



Certified Herbal Counselor Course Instruction Manual

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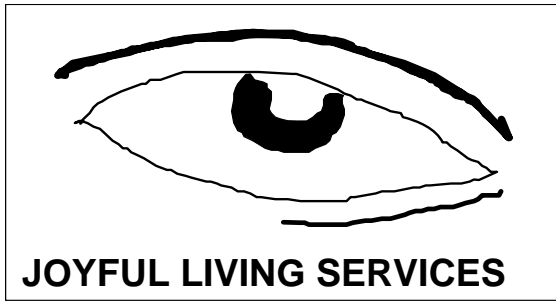
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Certified Herbal Counselor Course Rules & Conditions

1. To be a part of this CD-ROM course you need to print each question and answer page. Be sure to write your name, telephone, e-mail address, and shipping address at the top of each page **before you e-mail or fax it back to us for grading. Fax it back to us at 530-878-1119 or e-mail it to us at iridology@netzero.net. There is no time limit as to when the Question and Answer sessions must be completed.**
2. To be eligible for Certification you must complete all 16 sessions of the online course. You must give correct answers to 80% of the questions in **the Test**. Scores are **not** averaged for an overall grade.
3. You must not loan, sell or reproduce this online course in any form. **To do so is cause for expulsion from certification from Joyful Living Services.** This provision is to protect the integrity of the certification. Such protection is further assured by periodic rotating and changing of the questions.
4. You must not edit or share the instruction sessions or test. You must e-mail or fax your Question and Answer session to us as well as the final test where they are maintained as part of your permanent file.
5. In the event of failure: If you should fail the final test, you may repeat the test after a wait of 30 days. There will be a re-examination fee of \$15.00 to cover the costs of new materials, regrading and filing. Should you fail on this second attempt, you must then wait 60 days before making a third attempt. These mandatory delays are for the purpose of continuing study and preparation on your part.
6. You must fill out the box at the bottom of the First Page of the Test and have it notarized. There is a notarization form provided.
7. There is no time limit on the completion of this CD-ROM Course. Most candidates are full-time practitioners with little time to be able to rush through this course. So please take your time and get it correct the first time.
8. If you have any questions at any time, please e-mail your questions to iridology@netzero.net, fax them to 530-878-1119, or call us at 530-878-1119. We will answer your questions and spend as much time as necessary to help answer your questions.
9. The time you need to study and answer the questions for each session will vary on the amount of iridology you already know and understand and the amount of information we decide to send you. Each session can take you anywhere from one-half to three hours but should not take you longer than three hours to study and answer the question and answer.

NOTE: Joyful Living Services reserves the right to change the test questions for any test repeated.

NOTE: All information regarding a candidate's grades, or the fact of any failures, is kept strictly confidential and is not released to any person.

CERTIFIED HERBAL COUNSELOR ONLINE COURSE - SESSION 1:

- COURSE OVERVIEW
- COURSE DEFINITION
- INTRODUCTION TO HERBS

Course Overview

This course runs for 16 weeks. It contains 16 lessons on the web as an online course. You will receive a certificate at the end of this course. There will be weekly homework and there will be a test at the end of the course. The homework and test will be graded and returned to you. They will need to be mailed, faxed, or e-mailed to us. Each week offers a different subject. You will have one week to study the lesson and turn in your homework IF you choose to follow our timeline. This course is on your own time so you can complete the lessons at your own pace. If you are going on vacation, are ill, or don't have the time every week to read the lesson and complete the homework, you will not be penalized. Because this course is online and is on your own time, you are responsible for turning in your homework when it is complete. You will receive your certificate once all the homework has been turned in and once your final exam is graded and passed. You will then be listed on our web site to receive referrals from us if you choose.



Course Definition

Herbs perform many healing functions in the body, but they must be used appropriately, not indiscriminately. Although herbal remedies are less likely to cause side effects, they can be very potent. Not all plant life is beneficial. There are poisonous plants, and some of them are deadly, especially if used for long periods of time. Since herbs contain active ingredients, you should be aware that some of these elements might interact negatively with prescribed medications. This course is designed to teach you about the safety of herbs and how to use them appropriately for you and others.

Introduction to Herbs

The medicinal benefits of herbs have been known for centuries. Records of Native American, Roman, Egyptian, Persian, and Hebrew medical practice show that herbs were used extensively to cure practically every known illness. Many herbs contain powerful ingredients that, if used correctly, can help heal the body. The pharmaceutical industry was originally based upon the ability to isolate these ingredients, and make them available in a purer form. Herbalists, however, contend that nature provides other ingredients in the same herbs to balance the more powerful ingredients. These other components, though they may be less potent, may help to act as buffers, synergists, or counterbalances working in harmony with the more powerful ingredients. Therefore, by using herbs in their complete form, the body's healing process utilizes a balance of ingredients provided by nature.

Herbs have always been integral to the practice of medicine. The word drug comes from the Old Dutch word **drogge** meaning, "to dry," as pharmacists, physicians, and ancient healers often dried plants for use as medicines. Today approximately 25 percent of all prescription drugs are still derived from trees, shrubs, or herbs. Some are made from plant extracts; others are synthesized to mimic a natural plant compound.

The World Health Organization notes that of 119 plant-derived pharmaceutical medicines, about 74 percent are used in modern medicine in ways that correlated directly with their traditional uses as plant medicines by native cultures.

Yet, for the most part, modern medicine has veered from the use of pure herbs in its treatment of disease and other health disorders. One of the reasons for this is economic. Herbs, by their very nature, cannot be patented. Since herbs cannot be patented and drug companies cannot hold the exclusive right to sell a particular herb, they are not motivated to invest any money in that herb's testing or promotion. The collection and preparation of herbal medicine cannot be as easily controlled as the manufacture of synthetic drugs, making its profits less dependable. In addition, many of these medicinal plants grow only in the Amazonian rain forest or other politically and economically unstable places, which also affects the supply of the herb. Most importantly, the demand for herbal medicine has decreased in the United States because Americans have been conditioned to rely on synthetic, commercial drugs to provide quick relief, regardless of side effects.

Yet, the current viewpoint seems to be changing. The revival of interest in herbal medicine is a worldwide phenomenon. This renaissance is due to the growing concern of the general public about the side effects of pharmaceutical drugs, the impersonal and often demeaning experience of modern health care practices, as well as a renewed recognition of the unique medicinal value of herbal medicine.

The scope of herbal medicine ranges from mild acting plant medicines such as chamomile and peppermint, to very potent ones such as foxglove (from which the drug digitalis is derived). In between these two poles lies a wide spectrum of plant medicine with significant medicinal applications. One need only go to the **United States Pharmacopoeia** to see the central role that plant medicine has played in American medicine.

Many people believe that herbs are just as effective as drugs, but without the side effects. Most over-the-counter drugs should be used with caution. In addition, many of them are not particularly effective. Others can mask important symptoms, possibly leading to misdiagnoses and, ultimately, worse health problems. It is of interest to note that in many industrialized countries today, herbs are prescribed by physicians and prepared and sold through neighborhood drugstores. In developing countries, where access to hospitals and doctors is limited, herbal remedies often are the only generally available form of medicine.

Herbs do perform many healing functions in the body, but they must be used appropriately, not indiscriminately. Although herbal remedies are less likely than most conventional medicines to cause side effects, herbs nevertheless can be very potent. Moreover, not all plant life is beneficial. There are poisonous plants, and some of them are deadly, especially if used for long periods of time. In fact, it is important to point out that qualified herbalists use herbs with great care. Also, since herbs contain active ingredients, you should be aware that some of these elements might interact negatively with prescribed medications. It is therefore wise to consult a health professional when there is any question about safety.

As a general guideline, most of the bitter-tasting herbs are medicinal herbs. The pleasant-tasting herbs are potentially less toxic and can be used more often. All plant roots and bark are naturally fungicidal and bactericidal. (If they were not, pathogens would destroy them in the ground.) Certain herbs should be used only for healing purposes, and not for extended periods of time. Also, the active ingredients in most herbs are more potent when the herbs are freshly picked. However, roots, bark, and other herb parts can retain their medicinal value for years if thoroughly dried and kept dry.

What is an Herb?

The word herb as used in herbal medicine (also known as botanical medicine or, in Europe, as phytotherapy or phytomedicine), means a plant or plant part that is used to make medicine, food flavors (spices), or aromatic oils for soaps and fragrances. An herb can be a leaf, a flower, a stem, a seed, a root, a fruit, bark, or any other plant part used for its medicinal, food flavoring, or fragrant property.

There are an estimated 250,000 to 500,000 plants on the earth today (the number varies depending on whether subspecies are included). Only about 5,000 of these have been extensively studied for their medicinal application. This illustrates the need for modern medicine and science to turn its attention to the plant world once again to find new medicine that might cure cancer, AIDS, diabetes, and many other diseases and conditions. Considering that 121 prescription drugs come from only ninety species of plants, and that 74 percent of these were discovered following up native folklore claims, a logical person would have to say that there may still be more jackpots out there.

How Herbal Medicine Works

In general, herbal medicines work in much the same way, as do conventional pharmaceutical drugs, i.e., via their chemical makeup. Herbs contain a large number of naturally occurring chemicals that have biological activity. In the past 150 years, chemists and pharmacists have been isolating and purifying the “active” compounds from plants in an attempt to produce reliable pharmaceutical drugs. Examples include such drugs like digoxin (from foxglove [*Digitalis purpurea*]), reserpine (from Indian snakeroot [*Rauwolfia serpentina*]), colchicine (from autumn crocus [*Colchicum autumnale*]), morphine (from the opium poppy [*Papaver somnifera*]), and many more.

According to Andrew Weil, M.D., of Tucson, Arizona, because herbs and plants use an indirect route to the bloodstream and target organs, their effects are usually slower in onset and less dramatic than those of purified drugs administered by more direct routes. Doctors and patients accustomed to the rapid, intense effects of synthetic medicines may become impatient with botanicals for this reason.

Herbal medicine has most to offer when used to facilitate healing in chronic ongoing problems. By skillful selection of herbs for the patient, a profound transformation in health can be effected with less danger of the side effects inherent in drug-based medicine. However, the common assumption that herbs act slowly and mildly is not necessarily true. Adverse effects can occur if an inadequate dose, low-quality herbs, or the wrong herb is prescribed for the patient.

What's on the Shelves

The fresh leaves, bark, and roots of herbs can be used in their natural form, or they can be found in the form of tablets, capsules, liquid beverages, bark pieces, powders, extracts, tinctures, creams, lotions, salves,

and oils. The whole leaves, berries, seeds, roots, flowers, and bark of herbs are also dried and made available to consumers.

How to use Herbs

The many ways in which herbs can be used include:

- Compresses. A compress is a cloth soaked in a warm or cool herbal solution and applied directly on the injured area.
- Decoctions. A tea is made from the bark, root, seed, or berry of a plant. Decoctions should not be boiled; they should only be simmered for approximately twenty to thirty minutes, unless the product label states otherwise.
- Essential Oils. Essential oils are derived from herbs or other plants through steam distillation or cold pressing. They are usually mixed with a vegetable oil or water, and used either as a mouth, ear, or eyewash, or as an inhalant, douche, or tea. These oils can also be used externally in massage or on burns and abrasions. Essential oils readily combine with the natural fats present in the skin. With a few exceptions, such as the use of camphor, eucalyptus, or tea tree oil for certain skin conditions, essential oils should always be diluted in either water or oil before being applied to the body, and they should not be taken internally except under the direction of a physician trained in their use.
- Extracts. Extracts are made by pressing herbs with a heavy hydraulic press and soaking them in alcohol or water. Excess alcohol or water is allowed to evaporate, yielding a concentrated extract. Extracts are the most effective form of herbs, especially for people with severe illnesses or malabsorption problems. Alcohol-free extracts, if available, are usually best. Herbal extracts should generally be diluted in a small amount of water before being ingested. The following are some herbal extracts that are very beneficial in healing. They can be found in health food stores. Add these extracts to juices, and take them while fasting for greatest benefits:

Burdock	Ginkgo biloba	Red clover
Cat's claw	Goldenseal	Parsley
Celery	Hawthorn	Pau d'arco
Echinacea	Horsetail	Pumpkin
Fig	Licorice	Red beet crystals
Garlic	Milk thistle	Suma
Ginger	Nettle	Valerian root

- Herbal Vinegar's. Herbs are put into raw apple cider vinegar, rice vinegar, or malt vinegar and left to stand for two or more weeks.
- Infusions. Leaves, flowers, or other delicate parts of the plant are steeped, not boiled, for five to ten minutes in hot water, so that the benefits of the herbs are not destroyed. (See Herbal Teas and Their Effects, below.)
- Ointments. An extract, tea, pressed juice, or powdered form of an herb is added to a salve that is applied to the affected area.
- Poultices. A poultice is a hot, soft, moist mass of herbs, flour, mustard, or other substance spread on muslin or other loosely woven cloth and applied for up to twenty-four hours on a sore or inflamed area of the body to relieve pain and inflammation. Ground or granulated herbs are best. The cloth should be changed when it cools.
- Powder. The useful part of the herb is ground into a powder, which may then be made into capsules or tablets.
- Syrup. Herbs are added to a form of sugar and then boiled.
- Salves. Salves, creams, oils, and lotions are generally used on bruises, sores, and inflammations, and for poultices.

- Tinctures. Tinctures are a well-preserved form of previously fresh herbs. Most tinctures contain varying amounts of alcohol; however, there are now some on the market that contain less alcohol, and some that are alcohol-free.

If there are several herbs recommended for a certain disorder, it is best to alternate among the different herbs, so that you obtain the benefits of each. This may also help you to determine which herb agrees best with your body's chemistry and particular needs. Also, do not preserve herbs in clear glass jars; use colored glass or ceramic jars instead. The potency of herbs can be destroyed by exposure to light.

Herbal Teas and their Effects

Herbal teas are the most convenient form of herbal remedy for long-term use. The powerful ingredients of the herb are diluted by water when made into tea. Mild teas may be used daily as tonics and for general well being.

To prepare an herbal tea, use approximately 1 to 3 teaspoons of herbs per cup of boiling water. Boil water in a kettle as you would for ordinary tea, but do not use an aluminum kettle. Pour the water into a ceramic or glass (not metal) mug or teapot and leave the herbs to steep for at least five minutes (but don't leave them for longer than ten minutes or the tea may have a bitter taste). If you prefer a stronger tea, increase the amount of herbs used rather than steeping the tea for a longer period.

CERTIFIED HERBAL COUNSELOR COURSE - SESSION 2: HERBS AND THEIR USES

The following information describes 114 of the most commonly used medicinal herbs, including which parts of each herb are used, its actions and uses, and comments.

Herb	Parts Used	Actions and Uses	Additional Comments
Alfalfa	Flowers, leaves, petals, and sprouts	Alkalizes and detoxifies the body. Acts as a diuretic, eases inflammation, lowers cholesterol, balances hormones, and promotes pituitary gland function. Also contains an antifungal agent. Good for anemia, bleeding-related disorders, bone and joint disorders, colon and digestive disorders, skin disorders, and ulcers.	Must be used in fresh, raw form to provide vitamins. Sprouts are especially effective.
Aloe Vera	Pulp from inside succulent leaves	Applied externally, heals burns and wounds; stimulates cell regeneration; and has astringent, emollient, antifungal, and antibacterial and antiviral properties. Taken internally, soothes stomach irritation, aids in healing, and has laxative properties. Good for AIDS and for skin and digestive disorders.	Allergy, though rare, may occur in susceptible individuals. Before using, apply a small amount behind the ear or on the underarm. If stinging or rash occurs, do not use.
Anise	Seeds	Aids digestion, clears mucus from air passages, combats infection, and promotes milk production in nursing mothers. Good for indigestion and for respiratory infections such as sinusitis. Also helpful for menopausal symptoms.	Used in many popular products as a fragrance and flavoring.
Astragalus	Roots	Acts as a tonic to protect the immune system. Aids adrenal gland function and digestion. Increases metabolism, produces spontaneous sweating, promotes healing, and provides energy to combat fatigue. Increases stamina. Good for colds, flu, and immune-deficiency-related problems, including AIDS, cancer, and tumors. Effective for chronic lung weakness.	Also called huang qi. <u>Caution:</u> Should not be taken in the presence of a fever.
Barberry	Bark, berries, and roots	Decreases heart rate, slows breathing, reduces bronchial constriction, kills bacteria on the skin, and stimulates intestinal movement.	<u>Caution:</u> Should not be used during pregnancy.
Bayberry	Root bark	Helps clear congestion, aids circulation, reduces fever, acts as an astringent. Helpful for stopping bleeding. Good for circulatory disorders, fever, hypothyroidism, and ulcers. Also good for the eyes and immune system.	The wax of the berries is used to make fragrant candles.
Bilberry	Entire plant	Helps to control insulin levels and strengthen connective tissue. Acts as a diuretic and urinary tract antiseptic. Useful for hypoglycemia, inflammation, stress, anxiety, night blindness, and cataracts. May help halt or prevent macular degeneration.	Also known as blueberry. <u>Caution:</u> Interferes with iron absorption when taken internally.
Birch	Bark, leaves, and sap	Acts as a diuretic, lessens inflammation, and relieves pain. Good for joint pain and urinary tract infections. Applied externally, is good for boils and sores.	None.

Black Cohosh	Rhizomes, and roots	Lowers blood pressure and cholesterol levels, and reduces mucus production. Helps cardiovascular and circulatory disorders; induces labor and aids in childbirth; relieves hot flashes, menstrual cramps with back pain, morning sickness, and pain. Helpful for poisonous snake bites. Good for arthritis.	Also known as black snakeroot. <u>Caution:</u> Should not be used during pregnancy until birth is imminent, or in the presence of chronic disease.
Black Walnut	Husks, inner bark, leaves, and nuts	Aids digestion and promotes healing of mouth or throat sores. Cleanses the body of some types of parasites. Good for bruising, fungal infection, herpes, poison ivy, and warts.	When boiled, the hulls produce a dye that is used to dye wool.
Blessed Thistle	Various parts	Increases appetite and stomach secretions. Heals the liver. Alleviates inflammation, improves circulation, purifies the blood, and strengthens the heart. May act as brain food. Good for female disorders. Also aids milk flow in the nursing mother.	<u>Caution:</u> Must be handled with care to avoid toxic skin effects.
Blue Cohosh	Roots	Relieves muscle spasms and stimulates uterine contractions for childbirth. Useful for memory problems, menstrual disorders, and nervous disorders.	<u>Caution:</u> Should not be used during the first two trimesters of pregnancy.
Boneset	Flower petals, and leaves	Relieves congestion, loosens phlegm, reduces fever, increases perspiration, calms the body, acts as a laxative. Has anti-inflammatory properties. Useful for bronchitis and fever-induced aches and pains.	Also called white snakeroot. <u>Caution:</u> Long-term use is not advised as toxicity may occur.
Borage	Leaves and seeds	An adrenal tonic and gland balancer. Contains valuable minerals and essential fatty acids needed for proper cardiovascular function and healthy skin and nails.	The flowers of the Borage plant are edible.
Buchu	Leaves	Decreases inflammation of the colon, gums, mucous membranes, prostate, sinuses, and vagina. Aids in controlling bladder and kidney problems, diabetes, digestive disorders, fluid retention, and prostate disorders. A specific for bladder infections.	Do not boil buchu leaves.
Burdock	Roots and seeds	Purifies the blood, restores liver and gallbladder function, and stimulates the immune system. Helps skin disorders such as boils and carbuncles and relieves gout symptoms.	<u>Caution:</u> Interferes with iron absorption when taken internally.
Butcher's Broom	Seeds and tops	Relieves inflammation. Useful for carpal tunnel syndrome, circulatory disorders, and edema. Meniere's disease, obesity, Raynaud's phenomenon, thrombophlebitis, varicose veins, and vertigo. Also good for the bladder and kidneys.	More effective if taken with vitamin C.
Calendula	Flower petals	A natural anti-inflammatory and skin soother. Also helps to regulate the menstrual cycle and lessens fever. Useful for many skin disorders, such as rashes and sunburn, as well as for neuritis and toothache. Good for diaper rash and other skin problems in small children.	Generally non-irritating when used externally.
Cascara Sagrada	Bark	Acts as a colon cleanser and as a laxative. Useful for colon disorders, constipation, and parasitic infestation.	It is very bitter in tea form.
Catnip	Leaves	Controls fever (catnip tea enemas reduce fever quickly). Aids digestion and sleep; relieves stress; stimulates the appetite. Good for anxiety, colds and flu, inflammation, pain, and stress.	None.

Cat's Claw	Inner bark and roots	Cleanses the intestinal tract, enhances the action of white blood cells, and acts as an antioxidant and anti-inflammatory. Good for intestinal problems and viral infections. May be helpful for people with AIDS, arthritis, cancer, tumors, or ulcers.	Also called una de gato. <u>Caution:</u> Should not be used during pregnancy.
Cayenne	Berries	Aids digestion, improves circulation, and stops bleeding from ulcers. Acts as a catalyst for other herbs. Good for the heart, kidneys, lungs, pancreas, spleen, and stomach. Useful for arthritis and rheumatism. Helps to ward off colds, sinus infections, and sore throats. Good for pain when applied topically. Used with lobelia for nerves.	Also called capsicum, hot pepper, and red pepper.
Cedar	Leaves and tops	Has antiviral and antifungal properties, stimulates the immune system, and increases venous blood flow. Acts as an expectorant, lymphatic cleanser, and urinary antiseptic. Can be used externally for warts.	None.
Celery	Juice, roots, and seeds	Reduces blood pressure, relieves muscle spasms, improves appetite. Good for arthritis and kidney problems. Acts as an antioxidant and as a sedative.	<u>Caution:</u> Do not use in large amounts during pregnancy.
Chamomile	Various parts	Anti-inflammatory, appetite stimulant, digestive aid, diuretic, nerve tonic, and sleep aid. Helps colitis, diverticulosis, fever, headaches, and pain. It is a traditional remedy for stress and anxiety, indigestion, and insomnia.	<u>Caution:</u> Should not be used for long periods of time, as this may lead to ragweed allergy. Should not be used by those who are allergic to ragweed.
Chaparral	Leaves	Bitter herb that acts as a free radical scavenger. Protects against harmful effects of radiation and sun exposure. Good for skin disorders. Protects against the formation of tumors and cancer cells and relieves pain.	<u>Caution:</u> Recommended for external uses only. Taking it internally, especially in large doses and/or for prolonged periods, can cause liver damage.
Chickweed	Various parts	Reduces mucus buildup in the lungs. May lower blood lipids. Useful for bronchitis, circulatory problems, colds, coughs, skin diseases, and warts. A good source of vitamin C and other nutrients.	Also called starweed.
Cinnamon	Bark	Relieves diarrhea and nausea; counteracts congestion; aids the peripheral circulation of the blood. Warms the body and enhances digestion, especially the metabolism of fats. Also fights fungal infection. Useful for digestive problems, diabetes, weight loss, yeast infection, and uterine hemorrhaging.	<u>Caution:</u> Do not use in large amounts during pregnancy.
Clove	Flower buds and essential oil	Has antiseptic and antiparasitic properties, and acts as a digestive aid. Essential oil is applied topically for relief of mouth pain.	<u>Caution:</u> Clove oil is very strong and can cause irritation if used in its pure form. Diluting the oil in olive oil or distilled water is recommended. Essential oil should not be taken internally except under the careful supervision of a health care professional.

Comfrey	Leaves and roots	Speeds healing of wounds and skin conditions. Beneficial for many problems affecting the skin, including bedsores, bites and stings, bruises, inflamed bunions, burns, dermatitis, dry skin, bleeding hemorrhoids, leg ulcers, nosebleeds, psoriasis, scabies, skin rashes, and sunburn.	Also called knitbone. <u>Caution:</u> May cause liver damage if taken internally. Not recommended for internal use except under the careful supervision of a health care professional. External use is generally considered safe. Should not be used during pregnancy.
Corn Silk	Stamens	Aids the bladder, kidneys, and small intestine. Acts as a diuretic. Good for bed-wetting, carpal tunnel syndrome, edema, obesity, premenstrual syndrome, and prostate disorders. Good used in combination with other "kidney herbs" to open the urinary tract and remove mucus from the urine.	None.
Cranberry	Juice from berries	Acidifies the urine and prevents bacteria from adhering to the bladder. Helpful for infections of the urinary tract. A good source of vitamin C.	Commercial cranberry juice cocktail products contain high amounts of sugar. It is best to buy pure, unsweetened cranberry juice concentrate and prepare it using as little sugar as possible.
Damiana	Leaves	Stimulates muscular contractions of the intestinal tract and brings oxygen to the genital area. Used as an energy tonic and aphrodisiac, as well as to remedy sexual and hormonal problems. A "sexuality tonic" for women.	<u>Caution:</u> Interferes with iron absorption when taken internally.
Dandelion	Leaves, roots, and tops	Cleanses the bloodstream and liver, and increases the production of bile. Used as a diuretic. Also reduces serum cholesterol and uric acid. Improves functioning of the kidneys, pancreas, spleen, and stomach. Useful for abscesses, anemia, boils, breast tumors, cirrhosis of the liver, fluid retention, hepatitis, jaundice, and rheumatism. May aid in the prevention of age spots and breast cancer.	The roasted root can be used as a coffee substitute.
Dong Quai	Roots	Increases the effects of ovarian and testicular hormones. Used in the treatment of female problems such as hot flashes and other menopausal symptoms, premenstrual syndrome, and vaginal dryness.	Also known as angelica.
Echinacea	Leaves and roots	Stimulates certain white blood cells and has anti-inflammatory and antiviral properties. Good for the immune system and the lymphatic system. Useful for colic, colds, flu, and other infectious illnesses. Also helpful for snakebite.	Also called coneflower. Available fresh, freeze-dried, dried, or as alcohol-based extract, liquid, tea, capsules, or salve. For internal use, the freeze-dried form or alcohol-free extract is recommended. <u>Caution:</u> Should not be used by those who are allergic to plants in the sunflower family.

Elder	Berries, flowers, inner bark, leaves, and roots	Builds the blood, cleanses the system, eases constipation, enhances immune system function, fights inflammation, increases perspiration, lowers fever, soothes the respiratory tract, and stimulates circulation. Also has powerful antioxidant properties. The flowers are used to soothe skin irritations.	<u>Caution:</u> Do not consume the stems of this plant. The stems contain cyanide, and can be very toxic.
Ephedra	Stems	Acts as a decongestant, aids in the elimination of fluids, relieves bronchial spasm, and stimulates the central nervous system. Also may decrease appetite and elevate mood. Useful for allergies, asthma, colds, and other respiratory complaints, as well as for depression and obesity.	Also known as ma huang. <u>Caution:</u> Should not be used by persons who have anxiety disorder (panic attacks), glaucoma, heart disease, or high blood pressure, or who are taking monoamine oxidase (MAO) inhibitor drugs, commonly prescribed for depression.
Eucalyptus	Bark, essential oil, and leaves	Clears congestion, has a mild antiseptic action, and reduces swelling by helping to increase blood flow. Relaxes tired and sore muscles. Good for colds, coughs, and other respiratory disorders.	Recommended for external use only. It should not be used on broken skin or open cuts or wounds.
Eyebright	Entire plant, except the root	Used as an eyewash. Prevents secretion of fluids and relieves discomfort from eyestrain or minor irritation. Good for allergies, itchy and/or watery eyes, and runny nose. Also used to combat hay fever.	None.
False Unicorn	Roots	Balances sex hormones. Useful for treatment of infertility, menstrual irregularities and pain, premenstrual syndrome, and prostate disorders. May help prevent miscarriage.	Also called helonias.
Fennel	Berries, roots, and stems	Used as an appetite suppressant and as an eyewash. Promotes the functioning of the kidneys, liver, and spleen, and also clears the lungs. Relieves abdominal pain, colon disorders, gas, and gastrointestinal tract spasms. Useful for acid stomach. Good after chemotherapy and/or radiation treatments for cancer.	The powdered plant can be used as a flea repellent.
Fenugreek	Seeds	Acts as a bulk laxative, lubricates the intestines, and reduces fever. Good for the eyes. Helps asthma and sinus problems by reducing mucus. Good for inflammation and lung disorders.	Oil of fenugreek has a maple-like flavor.
Feverfew	Bark, dried flowers, and leaves	Increases fluidity of lung and bronchial tube mucus, promotes menses, stimulates the appetite, and stimulates uterine contractions. Good for arthritis, colitis, fever, headaches, menstrual problems, muscle tension, and pain.	Chewing the leaves is a folk remedy, but this may cause mouth sores. Also called featherfew, and featherfoil. <u>Caution:</u> Should not be used during pregnancy.
Flax	Seeds and oil from seeds	Promotes strong bones, nails, and teeth, as well as healthy skin. Useful for colon problems, female disorders, and inflammation.	An excellent addition to diets that are low in fiber.

Garlic	Bulb	Detoxifies the body and protects against infection by enhancing immune function. Lowers blood pressure and improves circulation. Lowers blood lipid levels. Aids in the treatment of arteriosclerosis, arthritis, asthma, cancer, circulatory problems, colds and flu, digestive problems, heart disorders, insomnia, liver disease, sinusitis, ulcers, and yeast infections. Good for virtually any disease or infection.	Garlic contains many sulfur compounds, which give it its marvelous healing properties. Odorless garlic supplements are available. Aged garlic extract (such as Kyolic) is the best.
Gentian	Leaves and roots	Aids digestion, boosts circulation, increases gastric secretions, kills plasmodia (organisms that cause malaria) and worms, and stimulates appetite. Good for circulatory problems, pancreatitis, and parasitic infection.	Also called bitter root.
Ginger	Rhizomes and roots	Cleanses the colon, reduces spasms and cramps, and stimulates circulation. A strong antioxidant and effective antimicrobial agent for sores and wounds. Useful for bowel disorders, circulatory problems, fever, hot flashes, indigestion, morning sickness, motion sickness, nausea, and vomiting.	Can cause stomach distress if taken in large quantities.
Ginkgo	Leaves	Improves brain functioning by increasing cerebral and peripheral blood flow, circulation, and oxygenation. Good for depression, headaches, memory loss, and tinnitus (ringing in the ears). May relieve leg cramps by improving circulation. Beneficial for asthma, eczema, and heart and kidney disorders.	Take for at least 2 weeks for best results.
Ginseng (Siberian, American, Korean [or Chinese])	Roots	Strengthens the adrenal and reproductive glands. Enhances immune function, promotes lung functioning, and stimulates the appetite. Useful for bronchitis, circulatory problems, diabetes, infertility, lack of energy, and stress; to ease withdrawal from cocaine; and to protect against the effects of radiation exposure. Used by athletes for overall body strengthening.	Siberian ginseng belongs to a different botanical family than American and Korean ginseng, but the properties and uses of all three are similar, and all are generally referred to as ginseng. <u>Caution:</u> Should not be used by those with hypoglycemia, high blood pressure, or heart disorders.
Goldenseal	Rhizomes and roots	Acts as an antibiotic, cleanses the body, has anti-inflammatory and antibacterial properties, increases the effectiveness of insulin, and strengthens the immune system. Promotes functioning capacity of the colon, liver, pancreas, spleen, and lymphatic and respiratory systems. Cleanses mucous membranes, counters infection, improves digestion, and regulates menses. Also decreases uterine bleeding, reduces blood pressure, and stimulates the central nervous system. Good for inflammation, ulcers, and any infectious disease, as well as for disorders affecting the bladder, prostate, stomach, or vagina. Used at the first sign of possible symptoms, it can stop a cold, flu, or sore throat from developing.	Alternating goldenseal with echinacea or other herbs good for a particular disorder is recommended. Alcohol-free extract is the best form of this herb. <u>Caution:</u> Should not be used for prolonged periods or during pregnancy. Should be used under supervision by those with cardiovascular disease, diabetes, or glaucoma.

Gotu Kola	Nuts, roots, and seeds	Aids in the elimination of excess fluids, decreases fatigue and depression, increases sex drive, shrinks tissues, and stimulates the central nervous system. May neutralize blood acids and lower body temperature, and is good for heart and liver function. Useful for cardiovascular and circulatory disorders, fatigue, connective tissue disorders, kidney stones, poor appetite, and sleep disorders.	May cause dermatitis if applied topically.
Gravel Root	Flowers and roots	Acts as a diuretic and urinary tract tonic. Good for combating prostate disorders and problems related to fluid retention.	Also called joe-pye weed & queen-of-the-meadow.
Green Tea	Leaves	Combats mental fatigue. May lower the risk of esophageal, stomach, colon, and skin cancer, and delay the onset of arteriosclerosis.	<u>Caution:</u> Should not be used in large quantities during pregnancy or while nursing. Persons with anxiety disorders or irregular heartbeat should limit their intake to no more than 2 cups daily.
Hawthorn	Berries, flowers, and leaves	Dilates the coronary blood vessels, lowers cholesterol levels, and restores heart muscle. Increases intracellular vitamin C levels. Useful for anemia, cardiovascular and circulatory disorders, high cholesterol, and lowered immunity.	None.
Hops	Berries, flowers, and leaves	Good for anxiety, cardiovascular disorders, hyperactivity, insomnia, nervousness, pain, restlessness, sexually transmitted diseases, shock, stress, toothaches, and ulcers.	Placed inside a pillowcase, aids sleep.
Horehound	Flowers and leaves	Decreases thickness and increases fluidity of mucus in the bronchial tubes and lungs. Useful for hay fever, sinusitis, and other respiratory disorders. Also boosts the immune system.	None.
Horsetail	Stems	Increases calcium absorption, which promotes healthy skin and strengthens bone, hair, nails, and teeth. Promotes healing of broken bones and connective tissue. Strengthens the heart and lungs and acts as a diuretic. Useful for the treatment of arthritis, bone diseases such as osteoporosis and rickets, bronchitis, cardiovascular disease, edema, gallbladder disorders, inflammation, muscle cramps, and prostate disorders. Used in poultice form to depress bleeding and accelerate healing of burns and wounds.	Also called bottlebrush and shavegrass.
Hydrangea	Roots	Acts as a diuretic and stimulates the kidneys. Good for bladder infection, kidney disease, obesity, and prostate disorders. Combines with gravel root, good for kidney stones.	<u>Caution:</u> Do not consume the leaves of this plant. They contain cyanide and can be toxic.
Hyssop	Aerial parts	Relieves congestion, regulates blood pressure, and dispels gas. Used externally, helpful for wound healing. Good for circulatory problems, epilepsy, fever, gout, and weight problems. Poultices made from fresh green hyssop help to heal cuts.	None.
Irish Moss	Entire plant	Aids in the formation of stools and is good for many intestinal disorders. Also used in skin lotions.	Used in hair rinses for dry hair.

Juniper	Berries	Acts as a diuretic, helps to regulate blood sugar levels, and relieves inflammation and congestion. Helpful in treatment of asthma, bladder infection, fluid retention, gout, kidney problems, obesity, and prostate disorders.	<u>Caution:</u> May interfere with absorption of iron and other minerals when taken internally.
Kava Kava	Roots	Induces physical and mental relaxation. Acts as a diuretic and genitourinary antiseptic. Helpful for anxiety, depression, insomnia, stress-related disorders, and urinary tract infections.	Also called Kava. <u>Caution:</u> Can cause drowsiness. If this occurs use should be discontinued or the dosage reduced.
Lavender	Flowers	Relieves stress and depression, and is beneficial for the skin. Good for burns, headaches, psoriasis, and skin problems.	Essential oil of lavender is very popular in aromatherapy.
Lemon-Grass	Various parts	Has astringent and tonic properties. Good for the skin and nails.	Used in perfumes and other products as a fragrance.
Licorice	Roots	Cleanses the colon, decreases muscular spasms, increases fluidity of mucus in the lungs and bronchial tubes, and promotes adrenal gland function. Has estrogen- and progesterone-like effects; may change the pitch of the voice. Also stimulates the production of interferon. Beneficial for allergic disorders, asthma, chronic fatigue, depression, emphysema, fever, herpes virus infection, hypoglycemia, and inflammatory bowel disorders. Deglycyrrhizinated licorice may stimulate natural defense mechanisms that prevent the occurrence of ulcers by increasing the amount of mucus-secreting cells in the digestive tract. This improves the quality of mucus, lengthens intestinal cell life, and enhanced microcirculation in the gastrointestinal lining.	Licorice derivatives have been recommended as a standard support for ulcer sufferers in Europe. <u>Caution:</u> Should not be used during pregnancy, or by persons with diabetes, glaucoma, heart disease, high blood pressure, severe menstrual problems, or a history of stroke. Also, should not be used on a daily basis for more than seven days in a row, as this can result in high blood pressure in persons with previously normal blood pressure.
Lobelia	Flowers, leaves, and seeds	A cough suppressant and relaxant that aids in hormone production and reduces cold symptoms and fever. Beneficial in the treatment of asthma, bronchitis, colds and flu, cardiovascular disease, epilepsy, pain, and viral infection.	Also called Indian tobacco. <u>Caution:</u> Should be used with caution, and should not be taken internally on an ongoing basis. Has nicotinelike effects on the body; taking more than 50 mg of dried lobelia can suppress breathing, depress blood pressure, and even lead to coma.
Marshmallow	Flowers, leaves, and roots	Soothes and heals skin, mucous membranes, and other tissues, externally and internally. Also acts as a diuretic and expectorant. Good for bladder infection, digestive upsets, fluid retention, headache, intestinal disorders, kidney problems, sinusitis, and sore throat.	Often used as a filler in the compounding of pills.
Milk Thistle	Fruits, leaves, and seeds	Contains some of the most potent liver-protecting substances known. Prevents free radical damage by acting as an antioxidant, protecting the liver. Also stimulates the production of new liver cells and prevents formation of damaging leukotrienes. Protects the kidneys. Good for adrenal disorders, inflammatory bowel disorders, weakened immune system, and all liver disorders, such as jaundice and hepatitis. Also beneficial for psoriasis.	Also called Mary Thistle, and Wild Artichoke.

Mullein	Leaves	Acts as a laxative, painkiller, and sleep aid. Gets rid of warts. Useful for asthma, bronchitis, difficulty breathing, earache, hay fever, and swollen glands. Used in kidney formulas to soothe inflammation.	None.
Mustard	Seeds	Improves digestion and aids in the metabolism of fat. Applied externally, helpful for chest congestion, inflammation, injuries, and joint pain.	<u>Caution:</u> Can be irritating when applied directly to the skin.
Myrrh	Resin from stems	Has antiseptic and disinfectant properties, and is a good deodorizer. Helps fight harmful bacteria in the mouth. Good for bad breath, periodontal disease, skin disorders, and ulcers.	Used in many perfumes and incense for its aromatic properties.
Nettle	Flowers, leaves, and roots	A diuretic, expectorant, pain reliever, and tonic. Contains vital minerals that are essential in many disorders. Good for anemia, arthritis, hay fever and other allergic disorders, kidney problems, and malabsorption syndrome. Improves goiter, inflammatory conditions, and mucous conditions of the lungs.	Also called Stinging Nettle.
Oat Straw	Whole plant	Has antidepressant properties, acts as a restorative nerve tonic, and promotes sweating. Good for bed-wetting, depression, and skin disorders. Helps comfort insomnia. Excellent for calcium absorption.	None.
Oregon Grape	Roots	Purifies the blood and cleanses the liver. Good for many skin conditions, from acne to psoriasis.	Can be used in place of goldenseal for some purposes.
Papaya	Fruit, inner bark, and stems	Stimulates the appetite and aids digestion. Good for heartburn, indigestion, and inflammatory bowel disorders.	Leaves can be used to tenderize meats.
Parsley	Berries, roots, and stems	Contains a substance that prevents the multiplication of tumor cells. Expels worms, relieves gas, stimulates normal activity of the digestive system, and freshens breath. Helps bladder, kidney, liver, lung, stomach, and thyroid function. Good for bed-wetting, fluid retention, gas, halitosis, high blood pressure, indigestion, kidney disease, obesity, and prostate disorders.	Contains more vitamin C than oranges, by weight.
Passion Flower	Plant and flower	Acts as a gentle sedative. Helpful for anxiety, hyperactivity, insomnia, neuritis, and stress-related disorders.	Also called Maypop. <u>Caution:</u> Should not be used in high doses during pregnancy.
Pau d'Arco	Inner bark	A bitter herb that contains a natural antibacterial agent, cleanses the blood, and has a healing effect. Good for candidiasis, smoker's cough, warts, and all types of infection. Helpful for AIDS, allergies, cancer, cardiovascular problems, inflammatory bowel disease, rheumatism, tumors, and ulcers.	Also called Lapacho and Taheebo.
Peppermint	Flowering tops and leaves	Enhances digestion by increasing stomach acidity. Slightly anesthetizes mucous membranes and the gastrointestinal tract. Useful for chills, colic, diarrhea, headache, heart trouble, indigestion, nausea, poor appetite, rheumatism, and spasms.	<u>Caution:</u> May interfere with iron absorption. Is a stimulant and should not be used by anyone with irregular heartbeat or high blood pressure.
Plantain	Leaves	Soothing to the lungs and urinary tract; has a healing, antibiotic effect when used topically for sores and wounds. Taken internally, useful for preventing bed-wetting. Applied in a poultice, good for bee stings and any kind of bite.	Young leaves are tasty and can be eaten in salads.

