

Nature's Field

An Electronic Journal for NSP Distributors

Butcher's Broom

By Steven Horne and Mark Montgomery

Butcher's broom, *Ruscus aculeatus*, is an evergreen shrub belonging to the lily family. It was given the name butcher's broom because butchers in England and southern Europe traditionally bundled its branches together to sweep their cutting blocks free of grease.

The use of butcher's broom as a remedy goes back to the ancient Greeks and Romans. The Greek naturalist and philosopher, Theophrastus (325 B.C.), reported "seeing lame people get up and walk" and "swelling become normal again" after treatment with this herb. And the Roman scholar Pliny (60 A.D.) described "swellings (varicose veins) that became flat again" after patients took the powdered root of butcher's broom. In the Middle Ages, it was used to relieve "heavy feeling in the legs," especially in women who were pregnant.

These traditional uses point to the modern applications for which butcher's broom is used today. Since the 1980's it has been extensively researched and used, especially in Europe, for many ailments of the circulatory system, including thrombosis, phlebitis, varicose veins and hemorrhoids.

Some of the primary constituents of butcher's broom are saponins, flavonoids and mucilaginous compounds, as well as volatile oils and resins. The saponins, which are similar to substances used by pharmaceutical companies to create steroidal medications, stimulate the release of norepinephrine, which has a powerful vasoconstricting effect, decreasing capillary fragility and reducing inflammation—and lengthening blood clotting time. This helps to explain butcher's broom's success in French hospitals in preventing post-operative thrombosis—damaging blood clots caused by the trauma of surgery. Butcher's broom is generally believed to prevent or dissolve clots without thinning the blood.

Although butcher's broom is not commonly used in this manner in U.S. hospitals, it holds tremendous potential. Circulatory problems are the number one killer in the U.S. and each year 20-30% of people undergoing major operations in this country die either during the operation or in recovery. In many cases thrombosis (blood clotting) is a major factor.

Butcher's broom's vasoconstrictive and anti-inflammatory activity also explains its success in reducing varicose veins and hemorrhoids. By strengthening blood vessels, improving peripheral circulation and reducing leakage through capillary walls, it has been proven in numerous studies to reduce pain and promote rapid healing of these conditions. It is also valuable in reducing edema in pregnant and menstruating women and edema and soreness in the legs of people whose work requires them to stand on their feet all day. Varicose veins, hemorrhoids and edema may not seem as serious a problem as surgical deaths, but they can be very painful, disabling conditions, and can be precursors to more serious illnesses, as well.

It's interesting to note that when butcher's broom first started appearing on health food store shelves back in the '80s, there were lots of complaints about its effectiveness which were ultimately traced to the wide variation in concentration of its active ingredients between different brands, and in particular, the concentration of the saponin ruscogenin. Companies like Nature's Sunshine, which have high standards of quality control have not experienced this problem.

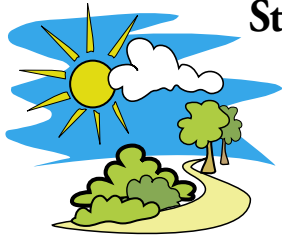
Butcher's broom is available from Nature's Sunshine as a single and is also in several combinations. It is a critical component of Vari-Gone capsules and cream, which are used for varicose veins and circulatory problems. It is also found in 5-W, a formula for the last five weeks of pregnancy. Because it does tighten blood vessels, butcher's broom may be contraindicated in cases of high blood pressure.

Selected References

- Nutritional Herbology* by Mark Pederson
A Modern Herbal by Mrs. M. Grieve
Herbs That Heal by Michael A. Weiner and Janet Weiner
Herbal Tonic Therapies by Daniel B. Mowrey

In This Issue

Feature Herb: Butcher's Broom	1
Steven's Ramblings & Ravings: Stick Out Your Tongue	
An Introduction to Tongue Analysis	2-3
Kimberly Balas' Clinician's Corner: Posterior	
Pituitary, Iris Changes, ADD, and More	4-5
Product Handouts:	
Varicose Veins	6
Vari-Gone Capsules and Cream	7
Announcements/Class Schedule	8



Steven Horne's Ramblings and Ravings

Stick Out Your Tongue

An Introduction to Tongue Analysis

Tongue analysis is one of the easiest assessment tools to learn. It is far easier to learn than pulse testing, muscle testing or iridology, and provides very useful information about the health of the body with a simple glance. Tongue analysis is used in Chinese and Ayurvedic medicine and was also used by the Eclectic physicians in America just 100 years ago. The findings of tongue analysis also correlate very well with the use of herbs, supplements and natural remedies.

