

Nature's Field

An Electronic Journal for NSP Distributors

Catnip

By Steven Horne

Catnip, *Nepeta cataria*, is appropriately named, because cats really do like the stuff. In fact, the fact that cats love the smell (and taste) of catnip makes it difficult to grow in the garden if you have cats around. You have to cover it while it's getting started, something I've learned first hand.

My first experience with cats and catnip occurred years before I tried to grow it when some catnip got spilled on the carpet in the apartment across the hall. Even after it had been vacuumed up, the male cat in the apartment would act crazy over that spot on the carpet.

The female cat (who always acted very prim and proper) would always look around (as if to see if anyone was watching) before indulging in rolling around over the spot.

Of course, catnip isn't just for cats, it's also good for human beings. In fact, it has a history of use in both China and Europe for about 2,000 years. A member of the mint family, catnip has similar properties to peppermint, spearmint and other mint family remedies. It is aromatic and carminative, so it is most often used as a remedy for gas, heartburn, colic and other problems with indigestion. It is so good at relieving indigestion, that some herbalists have called it "Nature's Alka Seltzer."

Catnip is a great remedy for children and has often been used to help settle the stomach of colicky babies. It is usually mixed with fennel for this purpose. The combination of catnip and fennel has saved many a mother's sanity and sleep. This gas relieving property is why John Christopher included catnip in his formula for gas and bloating—sold by NSP as Anti-Gas Formula with Lobelia.

Like many other members of the mint family, catnip is also a nervine and sedative. Chemists have found that nepetalactone isomers are the constituents that explain catnip's tranquilizing effect. They are similar to chemicals found in valerian. So, drinking a cup of catnip tea may help ease anxiety and prepare



Photo by Steven Foster

you for a good night's sleep. It contributes its nerve benefits to the formula Nerve Eight.

Catnip is also a mild antispasmodic, which means it helps to ease cramping, intestinal, menstrual, or whatever. This relaxing action is part of the reason catnip helps with colic, but it also makes it a useful ingredient in cleansing formulas, such as All Cell Detox and Senna Combination. Here, it offsets the tendency of laxative herbs to cause intestinal gripping.

Catnip has also been used for colds, flu, fevers and respiratory congestion. It is usually consumed as a warm tea for these problems. Catnip tea makes a fever effective enema solution to ease intestinal gas, open up respiratory passages and reduce fevers. Catnip capsules are easily made into a tea by putting the contents of 3-4 capsules into a cup and covering it with boiling water. It can then be strained and consumed, or used as an enema

solution as described above.

Catnip has also been used for viral infections such as chicken pox and measles. It is an ingredient in Four, a formula that is good for respiratory congestion and allergies and Joint Support, a formula for arthritic pains.

Catnip contains citronella, a chemical that is an effective insect and ant repellent. So, while leaving the crushed leaves around will attract cats, it will repel insects.

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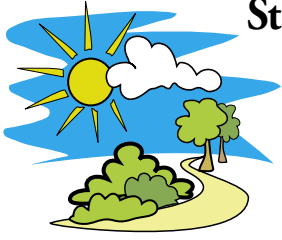
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Steven Horne's Ramblings and Ravings

Whose Afraid of the Big Bad Flu?

Dire warnings and predictions about this new strain of Avian or “bird” flu have been a hot topic on the news recently. Not that I actually watch the news that much, but I’ve had lots of people telling me about it. From an article Jennifer Weiss forwarded to me, I understand they say this flu kills about 55% of the people who get it and they are worried that if this flu mutates correctly, it could create another flu epidemic like the one that occurred in 1918 and killed millions of people worldwide.

Okay, forgive me for being cynical, but do you ever get the feeling that the news media is out to keep everybody in a constant state of fear? We continually hear dire warnings about this or that, and very little of it actually materializes.

Of course, I’m sure that dire warnings like this are helpful for the profits of the drug companies (which are now the primary advertisers on radio and TV). I also think there’s an even deeper reason for the constant fear and concern pumped out on the daily news—people who are afraid are more easily manipulated. They’ll buy or do just about anything to restore their sense of security, including gladly surrendering their freedom.

You won’t see me running out to get a flu vaccine; I’ve never had one. I’m also not losing any sleep over purported drug shortages. But then, I’m a radical, free-thinking, libertarian herbalist who prefers, as much as possible, to keep my mind focused on positive things. I like the quote from the Sci-fi novel *Dune*, “Fear is the mind killer.”