Primrose	Oil from seeds	Aids in weight loss and reduces high blood pressure. Helpful in treatment of alcoholism, arthritis, hot flashes, menstrual problems such as cramps and heavy bleeding, multiple sclerosis, skin disorders, and many other disorders.	A natural estrogen promoter. Also called Evening Primrose.
Pumpkin	Seed	Useful for prostate disorders and parasitic conditions.	None.
Red Clover	Flowers	Acts as an antibiotic, appetite suppressant, blood purifier, and relaxant. Good for bacterial infections, HIV and AIDS, inflamed lungs, inflammatory bowel disorders, kidney problems, liver disease, skin disorders, and weakened immune system.	None.
Red Raspberry	Bark, leaves, and roots	Decreases menstrual bleeding, relaxes uterine and intestinal spasms, and strengthens the uterine walls. Also promotes healthy nails, bones, teeth, and skin. Good for diarrhea and for female disorders such as morning sickness, hot flashes, and menstrual cramps. Also heals canker sores. Combined with peppermint, good for morning sickness.	None.
Rhubarb	Roots and stalks	Eliminates worms, enhances gallbladder function, and has antibiotic properties. Helps disorders of the colon, spleen, and liver. Promotes healing of duodenal ulcers. Good for constipation, malabsorption, and parasitic infection.	<u>Caution:</u> Should not be used during pregnancy.
Rose	Fruit (hips)	Good for all infections and bladder problems. A good source of vitamin C. Rose hip tea is good for diarrhea.	Helps eliminate beer from the diet.
Rosemary	Leaves	Fights bacteria, relaxes the stomach, stimulates circulation and digestion, and acts as an astringent and decongestant. Improves circulation to the brain. Also helps prevent liver toxicity, and has anticancer and antitumor properties. Good for headaches, high and low blood pressure, circulatory problems, and menstrual cramps.	Makes a good food preservative.
Sage	Leaves	Stimulates the central nervous system and digestive tract, and has estrogenic effects on the body. Reduces sweating and salivation. Good for hot flashes and other symptoms of estrogen deficiency, whether in menopause or following hysterectomy. Beneficial for disorders affecting the mouth and throat, such as tonsillitis. In tea form, can be used as a hair rinse to promote shine (especially for dark hair) and hair growth. Also used to dry up milk when women wish to stop nursing.	<u>Caution:</u> Interferes with the absorption of iron and other minerals when taken internally and decreases milk supply in lactating women. Should not be taken by individuals with seizure disorders.
St. Johnswort	Flowers, leaves, and stems	May help to inhibit viral infections, including HIV and herpes. Good for depression and nerve pain.	<u>Caution:</u> When taken internally in large amounts, can cause heightened sun sensitivity, especially in fair-skinned people. Also interferes with the absorption of iron and other minerals.

Sarsaparilla	Roots	Increases energy, protects against harm from radiation exposure, regulates hormones, and has diuretic properties. Useful for frigidity, hives, impotence, infertility, nervous system disorders, premenstrual syndrome, and disorders caused by blood impurities.	Also called Chinese root and small spikenard.
Saw Palmetto	Berries and seeds	Acts as a diuretic and urinary antiseptic. Stimulates the appetite. Inhibits the production of dihydrotestosterone, a hormone that contributes to enlargement of the prostate. Good for poor appetite and prostate disorders. May also enhance sexual functioning and desire.	Saw palmetto berry extracts have been approved in France and Germany for treatment of benign prostatic hypertrophy.
Skullcap	Aerial parts	Aids sleep, improves circulation, and strengthens the heart muscle. Good for anxiety, fatigue, cardiovascular disease, headache, hyperactivity, nervous disorders, and rheumatism. Relieves muscle cramps, pain, spasms, and stress. Useful in treating barbiturate addiction and drug withdrawal.	None.
Slippery Elm	Inner bark	Soothes inflamed mucous membranes of the bowels, stomach, and urinary tract. Good for diarrhea and ulcers and for treatment of colds, flu, and sore throat.	Also called moose elm and red elm.
Squawvine	Leaves and stems	Relieves pelvic congestion and soothes the nervous system. Good for menstrual cramps and preparation for childbirth.	Also called partridgeberry.
Suma	Bark, berries, leaves, and roots	Combats anemia, fatigue, and stress. Acts as an immune system booster that may help to prevent cancer. Good for AIDS, cancer, liver disease, high blood pressure, and weakened immune system.	Also sometimes referred to as Brazilian ginseng. Research in Japan has shown that pfaic acid is capable of inhibiting certain types of cancer.
Tea Tree	Essential oil	Good for disinfecting wounds and healing virtually all skin conditions, including acne, athlete's foot, cuts and scrapes, fungal infection, herpes outbreaks, insect and spider bites, scabies, vaginitis, and warts. Can be added to water and used as a gargle for colds and sore throats, or as a douche for yeast infections.	<u>Caution:</u> If irritation occurs with topical use, use should be discontinued, or the tea tree oil diluted with distilled water or with primrose or vitamin E oil. Not recommended for internal use except under the careful supervision of a health care professional.
Thyme	Berries, flowers, and leaves	Eliminates gas and reduces fever, headache, and mucus. Has strong antiseptic properties. Lowers cholesterol levels. Good for croup and other respiratory problems, and for fever, headache, and liver disease. Eliminates scalp itching and flaking caused by candidiasis.	None.
Tumeric	Rhizomes	Protects the liver against many toxins, inhibits platelet aggregation, and lowers cholesterol. Has antibiotic, anticancer, anti-inflammatory, and antioxidant properties.	Used as a seasoning and the main ingredient in curry powder. <u>Caution:</u> Should not be used in large quantities.
Uva Ursi	Leaves	Acts as a diuretic and strengthens the heart muscle. Helps disorders of the spleen, liver, pancreas, and small intestine. Useful for bladder and kidney infections, diabetes, and prostate disorders.	Also called Bearberry.

Valerian	Rhizomes and roots	Improves circulation and acts as a sedative. Reduces mucus from colds. Good for anxiety, fatigue, high blood pressure, insomnia, irritable bowel syndrome, menstrual cramps, muscle cramps, nervousness, pain, spasms, stress, and ulcers.	A water-soluble extract form is best.
White Oak	Bark	Is an antiseptic and good for skin wounds. Good for bee stings, burns, diarrhea, nosebleed, poison ivy, and varicose veins. Also good for the teeth. Can be used in enemas and douches.	Excellent for hemorrhoids.
Wild Yam	Rhizomes	Relaxes muscle spasms, reduces inflammation, promotes perspiration. Contains compounds similar to the hormone progesterone. Good for gallbladder disorders, hypoglycemia, kidney stones, and many female disorders, including premenstrual syndrome and menopause-related symptoms.	Many yam-based products are extracted from plants treated with fertilizers and pesticides, which may end up in the final products. The selection, cleansing, and processing of the raw materials is very important.
Willow	Bark	Relieves pain. Good for headache, backache, nerve pain, toothache, and injuries.	Caution: May interfere with absorption of iron and other minerals when taken internally.
Winter-green	Leaves, roots and stems	Relieves pain and inflammation. Good for arthritis, headache, toothache, muscle pain, and rheumatic complaints.	Oil distilled from the leaves is used in perfumes and as a flavoring.
Witch Hazel	Bark, leaves and twigs	Applied topically, has astringent and healing properties, and relieves itching. Good for hemorrhoids and phlebitis. Very useful in skin care.	None.
Wood Betony	Leaves	Stimulates the heart and relaxes the muscles. Good for cardiovascular disorders, hyperactivity, and neuritis.	Also called Betony.
Wormwood	Leaves and tops	Acts as a mild sedative, expels worms, increases stomach acidity, and lowers fever. Useful for vascular disorders, including migraine, and for intestinal parasites.	Often used with black walnut for removal of parasites. <u>Caution:</u> Should not be used during pregnancy, as it can cause spontaneous abortion. Not recommended for long-term use, as it can be habit-forming.
Yarrow	Berries and leaves	Has healing effects on mucous membranes, reduces inflammation, improves blood clotting, increases perspiration. A good diuretic. Useful for fever, inflammatory disorders, colitis, and viral infections. Helps to alleviate bleeding problems.	Also called soldier's herb. <u>Caution:</u> Interferes with absorption of iron and other minerals.
Yellow Dock	Leaves and roots	Acts as a blood purifier and cleanser, and tones the entire system. Improves colon and liver function. Good for anemia, liver disease, and skin disorders such as eczema, hives, psoriasis, and rashes. Combined with sarsaparilla, makes a tea for chronic skin disorders.	Also called curled dock and sad dock.
Yerba Mate	All parts	Cleanses the blood, controls the appetite, fights aging, stimulates the mind, stimulates the production of cortisone, and tones the nervous system. Is believed to enhance the healing powers of other herbs. Useful for allergies, constipation, and inflammatory bowel disorders.	Also called mate, Paraguay tea, and South American holly.

Yohimbe	Bark	A hormone stimulant. Increases libido and blood flow to erictile tissue. May increase testosterone levels.	Can be purchased in health food stores, but is also available by prescription. <u>Caution:</u> May induce anxiety, panic attacks, and hallucinations in some individuals. May also cause elevated blood pressure and heart rate, headache, dizziness, and skin flushing. Should not be used by women or by persons with kidney disease or psychological disorders.
Yucca	Roots	Acts as a blood purifier. Beneficial in treatment of arthritis, osteoporosis, and inflammatory disorders.	Routinely prescribed for arthritis in some clinics. Can be cut up in water (1 cup of yucca in 2 cups of water) and used as a soap or shampoo substitute. Can also be added to shampoo.

CERTIFIED HERBAL COUNSELOR ONLINE COURSE - SESSION 3: The Action of Herbs

A great deal of pharmaceutical research has gone into analyzing the active ingredients of herbs to find out how and why they work. This effect is referred to as the herb's action. Herbal actions describe the ways in which the remedy affects human physiology. In some cases the action is due to a specific chemical present in the herb (as in the antiasthmatic effects of ma-huang) or it may be due to a complex synergistic interaction between various constituents of the plant (the sedative valerian is an example). A much older and far more relevant approach is to categorize herbs by looking at what kinds of problems can be treated with their help. Plants have a direct impact on physiological activity and by knowing what body process one wants to help or heal, the appropriate action can be selected. The qualities of herbs which make them beneficial in treating the human body, include:



Adaptogenic

Adaptogenic herbs increase resistance and resilience to stress, enabling the body to adapt around the problem and avoid reaching collapse. Adaptogens work by supporting the adrenal glands.

Alternative

Alternative herbs gradually restore proper functioning of the body, increasing health and vitality.

Anthelmintic

Anthelmintic herbs destroy or expel intestinal worms.

Anti-inflammatory

Anti-inflammatory herbs soothe inflammations or reduce the inflammatory response of the tissue directly. They work in a number of different ways, but rarely inhibit the natural inflammatory reaction as such.

Antimicrobial

Antimicrobials help the body destroy or resist pathogenic (disease-causing) microorganisms. Herbs help the body strengthen its own resistance to infective organisms and throw off illness. While some contain chemicals that are antiseptic or poisonous to certain organisms, in general they aid the body's natural immunity.

Antispasmodic

Antispasmodics ease cramps in smooth and skeletal muscles. They alleviate muscular tension and can ease psychological tension as well.

Astringent

Astringents have a binding action on mucous membranes, skin, and other tissue. They have the effect of reducing irritation and inflammation, and creating a barrier against infection that is helpful to wounds and burns.

Bitter

Bitter herbs with a bitter taste have a special role in preventative medicine. The taste triggers a sensory response in the central nervous system leading to a range of responses, including stimulating appetite and the flow of digestive juices; aiding the liver's detoxification work; increasing bile flow, and motivating gut self-repair mechanisms.

Carminative

Carminative plants are those that are rich in aromatic volatile oils that stimulate the digestive system to work properly and with ease. They soothe the gut wall; reduce any inflammation that might be present; and ease griping pains and help with the removal of gas from the digestive tract.

Demulcent

Demulcent herbs are rich in mucilage and soothe and protect irritated or inflamed tissue. They reduce irritation down the whole length of the bowel, reduce sensitivity to potentially corrosive gastric acids, help prevent diarrhea, and reduce the muscle spasms that cause colic.

Diuretic

Diuretic herbs increase the production and elimination of urine. They help the body eliminate waste and support the whole process of inner cleansing.

Emmenagogue

Emmenagogue herbs stimulate menstrual flow and activity. With most herbs, however, the term is used in the wider sense for a remedy that affects the female reproductive system.

Expectorant

Expectorant herbs stimulate removal of mucous from the lungs. Stimulating expectorants “irritate” the bronchioles (a subdivision of the bronchial tubes) causing expulsion of material. Relaxing expectorants soothe bronchial spasm and loosen mucous secretions, helping in dry, irritating coughs.

Hepatic

Hepatic herbs aid the liver. They tone and strengthen the liver and in some cases increase the flow of bile. In a broad holistic approach to health they are of great importance because of the fundamental role of the liver in maintaining health by not only facilitating digestion but by removing toxins from the body.

Hypotensive

Hypotensive herbs are plant remedies that lower abnormally elevated blood pressure.

Laxative

Laxative herbs are plants that promote bowel movements. They are divided into those that work by providing bulk, those that stimulate the production of bile in the liver and its release from the gallbladder, and those that directly trigger peristalsis (wavelike contractions of the smooth muscles of the digestive tract).

Nervine

Nervine herbs help the nervous system and can be subdivided into three groups. Nervine tonics strengthen and restore the nervous system. Nervine relaxants ease anxiety and tension by soothing both body and mind. Nervine stimulants directly stimulate nerve activity.

Stimulating

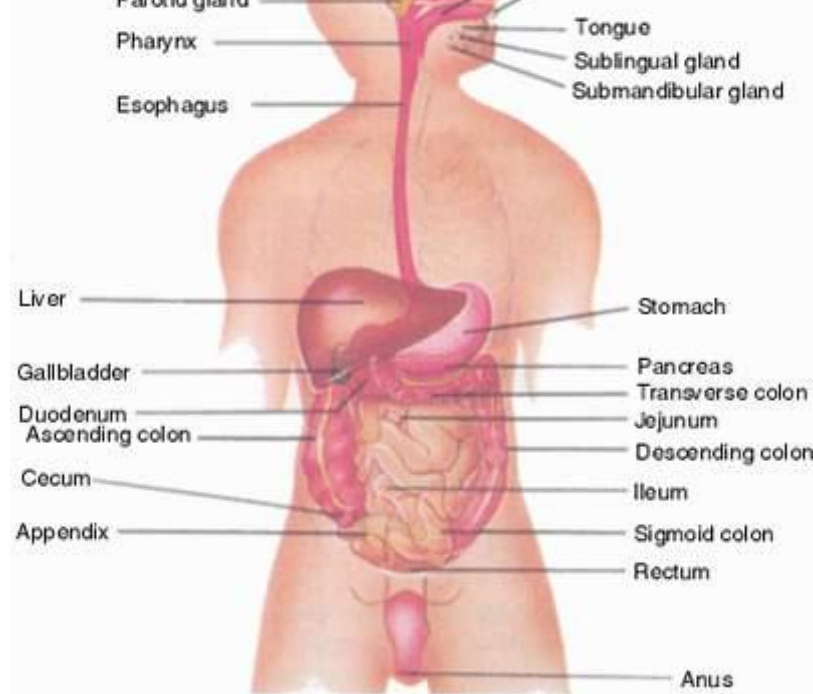
Stimulating herbs quicken and invigorate the physiological and metabolic activity of the body.

Tonic

Tonic herbs nurture and enliven. They are used frequently in traditional Chinese Medicine and Ayurvedic Medicine, often as a preventative measure. Tonic herbs like ginseng build vital energy, or qi.

CERTIFIED HERBAL COUNSELOR COURSE - SESSION 4: The Digestive System

The digestive system breaks down the food we eat, extracting nutrients and assimilating them for use throughout the body. Proper digestive-system function is essential to maintaining good health and energy levels. The body requires nutrients from all three food categories (proteins, carbohydrates and fats) to survive.



Digestive concerns are common to Americans. These include indigestion, heartburn, acid reflux, insufficient enzymes, stomach ulcers and stomach cramps.

Examining the Digestive System

After food is chewed and swallowed, it passes through the esophagus and enters the stomach. The stomach secretes hydrochloric acid and certain enzymes to begin the breakdown and sterilization of the food. The stomach is particularly important to the digestion of proteins. Typically, the stomach will hold about a quart of food or liquid, but its muscular walls can expand to hold much more than this.

The stomach is lined with a durable mucous coating that protects it from hydrochloric acid and other gastric juices. Ulcers form when a portion of this mucous lining wears thin, and the digestive juices aggravate the stomach.

The bulk of nutrient assimilation takes place in the small intestine. The circulatory system carries nutrients from the small intestine to the cells of the body. The small intestine is lined with tiny fingerlike projections called villi and tinier cytoplasmic projections called microvilli. These villi increase the surface area of the intestine and allow for more efficient nutrient absorption. The average adult's small intestine is 10-13 feet long, and about one inch in diameter. Because of the villi and microvilli, the total surface area of the small intestine is about 180 square meters – just smaller than a tennis court.

The first 10 inches of the small intestine is known as the duodenum; it is the most important section in digestion. Here, enzyme secretions from the pancreas and bile secretions from the liver mix with the food and break down carbohydrates, proteins and fats into smaller units. The body can assimilate these nutrients in smaller forms and use them for energy. The duodenum also secretes lactase to digest milk products, and sucrase and maltase to break down sugars.

The next sections of the small intestine are the jejunum and the ileum. In this combined 9-12 foot segment, an additional 2-3 liters of intestinal juices are secreted each day. Because food particles have to be a certain size before they can be absorbed into the bloodstream, digestion and assimilation in this section can take several hours. The villi and microvilli absorb tiny nutrients that travel through the lymph vessels or into capillaries for transport to the liver. After the liver filters and processes these nutrients, they are sent throughout the body.

The pancreas is an important part of the digestive process, producing approximately three pints of digestive juices each day. These juices pass through the pancreatic duct into the small intestine. This organ also controls the amount of sugar in the blood by secreting two hormones, glucagon and insulin. Insulin and glucagon work as a check-and-balance system, regulating the body's blood sugar level.

The liver is also critical to digestion. It is located in the right side of the upper abdomen, under the diaphragm. This is the largest internal organ in the body, weighing about 3-4 pounds. The liver is composed of groups of cells called lobules. Anywhere from 50,000 – 100,000 lobules make up the liver, and each lobule has a central vein that drains blood into the hepatic veins, which eventually carry it to the heart. The liver produces bile, which breaks down, or emulsifies, fats. Bile drains from the liver lobules into the branches of the bile ducts that lead to the gallbladder, where it is stored.

All told, the liver performs more than 500 functions, many of them of a processing or storage nature. The liver processes potential poisons for removal from the body, including alcohol and drugs. It also breaks down old red blood cells and reprocesses body substances, extracting iron from hemoglobin, and reusing amino acids.

The liver stores carbohydrates as glycogen, which can be quickly converted into glucose (for energy) if needed by the brain, muscles or other organs. It also stores certain nutrients like vitamins (A, B-complex, B₁₂, D, E and K), releasing them into the blood when the body needs them. These reserves can last several months. The proteins albumen, globulin and fibrinogen – all components of blood plasma – are also manufactured in the liver.

Heptatitis C – Use Milk Thistle and cleanse the body.

Did You Know?

- 60-70 million Americans suffer from digestive disease (National Digestive Diseases Information Clearinghouse).
- Americans spent \$107 billion on drugs and antacids to fight digestive ailments in 1992.
- 70-year-olds may produce as little as half the enzymes they produced when they were 20.
- By age 50, many people will produce only 15 percent of the hydrochloric acid they produced at age 25. About one-third of all people over the age of 65 secrete almost no hydrochloric acid!
- Silymarin, a mixture of bioflavonoids found in the plant milk thistle, help protect the liver. Clinical studies show that silymarin has antitoxic properties and is effective in preventing liver damage.

Digestive System Analysis

If you have four or more of the following indications, you may consider nutritional aid to the digestive system.

- Lack of energy
- Body odor and/or bad breath
- Difficulty digesting certain foods
- Food allergies
- Poor resistance to disease
- Belching or gas after meals
- Skin/complexion problems
- Lack of a balanced diet
- Less than two bowel movements per day
- Lack of appetite
- Brittle or easily broken fingernails
- Dry, damaged or dull hair
- High-fat diet
- Food/chemical sensitivities
- Recurrent yeast/fungal infections
- Weak bones, teeth or cartilage
- Suffer from anxiety or worry

Digestive System Suggestions

- Avoid caffeine, alcohol and soft drinks.
- Eat raw fruits and vegetables rich in enzymes.
- Avoid overeating.
- Eat no later than 2-3 hours before bedtime.
- Avoid resting after meals.

Digestive System Products for the Stomach

The following products are listed with ingredients only as not to sell any particular product line. These ingredients can be purchased at any store you wish.

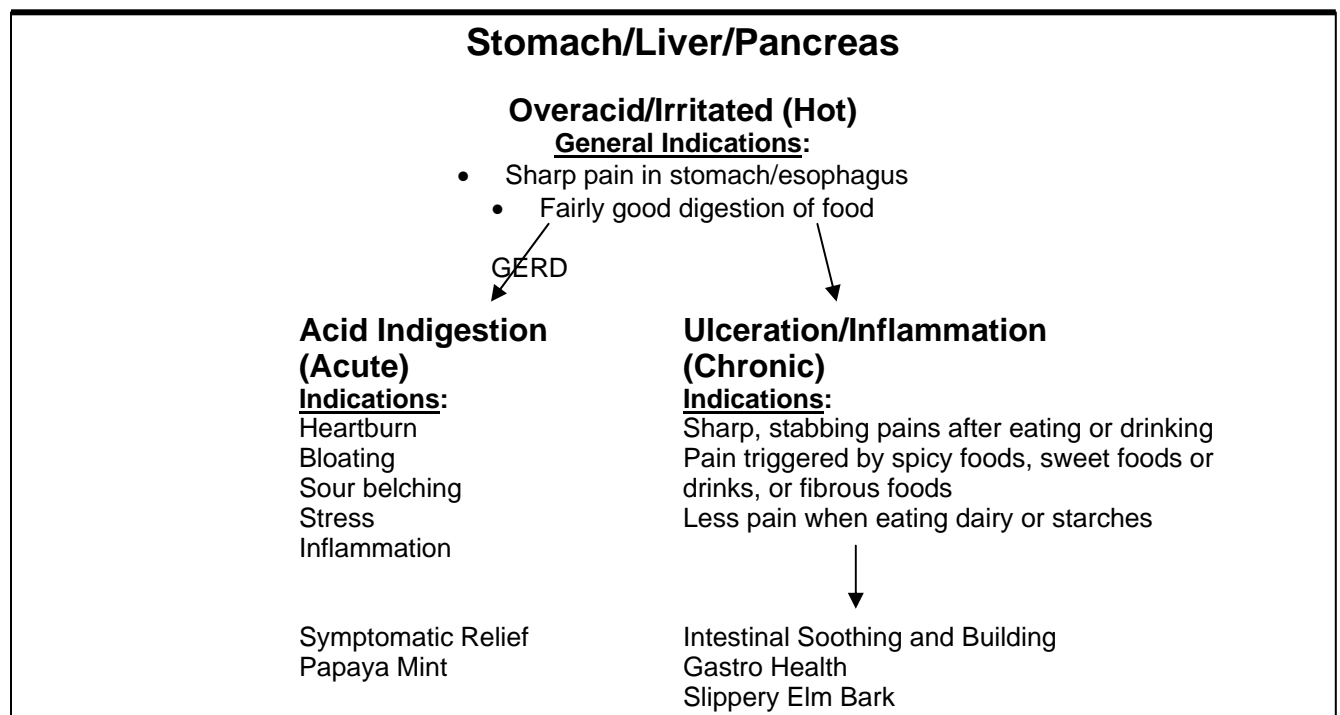
- Food Enzymes – Tablets that supply extra amounts of hydrochloric acid, pancreatic enzymes and bile salts to aid in the digestion of fats, proteins and carbohydrates. If food feels heavy entering the stomach or feels like it remains there for a long time (over two hours), Food Enzymes should enhance digestion.
- Symptomatic Relief – A combination of natural ingredients that help neutralize acid, soothe the stomach, improve digestion and control acid reflux. A combination that contains calcium carbonate, alginic acid (from kelp), wintergreen oil, papaya fruit, slippery elm bark, licorice root concentrate and ginger. This is not intended to address underlying causes of digestive disturbances.

- Papaya Mint – The freshness of peppermint is combined with the sweetness of papaya to bring you a combination that provides soothing benefits to the intestinal system. Papaya contains proteolytic enzymes that enhance the digestion of proteins, while peppermint encourages the production of digestive fluids as it sweetens your breath – an ideal combination.
- Intestinal Soothing and Building – A combination of slippery elm, marshmallow, plantain, chamomile, rose hips and bugleweed. This combination was designed to soothe and tone the digestive tract. It helps reduce irritation and relieve inflammation in the stomach, small intestine and colon.
- Gastro Health – Studies have shown that gastric ulcers are caused by Helicobacter pylori bacteria. This combination combines capsicum, cloves, Inula racemosa, deglycerrhizinated licorice and pau d'arco to promote digestion and inhibit the growth of this bacteria. It does not harm friendly intestinal flora. Capsicum is a known digestant. Cloves may have a positive effect on the healing process of gastric ulcers.

Digestive System Products for the Liver

The following products are listed with ingredients only as not to sell any particular product line. These ingredients can be purchased at any store you wish.

- Milk Thistle – This natural support to the liver contains a mixture of bioflavonoids, including silymarin. Milk Thistle strengthens the liver against auto-intoxication and stimulates protein synthesis in liver cells, which generates DNA and RNA.
- Liver Balance – Helps cool a hot liver and is especially beneficial for people with food allergies or who are easily irritated. It promotes the flow of bile, relieving a congested and “stuffy” feeling in the liver and intestines. Contains a host of Chinese herbs, including bupleurum, peony, pinellia rhizome, cinnamon, dang gui and more.
- Blood Build – Combination of 18 herbs, this combination is designed to nutritionally support the body’s blood and related systems. The liver, glands, nerves and circulatory system will benefit from the many natural roots, fruits and rhizomes.
- Spleen Activator – This combination combines Chinese herbs that “warm the center,” meaning they increase the energy of the stomach and aid the digestive process. This combination is a tonic for those with chronically weak digestion that leaves them thin and pale. It contains Panax ginseng, astragalus, atractylodes rhizome, hoelen discorea, lotus seed and 12 other Chinese herbs.



Stomach/Liver/Pancreas

Underacid/Weakened (Cold)

General Indications:

- Dull pain or burning
- Chronic bloated feeling
- Excessive flatulence
- Heavy feeling in stomach

Acid/Enzyme Deficiency (Acute)

Indications:

Nausea or flu-like symptoms
Knotted feeling in stomach
Aging
Severe gas or bloating
Lack of hydrochloric acid



Food Enzymes

Wasting (Chronic)

Indications:

Paleness
Anemia
Anorexia
Bulimia
Cold extremities
Frequent gas & bloating



Spleen Activator

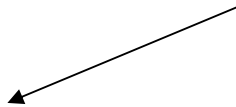
Liver Problems

General Indications:

- Allergies
- Skin Disorders (need to clean liver)
 - Hormone imbalances
- Emotional problems (depression)



Milk Thistle



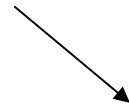
Irritated (Hot)

Indications:

Bloating
Headaches/Migraines
Irritability
Flushing of face
Acne



Liver Balance



Sluggish (Cold)

Indications:

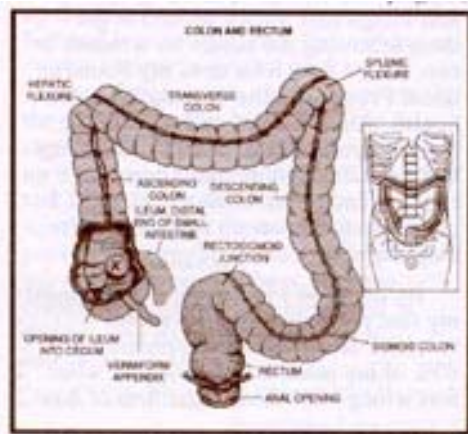
Groggy feeling
Malaise
Discouragement
Chronic depression
Hormone imbalances
Body and foot odor



Blood Build

CERTIFIED HERBAL COUNSELOR COURSE - SESSION 5: The Intestinal System

The intestinal system eliminates solid waste products from the body and reabsorbs water. It is composed of the colon (also known as the large intestine or lower bowel) and the rectum.



When the colon cannot function properly, an accumulation of toxins can build up in the lymph system, the bloodstream and the intestines. This can lead to a myriad of intestinal concerns, including colitis, constipation, hemorrhoids, diverticulitis, Crohn's disease and irritable bowel syndrome. Other intestinal system concerns include diarrhea and dehydration.

Examining the Intestinal System

The intestinal system focuses almost exclusively on the colon. The high fat, low-fiber diet common to most Americans wreaks havoc on this organ.

The Role of the Colon

The main functions of the colon are the elimination of waste and the reabsorption of water. The colon is the primary organ for eliminating cellular waste and digestive waste byproducts. A healthy, well-functioning colon is essential for good digestion and the proper absorption of nutrients.

The colon extracts water and sends it back into the bloodstream. This is vital because the body needs a great deal of water to be able to create and secrete two gallons of digestive fluids every day.

Sometimes food and waste matter pass through the colon more quickly than normal due to conditions like the presence of excessive bacteria, emotional stress or the use of prescription drugs. This results in diarrhea, which can cause severe dehydration of body cells. Large amount of water should be taken to offset this loss.

Constipation, the halting of the eliminative process, plagues untold millions of Americans. This can be caused by stress, poor dietary habits (including the lack of fiber) and a sedentary lifestyle.

Anatomy of the Colon

The first section of the colon is called the cecum. The junction between the ileum of the small intestine and the cecum of the large intestine is the ileocecal valve. This valve prevents the back-flow of waste into the small intestine.

The colon has three sections divided by pronounced flexures, or bends, where it makes near-right-angle changes of direction. Above the pouch of the cecum, the ascending colon rises vertically for almost 18 inches. At the top, the ascending colon bends, and the transverse colon begins. The transverse colon travels horizontally for about two feet at navel height, then turns down again. This two-foot section is the descending colon. The remaining several inches is the rectum, which carries waste out of the body.

Just below the entrance to the ileum (the end of the small intestine), a sac-like tube dangles from the cecum. This is the appendix. The appendix is only 3-6 inches long and one-third of an inch in diameter, so it can easily become clogged with stray pieces of food or waste and get infected; this condition is known as appendicitis.

Colon Health

Several factors promote good colon health. These include adequate dietary fiber, adequate water intake, regular exercise and a healthy balance of favorable bacteria in the gastrointestinal tract.

Adequate fiber intake provides the colon with bulk to facilitate the process of peristalsis – the involuntary contraction of intestinal muscles to move food through the intestines. Fiber decreases bowel transit time. It also absorbs toxins in the intestinal tract, allowing the bowel to eliminate them from the body.

Water is needed to maintain the healthy mucous lining of the intestines. This lining lubricates the food and waste as they travel through the colon. Water also helps keep the stool soft and pliable for easy elimination. Hard, dry stools cause strain on the colon. If the body does not get adequate water, the colon will absorb more water from the food and waste there, increasing the chance that toxins will also be absorbed, and causing stools that are dry and difficult to pass.

Regular exercise stimulates the action of the colon. Milk aerobic exercise, such as walking, is especially good. Any type of exercise that involves bending of the abdomen may also be helpful in promoting colon health.

A very important component of colon health is the balance of intestinal bacteria or “flora.” More than 400 types of bacteria reside in your gastrointestinal (GI) tract; some are beneficial to your health, or “friendly,” and some are deleterious to your health, or “unfriendly.”

The two main types of friendly bacteria are *Lactobacillus acidophilus* (or simply “acidophilus”) and “bifidus,” a name referring to several strains of bifido-bacteria. These bacteria assist in the final breakdown of food, produce B-vitamins, and keep the populations of unfriendly bacteria in check. A decrease in the population of friendly bacteria may greatly reduce the amount of certain B-vitamins available to the body.

Recent research suggests that insufficient amounts of the B-vitamin folate in the diet may increase the risk for colon cancer. Friendly bacteria can be destroyed easily by antibiotics, stress, alcohol, caffeine, high-meat/high-fat diets and high-sugar/low-fiber diets. Low levels of stomach acid also promote the growth of harmful bacteria. Probiotics, or supplements containing living bacteria, reintroduce beneficial bacteria to the GI tract. Studies show that they may also hamper the intestinal tract’s cholesterol absorption, thereby decreasing cholesterol levels. As a side benefit to women, a 1992 study found in the *Annals of Internal Medicine* suggests that acidophilus may reduce the recurrence of candida infections.

Did You Know?

- The average adult colon is about 6 feet long.
- It takes anywhere from 12-36 hours for food and waste to be processed and eliminated
- Billions of bacteria (more than 400 types) live in the gastrointestinal tract.
- *E. Coli*, the bacteria found occasionally in under-cooked beef and famous for the serious illness it can cause, lives in the colon and helps break down food substances.

Digestive System Analysis

If you have four or more of the following indications, you may consider nutritional aid to the intestinal system.

- Body odor and/or bad breath
- Eat meat more than 3 times a week
- Recent or frequent use of antibiotics
- Skin/complexion problems
- Regular consumption of dairy products
- Feeling low, uninterested or depressed
- Lack of a balanced diet
- Slow recovery from illness
- Less than 2 bowel movements per day
- High-fat diet
- Low-fiber diet
- Food/chemical sensitivities
- Recurrent yeast/fungal infections
- Easily irritated or angered
- Don’t get enough exercise
- Respiratory, sinus or allergy problems

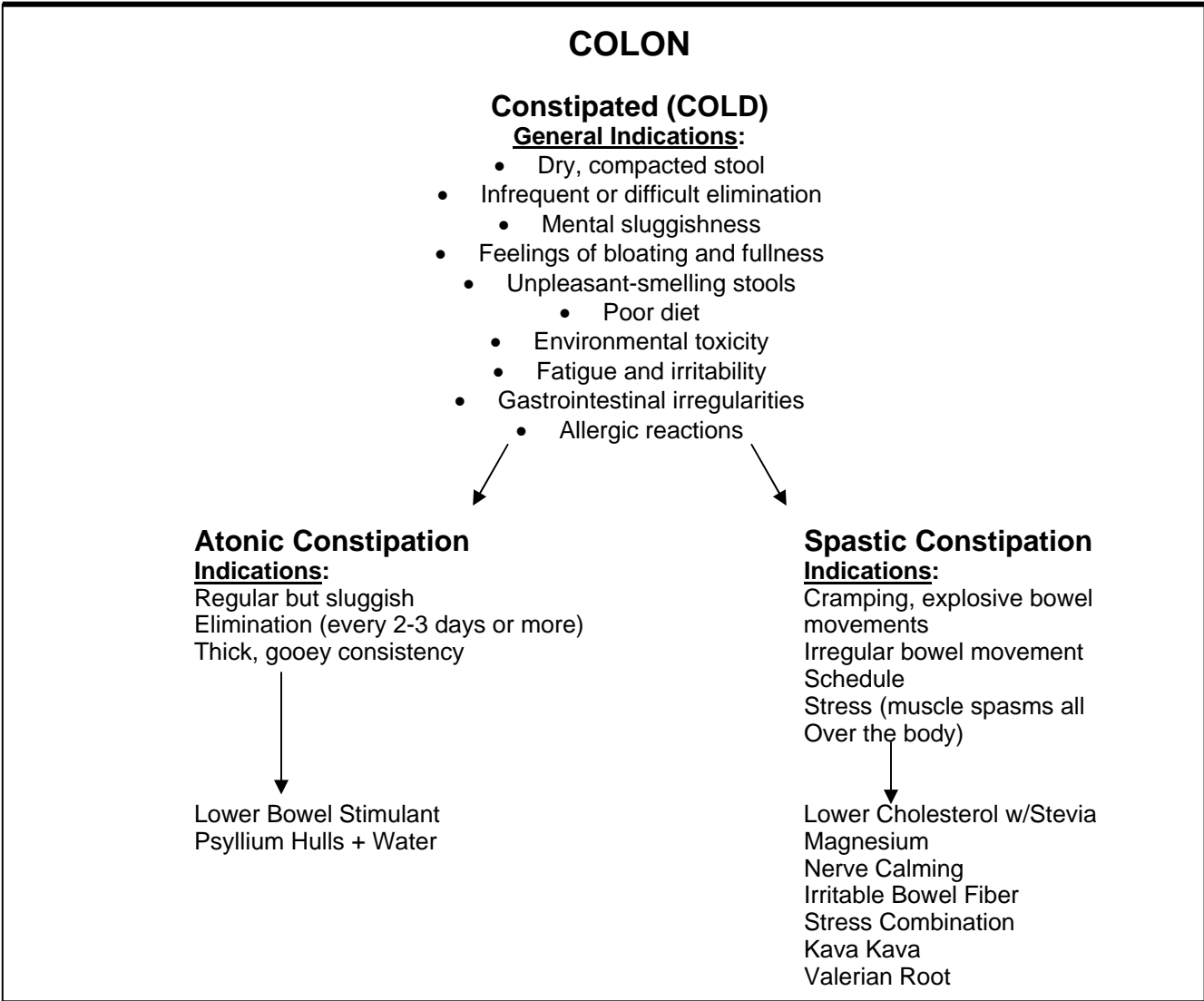
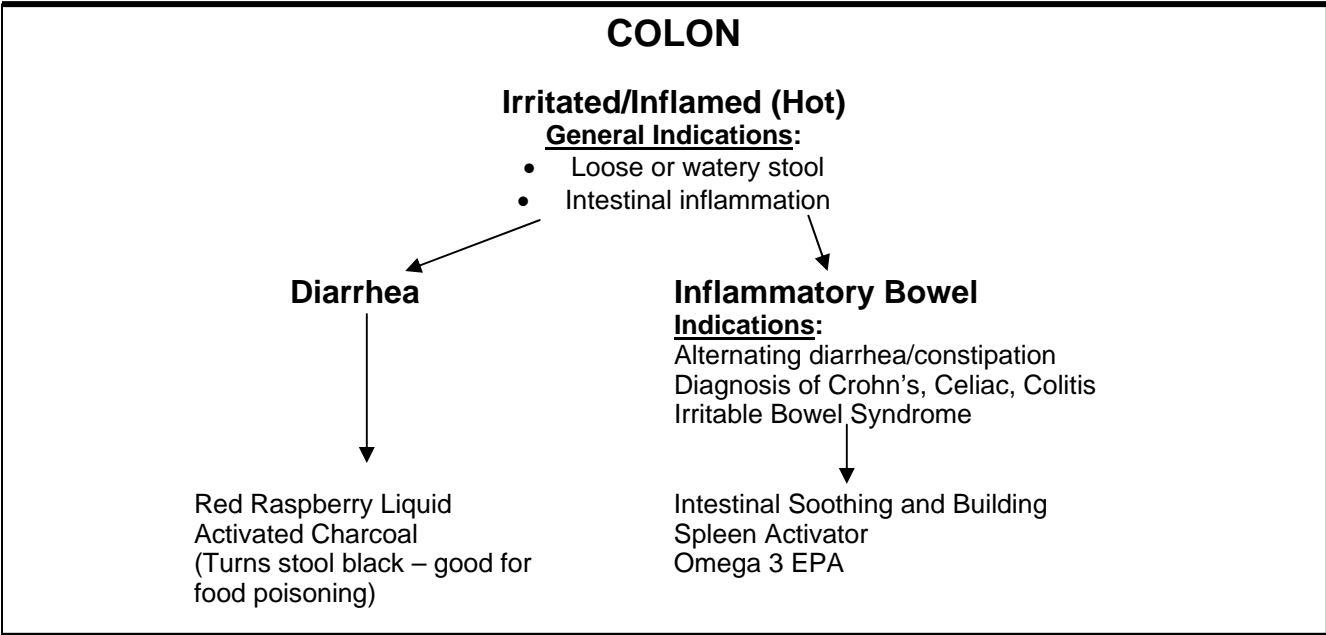
Digestive System Suggestions

- Eat high-fiber fruits and vegetables and wholesome grains.
- Drink at least 64 oz. of water daily.
- Avoid excess white flour.
- Eat yogurt and other fermented foods.
- Avoid frequent use of stimulant laxatives.

Intestinal System Products

The following products are listed with ingredients only as not to sell any particular product line. These ingredients can be purchased at any store you wish.

- **Bowel Detoxifier** – Promotes healthy, regular elimination of waste from the colon. Provides betaine HCL, pepsin, pancreatin, and bile salts to aid digestion in the upper GI tract. Also contains psyllium hulls, kelp plant, bentonite clay, charcoal and chlorophyll to provide needed fiber, encourage the proper flow of waste and detoxify the colon.
- **Activated Charcoal** – Charcoal is highly absorbent. Activated Charcoal can help in cases of poisoning or severe diarrhea as it absorbs irritants and toxins in the digestive tract. It may also help lower cholesterol levels.
- **Bifidophilus** – Bifidophilus contains over 1 billion Bifidobacterium longum per capsule to rebuild the population and friendly bacteria in the colon. It also contains 2.5 billion acidophilus bacteria.
- **Intestinal Soothing and Building** – A combination of slippery elm, marshmallow, plantain, chamomile, rose hips and bugleweed. This combination was designed to soothe and tone the digestive tract. It helps reduce irritation and relieve inflammation in the stomach, small intestine and colon.
- **Spleen Activator** – This combination combines Chinese herbs that “warm the center,” meaning they increase the energy of the stomach and aid the digestive process. This combination is a tonic for those with chronically weak digestion that leaves them thin and pale. It contains Panax ginseng, astragalus, atracylodes rhizome, hoelen discorea, lotus seed and 12 other Chinese herbs.
- **Lower Bowel Stimulant** – Works as a laxative and can help eliminate parasites from the body. Helps cleanse and tone the colon. Contains cascara sagrada, buckthorn, licorice, capsicum, ginger, barberry, turkey rhubarb, couch grass and red clover.
- **Psyllium Hulls** – Psyllium hulls have the natural ability to absorb incredible quantities of water. Psyllium forms a mucilaginous gel when mixed with liquids; this gel adds bulk to food and waste traveling through the colon. In a study conducted by James W. Anderson, M.D., volunteers who added one heaping teaspoon of psyllium twice daily to their diets averaged a 4.7 percent drop in cholesterol after 24-26 weeks, while LDL (bad) cholesterol dropped 6.6 percent. Contains psyllium hulls, licorice root and hibiscus.
- **Lower Cholesterol w/Stevia** – The recommended dietary allowance for fiber is 30 grams per day. Most Americans get far less than this. This combination contains fiber from five different sources: psyllium hulls, apple fiber, acacia gum, guar gum and oat bran. Each serving offers 3.8 grams total dietary fiber (3.2 grams soluble and 0.6 grams insoluble). Fiber adds bulk to the stool and promotes bowel movement and removal of toxins and excess cholesterol from the body. Drink plenty of water.
- **Magnesium** – This essential mineral can act as a laxative for a spastic colon. Some over-the-counter laxatives contain magnesium.
- **Nerve Calming** – A combination of herbs and essential B-complex vitamins, which nourishes the nerves to help the body cope with stress. Contains generous amounts of vitamin C, B-complex vitamins, plus schizandra fruit, choline bitartrate, wheat germ, inositol, PABA, bee pollen, citrus bioflavonoids, hops flowers, passion flower and valerian root to help reduce tension, stress and insomnia.
- **Parasite Cleaning** – Parasite cleansing promotes the elimination of parasites and yeast from the digestive and intestinal tracts. Contains pumpkin, caprylic acid, and elecampane. Drink plenty of water.
- **Liquid Black Walnut** – Traditionally used as a nutritional aid for the intestinal system, black walnut provides you with the same laxative action as cascara sagrada, but it works more subtly. Due to its astringent qualities, black walnut has the power to help your body protect itself from harmful agents such as parasites.