The tongue is a valuable assessment tool because it can change in just three or four days. In contrast, iridology is primarily genetic and the few changes which do occur in the iris occur very slowly. In contrast, muscle testing is very immediate. It only measures what is happening this instant, and can miss long term patterns, since it can be affected by very subtle things (as demonstrated by the fact that holding a bottle of herbs can change the results). So, the tongue represents a middle ground. Because the character of the tongue changes drastically when illness occurs, especially severe illness, it can be used as a fairly accurate barometer of your current state of health and as a tool to measure progress.

Like any health assessment tool, you can only learn it by practicing. So, start looking at your own tongue every day to check on your own health, and then start looking at the tongues of your family members and/or clients. The only real problem you will encounter in learning tongue analysis is that some tongue patterns only show up in very unhealthy people, who are probably going to be hospitalized or very seriously ill. So, you may not have the opportunity to see some of these tongue patterns very often.

Tongue Map

Like the hand, the foot, the ear and the iris, the tongue has a map of the body on it. Taking the tongue as a whole, the tip represents the head while the back represents the lower parts of the body. The middle area of the tongue corresponds to the respiratory and digestive systems.

The figure on this page shows a "map" of the major organs of the body on the tongue. (GB stands for gall bladder.) Discolorations, heavy or scant coatings, cracks, sores or other conditions on the tongue in these regions will correlate with

problems in that area of the body. However, such observations should always be "double-checked" using other health assessment techniques and by asking about symptoms.

Normal or Healthy Tongue

To use tongue analysis correctly, we first need to know what a healthy tongue looks like. A normal tongue is not overly thick or thin; it is plump, but not swollen. A healthy tongue is soft and slightly moist, but not overly damp or water-logged. The color should be pink, not pale, dark or red. There should be a thin, white or clear coating. It should also look clean and fresh.

Departures from this healthy state indicate departures from the balanced state of health. So, let's look at some of these tongue indications and what they mean.

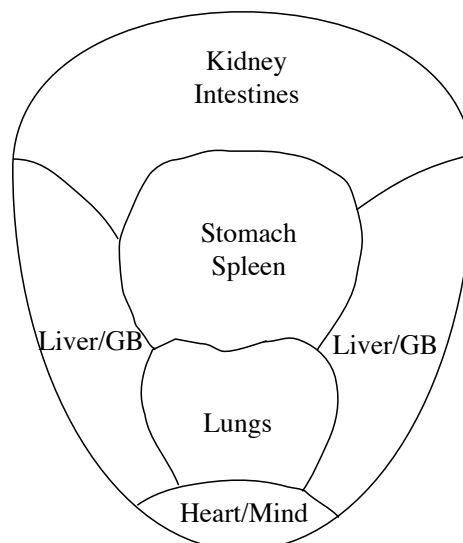
Tongue Color

The first and easiest thing to look at on the tongue is the color. When looking at the colors of the tongue, remember to look at the body of the tongue and not the color of the coating on top of the tongue. At first you may have a difficult time distinguishing whether a tongue is pale, a healthy pink, or a light red color, simply because you haven't looked at enough tongues, but be assured that the more tongues you look at the easier this becomes.

The main thing the color of the tongue is going to tell you is whether the metabolism is running hot or cold, that is, whether there is fever and inflammation (hyperactive function) or tissue depression and fatigue (hypoactive function). Generally speaking, when the tongue color is pale there is a lack of vitality or energy in the body, and when the tongue color is red there is an excess of heat or energy in the body. However, the colors can have more specific meaning than this.