It’s not that bad things don’t happen and it’s not as if a plague couldn’t happen. It has happened before and we’re in a prime position for it to happen again. After all, people’s immune systems are so weakened from stress, poor nutrition and toxicity that they would be very susceptible to some new strain of microbe. It’s also obvious that with modern transportation, it would be very difficult to contain the spread of contagious disease. And finally, the recent problems with Hurricane Katrina have amply demonstrated that Mother Nature can wreak havoc with even our “advanced” civilization.

Be Prepared

There are several reasons why I’m not worried about the Avian Flu (just like I didn’t worry about Anthrax, SARS, or West Nile virus). For starters, I was raised in a family that believed in preparedness. In fact, my mother was somewhat fanatical about it. We always had a year’s supply of food in the basement, plus water and other emergency supplies. My religion taught, “If you

are prepared, you will not fear,” and I have always sought to “be prepared.” (And yes, I was a boy scout, too—Eagle Scout, in fact.) So, there’s never been a time in my adult life where I didn’t have some emergency supplies on hand, including some emergency herbal remedies.

I guess because it was drilled into me from such an early age, I’m surprised by the number of people who have no supplies or plans for emergencies. It’s like most people are living in denial, thinking that our modern technological society means we’re not supposed to be susceptible to either man-made or natural disasters.

Maybe that’s why everyone is rushing to point the finger of blame at somebody when disasters happen, as if it’s always somebody else’s responsibility to be prepared. Even worse, many people seem to think that if we just pass enough laws and set up enough bureaucracies that nothing bad will ever happen.

If anyone’s living in that bubble, then wake up! No amount of legislation, no amount of foresight, in fact, nothing we do is going to stop “bad” things from happening. It’s just part of this life. As the libertarians say, “utopia is not an option,” at least not in this world. So, having recognized that disasters and problems can happen, what are our choices?

Well, we can bury our heads in the sand and think, “There’s nothing I can do about it, so why bother preparing? If it happens, it happens and I’ll deal with it then”. We can also think, “I don’t want to think about it, because thinking about emergencies will make them happen.” (This is a logical, but misguided interpretation of the idea that we “create our own reality” through our thoughts.)

We can also go to the opposite side of the spectrum and live in a constant state of preparation, thinking about every possible disaster and problem that might befall us and living in a constant state of fear and paranoia. Not a very good option, either.

We can also take a middle-of-the-road approach and realize that confidence and positive thinking comes from being prepared. Then, we make some basic preparations, and hope and pray we never have to use them.

Physical Preparation

Let me share with you some of the ways I’ve physically prepared for emergencies. I have an emergency space heater in case the power goes out (which I had to use several times last year). I have flashlights around for the same purpose and I always know

right where they are. I also have an emergency/first aid kit with bandages, herbal remedies, tweezers, scissors, candles, and other supplies. My kit even includes a battery powered flashlight and radio that has a built in, wind-up generator, so I could listen to the radio if the power goes out and have a flashlight with a battery that won't die on me. All this stuff is conveniently packed in a fishing tackle box for easy transport.

Since I like to go camping, I also have sleeping bags, a back pack, a tent and other supplies that I could use if I had to evacuate. I always keep food and water on hand for emergencies. Some of the food supplies are instant, eat-on-the-run supplies that could be taken with me in an emergency, but I also keep some long-term supplies on hand (grains, beans, honey, some canned goods and other foods that store well for long periods). I know that in the event of an emergency the grocery store shelves can be emptied in just a few hours, so I want a little food on hand if I have to hole up for a while.

Mental and Spiritual Preparation

But, in addition to of all these physical preparations, there are two other forms of preparation that lend me even greater peace of mind. The first is, the knowledge I possess. I've taken first aid classes. I've also studied outdoor survival, so I know how to find food in the wilds if I needed to.

It has long disturbed me that our society has become so far removed from nature that we cannot sustain ourselves without a huge infrastructure to support us. Most people don't have the foggiest idea how to do the most basic things, such as start a fire (without matches or lighters), mend torn clothes, grow some fruits or vegetables in a garden, or perform other basic survival tasks. In native cultures, children mastered these skills by the time they were 12 or 13, so they knew how to sustain their own lives from Mother Nature's Supermarket.

So, it's no wonder people completely panic when cut off from civilization. They have no idea what to do to survive. It's a shame we aren't taught these kinds of skills in public school instead of all the worthless information we memorized to take a test and then promptly forgot, never to use it again. But then, people wouldn't be so easily manipulated by fear if they had the knowledge to be more self-reliant, would they?