COLON

Parasites

Indications:

- Severe diarrhea after foreign travel
- Chronic diarrhea after drinking untreated water
- Chronic, unresolved health problems
 - Constant hunger
 - Unsatisfied appetite
 - Itchy rectum



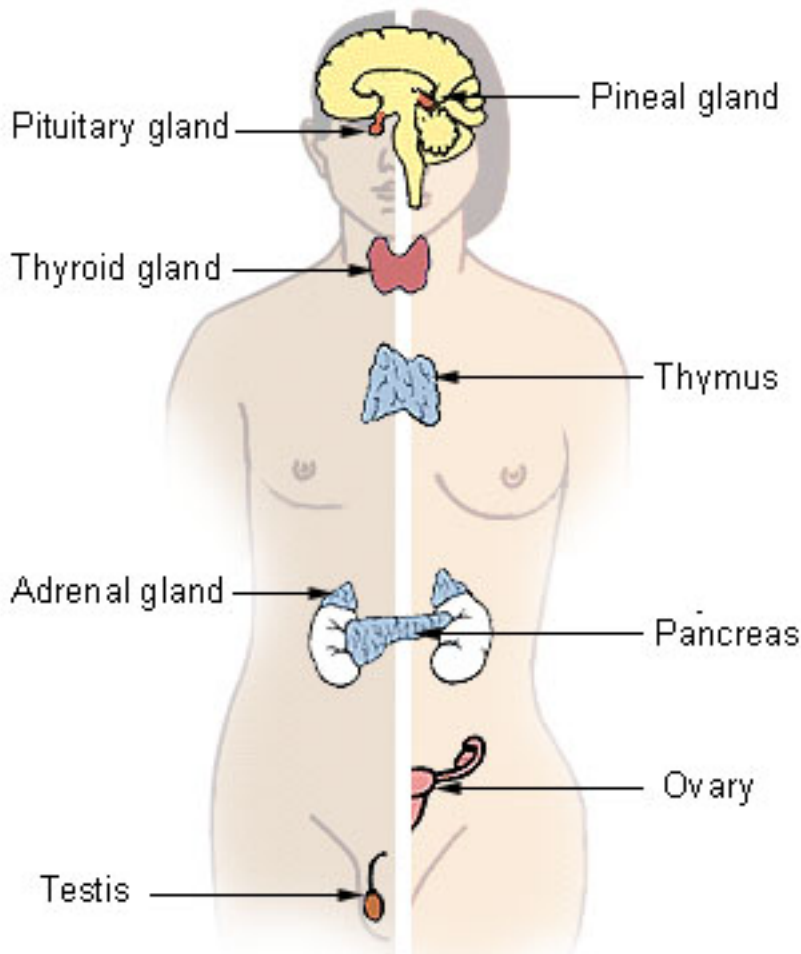
Parasite Cleansing
Bifidophilus – take with cleansing
Liquid Black Walnut (children)
L-Reuteri

CERTIFIED HERBAL COUNSELOR COURSE - SESSION 6: The Glandular System

The glandular and nervous systems work intimately together to maintain balance among all of the body systems.

Major Endocrine Glands

Male Female



Together, these systems regulate voluntary and involuntary actions within the body such as growth, metabolism, digestion, elimination, menstruation and sleep. These systems also serve as the body's means of communication between cells.

The glandular system communicates using chemical messengers called hormones, which stimulate reactions that may last from a few hours to several days.

Glandular system concerns include hormone imbalances, weak adrenal glands, thyroid imbalance, diabetes, hypoglycemia and hyperglycemia.

Examining the Glandular System

While the glandular system communicates using hormones, the nervous system uses electrical impulses and chemicals called neurotransmitters to relay fast, short-lived messages. Some neurotransmitters, e.g., noradrenaline, also act as hormones and may be secreted in more than one place throughout the body. Both neurotransmitters and hormones bind to receptor cells to initiate responses.

The nervous and glandular systems are linked by the hypothalamus – the control center for the body's emotional and physical responses. The hypothalamus, part of the brain stem,

has been found to control hunger, thirst, blood pressure, pain, pleasure, water balance, temperature, sexual desire, hostility and many other emotions and responses. However, it is not the only area of the brain associated with emotions. Many structures, including the hypothalamus, make up the limbic system, an area of the brain that processes feelings and emotions.

The relationship between the hypothalamus and the pituitary gland provides the link between the nervous and glandular systems. The pituitary is a small gland located at the base of the brain. Many refer to it as the master gland because it regulates the release of hormones from most other glands, much like the maestro of a symphony directs all the musicians to play together to produce harmonious music. Divided into two lobes, the anterior and posterior, the pituitary is a double gland. Some hormones are produced in the hypothalamus and stored in the posterior lobe of the pituitary. The hypothalamus also manufactures hormones that stimulate the release of other hormones from the anterior pituitary. These are called releasing, or tropic hormones.

Many glands have a "feedback loop" that prevents the over-secretion of certain hormones. For instance, if the anterior pituitary secretes thyroid-stimulating hormone (TSH), the thyroid subsequently releases thyroxine and tri-iodothyronine, two hormones that trigger an increase in metabolism. These hormones inhibit the release of TSH so the thyroid will not be stimulated by the anterior pituitary.

The pituitary also produces hormones that it secretes directly into the bloodstream. One of these, growth hormone, is responsible for growth, development, protein synthesis, the breakdown of fats, and increases in blood sugar levels. Other hormones produced by the pituitary and secreted directly into the bloodstream

include prolactin, which stimulates milk secretion in females; follicle-stimulating hormone (FSH), which stimulates the growth of ovarian follicles in females and seminiferous tubules in males; and luteinizing hormone (LH), which initiates ovulation during the menstrual cycle.

The pineal gland is a small, pea-sized gland located in the center of the brain. It is associated with biological responses to light and regulation of the body's circadian rhythms such as sleep. Exposure to light inhibits the secretion of melatonin, a pineal hormone, and darkness stimulates it. Secretion of this natural antioxidant peaks around midnight and troughs in the morning. Melatonin production decreases with age.

The thymus gland is located behind the upper part of the breastbone and produces the hormone thymosin. Thymosin plays a role in immune response.

Just above the thymus, in the neck, is the thyroid gland. The thyroid secretes two different hormones; thyroxine and tri-iodothyronine (mentioned previously). Together, these two hormones regulate metabolism, growth and development. Calcitonin, another thyroid hormone, regulates blood levels of calcium, preventing excessive amounts from being released into the blood.

The parathyroid gland lies adjacent to the thyroid. Parathyroid hormone (PTH) acts as an antagonist to calcitonin to increase calcium levels in the blood by stimulating its release from the bones. At the same time, PTH causes the kidneys to excrete phosphate, which is also released from the breakdown of bone. The kidneys, intestines and bones all play a role in maintaining proper blood levels of calcium and phosphate.

The adrenal glands are located on top of the kidneys. Each gland is divided into two parts, the cortex and the medulla. The adrenal cortex (outer layer) produces "cortical" steroid hormones from cholesterol. Among the many cortical steroid hormones produced by the adrenal cortex are the sex hormones, DHEA, cortisone and aldosterone. The sex hormones signal development of secondary characteristics such as facial hair and a deeper voice. DHEA (dehydroepiandrosterone), an intermediate hormone, aids in the production of sex hormones. Cortisone and its derivatives (called the glucocorticoids) help maintain normal blood sugar levels by stimulating formation of carbohydrates from protein and fat through secretion of enzymes from the liver. These glucocorticoids also decrease inflammation, help repair damaged tissue and act as the body's buffer for stress.

Another cortical steroid hormone is aldosterone, which regulates mineral balance within the body by stimulating the absorption of sodium, chloride and water, and decreasing absorption of potassium by the kidneys. A careful balance of these minerals is vital for proper function of the sodium-potassium pump, which transports molecules into cells, and for conduction of nerve impulses.

Many plants produce hormones similar to the cortical steroid hormones; these are often called phytosteroids, and in the body they act similarly to the way the cortical steroid hormones function.

The medulla (or inner layer) of the adrenal gland produces adrenaline and noradrenaline. These hormones stimulate the sympathetic nervous system in fight-or-flight responses. When the body senses stress – whether it be emotional, physical or environmental – elevated blood pressure, increased blood sugar, accelerated heart rate and constricted blood vessels can result as the body redistributes its energy in order to deal with the stress. Simultaneously, functions that are less crucial to survival (like digestion and elimination) temporarily stop.

The ovaries are the female sex organs that produce estrogen and progesterone. Estrogen maintains and helps develop other female sex organs, stimulates secondary sexual characteristics and stimulates growth of the uterine lining during the first two weeks of the menstrual cycle. Progesterone has been called the pregnancy hormone because it prepares the uterus for the fertilized egg during the last two weeks of menstruation and helps maintain a healthy fetus during pregnancy.

The male hormone testosterone is produced in the testes, the main male reproductive organs. Testosterone stimulates development of sperm cells in men, maintains and develops male reproductive organs, and is responsible for male secondary sexual characteristics.

The pancreas is a digestive organ that also functions as a gland. It secretes glucagon, which converts glycogen into glucose, and insulin, which acts as an antagonist to glucagon to prevent excessive levels of blood glucose. Both of these conversions involve enzymes produced by the liver.

The digestive tract also contains hormones. Gastrin, secreted in the stomach, triggers secretion of gastric juices and enzymes in the pancreas. Stomach acidity causes the release of secretin in the small intestines, which in turn causes the pancreas to secrete its enzymes, and stops the secretion of acid. Cholecystokinin (CCK) stimulates the gallbladder to secrete bile.

Proper nutrition is crucial to the function of this complex system. Most glands need increased amounts of particular minerals to function as enzymes in their reactions. For example, the pancreas needs chromium, the prostate requires zinc, and the thyroid uses iodine. Many problems with the glandular system are associated with poor nutrition and low levels of these minerals in the diet.

Did You Know?

- The pituitary gland is about the size of a kidney bean.
- Giants and midgets are the result of too much or too little growth hormone.
- Diabetes mellitus, the most common glandular system disorder, affects between 10 and 20 million people in the United States.

Glandular System Analysis

If you have four or more of the following indications, you may consider nutritional aid to the glandular system.

- Lack of energy
- Regular consumption of alcohol
- Frequent mood swings
- Poor concentration or memory
- Stressful lifestyle
- Skin/complexion problems
- Cravings for sweets, salt or junk foods
- Too little sleep or restless sleep
- Hair loss
- Difficulty in maintaining ideal weight
- Lack of a balanced diet
- Slow recovery from illness
- Lack of appetite
- Unsettled, apprehensive, pressured
- More than 2 cups of caffeinated beverages/day
- Easily irritated or angered
- Don't get enough exercise

Glandular System Suggestions

- Eat regular meals at regular intervals.
- Eat vegetables, legumes and whole grains.
- Avoid simple sugars.
- Exercise.
- Avoid stress.

Glandular System Products - Metabolism

The following products are listed with ingredients only as not to sell any particular product line. These ingredients can be purchased at any store you wish. If you are interested in the actual combinations listed below, please contact JLS directly.

- **Master Gland Formula** – This general body tonic includes adaptogens like schizandra and Siberian ginseng, along with herbs historically used to strengthen all the glands: alfalfa for the pituitary, kelp for the thyroid, licorice for the adrenals, thyme for the thymus, dong quai and ginseng for the reproductive glands, and dandelion and uva ursi for the pancreas.
- **Hypoglycemia Combination** – A combination of licorice, dandelion, safflowers and horseradish, this formula was designed for hypoglycemics. Herbal properties of this formula include adaptogenic, glandular and stomachic. Licorice helps stabilize the adrenal glands, dandelion supports the liver, and safflowers and horseradish improve digestion.
- **Licorice Root** – Licorice has long been recognized for the natural sweetness of its deep-sinking roots. Next to ginseng, licorice is the most popular herb used in Chinese formulas.
- **Sugar Regulating Formula** – By combining banaba leaf, gymnema, bitter melon, fenugreek, nopal, chromium, and vanadium, this formula assists diabetics. This formula works naturally to keep blood sugar at levels in the healthy range while providing antioxidant and protective substances to guard against the damage that is often caused by diabetes.

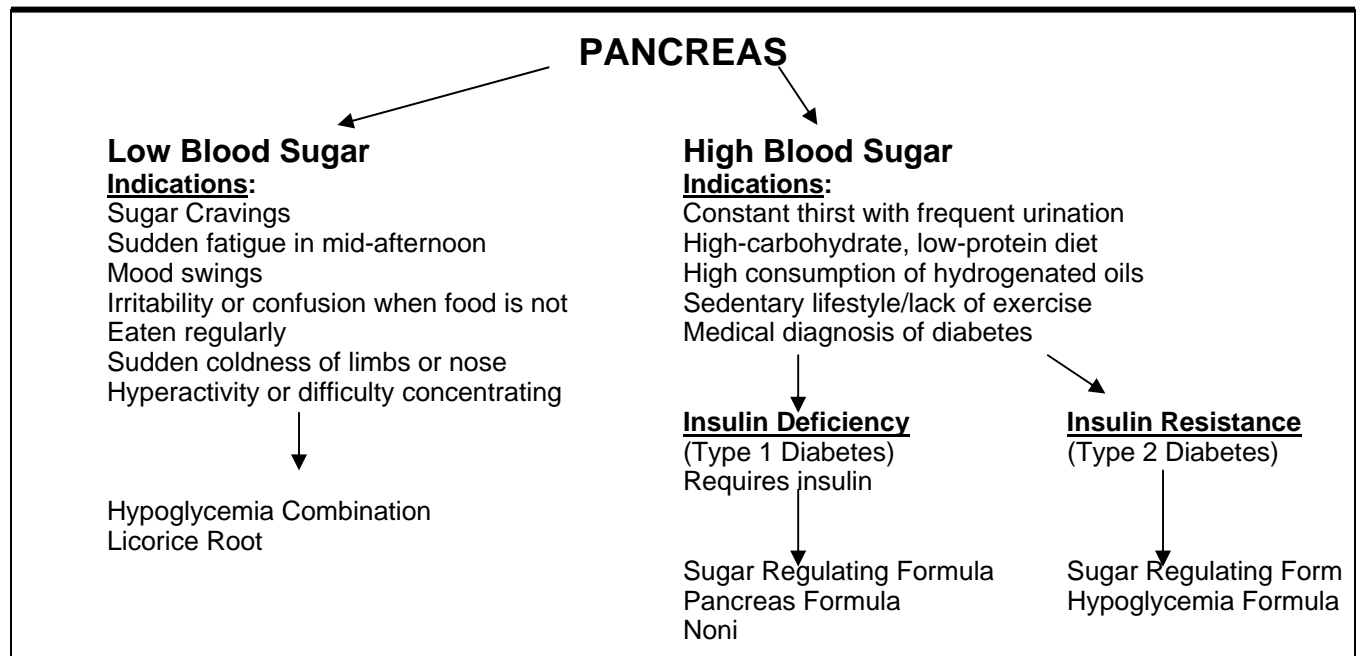
- **Pancreas Formula** – This mixture contains 14 herbs that help support the function of the pancreas gland. It helps balance blood sugar levels and improve digestive secretions from the pancreas. This formula also contains golden seal root, juniper berries, uva ursi leaves, cedar berries, mullein leaves, garlic bulb, yarrow flowers, slippery elm bark, capsicum fruit, dandelion root, marshmallow root, nettle herb, white oak bark and licorice root.
- **Hypoglycemia Formula** – This is a Chinese combination of 16 herbs that nutritionally support the glandular system and associated metabolic processes. The Chinese call this formula bu yin, which means to “supplement yin.” The herbs in this formula work to support the body as it attempts to reduce fire (fever) and strengthen water (support associated organs and normalize metabolic processes).
- **Recuperative Combination** – A blend of five herbs that support glandular health, this combination aids the body’s recuperative functions. Its adaptogenic ingredients – astragalus, ginkgo, gotu kola, Siberian ginseng, and suma – provide energy and emotional support.
- **Nerve Calming** – A combination of herbs and essential B-complex vitamins, which nourishes the nerves to help the body cope with stress. Contains generous amounts of vitamin C, B-complex vitamins, plus schizandra fruit, choline bitartrate, wheat germ, inositol, PABA, bee pollen, citrus bioflavonoids, hops flowers, passion flower and valerian root to help reduce tension, stress and insomnia.
- **Nervous Fatigue Formula** – This formula contains 18 Chinese herbs that offer adaptogenic, balancing and stimulating properties. It is excellent for those feeling “burnout” or stress.
- **Balanced B-Complex** – B-vitamins are particularly important for the nervous system and are also vital for good digestive function and enzyme reactions that control energy, circulation, hormones and overall health. Since the same amount of each B vitamin is not necessarily needed by the body, this formula is balanced to assist B12 absorption.
- **Thyroid Activator** – This combination was created by Dr. Christopher. It contains several sources of iodine and other nutrients that benefit the thyroid. Ingredients include Irish moss, kelp, black walnut hulls, parsley, watercress, sarsaparilla and Icelandic moss. This formula aids thyroid function and may help with fatigue. Do not use with an overactive thyroid.
- **Thyroid Normalizer** – This combination works to normalize an underactive thyroid. By supplying the body with organic sources of iodine, this product activates the thyroid to increase your metabolism to a healthy level of glandular operation.
- **7-KETO** – 7-Keto boosts the production of T3 hormone, which stimulates metabolism and helps lower the body’s pre-programmed weight “set point.” Clinical tests indicate that 100 mg of 7-Keto taken twice a day significantly lowered body fat over an eight-week period.

Glandular System Products - Reproductive

The following products are listed with ingredients only as not to sell any particular product line. These ingredients can be purchased at any store you wish. If you are interested in the actual combinations listed below, please contact JLS directly.

- **Master Gland Formula** – This general body tonic includes adaptogens like schizandra and Siberian ginseng, along with herbs historically used to strengthen all the glands: alfalfa for the pituitary, kelp for the thyroid, licorice for the adrenals, thyme for the thymus, dong quai and ginseng for the reproductive glands, and dandelion and uva ursi for the pancreas.
- **Monthly Maintenance** – This formula provides women with nutritional support vital to promoting and maintaining optimum health throughout the month.
- **Yam Cream** – This cream provides the progesterone a woman’s body needs in a unique herbal base. Chamomile is included to help soothe the nerves and skin, and the addition of ginkgo strengthens nerves and improves circulation. Horsetail, yucca, Vitamins A and C and aloe vera are added to support the mature woman by promoting healthy hair, skin and nails, while enhancing the adrenal system and protecting body tissues.
- **Hot Flash Combination** – This potent, time-release combination of black cohosh and dong quai provides a natural defense against uncomfortable menopausal changes. Studies show that black cohosh acts like estrogen to help relieve hot flashes and depression.

- **Soy Combination** – Because they contain the isoflavonoid genistein, soybean products are in great demand today for major benefits to the immune, glandular and circulatory systems. This soy combination contains 48 times more isoflavonoids than comparable amounts of tofu, 25 times more than tempeh and 10 times more than roasted soybeans.
- **Prenatal Multivitamin and Mineral** – The perfect supplement for pregnant or lactating women, a prenatal vitamin and mineral that provides a balanced combination of vitamins and minerals, including Vitamins A, C, D, E, B1, B2, B6 and B12, as well as folic acid, biotin, pantothenic acid, iron, iodine, magnesium, zinc and copper to support the nutritional needs of both mother and baby. In addition, this combination provides ginger root to help soothe the stomach. It's free of artificial flavors, preservatives, sweeteners, guar, yeast, gluten, lactose, milk, soy and wheat.
- **Red Raspberry** – This herb is renowned for its nutritional support of the female reproductive system. Raspberry is known to nourish and strengthen the uterus. A common backyard fruit bush, Red Raspberry is an excellent herbal source of iron, manganese and niacin. It also contains quantities of vitamins C, A, D, E and B, as well as phosphorus and calcium.
- **Men's X-rated Formula** – This formula features muira puama stem and yohimbe bark. Muira puama, also called "potency wood," has aphrodisiac properties. Yohimbe bark supports and stimulates the nervous system. Also includes L-arginine, damiana leaves, oat straw leaves, saw palmetto berries and DHEA.
- **Woman's X-rated Formula** – This formula for Women contains seven herbs carefully selected for female reproductive needs: red raspberry leaves, slippery elm bark, Siberian ginseng, ginger root, oat straw concentrate, damiana leaves and kava kava concentrate.
- **Men's Formula** – This combination of saw palmetto, pygeum, lycopene, stinging nettle, gotu kola and zinc provides incredible nutrition and toning for the prostate gland. Lycopene is a powerful antioxidant. A seven-year study showed that the most lycopene-containing foods in your diet, the less risk you have of getting prostate cancer.



ADRENALS

Spirulina

Spirulina

Adrenal Stress (Hot)

Indications:

High blood pressure
High blood sugar
Poor wound healing
Bone loss
Lowered immune response
Thinning hair
Muscle wasting
Development of abdominal fat
Feelings of tension and stress
Anxiety
Shallow breathing
Muscle tension

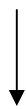


Recuperative Combination
Nerve Calming
Adrenal Glandular

Adrenal Exhaustion (Cold)

Indications:

Low blood pressure
Low blood sugar
Tachycardia and palpitations
Cravings for sweets and carbohydrates
Poor memory and concentration
Insomnia (restless sleep, disturbing dreams, waking frequently at night)
Nervousness, irritability
Mental confusion
Fatigue
Nightmares



Nervous Fatigue Formula
Balanced B-Complex

THYROID

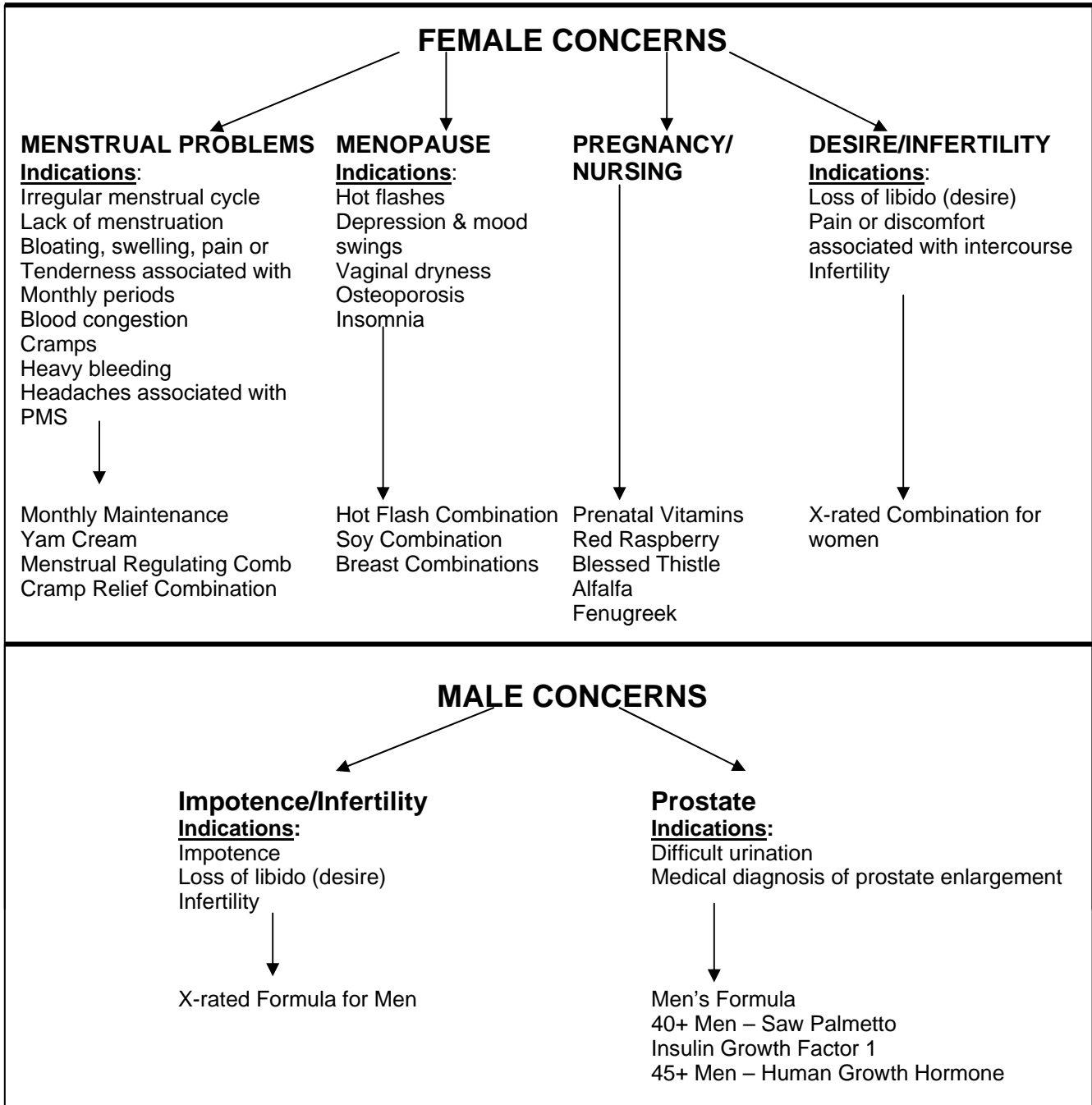
Hypothyroidism (Cold)

Indications:

- Mental or physical slowing
 - Fatigue/lethargy
- Undue sensitivity to cold weather
 - Low body temperature
 - Hair loss
 - Weight gain
 - Coarse skin
- Low sex drive/infertility
 - Mild depression



Thyroid Activator
Thyroid Normalizer
7-Keto
Thyroid Support
Master Gland
Iodine Patch
Goiter use Liquid Dulse
Myrrh



CERTIFIED HERBAL COUNSELOR COURSE - SESSION 7: The Nervous System

The nervous system is an internal communication system, relaying signals with short electrical impulses. The central nervous system is composed of the brain and spinal cord. The peripheral nervous system extends to all other parts of the body.



Health problems related to the nervous system include stress, insomnia, depression, nervous disorders, headaches and multiple sclerosis.

Examining the Nervous System

The nervous system is made up of groups of cells called neurons. A neuron is a cell body with a nucleus, a dendrite (which receives input) and an axon (which relays signals to other cells).

Neurons transmit information through the body in a manner similar to the way electricity flows through a wire. A nervous impulse begins with the reversal of the concentrations of sodium and potassium both inside and outside the neuron. Sodium rushes into the cell and potassium rushes out, generating momentum that conducts an impulse down the axon and toward the dendrite of the next neuron. This transmission continues from cell to cell until the message is delivered. All this takes place at incredible speed.

Some of the spaces between nerve cells, called junctions, are so small that the impulse can travel from one nerve to the next very quickly. These are called gap junctions. However, most neurons relay signals across larger spaces called synaptic junctions. These require chemical messengers called neurotransmitters.

Neurotransmitters are released into a synaptic junction by one cell and bond with receptors on the membrane of the neighboring cell. After the electronic signal has been relayed, the neurotransmitters are deactivated and recycled.

Some neurotransmitters include serotonin, acetylcholine, dopamine, GABA (gamma amino butyric acid) and norepinephrine (noradrenaline). Abnormal levels of neurotransmitters can cause an assortment of complications. For instance, abnormally low levels of serotonin are associated with obesity, depression. Sleep disorders anxiety and migraine headaches.

Many neurons are surrounded by special cells that form an outer layer called the myelin sheath. The myelin is composed mostly of lipids. It insulates the neurons to speed up the conduction of impulses, as it prevents “short circuits” between adjacent neurons. Deterioration of the myelin sheath is associated with many degenerative disorders of the nervous system.

The nervous system has two major divisions – the central nervous system (CNS) and the peripheral nervous system (PNS). The CNS is composed of the brain and spinal cord and is the body’s main signal-processing unit. The nerves of the PNS extend to other parts of the body, including internal organs, skeletal muscles and glands.

The PNS subdivides into the somatic and autonomic pathways. Somatic-pathway responses are voluntary or conscious. For example, use of arm or leg muscles and sensory perceptions are controlled by somatic nerves. Autonomic pathways deal with involuntary actions like digestion, excretion, heartbeat and the contraction of the smooth muscles. These are all things we can’t control.

Autonomic pathways divide again into the sympathetic and parasympathetic branches of the nervous system. These branches work independently and opposite of one another. The sympathetic nervous system, which secretes the neurotransmitter noradrenaline, initiates “fight or flight” responses when stimulated by physical, emotional or environmental stress. This is a primitive, instinct-like ability that allows a person to maximize energy in order to most effectively react to stress. It raises blood sugar, heart rate, blood pressure and metabolism, constricts blood vessels and stops less vital functions like digestion. The parasympathetic nervous system normalizes the body by balancing it to the state it was in before the stimulus occurred. The neurotransmitter acetylcholine restores non-vital functions. The reciprocating actions of the sympathetic and parasympathetic nervous systems allow the body to cope with stress without being overwhelmed by its physiological effects.

Stress can have many negative effects on the body. In addition to the uncontrollable, physical reactions described above, stress can also deplete levels of water-soluble vitamins (C and B complex) and

vitamins A and E. These vitamins are essential to the proper development and function of nervous-system tissue because they act as co-enzymes in chemical reactions and raw materials for nerve cells. Adequate vitamin and mineral intake can help provide the body with the nutrients it needs to function properly, even under stress.

Did You Know?

- The average adult brain weighs about three pounds.
- Some nerve fibers with myelin sheaths conduct impulses as fast as 600 feet per second.
- An estimated 10,000 neurons die each day from aging, disease, injury or poisons.

Nervous System Analysis

If you have four or more of the following indications, you may consider nutritional aid to the nervous system.

- Lack of energy
- Regular consumption of alcohol
- Frequent mood swings
- Poor concentration or memory
- Stressful lifestyle
- Feeling low, uninterested or depressed
- Too little sleep or restless sleep
- Unsettled, apprehensive, pressured
- More than 2 cups of caffeinated beverages/day
- Feeling out of control
- Suffer from anxiety or worry
- Easily irritated or angered

Nervous System Suggestions

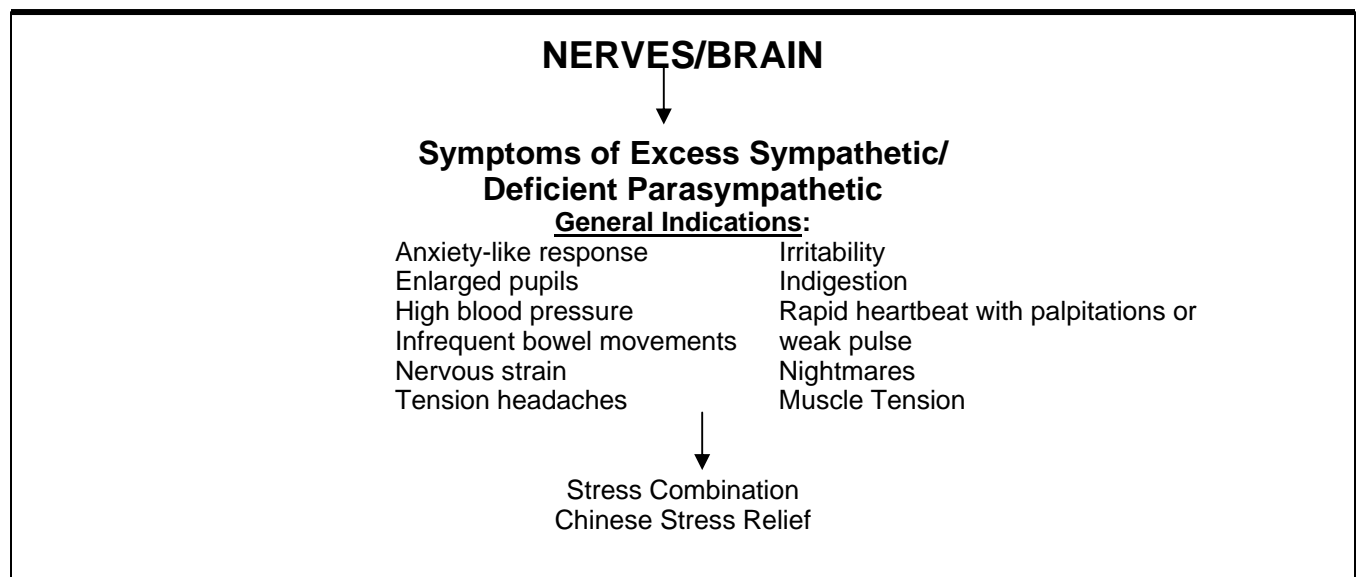
- Eat regular, wholesome meals.
- Avoid smoking, alcohol and stimulants.
- Exercise regularly.
- Manage your stress.
- Eat a lot of green, leafy vegetables, fruits, whole grains and nuts.

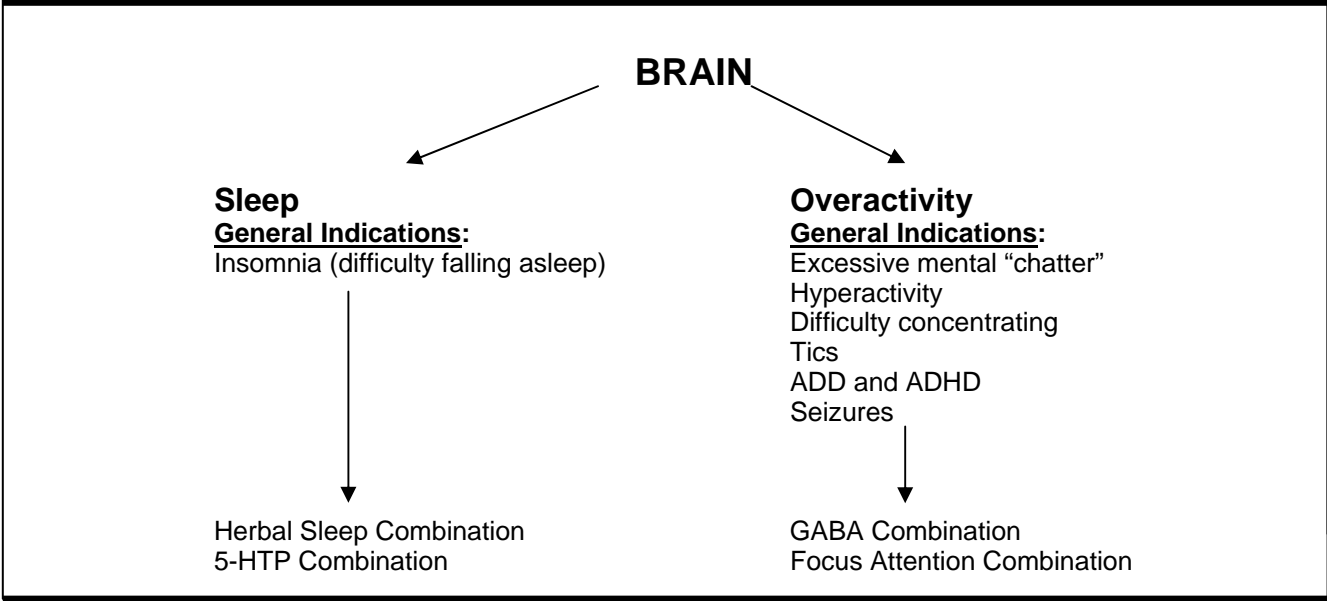
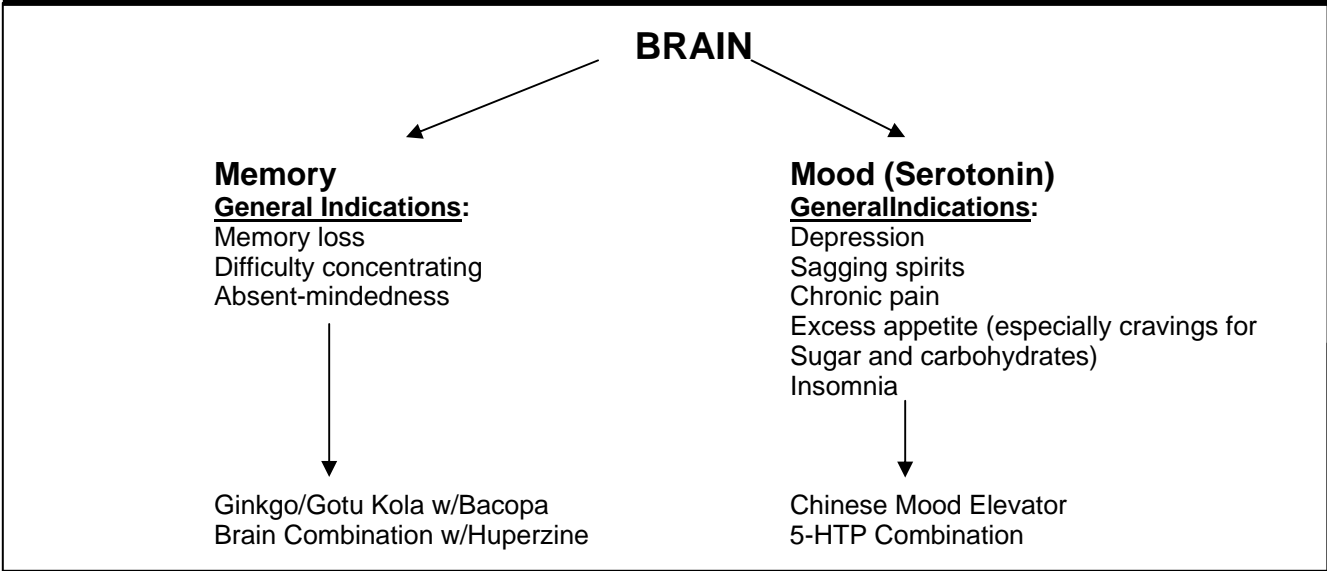
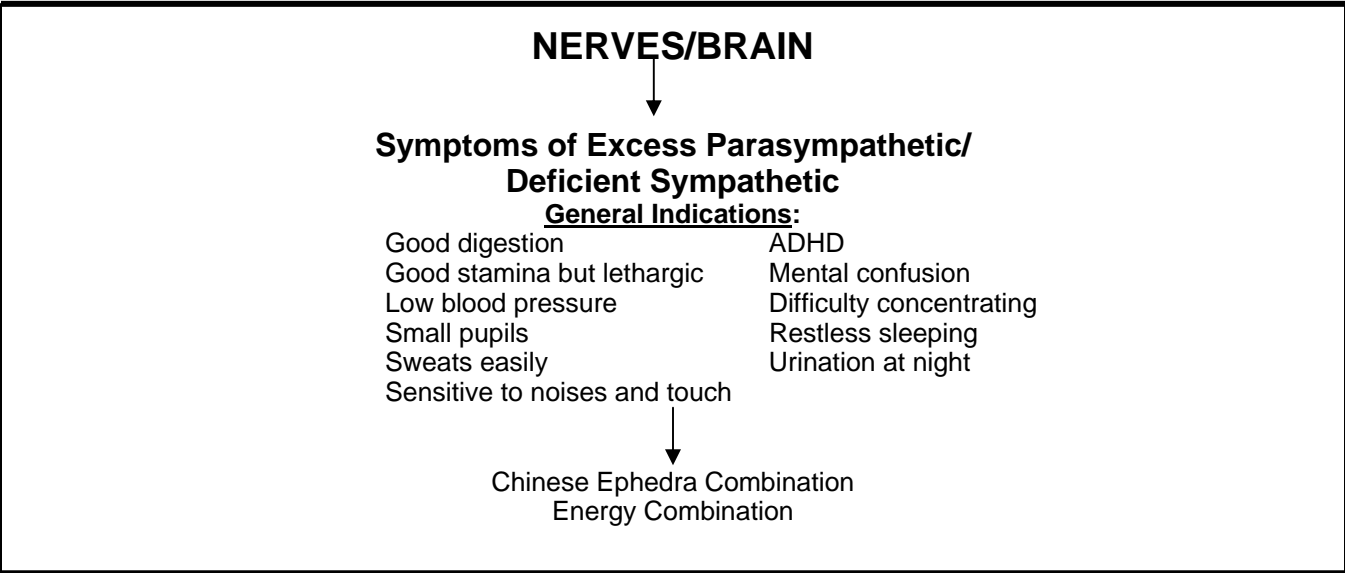
Nervous System Products

The following products are listed with ingredients only as not to sell any particular product line. These ingredients can be purchased at any store you wish. If you are interested in the actual combinations listed below, please contact JLS directly.

- **Nerve Calming** – A combination of herbs and essential B-complex vitamins, which nourishes the nerves to help the body cope with stress. Contains generous amounts of vitamin C, B-complex vitamins, plus schizandra fruit, choline bitartrate, wheat germ, inositol, PABA, bee pollen, citrus bioflavonoids, hops flowers, passion flower and valerian root to help reduce tension, stress and insomnia.
- **Stress Combination** – This combination contains one of the most favored herbs of Europe for relaxation – chamomile. High in chromium, magnesium and vitamins A and C, the stress combination works well with other supplements like B-complex vitamins, bee pollen and vitamin C.
- **Chinese Stress Relief Combination** – This Chinese stress relief combination combines 16 herbs and natural substances to support emotional balance. Its primary nutrients – polygonum, dragon bone, oyster shell, haliotis shell and fushen – help normalize mental function and strengthen the cardiovascular system. This formula helps nourish the nervous system and improve gastric function, in addition to strengthening the urinary system.
- **Chinese Ephedra Combination** – This powerful weight-loss aid contains Chinese ephedra (ma huang), which possesses constituents that stimulate the central nervous system. It activates the heart, increases blood pressure and speeds up metabolism.
- **Energy Combination** – This energy combination supports the body's own energy-building system. It works with the glandular, nervous and circulatory systems to help relieve stress and promote energy metabolism and glucose utilization. The combination provides a variety of nutrients needed for optimal vitality – some that nourish the glands (kelp and licorice) and some that nourish the brain and nervous system (gotu kola).