Red or Dark Tongues

We'll start by looking at some specific shades of red. Remember that red in general means there is heat or inflammation in the system. Usually, this means that cooling remedies that reduce fever and inflammation will be helpful,



such as IF-C, VS-C, Thai-Go or Yarrow. However, a bright red tongue can also be a sign of chronic gastritis (inflammation of the stomach), celiac disease, niacin deficiency or pernicious anemia. When the tongue is a cardinal red color, there is usually a high fever, but this can also occur with blood poisoning. A magenta-colored tongue is likely a sign of severe inflammation or fever, but it can also occur with a B2 deficiency.

Darker shades of red indicate that the heat (fever or inflammation) is more of a chronic, rather than an acute problem. Matthew Wood says that a dark red or purplish colored tongue is a sign of tissue depression with some kind of infection present. In these cases, infection fighting remedies that also help to stimulate circulation and energy can be helpful, such as garlic, thyme or essential oils. Deep red can also be a sign of a chronic inflammatory condition like colitis. A dark red tongue that has the appearance of beefsteak may indicate cancers according to the Eclectic physician Eli Jones.

A light red tongue can be a sign of adrenal exhaustion and "yin deficient heat." The adrenals produce cortisol, which controls inflammation in the body. When the adrenals are down and the levels of antioxidants in the body are low, inflammation levels can rise due to the lack of "cooling" power in the body. Nervous Fatigue Formula is helpful for this condition, as are Adrenal Support and antioxidants like Thai Go.

Pale or White Tongues

In contrast to the various shades of red, a pale or whitish colored tongue is generally a sign of coldness, anemia, blood deficiency or loss of energy. Tonics are needed to nourish and rebuild the system. Herbs such as Korean or American ginseng and many of NSP's Chinese tonic formulas are helpful here. I-X, yellow dock or other herbs which build iron levels in the body may also be helpful.

If the tongue is pale and swollen or plump, and is also tender or sensitive, this indicates dampness or deficient fire (yang) energy. Diuretics and herbs that move fluids (like Lymphatic Drainage and Kidney Drainage) may be helpful here. When the tongue is pale and damp, there is not enough heat or energy to move the fluids through the system. Chinese Kidney Activator is a good formula for a person with a pale, damp tongue.

A whitish (pale) tongue with red spots indicates a cold condition in the body, but there are signs of heat in specific areas. The heat is trying to "break through" the cold. This may indicate low grade infection that the body doesn't have the strength to fight. VS-C, Trigger Immune or Immune Stimulator may help.

Other Colors

There are three other colors you are likely to encounter in the tongue. The first is a bluish cast, which indicates a lack of oxygenation in the blood. This may be due to venous congestion or anemia and is a sign that the blood needs to be built up.

A yellow cast to the tongue is a sign of liver problems.

A black, hairy tongue indicates severe infection and often occurs after chemotherapy or in AIDS patients. This is a time to refer to a medical doctor.

Tongue Coating

The mucus-like coating that often appears on the surface of the tongue is referred to in Chinese medicine as "moss." There are two types of moss which occur on the tongue. The first is *rooted*, which looks as if it grows right out of the tongue and can't be brushed off, and the second is *unrooted*, which can be brushed or wiped off the tongue. Rooted moss indicates a more chronic condition while unrooted moss indicates a more acute condition. Here are some specific types of moss.

The amount of moss on the tongue is indicative of what is happening with the lymphatics and the mucus membranes of the body. All mucus membranes should be coated with a thin, protective layer of mucus. Healthy mucus is thin, slightly watery, and clear or pale white in color. When mucus production is excessive, we get congestion, and a heavy moss coating on the tongue is indicative of congestion in the body. On the other hand, it isn't healthy to have no mucus coat, so if there is no moss covering on the tongue, this may indicate tissues are dehydrated and/or there is insufficient mucus production.

Generally speaking, when the mucus coat is thick, remedies are needed to increase lymphatic drainage and promote the expulsion of excess mucus. Depending on where the congestion is located, remedies may be needed to promote lymphatic flow (like Lymphatic Drainage), decongest and expel mucus from the lungs and sinuses (like AL-J) and/or cleanse the colon.