But knowledge or mental preparation isn't the most important preparation either. I think it's the sense of inner peace I've had through prayer, meditation and emotional healing work that has helped me the most. It's enabled me to learn to feel my emotions, fear, pain, etc., but not react to them, so that I can retreat to the place of inner calm when there's a crisis.

Action Plan

This article would be just a ranting and raving if I didn't supply you with an action plan. I really encourage all of you to put together an emergency first aid and preparedness kit. It should contain basic herbs and first aid supplies and items you'd

need in an emergency, like matches, a flashlight, etc. Everyone should also have at least a 72-hour supply of food and water on hand for emergencies. It's not that hard to put something like this together and it comes in handy for day-to-day "emergencies," too.

More importantly, get some knowledge about how to use this stuff. Take a first aid class if you haven't done so. That way you know how to do mouth-to-mouth, CPR, apply pressure for bleeding and other basic first aid skills. Go on an herb walk and learn to identify your local herbs. You're an herbalist, and people should be able to rely on you for help even if the time comes when you can't order commercially prepared remedies.

Now, to address the specific issue of the flu, let's remember that even in the Dark Ages, not everyone died when there was a plague. Some people were immune. The flu, like any other disease, is most likely to strike those who are susceptible, which means those whose immune systems are compromised.

So, taking care of your general health is one of the best ways to be prepared. Eat healthy, exercise, get enough sleep, learn how to manage stress, and take some basic supplements when colds or flu or whatever are going around to help ward them off. The handout on page six provides some good ideas about how to both prevent and treat the flu should it become a problem.

Forget the vaccines. Flu strains mutate all the time, and they can't vaccinate you against all of them. Furthermore, all the flu vaccine does is challenge your immune system so it will build up its own defenses. If you're immune compromised to begin with, then the vaccine can actually backfire and damage your body. Opponents of vaccines claim that more people die from the vaccines than actually die from the flu, but scare tactics are really useful in selling flu vaccines, aren't they?

Finally, learn to find the place of inner peace, through prayer, meditation or whatever process your faith suggests. The more you practice going to that inner place of peace, the easier it becomes to go there in a crisis. Of course, it also helps if you have a solid spiritual faith to anchor you in a time of crisis. Bad things will happen in everyone's life, and in case you haven't figured it out yet, we're all going to die someday. But, I still believe that if you are prepared (even for death), you won't be afraid.

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Kimberly Balas' Clinician's Corner

Arterial Plaque, Cholesterol, Liver Cleansing and More

Arterial Plaque

My father had triple bypass surgery in 1989. He is a Veteran and goes to the Veteran's hospital for all his care. Recently, they changed his cholesterol medicine. He was told three years ago his vessels in his neck were showing plaque build up.

I do not want him to take this new medication because his total cholesterol is only 175. I want him to go on CoQ-10 (300 mgs) and Vitamin E (400 IU) a day because I believe he needs antioxidants to help remove free radicals, which I think are part of his problem. I wish he would try the Mega Chel, but he isn't going to take all those herbs, when he doesn't want to take his blood pressure medicine, cholesterol medication, or the 81 grains of aspirin he has been prescribed.

I told him he would not suffer the side effects he does taking herbs. I would also like him to take hawthorn berry. I really think we can control these problems with herb therapy, but I am a little concerned about the plaque build up. My dad is now 73 years old. Also, he looks a little jaundiced to me. His LDL and HDL are a little elevated according to their normal range and his triglycerides are 73. Any thoughts?

D.

Unbelievable. I just saw where they are questioning Crestor because the drug company didn't reveal all of the negative side effects associated with it. Plaque is unbound calcium and is laid down in response to inflammation, so wanting him to take CoQ-10 and hawthorn is very sensible, because they reduce inflammation. Statin drugs also deplete CoQ-10 levels. There was great support for this written up in JAMA back in January, I think. Having him take some essential fatty acids (Omega 3 Hi EPA) would also help reduce inflammation and help the body bind the free calcium.

I would definitely get him on one APS II instead of the aspirin to save his stomach lining. If he takes the vitamin E he won't need the aspirin or APS II.

Can't you just tell him the Mega Chel is a multi-vitamin for him even if he would just do one per day. Many people have had very good results with reducing arterial plaque using that product, and it works great as a multi for the elderly. If he continues to take the statins, he needs something to support his liver as statins can cause liver damage (and the jaundice may indicate there is a problem with this). Milk Thistle Combination would be of help here.