- **Ginkgo/Gotu Kola w/Bacopa** – Ginkgo contains flavonoid glycosides like quercetin and other key compounds similar to gotu kola. It boosts circulation to the brain. Gotu kola herb has been called “brain food” by many herbalists. Bacopa is from bacopin, an Ayurvedic compound that stimulates memory. Studies show that people who took bacopin supplements had reduced memorization time, increased memory time and decreased retrieval time. Bacopa may also help boost concentration.
- **Brain Combination w/Huperzine** – This combination aids the brain in two ways. First, it utilizes three powerful antioxidants that cross the blood-brain barrier to protect cells from free radical damage. Second, it feeds this vital organ with the specialized “brain food” nutrients of Ginkgo biloba, phosphatidyl serine and huperzine.
- **Chinese Mood Elevator** – This combination of 18 Chinese herbs has nervine, sedative and stimulant properties. These herbs help build and strengthen the liver, stimulate circulation and improve “sagging” feelings. Chinese Mood Elevator helps with tension, depression and other nervous disorders.
- **5-HTP Combination** – This combination contains hydroxytryptophan, a precursor to serotonin, an important neurotransmitter that helps regulate appetite, mood and sleep. 5-HTP combination is blended with three adaptogenic herbs – Siberian ginseng, ashwaganda and suma – that work synergistically with 5-HTP to help the body adjust to changes, control hunger and achieve restful sleep.
- **St. John’s Wort** – This popular herb has gained national attention for its ability to alleviate mild to moderate depression. It contains an active constituent, hypericin, which appears to prolong the activity of serotonin (a neurotransmitter) in the brain. St. John’s Wort may also lengthen the performance of dopamine and norepinephrine, two brain chemicals that are linked to depression. In Europe, many doctors prescribe this herb instead of prescription antidepressant drugs.
- **Herbal Sleep Combination** – This combination of valerian root, passion flower and hops flowers supports restful sleep and provides soothing and calming properties.
- **GABA Combination** – GABA combination helps “tone down” excessive brain activity and promotes a state of relaxation and peace. This unique formula also contains glutamine for mental energy, taurine to stabilize and protect brain tissue, spirulina for its abundance of brain nutrients, and passion flower, an herb long used to relieve stress.
- **Focus Attention Combination** – This combination provides nutrients essential for normal brain-stimulation levels while supporting blood circulation and neurotransmitters in the brain. This special formulation helps protect the body from undesirable side effects caused by drugs or exposure to toxic chemicals, food additives, pesticides and other harmful influences.

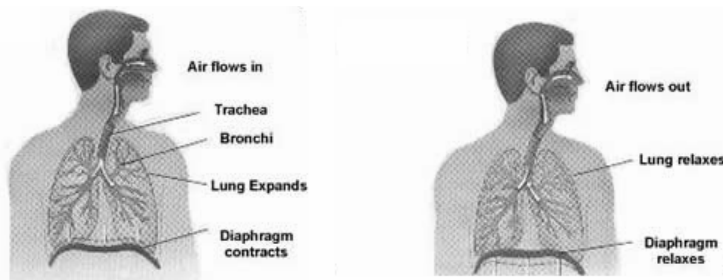




CERTIFIED HERBAL COUNSELOR COURSE - SESSION 8: The Respiratory System

Respiration provides oxygen to the bloodstream. All body cells need oxygen to live and function properly. Without oxygen, body cells start dying within minutes.

Common respiratory concerns include runny nose, sneezing, allergies, post-nasal drip, coughs, colds, bronchitis, sinusitis, pneumonia and asthma. Associated problems can include earaches, sore throats, swollen lymph nodes and tonsillitis. Signs of chronic respiratory weakness include wheezing, shortness of breath and emphysema.



Examining the Respiratory System

The respiratory system's primary function is to provide oxygen to the bloodstream. Once in the blood, oxygen travels through the circulatory system to all the cells of the body. The body cells need oxygen to create energy.

When air enters the body through the nose or mouth, it travels down the trachea or windpipe and into the bronchi. The bronchi branch into smaller tubes called bronchioles, which lead to alveoli. Alveoli are tiny air sacs clustered around the ends of the smallest bronchioles. These air sacs are surrounded by tiny, thin-walled blood vessels called capillaries. Through these thin walls, carbon dioxide leaves the body and oxygen enters it.

The lungs filter the air we breathe and only allow microscopic particles to actually reach the alveoli. The body also uses a mucous membrane to protect the airways and prevent dust particles and other irritants from being absorbed. Because of the lungs' ability to absorb substances into the bloodstream, some medications are administered this way. For example, many asthma sufferers use an inhaler that allows them to breathe medicine. Essential oils, when inhaled, are also absorbed into the blood via the lungs.

Although we think of the lungs as doing all of the respiratory work, the sinuses and trachea also play critical roles in this system. The sinuses filter and humidify the air we breathe. They also regulate the temperature of incoming air. The trachea, bronchi and bronchioles are lined with cilia – tiny hairlike structures that pulsate continuously, pushing mucus and foreign particles up toward the pharynx so they can be swallowed, broken down and eliminated.

The bronchi and bronchioles are surrounded by smooth muscle. In some people these muscle spasms make breathing very difficult. This condition is known as asthma, and it affects millions of Americans, often limiting their activities. Doctors at Tel Aviv University in Israel found that 45 percent of asthmatics who took a megadose of vitamin C (2,000 mg) before exercising were able to do so without coughing, sneezing and experiencing shortness of breath. Another 10 percent of participants also experienced benefits, though they were less significant.

You can take steps to promote respiratory health. Practice good hygiene (wash your hands frequently), don't smoke and avoid second-hand smoke, get plenty of sleep, exercise regularly, practice deep breathing, eat a balanced diet, be wary of air pollution and reduce the amount of stress in your life.

Many supplements also promote respiratory health. Two key herbs for this system are mullein and lobelia. Mullein, a mucilant, is very soothing to the respiratory tract. It has expectorant properties (promotes the elimination of mucus through the mouth) and helps heal inflammation of breathing passageways. Lobelia acts as an antispasmodic on smooth muscles, helping the bronchi to relax. It also has nervine and expectorant properties.

Did You Know?

- On average, a person exchanges about 6 liters of air every minute.
- When the brain is deprived of oxygen, permanent brain damage can occur in as little as four minutes.
- At least 20 million Americans suffer from hay fever.
- Smoking contributes to the loss of mental capacity, including memory, in elderly people. This decline in memory is related to a decrease in blood flow to the brain. It happens at such a slow rate that the smoker does not feel it.
- The Environmental Protection Agency estimates that second-hand smoke causes approximately 3,000 lung-cancer deaths and 37,000 heart-disease deaths in nonsmokers each year.

Respiratory System Analysis

If you have four or more of the following indications, you may consider nutritional aid to the respiratory system.

- Body odor and/or bad breath
- Eat meat more than 3 times a week
- Food allergies
- Smoking
- Regular consumption of dairy products
- Low endurance/stamina
- Exposure to air pollution daily
- Respiratory, sinus or allergy problems

Respiratory System Suggestions

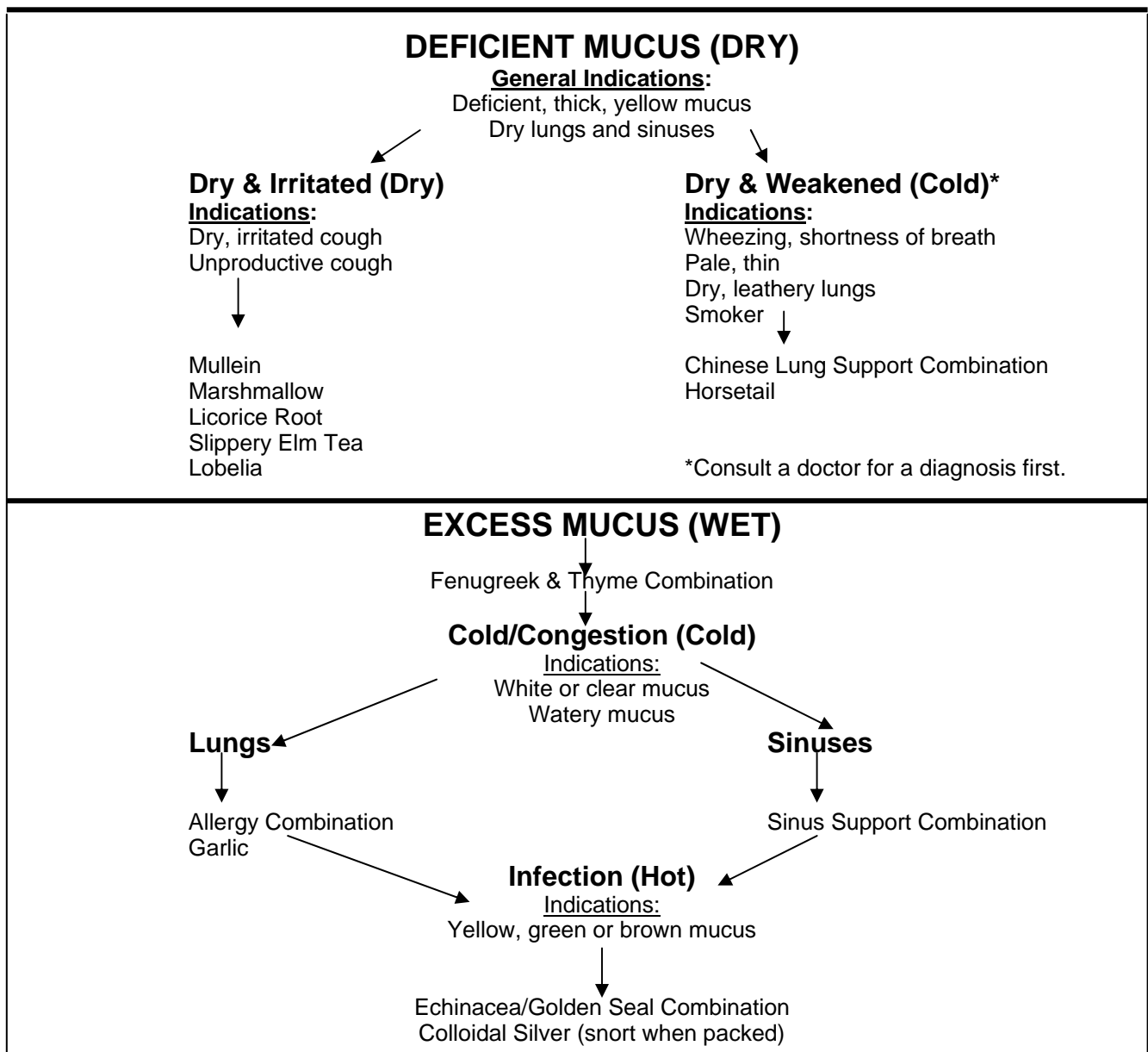
- Lose weight if overweight.
- Avoid smoking.
- Walk outside daily for fresh air.
- Avoid dairy products when congested.
- Practice deep breathing exercises.
- Sing and laugh.

Respiratory System Products

The following products are listed with ingredients only as not to sell any particular product line. These ingredients can be purchased at any store you wish. If you are interested in the actual combinations listed below, please contact JLS directly.

- **Allergy Combination** – This combination combines boneset, fenugreek, horseradish, mullein and fennel to provide an effective formula for the respiratory system. This product works in the lungs and sinuses and is helpful in both acute and chronic conditions. Boneset contains the flavonoid quercetin, which has shown anti-allergy and anti-inflammatory activity in scientific studies. Mullein is a mucilant that soothes the respiratory tract and has expectorant action.
- **Mullein** – Mullein has both mucilant and astringent properties. Its powerful healing abilities make it useful for healing weak lung tissue and chronic respiratory congestion. It has proven expectorant action that likely arises from saponin compounds in the plant. Scientific studies suggest that the mucilage in mullein protects mucous membranes, preventing cell invasion by viral allergens.
- **Chinese Lung Support Combination** – This Chinese herbal combination of 16 herbs works to strengthen weak lungs.
- **Fenugreek & Thyme Combination** – These two herbs support healthy mucous membranes and sinuses. This product can be particularly effective on sinus headaches and congestion. It also works well as a general decongestant and expectorant.
- **Garlic** – A powerful, aromatic herb, garlic aids decongestion and expectoration. Garlic works especially well on lung congestion. It has known antibacterial and antiviral properties.
- **Sinus Support Combination** – This combination contains burdock, golden seal, parsley, althea, Chinese ephedra, capsicum, horehound and yerba santa. Sinus Support helps dry up excessive drainage and eliminate excess phlegm, especially when caused by allergens. It is particularly helpful for chronic sinus problems. As this product contains Chinese ephedra, do not exceed recommended daily use. Not for use by pregnant women or those with high blood pressure.

- **Echinacea/Golden Seal Combination** – Echinacea contains polysaccharides that stimulate the production of phagocytes (cells that engulf and consume foreign matter). Taken at the earliest sign of a cold or infection, echinacea may help cut the recovery time remarkably. Golden seal has infection-fighting abilities and anti-inflammatory properties. Together these herbs help alleviate chronic or sub-acute inflammation.
- **Breathe Easy Combination** – This combination of 16 Chinese herbs is a decongestant and expectorant designed to open blocked respiratory passages. It helps dilate the bronchioles, cleanses the lungs of mucus and reduces fluid retention in the chest.
- **Lobelia** – Lobelia is particularly helpful for relaxing bronchial spasms and easing respiratory congestion. It can also relieve pain caused by muscle cramps in other areas of the body such as the pelvic region.
- **Histamine Block Combination** – This combination helps reduce the symptoms of allergies and other respiratory irritation caused by pollutants and toxins. This combination is able to help stabilize mast cells, which contain the histamine released during an allergy attack. Bromelain is also included as an anti-inflammatory to help reduce the swelling of mucous membranes during allergic reactions.
- **Lobelia/St. John's Wort Combination** – As a substitute for nicotine, lobelia helps the body readjust from tobacco dependence, while St. John's Wort assists in maintaining calm nerves and a good mood. Alfalfa provides balance and adds needed nutrition for smokers.



CONSTRICTED AIRWAYS*

History of Anxiety/Stress

Indications:

Wheezing
Deep, gasping cough
Bronchial constriction
Nervous asthma
Asthma attack



Breathe Easy Combination
Lobelia
Asthma Homeopathic

History of Hayfever/Respiratory Allergies

Indications:

Itchy nose and ears
History of frequent ear infections
Red, irritated eyes
Exposure to air pollution
Allergic asthma



Histamine Combination
Allergy Combination

*Consult a doctor for a diagnosis first.

NICOTINE USE*

Indications:

Desire to stop smoking or using tobacco



Lobelia/St. John's Wort Combination
Tobacco Detox Homeopathic
Lobelia

*It takes 21 days to make or break a habit.

CERTIFIED HERBAL COUNSELOR COURSE - SESSION 9: The Circulatory System

The circulatory system provides a continuous supply of nutrients and oxygen to every cell in the body. Simultaneously, it picks up carbon dioxide and other waste materials produced by the cells and carries them away for removal from the body.



Health concerns related to the circulatory system include high cholesterol or triglycerides, high blood pressure, stress, poor circulation and heart disease.

Examining the Circulatory System

In order for your body to stay alive, each of its cells must have a continuous supply of food and oxygen. At the same time, carbon dioxide and other waste materials produced by the cells must be picked up for removal from the body. The circulatory system performs these two functions.

The human heart makes the circulatory system work. A hollow, pear-shaped, muscular organ, the heart is located between the lungs in the middle of the chest. It pumps blood through the body, supplying cells and tissues with oxygen and nutrients. In order to meet your body's energy demands, your heart must beat more than 100,000 times per day.

Like all other body tissues, your heart also needs oxygen and nutrients in order to function properly. Because blood flowing through the heart is traveling too fast for the heart to absorb, the heart has its own system of vessels that supply it with oxygen and nutrients.

The heart contains four chambers: the upper chambers are called atria and the lower chambers are ventricles. Each half of your heart works as a separate pump. The right side of the heart is responsible for returning the oxygen-poor blood to the lungs to expel carbon dioxide and reoxygenate the blood. The left side receives the newly oxygenated blood from the lungs and pumps it through the entire body. Although the average adult body contains less than 1.5 gallons of blood, amazingly the heart pumps 2,000 gallons each day.

Blood vessels are small tubes that carry blood to and from all parts of the body. The human circulatory system is composed of three types of vessels that total an incredible 60,000 miles in length.

The arteries are the largest blood vessels. They carry oxygen-rich blood from the heart to the cells and tissues of the body. Because arteries transport under high pressure, they have walls that are much more elastic than veins. The arteries pulsate as a result of the force with which the heart pumps new blood into them.

The veins are smaller vessels that carry oxygen-poor blood and waste products back to the heart. This blood moves slowly due to low pressure. Veins can expand or contract to accommodate variations in blood flow. Semilunar valves are found at regular intervals throughout the veins. These force the blood to move in only one direction.

Capillaries are microscopic in size. They link the arteries and veins to the tissues of the body. The exchange of oxygen and carbon dioxide takes place across thin capillary walls.

Blood supplies oxygen and transports nutrients, waste and hormonal messengers to each of the billions of cells in the body. Blood has four main components: red blood cells, white blood cells, platelets and liquid plasma. Red blood cells carry 99 percent of the oxygen the body needs and are the most abundant cells in the body, constituting 45 percent of the blood. White blood cells comprise an important part of the body's immune system. Their main function is providing defense against infectious agents. Platelets are tiny, specialized cells that are activated whenever blood clotting or blood-vessel repair is needed. Liquid plasma carries the other 1- percent of the oxygen the body needs and also helps repair damaged blood vessels. To do this, plasma is transformed into thin strands that create a protective mesh over the damaged area.

Did You Know?

- Randomized double blind clinical studies of standardized hawthorn berry extract show positive results, appearing to increase the efficiency of nerve impulses in, and protect against oxygen deprivation of, the heart muscle.
- Blood is made up of 55 percent plasma and 45 percent cells.
- Plasma is mostly water, but it also contains proteins (albumin, immunoglobulins, clotting factors, enzymes, transport proteins), salts, lipids (cholesterol), carbohydrates (glucose) and gases (oxygen, carbon dioxide).
- Garlic can offer significant protection against heart disease and stroke. It has also been shown to lower high blood pressure.

Circulatory System Analysis

If you have four or more of the following indications, you may consider nutritional aid to the circulatory system.

- Lack of energy
- Bags under eyes
- Smoking
- Poor concentration or memory
- Stressful lifestyle
- Hair loss
- Sore or painful joints
- Low endurance/stamina
- Slow recovery from illness
- High-fat/low-fiber diet
- High-carbohydrate/low-protein diet

Circulatory System Suggestions

- Eat low to moderate amounts of fat daily.
- Avoid saturated fats.
- Eat lots of fruits, vegetables, onions and garlic.
- Perform aerobic exercise, especially walking.
- Manage weight.
- Avoid stress.

Circulatory System Products

The following products are listed with ingredients only as not to sell any particular product line. These ingredients can be purchased at any store you wish. If you are interested in the actual combinations listed below, please contact JLS directly.

- **Blood Pressure Combination** – This combination helps your body control the dangers of high blood pressure, regardless of the origin or cause. It inhibits damage to cells due to its potent antioxidant properties and helps relax and dilate blood vessels to encourage improved blood flow.
- **Cardiovascular Combination** – These herbs and nutrients protect the heart from disease and damage and support heart function and strength. Ingredients include hawthorn berries extract, red clover extract, ginkgo biloba, capsicum, folic acid, vitamins B6 and B12 and choline bitartrate.
- **CoQ10** – CoQ10 is essential for generating energy in every body cell and may help prevent heart disease and hypertension. It is also an antioxidant and is used in dental practices to help fight gum disease.
- **Magnesium** – The essential mineral keeps the heart muscle from going into spasm.
- **Grapine** – Grapine contains high amounts of proanthocyanidins – powerful antioxidants that help prevent cell damage by quenching oxidative free radicals. This combination of antioxidant nutrients has been shown to be many times more powerful than vitamin C or E. Proanthocyanidins also improve the integrity of collagen fibers, strengthening tissues in the skin, blood vessels, muscles, cartilage and other connective tissues.
- **Fat Grabbing Combination** – This combination contains guar gum, psyllium hulls, lecithin and chickweed herb. When taken with water, these ingredients combine in the stomach to create a gel that traps some fat molecules from food in the stomach, preventing their absorption into the bloodstream. This product promotes weight loss, increases dietary fiber intake and can help lower cholesterol (due to its psyllium hulls content).

- **Oral Chelation Combination** – This high-potency vitamin and mineral supplement contains herbs, amino acids and other nutrients designed to benefit the circulatory system. Minerals chelated to amino acids help remove plaque from artery walls, making this product a vital program for sufferers of arteriosclerosis.
- **Ginkgo & Hawthorn Combination** – These two herbs promote increased circulation and heart strength. In studies, hawthorn recipients also reported fewer overall symptoms, less fatigue and less shortness of breath. Ginkgo dilates blood vessels and bronchioles to improve circulation and oxygenation of cells. It also has scientifically proven nervous-system benefits.
- **Varicose Vein Combination** – This combination contains herbs that fortify and nourish the health, strength and resilience of veins, improving appearance and supporting optimal blood flow. The combination helps relieve congestion in the legs and minimizes damaged or weakened blood vessels.

Nature's Sunshine Mega-Chel Oral Chelation Program

Caution

The following program is based on the Nature's Sunshine Mega-Chel product as well as other Nature's Sunshine products. If you wish to use these products for this program please contact JLS. If you wish to follow a different oral chelation program, please follow the program that is advised for the product that you wish to use. Do not use this program with any products other than those Nature's Sunshine products listed below.

General Instructions

It is important to start slowly with this program and follow instructions. Otherwise, symptoms such as nausea, dizziness, headaches and skin eruptions may occur. It is also important to taper off as instructed, or fatigue and temporary nutritional deficiencies may result.

Working up to a Full Dose

For the first week, take the following with breakfast and dinner:

- 1 tablet of Mega-Chel
- ½ ounce of Colloidal Minerals OR 1 tablet of Mineral Maintenance.
- Every week increase the amount of Mega-Chel by one tablet. The second week, take two tablets of Mega-Chel and two tablets of Mineral Maintenance with breakfast and dinner. Continue this until you reach full program status (up to 12 tablets a day). If you are using Colloidal Minerals, gradually increase the amount of this supplement until you are taking 1 ounce in the morning and 1-ounce at night.

Full Program

A full dose of Mega-Chel is 4-6 tablets twice daily, depending on body weight. Large people should take 6 tablets twice a day. Small people should take 4 tablets twice a day. Individuals of average height and weight should find 5 tablets twice a day sufficient.

When you reach full dose, you will be taking the following with breakfast and dinner:

- 4-6 Mega-Chel tablets
- 1 ounce of Colloidal Minerals OR 4-6 Mineral Maintenance tablets.
- Stay on this full dose for a least one-month for each 10 years of your age. For example, if you are 40 you need to stay on the full dose for at least four months, six months if you are 60, etc.

Tapering Off

It is critical that you taper off slowly. On the full program you are taking large doses of certain vitamins and minerals, and your body will get lazy about extracting them from food. If you quit all at once, your body may experience a sudden drop in nutrient levels until it readjusts to absorbing these vitamins and minerals from food. Taper off by reducing the amount of tablets you take each week by two. After completing the program, some people use Mega-Chel as their daily vitamin and mineral supplement by taking two tablets per day.

Cleansing Reactions

As the body removes the plaque from the walls of the arteries, the blood cholesterol levels will temporarily rise. This is normal. The kidneys and liver will remove the calcium, cholesterol and impurities from the body. If there are indications that these organs are weak, it may be necessary to give them extra support. People with kidney weakness (history of symptoms like arthritis, chronic back pain, urinary infections, etc.) should take two KB-C with each meal. People with liver weakness (history of high cholesterol, skin problems, digestive upset, etc.) should take 1 teaspoon LOCLO in a large glass of water or juice upon arising and before retiring, plus two LIV-C with each meal.

You may also wish to add some of the following supplements for special problems. Work up to these amounts gradually if you wish. For heart problems, take two HSII or two Hawthorn Berries capsules with each meal. For mental support, take two Ginkgo & Hawthorn combination capsules with each meal. For varicose veins and high risk for stroke, take two Butcher's Broom capsules with each meal.

HEART/CIRCULATION/BLOOD VESSELS

CIRCULATION

Blood Pressure Problems

Indications:

Blood pressure readings exceeding 140 over 90
Family history of high blood pressure
Advancing age
Diabetes
Cigarette smoking
Obesity
Stress



Blood Pressure Combination
Capsicum, Garlic & Parsley
Stress Combination
Calming Combination

Cholesterol Problems

Indications:

Cholesterol over 200
Triglyceride levels over 200
High-density lipoprotein (HDL) levels less than 35
High-fat, low-fiber diet
High-carbohydrate, low-protein diet
Stress



Grapine
Fat Grabbing Combination
Guggal Lipids
Lecithin
Cholesterol Regulating Combination
Check Possible Thyroid Influences

HEART/CIRCULATION/BLOOD VESSELS

BLOOD VESSELS*

Congested Arteries

Indications:

High blood pressure
Cold hands/feet
Sores in extremities that won't heal
Absent-mindedness
Medical diagnosis of hardening of the arteries
Angina



Oral Chelation Combination
Ginkgo/Hawthorn Combination

Congested Veins

Indications:

Varicose veins
Hemorrhoids
Spider veins



Varicose Vein Combination
Grapine

*Consult a doctor for a diagnosis first.

HEART/CIRCULATION/BLOOD VESSELS

HEART*

Indications:

Crease in ear lobe
Large, red, bulbous nose (rule out acne, rosacea or alcohol)
Crease in tongue from tip to back
Cold hands and feet
Swelling in the feet and ankles
Angina
Family history of heart disease

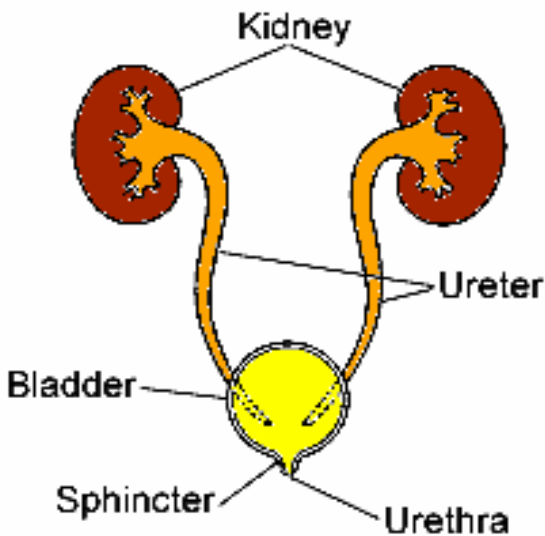


Cardiovascular Combination
CoQ10
Magnesium

*Consult a doctor for a diagnosis first.

CERTIFIED HERBAL COUNSELOR COURSE - SESSION 10: The Urinary System

The urinary system filters the blood and removes waste chemicals and excess water from the body. The kidneys, ureters, bladder and urethra make up the urinary system.



A host of problems and disorders can affect this system. These include kidney stones, diabetes mellitus, hypertension, kidney cysts and tumors, infections, water retention, incontinence and back pain.

Examining the Urinary System

Humans have two kidneys, each about 4-5 inches long and about 6 ounces in weight. They lie in the abdomen, one underneath the liver and the other underneath the spleen. The kidneys filter the blood and excrete waste products and excess water in the form of urine.

Inside the kidneys, the renal arteries divide into smaller and smaller branches until they become capillaries in the glomeruli, the kidney's primary filtering units. Each kidney contains about one million glomeruli, which pass the filtered blood through long tubules. The glomeruli and the tubules make up the nephrons, the functioning units of the kidneys. The efficiency of the kidneys diminishes with age as the number of functional nephrons decreases.

The kidneys have many functions and responsibilities. In addition to filtering the blood, they regulate water and electrolyte levels, eliminate waste products and control the body's acid-base balance. When excess water is ingested, the kidneys excrete it. When water is lost (as a result of diarrhea or sweating), the kidneys conserve it. The digestion of proteins generates ammonia, a powerful toxin that the kidneys eliminate from the body in the urine. When blood and body fluids become too acidic or too alkaline, the kidneys alter the urine acidity to restore balance.

The kidneys also produce or release several hormones. These include erythropietin (stimulates the production of red blood cells), renin (increases the reabsorption of sodium), angiotensin (stimulates aldosterone production and increases sodium reabsorption) and aldosterone (affects salt and water balance).

Urine travels from the kidneys through ureters (tubes) and into the bladder. Outflow is controlled by valves that prevent urine from flowing back up the ureters.

The bladder serves as a temporary storage tank for urine. It has flexible walls, allowing it to expand as it fills. As the bladder reaches capacity, the person senses the need to urinate. When the bladder empties, its walls contract, forcing the urine out.

The urethra is a single tube that carries urine from the bladder out of the body through the genitals. The urethra in males is about 10 inches long; while in females it is only about an inch long. Consequently, women are much more susceptible to urinary tract infections than men.

Did You Know?

- The herb hydrangea was used by the Cherokee Indians as a remedy for kidney stones. Its diuretic, emetic and tonic properties make it an excellent choice for urinary concerns of all kinds.
- Gallup International found that 15 million Latin American people in the U.S. suffer from a hyperactive bladder and at least one-third of them are searching for help. Hyperactive bladder is one of the principal causes of incontinence.
- A randomized, double blind, placebo-controlled trial among elderly women found that dietary cranberry provides almost twice the reduction in urinary bacteria as a placebo.

Urinary System Analysis

If you have four or more of the following indications, you may consider nutritional aid to the urinary system.

- Body odor and/or bad breath
- Monthly female concerns
- Bags under eyes
- Skin/complexion problems
- Frequent urinary concerns
- Dry, damaged or dull hair
- Weak bones, teeth or cartilage

Urinary System Suggestions

- Drink 64 oz. of water daily
- Drink cranberry juice
- Eat lots of fruit and vegetables
- Practice personal hygiene

Urinary System Products

The following products are listed with ingredients only as not to sell any particular product line. These ingredients can be purchased at any store you wish. If you are interested in the actual combinations listed below, please contact JLS directly.

- **Urinary Combination** – This combination is a general tonic for the kidneys. This formula contains herbs that soothe urinary irritation and improve general kidney function, including uva ursi leaves, hydrangea root, parsley herb, dandelion root, plus seven other herbs and nutrients.
- **Marshmallow** – This mucilant soothes the kidneys when they are irritated or inflamed. Marshmallow contains volatile oils and tannins that are responsible for its diuretic actions. It is especially helpful in passing kidney stones.
- **Cranberry & Buchu Combination** – This combination of herbs has anti-inflammatory, diuretic and antiseptic properties. Scientific studies show that cranberry makes the urinary tract inhospitable to bacteria, lessening the risk of urinary tract infections. Buchu acts as a diuretic and improves digestion. This product works best in acidic urine conditions. Do not use in conjunction with uva ursi.
- **Echinacea & Golden Seal Combination** – Echinacea is a bitter herb with a long list of beneficial properties. It contains polysaccharides that stimulate the production of phagocytes (cells that engulf and consume foreign matter). Taken at the earliest sign of cold or infection, echinacea may help cut recovery time remarkably. Golden seal has infection-fighting abilities and anti-inflammatory properties.
- **Potassium Combination** – This combination nutritionally supports the body's enzyme system. A powerful source of trace minerals compatible with potassium utilization, this product contains 42 mg of elemental potassium per serving in an herbal base.
- **Kidney Activator Combination** – This herbal combination contains astringent herbs that have diuretic and toning properties. This formula includes juniper, parsley, uva ursi, dandelion and chamomile. Do not use this product when kidneys are inflamed.
- **Kidney and Bones Combination** – This combination contains 18 Chinese herbs that help strengthen the structural system by way of the urinary system. This product has analgesic, diuretic and anti-inflammatory properties and may help with urinary concerns and associated structural symptoms, including backache, osteoporosis and sciatica.
- **Horsetail** – This herb has diuretic properties and can help with some kidney conditions. It is particularly effective for healing when blood is present in the urine, or when children's bedwetting is caused by irritation.

KIDNEYS/BLADDER

KIDNEY WEAKNESS (COLD)

General Indications:

Copious, pale urine
Scant urine with fluid retention
Structural imbalances
Arthritis



Potassium Combination



Water Retention

Indications:

Swollen ankles, toes, fingers
Scanty urine
Puffy eyes
Swollen tongue



Kidney Activator Combination

Chronic Kidney Weakness*

Indications:

Copious, pale urine
Frequent lower back pain
Weak knees and ankles
Brittle bones
Spinal misalignment
Kidney stones



Kidney and Bones Combination

Horsetail
Hydrangea & magnesium to bowel tolerance

*A person would say, "I can feel it's going to rain. I can feel it in my bones".

KIDNEYS/BLADDER

URINARY INFECTION*

Indications:

Diagnosis of urinary infection
Prevention of urinary infection



Cranberry & Buchu Combination
Echinacea & Golden Seal Combination

*Consult a doctor for a diagnosis first.

KIDNEYS/BLADDER

IRRITATED/INFLAMED (HOT)*

General Indications:

Scant, dark urine

Burning urination

Hot feeling over kidneys

Puffiness/darkness under eyes

Urination produces standing foam

General symptoms of heat



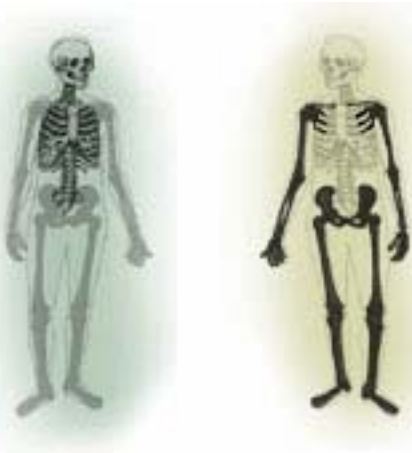
Urinary Combination

Marshmallow

*Consult a doctor for a diagnosis first.

CERTIFIED HERBAL COUNSELOR COURSE - SESSION 11: The Structural System

The structural system consists of the skeleton (bones), muscles, skin, membranes and connective tissues. The bones provide a strong, stable, yet mobile, framework on which the muscles can act. The skeleton also supports and protects body organs, notably the brain and spinal cord (which are encased in the skull and spine) and the heart and lungs (which are protected by the ribs).



Structural system problems and disorders can include infections and inflammations (arthritis, gangrene, tetanus, warts, dermatitis, cold sores, ringworm, psoriasis, acne, ulcers), muscular dystrophy, tumors and fibroids, cramps, fibromyalgia syndrome, and autoimmune disorders (lupus, arthritis).

Examining the Structural System

The skeleton plays an indispensable role in movement. In effect, it consists of a series of independently movable internal levers on which the muscles can pull to move different parts of the body. The skeleton also supports and protects body organs, as explained above. The ribs make breathing

possible by supporting the chest cavity so the lungs are not compressed, and by helping in breathing movements.

Another function of the skeleton is the production of blood cells, which are formed in bone marrow. The skeleton also acts as a reservoir for minerals, like calcium, which can be utilized when needed by other parts of the body.

Muscles are structures composed of bundles of specialized cells that contract and relax to create movement. Muscles move both the body and the organs within it. The brain controls the voluntary movements of the skeletal muscles. Muscle activity is affected by changes in chemical composition of the fluid surrounding the muscle cells. A decrease in potassium ions causes muscle weakness; a reduction in calcium ions causes muscle spasm.

Membranes are layers of tissue, often very thin, that cover a body surface, line a cavity, divide a space or organ, or form the boundaries of individual cells. We have several membranes, including the meninges, peritoneum and tympanic.

Body tissues are collections of cells specialized to perform a particular function. Connective tissues include blood, adipose tissue (fat) and various fibrous and elastic tissues (tendons, ligaments, cartilage, etc.) that hold the body together.

Skin is the body's largest organ. It protects the internal organs from the environment. Its cells are continually being replaced, as they are lost to wear and tear. The skin consists of a thin outer layer (the epidermis) and a thicker inner layer (the dermis). Beneath the dermis is the subcutaneous tissue, which contains fat. The hair and nails are extensions of the skin and are composed mainly of keratin – the main constituent of the outermost part of the epidermis. The skin acts as a barrier, shielding internal organs from injury, bacteria and harmful sunlight rays. It also regulates body temperature through perspiration.

You can help maintain structural health by getting adequate minerals in your diet, especially calcium, magnesium and phosphorus. These minerals, along with vitamin D, have been shown to help treat and prevent osteoporosis and osteomalacia (the softening and demineralizing of bones). Vitamin D is essential to the metabolism of calcium and phosphorus in the body.

Did You Know?

- The Institute of Medicine recently increased the Recommended Dietary Allowance (RDA) for calcium. The new daily levels recommended are 1,300 mg for children 9-18 years, 1,000 mg for people 19-50 and 1,200 mg for those over 50. Old levels were 400-600 mg/day for infants up to 1 year, 800 mg/day for children 1-10, 1,200 mg/day for ages 11-24 years and 800 mg/day for adults over 24.
- Back problems are the most common physical complaints among American adults.
- It is estimated that between 30-50 million Americans have arthritis, and most adults over 50 show some signs of it.
- The National Research Council reports that silicon deficiency leads to structural abnormalities of the long bones and skull in chickens, leading researchers to conclude that silicon is also important to the human structural system.

Structural System Analysis

If you have four or more of the following indications, you may consider nutritional aid to the structural system.

- Skin/complexion problems
- Menopausal concerns
- Hair loss
- Sore or painful joints
- Difficulty in maintaining ideal weight
- Low endurance/stamina
- More than 2 cups of caffeinated beverages per day
- Brittle or easily broken fingernails
- Muscle cramps
- Feeling out of control
- Weak bones, teeth or cartilage
- Don't get enough exercise

Structural System Suggestions

- Eat regular, balanced meals
- Get adequate sources of calcium
- Perform weight-bearing exercises, including walking
- Chew fibrous fruits and vegetables for strong teeth
- Practice oral hygiene

Structural System Products

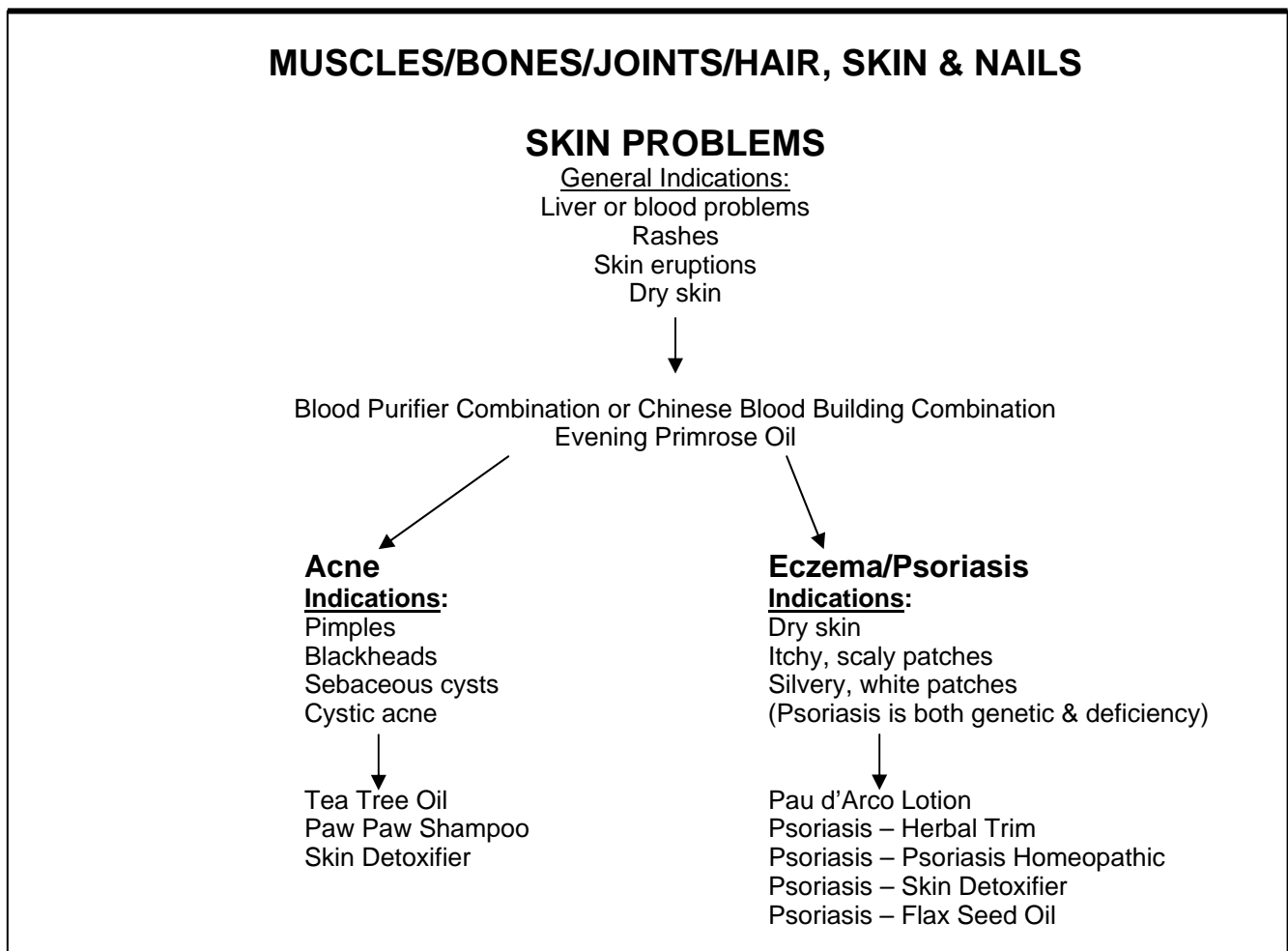
The following products are listed with ingredients only as not to sell any particular product line. These ingredients can be purchased at any store you wish. If you are interested in the actual combinations listed below, please contact JLS directly.