If there is little or no mucus coat on the tongue, then remedies are needed which moisten mucus membranes and hydrate tissues. Consider remedies like marshmallow, slippery elm or licorice. If the mouth is dry and there is chronic thirst, HY-C is the best formula.

We'll finish this introduction to tongue analysis in our next issue with a discussion of the significance of moss color and some additional special characteristics of the tongue.

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

Posterior Pituitary, Iris Changes, ADD, and More...

Posterior Pituitary and Excessive Urination

Could you explain the function of the antidiuretic hormone? I've always wondered what relationship it had to excessive urination, if any. For instance, if the pituitary was not functioning properly, could water go straight through a person instead of causing fluid retention? If that's possible, would it affect aldosterone levels and throw the balance of sodium and potassium off so that you had low sodium and couldn't hold onto water?

Patricia

If the pituitary wasn't putting out antidiuretic hormone, then the kidneys would definitely overproduce urine, because the function of the antidiuretic hormone is to restrain the kidneys from producing too much urine.

The glucocorticoids and mineralcorticoids (including aldosterone) released by the adrenal cortex counteract the function of the antidiuretic hormone. So, antidiuretic hormone and aldosterone do work together to help maintain fluid and mineral balance. Diuretics (your standard kidney herbs) aren't going to work for excessive urination because they act to increase, not decrease urine output.

Licorice root definitely supports aldosterone and helps the body hold onto fluid while decreasing urination. HY-C is indicated with constant thirst and frequent urination and also helps tissues retain moisture. So, it might be helpful here, too. Damiana has some effect, as well.

Iris Changes

It was my understanding iris signs don't change. A lady was in about a year ago and both the questionnaire she filled out and iridology reading pointed to nervous system as a primary problem. So we suggested Nerve Eight. She was also dehydrated, so we had her increase her water intake. We also recommended Thai-Go for some inflammatory problems she was experiencing.

She took the Thai-Go for two months, but has stayed on Nerve Eight and increased water ever since then. Now, her contraction furrows are gone. The collarette is still jagged, but the rings are gone. So, do some signs change and some don't?

No name

There are some things that change in the iris and some things that don't. It is the basic fiber structure pattern (posi-

tion of the collarette [known to some as the autonomic nerve wreath], location of lacuna, etc.) that doesn't change. Colors can definitely change.

In this case, contraction furrows are caused by the pupil contracting and expanding in response to changes in the nervous system. When a person is under a lot of stress the pupils are dilating frequently in response to the stress. This causes the accordion-like folds in the iris that are called contraction furrows (or nerve rings) to deepen. As stress levels are reduced they lighten. So, this is an example of an iris sign that does change.

ADD

I have a client, nine years old, who is having great difficulties in school. The classroom seating arrangement is four students sitting together, two facing one direction and the other two facing them. It seems the kids want to play too much and this child has been chosen as the culprit who plays too much. No, the seating arrangements have not been changed. The children are being taught to work together. Just six weeks more to go to the end of school and then the child can have a new teacher next year.

I have suggested the focus attention powder and they are trying it. Does anyone have suggestions for hiding the taste?? What else should be tried?

BK

The child is probably a kinesthetic learner (a person who learns through activity and movement). Unfortunately, these children often get labeled as ADD even when they aren't. They're just more naturally physically active than other children.

I would recommend Adrenal Support to start. Kinesthetic type learners often get flustered due to lack of adrenal energy. A good B-Complex is essential here, too. If the child's pupils are large, Nutri-Calm may be helpful.

Often, ADD occurs when the mother was low in iodine during pregnancy. I also might try black walnut or dulse to support the thyroid.

Eczema and Pregnancy

I have a client who is four and a half months pregnant and has terrible eczema. She also has Crohn's disease. What can she

take internally to clean this problem up? Someone suggested she take GreenZone and yellow dock. Would those be good choices? Would Black Ointment or Pau D'arco Lotion be a good choice to apply externally?