You can get more information on this through the Cholesterol booklet and Video available from Tree of Light. This will give you the medical studies you need to back up what you are telling him.

No Bad Cholesterol?

I've heard you teach there is no bad cholesterol, so if that's true, then why do we keep trying to lower it herbally? Or are you saying that we're trying to reduce inflammation, which is indicated by high LDL numbers?

K.

Well, the answer to that is that I don't try to lower cholesterol herbally. I use cholesterol as one indicator and compare it with other blood tests to determine what are the underlying problems and fix those. Then the cholesterol balances out normally.

Also, I disagree with the ranges put out by the medical labs. I have some menopausal women with cholesterol at 400 right now and they are doing great! That is right where they need to be. They are symptom free, no hot flashes or anything.

Yes, you do need to address the issue of chronic inflammation, but you need to look for the source and correct it. Essential fatty acids can help reduce inflammation, but you shouldn't target trying to lower cholesterol specifically.

Liver Cleanse

I've read a protocol for a liver cleanse which involves using the Liver Cleanse formula, starting with one and adding one per day until you reach 15-18 capsules per day and then decreasing by one per day. Is this a program you would recommend for liver cleanse?

You have mentioned that you would also recommend using SF and SAM-e with Folic Acid if you want to cleanse congested pathways in the liver. What will these do for me and in what amounts would you take them? Should I do this at the same time as the liver cleanse? Also, do you have any suggestions as to the best time to take the capsules (upon rising, with meals, between meals, etc.?)

B.

I personally don't use herbs in those large of amounts, especially with a first time cleanse. It can be too harsh. I would start with 3 per day and increase until you reach 6-9 per day. Gradual cleansing is better, anyway.

The Sam-e in conjunction with the folic acid will create folate methylation chains in the cellular structure to help dump excess toxins. It will also target the glycogen stores in the liver that most liver cleanses will not reach. The SF will help with congested pathways in the liver and emulsify any fatty deposits there. I usually have people take just one each of the Sam-e and folic acid. I add three of the SF when doing the liver cleanse.

You will get the most benefit from the cleanse by drinking lots of lemon and water, taking enzymes between meals. Remember that as the liver starts flushing toxins, they have to be eliminated from the body via the kidneys or gallbladder. Water is needed to flush the toxins, and fiber is needed to absorb toxins from the gallbladder. Also, avoid sugar and white flours while on a liver cleanse.

Always look at the big picture. If you stir up toxins, but aren't able to eliminate them from the body, you'll wind up feeling terrible.

Enzymes

I've always been told to take them WITH meals. Why do you recommend taking enzymes between meals? Do Food Enzymes cover everything you need as far as enzymes go? I also hear you talk about probiotics with enzymes. Most of the people I am helping are on a limited income and they get too frustrated if too many things are mentioned. These are NOT people who spend their money at the lottery or on junk food. They are trying to eat well and adding in the supplements really stretches their budget to the limits.

M.

I use Proactazyme when taking enzymes between meals. You can't do Food Enzymes without food. The enzymes taken between meals aid with cleansing because they help to break down toxic material in the body. Enzymes taken with meals help assimilate nutrients, so they help build.

Food Enzymes supplements the body's own digestive secretions. Proactazyme contains the enzymes missing in cooked foods. It's good not to overwhelm people with supplements. They are meant to supplement a good diet, not replace it.

Seizures

I have two questions relating to seizures. First, my sister in law had a head injury at work. Because of this, she is using Workman's Comp, so she has to do what the doctor says. Her neck is two inches off center and she obviously needs the help of a chiropractor. The neurologist forbade her from seeing a chiropractor saying that it will make her worse. Do you have any suggestions for how to handle this?

Second, I understand that passion flower is good for seizures. Can she take this even though she is on anti-seizure medications. She is on these medications even though they don't work.

L.

Passion Flower can be helpful for seizures in some cases and shouldn't interfere with her medications. Some other supplements to consider for seizures from injury are folic acid and large quantities of dulse. St. John's wort can also be helpful for nerve damage.

Topical applications of lobelia and Nature's Fresh may help her neck.

Tummy Troubles

One of my daughters has been having on-going stomach problems for about two years now. The stomach problems usually wake her up in the middle of the night. She takes a drug called Prevacid. If she doesn't take it she throws up every night. Sometimes she still throws up, even with the medication.