Muscular/Skeletal

- **Skeletal Combination** – This combination provides minerals and nutrients the body needs for strong, healthy bones and connective tissues. It contains vitamins A, C, D, B6 and B12, plus calcium, iron, phosphorus, magnesium, zinc, copper, manganese, potassium and boron contained in an herbal base to ensure maximum bioavailability of these important minerals and nutrients.
- **Hair/Skin/Nail Combination** – Along with calcium, magnesium, zinc and other trace minerals, silicon helps build stronger, healthier bones, teeth and nails. The two herbs richest in silicon are dulse and horsetail. These two herbs plus sage and rosemary make up this combination, a product that encourages strong, flexible fingernails; shiny, healthy hair; and healthy skin. Silicon also strengthens bones and joints.
- **Joint Support Combination** – This combination of herbs and nutrients was designed to reduce joint inflammation and ease pain. It contains bromelain (a protein digestive aid), hydrangea, yucca, horsetail, celery seed, alfalfa and nine other herbs that support healthy joints.
- **Glucosamine** – Glucosamine is a building block of cartilage. As such, it helps relieve arthritis symptoms and restore cartilage health. By supplementing with glucosamine, we can strengthen and rebuild cartilage throughout the body.
- **Chondroitin** – Chondroitin attracts fluid into the joints, where it acts as a shock absorber during impact. This fluid also brings vital nutrients to the cartilage. Chondroitin protects the cartilage from premature disintegration.
- **Fibromyalgia Combination** – If the body is deficient in energy-producing fuel, it breaks down muscle protein to create energy. This process causes pain, fatigue and other problems. Doctors have found that many people in this condition respond to supplements containing malic acid and magnesium, the two ingredients in this combination. These two nutrients provide fuel that generates energy to operate the body.
- **MSM/Glucosamine Cream Combination** – MSM/Glucosamine Cream contains the nutrients of MSM with the cartilage-strengthening properties of glucosamine to offer a nutritional cream for weary joints. It also enhances the appearance of skin, promoting softness and smoothness.

Skin

- **Blood Purifying Combination** – This combination contains a dozen herbs that help purify and cleanse the blood, thereby supporting proper liver function and healthy skin. Ingredients include burdock, pau d'arco, red clover, sarsaparilla, yellow dock, dandelion, buckthorn, cascara sagrada, peach bark, yarrow, Oregon grape and prickly ash bark.
- **Evening Primrose Oil** – Evening Primrose Oil assists the body in producing prostaglandins. Each capsule provides gamma linolenic acid (GLA). Evening Primrose provides essential fatty acids that help with eczema and brittle nails. Also contains vitamin E plus linolenic and oleic acids and palmitic oil.
- **Tea Tree Oil** – Tea Tree Oil is known as oil of Melaleuca. Kind to the skin and virtually irritant-free, Tea Tree Oil is highly prized for its antiseptic and antibacterial benefits.
- **Pau d'Arco Lotion** – Herbalists have long used pau d'arco to enhance and fortify the human immune system. Pau d'Arco Lotion is specially formulated for topical use on rashes on hands, arms and face. The emollient properties of Pau d'Arco leave skin feeling sooth and supple.
- **Herbal Calcium Combination** – This combination of calcium-rich alfalfa, oat straw, marshmallow, wheat grass, plantain, hops and horsetail provides nourishment to the structural system. These herbs are primarily vulnerary mucilants; that is, they soothe tissues and help them heal. This product may be taken internally or used as a poultice.



MUSCLES/BONES/JOINTS/HAIR, SKIN & NAILS

HAIR, SKIN & NAILS

Indications:

Split ends; hair lacks luster
Brittle fingernails



Hair, Skin & Nail Combination
Super GLA
Protein Digestive Aid - HCL

MUSCLES/BONES/JOINTS/HAIR, SKIN & NAILS

WEAK BONES

General Indications:

Brittle or easily broken bones
Bone or joint injuries
Lack of exercise
Menopause
Insufficient calcium
Vitamin D deficiency
Diet high in phosphate-containing foods such as animal products, alcohol and caffeine; smoking
Hydrochloric acid deficiency



Skeletal Combination
Herbal Calcium
Boron – Bone Hardener

MUSCLES/BONES/JOINTS/HAIR, SKIN & NAILS

INFLAMMATION

Joints

Indications:

Heat and/or swelling
Sensitivity to damp weather
Diagnosis of arthritis, gout or other
Inflammatory joint disease
High-protein diet



Joint Support Combination
Glucosamine – replaces cartilage
Chondroitin – moisturizes bones
(Use if walking and hearing cracking)
Noni
MSM
Coral Calcium – alkalinizing – arthritis
Green drink – alkalinizing – arthritis

Muscles

Indications:

Heat and/or swelling
Muscle pain
Sleep disorders
Depression
Fatigue



Fibromyalgia Combination
MSM/Glucosamine Cream (put on "it is")
IGF Spray

CERTIFIED HERBAL COUNSELOR COURSE - SESSION 12: The Immune System

The immune system is the body's defense against germs, viruses and other invaders. The thymus gland, spleen, tonsils, adenoids and lymph nodes, along with a variety of white blood cells, all protect the body.



Common immune-system concerns include viruses, bacteria, fungus, cancer, fatigue, influenza, AIDS and stress. You can do a lot to keep your defenses strong and boost your immunity. The first step is making good dietary choices.

Examining the Immune System

Prevention is a fundamental principle of natural health. One of the best things you can do to prevent disease and disability is to support your immune system.

The immune system consists of various body organs and processes. Key structures include the thymus gland, spleen, tonsils, adenoids and lymph nodes. White blood cells also help defend the body.

This system is unlike other body systems in that it is not a group of physical structures (like the heart and blood vessels of the circulatory system), but a system of complex interactions involving many different organs, structures and substances. Among these are white blood cells, bone marrow, the lymphatic vessels and organs, specialized cells found in various body tissues, and specialized substances called serum factors that are present in the blood. Ideally, all of these components work together to protect the body against infection and disease.

The thymus gland plays a vital role in defending your body. It produces a special type of white blood cell called a T-lymphocyte. This unique cell plays a profound role in creating "cell-based" immunity. Immunity on a cellular level protects against fungi, viruses, bacteria and yeast infections. Your body has approximately one trillion lymphocytes.

The immune system helps protect us from malignancies. Tumor cells are always present in our bodies in small numbers. A healthy immune system will recognize and destroy tumor cells. When a person develops cancer, the immune function has failed to provide the body with protection. For some reason, the body does not recognize malignant cells, and they are allowed to reproduce.

After puberty, the thymus gland begins to shrink. Because the thymus is believed to be the source of hormones involved in the maturation of T-lymphocytes (discussed later), it is crucial that we supplement our diets with nutrients that nourish and build this gland. These include vitamin C with bioflavonoids, selenium, vitamin E, beta-carotene, zinc and alpha lipoic acid. Recent clinical data support the notion that many of us become zinc-deficient, as we grow older. This may help explain why elderly people become so much more susceptible to disease. Herbs that support the thymus gland include astragalus, echinacea and pau d'arco.

The lymphatic system, which includes the tonsils, adenoids and lymph nodes, is responsible for collecting lymph fluid and draining waste from the tissues. This fluid must be purified by white blood cells, which destroy infections, kill microorganisms and remove cellular waste. Our lymph nodes also help produce armies of antibodies, which are special cells designed to kill specific organisms. Herbs like ginseng, golden seal and echinacea help support and cleanse the lymphatic system. Regular exercise also promotes lymphatic system health.

The body's defense mechanisms are complex. In some cases, a virus must penetrate several lines of defense in order to cause a problem. Our defenses include the skin, mucous layers covering infection-susceptible tissues, white blood cells (or leukocytes) and interferon. Leukocytes are divided into two classes called granulocytes and agranulocytes. These two classes are further divided into smaller groups.

Granulocytes are primarily phagocytic, which means they have the ability to ingest particulate substances, a process called phagocytosis. Granulocytes include juvenile neutrophils, segmented neutrophils, basophils and eosinophils. Neutrophils neutralize bacteria and small particles by ingesting them. Basophils are believed to deliver anticoagulants to facilitate blood-clot absorption. Eosinophils increase in numbers with asthma and during certain infections.

The agranulocytes include monocytes and large and small lymphocytes. Monocytes can ingest large particles such as foreign proteins and peptides, while lymphocytes produce antibodies and are critical to cellular immunity.

Interferon is a protein that forms when cells are exposed to viruses. Uninfected cells will become immune to the virus when exposed to interferon. Interferon inhibits a virus's ability to reproduce.

If the body's ability to properly produce interferon or leukocytes is impaired, invading, disease-producing microorganisms may successfully challenge the health of the body. Weakening of the immune system results in increased susceptibility to virtually every type of illness. Some common signs of impaired immune function include fatigue, listlessness, repeated infections, inflammation, allergic reactions, slow wound healing, chronic diarrhea and infections that represent an overgrowth of some normally present organism such as oral thrush or yeast infections.

Type of Immunity

The human immune system is functional at birth, but immunity really develops as the body matures and learns to defend itself against different foreign invaders called antigens. The immune system has the ability to learn to identify and remember specific antigens that it has encountered. It does this through two basic means – cell-mediated immunity and humoral immunity.

In cell-mediated immunity, T-lymphocytes (or T-cells) identify and destroy cancerous cells, viruses and microorganisms like bacteria and fungi. These cells mature in the thymus gland – hence the “T” designation. Here they learn to recognize what is “self,” and therefore should be tolerated, and what is “non-self,” and therefore should be destroyed.

Humoral immunity involves the production of antibodies. These are not cells, but special proteins whose chemical structures form to match the surfaces of specific antigens. Antibodies concentrate in body fluids – tears, saliva, mucus, etc. – where they guard the entrances to the body. When they encounter their specific antigens, antibodies either damage the invasive cells or alert the leukocytes to attack.

Another group of white blood cells, the B-lymphocytes (manufactured by and matured in the bone marrow) produce the antibodies. When the B-lymphocyte meets a particular antigen, it engineers an antibody to match the antigen and stores a blueprint of the invader so it can initiate the production of antibodies in the case of any future exposure.

Key immune-boosting nutrients include vitamins A, C and B6, along with the minerals magnesium, selenium and zinc. The vast majority of people fail to get even Recommended Dietary Allowance levels of these nutrients from their diet, let alone optimal intakes. For this reason, supplementing with a high quality, comprehensive multivitamin is a proven way to boost your defenses. Vitamin C has antiviral properties and has proven successful against most viruses tested. The mineral zinc has been linked to the body's ability to resist viruses.

Immune System Analysis

If you have four or more of the following indications, you may consider nutritional aid to the immune system.

- Lack of energy
- Illness more than twice a year
- Difficulty digesting certain foods
- Food allergies
- Recent or frequent use of antibiotics
- Poor resistance to disease
- Belching or gas after meals
- Stressful lifestyle
- Sore or painful joints
- Difficulty in maintaining ideal weight
- Slow recovery from illness
- Exposure to air pollution daily
- Feeling out of control
- Food/chemical sensitivities
- Recurrent yeast/fungal infections

Immune System Suggestions

- Reduce stress
- Eat lots of fruit and vegetables
- Eat adequate complete proteins
- Avoid simple sugars
- Get adequate sleep and exercise

Immune System Products

The following products are listed with ingredients only as not to sell any particular product line. These ingredients can be purchased at any store you wish. If you are interested in the actual combinations listed below, please contact JLS directly.

- **Immune Defense Combination** – This combination is a convenient 14-day herbal food program containing nutrients that boost the immune system. This combination provides natural sources of vitamins A, C and E, plus selenium and zinc. Fight off the never-ending assault of poisons, toxins and other microscopic dangers.
- **Garlic** – This popular herb offers a boost to the immune system with its antibacterial, antifungal and antiviral properties.
- **Colloidal Silver** – Colloidal silver is an effective antimicrobial that inactivates the enzyme responsible for the multiplication of bacteria, fungi and viruses.
- **Echinacea** – Echinacea contains polysaccharides that stimulate the production of phagocytes (cells that engulf and consume foreign matter) and active T-lymphocytes, macrophages and natural killer cells. Taken at the earliest sign of a cold or infection, echinacea may help cut recovery time remarkable.
- **Olive Leaf** – Olive Leaf supports normal blood pressure and cholesterol levels and strengthens the immune system against viral and bacterial attacks.
- **Virus Chinese Combination** – This centuries-old blend of nine Chinese herbs helps you battle infection. This combination strengthens your kidneys, liver, stomach, blood and adrenals. It also helps detoxify and energize the body.
- **Una de Gato** – Una de gato provides beneficial alkaloids. Combined with astragalus and echinacea, this product gives your immune system the added boost it needs to keep you on your feet.
- **Elderberry Combination** – Recent research shows that elderberry, a plant long used to treat colds, possesses antiviral activity. This formula also includes echinacea, a popular immune stimulant, and royal jelly, a highly nutritious substance produced by bees.
- **Zinc Lozenges** – By combining zinc with echinacea and licorice root, the lozenges not only soothe the mouth and throat, they also provide added immune-system support and extra energy.
- **Pau d'Arco** – Pau d'Arco contains a chemical called Lapachol, which may provide nutritional support to the immune system. It is commonly used against many conditions of unwanted growth, including fungus, yeast and tumors.
- **Bifidophilus** – This probiotic supplement contains living organisms to help replace depleted bacteria that are necessary for proper immune function.
- **Immune Trigger Combination** – This formula contains astragalus and ganoderma. Astragalus functions much like echinacea, while ganoderma is similar to garlic. This combination enhances the body's ability to respond to forces that might otherwise weaken it.
- **Immune Stimulator Combination** – This combination contains polysaccharides, which promote macrophage activity. It contains nutrients that kill unfriendly microorganisms, viruses, bacteria, allergens, molds and parasites. It also increases immunoglobulin proteins in the intestinal tract to combat foreign invaders.
- **Antioxidant Combination** – This combination contains tocotrienols, lycopene and alpha lipoic acid in a base of rose hips, milk thistle and turmeric. Tocotrienols can penetrate the fatty membranes of cells, taking their antioxidant properties deep within the cells. Lycopene has been linked to prostate health. Alpha lipoic acid is both fat and water-soluble and can move through the entire cell, scavenging free radicals. Rose hips provide vitamin C, carotenoids and flavonoids for immune system support. Turmeric helps protect liver tissue and promotes healthy cholesterol levels.

THYMUS/LYMPH/SPLEEN

IMMUNE WEAKNESS (COLD)

Lowered Resistance

Indications:

Constant fatigue
Pale complexion
Cold limbs
Frequent colds and/or other infections
Digestive weakness

↓
Immune Trigger Combination
Immune Stimulator Combination
Seasonal Defense Combination
Noni

Free Radical Damage

Indications:

Exposure to environmental pollution
Chronic stress
Aging
Risk of degenerative diseases
Poor diet
Respiratory allergies and infections

↓
Antioxidant Combination
Grapine

THYMUS/LYMPH/SPLEEN

INFECTION (HOT)

General Indications:

General weakness or fatigue
Recurring infections
Acute infections
Exposure to infectious agents
Enlarged lymph nodes

Bacterial

Indications:

Medical diagnosis of
Bacterial infection
(staph, strep, etc.)

↓
Echinacea
Olive Leaf

Viral

Chronic Infection

Indications:

Medical diagnosis of
Chronic viral infection
(herpes, Epstein-Barr virus, etc.)

↓
Virus Chinese Combination
Una de Gato

Acute Infection

Indications:

Common cold
Influenza

↓
Elderberry Combination
Zinc Lozenges
Seasonal Defense

Fungal

Indications:

Frequent antibiotic use
Vaginal yeast infections
General weakness
Medical diagnosis of
Yeast or fungal infection

↓
Pau d'Arco
Colloidal Silver
Bifidophilus
Yeast Fungal Homeopathic
Paw Paw Cell Reg
(for cancer)

CERTIFIED HERBAL COUNSELOR COURSE - SESSION 13:

• Common Ailments and Historical Uses of Herbs

The following information is for your information only and is not intended to be used as a prescription for any ailment you might have. Be sure to consult a physician. The following information is from “Recipes for Success” and is based on Nature’s Sunshine Products. Speak with Brenda to find out how to purchase products at wholesale.

- **Abscesses** – BP-X ATC and Vitamin A internally for prevention, put hot water on cloth with a few drops of Thyme Linalol. Apply for 5-10 minutes. Follow with Black ointment to abscess until it opens. Drain, sterilize with Tea tree oil, and pack with PLS II mixed with oil to make a paste or golden salve.
- **Acne** – Botanical Benefits skin care products. Adult: BP-X (2-3) or SKN-AV w/vitamin A&D. Bowel cleansing to increase fiber in diet. ACNE homeopathic remedy. LIV-C 6-9 a day. Hi-Lipase for better digestion of fats. Black currant oil to provide essential fatty acids. Teenage: Burdock (2 x 3) add hormone herbs to above. Male: Sarsaparilla, X-A, and Siberian Ginseng. Female: FCS II, Damiana. External: Pau d’Arco lotion, Colloidal silver, Tea tree oil, Ylang Ylang in massage oil or aloe vera gel. Eliminate dark-colored soft drinks such as Pepsi and Coke.
- **Adrenal Glands** – Licorice root and/or HY-A or HY-C build strength in the adrenal glands. DHEA-F or DHEA-M. Chinese mineral Chi + HS-C is a very good tonic for exhausted adrenals, i.e., “burn-out”. AD-C (2 capsules every 2 hours) will correct adrenal stress when emotions are involved. Herbs are very effective for hypoglycemia, caused by adrenal “wipe-out” when used with protein or high fiber foods. It is especially important for hypoglycemics to have protein within one hour of awakening. Synerprotein in a milk, yogurt, or fruit shake. Homeopathic: Fatigue/Exhaustion, Distress remedy.
- **Aging** – Super antioxidants to prevent free radical damage, Life-Protex for nutritional support and free radical protection while supporting vascular system health, DHEA-F or DHEA-M, Barley green or Super Algae, Ginkgo & Hawthorn, Anti-Oxidant Arsenal with Grapine, Melatonic, Mega-Chel as multiple vitamin.
- **Allergies** – Food – Improve digestion with PDA and Food enzymes and LIV-J. For Children: Sprinkle Proactazyme on the food. Alfalfa (3 daily). Dairy: Allergies – Dairy Homeopathic. Grains: Safflowers and Allergies-Grains Homeopathic. Fats: Hi-Lipase. MSM – Allergies are often due to a sulfur deficiency (Elizer BenJoseph). Note: If you avoid dairy, be sure to supplement with calcium. Cleanse the bowel – Consider Candida Albicans. Note: According to Frank Meisse, “If you have allergies, you have a liver problem. See liver information.
- **Allergies** – Pollen – Antihistamine Combinations: Four, SN-X, ALJ, BRN-AV. Decongestants: Fenugreek & Thyme and Tei Fu Oil used externally under the nose. Breathe free essential oils blend. Additional Products: Special formula #1, Bee pollen, Grapine. Chewable calcium (Herbasaur) – 1 four times daily for children. Homeopathics: Allergy, hayfever/pollen, mold/yeast & dust. See Sinus information. Note: According to Frank Meisse, “If you have allergies, you have a liver problem. See liver information.
- **Alopecia** – Patches of baldness resulting in smooth, white skin. Usually caused by parasites, nerves and/or environmental. Parasites: Para-Cleanse followed by Artemesia. HSN-W of HSN Complex, Jojoba Oil rubbed into scalp at night. See Parasites, Detoxification, and Nerve information.
- **Anorexia** – Often caused by hypoglycemia: Licorice root or HY-A. Bergamot Essential oil – smell directly out of bottle or diffuse and apply mixture of 10-15 drops in ½ ounce massage oil to bottoms of feet and stomach (avoid the sun after use). Super Supplemental and Garden and orchard essentials to supply missing vitamins and minerals. Nerves: Nutri-Calm, Stress Pack, STR-J or Eight with B Complex and calcium (See calcium information). To support heart: Potassium and HSII.
- **Alzheimer’s Disease** – Prevention: Vitamin E w/Selenium; sufficient levels of folic acid and B-12, limit vegetable oils, eliminate all aluminum (cookware, foil, deodorants, antacids). Treatment: Ginkgo/Gotu Kola concentrate – 3 a day, Enviro Detox and Homeopathic Detoxification, Lecithin helps 1/3 of all patients, B-12 and Mind Max to help with forgetfulness and confusion, Grapine, Melatonic to aid sleep (1 capsule at bedtime). Treatment for parasites as parasites in the brain can cause symptoms, which mimic Alzheimer’s Disease – See parasite information. Reverse Osmosis Purified Water.

- **Appetite** – Depressants: SF, AS, Garcinia Chi, SF Tea with Garcinia, Fat Grabbers. 5HTP Power causes a loss of appetite for red meal and sugar. Stimulants: Saw Palmetto, Chamomile, Bergamot and Lemon essential oils. Homeopathic: Appetite control.
- **Arrhythmias of the Heart** – CO Q-10 (30) – 6 a day for 30 days; 3 a day for 30 more days; 1 a day for maintenance thereafter. L-Carnitine, Magnesium and potassium are the primary minerals that are lacking. Hawthorn berries, HS II or Mega-Chel, Stress Pack with B-6 and B Complex, Cordyceps.
- **Asthma Attacks** – For attacks: alternate every minute: Lobelia Essence (bronchial dilator); CC-A with Yerba Santa (clears mucous); & Licorice extract (Reduces inflammation). Nature's Chi will ward off an attack if taken immediately (2 capsules every 4 hours). Homeopathic: Asthma and Distress remedies. Frankincense or Breathe Free essential oils.
- **Asthma, Kids** – Eliminate dairy products. Open the bowel – LB extract and fiber. Treat for Candida – See Candida (Children) information, can be caused by mercury poisoning. See detoxification information. ALJ Liquid, Lobelia essence as bronchial dilator, Frankincense or Breathe free essential oils, Elderberry, Chewable, Homeopathic: Asthma and Distress remedies.
- **Asthma, Prevention** – LH, BRN-AV, AL-C and/or ALJ to build and cleanse the lungs. Marshmallow & Fenugreek to cleanse mucous from the lungs. Cleanse the bowel and the lymphatic system. Candida and mercury poisoning (detoxification) can be complicating factors. Essential fatty acids are often helpful – Black currant oil, Evening primrose oil, Flaxseed oil, or Omega 3 oils, Frankincense or Breathe free essential oils. MSM daily is an excellent prevention.
- **Arthritis** – Best product: JNT-Ease convenience pack. Minimal program: JNT-A or JNT-AV and/or MSM. Calcium products with PDA for absorption. Glucosamine and Chondroitin – try for at least a month. Morinda (4-8 daily). Additional products to consider: Grapine, Licorice ATC root, BON-C, Pantothenic acid, Black currant oil, Omega 3, Feverfew, Una de gato, SC, Homeopathic: Arthritis and inflammation remedies. Essential oils: Cellu-tone used in bath followed by deep relief massaged into muscles.
- **Arthritis, Rheumatoid** – Glucosamine and Chondroitin, JNT-A – 3 a day, Omega-3 and/or flax seed oil – reduces inflammation, Pantothenic acid – 200 mg daily to combat effects of stress, MSM markedly reduces inflammation over a period of months, VS-C and Oregon grape – for viruses which cause inflammation, Morinda capsules or liquid (alternate to see which works best), APS II for the pain, Colloidal minerals – 3 times a day, Essential Oils: Cellu-Tone used in bath followed by deep relief massaged into muscles., Wild Yam internally and Pro-G-Yam Cream externally.
- **Athlete's Foot** – Candida control diet and supplements to correct the cause. See candida information. Pau d'Arco extract or colloidal silver applied externally twice daily – takes at least 3 weeks. Homeopathic: candida remedy. (Personal note: soak foot in white vinegar every night for 10 minutes.)
- **Attention Deficit Disorder** – May be caused by an over-abundance of mercury and/or aluminum – check with hair analysis. See detoxification information. May be caused by a lack of minerals. Chinese mineral chi is the best source. Nature's Chi, VAL extract and/or STR-J liquid or capsules, Grapine, Magnesium, MindMax liquid, Brain Protex, HVP ATC or Passion flower – Super algae or Spirulina. Consider hypoglycemia. Limit the carbohydrate consumption. Elimination of sugar and artificial food colorings is important. May be cause by a milk allergy. See allergy information. Many ADD kids have asthma. Treating one often clears up the other. Reference: Feeding the Brain by Keith Conners, Ph.D. Contact: Finegold Association: 1-800-321-3287.
- **Back Pain (Including herniated disk)** – PLS II, CA & JNT-A, Morinda – 2 capsules twice daily, Ylang Ylang essential oil. Homeopathics: Pain, sciatica, inflammation remedies. Herbal back adjustment when needed.
- **Bed Wetting** – Can be caused by milk allergies (substitute Tofu Moo), parasites, low blood sugar (limit carbohydrates at night and have a protein snack just before going to bed. Licorice root), kidney weakness (Corn silk at bedtime), thyroid weakness. Homeopathic: bedwetting.
- **Bell's Palsy** – HVP, Alfalfa, and Horsetail (all used together), Nutri-Calm with calcium (see calcium information) to feed the nerves, combination potassium – Jonas Yoder, noted herbalist, states that all Palsy is caused by a lack of potassium. St. John's Wort.

- **Bone Spurs** – Treatment: Tea tree oil and/or BON-C applied externally for a long time. CA concentrate and Spirulina plus Hydrangea and Digestzyme – take a lot. Guggul Lipid, Lavender oil applied externally helps with the pain. Prevention: Correct calcium imbalances (see calcium information).
- **Bronchitis** – Bowel cleansing is essential so mucous can move. Take daily to build and cleanse: ALJ, LH, Nature's Chi, Yerba Santa, and/or BRN-AV. Lobelia essence (have 2 bottles on hand at all times) – use to stop bronchial spasms as needed. CC-A relief pack as soon as a problem starts. If chronic, consider candida Albicans as the cause. Homeopathic: Asthma remedy.
- **Bites and Stings** – Externally: Black cohosh, Una de gato, or crushed Grapine tabs (mix with water or oil to make a poultice and change every hour), Jojoba oil, Morinda or Black ointment. Internally: Black cohosh or C-X plus Calcium (see calcium information) plus Combination Four given frequently (every 15 minutes the first hour, then every hour thereafter) to neutralize the poisons. BP-X to clean the blood, MSM binds and neutralizes the foreign proteins, Nervine (see nerve information) herbs to protect the nervous system, SUMA will prevent the spread of the poisons and encourage new skin growth. See detoxification and lymphatics information. Homeopathic: Inflammation, and distress remedies.
- **Blood Clots** – To dissolve (and prevent recurrence): Butcher's Broom 2-2-2, Capsicum 1-1-1, working to 2-2-2, Mega-Chel 2-2-2. In addition to supplements, apply moist heat for 30 minutes twice a day. Note: Many herbalists suggest Butcher's Broom as a substitute for blood thinning drugs used to prevent strokes caused by blood clots.
- **Blood Count** – To build red blood cells: I-X, Yellow Dock, Pau d'Arco, Blue Vervain liquid herb, (Dandelion increases iron absorption), Iron tablet. To increase white blood count: Echinacea, Anamú, Ginseng (will also lower chronically high blood count), Germanium, and Una de gato.
- **Blood Pressure – (High)** – Weight loss is very important if the person is overweight. Mega-Chel, GC-X: Capsicum, Garlic & Parsley; or Garlic, High potency. Stress Pack is very effective if high blood pressure is caused by tension (1-2 pkgs. daily). Reduce water retention, which causes pressure in the blood vessels to rise. Eliminate coffee as 3 cups a day raises blood pressure an average of 15%. Insufficient calcium can be a cause. Avoid using Rosemary essential oil with high blood pressure. Note: Beta-blockers increase risk of heart attack by 60%. (Personal note: Remove all salt from diet and exercise 2-3 times a day: 15+ minutes with a heart rate of 150 depending on your age).
- **Blood Pressure – (Low)** – Caused by low thyroid function resulting in slow circulation, adrenal exhaustion, and/or sodium/potassium imbalance. Dehydration can also be a cause. Sodium: Aloe Vera Juice, Dandelion, and KC-X. Note: If you are not using table salt, using it daily will often correct low blood pressure. Anyone who has raised animals knows the importance of salt in the diet. Potassium: Potassium combination or Herbal tonic supreme. Colloidal minerals for trace minerals. Circulation: Ginkgo and Hawthorn, HS II, GC-X and/or Capsicum, Rosemary essential oils. See Adrenal and Thyroid information.
- **Blood Thinners** – APS II – 3 capsules a day provide about the same amount of salicin as a baby aspirin. Capsicum, Guggul lipids, Vitamin E with Selenium.
- **Bloody Nose** – Caused by weak capillaries and/or high blood pressure. Apply Lemon essential oil on a cotton ball (avoid the sun after usage), Citrus bioflavonoids, Grapine, high potency, Alfalfa contains Vitamin K, necessary for proper clotting of blood. See blood pressure – high information.
- **Brain Improvement** – Brain-Protex – Gives maximum protection against free radical damage while supporting memory and brain function. Cordyceps – Eliminates disease related to blood flow to the brain. Gotu Kola or GGC, Mind Max, Ginkgo/Gotu Kola concentrate, L-Glutamine.
- **Breast Cysts** – Vitamin E – 1200 IU per day, Vitamin A&D – 4 caps per day, Chamomile – 8 per day, BP-X – 2 per day, Special Formula #1 – 6 per day. Complete elimination of all caffeine.
- **Breast Enlargement** – Safflowers with Saw Palmetto, Master Gland.

- **Breast Implants** – All implants use chemical envelopes regardless of the contents, and the envelopes always shed. Do NOT breast feed with implants or baby is exposed to chemicals. Diseases caused by implants include fibromyalgia, arthritis, lupus, joint pain, short-term memory loss, weakening of immune system. Removal is critical to regaining health. See detoxification information. Supplements which help to offset the effects of chemicals in system (even after implants are removed) include Garlic, Grapine, JNT-A, and all Anti-oxidant vitamins. Reference: The Silicon Breast Implant Controversy by Vasey.
- **Breast Soreness** – May indicate a lack of sufficient Vitamin E. Take 800-1200 IU of Vitamin E with Selenium daily. Elimination of all caffeine (coffee, soda and chocolate) will often eliminate the problem. HIGS II to cleanse lymphatics, Female hormone balancers: FCS II, C-X, FC with Dong Quai, Pro-G-Yam cream applied externally twice daily. Vitamin B-6 (4 daily) from ovulation until start of menses. Elimination of anti-perspirants is essential – substitute natural deodorants.
- **Bruising** – Caused by weak capillaries. To strengthen capillaries: Grapine, Citrus bioflavonoids, Alfalfa, which contains vitamin K, necessary for proper clotting of blood.
- **Burns** – Aloe vera gel or Herbal trim alternated with ice as often as necessary to handle the pain. Before scabs form, spray frequently with Tea tree oil, Colloidal minerals, and Aloe vera or Colloidal silver to prevent infection. After scabs form, peel away and apply Vitamin E and Vitamin A&D (pierce the capsules) to prevent scars. Follow with Healing AC cream. Sunburns: Aloe vera gel or Herbal trim lotion, Lavender essential oil, Healing AC cream.
- **Bursitis (Inflammation of shoulder or hip)** – Best product – JNT Ease convenience pack, JNT-A and/or JNT-AV, MSM, Glucosamine and Chondroitin (4 daily) try for 4-6 week minimum. Deep relief essential oil blend applied in massage oil. Calcium with PDA for absorption. See calcium information. Licorice root to stimulate production of natural cortisone. Tei-Fu massage lotion as topical pain reliever. Una de gato, IF-C and inflammation homeopathic as anti-inflammatory herbals.
- **Calcium** – Factors which increase absorption: Hydrochloric acid (PDA); Parathyroid support (TS II or KC-X); Magnesium. Factors, which inhibit absorption: Excessive meat and phosphorous (soda pop). Products: Calcium plus vitamin D, SKL, Calcium-Magnesium (SynerPro); CA, Herbasaur's Chewable Calcium. Calcium Deposits: Hydrangea (3-4 capsules 3 times per day). Note: Weight-bearing exercise combined with calcium helps slow bone loss as we age. Exercise, Exercise. See calcium requirement information.
- **Calcium Requirements** – Recommended daily dosages (Include PDA for maximum absorption): Men and Pre-menopausal women: 800-1000 mg. Daily. Post-menopausal women: 1500 mg daily. Take morning and evening with the highest amount in the evening because the calcium level falls to its lowest in the early morning hours. Note: Weight-bearing exercise combined with calcium supplementation is the best way to protect bone density.
- **Cancer** – Pau d'Arco Power Pack (use twice the suggested dosage for several weeks) plus Una de Gato (9 daily). Note: Una de Gato needs HCL (PDA) for activation. Green Zone is an important nutritional support product. DHEA – Low levels have been associated with increased cancer rates. Red clover blend liquid herb, Enviro-Detox, Special formula #1, Consider parasite involvement (see parasite information), For Immune System: IMM-C, Defense Maintenance, Anti-Oxidant Arsenal and Phyto Soy are excellent preventatives. Pau d'Arco helps with the pain in the end stages of this disease. See Chemotherapy information.
- **Cancer (Prevention)** – Super antioxidant contains Tocotrienols, which prevent breast cancer; Lycopenes, which reduce risk of prostate cancer; Tumeric, which has anti-mutagenic activity, and Milk thistle, which protects the liver. Defense Maintenance – Can be used as a multiple vitamin if you add B complex. Green Zone whole food complex with antioxidant properties. Grapine. Anamú – Inhibits cancerous cell division and increases thymus gland activity. (Inhibits fertilization in rats. Don't use if trying to get pregnant). See Cancer information.
- **Cancer (Skin)** – Twice daily: Cleanse and tone skin with Botanical benefits products. Apply Tea tree oil directly followed by Geranium oil in massage oil (7 drops to ½ ounce) directly to the cancer spots. Follow with Vitamin E with Selenium (pierce a capsule and apply with your finger. Three times daily: Diffuse geranium oil for 10 minutes. Take Pau d'Arco and E-Tea or BP-X ATC concentrate plus Super Antioxidants internally.

- **Canker Sores** – Prevention: L-Lysine and/or Calcium with PDA for absorption. Editor's Note: We find most canker sores are caused by calcium deficiencies rather than a lysine deficiency as commonly thought. Stress burns extra calcium and canker sores usually occur during times of stress. Treatment: Gargle daily with a few drops of Tea tree oil or apply Golden Seal/Parthenium extract or Peppermint oil to sores. Increase calcium intake.
- **Carotid Artery** – Plaquing in the artery is caused by calcium imbalance due to a lack of potassium iodide. Black walnut provides potassium iodide to prevent plaquing. Super Anti-oxidants contain Toxotrienols, which prevent plaquing. Mega-Chel used with Black walnut will safely open the blockages in the carotid artery.
- **Carpal Tunnel Syndrome** – Vitamin B-6 (with entire B Complex). The results will not be noticed for at least 12 weeks. One distributor suggests 12 B Complex + 12 B-6 three times daily; gradually reduce dose to 2 of each 2x daily for prevention. MSM (6 a day) plus Yucca (6 a day) + B-6 (3 a day). RE-X, Mineral maintenance, Colloidal minerals, plus Target endurance has been reported to heal carpal tunnel. Combine 10 drops Lavender and 10 drops Eucalyptus in 1 oz. Massage oil. Massage mixture from the neck, down the shoulders and through the tendon running down back of arm into wrist and hands. BON-C internally and as a poultice applied at night. Increase calcium.
- **Cataracts** – EW taken internally. EW wash used three times daily: Boil ¼ cup purified water. Remove from heat. Empty 1 capsule EW into water and steep for 5 minutes. Strain through coffee filter paper. Refrigerate. Make new solution every fourth day. Vitamin C prevents the formation of cataracts. Vitamin E sharply reduces the risk that existing cataracts will worsen.
- **Chemical Poisoning** – Take a Hydrated Bentonite bath twice weekly. Pour one-half bottle of Bentonite in the tub and fill with hot water. Soak until the water cools off (20-25 minutes). You may notice strange colors in the water from the toxins pulling out. Tiao He Cleanse (3 packages) plus BP-X (2-3 daily) or Enviro-Detox (6-10 daily) plus Detoxification homeopathic. LIV-C to assist the liver in cleansing. Una de Gato and Grapine (high potency) every day. Synerprotein 1-2 times daily to increase protein intake. If overweight, lose weight because chemicals are stored in fat cells. As you lose, chemicals will be released, so take lots of fiber to flush them from the body.
- **Chemotherapy** – Una de Gato and Defense maintenance to bolster the immune system. Vitamin E with Selenium (1600 IU) prevents hair loss. Thermo-Meal and Green zone to provide balanced, easy-to-digest meal with adequate protein. For nausea: Homeopathic: Nausea/Vomiting remedy and/or Ginger. To offset chemical side effects: Bee pollen, Barley green, BP-X or Enviro-Detox, or CO Q-10 (200 mg. Daily).
- **Cholesterol** – Twice Daily: 1 Guggul lipid, 1 Mega-Chel, 1 Omega 3 EPA, and 1 Black current oil. In the morning add 1 High potency garlic. Chinese red rice (HONGQU) to prevent liver from synthesizing “bad” cholesterol. LOCLO or Fat Grabbers as a source of soluble fiber. Flaxseed oil to emulsify fat and move it through system. DHEA- helps lower serum LDL, the “bad” cholesterol. Do a gallbladder and/or liver cleanse if high cholesterol persists. Eliminate caffeine as it increases free fatty acids in the bloodstream. NOTE: Cholesterol-lowering drugs deplete the body of Coenzyme Q-10, a basic heart nutrient. (Health Revelations, 2/95) (A personal note: Change diet – Eliminate daily and red meat. Eat a lot of salmon and other fish. Eliminate cream cheese, ravioli and other fat foods. Exercise is a must to bring down cholesterol.)
- **Chron's Disease (Chronic inflammation of part of the small intestine, which can cause scarring, and narrowing of the passageway)** - Symptoms include diarrhea, severe cramping, abdominal pain, loss of appetite and energy, malabsorption and possible anemia. Nutri-Calm or STR-J or Eight + B Complex. UC3-J and Bowel build to heal the intestinal tract. Acidophilus or Flora Force or Bifidophilus. Aloe vera juice (4-6 oz daily) and Liquid chlorophyll for healing. To stop the bleeding: Slippery Elm, Marshmallow, or Rose Hips. Homeopathic inflammation and Una de Gato. Consider an allergy to wheat, oats, rye, barley, and corn as possible cause. Intestinal Flukes may cause this disease. See parasite information.
- **Cold Sores** – VS-C and L-Lysine for treatment and prevention. Oregon grape – Take internally and apply externally 2-3 times daily. Homeopathic: Cold sore/Fever blister.
- **Colic** – Catnip & Fennel liquid – Give a few drops every 1-2 minutes until crying stops. Mom should take 2-3 times daily if breast-feeding. Distress remedy homeopathic every 5-10 minutes. Roman chamomile essential oil is massage oil applied to bottom of feet and abdomen. Flora force: ½ capsule dissolved in water on a spoon. Chamomile tea. 1-2 drops Peppermint oil in 2 oz. Of water. Nursing moms should avoid chocolate, onions, caffeine, garlic, broccoli, sugar, cauliflower, dairy (even cream in your coffee can cause problems).

- **Colitis (Inflammation of the colon)** - This treatment is good for spastic colon also. CLT-X, UC3-J and/or UC-C. Aloe vera juice to heal the mucous lining. Bowel build. Una de Gato or IF-C plus Inflammation homeopathic. STR-J, Eight, ATC, or Stress pack to control the stress that aggravates this condition. Roman chamomile in massage oil applied to abdomen. Avoid raw foods, using cooked fruits and vegetables or juices. Use AG-X or AG-C to dispel excess gas. MSM to reduce inflammation of intestines. Can be caused by parasites. See parasite information.
- **Congestive Heart Failure (Weakening of the heart causing poor blood flow to vital organs)** - CO Q-10 – At least 300 mgs. Daily. L-Carnitine, Magnesium – level has a direct correlation with survival rates. Hawthorne (capsules or liquid) or HS II.
- **Constipation** – Add fiber to diet (Psyllium, Nature's three, or LOCLO) along with Bowel stimulants. See bowel herb information. Combine 2-oz. Massage oil with 10 drops each of Rosemary, Lemon and Peppermint oils. Massage over colon from right to left. Use with colonics and enemas to get a good release. Aloe Vera juice – whole leaf, Acidophilus, Flora force, or Bifidophilus. Note: Children often become constipated from dairy products.
- **Constipation (Children)** – LB Extract to stimulate peristalsis. Bifidophilus for kids, chewable to increase beneficial bacteria in the bowel. LOCLO to provide fiber to soften the stool. Garden and/or Orchard essential, chewable to provide needed nutrients if children do not eat enough fruits or vegetables. Liquid Chlorophyll and/or Aloe vera juice in water.
- **Convulsions** – Lobelia essence, Catnip tea or enema or catnip & fennel extract. Lavender and Roman chamomile in cool bath or rubbed on feet with massage oil.
- **Cough** – Homeopathic cough syrups: DH – For a dry, hoarse cough (Use with LH-C), LP – For a loose, phlegmy cough (use with AL-C), NT – for nighttime relief. Children's homeopathic: Cough syrup. Diffuse Pine needle and tea tree oils for 20 minutes 3 times daily near the person with the cough. BRN-AV – 4-6 capsules 3-4 times a day. CC-A with Yerba santa liquid. Cough syrups: Golden seal/parthenium extract with lemon, honey and water; Lobelia extract taken in ¼ cup water.
- **Cravings (Food, Sugar & Alcohol)** – Morinda, L-Glutamine, Chromium (3-4 daily), Licorice root, or HY-A, or HY-C, Nutri-Calm or Eight ATC if you are eating in response to stress. PMS food cravings are often eliminated with Phyto-Soy. Chocolate Cravings: Magnesium & GTF Chromium. See Addictions and Hypoglycemia information. Note: A low fat, high carbohydrate diet will lead to sugar, caffeine, and alcohol cravings. Eat protein in every meal and eat at least every 4-5 hours. Synerprotein drinks are an easy way to add additional protein to the diet.
- **Croup** – Lobelia essence – internally and rubbed on cheek, Blue vervain liquid herb will loosen up throat and chest, Mullein tea, Una de gato liquid herbal combination, Catnip tea enema (1-2 capsules in 1 cup water), Tei-fu oil or breathe free in vaporizer.
- **Cystic Fibrosis (Inherited disorder affecting the pancreas, causing deficiency of pancreatic secretions and poor fat digestion)** - P-14 or Juniper Berries, Food enzymes and Papaya mint for digestion, Frankincense essential oil, Bowel cleansing with fiber, Fenugreek & Marshmallow or Blue vervain for lung mucous. Parasites can be a contributing factor. See parasite information.
- **Cysts** – BP-X (2 a day), E-TEA or Enviro-Detox – (6 a day) to purify the blood. Special Formula #1 – 6 a day, Chamomile – 8 a day, Lavender oil – Apply directly to cysts 2-3 times daily, Una de Gato – 6-9 a day, Vitamin A – 100,000 IU a day for the first month, 75,000 IU a day for the second month, 25,000-50,000 IU maintenance thereafter. Liver cleansing strongly suggested. Ovarian cysts: Add FC with Dong Quai.
- **Depression** – AD-C (Anti-Depressant), St. John's Wort with Passion flower – calms those suffering from anxiety, Kava Kava – creates feeling of milk euphoria, 5HTP and exercise produces Serotonin, a natural mood-elevator. Homeopathic: Depressaqueel remedy. Folic acid plus – 1/3 of depressed adults were lacking in folate. Bergamot or inner peace essential oils. Super supplemental – 4 daily (vitamins influence mood through their role in the synthesis of neurotransmitters.) Causes include low thyroid, Hypoglycemia, Candida. Reference Book: Depression & Natural Medicine.