J.

Eczema is simply chronic dermatitis or inflammation of the skin. The skin acts as the third kidney to help the body eliminate waste. When eczema flares up, it is usually an adrenal issue. Proteins aren't moving fast enough through the system and the liver dumps them, resulting in stress on the kidneys.

I think GreenZone is a great product for anyone. Yellow dock is great for the liver, and is helpful during pregnancy to maintain iron levels. The only problem with yellow dock is that it causes some cases to flare up, but it does work for others. Both of these products are safe for use during the pregnancy.

My choice would be to give her some Adrenal Support to help the adrenals and yucca to help reduce inflammation. Both of these products are also safe during pregnancy.

Nature's Cortisol

Can the Nature's Cortisol formula make some people gain weight? I have a Manager under me that has two clients on it for about two weeks and one of them has gained six pounds and the other five.

Laura

Nothing is going to work the same on everyone, and yes, some people do gain weight on Nature's Cortisol. Most likely, however, they are not gaining fat, they are retaining water. A pound of fat is 3,500 calories, so to gain five pounds of fat, you would have to digest, metabolize and store 17,500 extra calories.

Nature's Cortisol slows down overactive adrenal function, which is found in high levels of acute stress. Cortisol is one of the hormones released by the body in stressful situations, but over a long period of time, the adrenals can become exhausted and cortisol levels can be too low. Since cortisol reduces inflammation, if the cortisol levels are too low, you'll have too much inflammation in the tissues. Inflammation causes fluid retention, and since one gallon of water weighs eight pounds, you only have to retain a little over 1/2 gallon of fluid to gain five pounds.

These clients may need their adrenals supported, rather than calmed down. To tell whether the adrenals need to be calmed down or supported, consult the ABC+D charts published by Tree of Light. They provide the symptoms of both overactive and underactive adrenals.

Miscarriage

I received the following from a client. Do you have any suggestions for her?

"I was pregnant with twins. At nine weeks gestation, they died. Although the babies have deteriorated as well as the yolk sacs, one of the gestational sacs and placenta are still intact and growing. They told me after an ultrasound that this could go on for weeks.

"I had one episode of heavy bleeding for a day over a week ago. Now the bleeding has stopped completely. So my body still thinks I'm still pregnant. It is very hard to still have morning sickness (all day) and not be pregnant! I'm also extremely tired and spend most of the day in bed.

"I have taken three homeopathic remedies that my midwife gave me, Secale, Pulsatilla, and Cauliphylum. Nothing has changed. Can you recommend any herbs that would stimulate my uterus to expel the contents and clean out well?? I'm getting desperate here and really don't want to do a D&C."

Lora

Blue cohosh is a good choice here because it has an oxytocic action, which means that it stimulates uterine contractions. Chocolate has a similar, but milder action, so I would also consider having her eat some bitter chocolate. Magnesium in large doses can be helpful, and lobelia has also been used to help clear the uterus after a miscarriage.

DHEA Dosage

I have been reading that less is better when it comes to using DHEA; Dr. Brownstein says that one should take no more than 5 mg. a day for the best results. If that is so, how do we do this when our DHEA product contains 25 mg.? Do we take it once every five days or do we take it out of the capsule and divide it into five equal parts?

Sharon

I am getting good results with a 12.5 mg. per day dose, which is one half of a capsule. I simply have people open up the capsule and put half the contents into juice or Thai Go.

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).





Varicose Veins

Natural Remedies for Problems with Venous Circulation

Varicose veins are externally visible, gnarly, bluish veins. The word *varicose* comes from the Latin root *varix*, which means “twisted.” Varicose veins are a common condition in the U.S., as up to 60 percent of Americans develop them. They occur more frequently in women than men, especially women over 40.

Any vein can become varicose, but the veins most commonly affected are those in the legs and feet because standing and walking increase the pressure in these veins in your lower body. Veins contain one-way valves which help keep the blood moving in the direction of the heart. When these valves collapse, varicose veins develop.

