of someone you care about.

Capsicum is also useful in many not so life-threatening situations. A few grains of capsicum can be sprinkled into socks or gloves to prevent frostbite (a useful tip if you live in a cold climate). You can gargle with it to ease sore throat pain and take it internally for colds, flu and fevers. The extract can be applied topically to relieve pain, too.

Lobelia - The Intelligent Herb

Lobelia has been called the “intelligent herb” because it seems to help so many different health problems. A strong relaxant and antispasmodic, lobelia is a must-have remedy for asthma attacks, anxiety attacks, muscle cramps, whooping cough and any kind of pain due to tension. It can also be applied topically to insect bites and stings. It can be a life saver in cases of food poisoning or other types of poisoning, too.

When my my first came to America she did not know that you had to have a doctor’s prescription to get a refill on asthma inhalers. She ran out on a weekend and had an attack. I took her to a walk-in clinic and dosed her with lobelia enroute and while we were waiting to see the doctor. She was out of danger by the time the doctor saw her. I was so thankful that lobelia was part of my home remedy kit.

I like to use lobelia in extract form because I can more carefully regulate the dose. I have helped a couple of people out of an anxiety attack the same way I helped my wife with her asthma attack. I give small, frequently repeated doses of lobelia while encouraging the person to try to relax and breathe deeply. I just squirt some extract directly into the mouth or use a dropper and administer the remedy one dropperful at a time. I space the doses about 2-3 minutes apart and continue until relief is obtained. This usually takes 5-15 minutes.

Lobelia is also good for spastic cough and whooping cough. I use it along with AL-J. I’ve applied it topically to bites and stings and watched it rapidly take down the swelling. Because large doses induce vomiting, I’ve used it for food poisoning.

Once, one of my kids ate a mushroom or toadstool in the yard. Because my wife wasn't sure if it was poisonous she called the poison control center who advised she induce vomiting with ipecac. She went to the store to get it not knowing that the lobelia we always have on hand would have done the same thing. (Always call a poison control center for advice before administering something to induce vomiting in cases of poisoning.)

Activated Charcoal - Nature's Poison Control

I don't use activated charcoal a lot, but I always keep it in my first aid kit because when you do need it, it could save someone's life. Activated charcoal absorbs poisons. It is one of the most dependable remedies for poisoning that we can use because it absorbs so many different kinds of toxins. You can give it for both food and chemical poisoning (however, call the poison control center first).

Charcoal is also the most powerful remedy I know of for severe diarrhea. It rapidly firms up the stool and prevents fluid loss. Applied topically, charcoal can be used as a poultice for poisonous spider bites (including brown recluse). It absorbs the venom. Poultices should be changed every 2 hours with spider bites.

Distress Remedy - The Sanity Saver

While this remedy isn't exactly a life saver, it can be a sanity-saver. Distress Remedy is an improvement on the famous Bach Flower Rescue Remedy for treating shock and trauma. Anytime we are faced with traumatic events in our lives, accidents, illness, deaths in the family, bad news, arguments or anything that causes emotional trauma and stress, Distress Remedy can help. Put about 10 drops under the tongue to help you feel calm, centered and relaxed again.

Distress Remedy can also be applied topically to promote healing of minor injuries such as bumps and bruises. It will rapidly take down swelling and help to ease pain.

These four remedies are a must for all kinds of accidents and emergencies. They are four of the basic remedies I suggest should be in a home preparedness first aid kit for emergencies. We'll cover more of the remedies that should be in this kit next week.

Creating an Herbal First Aid Kit for Illnesses and Emergencies

by Steven Horne, RH(AHG)

Accidents, illnesses and emergencies are a part of life. They happen to everyone. Some people might think that this is only due to "negative" thinking, but most people who promote positive thinking don't deny that we go through difficult times; they just teach that we should look on even our difficulties in a positive light. We do this by seeing them as opportunities for growth.

In that vein, I've always thought that being prepared for emergencies is a good idea. Part of this is training. Everyone should have some basic first aid training and know how to handle common injuries. I also think that everyone should be able to handle common illnesses, which is why I wrote my Dr. Mom-Dr. Dad course.

In the latest version of the Dr. Mom-Dr. Dad course, I offer some suggestions for an herbal first aid kit. Here they are:

A General Activator or Stimulant

You want to have at least one herb or formula which you can administer which stimulates the energy of the body. You use this at the first sign of colds, flu or other acute illness and administer it in small, frequently repeated doses to stimulate the system to remove the disease. I think Capsicum (discussed last issue) or HCP-X are the best choices, but ginger will also do.

An Antispasmodic Herb or Formula

An antispasmodic relaxes muscle cramps of spasms and can be used to ease pain, relax the body during anxiety attacks and stress, ease asthma attacks, and relieve tension headaches. Lobelia is my favorite remedy here, although Blue Vervain or CBG extract could also be used.

An Immune Stimulant

It's good to have something to stimulate the immune system. This can be used for fighting infections, but it can also be used for prevention. Take the remedy when colds or flu are going around to "immunize" yourself and your loved ones. Ultimate Echinacea is good for this purpose, but you can use any Immune Stimulator.