- **Depression (Post-Partum)** – Caused by the sudden drop in progesterone after giving birth. Poor eating habits can lead to hypoglycemia, which can cause depression. Products, which supply progesterone, include wild yam, Pro-g-yam cream. See Hypoglycemia and Depression information.
- **Detoxification** – Enviro-Detox or BP-X with Homeopathic Detoxification. Tiao he Chinese cleanse – Use 2 full packages (2-3 packets daily, depending on bowel tolerance). Follow up with LIV-C or Liver cleansing to continue liver detoxing. See Liver Cleansing information. Pau d'Arco power pack. Bentonite Baths: Pour ½ bottle Hydrated bentonite in tub and fill with hot water. Stay submerged until water cools off. Will draw out toxic wastes. See Lymphatics information, as the lymphatic system is critical to detoxifying. See Chemical Poisoning information.
- **Diabetes** – P-14, Nopal, and/or NBS-AV to feed the pancreas and lower the blood sugar (See Science of Herbal Medicine), Morinda and Anamú lower high blood sugar, Mega-Chel supports the circulatory system, Soluble fiber (LOCLO) 2-4 times daily, Zinc promotes the formulation of insulin, Chromium is the missing mineral in many diabetic's blood. It lowers the amount of insulin needed. Colloidal minerals provide vanadium, a trace mineral, which works with chromium to prevent diabetes. Vitamin E causes cell membranes to be more permeable to insulin. Sores that won't heal: Golden salve applied externally. Some believe that parasites in the pancreas may cause diabetes.
- **Diaper Rash** – Internally: Acidophilus, Bifidophilus or Flora force – 1 capsule daily given in water on a spoon. If child is old enough to chew, give chewable Bifidophilus. Externally: Pau d'Arco lotion, Healing A/C cream, Golden salve, Aloe vera gel, Herbal trim, Slippery elm, or a paste made of Acidophilus and water.
- **Diarrhea** – Homeopathic: Diarrhea remedy, Slippery elm – Stir bulk in applesauce, Roman chamomile massaged on abdomen along with UC3-J taken internally, Bowel build – Please Note: If the gall bladder has been removed, there is a constant flow of bile which will cause diarrhea. Bowel build will help digestion, when the gallbladder has been removed, by providing bile acids. If prolonged, give Combination potassium to restore the potassium level and Acidophilus to restore beneficial bacteria.
- **Diverticulitis** – CLT-X and/or MSM for inflammation, Acidophilus, Bifidophilus, or Flora force, Aloe vera juice, PDA for digestion. Poorly digested food can be very irritating to the bowel. Gradually increase fiber (see fiber information) to prevent the disease from advancing. LOCLO or Psyllium seeds (not hulls) are the most easily tolerated fibers.
- **Dizziness** – Often caused by an inflammation of the inner ear caused by a virus (Labrynthitis). VS-C, Garlic (High potency), and Pau d'Arco. Lavender oil rubbed around the ear. STR-C. If experienced after having a stroke: Ginkgo/Gotu kola and Grapine. Can be caused by low blood sugar – see hypoglycemia information. Can be caused by dehydration or mineral imbalance: use Herbal tonic supreme and/or colloidal minerals.
- **Earaches** – Externally: CBG extract, Pau d'Arco extract, Tea tree oil, and/or Garlic oil. (When administering eardrops, always have the person lie on their side for 5 min.) Rub Lavender oil around outside of ear. Internally: Adults: VS-C and High potency garlic. Children: CBG extract four times daily, Elderberry plus, Chewable C. Homeopathic earache pain remedy. Suspect candida if infections become frequent. Note: Excessive earwax may be caused by a lack of essential fatty acids.
- **Eczema** – SKN-AV and Vitamin A&D, Morinda. Can be caused by Staph infection: Oregon grape liquid internally and externally. Homeopathics: Acne, Eczema/Psoriasis remedies. BP-X or Red clover for blood purification, Bowel cleansing, Pau d'Arco lotion or golden salve applied externally.
- **Emphysema (Degeneration of lungs, usually caused by smoking or inhaling chemical irritants)** - LH; LH-C; BRN-AV; Marshmallow & Fenugreek; and/or ALJ. MSM decreases need for extra oxygen. Super antioxidant or Grapine. Anti-oxidants help reverse free-radical damage caused by smoking and chemical inhalants. Essential fatty acids (Omega-3 or Flaxseed oil) decrease prostaglandins, which encourage bronchospasm & inflammation. Note: Carbohydrates increase the body's production of carbon dioxide, which inhibits breathing. Six studies confirm that eating excess carbohydrates slowly asphyxiates people who have emphysema. (Health Revelations, Volume III, No 11).

- **Endometriosis** - Possibly caused by estrogen dominance caused by an overloaded or toxic liver. See liver cleansing. FC with Dong quai – 6 a day. False unicorn or Bayberry – 4 a day. Use more to manage hemorrhaging (9-15 a day). Vitamin A & D – First month: 100,000 units a day. Second month: 70,000 units a day; Third month and thereafter: 50,000 units a day, increasing to 100,000 one week before the flow begins. After third day of flow, drop back to 50,000 IU. Wild yam and Pro-g-yam cream twice daily externally for progesterone. Dosage should be highest last 10 days of the cycle. Cycles essential oils applied to abdomen twice daily.
- **Energy** – Energy-V pack or ENER-G-V, Super algae or Green zone, Invigorating essential oils blend, Cordyceps to increase physical stamina and mental energy, IMM-C to generate Chi or Chinese mineral chi tonic. Adrenal glands – See adrenal glands information. Thyroid – See thyroid information; Candida control – See candida information; B Complex – See B-complex information. Iron – I-X or Iron tab, Cleanse and support the liver – BP-C or LIV-A, Improve digestion – PDA, Food enzymes, LIV-J, Homeopathic: Fatigue/Exhaustion remedy.
- **Epilepsy** – Seizures can be caused by an alkaline flow in the stomach causing a malabsorption of B-6, Calcium and Magnesium. Limit carbohydrates. PDA to ensure absorption of minerals. Lobelia and Passion flower or Kava kava in times of stress, SKL (Calcium and Magnesium) plus PDA for mineral absorption, B-Complex for the nervous system, Black currant or Evening primrose oil to provide the essential fatty acids. Parasites can be a major cause – see parasite information. Reference: Seizures & Epilepsy in Childhood: A guide for Parents, by Dr. John M. Freeman.
- **Eyes** – EW internally and as an eye wash (1 capsule dissolved in ¼ cup hot water – let steep for 10 minutes and strain), Colloidal silver dropped in the eyes as anti-bacterial, 2 drops of Roman chamomile in 4 oz. Warm water. Put on cotton ball and rub across closed eye from inside to outside, Passion flower, Eyebright plus with lutein – Prevention of macular degeneration. Dry eyes: Related to sinus congestion and dry nasal passages (see sinus information) or Hypothyroidism (See Thyroid information). For nasal passage, insert golden salve, using a Q-tip, 2-3 times daily. Diabetic Retinopathy: Grape and Bilberry. Night Blindness: Bilberry and Vitamin A&D or Beta-Carotene. See Macular Degeneration information.
- **Facial Hair** – Can be caused by hormone imbalances and/or Adrenal stress. Adrenals: Chinese mineral chi with HS-C. Hormonal: Siberian ginseng, X-A, Damiana, Pro-g-yam cream, C-X.
- **Feet** – Sore, Burning, Cracked, Smelly – Sore or Burning: Consider circulation, bowel cleansing with increased fiber in diet, pantothenic acid – 500 mg daily, support kidneys to flush out excess uric acid. Cracked: Flax seed oil or Black currant oil (1-4 capsules daily), HSN-W, Golden salve applied at bedtime. Wear socks to bed. Smelly: Zinc, B Complex.
- **Fever** – Nature’s way of burning toxins in body. Should only be fought when too high to be safe. Catnip enema or Catnip & fennel liquid herb will lower fever. Lobelia essence if seizure is eminent. Eucalyptus oil cools with fever and warms with chills, IF-C (Inflammation & Fever), STR-C (Quench the fire) – 3 capsules every 4 hours. Homeopathic: Fever. Use Prime Form recovery to restore electrolyte balance. Children: Fever homeopathic, Elderberry plus, Chewable C, Antioxidant w/Grape.
- **Fever Blisters** – L-Lysine, VS-C internally and applied externally, Tei Fu oil or Tea tree oil applied externally, Geranium essential oil on a cotton ball applied to blister.
- **Fibrocystic Breast Disease** – Complete elimination of caffeine. Combine 5 drops each of Roman chamomile, Lemon, and Geranium in 1 ounce massage oil. Massage in “figure 8” around the breast twice daily. Damiana and/or Dong quai, Vitamin E with Selenium – 800-1200 IU daily.
- **Fibroid Cysts (Benign growth of various shapes and sizes which may be estrogen-fed)** - Only 3-7 cases per 1,000 become cancerous. Fasting 24-36 hours a week may shrink them eventually. Eliminate all caffeine (coffee, tea & chocolate) and foods high in estrogen (meat, milk, chicken, alcohol) as the growth of the cysts may be encouraged by excess estrogen. Liver cleansing (see information) is essential to give the liver enough strength to convert harmful forms of estrogen to estriol, the “good” estrogen. Without this cleansing, they will return. Support products: Special formula #1, BP-C or LIV-C, B Complex, FCS II or FC with Dong quai, Vitamin A&D.

- **Fibromyalgia (musculoskeletal disorder causing chronic muscle aches)** - Caused by a toxic body (See detoxification). Candida can also be a cause (see candida). 5-HTP power, Fibralgia (4 daily) plus 2-4 capsules Flax seed oil plus 6 capsules Lecithin (up to 12 a day) for nerve sheaths. Grape plus JNT-A plus Glucosamine or JNT-Ease, Una de gato, Magnesium (500 mg 2x daily) and B-6 for inflammation. Melatonin extra for enhanced sleep. Morinda for pain relief. VS-C for the low –grade viral infections that cause additional pain. Colloidal or Chinese mineral chi minerals. Check for possible food intolerances. Suggested reading: Eat Right 4 Your Type. Example: Type A should eliminate orange juice. Ginkgo to increase circulation to that area of the brain that is affected. Red clover blend or Enviro-Detox. Homeopathics: Arthritis, Gout, Inflammation, and Sciatica (all these homeopathics contain Rhus Tox). Reference Book: Reversing Fibromyalgia.
- **Fingernails** – Lengthwise ridges indicate calcium deficiency. Crosswise tearing indicates iron deficiency. Little white specks indicate zinc deficiency. General weakness indicates poor protein assimilation (PDA) HSN-W or Horsetail plus Dandelion strengthens nails. Add MSM and Essential fatty acids (Evening Primrose oil, Black currant oil, or Flaxseed oil) for further strengthening. Fingernail biting caused by lack of silica (Horsetail or HSN-W); lack of B vitamins; Parasites (see parasite information); Nerves (see Nerve information)
- **Floaters in the Eye** – Usually the result of breakdown of the vitreous fluid which fills the central cavity of the eye. As people age, this fluid often “clumps together” and becomes visible as “floaters”. Eyebright plus internally and EW as a wash. See Eyes information for eyewash recipe. If these come and go quickly, consider low blood sugar as a cause. See hypoglycemia information.
- **Gastritis (Inflammation of the gastrointestinal tract)** - Often indicates a Zinc deficiency. Papaya mint chewable tablets, Peppermint oil mixed with massage oil and applied to abdomen, Stomach-comfort – a healthy alternative to antacids, AG-X or AG-C for the gas. 90-95% of gas is caused by undigested carbohydrates: Leguzyne encourages digestion of carbohydrates. PDA (to promote digestion of proteins which cause gas), UC3-J, Aloe vera juice or capsules. Homeopathic: Indigestion remedy.
- **Gout** – Homeopathic: Gout remedy. Dandelion, Safflowers, Burdock, & ATC K aid in the excretion of uric acid. Aloe Vera and liquid chlorophyll or barley juice powder to neutralize the acidity. Food enzymes and/or PDA help digestion so there is less formation of uric acid. Feverfew ATC – 2-3 daily during attacks; 1 a day to prevent. 8-10 red cherries daily are very helpful. Avoid ALL red meat, mushrooms, wine and beans (except green beans). Eliminate salt, alcohol & aspirin as they impede elimination of uric acid.
- **Graves Disease (Hyperthyroidism)** – Master Gland to balance the glandular system, TS II with HOPS plus additional HOPS to slow the thyroid, Target TS II and/or Alfalfa to balance the hypothalamus.
- **Gums** – Gum disease can indicate advanced osteoporosis. See calcium and osteoporosis information. Externally: To kill bacteria, use Tea tree oil applied with a Q-tip 2x daily and twice weekly, pour 1-2 drops of Tea tree oil on tooth brush. Pack gums with White oak bark at night. Or rub Lavender and bergamot oils on the gums to kill the infection. Internally: White oak bark to shrink the tissues, Co Q-10 (2-8 a day) increases circulation to the gums and is very effective at encouraging healing and tightening gums. Grape and/or Citrus bioflavonoids plus Lemon essential oil on toothpaste for bleeding gums.
- **Hair Loss** – HSN-W with Jojoba Oil rubbed into scalp daily. Phyto-Soy – Genistein provided by Phyto-Soy helps block excess testosterone, which causes baldness in most men and in some women. Colloidal minerals or Chinese mineral Chi. Can be caused by: Hormone levels (FCS II or C-X), Low thyroid (TS II or KC-X with Target TS II), Stress (Stress pack, STR-J, RE-X, Nutri Calm, or combination Eight), Low fat diets (Use Black currant oil or Evening primrose to supply essential fatty acids for hair, skin, hormone production & nails). Lack of Vitamin A.
- **Halitosis (Bad Breath)** – Caused by incompletely digested food, impacted small or large intestines, or imbalance of bacteria in large intestines. To sweeten intestines: Acidophilus or Flora force, Liquid chlorophyll, Digestive enzymes (PDA and/or Food enzymes, Papaya mint). Marshmallow & Pepsin to strip mucous from small intestines. Tiao he Chinese cleanse. Metallic breath is caused by liver stress. See liver and liver cleansing information.

- **Headaches** – Causes: Tension; Lymphatic congestion; Sinus congestion; Hormones; For some people, NutraSweet. APS II – Fenugreek & Thyme. Stress Combinations – AD-C, STR-J, and Nutri-Calm. Tei-Fu oil rubbed on temples and back of the neck. Toxic headaches with nausea can often be relieved with Blue vervain. Feverfew taken daily will greatly reduce incidence of migraine headaches by cleansing the liver. If taken at onset of headache, will often “chase it away”. Liver cleansing suggested. Hormone headaches: Wild yam plus Grapine plus Pro-G-Yam cream. MSM or 5-HTP can also be useful. Headaches due to weather changes: Burdock – 2 capsules every 2 hours. Sinus headaches: ALJ plus Fenugreek & Thyme – 4 each every 2 hours.
- **Heartburn (A burning sensation below the breastbone caused by inflammation of the esophagus)** - Heartburn occurs when stomach acids splash back up the esophagus. Stomach-comfort – A healthy substitute for antacids. Improve digestion: PDA, Food enzymes, etc. Prevent gas formation: AG-X, AG-C, Papaya mint. See Gastritis information. Soothe and heal the esophagus and stomach: Aloe vera juice, UC3-J. Consider H-Pylori bacteria as a cause: Herbal HP Fighter.
- **Heart Palpitations** – Calcium and magnesium levels control the heartbeat. Apply Ylang Ylang in massage oil or aloe vera gel to heart area and ring finger on left hand. SKL with CA and Magnesium, HS II or Hawthorn berries, RE-X, STR-J, Stress Pack, or Nutri-Calm. L-carnitine – An amino acid which helps with circulation and heart muscle health. Can be caused by hormone imbalances; see Menopause information. Consider blood sugar fluctuations as a cause. See hypoglycemia and arrhythmias information.
- **Hemorrhaging** – Uterine – Treatment: Bayberry, Capsicum, and/or Alfalfa. White oak bark plus false unicorn plus FCS II. Avoid Dong quai at time of menses as it may increase bleeding. Douche with Colloidal minerals to tonify the uterus. Prevention – Vitamin A & D: First month – 100,000 IU a day, Second month – 70,000 IU a day, Third month and thereafter – 50,000 IU a day, increasing to 100,000 IU daily one week before flow. After third day of flow drop back to 50,000 IU a day. Wild yam internally plus Pro-G-Yam cream externally.
- **Hepatitis** – Healthy eating is essential for healing with hepatitis. No sugar or refined carbohydrates, red meat, or dairy products. Use Green zone twice daily as a balanced food source. THIM-J and Una de gato or IMM-C for the immune system. IF-C for the inflammation. BP-C, Milk thistle combination, and/or LIV-A for the liver. Drink ½ your weight in ounces of water daily with Liquid chlorophyll added or use Chlorophyll capsules to cleanse and support the liver. Chromium GTF to prevent food cravings. Infection herbs “by the ton”. See Infection, Bacterial or Viral Diseases information.
- **Hiatal Hernia (Stomach is bulging up into diaphragm, sending stomach acid into esophagus, creating a burning feeling after eating)** - For relief: Stomach-Comfort – A healthy alternative to antacids. For healing and prevention of symptoms: MSM greatly reduces inflammation and therefore heals. UC3-J or UC-C to soothe digestive tract and improve digestion. AG-X or AG-C and PDA to prevent the formation of gas. Eliminate all carbonated beverages, coffee, and tea, except herbal.
- **Hives** – An overdose of aspirin is considered to be one of the most common causes of hives. Burdock internally – 6 at a time. Homeopathic: Allergy. Ginger in bath water. See Allergy Crisis information. (A personal note: Stress also has a part to do with hives. Use anti-stress herbs and change lifestyle. May also want to look into chiropractic adjustments as this can break the stress pattern.)
- **Hot Flashes** – Natural Changes packet, C-X (Estrogenic) 6-8 capsules daily, Vitamin E with Selenium – 800-1600 IU daily, Licorice root – 1-2 daily, Wild Yam and Pro-G-Yam cream (acts like progesterone), Master Gland, Target TSII, and/or HY-C to balance the glands, IF-C (“Clear the Heat”), Liver Cleansing is essential. Homeopathic: Menopause remedy. Licorice – 2 regular caps at bedtime will act as precursor to hormones. Cleanse the bowel, as bowel toxicity will affect the glands.
- **Hyperactivity** – Combination eight, Nutri-Calm, or Stress pack. STR-J is particularly effective with children. Nature’s Chi (1 capsule twice daily), Grapine, VAL extract, Calcium. Eliminate all sugar, food coloring, and artificial flavors from diet. Always eat protein and monounsaturated fats (almonds, olive oil, peanuts, and avocado) with carbohydrates. Reference: Feeding the Brain, by Keith Connors, Ph.D. Contact: Finegold Association: 1-800-321-3287.
- **Hypoglycemia** – Licorice root, HY-C, NBS-AV, or HY-A – (avoid these in the evening unless you want to stay awake). Chromium, GTF (Glucose Tolerance Factor) 2-4 tabs, Pantothenic acid, Spirulina, Super algae, or Green zone to provide protein. Adequate protein for breakfast – Synerprotein or Thermo-meal within one hour of awakening. Small, frequent meals containing protein and complex carbohydrates. High fiber diet effectively helps regulate release of sugar into blood. Reference Booklet: Hypoglycemia, #5046-7. 66

- **Immunity** – Herbs: Echinacea, Parthenium, IMM-C, THIM-J (stimulates thymus response), Una de gato, Morinda, Defense Maintenance, Garlic, Grapine, Elderberry Combination, Super Algae. Homeopathics: Prevention. Thyme Linalol or Guardian essential oil used with THIM-J. Vitamins: Vitamin A&D, Vitamin C. Note: Proteins provide the key elements of the immune system and are necessary for every natural restorative process. Vegetarians must watch protein intake carefully. Synerprotein or Thermo-meal daily is good insurance. Super algae and Green zone are high in protein. Reference Booklet: Immune System.
- **Impotence** – Achieve with Yohimbe plus Masculine tonic. Homeopathic remedy. X-Action for Men or for Women. X-A and Siberian ginseng, Sarsaparilla, or Damiana for hormone stimulation. Cordyceps improves sexual power. Mega-Chel to increase blood flow to the penis (impotence in men is almost always associated with decreased circulatory function.). Consider hypothyroidism as a possible cause.
- **Infections (Children)** – Chewable vitamin C, Elderberry plus, Colloidal silver, Golden seal/Echinacea liquid herb, Children’s chewable or Liquid vitamins, Chewable Bifidophilus, Herbasaur homeopathic cold. Pine and thyme Linalol diffused or spiritized in the room will kill bacteria and viruses.
- **Infections (Viral)** – Herbs: VS-C – 4 caps or tabs 3-4 times daily, Garlic, high potency – 1 twice daily, Oregon grape liquid – ¼ teaspoon 4 times daily, Citrus bioflavonoids – 2 tabs every 4 hours, Vitamin A&D – 4 pearls daily, Zinc – 3-4 daily, Colloidal silver – 1 teaspoon 3 times daily, Homeopathic: Viral recovery remedy. Pine and thyme Linalol diffused or spiritized in the room will kill bacteria and viruses. Note: Colds and flu are viral infections.
- **Infertility** – Females: FC with Dong quai plus Vitamin E with Selenium plus Bayberry to open blocked tubes. Geranium or cycles essential oil to balance hormones – Synerprotein or Thermo-meal 2x daily. (A study done at Stillman College, Tuscaloosa, AL found that high protein diets consumed by women greatly increased the probability of pregnancy. Another study showed that 95% of infertile women ate too many carbohydrates and not enough protein.) Males: Vitamin E with Selenium, Siberian ginseng, and X-A. Homeopathic masculine tonic remedy; zinc – 120 mg 2x daily doubled sperm count after 40-50 days; CO Q-10-60 mg. Daily. Drinking chlorinated water causes sperm to be so weak that they cannot penetrate the egg. Treat the nerves and clean the colon. Note: Adequate vitamin C is necessary for proper hormone production (Biology of Reproduction, 1995; 52). Reference Book: Overcoming Infertility Naturally, #5135-1.
- **Inflammation** – Una de gato, IF-C for inflammation and fevers, Patchouli essential oil, JNT-AV or JNT-A – use when joints are arthritic, MSM and/or Fibralgia – especially effective for muscles and joints, Flax seed oil, Licorice root to cause the adrenal glands to secrete natural cortisone, Grapine, Proactazyme – 4 capsules 3 times daily, BON-C, Feverfew, Homeopathic: Inflammation remedy, distress remedy.
- **Insect Bites (Prevent & Treat)** – Repellent: Tei fu oil or Lotion or Patchouli mixed with massage oil used externally, B-Complex vitamins taken internally. Treatment: Jojoba oil, Golden salve, Black ointment, Lavender oil, or Black cohosh mixed with oil applied externally.
- **Insomnia** – Melatonin or Melatonin extra one-half hour before bedtime if you wake up and can’t get back to sleep. You can use Distress remedy to fall back to sleep. Kava kava – take with evening meal or at night. HVP (2 concentrates) at bedtime if you can’t fall asleep. Diffuse chamomile and lavender oils starting 20 minutes before bedtime. 5-HTP. If waking up frequently, HS-C or Grapine (4 at bedtime). Consider hypoglycemia. Protein at bedtime will alleviate this cause of insomnia. Reduce the acids in the body with improved digestion and/or minerals. Can be caused by a heated liver (use liquid chlorophyll and LIV-C).
- **Interstitial Cystitis (Inflammation of urinary bladder causing pain and spasms)** - MSM is very effective at reducing the pain and inflammation. Marshmallow, Lobelia for the spasms. Vitamin A&D, Vitamin C ascorbates (non-acid Vitamin C), Inflammation homeopathic, drink “tons” of purified water, Avoid soda, coffee, or juices which contain acids.
- **Iron** – I-X contains herbs high in iron. Dandelion increases iron absorption. Liquid chlorophyll builds the blood. Iron tablet. Antagonists to iron absorption: Low levels of stomach acid; use of antacids; use of antibiotics; excessive amounts of zinc, copper, and manganese. Factors, which enhance iron absorption: PDA, Vitamin C, Calcium, Protein, and Iron. Too much: Give “plant” iron to break down the inorganic iron (I-X and liquid chlorophyll). Do liver cleanse. Note: 50-55% of all children in the US have anemia. For kids use Herbasaur Children’s Chewable or Liquid Vitamins.

- **Irritable Bowel Syndrome (Often referred to as Spastic Colon)** - See Colitis information. Fat grabbers or Psyllium seeds as a gentle source of fiber, CLT-X or UC3-J with Aloe vera to heal the digestive tract, Acidophilus, Flora force, or Bifidophilus (with elimination of caffeine which destroys acidophilus), Bowel build – if needed for diarrhea. Stress is a strong contributing factor – See stress and nerves information. Often caused by allergy to: citrus, wheat, corn, caffeine, tea, or dairy. Eliminate all these foods and then add them one at a time to test for allergies. May be caused by intestinal flukes. See parasite information.
- **Joints** – JNT-A or JNT-ease convenience packs, Glucosamine plus Chondroitin (effect may take several weeks to be noticeable.), MSM and/or Collatrim supports collagen and fortifies connective tissues, SC, Yucca. Externally: Pro-G-Yam cream rubbed in the joint. Lavender oil rubbed on soles of feet or put in “foot bath”, capsacian or Tei fu lotion. Calcium.
- **Kidneys** – Diuretics: K plus Vitamin B-6. Infection: JP-X, Cranberry/buchu and URY. URY strengthens the entire urinary system. To prevent future infections: Flora force (1) plus 1-2 Cranberry/buchu daily. Inflammation: K-C; Weakened: KB-C, Sandalwood essential oils. Check the sodium/potassium balance (Combination potassium). Cleanse the colon. Mercury fillings may cause kidney damage and can result in up to a 60% reduction in kidney function. Blood in urine: Horsetail.
- **Laryngitis** – Liquid chlorophyll, Tea tree oil (3 drops), Lobelia essence, or Capsicum extract diluted in water. Gargle and swallow. Sandalwood essential oil massaged on throat. Gargle 3 drops in water and spit out 3 times daily. If hoarseness is persistent, take VS-C daily along with Lobelia essence. Homeopathic: Sore throat/Laryngitis remedy.
- **Leg Cramps** – Usually indicate low levels of calcium; occasionally low levels of magnesium or potassium. Calcium level is lowest at night when cramps occur. Calcium products plus PDA. Grapine, Butcher’s broom plus Mega-Chel to increase circulation, Magnesium to release muscle spasms. Combination potassium or Herbal tonic supreme. Liquid potassium supplement. MSM is especially effective in the elderly at relieving leg cramps. Deep relief essential oils blend massaged into muscles.
- **Legs (Restless)** – Reactive hypoglycemia may be the cause: high protein meals devoid of sugar and limiting carbohydrates are then the answer. Avoid caffeine. Safflowers (9-12 daily) used with Butcher’s broom to lower the levels of lactic acid and increase the circulation. Colloidal minerals or Chinese mineral chi to provide trace minerals. Calcium and magnesium. Vitamin E with selenium (200-400 IU daily), Iron (if blood tests show a low blood serum or ferritin level), 600-1200 mcg. Folic Acid (with B Complex) daily, Kava kava. Web site for information: <http://www.ris.org>.
- **Lice (Head)** – Tea tree oil, Eucalyptus oil, Garlic oil, or Black walnut extract in shampoo. Lavender, lemon, and Rosemary essential oils rubbed into the scalp. A great home remedy is to rub any of the above oils into the roots of the hair. Cover the hair with a shower cap or plastic bag and leave in place for several hours or overnight. The lice will suffocate. Note: Be sure you don’t get the Tea tree oil in the eyes. Cotton packed around the hair line prevents dripping.
- **Liver** – Lemon essential oil, LIV-A and Milk thistle combination to build and strengthen, LIV-J when under functioning liver is affected digestion and/or causing food allergies, LIV-C if liver is over-active or the person is a high-stress type of individual, BP-C if liver is weakened, causing nausea, indigestion, burping, and/or gas or bloating after eating high fat meals, NOPAL works with pancreas to control cholesterol. Note: Anger is a sign of liver distress. LIV-C and St. John’s Wort will often help one not feel so angry or be in better control of anger.
- **Liver Cleansing** – LIV-A Herbal Combination: Take one capsule the first day, two capsules the second day, three capsules the third day, and so on until you have reached 14-18 a day. Work back down to one capsule a day. You can use Activated charcoal, BP-X concentrate, and/or Detoxification homeopathic to help alleviate any nausea or headaches. Milk Thistle combination: Take two tablets twice daily for 6-8 weeks for liver support. One the even-numbered days of your cleanse, take 2 tablespoons of virgin olive oil mixed with 2 tablespoons of lemon juice in the morning when you arise. Note: Do not do this unless you are also doing bowel cleansing.
- **Lungs** – LH (Lung Healer) to support lungs. A must for smokers. LH-C (Lungs weakened) or AL-C (Lungs congested). ALJ, Marshmallow & Fenugreek loosens mucous, MSM, Cleanse the bowel with any lung problem.

- **Lupus Erythematosus (Autoimmune disease of the connective tissue affecting control of the nervous system and the joints)** - Often affects the kidneys. Can be caused by breast implants. Client will initially feel worse but then will feel better. Tiao he cleanse twice followed by Para-cleanse. Adrenal support. JNT-A or JNT-AV plus Grapine, Chondroitin for connective tissue support and repair, DHEA-F or DHEA-M, Candida control essential, Support kidneys and nerves, No caffeine, sugar, or red meat.
- **Lymes Disease (Caused by tick bite)** - Destroys nervous system, caused heart problems, and arthritis. Give infection herbs as soon as possible and lots of them. THIM-J to rebuild the thymus so that it can begin producing "T" cells once again (Jeannie Burgess). Editor's Note: Because of the severity of this disease, antibiotics should probably be used as quickly as possible after the infection is noticed. Add Flora force to rebuild the bacteria that the antibiotics destroy.
- **Lymphatic Congestion** – Stress causes the spleen to secrete an excessive amount of lymphocytes, which clog the lymphatic system. When the adrenal glands are under-functioning, the body retains toxic waste in the lymphatics. Echinacea, Parthenium, or HIGS II, Lymphomax, Cellutone and/or Thyme Linalol, Pink grapefruit essential oils blend, Licorice root or HY-A. See detoxification information.
- **Memory** – Mind Max (Ginkgo, Gotu kola and Korean Panax Ginseng), Brain-Protex – gives maximum protection against free radical damage while supporting memory and brain function. SUMA, Rosemary essential oil (avoid with high blood pressure), Ginkgo and Gotu kola concentrate, GGC, or Gotu kola. Mega-Chel to clean arteries and improve circulation to brain.
- **Menopause** – Natural Changes plus additional calcium and Vitamin E is the best program. Use Pro-G-Yam cream externally. C-X, Flash Ease, or Black cohosh. Cycles essential oils. Wild yam or Licorice root (strong adrenal glands will produce some estrogen-like hormones.) Vitamin E – at least 800-1600 IU, DHEA-F, Homeopathics: Menopause remedy, B Complex or Stress pack for nerves, Calcium supplementation plus PDA. See calcium and hot flashes information.
- **Migraine Headaches** – Causes: Food allergies, low blood sugar, hormone imbalances, stress, congested bowel. Geranium essential oil in bath and massaged on throat, Feverfew taken daily greatly reduces the incidence of migraine headaches. Homeopathic: Migraquel remedy. Lavender and peppermint essential oils in cold compress on forehead. Change whenever compress becomes warm. Niacin helps dilate blood vessels to the brain. To prevent hormone-related migraines: Take 1-2 Vitamin B-6 three times daily from ovulation to the start of the menses. Foods that trigger migraine headaches: Chocolate, aged cheeses, processed meats, alcohol (especially red wine), dairy products, coffee, MSG. (Personal note: Nightshade family is also a consideration.)
- **Miscarriage** – To Prevent: False unicorn, Nature's prenatal and Red raspberry daily throughout the entire pregnancy. Use a "mild food diet", eliminating all red meat, sugar, junk food and concentrating on fruits, vegetables, nuts, grains, seed, and soy. When eminent: 2 false unicorn plus 2 Capsicum every 2 hours with complete bed rest for three days. This will stop a miscarriage if the baby is healthy but not if it is deformed. Many experts feel that miscarriages are caused by an imbalance of estrogen and progesterone. Increase the progesterone level with Wild yam and Pro-G-Yam cream.
- **Mitral Valve Prolapse** – SKL plus additional Magnesium plus Ginkgo/Hawthorn or HS II. SKL has the best ratio of calcium to magnesium (1/1 ratio) for this problem. Co Q-10 – A minimum of 60 mgs. Daily. Use Ultimate echinacea with golden seal, IN-X, or IGS II for 2 days before and two days after dental work to avoid an infection in the heart.
- **Morning Sickness** – Prevention: LIV-A or LIV-J and LIV-C (stressed) or BP-C (weakened). (Morning sickness is often caused by liver dumping toxins to clean up the body for the pregnancy.) Herbal HP Fighter – 90% of women with severe nausea were infected with the Helicobacter pylori bacteria, which causes ulcers. FCS II, FC with Dong Quai, Pro-G-Yam cream or Red raspberry to adjust hormones. Treatment: Papaya mint chewable tablets, Ginger, Peppermint oil, Red raspberry liquid (one dropper at least 3 times a day), AG-C, Chinese mineral chi or Colloidal minerals. Have protein every time you eat, limit carbohydrates, and eat at least five times a day. Hypoglycemia can be a contributing factor.
- **Motion Sickness** – Prevention: BP-C or liver cleansing for several months. Treatment: Ginger, Fennel (Catnip and fennel liquid), Chamomile, Peppermint or Tei fu oil on the tongue, Papaya mint tabs, Homeopathic: Nausea/Vomiting remedy.

- **Multiple Sclerosis (A disease where the myelin sheath that covers nerve endings becomes scarred, inhibiting the flow of messages to parts of the body)** - Colon cleansing plus Liquid chlorophyll, Grapine for pain and inflammation, Liquid minerals and Herbal tonic supreme, Nature's chi for muscular weakness and fatigue. Digestive enzymes: PDA with Proactazyme (5 three times a day) and either Hi-Lipase or Leguzyne (2 three times daily). Feed the nerves. Reduce stress. The Herpes Virus is associated with the breakdown of the myelin. Consider candida Albicans as a contributing factor. An overload of lead and other metals may also contribute.
- **Muscle Relaxants** – Calcium plus Vitamin D or SKL taken with PDA for absorption, Fibralgia for muscular pain, Lobelia essence with Tei fu lotion and/or Capsaicin gel used externally, Clove oil, diluted, massaged on muscles in spasm, Mullein – 12 to start and then 6 every 4-6 hours depending on when it feels like the spasm is returning. Kava kava (may cause sleepiness), for upper back and neck: LIV-C (8 at one time). For low back: KB-C. Using muscle tone before exercising will prevent soreness.
- **Muscle Tone** – Creatine – naturally occurring amino acid present in muscle cells. Increases muscle strength. Especially effective when combined with physical strength building activities. Fibralgia is helpful with muscle fatigue and pain. Collatrim supplements body's collagen production for development of lean muscle mass. Pyruvate-800 increases lean muscle mass. Target endurance with Calcium products. See calcium information.
- **Muscular Dystrophy** – MSM – 4-6 daily, Grapine – 800 mg. Daily, Proactazyme, Calcium and Magnesium, Combination potassium and Barley green or Super algae to tone muscles, Licorice root for inflammation and general weakness, Super supplemental with additional Vitamin B & E, Coenzyme Q-10 (300-400 mg.) daily gives significant improvement in 75% of those who use it. Complete elimination of salt, sugar, meat, and white flour.
- **Nausea** – Persistent nausea is usually a sign of liver/gallbladder problems. Red raspberry liquid, BP-C taken for a minimum of 6 months to clear the liver, Peppermint oil or Papaya mint tablets, Liver-Gallbladder cleanse, Slippery elm, Homeopathic: Nausea/vomiting, Oils: Apply cool Lavender compress on forehead and warm Lavender compress over rib cage. Take a whiff of Peppermint oil.
- **Nerves** – Nutri-Calm or Stress pack, St. John's Wort – Repairs nerve tissue, Kava kava, 5-HTP power, Tranquillity essential oils blend, Calcium, B-Complex vitamins, Herbal combinations: Eight, HVP, RE-X, STR-J, STR-C. Homeopathic: Nervousness, Distress remedies. Consider hypoglycemia as a contributing factor, especially if nervousness is worse 3-4 hours after eating.
- **Nightmares** – Prevention: at bedtime take 2-3 Passion flower, 3-4 CA, Stress pack or other nerve formula (see nerve information). Additional considerations: Parasites, Low blood sugar – limit or eliminate carbohydrates in the evening. Have a protein snack at bedtime. Too much Serotonin (5HTP or St. John's Wort cause the body to produce Serotonin).
- **Night Sweats** – Chlorophyll, HS-C, Cycles essential oils diffused in bedroom or applied to cotton ball placed on pillow. Or you can dilute in massage oil and rub over abdomen at bedtime. See menopause information.
- **Nosebleeds** – Caused by capillary weakness, high blood pressure or a lack of iodine. Can also be caused by taking too many blood thinners. Capillary weakness: Citrus bioflavonoids, Grapine, High blood pressure: see blood pressure (high) information. Iodine: KC-X, TS II, or Kelp. See blood thinners information.
- **Nursing (Milk Production)** – To increase milk flow: Blessed thistle (oxygenates) – 2 capsules 3 times daily, Marshmallow – 2 capsules 3 times daily, Catnip & Fennel extract (increases butterfat and makes for a less colicky baby) – 1 dropper 3 times daily, Fenugreek & Thyme increases milk – 2-3 capsules 3 times daily. Avoid parsley and sage as they can dry up milk. Note: Nursing mom should take Citrus bioflavonoids and SKL as they contain nutrients known to prevent SIDS (Sudden Infant Death Syndrome).
- **Osteoporosis** – Calcium, 2000 mg. Daily plus PDA, C-X (estrogen-like effect), Wild yam plus Pro-g-Yam cream externally (provides progesterone), Glucosamine plus Chondroitin for pain and rebuilding, DHEA inhibits bone reabsorption and stimulates bone formation. Para-thyroid for calcium metabolism. See thyroid information. Eliminate soft drinks and coffee and limit protein (especially red meat) to cut down on phosphorous intake, which limits calcium absorption. Weight-bearing exercise should be done at least 4 times weekly. Reference Booklet: Osteoporosis #561-3.

- **Pain** – Deep relief essential oil applied with massage oil, MSM – especially effective for muscle and joint pain, Pain homeopathic, APS II – “Nature’s aspirin”, Kava kava – for pain due to muscular tension, Distress remedy – homeopathic, and Morinda liquid or capsules.
- **Panic Attacks** – Low blood sugar is almost always the main cause; although, the thyroid can also figure in. Limit carbohydrate consumption and always have protein in the same meal as carbohydrates to control blood sugar. Bergamot or tranquillity essential oils, Distress remedy (Belladonna helps moderate the “fight or flight” reflex), Lobelia/St. John’s Wort, Kava kava, HS-C if having heart palpitations or feeling “burned out”, Vitamin B-12 (3 daily) plus B Complex as a prevention. A Hiatal Hernia can cause panic attacks when you lie down. See adrenal gland, thyroid, or nerve information.
- **Parasites** – Best Program: Para-Cleanse: Use for 10 days, rest for 7 days, repeat for 3 cycles. Use with homeopathic Parasites remedy and Tea tree oil or Clove oil (30 drops dissolved in 2 tablespoons massage oil) applied to abdomen 3 times daily. Charcoal (4-6 at night) plus Acidophilus (3 in the morning), Black walnut (4 daily) for pinworms. Flatworms: Herbal pumpkin plus Garlic oil. Tape worms: Para-cleanse for 30 days (3 packages) plus 12 capsules a day of Echinacea purpurea and Red cover. Reference Booklet: Parasites, #5064-1.
- **Parkinson’s Disease (Degeneration of the nerve center of the brain probably caused by free-radical damage)** - May be caused by over-use of drugs which suppress the nervous system. Always involves high sodium, low potassium levels. Stress pack or Nutri-calm, GGC or Gotu kola, Licorice root, HY-A, or HY-C for blood sugar levels, Grapine, Combination potassium or Herbal tonic supreme, St. John’s Wort. Anti-viral treatments work in early Parkinson’s Disease.
- **Perspiration (Excessive)** – Balance the sodium/potassium level with Aloe Vera juice, Herbal tonic supreme, and colloidal minerals. Sage – Contains rosmarinic acid, which reduces perspiration. Support the adrenals, Cleanse the bowel, Be sure to drink adequate water (1/2 your weight in ounces), Can be caused by weak lungs: LH-C, Can be caused by weak kidneys: K-C, Consider the Thyroid (see thyroid information.)
- **Pink Eye (also called conjunctivitis)** – EW wash and/or Colloidal silver 3 times daily. See eyes information for directions for making EW wash. Put 4 drops of Roman chamomile in ¼ tepid water. Put mixture on a cotton ball and rub over closed eye from the nose outward. Internally: Golden seal, Vitamin C, Elderberry combination.
- **Pituitary** – Alfalfa or Combination three plus Master gland, Vitamin E with Selenium – Prevents oxygen from breaking down pituitary enzymes and hormones. Target TS II – Strengthens pituitary so that it secretes Thyroid Releasing Hormone (TRH) for proper thyroid function.
- **Platelets (A low white blood cell count can be responsible for low platelet count)** – See blood count information. To increase platelets: Citrus bioflavonoids – To increase capillary strength and decrease bruising. Una de gato – To build up immune system and increase white blood cell count (this contains Echinacea, also), I-X – “Herbal iron) used with Dandelion for better absorption, Liquid chlorophyll – as a blood builder. To prevent clumping: Anamú.
- **Premenstrual Syndrome (PMS)** – Monthly maintenance combines vitamins, minerals and Chinese herbs which alleviate PMS symptoms. Taken 10 days before the flow begins. 2000 mg. Of Calcium daily eliminated emotional problems for 85% of those tested. 5-HTP power, FCS II, FC with dong quai, HY-C for hormone balance, Clary sage or Cycles essential oils (don’t use when pregnant), Homeopathic: PMS remedy. To decrease food cravings: B Complex with extra B-6, Combination potassium, Phyto soy and/or Magnesium. Eliminate dairy products, sugar, and caffeine and limit proteins. Reference Booklet: Premenstrual Syndrome, #5064-1.
- **Poison Ivy** – Topically: Black ointment, Tea tree oil, or Pau d’Arco lotion or Lavender essential oil. Internally: Enviro-Detox or BP-X, Yucca, and/or Oregon grape liquid herb. Ginseng and Vitamin C taken before exposure will prevent recurrences. Homeopathic: Allergy, Inflammation remedies.
- **Prostate** – Men’s formula – Standardized dosages of nutrients known to support and shrink prostate glands. P-X or PS II and/or Saw palmetto and Zinc. Pro-G-Yam cream applied to hand twice a day to provide progesterone, proven to shrink enlarge prostate. Flaxseed oil (3-6 capsules) daily taken with ¼ cup cottage cheese. Consider parasites as a causative factor (Herbal pumpkin supplies zinc and is anti-parasitic). Bowel cleansing to avoid unnecessary pressure on prostate. Note: A normal PSA reading is 4.0. Reference Booklet: Prostate Disorders, #5065-6.