Veins also have an elasticity which helps maintain pressure in the veins to assist the blood in its return to the heart. As the veins lose this elasticity and the pressure inside the veins increases from stagnant blood, the veins balloon outward.

Although most people view varicose veins as a cosmetic problem, varicose veins can cause pain and discomfort. They are a sign that venous circulation and vascular tone is impaired and, in severe cases, varicose veins may be accompanied by more severe symptoms, such as:

- An achy or heavy feeling in your legs;
- Burning, throbbing, muscle cramping and swelling in your lower legs.
- Itching around one or more of your veins.
- Skin ulcers near your ankles—this can be a sign of severe degeneration of blood vessels and requires immediate medical attention.
- Hemorrhoids are varicose veins which are located specifically in and around the rectum.

Varicose veins can also lead to more serious conditions and signal a higher risk for other disorders of the circulatory system. From a natural healer’s perspective, varicose veins often indicate a need to cleanse the colon and liver.

Some factors which increase risk of developing varicose veins are: age (our blood vessels lose elasticity as we get older), gender (women tend to develop this condition more often than men), genetics (if other members of your family have them, there’s a good chance you will, too), physical condition (obese and physically inactive people tend to develop them more often) and standing for long periods of time, which forces the veins to fight gravity to return the blood to the heart. Varicose veins

can arise from constipation, high impact physical activity like running and even pregnancy.

Fortunately self-help measures can do much to alleviate the pain—and prevent the complications—of varicose veins. Exercising, losing weight, avoiding tight clothes, elevating your legs when they feel tired, heavy or painful, and avoiding long periods of standing or sitting can ease pain and prevent them from getting worse. The varicose veins that develop during pregnancy generally improve on their own two to three months after delivery.

Medical interventions for varicose veins include burning, cutting, or collapsing the veins so that the body can reroute the blood in them through other, functioning veins. There are some very effective natural remedies, however.

Vari-Gone is a formula available in a capsule form and a cream form for topical application. It contains two herbs which have been shown to be beneficial for varicose veins—butter’s broom and horse chestnut. Butter’s broom tightens and tones blood vessels and is highly valued for its ability to relieve leg pains, cramps and heaviness. Horse chestnut has been researched in Europe and is now widely used to tone veins and improve circulation in the legs. Vari-Gone also contains bioflavonoids (such as rutin and hesperidin) and ascorbic acid which improve the elasticity and tone of veins. Best results are obtained when the formula is taken internally in capsules and applied topically with the cream at the same time.

Another very effective natural therapy for varicose veins is the combination of butter’s broom and Mega Chel. Mega Chel is an oral chelation product that greatly enhances circulation and vascular tone. When taken with butter’s broom, it improves circulation to the extremities and restores elasticity and tone to blood vessels. This program is especially helpful in the elderly who have impaired circulation in the extremities (cold hands and feet, ulcerations, etc.).

White oak bark is another remedy which has a long history of use as a remedy for varicose veins and hemorrhoids. Although it can be taken internally, it is even more effective when applied topically. Make a tea from the bark and apply it as a compress or fomentation over affected areas to tighten and tone veins.

For additional information on dealing with varicose veins consult your local herb specialist or *The Comprehensive Guide to Nature’s Sunshine Products*.

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Vari-Gone Capsules and Cream

Herbal blend and topical cream to enhance venous circulation

As we grow, older our veins tend to lose their tone and elasticity, rendering the task of returning blood to the heart more difficult. The veins in the lower half of the body are subject to additional stress and often start to break down. Over time, they can become gnarled, bluish cords known as varicose veins or fine, purple webs, known as spider veins. Poor venous blood flow will also cause swelling or edema in the legs and feet, which can result in legs feeling heavy and sore and aching feet.

Vari-Gone is an herbal formula combining herbs and nutrients that strengthen, tone and improve the elasticity of blood vessels. The ingredients in Vari-Gone also improve venous circulation and reduce swelling in the legs and feet. This can improve the function and appearance of veins, helping relieve problems like varicose veins, spider veins, leg swelling and heaviness and hemorrhoids—which are varicose veins in the area of the rectum. The anti-inflammatory, astringent, and vasoconstrictive properties of Vari-Gone also prevent further deterioration of the cardiovascular system.