A Natural Antibiotic

I always keep raw garlic on hand to use as a natural antibiotic for fighting infections. For long term storage, I also keep Garlic Oil and High Potency Garlic in my home health care kit. Silver Shield has also found a permanent home in my first aid kit, both the liquid and the gel.

An Astringent

It's a good idea to keep at least one astringent in your home health care kit. Astringents can be used to arrest bleeding and other discharges. They are useful for diarrhea, bee stings and insect bites and gargles for a sore throat. My personal favorites are yarrow, bayberry and white oak bark. Yarrow is particularly good because it is also a valuable remedy for fevers.

Activated Charcoal

As I said last issue, Activated Charcoal is a vital remedy that should be in everyone's home. I especially believe every home that ever has small children in it should have some activated charcoal on hand for use in case of poisoning. It lasts forever, so there is no worry about it going bad on you.

A Blend of Topical Analgesic Essential Oils

I don't know where I'd be without my Tei Fu oil. It has to be one of the most useful remedies I've ever found. It can be applied topically to ease the pain of sore muscles, to reduce swelling in bug bites and bee stings and to aid headaches, sore throats, sinus and respiratory congestion and a whole lot more.

A Shock-Relieving Flower Remedy

The classic here is Dr. Bach's Rescue Remedy, but NSP's Distress Remedy is even better as I explained last issue.

An Expectorant and Decongestant

Although HCP-X and Lobelia all have an expectorant and decongestant action, it is best to have a formula that is more specific to clearing excess mucus from the lungs and sinuses. AL-J is my favorite

Aloe Vera Gel

A high quality aloe vera gel is useful to keep on hand for burns, sunburn, abrasions and other skin irritations, such as NSP's Aloe Vera Gel. Herbal Trim is even better as it contains some Tei Fu oil and other ingredients.

Arnica

Arnica is one of the best remedies for treating bruises, sprains and other related injuries. Nature's Sunshine's Healing AC Cream is a great remedy that contains both arnica and calendula.

An Anti-Viral Formula

My favorite is VS-C. This is something you can use for chicken pox, measles, cold sores, herpes and other viral infections.

A Carminative

Carminatives are used to relieve gas, bloating and colic. Catnip and Fennel is a great choice, especially for families with young children.

Nature's Fresh

Although this is supposed to be a stain odor remover (and it's a very good one), it also makes a great first aid spray for injuries, sunburn and many other problems.

Non-Herbal Supplies

You will also want to keep an assortment of bandages, gauze pads and other dressings for wounds your home health care kit. I also include a pair of tweezers and a needle for extracting splinters, a pocket utility knife, a small pair of scissors, an elastic bandage for sprained ankles and related injuries, an emergency flashlight and radio, and a couple of "space blankets," as an emergency way to cover someone in shock and keep them warm.

Having a kit like this (and knowing how to use it) brings me great peace of mind because I know I'm prepared for illness, injuries and emergencies.

Announcing My Pre-NSP Convention Class: Practical Approaches to Emotional Healing

Due to the great response I had to my Manage Your Mood DVD and Flower Essence Webinar, I've decided to make emotional healing the theme of my class before the NSP Convention in Las Vegas this year. In this class, I'll demonstrate how to "read" information about a person's emotional problems when you are talking to them. I'll demonstrate the "hands on" techniques I use to help a person heal from issues with anger, depression, grief and fear.

The class will also include a information on how to use plants (as herbs, flower essences and essential oils) to help a person work through their emotional issues. All of this is based on over 22 years of hands on experience in helping people heal from abuse, neglect, emotional trauma and other issues.

You'll get the most out of this class if you study the following materials before attending:

Manage Your Mood DVD

There Are No Negative Emotions Audio CDs

Flower Essence Webinar

If you haven't already participated in these programs, I recommend you purchase and view them prior to this class to get the most out of it. Go to treelite.com to register.

The Fast-Track to Success with Herbs and Supplements is as Easy as ABC+D

As many of you are aware, NSP has been sponsoring my ABC+D Approach to Natural Healing course via webinar. I designed the ABC+D Program to shorten the time it takes to become a competent herbalist and natural healer.

Our next class starts in June and you can register for the first two sessions in this class absolutely FREE. All you have to do is register for the two free preview webinars which will be held June 17 and July 1.

The first two sessions discuss the ABCs of natural healing and why treating disease is different than building health. I talk about the seven basic supplements I feel most people need and basic cleansing programs. This is great information to get anyone started in the business, so be sure to let everyone know about this great educational opportunity. Complete information about the class can be found at treelite.com

Video Clips on How to Fix a Hiatal Hernia

For many years I've passed on what I learned from Jack Ritchason about the hiatal hernia being a major underlying cause of people's chronic health problems. My article on dealing with a hiatal hernia is the most popular article on my personal website.

Last summer I recorded some video clips on how to work on the hiatal hernia using my wife (before we were married) as my guinea pig. This clips were put on the end of our Fibromyalgia DVD, but are now available for free at: steven-horne.com

In addition to watching the video clips, you may also wish to read my article about what a hiatal hernia is, what causes it and what can be done to correct it. It's called "Hiatal Hernia: Hidden Cause of Illness."

Feel free to leave comments or to forward the articles to other people who many need this information.