- **Psoriasis** – HSN-W or SKN-AV, Zinc, & Vitamins A&D for the skin. Daily bath with Roman Chamomile and Lavender oils or apply by combining 10 drops of each in 1 oz. Of massage oil. Herbal Skin Treatment, Jojoba Oil, Pau d'Arco lotion, Healing AC cream, or Capsacian gel externally. Tiao he cleanse, Black currant, Flax seed, or Evening primrose oil to provide essential fatty acids, BP-X (12 regular or 3 concentrates), SC formula, Grapine, Homeopathic: Eczema/Psoriasis remedy. Reduce red meat, saturated fats and fried foods in diet. Results usually become visible within one month.
- **Radiation** – To protect against: Kelp, Bee pollen, Vitamin E, Anti-Oxidant arsenal or Super Antioxidants, Grapine, Gingko/Hawthorn, Cordyceps. To prevent diarrhea, 4-5 Slippery elm taken all at once. To prevent radiation cystitis from prostate radiation: Vitamin C – 2000 mg daily plus Vitamin E with Selenium – 1200 IU daily.
- **Rashes** – SKN-AV, Vitamin A&D, BP-X or Enviro-Detox, Pau d'Arco lotion, Healing AC cream, Colloidal silver, or Herbal trim applied externally. Mix Lavender, Roman chamomile, Geranium in Jojoba oil and apply externally. Homeopathics: Eczema/Psoriasis. Consider candida Albicans as a contributing factor in skin rashes that come and go for no apparent reason.
- **Rectal Itching & Burning** – Burning: Can happen as part of the cleansing process as the toxic material is actually hotter than the body and burns the tissue as it exits the body. Slippery elm or UC3-J will soothe the rectal tissue and prevent discomfort. Itching: Indicates presence of pinworms: 6 capsules Black walnut daily for one month. Sponge rectum with 50-50 combination of Tea tree oil and water. Homeopathic: Parasite remedy.
- **Rheumatism** – JNT-A or JNT-AV, Glucosamine plus Chondroitin (use at least 4-6 weeks before evaluating its effectiveness). Essential oils: Cellu-tone used in bath followed by Deep relief in massage oil massaged into muscles. Grapine (use at night to sleep better), Fitness plus, Calcium.
- **Ringworm** – Black walnut and Golden seal/Parthenium extracts and Tea tree oil applied externally 3 times daily, Herbal skin treatment.
- **Rosaceae (A chronic disease affecting the skin of the nose, forehead, cheeks, and chin. The skin is colored red or pink as the result of the dilation of capillaries)** – Herbal H-P fighter – Take according to the bottle for 30 days (3 bottles total), Evening primrose oil – 3-6 capsules daily, Grapine, high potency – 2-3 daily to strengthen capillaries, SKN-AV, HSN-W, or HSN complex, Botanical benefits skin care products, Special formula #1 plus Golden seal, Avoid the sun. Heat makes it much worse. Increase fiber. See fiber information.
- **Saliva** – To increase the flow: Capsicum or Ginger. To decrease the flow: Combination three.
- **Scar Tissue** – Care of wound: Wash twice daily with hydrogen peroxide. Cover liberally with Herbal trim (aloe vera, Calendula and Tei fu oil). Expose to air as much as possible. When wound is healed, treat with Vitamin E oil twice a day (pierce a capsule and squeeze onto finger.) To prevent formation of scar tissue, take internally: 1200 IU of Vitamin E daily, Yarrow (6), and Zinc (3-6) for one week before and 3 months after surgery or injury. Una de gato (4-8 daily) and Yarrow help to eliminate scars. MSM crushed and mixed with Irish moss lotion and applied externally. Oils: Lavender, Geranium, and Roman chamomile in massage oil 2x daily. SC promotes the growth of nerve endings in scar tissue.
- **Scarlet Fever (Caused by streptococcus (which also causes sore throats) which produces a toxin that causes a scarlet rash)** – Oregon grape, Garlic, IN-X, Ginger baths and Herbal trim externally.
- **Schizophrenia** – Niacin with B-Complex, AD-C and IF-C, L-Glutamine, which is fuel for the brain, Vitamin C, Target TS II to supply Zinc and Magnesium, Stress pack, Nutri-Calm, RE-X, HVP, or Eight. Enviro-Detox and Detoxification homeopathic, Mind Max. Consider hypoglycemia. Reference Book: Prescription for Natural Healing, P. 280-281.
- **Sciatica** – 2 PLS II plus Calcium 3-4 times a day, Morinda – 2 capsules three times a day, Magnesium (4-6 daily) plus B-6 (4-6 daily), IF-C, BON-C or Lobelia/St. John's Wort for inflammation, KB-C (6-8 a day) and SKL (4-6 a day). Peppermint oil and Lemon oil (in massage oil) rubbed on buttock area and down the leg. Homeopathic: Sciatica, Pain remedies. Cleanse the bowel. (Personal note: Get regular chiropractic adjustments: avoid side posture adjustments. Have chiropractor use muscle stimulator on buttock area as well as hot packs. Wear low back support under clothing to relieve stress on sciatic area.)

- **Scleroderma (a chronic disease which causes scarring of the skin, joints, and internal organs)** – MSM – Eases symptoms and normalizes collagen formation.
- **Seizures** – May be caused by lack of calcium, magnesium, and potassium. Prevention: Blue vervain and Lobelia (contains lots of magnesium) or Magnesium tablets. Kava kava. Elimination of mineral destroying sugar. Night seizures are usually caused by a calcium deficiency. See calcium information. Eliminate Nutra-Sweet to see if that is a cause. Treatment: Lobelia plus Chinese mineral chi or colloidal minerals, Herbal tonic supreme, and/or Alfalfa to provide minerals. See Epilepsy information.
- **Sex Drive** – To increase: Patchouli and Ylang Ylang essential oils or Intimacy blend massage on abdomen, low back, and feet. Or use in bath before bed. Men: X-action for men, damiana, Korean or American ginseng, X-A, Achieve, DHEA-M, Homeopathic: Masculine tonic (for men). Women: X-action for women, Siberian ginseng, X-A. Consider: Hormones, hypothyroidism, and poor circulation. To decrease: HOPS.
- **Shingles** – VS-C plus L-Lysine for the virus. RE-X plus CA or Nutri-Calm and Distress remedy to calm the nerve pain. Homeopathic: Pain, Viral recovery remedies. Herbal trim skin treatment, Capsaicin gel or golden salve used externally for pain. Please note: Using Tylenol-type products for the pain will inhibit the healing and lengthen the time of pain.
- **Sinus Congestion** – Four, SN-X, or ALJ plus Fenugreek & thyme to cleanse the mucous from the head plus Special formula #1 to cleanse the mucous at the cell level and activate the bowel. Morinda capsules – 8 a day. Snore-ease used throughout the day. Tei-fu oil under nostrils for headaches. Homeopathic: Sinus remedy. Breathe free essential oil blend. Consider candida and bowel congestion as additional prevention.
- **Skin** – Botanical benefits skin care products, Alfalfa, Colloidal minerals, HSN-W, SKN-AV, Morinda, Roman chamomile essential oil, Black walnut. Dry skin: Wild yam and Pro-G-Yam cream; treat the liver. Black current, Flax seed oil, or Evening primrose oil to provide essential fatty acids, Healing AC cream. Grape strengthens collagen and helps prevent wrinkles. Vitamin A, if there are little bumps on the upper arms. Collatrim provides hydrolyzed collagen to prevent sagging skin and wrinkles. See Cancer (skin) information.
- **Sleep Apnea (a temporary stopping of breathing during sleep)** – Co Q-10 – 60 mgs. At bedtime. Snore-ease according to bottle directions. Hawthorn berries to increase oxygen in the coronary artery. If you are overweight, lose weight.
- **Stress** – Stress pack, Distress remedy, Herbs: RE-X, Eight, HVP, STR-J. Vitamins: Vitamins B & C. Minerals: Calcium and Chinese mineral chi. For “burn out” – HS-C. Homeopathic: Nervousness remedy. Support the adrenal glands with Licorice root, HY-C or HY-A. References: Is It Worth Dying For? Mental Health Through Will Training, by Abraham Low. Reference Booklet: Stress, #5073-6.
- **Stroke** – As soon as possible after a stroke, give SUMA and Vitamin B-6, 750 mgs. Daily. Mega-Chel, Vitamin E w/Selenium, Ginkgo/hawthorn, Grape to increase capillary strength. High potency garlic, Vitamin E, Butcher’s broom and Omega 3 EPA inhibit abnormal blood clotting, reducing the risk of strokes (and the recurrence) in the same way as aspirin. (Note: Daily use of aspirin leads to bleeding ulcers.) Notes: The greatest risk of fatal strokes occurs in men and women with the lowest Vitamin C levels. (British Medical Journal, June, 1995; 310: 1565-1566) Vitamin A or Beta-Carotene taken daily helps prevent strokes.
- **Sun/Heat Sensitivity** – Vitamin E w/Selenium – Double up on your normal dosage for 2-3 days before sun exposure. Yucca – 8-12 capsules daily will help anyone who is working outside tolerate the heat much more easily. Sunstroke: Colloidal minerals (2 tbsp) taken internally. Sunburn: Aloe vera gel; Healing AC cream, Lavender oil mixed in Massage oil.
- **Surgery Preparation** – For 3-4 days preceding surgery take Capsicum (4) to prevent hemorrhaging. If having anesthesia: Butcher’s Broom (4) to prevent abnormal blood clotting (thrombosis), BON-C (6) to build cell integrity for healing, Zinc (2) to increase healing potential, Yarrow taken for 1 month before and after surgery prevents adhesions. Distress remedy for emotional stress and healing. See Surgery Recovery information. Note: Do not use SC for 4 weeks before or after surgery as it may retard healing.

- **Teeth** – Loose: White oak bark tightens gums; Calcium, Vitamin C. Gums: Co Q-10-30 (2 daily) will halt progression of gum disease. Tea tree oil applied topically will kill infection. Tartar – A Niacin deficiency, with a lack of protein, will cause tartar to stick to the teeth. Brushing with Black walnut extract daily loosens plaque and whitens teeth. Abscesses: 1 drop each of Bergamot and Lavender on a Q-Tip rubbed on gum. Teething: Teething homeopathic and/or Rose hips. Roman chamomile massaged on outside of jaw. Toothache: Clove essential oil on cotton ball packed on gum. (Avoid with children under 12 years of age.)
- **Teeth (Grinding – Bruxism)** – Calcium plus 100-250 mgs. Daily of Pantothenic acid. (Take entire B Complex whenever taking single B vitamins. Nervine herbs – See nerves information. Some nutritionists feel that this can be caused by parasites. See parasite information.
- **Tendonitis** – Glucosamine and Chondroitin to reduce inflammation and strengthen and rebuild the cartilage. IF-C and/or Una de gato for inflammation, MSM, Tei fu lotion and/or Capsaicin gel externally, Deep relief essential oil applied in massage oil, Licorice root for production of natural cortisone, Target endurance to strengthen mitochondrion of cells of tendons, Fitness plus, Homeopathic: Inflammation remedy.
- **Throat (Sore including STREP)** – Gargle and swallow: Golden seal/Parthenium extract, Oregon grape extract or water with a few drops of Tea tree oil or Tei fu oil. Bergamot or Sandalwood essential oil (7 drops in ½ ounce massage oil) massaged on throat. Gargle 3 drops in water and spit out 3 times daily. IF-C w/Inflammation homeopathic. Sore throat/Laryngitis homeopathic remedy. See infection and tonsillitis information.
- **Tinnitus (Ear Noises)** – Ginkgo & Hawthorn combination (6 daily) or Ginkgo/gotu kola concentrate (3 daily), Mega-Chel, Red raspberry and Black walnut as a source of manganese, IF-C. See dizziness information for information on inner ear viruses, which can contribute, to Tinnitus.
- **TMJ (Temporo-Mandibular Joint Syndrome. Muscles in spasm causing bones to grind on one another)** – Can cause headaches, earaches, jaw, and facial pain. TMJ syndrome is caused by stress. Stress pack or Nutri-calm, Magnesium, Calcium, Lobelia essence and/or Tei-fu oil rubbed on externally to relax muscle spasms, Capsaicin gel for pain. See stress information.
- **Toothache** – Brush tooth with Tea tree oil. Pack with Grapine tablets, crushed. Repeat three times daily. Be persistent and this will be very effective. For the pain: Tei fu oil rubbed into the gums. Geranium essential oil on a cotton ball placed over the gum numbs the area and eliminates the infection. Clove oil can be massaged on outside of jaw. Feverfew (3-4 capsules) with Digestazyme every 4 hours. Homeopathic: Pain remedy.
- **Tourette's Syndrome (Psychiatric disorder of unknown cause characterized by progressively violent tendencies and jerking movement of the face, shoulders, and limbs.)** – STR-J (Capsules or liquid) or Nutri-Calm tablets, Lavender and Chamomile essential oils daily in bath or massaged on feet, Distress remedy homeopathic, Black walnut extract or capsules, Red clover blend liquid.
- **Triglycerides (A type of blood fat linked to coronary artery disease.)** – A reading below 200 is considered normal. The test for triglyceride levels is only accurate after a 12-hour fast. Increase soluble fiber (see soluble fiber information) in your diet while eliminating sugar. Twice daily: 1 Guggul lipid, 1 Mega-Chel, 1 Omega 3 EPA, and 1 Black current oil. In the morning add 1 high potency garlic. Chinese red rice. L-Carnitine as a fat burner. (A personal note: Remove all pastas and breads from the diet as much as possible. Avoid cookies and candies and other forms of sugar. It takes 3 months for the blood to change so work hard at it. Exercise is a must 2-3 times a week.)
- **Tumors (Fatty)** – Chickweed – 3-4 three times daily to cause the liver to burn fat effectively plus Special formula #1 (2 x 3), Hi-Lipase with every meal, SC prevents blood supply from reaching tumors.
- **Ulcers (Duodenal)** – Caused by pancreas not producing enough enzymes to neutralize stomach acid as it enters the duodenum. Stomach comfort neutralizes stomach acid. Aloe vera juice with UC3-J heals ulceration. Food enzymes and/or Proactazyme for digestion. P-14 to strengthen the pancreas.
- **Ulcers (Intestinal)** – Herbal HP-Fighter – 1-2 bottles used as directly to kill the bacteria that causes 95% of all ulcers. Note: Treat anyone that you kiss or share drinking glasses or silverware with, including children. Stomach comfort to ease “heartburn”, UC3-J (2 x 3) to soothe and heal the digestive tract. Always use with Aloe vera juice, 1-2 ounces or capsules per meal to provide natural sodium to repair the intestinal lining. Kava kava to help soothe the pain. Golden seal or Capsicum to stop bleeding.

- **Uterine Prolapse** – Burdock (2 three times daily) is very effective in tightening muscles which support the uterus. AD-C. Bowel cleansing is essential to take pressure off the abdominal area. See bowel herb information.
- **Vaginal Dryness/Atrophy** – C-X and/or Damiana (6-9 a day), Wild yam (2-3 at night; may cause drowsiness), Pro-G-Yam cream applied twice daily to thighs and upper arms on rotation basis, Flax seed oil internally, Vitamin E – Insert vaginally by piercing pearl with a pin and squeezing into the vagina while lying down.
- **Vertigo (Caused by water retention, high blood sugar, ear infection or inflammation, or dehydration)** – Ginkgo & Hawthorn, Vitamin B-12 (take entire B Complex plus additional B-12), Lavender oil rubbed around the entire ear. See dizziness information.
- **Vitiligo (A disorder in which there is a loss of pigment resulting in white patches of skin)** – SKN-AV, Large doses of Grapine, high potency, Super antioxidants.
- **Vomiting – FV (“Flu & Vomiting”)** – Insert rectally if unable to keep down when taken by mouth. AG-C, Liquid chlorophyll, Hydrated bentonite in water with fresh lemon juice, Herbal tonic supreme and/or Chinese mineral chi or colloidal minerals to replace electrolytes. Homeopathic: Nausea/vomiting remedy.
- **Water Retention** – K or K-C plus B-6, UC3-J, Lemon essential oil applied with massage oil over area of the kidneys, limit carbohydrates as they cause water retention. Note: Sufficient protein is needed in the diet for proper fluid balance. A low protein diet (low-fat, high carbohydrate diets) often cause water retention and bloating. Add Synerprotein shakes to daily diet). (A personal note: Eliminate salt from the diet as much as possible.)
- **Weight Loss** – Thermo-Trim or Syner-Slim, Thermo-Chi or Fen-Chi to increase metabolism and energy. Garcinia Chi and SF tea with Garcinia prevent conversion of carbohydrates to fat. Fat Grabbers – 4 capsules before each meal. Collatrim – Rebuilds lean muscle mass and stimulates human growth hormone for weight loss. Homeopathics: Appetite control. 5-HTP Power decreases desire for carbohydrates and meat. SF (“Skinny Formula”) and/or AS to depress the appetite. Pyruvate-800 – Increases lean muscle mass, which is responsible for fat burning, when combined with exercise. Thyroid support.
- **Whiteheads** – Vitamin B-6 (used with entire B Complex), Apply Tea tree oil directly followed by Geranium oil in massage oil (7 drops to ½ ounce).
- **Wounds & Cuts** – Pack immediately with Capsicum powder to stop bleeding. Wash with Sunshine concentrate. Externally apply Tea tree oil or Colloidal silver to sterilize. For healing apply: Herbal trim, Healing AC cream, MSM cream, or Golden salve. BON-C and Zinc encourage healing internally. Take Vitamin C, IGS II and Grapine to prevent infection and inflammation. (Do not take more than 1000 mg. Vitamin C daily or it encourages the formation of adhesions). Distress remedy for physical and emotional healing.
- **Yeast Infections** – A yeast infection is always a sign that candida is active. Homeopathic: Candida – Use for a month. Additional Products: Garlic, High potency and Caprylimune or Caprylic acid and Pau d’Arco. Rose bulgaria combined with massage oil and massaged in vagina and over abdominal region. To prevent repeated yeast infections, do candida control program. Always use acidophilus when taking antibiotics to prevent yeast infections. (A personal note: Sexual partner must be treated as well or candida will be transmitted back and forth during sexual intercourse. Also note that if there are parasites involved, candida will not go away.)
- **Veins (Varicose and Spider)** – HS II or Ginkgo Hawthorn with White oak bark or Butcher’s broom. Grapine to strengthen capillaries, Vitamin E with Selenium. Can be caused by copper deficiency (Liquid chlorophyll). Homeopathic: Varicose remedy. Combine ½ ounce massage oil with 1 drop each of Lavender, chamomile, lemon, and geranium. Massage toward the heart 2-3 times daily. If not having at least 2 bowel eliminations daily, cleanse bowel to take the pressure off the veins. See bowel information.

CERTIFIED HERBAL COUNSELOR COURSE - SESSION 14: Weight Gain and Loss

Obesity is a major malnutrition problem. It is one of the most important and least understood areas in the science of nutrition. Everyone knows roughly what it is. If you are too fat, you are overweight; if much too fat, you are obese. But why and how obesity occurs and what can be done about it are matters for much speculation, debate, and frustration. For the obese person who has earnestly tried every known means of losing weight only to fail, frustration can turn to despair.



Less well recognized is the problem of underweight, which can be equally mysterious. A “skinny” person finds it hard to gain a pound as a fat person does to lose one.

This session emphasizes the problems of overweight and obesity, partly because they have been more intensively studied and partly because they are a more widespread health problem in the developed countries. This does not imply that the underweight person faces a less difficult problem. The concluding section shows that what we know about the one extreme sometimes applies equally well to the other. Two subjects are not covered fully in this session but are reserved for Session 14: anorexia nervosa and bulimia.

Overweight and underweight both result from unbalanced energy budgets. The overweight person has consumed more food energy (kcalories) than he has expended and has banked the surplus in his fat cells. The underweight person has not consumed enough and so has depleted his fat stores. Energy itself doesn't weight anything and can't be seen, but when it exists in the form of chemical bonds in nutrients or body fat, the material that it holds together is both heavy and visible.

The amount of fat you might deposit or withdraw from “savings” on any given day depends on your energy balance for that day – the amount you consume (energy-in) versus the amount you expend (energy-out). As Session 6 shows, you can reduce your fat deposits by withdrawing more energy from them than you put in. A pound of body fat stores 3,500 kcalories. To lose a pound of body fat you must experience a deficit; you must take in 3,500 kcalories less than you expend. To lose that pound in a week, you need to achieve an average deficit of 500 kcalories a day.

Ideal Weight

Ideal weight is a misnomer; not the desirable but the average weight given in insurance tables for persons of a given sex and height in the United States – not necessarily ideal for a given individual.

Fatfold Test

A fatfold test is a clinical test of body fatness in which the thickness of a fold of skin on the back of the arm (triceps), below the shoulder blade (subscapular), or in other places is measured with an instrument called a caliper. The older, less preferred, term for this is skinfold test.

Frame Size

The frame size is the size of a person's bones and musculature. A person with a large frame should weight more than one with a small frame.

Ideal Weight and Body Fatness

How fat is too fat? And how thin is too thin? It isn't always possible to tell from the bathroom scales, because body weight says nothing about body composition. The relative amounts of lean and fat tissue vary widely from one person to the next. A dancer or an athlete, whose muscles are well developed and whose bones have become dense from constant stress, may weigh much more than a sedentary person with a similar figure. What is needed is a measure of body fatness – not of body weight. Ideally, by a very rough approximation, fat makes up about 18 percent of a man's body weight and about 22 percent of a woman's, with the remainder contributed by water (55 to 60 percent), muscle and other lean tissue (10 to 20 percent), and bone minerals (6 to 8 percent). But there is no easy way to look inside a person to see the bones and muscles.

Several laboratory techniques for estimating body fatness have been developed. One way is to determine the body's density (weight compared with volume). Lean tissue is denser than fat tissue, so the more dense a person's body is, the more lean tissue it must contain. Weight is easy to measure with a scale, but volume measurement involves submerging the whole body in water and measuring the amount of water displaced; this requires a large tank and takes up too much space to be practical for use in say, a doctor's office. Another way is to inject a water-soluble substance that is easy to detect and measure, and allow it to penetrate into the lean tissue (it will not mix into the fat tissues). A blood sample taken soon after will show the extent to which

the substance has been diluted, providing an estimate of the amount of lean tissue.

A direct measure of the amount of body fat can be obtained by lifting a fold of skin from the back of the arm, from the back, or from other body surfaces and measuring its thickness with a caliper that applies a fixed amount of pressure. The fat under the skin in these regions is roughly proportional to total body fat. A fold over an inch thick indicates overfatness; under a half-inch reflect underweight. This technique – the fatfold test – is a practical diagnostic tool in the hands of trained people and is in increasingly wide use.

A still simpler test is the mirror test. Undress and stand before a mirror. If you look too fat, you may be too fat. (A notoriously poor judge of this, however, is the teenage girl, who often thinks any amount of fat, no matter how small, is a serious blemish. It may be that she needs to change her self-image – not to go on a diet.)

The scales are not necessarily an accurate indicator of body fatness, then, but you most probably use them anyway. After weighing yourself, you turn to the tables published by the insurance companies. You then discover that for a person your height and sex, three weight ranges are suggested: one for a small frame, one for medium, and one for large. Don't forget your shoes: you are assumed to be wearing one-inch heels. (Thus a person who stands 5 feet 10 inches tall in bare feet would look up the range for a person 5 feet 11 inches.) Finally, if you weigh yourself nude, you must adjust for clothing (the tables assume 5 pounds for clothes). All these steps involve a lot of guesswork. How do you decide on your frame size, for example?

How to Determine Your Body Frame by Elbow Breadth

To make a simple approximation of your frame size: Extend your arm and bend the forearm upward at a 90-degree angle. Keep the fingers straight and turn the inside of your wrist away from the body. Place the thumb and index finger of your other hand on the two prominent bones on either side of your elbow. Measure the space between your fingers against a ruler or a tape measure. Compare the measurements with the following standards.

These standards represent the elbow measurements for medium-framed men and women of various heights. Measurements smaller than those listed indicate you have a small frame and larger measurements indicate a large frame.

	Men	
Height in 1-in Heels		Elbow Breadth
5 ft 2 in to 5 ft 3 in		2 ½ to 2 7/8 in
5 ft 4 in to 5 ft 7 in		2 5/8 to 2 7/8 in
5 ft 8 in to 5 ft 11 in		2 ¾ to 3 in
6 ft 0 in to 6 ft 3 in		2 ¾ to 3 1/8 in
6 ft 4 in and over		2 7/8 to 3 ¼ in
	Women	
Height in 1-in Heels		Elbow Breadth
4 ft 10 in to 4 ft 11 in		2 ¼ to 2 ½ in
5 ft 0 in to 5 ft 3 in		2 ¼ to 2 ½ in
5 ft 4 in to 5 ft 7 in		2 3/8 to 2 5/8 in
5 ft 8 in to 5 ft 11 in		2 3/8 to 2 5/8 in
6 ft 0 in and over		2 ½ to 2 ¾ in

After finding the applicable weight, you have to apply the most important judgment factor of all. Ask yourself whether the weight range you have singled out is really ideal for you. At what weight are you most healthy? Does your family tend to be most healthy at the heavier, or lighter, end of the weight ranges? A recent reinterpretation of the insurance company statistics suggests that many people are healthiest at weight slightly above those thought to be ideal in the past.

Ideal weight probably changes with age. Many people typically become less active as they grow older. Their muscles get smaller, and their bones decrease in density. Thus a person who at 25 was lean and muscular might weight the same at 65 and yet have become considerably fatter. Such a person should either gradually lose weight as time goes on or, preferably, maintain a program of vigorous physical activity to preserve muscle mass and bone strength. Not much is known about ideal weights at older ages, but clearly, people do tend to gain about 20 to 30 pounds during adulthood. Perhaps for a person who maintains muscle mass, this weight gain may be consistent with good health if it does not precipitate high blood pressure.

With all their limitations, the weight tables are often used to draw arbitrary lines between too much and too little body weight. A person who is more than 10 percent above the weight on the table is

considered overweight; if 20 percent or more, obese. (Some authorities say obesity is 15 percent above the table weight, some say 25 percent.) Similarly, a person who is more than 10 percent below the table weight is considered underweight.

Overweight

Overweight is when body weight is more than 10 percent above average (insurance company table) weight.

Obesity

Obesity is excessive body fatness; often loosely defined as a condition of being overweight by 15 or 20 percent or more.

Underweight

Underweight is when body weight is more than 10 percent below normal or average weight.

Juvenile-Onset Obesity

This is obesity arising in childhood; also called developmental obesity.

Adult-Onset Obesity

This is obesity arising after adolescence; sometimes called reactive obesity if it appears to arise in response to a specific traumatic life event.

The Problem of Obesity

However you define it, obesity does occur to an alarming extent and is increasing in the developed countries. For example, in the United States some 10 to 25 percent of all teenagers and some 25 to 50 percent of all adults are obese.

Some people become fat in childhood, and others later on. Few of either type lose the excess weight. There is no specific age that divides juvenile-onset obesity from adult-onset obesity, but as the terms imply, there is a distinction between the two types. A child who is obese will develop sturdy muscles and bones as she grows, to support her excess weight. Thus as an adult she will have more lean body mass and more body fat than the average person and will likely always be stocky, even after losing her excess fat. People who become obese, as children are also less likely to be able to reduce successfully than people whom become obese as adults.

Research on fat cells suggests a possible reason why early-onset obesity is especially resistant to treatment. Simply stated, early overfeeding is thought by some researchers to stimulate fat cells so that they increase abnormally in number. The number of fat cells is thought to become fixed by adulthood; if it is, then a gain in weight thereafter can take place only through and increase in the size of the fat cells. A person with an abnormally large number of fat cells is thought likely to be abnormally hungry and to overeat for that reason. On the other hand, a person who gains weight in adulthood supposedly has a normal number of fat cells and needs only to reduce the size of the cells.

This theory has been heavily criticized on several groups. Fat cells are hard to count, and researchers disagree as to whether new cells are being formed at certain periods or small, empty fat cells are being recruited as new storage cells. Even the critics agree, however, that there are certain periods in life when body fat increases more rapidly than lean tissue: early infancy (up to about two years), again during preadolescence (and throughout adolescence in girls), and possibly again during the third trimester of pregnancy. These are critical periods, in the sense that some developmental events that take place at these times are irreversible. Prevention of obesity would be most important during these times. There is also agreement that fat is hard to lose no matter when it is gained.

Hazards of Obesity

Insurance companies report that fat people die younger from a host of causes including heart attacks, strokes, and complications of diabetes. In fact, gaining weight often appears to precipitate diabetes. Fat people more often suffer high levels of blood fat, hypertension, coronary heart disease, post-surgical complications, gynecological irregularities, and the toxemia of pregnancy. The burden of extra fat strains the skeletal system, causing arthritis – especially in the knees, hips, and lower spine. The muscles that support the belly may give way, resulting in abdominal hernias. When the leg muscles are abnormally fatty, they fail to contract efficiently to help blood return from the leg veins to the heart; blood collects in the leg veins, which swell, harden, and become varicose. Extra fat in and around the chest interferes with breathing, sometimes causing severe respiratory problems. Gout is more common and even the accident rate is greater for the severely obese.

Beyond all these hazards is the risk incurred by millions of obese people throughout much of their lives – the risk of ill-advised, misguided dieting. Some fad diets are more hazardous to health than obesity itself. One survey of 29,000 claims, treatments, and theories for losing weight found fewer than 6 percent of them effective – and 13 percent dangerous.

Once a person becomes obese, the situation tends to perpetuate itself. When fat cells enlarge, they become sluggish in responding to insulin, the hormone that promotes the making and storage of fat. The excess glucose remains in the bloodstream longer than normal and stimulates the insulin-producing cells of the pancreas to multiply and secrete more insulin. When the fat cells finally respond, they store more fat than normal in response to the raised insulin level. As if this were not enough, the enlarged fat cells are also less sensitive to other hormones that promote fat breakdown. Weight loss restores insulin levels to normal, but it first has to be achieved against these odds.

Not only physical but also social and economic disadvantages plague the fat person, who is less often sought after for marriage, pays higher insurance premiums, meets discrimination when applying for a job, can't find attractive clothes so easily, and is limited in choice of sports. Fat girls have only a third the chance of being accepted into college than lean girls have. The fat child often suffers ridicule from his classmates and the unbearable humiliation of having the captain choose him last for the team.

The many disadvantages justify our calling obesity a severe physical handicap. However, it is unlike other handicaps in two important ways. First, mortality risk is not linearly related to excess weight. Instead, there is a threshold at which risk dramatically increases. Being only a few pounds above this threshold weight may cause blood pressure, blood glucose, and blood lipids to zoom upwards. Second, obesity is reversible, and if it is corrected in time, some of its risks are, too. Mortality rates (from insurance data) are no higher for the formerly obese than for the never obese.

Ideally a person would never have to struggle with the problem of obesity, because he would never have become obese to begin with. Preventive efforts are needed, especially in vulnerable groups: infants, preadolescents, adolescents, and women before they are pregnant. (This is in no way meant to imply that a woman who is pregnant should attempt to lose weight. Weight loss during pregnancy requires skilled medical supervision if it is done at all.) Where prevention has failed, treatment is urgently needed. But how to treat? Before turning to the matters of diet, drugs, exercise, and other means of attacking the problem, it is necessary to try to figure out what causes obesity.

“Pull” versus “Push” Theories of Obesity

The “pull” theory of obesity proposes that a subtle disorder inside the person increases food intake either by affecting signals transmitted to a “satiety center” or by altering the sensitivity of the satiety center to such signals. The “push” theory proposes that the obese person “force-feeds” himself, over-eating for non-physiological reasons.

Longitudinal Study

A longitudinal study is one in which the subjects are studied over time – for example, in 1960 and again in 1970 and in 1980.

Causes of Obesity

Kcalories are not stored in fat until the body's energy needs have been met. Excess body fat can accumulate only when kcalories are eaten beyond those needed for the day's metabolic, muscular, and digestive activities. To put it bluntly, obesity results from overeating.

In fact, however, this statement neither explains the cause of obesity nor suggests a cure. Why do people overeat? Is it a hunger problem? An appetite problem? A satiety problem? Is it genetic? Metabolic? Environmental? Is it a matter of habits learned in early childhood? Is it psychological? Might all these facts play a role? To tell the truth, we do not know the cause.

In general, two schools of thought address this problem. One attributes it to inside-the-body causes the other to environmental factors. One currently popular inside-the-body theory is the so-called set-point theory. Noting that many people who lose weight on reducing diets subsequently return to their original weight, some researchers have suggested that the body “wants” to maintain a certain amount of fat and regulates eating behaviors and hormonal actions to defend its “set point.” While this theory is compelling in its simplicity, there is at present little scientific evidence supporting its reality in humans.

The other point of view is that obesity is environmentally determined. Proponents of this view hold that we overeat because we are pushed to do so by factors in our surroundings – foremost among them, the availability of a multitude of delectable foods. The two views are not mutually exclusive, and research with animals suggests that both are possible. Some obesity may arise from one, some from the other, cause. The two possibilities were humorously illustrated years ago by two obesity researchers (the “pull” versus “push” theories of obesity definition above); there is no reason why they should not both be operating, even in the same person.

The inside-the-body idea is supported by the fact that animal strains do exist that are genetically fat, and they tend to be fat in any environment – that is, no matter what kind or variety of food is offered. The environmental obesity model is supported by experiments with “cafeteria rats.” Ordinary rats, fed regular rat chow, are of normal weight (for rats), but if those very same rats are offered free access to a wide variety of tempting, rich, highly palatable foods, they greatly overeat and become obese.

It seems likely that both environmental and hereditary factors influence obesity in humans. The average adult in our society gains about 30 pounds between the ages of 20 and 50, but people in non-Western societies do not. This suggests that all people may have inherited the capacity or tendency to gain weight, but that our surroundings have allowed it to be realized, while conditions in other countries prevent it.

One way to test whether human obesity is inherited is to study identical twins raised in different families, one family fat and the other thin. If genes determine fatness, then both twins will become equally fat or thin. But if the environment is responsible, the twins will resemble their respective families. Another approach is to study adopted children, to see whether they resemble their natural or adoptive parents. Studies of both kinds suggest that the tendency to obesity is inherited, but that the environment is influential in the sense that it can prevent or permit the development of obesity when the potential is there.

Inheritance of the tendency to obesity is probably very complex and governed by many different genes. To complicate the situation further, these genes probably occur with different frequencies in different populations.

A related question is, “Do fat babies become fat adults?” Ten years ago, most nutrition experts might have answered “Yes (probably).” Today, however, the results of several longitudinal studies are available that suggest the answer “Not necessarily; some do, some don’t.” Clearly, not all fat babies are fated to become fat adults; many grow up elegantly thin. Nor is a thin baby immune to becoming fat later on.

Still, if obesity is not programmed in by inheritance or by early, critical developmental events, it nonetheless seems to persist from childhood in many instances. Many researchers have the impression that early food habits exert a powerful influence on lifelong tendencies to overeat. Food centered families encourage such behaviors as overeating at mealtimes, rapid eating, excessive snacking, and eating to meet needs other than hunger. Children readily imitate overeating parents, and their behavior at the table tends to persist outside the home. Obese children have been observed to take more bites of food per interval of time and to chew them less thoroughly than their nonobese schoolmates.

People who eat small but frequent meals may tend to store less fat than those who eat large meals at irregular intervals. Thus families that allow their children to skip meals may be promoting obesity.

Hunger

Hunger is the physiological need to eat; a negative, unpleasant sensation.

Appetite

Appetite is the desire to eat, which normally accompanies hunger; by itself a pleasant sensation.

Satiety (sat-EYE-uh-tee)

Satiety is the feeling of fullness or satisfaction at the end of a meal, which prompts a person to stop eating.

Glucostatic Theory

This is a theory of hunger regulation: the theory that blood levels of glucose determine when people eat.

Glucos = glucose

Stasis = staying the same

Lipostatic Theory

This is a theory that the body’s total fat stores are fixed and that when they are depleted, eating behavior is turned on.

Lipo = fat

Purinergetic Theory

This is a theory that circulating purines regulate eating behavior.

Erg = driving force

Hunger and Appetite Regulation

Whatever sets the stage for excess fat accumulation, the fat is gained because we put food into our mouths. A vast amount of research has been devoted to finding out what stimulates and governs eating behavior. Why do we start to eat? Why do we eat as much as we do? Why do we stop?

An important distinction was made early between hunger, appetite, and satiety. Hunger is said to be physiological – an inborn instinct – whereas appetite is psychological – a learned response to food. The two are not the same. We have all experienced appetite without hunger: “I’m not hungry, but I’d love to have a piece.” The too-thin person may often experience the reverse, hunger without appetite: “I know I’m hungry, but I don’t feel like eating.” Hunger is a negative experience (and we may eat in order to avoid it); appetite is positive. As for satiety, which signals that it is time to stop eating, it vies with hunger and appetite for the distinction of being recognized as the primary regulator of eating behavior. One view holds that eating behavior is turned “on” all the time, except when the satiety signal turns it off. But the exact nature of the satiety signal is not known.

The stomach participates in signaling satiety. Nerves responsive to stretch of the stomach wall fire when the stomach is full, transmitting a message to the brain. Even animals without stomachs get hungry, though, so it is clear that an empty stomach is not the only cue to hunger.

Whether hunger, appetite, or satiety regulates eating behavior (and there are other possibilities discussed below), two questions arise. First, what molecular or other messengers make us feel these sensations? Second, where in the body are they received? Many theories have been put forth to answer the first question. The glucostatic theory of hunger regulation proposes that the blood glucose level determines whether we are hungry or satiated; the lipostatic theory states that the size of our fat stores dictates how much we eat; and the purinergetic theory proposes that the circulating levels of purines, molecules found in DNA and RNA, govern hunger. Careful measurement of blood levels of glucose show that it does not account for the starting and stopping of eating, however, and glucose researchers are now pursuing the possibility that exhaustion of liver glycogen may somehow convey the signal. “Eat.” If fat stores regulate hunger in some way, the messenger they send to the brain to do so has yet to be identified. As for the purinergetic theory, its proponents confess that they proposed it “somewhat tongue in cheek”; it is new, and the other three are old, familiar, and frustratingly unsatisfactory to account for what is observed.

The theories just described (at least the first two) have been discussed and researched for several decades. Newer ideas as to what molecules might be the regulators of eating behavior include the endogenous opiates and a variety of hormones. It has long been known that the GI tract produces several hormones that serve to notify the pancreas, the gallbladder, and the intestine that food is present and must be dealt with. A flurry of findings during the early 1980s brought forth many reports that these same hormones, now numbering some 20 or 30, are also produced in the brain after meals. Perhaps, in the brain, they signal satiety.

That brings us to the second question: where in the brain are these messages received (whatever they are)? One brain area stands out as a regulator for food behavior – the hypothalamus – but it is not the only one involved. At one time, it was thought that the front-central hypothalamus was the “satiety center,” and that the sides were the “hunger centers.” Now, however, that idea has been exposed as an oversimplification. The hypothalamus integrates many kinds of signals received from the rest of the body, including information about the blood’s temperature, sodium content, and glucose content. It is certainly important in regulating eating, because damage to the hypothalamus produces derangements in eating behavior and body weight – in some cases causing severe weight loss, in others vast overeating. In the person with a normal hypothalamus, however, eating behavior seems to be a response not to a single signal arriving at some one location in the hypothalamus but to a whole host of signals. Somehow these many inputs become integrated into a “final common path” – the act of eating.

Thermogenic Theory

Related to body weight regulation, there is also a thermogenic theory – but this deals with how energy is spent, not how hunger is regulated. The thermogenic theory suggests that the amount of heat generated in response to food determines how much fat is stored.

Thermo = heat

Genic = arising from

Cholecystokinin (COAL-ee-sis-to-KINE-in)

Among the hormones produced in the brain as well as the GI tract after meals are cholecystokinin, the messenger that communicates the arrival of fat to the gallbladder and pancreas, and calcitonin, a hormone that responds to blood calcium levels.

Hypothalamus (high-po-THALL-uh-mus)

The hypothalamus is a brain center that integrates signals about the blood's temperature, glucose content, and other conditions.

The Behavior of Eating

The word behavior has been used many times in this discussion as if it were a simple thing that everybody understands, but the study of behavior offers unique insight into the problem of overeating by viewing it as a conditioned response to a variety of stimuli.

To begin with, certain behavior patterns, whether innate or learned, occur appropriately in response to certain stimuli. For example, dogs salivate in response to the smell of food – but, as everyone knows, they can “learn” (be conditioned) to respond to the same way to the sound of a bell. As another example, an appropriate self-care behavior of animals is grooming, which can involve quite a complex pattern of motions – licking, scratching, nibbling the fur – but grooming behavior can suddenly appear unexpectedly at an inappropriate time. In the midst of a hostile confrontation, for example, one contestant will suddenly stop posturing and begin to groom himself intensively as if the wrong switch had been accidentally pushed. It is possible that people also displace one behavior with another when they are threatened. Rather than grooming, the behavior selected may be eating – and if this response occurs often enough, the consequence is obesity.