Vari-Gone contains the following ingredients:

Butcher's Broom extract: Widely used in Europe to prevent post-operative thrombosis (blood clotting after surgical operations) without thinning the blood. Butcher's broom is also recognized for its vasoconstrictive and anti-inflammatory benefits. It has been proven beneficial in helping to reduce and heal varicose veins and improve circulation, particularly in the legs.

Butcher's Broom contains glycolic acid and steroidal saponins which support circulation, prevent leakage from capillaries and maintain blood viscosity. These saponins are very similar in structure to the saponins found in the wild yam which explains their potent anti-inflammatory nature. They also have been proven to increase blood flow to the brain.

Horse Chestnut extract: This is another herb widely used in Europe that is also generally recognized in the U.S. for its anti-inflammatory and astringent properties. Similar in appearance to the "chestnuts roasting on an open fire" of Nat King Cole fame, these chestnuts aren't consumed as food because of a mild toxicity. But they contain saponins, tannins, coumarins (natural blood thinners) and flavonoids,

which can be extracted to produce a non-toxic product that is very beneficial to circulation. Horse chestnut extract is beneficial to venous circulation and an excellent remedy for varicose veins and other venous problems.

Another beneficial effect of horse chestnut extract is that it increases blood flow to the prostate and gastric areas. By increasing capillary permeability it also decreases edema by allowing fluid in the tissues to return more readily to the bloodstream.

Flavonoids and Vitamin C: Vari-Gone also contains three flavonoids (rutin, hesperidin and lemon bioflavonoids). These flavonoids are known to strengthen capillary walls, reduce capillary fragility and increase the tone and integrity of venous walls. They help provide veins with the elasticity they need to keep blood flowing back towards the heart. Vitamin C works hand in hand with bioflavonoids to tone capillaries and blood vessels. It also acts as an antioxidant and helps reduce inflammation.

A topical form of the Vari-Gone formula is also available for topical application directly to varicose veins, spider veins or other affected areas. Vari-Gone Cream contains the butcher's broom and horse chestnut extracts, plus aloe vera juice and yellow sweet clover extracts. Aloe vera is a soothing mucilaginous herb that reduces inflammation and irritation to tissues. Yellow sweet clover, a relative of alfalfa also known as melilot, is a blood thinning agent. It helps prevent blood clotting.

Directions: For the Vari-Gone capsules, take one or two twice daily with meals. The Vari-Gone cream should be applied directly to affected areas. Because the horse chestnut in this formula, the Vari-Gone capsules may be contraindicated for use with people who are taking blood thinners or who suffer from bleeding disorders. There are no other known warnings or contraindications for either product.

Selected References

- The Comprehensive Guide to Nature's Sunshine Products* by Steven Horne.
- Herbal Medicines: A Guide for Health Care Professionals* by Carl A. Newall, Linda A. Anderson and J. David Phillipson.
- Textbook of Advanced Herbology* by Terry Willard.
- The Encyclopedia of Medicinal Plants* by Andrew Chevallier.

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Cholesterol Book and DVD Now Available

Millions of people are concerned about their cholesterol levels. They have been led to believe that lowering their cholesterol with statin drugs is going to improve their health and protect them from heart disease. They are also being told that the lower your cholesterol level, the better. But are these "facts" really true? Our latest education tools provide the real story about cholesterol, including important data from medical journals showing that cholesterol levels that are too low can be a greater health risk than having cholesterol levels that are too high. Our new DVD, *Cholesterol: Fact and Myth*, and booklet, *Cholesterol and Your Health*, tell the real story about cholesterol, including the causes of both high and low cholesterol and how to correct these problems with natural remedies. Help us educate America by providing people with the real story on cholesterol.

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Aug 11	Cedar Grove, WI	\$200 or register online and save \$10
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Aug 31	Salt Lake City, UT	\$150 or register online and save \$10

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A Natural Approach to Blood Chemistry

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