She does not drink on a regular basis. She can't drink coffee, pop, or anything like it (not that she should be). She takes Coral Calcium, Ultimate GreenZone, minerals and a few other supplements, but is still usually running more acid.

The doctor just did a ulcer test. They went down her throat and looked into the stomach. Now they want to do a gallbladder test. She doesn't want to do the test as she is sick of the tests. She has had others.

They told her she has gastroesophageal reflux disease, but she has changed her diet and it just seems to get worse. We remembered that about a year ago I told her to use our gallbladder formula and at that time it did seem to help. In fact, she said it helped so much that she quit taking it. She is going to try taking it again, and see what happens.

What I would like to know is, what are the symptoms of gallbladder problems. Could they cause her to throw up like that every night?

J.

For starters, have her stop taking the coral calcium. This isn't going to fix the problem.

Nausea and vomiting often come from the liver and gallbladder. Toxic bile will irritate the small intestines and cause contents to be ejected upwards into the stomach. Go ahead and have her take the Gall Bladder Cleanse formula but also have her add MSM to help with liver detoxification.

She may also want to get checked for a hiatal hernia.

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. To schedule a consult call Balanced Health Solutions at 321-626-9243.





Combating the Flu

Preventing and Treating the Flu Naturally

Every year, when flu season rolls around, media reports urge people to get flu shots. Well, flu shots aren't the only answer. There are plenty of natural remedies for the flu, too. For starters, there are things one can do to keep one's natural defenses in tip-top shape, which will not only help ward off the flu; it will help ward off anything that's going around.

To build your immune system, limit foods that stress your adrenals and immune system, including sugar, caffeine and alcohol. Practice stress management, breathe deeply and stay relaxed. Fear depresses your immune system, which may be part of the mechanism that allows plagues to happen. As more and more people become terrified and depressed, they have less and less immunity to resist disease. If you have trouble with fear and stress, then support your adrenals with some Adrenal Support or Chinese Stress Relief.

Of course, it goes without saying that sanitation is important. Pay attention to basic sanitation (like washing your hands) and use essential oils, like Guardian, to limit the spread of infectious organisms. These can be diffused in the home with a diffuser, used in a hydrosol spray, or mixed with Herbal Trim for a natural hand sanitizer.

Basic supplements that can help keep you healthy include antioxidants like Thai-Go, Omega-3 essential fatty acids to reduce inflammation and probiotics and fiber to maintain bowel health. Add an immune tonic like Elderberry Defense, Seasonal Defense or Elderberry Plus when things are "going around" to keep your immune system strong so you won't "catch" things.

Chewable Elderberry Plus is great for children and is a very safe tonic for long term use. Trigger Immune is more for the elderly or those who are immune compromised and tend to get sick easily. If you have weakness in the lungs, Seasonal Defense is the best choice. Remember that it is the immune-compromised that are most likely to have problems with the flu or other contagious disease, so if you take something to stimulate your immune system during cold and flu season, it will reduce your chances of getting sick.

To understand how to treat the flu naturally, one needs to understand that most infectious diseases enter the body through the lungs or the gastrointestinal tract, both of which are lined with mucus membranes. This is where the bulk of your immune response lies, is in the mucus membranes.

The mucus membranes will do their best to flush this irritant from the system either through the respiratory passages (sneezing, coughing, watery eyes, runny nose, etc.) or through the gastrointestinal tract (nausea, vomiting or diarrhea). If the body is

successful at stopping the disease at this state, it won't get worse. So, at the first sign of colds, flu or infectious diseases, your job will be to support the body's efforts to flush out the disease. The remedies you choose will depend on whether the lungs or digestive tract are the primary site of infection, and what stage the illness is at.

When the illness is primarily affecting the respiratory system, then it is at the most superficial stage. Remedies that help the body flush the irritants from the lungs, such as ALJ and Seasonal Defense, will be beneficial. If your lungs tend to be weak, Cordyceps is a good choice, because it acts as a lung tonic.

When the illness is primarily affecting the digestive tract, it is affecting the surface immune system (mucus membranes) in the gastrointestinal tract. This is usually a little more "deep-seated" than the lung stuff, but it is again aided by using remedies that support the body's efforts to flush the infection. You can help your body succeed with remedies like HCP-X (one of the best cold and flu formulas around), Small Intestine Detox, colloidal silver and ALJ.