Displacement may explain some cases of obesity, but even if it doesn't the view given here is useful. It presents a picture of eating as a sort of package of behavior that can be triggered by any of many different stimuli. Some researchers focus on “external cues” as the triggers; others on “stressors,” with connection to the production of endogenous opiates.

Displacement Activity

Biologists give the name displacement activity to the substitution of one behavior for another under stress.

External Cue Theory

This is the theory that some people eat in response to such external factors as the presence of food or the time of day rather than to such internal facts as hunger.

External Cues

Some obese people are unconscious eaters. Rather than responding only to internal, visceral hunger cues, they seem to respond helplessly to such external factors as the time of day (“It's time to eat”) or the availability, sign, and taste of food. This is the basis of the external cue theory.

Of interest in this connection is the report of an experiment in which lean and fat people were housed in a metabolic ward and were offered their meals in monotonous liquid form from a feeding machine. The lean people ate enough to maintain their weight, but the fat people drastically reduced their food intake and lost weight. When kcalories were added to the formula, the lean people adjusted their intake to continue maintaining weight as if they had an internal kcalorie counter. The obese people were unaware of the change, continued drinking the same amount of formula as before, and stopped losing weight. External cues were the only signals the obese people had to go by, and they responded the same way to the same environmental situation, regardless of how many kcalories they were getting.

For the person who responds to external cues, today's environment provides abundant stimuli to promote eating behavior. Restaurants, TV commercials, the display of food in our markets, vending machines in every office building and gas station – all prompt us to eat and drink high kcalorie foods. There are no “vegetable houses” on our main streets, only steak houses. Kitchen appliances such as the hamburger cooker and the doughnut maker make high-kcalorie foods easy to prepare and thus quickly available.

Arousal

The term arousal has been used several times. The general meaning is self-evident, but in the sense, in which it is used here, it refers to heightened activity of certain brain centers associated with excitement and anxiety.

Stressors and Arousal

Anything that excites or disturbs the equilibrium of an organism can be termed a stressor. The terms stressor and stress response have specific meanings, but they are being used differently by some researchers today to apply to many of the subjects being discussed here. "Stressors" include pain, anxiety, arousal, excitement, and even the presence of food.

The brain seems to respond to many of these stimuli by producing endogenous opiates. They soothe pain and lessen arousal, and they have two effects on energy balance. They enhance appetite for palatable foods, and they reduce activity. Combine these effects with a tendency to be supersensitive to particular stressors anyway, and you are all the more likely to gain weight in response to stress.

The psychiatrist Dr. Hilde Bruch, who has devoted as much attention to the human hunger drive as Freud did to the sex drive, sees other links between eating behavior and human experience. She states that hunger and appetite are understandably mixed up together because both are intimately connected to deep emotional needs. Two factors that she finds most important in this connection are the fear of starvation and "the universal experience in the early life of every individual that food intake requires the cooperation of another person." Feeding behavior is a response not only to hunger or appetite but also to complex human sensations such as "yearning, craving, addiction, or compulsion."

Others agree that food is widely used for nonnutritive purposes, especially in a culture like ours where food is abundant. An emotionally insecure person might eat as a substitute for seeking love or friendship. Eating is less threatening than calling a friend and risking rejection. Often, especially in adolescent girls, eating is used to relieve boredom or to ward off depression. Some obese people respond to anxiety, or in fact to any kind of arousal, by eating. Significantly, however, if they are able to give a name to their aroused condition, thereby gaining a feeling that they have some control over it, they are not as likely to overeat.

Stress may act in another way to promote obesity. The hormones secreted in response to physical stress favor the rapid metabolism of energy stores (glycogen and fat) to fragments such as glucose and fatty acids that can be used to fuel the muscular activity of fight or flight. Under emotional stress the same hormones are secreted and blood concentrations of these same fuels rise. If a person fails to use the fuel in violent physical exertion, the body has no alternative but to turn many of these fragments to fat. If glucose has been used this way, and transferred into fat, then the lowered glucose level or exhausted glycogen will signal hunger, and the person will eat again soon after.

Stress eating may appear in different patterns; some people eat excessively at night, while others characteristically go on an eating binge during an emotional crisis. The overly thin often react oppositely. Stress causes them to reject food and thus become thinner. It is not yet known why these behaviors occur, but clearly investigations of the chemical, hormonal, and neural mechanisms involved in the body's responses to different stimuli hold much promise for a future understanding of eating behavior.

Inactivity

The many possible causes of obesity mentioned so far all relate to the input side of the energy equation. What about output? A person may be obese because he eats too much, but another possibility is that he spends too little energy. It is probably that the most important single contributor to the obesity problem in our country is underactivity. The control of hunger/appetite actually works quite well in active people and only fails when activity falls below a certain minimum level. Obese people under close observation are often seen to eat less than lean people, but they are sometimes so extraordinarily inactive that they still manage to have a kcalorie surplus. One authority has noted that normal people actually swim 35 minutes during "an hour of swimming," whereas obese people swim only 7 minutes during that hour. Most of their time is spent sitting, standing, or lying in the sun.

Individuality

No two people are alike either physically or psychologically, and the causes of obesity may be as varied as the people who are obese. Many causes may contribute to the problem in a single person. Given this complexity, it is obvious that there is no panacea. The top priority should be prevention, but where prevention has failed the treatment of obesity must involve a simultaneous attack on many fronts.

Treatments of Obesity: Poor Choices

The only means of reducing body fat is to shift the energy budget so that energy-in is less than energy-out. This is most effectively done by eating less and exercising more. A later section in this session addresses appropriate strategies for losing weight, but because rumors of other means fly about, they will first be dispensed with briefly.

Caution:

This cruel fact is one many of u would like to circumvent. Isn't there an easier way? No, the hard truth is that the only way to lose body fat is to eat fewer kcalories than you spend. Magical alternatives that have been offered time and again over the centuries – ways to “shrink the stomach,” to eat “negative kcalories,” to “eat all you want and lose weight” – they prove to be born of wishful thinking. They are effective only when they directly affect the kcalorie balance. The success of these plans is not in their achievements but in their popularity. They sell easily to susceptible people who want something for nothing, who become enthusiastic practitioners (but only briefly), and who pass on the word to the next person. This type of reaction reflects a human characteristic that for all our scientific rationality we have failed to outgrow. We love magic. Many writers of fad diet books and sellers of fraudulent diet pills and formulas use this characteristic to their advantage. Watch out for such frauds. A sign of their presence is the appeal they make to magical thinking and the promise of something for nothing.

Diuretic (dye-you-RET-ic)

A diuretic is a drug that promotes water excretion.

Dia = through

Ure = urine

Water Pills

For the obese person, the idea that excess weight is due to water accumulation may be an attractive one. Indeed, temporary water retention, seen in many women around the time of the menstrual period, may make a difference of several pounds on the scale. Oral contraceptives may have the same effect. (They may also promote actual fat gain in some women. A woman who has this problem should consult her physician about switching brands.) In cases of severe swelling of the belly, as much as 20 pounds of excess body water may accumulate.

If water retention is a problem, it can be diagnosed by a physician, who will prescribe a diuretic (water pill) and possibly a mild degree of salt restriction. But the obese – that is, overfat – subject has a smaller percentage of body water than the person of normal weight does. If she takes a self-prescribed diuretic, she has done nothing to solve her fat problem, although she may lose a few pounds on the scale for half a day and suffer from dehydration.

Diet Pills, Starch Blockers, and Glucomannan

Some doctors prescribe amphetamines (“speed”) to help with weight loss. (The best known are dexedrine and benzedrine.) These reduce appetite – but only temporarily. Typically the appetite returns to normal after a week or two, the lost weight (and often more) is regained, and the user then has the problem of trying to get off the drug without gaining more weight. It is generally agreed that these drugs cause a dangerous dependency and are of little or no usefulness in treating obesity.

A multitude of other drugs are presently under investigation: hormones and hormone-like compounds, inhibitors of nutrient absorption; inhibitors of fat synthesis, promoters of fat breakdown, other modifiers of metabolism – in short, every kind of agent that researchers can imagine might be effective in any way against obesity. Tests in humans of any of these would be premature at present, and results in animals are not encouraging. Side effects, in many cases, are severe. In short, at present, no known drug is both safe and effective, and many are hazardous. Even diet pills, long thought safe and widely used, have been shown not to be safe for all users. Two cases of serious illness have been ascribed to taking of diet pills containing phenylpropanolamine. The only effective appetite-reducing agent to which tolerance does not develop in time is cigarette smoking – and that, of course, entails hazards of its own too numerous to mention.

Among popular drugs recently on the market, starch blockers not long ago attracted a lot of attention. They sounded like a dieter's dream come true – eat your favorite carbohydrate foods and derive no kcalories from them. Unfortunately, although the principle seems sound enough, it doesn't work out in practice. It has been known since 1943 that uncooked wheat and kidney beans contained inhibitors of the starch-digesting enzyme amylase. The inhibitor from kidney beans has been purified and fed to rats; with the result that they excreted some starch and gained less weight than controls. However, tests on humans have shown no inhibition of starch digestion whatsoever.

Nevertheless, 100 different starch blocker preparations were on the market as of the end of 1982, at the peak of their success people were swallowing over a million pills a day. Some people were even stockpiling the pills, expecting that the FDA soon would ban them. As expected, FDA has prohibited their being marketed; they have been found to cause nausea, vomiting, diarrhea and stomach pains, and not to block starch digestion.

People who don't want to use starch blockers are trying glucomannan, a preparation derived from vegetable (konjac tuber) used in Japanese cuisine. The Japanese are said to have used konjac for weight control for 1,500 years – but in a controlled experiment reported in 1982, glucomannan was ineffective.

Some day a pill may be developed that is effective against overeating and obesity. None of those described here is a likely candidate. One that may be promising is the opiate antagonist naloxone, which blocks stress-induced eating in animals, and possibly also in humans. Extensive testing will be required to determine whether naloxone can be safely used for this purpose.

Perhaps the most promising anti-obesity agent presently being tested is the artificial fat (sucrose polyester). It remains to be seen, however, whether long-term use will facilitate permanent weight loss or whether, like artificial sweeteners, sucrose polyester will become a mere addition to the diet.

Cellulite (SELL-you-leet)

Cellulite is supposedly a lumpy form of fat; actually, a fraud. The skin sometimes appears lumpy in fatty areas of the body because strands of connective tissue attach the skin to underlying structures. These points of attachment may pull tight where the fat is thick, making lumps appear between them. The fat itself is not different from fat anywhere else in the body. So, if you lose the fat there, you lose the lumpy appearance.

Health Spas

One of the biggest moneymaking schemes that profits from people's desires to lose weight the easy way is the health spa. The spa can be used to advantage. People who really exercise there reap the expected benefits. But health spas can be extremely costly, and most of their gimmicks offer no real health advantage other than the psychological boost the consumer herself supplies. Hot baths do not speed up the basal metabolic rate so that pounds can be lost in hours. Steam and sauna baths do not melt the fat off the body, although they may dehydrate a person so that his weight on the scales changes dramatically. Machines intended to jiggle parts of the body while the person leans passively on them provide pleasant stimulation but no exercise and so no expenditure of kcalories.

Some people believe there are two kinds of body fat: regular fat and "cellulite." Cellulite is supposed to be hard and lumpy fat that yields to being "burned up" only if it is first broken up by methods like the massage or the machine typical of the health spa. The notion that there is such a thing as cellulite received wide publicity with the publication of a book by a certain Madame R of Paris, which sold widely during the 1970s. The Journal of the American Medical Association has published the statement that cellulite is a hoax.

Hormones

Because hormones are powerful body chemicals and many affect fat metabolism, it has long been hoped that a hormone might be found that would promote weight loss. Several have been tried. With testing, all have proven ineffective and often hazardous as well. Thyroid hormone, in particular, causes loss of lean body mass and heart problems except when medically prescribed for the correction of a thyroid deficiency – and thyroid deficiency is very seldom the cause of obesity.

Among the hormones advertised as promoting weight loss is HCG (human chorionic gonadotropin), a hormone extracted from the urine of pregnant women. HCG has legitimate uses; for example, it can stimulate ovulation in a woman who has had difficulty becoming pregnant. But it has no effect on weight loss and does not reduce hunger. A rash of "clinics" run by "doctors" that sprang up on the West Coast during the 1970s advertised tremendous success using HCG in the treatment of obesity. These outfits seem to have had one element in common. They prescribed an extremely rigid low-kcalorie diet, which accounted for their apparent effectiveness. The American Medical Association and the California Medical Association have concluded that the claims made for HCG are groundless and that the side effects are unknown and probably dangerous.

Surgery

Sheer desperation prompts some obese people to request surgery. One operation, bypass surgery, involves removing or disconnecting a portion of the small intestine to reduce absorption. Another involves stapling the stomach to make it smaller.

After a bypass operation, the person can continue overeating but will absorb considerably fewer kcalories. Side effects from this procedure are many and highly undesirable, including liver failure, massive and frequent diarrhea, urinary stones, intestinal infection, and malnutrition. Reports of mortality range from 2 to 10 percent. Still, in the United States, surgery has been reported to be effective more than half the time for treating the massively obese where all other methods have failed. It should probably be attempted only in otherwise healthy and cooperative people under 30 who weigh more than 300 pounds and who have tried everything else.

Gastric stapling is in increasing use in preference to bypass surgery, because it forces the person to eat less rather than causing malabsorption. Still, although the theory is pleasingly simple, stapling involves hazards in practice; stomach tissue is damaged, scars are formed, staples pull loose. The person contemplating surgery should think long and hard before submitting to it.

Weight-Loss Diets Compared

With a balanced perspective on foods and a sense of what's important in diet planning and what's not, you can evaluate the many different diets people consume. Here's a summary of the questions you might ask. Start with 100 points and subtract if any of these criteria are not met:

1. Does the diet provide a reasonable number of kcalories (enough to maintain weight; not too many; and if a reduction diet, not fewer than 1,200 kcalories for the average-sized person)? If not, give it a minus 10.
2. Does it provide enough, but not too much, protein (at least the recommended intake or RDA but not more than twice that much)? If not, minus 10.
3. Does it provide enough fat for satiety but not so much fat as to go against current recommendations (say, between 20 and 35 percent of the kcalories from fat)? If not, minus 10.
4. Does it provide enough carbohydrate to space protein and prevent ketosis (100 grams of carbohydrate for the average-sized person)? Is it mostly complex carbohydrate (not more than 20 percent of the kcalories as concentrated sugar)? If no to either, minus 5, if no to both, minus 10.
5. Does it offer a balanced assortment of vitamins and minerals from whole food sources in all four-food groups? If a food group is omitted (for example, meats), is a suitable substitute provided? The four food groups are milk/milk products; meat/fish/poultry/eggs/legumes; fruits/vegetables; grains. For each food group omitted and not adequately substituted for, minus 10 points
6. Does it offer variety, in the sense that different foods can be selected each day? If you'd class it as "monotonous," give it a minus 10.
7. Does it consist of ordinary foods that are available locally (for example, in the main grocery stores) at the prices people normally pay? Or does the dieter have to buy special, expensive, or unusual foods to adhere to the diet? If you'd class it as "bizarre" or "requiring unusual foods," minus 10.

Diet Name	KCalories	Protein	Fat	Carbohydrate	Food Groups	Variety	Ordinary Foods	Total Score
Atkin's	Yes	Minus 10	Minus 10	Minus 10	Minus 30	Minus 10	Yes	30 Points
Banana-Milk	Minus 10	Minus 10	Minus 10	Yes	Minus 20	Minus 10	Yes	40 Points
Beverly Hills	Minus 10	Minus 10	Minus 10	Minus 10	Minus 30	Minus 10	Minus 10	10 Points
Scarsdale	Yes	Minus 10	Minus 10	Minus 5	Minus 10	Yes	Yes	65 Points
Cambridge	Minus 10	Minus 10	Minus 10	Minus 10	Minus 40	Minus 10	Minus 10	0 Points
Fasting	Minus 10	Minus 10	Minus 10	Minus 10	Minus 40	Minus 10	Minus 10	0 Points
High Roughage	Yes	Yes	Yes	Yes	Minus 5	Yes	Minus 5	90 Points
I Love NY	Minus 5	Yes	Yes	Yes	Yes	Yes	Yes	95 Points
Kempner's Rice	Yes	Minus 10	Minus 10	Yes	Minus 20	Minus 10	Yes	30 Points
Magic Mayo (Grapefruit)	Minus 10	Minus 10	Minus 10	Minus 10	Minus 20	Minus 10	Yes	30 Points
New Canadian	Yes	Yes	Yes	Yes	Yes	Yes	Yes	100 Points
Simeons' HCG	Minus 10	Minus 10	Minus 10	Minus 10	Minus 25	Yes	Minus 10	25 Points
Dr. Stillman	?	Minus 10	Minus 10	Yes	Minus 20	Minus 10	Yes	50 Points
UCLA Diet	Yes	Yes	Yes	Yes	Yes	Yes	Yes	100 Points
Weight Watchers	Yes	Yes	Yes	Yes	Yes	Yes	Yes	100 Points

CERTIFIED HERBAL COUNSELOR COURSE - SESSION 15

• Herbs and Surgery - The Combination Could be Dangerous

Many people who suffer from sleep disorders take herbal medication, not only to promote sleep, but for other health problems. Many people who suffer from sleep disorders have to undergo surgical procedures, not only for conditions relevant to sleep, but also for other medical reasons.

In the July 11 issue of JAMA (the Journal of the American Medical Association) an article reports that physicians from the University of Chicago have researched several common herbal remedies and investigated the danger of their use in conjunction with surgical procedures. Some of the most common remedies can cause dangerous complications for people during or shortly after surgery.

JAMA lists eight such herbal remedies, preparations commonly used by many people. Two herbs often used by people with insomnia or other sleep problems are kava and valerian. Both these herbs promote sleep, reduce stress and anxiety and calm the body. They are, in fact, mild sedatives and this is where the danger of taking them in conjunction with surgery comes in. They may well increase the sedative effects of the anesthetic or other sedatives prescribed by your doctor. They should not be taken for a week or more before surgery and for several days after surgery. People take herbal remedies for many conditions besides using them to promote sleep.

- **Garlic** - Reduces blood pressure and helps to ward off infection.
- **Ginkgo biloba** - Not only increases circulation, it also helps with concentration and memory problems. There is a danger in using these in conjunction with surgery because both of these herbs interfere with the clotting properties of the blood and could cause severe bleeding problems. It would be wise to discontinue them a week before the date of your operation.
- **Echinacea** - Promotes healing and fights infection. Sounds like this would be desirable when you have surgery, but beware. Echinacea can cause a problem because it boosts your immune system and impairs immune suppressive drugs. Echinacea is especially dangerous if your surgery involves a transplant. Use of this herbal product should be discontinued as far in advance of surgery as possible.
- **Ephedra** - Often taken for its decongestant properties. However, this herb also increases your heart rate and raises the blood pressure. Stop using it at least 24 hours before surgery or heart attack or stroke could occur.
- **Ginseng** - Taken to improve the general health and well being and to reduce stress, also interferes with the clotting of the blood. Stop using it at least a week before surgery.
- **St. John's Wort** - Used for anxiety and depression, has already been under fire for its dangerous interactions with prescription medications. It alters the rate of metabolism of other drugs and may either increase or decrease the desired effect. Don't use St. John's Wort for at least 5 days before surgery.

If you are taking any herbal medication or dietary supplements, be sure to let your physician know. This is important at any time, as these supplements may have an adverse reaction when combined with your prescription medicines. It's doubly important to inform your doctor of everything you are taking if you're slated for surgery.

Beware of These Herbs

It should be noted that the FDA (Food and Drug Commission) has linked the following to cause serious side effects and even death -- so AVOID THEM

- **Herbal Laxatives** - Usually sold as a diet tea, cascara, senna, buckthorn, aloe and rhubarb root. These herbs can cause cramping, diarrhea, and if overused, could cause your bowels to no longer function without laxative stimulation.
- **Ephedra** - Also known as ma huang, in high doses can raise blood pressure, increase heart rate, and over stimulate the central nervous system. The FDA reports more than 800 reports of side effects linked with the use of ephedra, including heart palpitations, seizures, stroke, chest pain, and heart attack. This herb has caused at least two deaths.
- **Herbal fen-phen** - Ephedra is the main ingredient in the version of the dangerous diet drug known as fen fen. Herbal fen-phen has not been shown to even work in clinical trials, but we know its misuse is associated with severe side effects, from heartbeat irregularities to death from heart attack and stroke.

CERTIFIED HERBAL COUNSELOR COURSE - SESSION 16

• Herbs that should not be used with Medications

Quick Reference - Medications/Herbs

Please Note

This is not a complete list. Other herbs not listed are not necessarily safe. You should always be informed concerning herbs and other medications you are taking.

If you are on these Medications be cautious about possible interactions with these Herbs

Anticoagulants

- Warfarin (Coumadin)

Alfalfa
Chinchona Bark
Clove Oil
Ginkgo
Garlic
Ginger
Ginseng
Feverfew

Antiplatelet Drugs

- Aspirin
- NSAIDs
- Ticlopidine (Ticlid)
- Clopidogrel (Plavix)

Alfalfa
Chinchona Bark
Clove Oil
Ginkgo
Garlic
Ginger
Ginseng
Feverfew

CNS Stimulants

- Decongestants
- Methylphenidate (Ritalin)
- Dextroamphetamine (Dexedrine)
- Beta2 Agonists
- Caffeine/Theophylline

Guarana
Kola
Ma Huang
St. John's Wort
Yohimbe

CNS Depressants

- Alcohol
- Benzodiazepines
- Opioids
- Antihistamines

Hawthorn
Kava-Kava
Skullcap
Valerian

Antidepressants

- Tricyclics
- MAO Inhibitors
- SSRIs

Ginseng
Ma Huang
Passion Flower
St. John's Wort
Yohimbe

Quick Reference-Conditions/Herbs

Please Note:

This is not a complete list. Other herbs not listed are not necessarily safe. You should always be informed concerning herbs and a specific condition.

If you have these Conditions be cautious about possible interactions with these Herbs

Diabetes

These may affect glycemc control:

- Garlic
- Ginger
- Ginseng
- Hawthorn
- Ma Huang
- Nettle

Hypertension

- Devil's Claw
- Ginseng
- Goldenseal
- Hawthorn
- Licorice
- Ma Huang
- Squill
- Yohimbe

Depression

- Valerian
- Kava-Kava

Allergies to Asteraceae Composite Family (ragweed, daisy, aster, chrysanthemum)

- Chamomile
- Echinacea
- Feverfew
- Yarrow

Allergies to other pollens

- Goldenrod
- St John's Wort
- Slippery Elm

Pregnancy of Nursing Special caution is always indicated for a woman who is pregnant or nursing. At least the herbs listed are contraindicated or not recommend, but this is not a complete list. Contraindicated or not recommended:

- Aloe (internal)
- Black Cohosh
- Dong Quai
- Feverfew
- Ginseng
- Kava-Kava
- Saw Palmetto

Safety not fully established

- Garlic
- Ginger
- St. John's Wort
- Valerian

CERTIFIED HERBAL COUNSELOR ONLINE COURSE - SESSION 1 – QUESTION & ANSWERS

NAME: _____

ADDRESS: _____

PHONE: _____

FAX: _____

E-MAIL: _____

Please be sure to fill out the information above, complete the test and e-mail or fax it back to us at joyful@best.com or 425-955-4639. We will grade your question & answer session and will let you know if we have any questions or concerns.

1. All plant roots and bark are naturally _____ and _____.
2. Make a decoction out of one of the single or combination herbal products you currently use. Drink several sips of the mixture. Describe the taste, smell, and texture below.
3. How many plants on the earth today have been extensively studied for their medicinal applications?
4. Are all herbs safe? Why or why not?

CERTIFIED HERBAL COUNSELOR ONLINE COURSE - SESSION 2 – QUESTION & ANSWERS

NAME: _____

ADDRESS: _____

PHONE: _____

FAX: _____

E-MAIL: _____

Please be sure to fill out the information above, complete the test and e-mail or fax it back to us at iridology@netzero.net or 530-878-1119. We will grade your question & answer session and will let you know if we have any questions or concerns.

1. If your child has croup, what herb would you use and how would you use it?
2. If someone you know has an enlarged prostate, which herb would you recommend?
3. Which herb helps people eliminate beer from their diet?
4. If your client were pregnant, which herbs would you avoid?
5. Which herbs would you recommend for morning sickness?
6. Which herb may delay the onset of arteriosclerosis?
7. If your client has cancer, which herb would you recommend that is good after chemotherapy and/or radiation treatments?
8. Which herb acts as a catalyst for other herbs?
9. Which herb is good for tinnitus (ringing in the ears)?
10. You have a new client who comes to you with the following problems. What program would you recommend for him/her?
 - a. Alternating constipation and diarrhea
 - b. Constant heartburn
 - c. Chronic back pain
 - d. Bloating and Gas

CERTIFIED HERBAL COUNSELOR ONLINE COURSE - SESSION 3 – QUESTION & ANSWERS

NAME: _____

ADDRESS: _____

PHONE: _____

FAX: _____

E-MAIL: _____

Please be sure to fill out the information above, complete the test and e-mail or fax it back to us at iridology@netzero.net or 530-878-1119. We will grade your question & answer session and will let you know if we have any questions or concerns.

1. Go through your herbal medicine chest and list the products you currently use. Once you have listed them, determine what their action is and list that next to the product. If you are taking a product with multiple herbs, determine if the herbs all have the same action or if there are several actions taking place at the same time and list them next to the product.

	Product	Action
e.	_____	_____
f.	_____	_____
g.	_____	_____
h.	_____	_____
i.	_____	_____
j.	_____	_____
k.	_____	_____
l.	_____	_____
m.	_____	_____
n.	_____	_____
o.	_____	_____
p.	_____	_____
q.	_____	_____
n.	_____	_____

CERTIFIED HERBAL COUNSELOR COURSE - SESSION 4 – QUESTION & ANSWERS

NAME: _____

ADDRESS: _____

PHONE: _____

FAX: _____

E-MAIL: _____

Please be sure to fill out the information above, complete the test and e-mail or fax it back to us at iridology@netzero.net or 530-878-1119. We will grade your question & answer session and will let you know if we have any questions or concerns.

1. What three things do our bodies produce to process proteins, carbohydrates and fats?
2. Where does most nutrient absorption take place?
3. Bile is produced by the _____ and stored in the _____.
4. What are some indications that this system is weak and may need nutritional aid?
5. Who can I help? List five people who exhibit the above indications and who may benefit from nutritional aid to the digestive system.
6. Experiment: Prepare two bowls with equal amounts of raw oats. Add equal parts of lukewarm water to each. To one bowl add three opened capsules of Proactazyme and stir. Wait about an hour and observe the difference. The oatmeal with Proactazyme should be liquefied, indicating that enzymes have reacted with it to break it down. Please write down your thoughts on this experiment. If you don't have Proactazyme use a powdered enzyme in capsule form.

CERTIFIED HERBAL COUNSELOR COURSE - SESSION 5 – QUESTION & ANSWERS

NAME: _____

ADDRESS: _____

PHONE: _____

FAX: _____

E-MAIL: _____

Please be sure to fill out the information above, complete the test and e-mail or fax it back to us at iridology@netzero.net or 530-878-1119. We will grade your question & answer session and will let you know if we have any questions or concerns.

1. What is the job of the colon?
2. Name two things that are important in maintaining a healthy colon.
3. What prevents the back-flow of waste between the colon and small intestine?
4. What are some indications this system is weak and may need nutritional aid?
5. Who can I help? List five people who exhibit the above indications and who may benefit from nutritional aid to the intestinal system.
6. Experiment: Add 6 tablespoons water to each of three glass containers. Add 1 tablespoon of red sesame oil to container #1. Add the contents of four fat grabbing products to containers #2 and #3. Shake or stir containers #2 and #3 for 30 seconds; let stand two minutes. Add 1 tablespoon of red sesame oil to container #3. Shake all containers vigorously for 15 seconds, then let stand at least one minute and observe. In container #1, the oil and water should separate rapidly with the oil on top. In container #2, a greenish gel should form throughout, similar to what happens when a fat grabbing product and water mix in the stomach. In container #3, the orange-reddish color should be present throughout because the red oil has been “grabbed” by the green fat grabbing product to give the solution a uniform orange color. Please write down your thoughts

CERTIFIED HERBAL COUNSELOR COURSE - SESSION 6 – QUESTION & ANSWERS

NAME: _____

ADDRESS: _____

PHONE: _____

FAX: _____

E-MAIL: _____

Please be sure to fill out the information above, complete the test and e-mail or fax it back to us at iridology@netzero.net or 530-878-1119. We will grade your question & answer session and will let you know if we have any questions or concerns.

1. The glandular system coordinates actions in the body by secreting _____ into the bloodstream.
2. The _____ is the main link between the nervous and glandular systems.
3. The _____ gland stimulates many other glands by secreting tropic (releasing) hormones.
4. What are some indications this system is weak and may need nutritional aid?
5. Who can I help? List five people who exhibit the above indications and who may benefit from nutritional aid to the glandular system.

CERTIFIED HERBAL COUNSELOR COURSE – SESSION 7 – QUESTION & ANSWERS

NAME: _____

ADDRESS: _____

PHONE: _____

FAX: _____

E-MAIL: _____

Please be sure to fill out the information above, complete the test and e-mail or fax it back to us at iridology@netzero.net or 530-878-1119. We will grade your question & answer session and will let you know if we have any questions or concerns.

1. Neurons (nerve cells) generate _____ that travel down axons from one cell to another.
2. Many nerve cells are insulated with _____ to speed up impulses and prevent cross firing.
3. _____ are chemicals used to transmit impulses from one neuron to another.
4. Stress depletes our bodies' reserves of vitamins _____, _____, _____ and _____ - _____. Regular replenishment of these nutrients helps maintain optimal nervous-system health.
5. What are three indications that this system is weak and may need nutritional aid?
6. Who can I help? List five people who exhibit the above indications and who may benefit from nutritional aid to the nervous system.

CERTIFIED HERBAL COUNSELOR COURSE – SESSION 8 – QUESTION & ANSWERS

NAME: _____

ADDRESS: _____

PHONE: _____

FAX: _____

E-MAIL: _____

Please be sure to fill out the information above, complete the test and e-mail or fax it back to us at iridology@netzero.net or 530-878-1119. We will grade your question & answer session and will let you know if we have any questions or concerns.

1. The respiratory system provides _____ to the bloodstream.
2. Where does the exchange of oxygen and carbon dioxide take place?
3. What do cilia on the bronchi do?
4. What are some indications that this system is weak and may need nutritional aid?
5. Who can I help? List five people who exhibit the above indications and who may benefit from nutritional aid to the respiratory system.

CERTIFIED HERBAL COUNSELOR COURSE – SESSION 9 – QUESTION & ANSWERS

NAME: _____
ADDRESS: _____
PHONE: _____
FAX: _____
E-MAIL: _____

Please be sure to fill out the information above, complete the test and e-mail or fax it back to us at iridology@netzero.net or 530-878-1119. We will grade your question & answer session and will let you know if we have any questions or concerns.

1. What large blood vessels carry oxygen-rich blood from the heart to the cells and tissues of the body?
2. How many miles long is the human circulatory system?
3. Veins are smaller vessels that carry _____ blood and _____ back to the heart.
4. Blood has four main components: red blood cells, _____, platelets and _____.
5. What are some indications that this system is weak and may need nutritional aid?
6. Who can I help? List five people who exhibit the above indications and who may benefit from nutritional aid to the circulatory system.
7. Experiment: In a small bowl, crush two tablets of an oral chelator until powdered. Fill two glasses with warm water and add the product to one glass. The other glass will be your control. Add three tarnished pennies to each glass and stir with a plastic spoon. Wait about three hours and stir again before removing the pennies. Place the pennies on a paper towel and observe the difference. The chelating agents in the oral chelator should have removed the tarnish on the pennies. There should be no change to the pennies in the control glass. Please write notes about your results.

CERTIFIED HERBAL COUNSELOR COURSE – SESSION 10 – QUESTION & ANSWERS

NAME: _____

ADDRESS: _____

PHONE: _____

FAX: _____

E-MAIL: _____

Please be sure to fill out the information above, complete the test and e-mail or fax it back to us at iridology@netzero.net or 530-878-1119. We will grade your question & answer session and will let you know if we have any questions or concerns.

1. Each hour the kidneys filter 10 times the amount of blood in the body. T/F
2. Each kidney contains about one billion glomeruli. T/F
3. The kidneys serve as a temporary storage tank for urine. T/F
4. The efficiency of the kidneys diminishes with age. T/F
5. What are some indications that this system is weak and may need nutritional aid?

6. Who can I help? List five people who exhibit the above indications and who may benefit from nutritional aid to the urinary system.

CERTIFIED HERBAL COUNSELOR COURSE – SESSION 11 – QUESTION & ANSWERS

NAME: _____

ADDRESS: _____

PHONE: _____

FAX: _____

E-MAIL: _____

Please be sure to fill out the information above, complete the test and e-mail or fax it back to us at iridology@netzero.net or 530-878-1119. We will grade your question & answer session and will let you know if we have any questions or concerns.

1. Tissues are collections of _____ specialized to perform a particular function.
2. _____ is the largest organ of the body. It protects organs from the environment and regulates body temperature via perspiration.
3. What acts as a reservoir for minerals like calcium and is responsible for producing red blood cells?
4. What are some indications that this system is weak and may need nutritional aid?
5. Who can I help? List five people who exhibit the above indications and who may benefit from nutritional aid to the structural system.

CERTIFIED HERBAL COUNSELOR COURSE – SESSION 12 – QUESTION & ANSWERS

NAME: _____

ADDRESS: _____

PHONE: _____

FAX: _____

E-MAIL: _____

Please be sure to fill out the information above, complete the test and e-mail or fax it back to us at iridology@netzero.net or 530-878-1119. We will grade your question & answer session and will let you know if we have any questions or concerns.

1. Rent and watch the movie/cartoon "Osmosis Jones" by Warner Brothers Family Entertainment. Write a paper on what you learned from the movie and how it relates to this session.
2. What is the result of a weak immune system? _____
3. The body's defenses include mucous layers covering tissues, _____, interferon and _____.
4. What system includes the tonsils and adenoids and collects waste in a fluid that it drains from the tissues?
5. What are some indications that this system is weak and may need nutritional aid?
6. Who can I help? List five people who exhibit the above indications and who may benefit from nutritional aid to the immune system.
7. Experiment: Antioxidants scavenge free radicals and are often included in nutritional programs for patients with allergies, asthma and bronchitis. Free radicals are active atoms with an unpaired electron that bounce around until reacting with an object (such as a cell). This reaction damages the cell much the same way that rust affects metal (oxidation). Over time, body tissues deteriorate and many different ailments can occur. Antioxidants stop or slow this damage by protecting the cells against these unwanted free radical reactions. Follow these steps to visualize this antioxidant activity. Pour 3 oz. saline solution into each of two glass containers. Add 1 tablet of chewable vitamin C to one glass container. Then place 1 Efferdent (blue dye) tablet into each container. Observe the reaction for at least 30 minutes and note the changes in blue color in the different containers. The control (the container with no antioxidant) should lose its blue color. Notes:

CERTIFIED HERBAL COUNSELOR COURSE - SESSION 14 – QUESTION & ANSWERS

NAME: _____

ADDRESS: _____

PHONE: _____

FAX: _____

E-MAIL: _____

Please be sure to fill out the information above, complete the test and e-mail or fax it back to us at iridology@netzero.net or 530-878-1119. We will grade your question & answer session and will let you know if we have any questions or concerns.

1. Make a simple approximation of your frame size. What did you learn? Are you surprised at the answer you received or was it expected?

2. **Score your diet based on the 7 questions on page 10. What is your diet's total score?**



Certified Herbal Counselor Course Final Exam

By:

**Brenda R. Generali, C.N.C.
Founder, JLS
Certified Nutritional Consultant
Certified Iridologist
Certified Herbalist
Nature's Sunshine Manager**

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Name _____ Degree
Initials
if any: _____
Street Address _____
City _____ State _____ Zip _____
Phone Number (____) _____

Registration Number: _____ to be assigned by the examiner and filled in at
Joyful Living Services.

SWORN NOTARIZED STATEMENT

Required for certification by
Joyful Living Services

I hereby make oath and say that the answers to all questions in the test were provided
by me without direct assistance from any second party, and that all research involved in the
Certification process are my exclusive work and not that of any second party.

Sign below in Notary's presence:

Notary Stamp Here

NOTARIZED: Subscribed and Sworn before
me this _____ day of _____ 20 ____
My commission expires: _____ 20 ____

NOTARY PUBLIC

CERTIFIED HERBAL COUNSELOR COURSE - FINAL EXAM

Congratulations on completing the Certified Herbal Counselor Online Course through JLS. Be sure to confirm that you have submitted all your homework and that it has all been received. In order to receive your certificate you need to submit all homework sessions and you need to pass this test at 80%. The homework sessions are checked and graded but do not weigh heavily on the certification process. It's therefore very important that you spend the necessary time to answer the questions below as accurately as possible so you can pass this test the first time. If for some reason you do not pass this test the first time, you will be asked to take a follow-up test and there will be an additional fee.

This test will require some research on your part via the internet and possibly your local library. You are free to use our site at <http://www.joyfullivingservices.com> for help.

Once you have passed this test you will receive a certificate with your name on it. Be sure to fill in your name above EXACTLY as you want it listed on your certificate. If you want initials listed after your name on your certificate be sure to write them in.

Please be sure to fill out the information above, complete the test and mail it back to us at JLS, P.O. Box 485, Weimar, CA, 95736-4085, USA.

PLEASE ALLOW 2-3 WEEKS ONCE YOU HAVE SENT IN YOUR FINAL EXAM TO RECEIVE YOUR CERTIFICATE.

1. Approximately what percentage of all prescription drugs are still derived from trees, shrubs, or herbs?
2. What is a *Pharmacopoeia*?
3. There are an estimated _____ to _____ plants on the earth today.
4. What is an Herb?
5. Name the 12 ways in which herbs can be used:

6. Describe "Birch". What parts are used and what are its actions and uses.

7. Describe "Catnip". What parts are used and what are its actions and uses.

8. Describe "Echinacea". What parts are used and what are its actions and uses.

9. Describe "Fennel". What parts are used and what are its actions and uses.

10. Describe "Ginger". What parts are used and what are its actions and uses.

11. Describe "Hops". What parts are used and what are its actions and uses.

12. Describe "Licorice". What parts are used and what are its actions and uses.

13. Describe "Oat Straw". What parts are used and what are its actions and uses.

14. Describe "Pumpkin". What parts are used and what are its actions and uses.

15. Describe "Rosemary". What parts are used and what are its actions and uses.

16. Describe "Saw Palmetto". What parts are used and what are its actions and uses.
17. Describe "Tea Tree". What parts are used and what are its actions and uses.
18. Describe "Uva Ursi". What parts are used and what are its actions and uses.
19. Describe "White Oak". What parts are used and what are its actions and uses.
20. Describe "Yarrow". What parts are used and what are its actions and uses.
21. What is an Antimicrobial?
22. What is a Nervine?
23. Please describe in 100 words or less the process of digestion.

24. What herbs would you suggest to someone who has a “sluggish” liver?
25. Please describe in 100 words or less the process of elimination.
26. What herbs would you suggest to someone who is “constipated”?
27. Please describe in 100 words or less the glandular system.
28. What herbs would you suggest to a woman suffering from “infertility”?
29. What herbs would you suggest to a man suffering from a “swollen prostate”?
30. What herbs would you NOT suggest to someone who has “hypoglycemia”?

31. Please describe in 100 words or less the nervous system.

32. What herbs would you suggest to someone who is depressed?

33. What herbs would you suggest to someone who is manic?

34. What herbs would you suggest to someone who is stressed-out?

35. Please describe in 100 words or less the respiratory system.

36. What herbs would you suggest to someone who has emphysema?

37. What herbs would you suggest to someone who is having an acute asthma attack?

38. Please describe in 100 words or less the circulatory system.

39. What herbs would you suggest to someone who has both high cholesterol and high triglycerides?

40. What herbs would you suggest to someone who needs chelation treatment?

41. What herbs would you suggest to someone who has poor circulation to their hands and feet?

42. What herbs would you suggest to someone who has migraine headaches?

43. Please describe in 100 words or less the urinary system.

44. What herbs would you suggest to someone who has kidney stones and is in pain?

52. What herbs would you suggest to someone who has epstein-barr virus?

53. What herbs would you suggest to someone who has candida albicans?

54. What herbs would you suggest to someone who has parasites and/or worms?

55. What herbs would you suggest to someone who has lupus?

Name: _____

Class Evaluation:

Please evaluate the Herbal Counselor Course Below:

- a. Did the course meet your expectations? If not, please explain:
- b. What did you like best about the course?
- c. What did you like least about the course?
- d. How would you improve the course?
- e. Would you take the course again knowing what you know now about it?
- f. Would you refer others to take this course? If not, please explain:

Follow-Up:

JLS is always offering online, CD-ROM, and correspondence courses with certifications. Listed below are ways you can continue your studies with us. Please mark those you would be interested in. We will contact you.

- a. Beginning Iridology Correspondence Course _____
- b. Intermediate Iridology Correspondence Course _____
- c. Advanced Iridology Correspondence Course _____
- d. Learn How To Muscle Test Audio Tape Set or Hands-On Course _____
- e. Anatomy & Physiology CD-ROM or Online Course _____
- f. Health & Nutrition Counselor CD-ROM or Online Course _____
- g. Colon Health CD-ROM or Online Course _____
- h. Certified Holistic Practitioner (Full Certification Course including a-g above (including the herbal counselor online course) _____

We also offer several ways to work with us to build your own business. Listed below are ways you can work with us. Please mark those you would be interested in. We will contact you.

- a. Business Development CD-ROM or Online Course _____
- b. Create a Web Site through JLS' sister company, Ant Farm Hosting _____
- c. Become a Nature's Sunshine Member or Distributor and use the products for yourself and sell them to your customers and clients _____
- d. Become an Iridology Correspondence Course Distributor in your area and sell the courses to your customers and clients _____

Please give us your contact information if you would like to be contacted about follow up:

Name: _____

Contact Phone: _____