When the flu (or other illness) gets deeper into the system, one starts to experience symptoms such as fever, fever with chills, muscle ache, and a feeling of general weakness and malaise. At this point, remedies such as IF-C, Immune Stimulator, VS-C, Blue Vervain, Olive Leaf or Colloidal Silver may be helpful. IF-C is particularly helpful for alternating fever and chills. Boneset is an ingredient in ALJ and is a great herb for flu that makes the whole body ache.

All of these remedies will work better if several rules are followed. First, when we get sick with a cold, flu or any other contagious disease, stop eating! If you are hungry have some clear soup or fresh fruit or vegetable juice. Second, drink lots of water. Water is the most important thing your body needs to flush the infection.

Finally, don't be "chicken" with the remedies you're using. ALJ, for example, works best when you take 3-4 capsules every couple of hours. IF-C requires similar amounts. HCP-X works great at a dose of about 2 capsules every hour. In other words, take a sufficient amount of the remedy, and take it frequently enough, to really do some good.

For additional information on natural flu remedies, consult your local herb specialist or one of the following sources.

Selected References

The Comprehensive Guide to NSP by Tree of Light Publishing
Dr. Mom-Dr. Dad course by Steven H. Horne

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Elderberry Plus

Chewable immune tonic for children (and adults)

Our modern world is hard on kids. Smog and air pollution are an unavoidable part of many of their lives. Toxins find a way into the water they drink and agricultural chemicals saturate many of the foods they eat. As these pollutants enter the body, they draw energy and building materials away from the immune system causing children to get sick more easily. Usually, colds and stomach problems are followed by bouts with the flu and other illnesses that just don't seem to go away.

Fortunately, there are things one can do to strengthen children's immune systems and help to prevent colds and flu. One of the natural remedies that can help to do this is Elderberry Plus, a chewable tablet that helps strengthen and support the immune system.

Elderberry Plus has been used for allergies, bronchitis, colds, congestion, flu, viral infections and respiratory problems. It is particularly helpful against viral conditions and problems with the respiratory system. It can also be given to children before and after vaccinations to help their body detoxify from the vaccines.

Elderberry Plus contains the following ingredients:

Elderberry

The elder has a lot of folklore attached to it and has been used as a remedy in Europe for generations. Both the flowers and the berries have a strong reputation as cold, flu and fever remedy. The mechanisms by which it works have not been well established, but research has confirmed it has antiviral, anti-inflammatory and diaphoretic (sweat-inducing) effects. Elderberry is also a very safe remedy for children, with no known hazards or side effects.

Elderberry appears to work by increasing cellular resistance to viral infection which inhibits the spread of infection. The berries contain flavonoids, anthocyanins, and vitamins A and C, all of which help reduce inflammation and discourage infection. They work particularly well with respiratory infections, flu and fevers, but the berries have also been used for allergies, hayfever and earaches resulting from chronic congestion and yeast infections.

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Reishi

This excellent mushroom was first used in China and Japan, where it was believed to lengthen life. Reishi has immune stimulating properties which put the immune system on "red alert" to fight infection. It has been shown to be anti-inflammatory, expectorant antioxidant and to have adrenal stimulating properties. Traditional use is to build (or tonify) the blood and vital energy and to calm coughing. It also has adaptogenic qualities.

Modern research has backed up many of the ancient claims by showing reishi's ability to fight microbes, relieve arthritis, bronchitis, ease pain and fight cancer. Reishi is also used to help workers adjust to heights, relieve symptoms of asthma and to create a general sense of well-being. It also protects the liver against damage.

Astragalus

Astragalus is another immune booster from the Orient. In China, it is used to treat respiratory and urinary tract infections as well as to improve circulation. Modern science has found that it increases white blood cells and may even fight tumors. It increases white blood cell production and the antiviral interferon. It is a good remedy to prevent recurrent colds and infections of the upper respiratory tract.

Usage

This is an immune tonic, which means its best use isn't for acute infections, but for prevention of infection or treatment of chronic immune weakness. Use it as a tonic for children (or adults) when colds and flu are "going around" or for children who "catch everything." For best results, children should take one tablet of Elderberry Plus once or twice a day with meals. Adults can take larger doses (2 tablets 2-3 times daily). The herbs in this formula have all been used as foods and are safe for long term use.

Selected References

The Encyclopedia of Medicinal Plants by Andrew Chevallier
A Modern Herbal by Mrs. M. Grieve
Herbal Therapy and Supplements by Merrily A Kuhn and David Winston
The Comprehensive Guide to Nature's Sunshine Products by Tree of Light Publishing

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