

Nature's Field

An Electronic Journal for NSP Distributors

Chickweed

By Mark Montgomery
and Steven Horne

Chickweed (*Stellaria media*) is another example of a plant which is often reviled as a weed that has been proven to have tremendous healing properties. In fact, chickweed has been described as “probably the most common of weeds.” Yet, this humble weed, which gets its name from its use as a poultry food, has been revered by herbalists for centuries as a powerful healing plant.

For example, Nicholas Culpeper, the famous 17th century physician, wrote that chickweed was effective in fighting disorders of the liver, reducing swelling and redness of the face, treating various pustules and skin ailments, curing palsy, cramps, convulsions and both external and internal ulcers. In North America, The Chippewa and Iroquois tribes used chickweed as an eyewash and a poultice. Other historical uses for chickweed include: asthma, coughs, constipation, hemorrhoids, blood disorders, cancer, spasms, tuberculosis, urogenital ailments and obesity.

Inflammation is a common thread in many of these disorders, and this isn't surprising, because chickweed is an anti-inflammatory herb. It is also a refrigerant (i.e., heat reducing herb) with demulcent and emollient (soothing and softening) properties. Chickweed is renowned for its nutrient value, supplying most of the B-complex vitamins, ascorbic acid, vitamin A, calcium, iron, sodium, phosphorus, zinc and molybdenum. This explains its inclusion in the herbal iron formula, I-X.

Inside the NSP community, chickweed is most commonly used as an aid to burning fat, both for weight loss and to break up fatty tumors and deposits. It's probably chickweed's saponins that make it valuable for this purpose. Saponins—naturally occurring steroid-like compounds—act somewhat like bubble bath. They are emulsifying agents that cause water to bond to fats, thus causing them to foam or bubble up. Saponins enhance the elasticity or permeability of almost all membranes, thus encouraging the assimilation of nutrients, especially minerals.

This ability to emulsify fats is at least partly responsible for chickweed's value as a weight loss aid. Dr. James Duke, author of *The Green Pharmacy*, recommends raw chickweed as part of a “Weed Feed” slimming salad mixture, along with dandelion, evening primrose, stinging nettle (cooked and cooled, of course!),



Photo by Steven Foster

plantain and purslane. The ability to emulsify fats is the reason chickweed is included in many of NSP's weight loss products, including SF, Fat Grabbers, 7-Keto and Garcinia Combination

Outside of the NSP community chickweed, is primarily used as a remedy for irritated skin. It is typically applied topically, and considered one of the best remedies for itching. It soothes and softens skin, while reducing inflammation.

Itching is due to fat-soluble toxins stored under the skin that are causing inflammation and trying to work their way out of the body. These saponins help “boil up” the fats and toxins for easier elimination. This explains why chickweed is an ingredient in Black Ointment, which draws toxins out of the skin, and in Golden Salve, which is used to heal skin irritations.

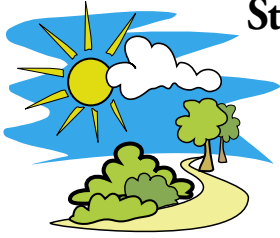
Chickweed is also part of All Cell Detox (a general cleansing formula) and V-X (a formula for uterine fibroids, used both internally and externally as a suppository). The CBG formula (short for Chickweed-Black Cohosh-Golden Seal) takes advantage of chickweed's anti-inflammatory and soothing demulcent qualities, especially for use with nerve overstimulation and chronic ear infections. Of course, chickweed is also available as a single herb, and may, in fact, be growing in your own lawn or garden. Isn't it ironic that help often comes to us in the form of humble little weeds that just about everyone overlooks?

Selected References

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In This Issue

Feature Herb: Chickweed	1
Steven's Ramblings & Ravings:	
Important Keys to Health and Weight Loss.	2-3
Kimberly Balas' Clinician's Corner:	
Nature's Cortisol and Chickenpox Antibodies	4-5
Product Handouts:	
Burning Fat	6
SF	7
Announcements/Class Schedule	8



Steven Horne's Ramblings and Ravings

Important Keys to Health and Weight Loss

I just returned from NSP's Leader's Conference in Dallas, Texas and I'm pleased to report it was a great conference. The main speakers were both informative and inspiring. NSP also introduced an excellent three-year plan. The company appears to have found a consistent image and direction that I can really get behind.

At the Conference, NSP introduced a new weight-loss module for their Untold Truth series. I was a consultant on that project and wrote the questionnaire that accompanies the booklet, both of which are available from Sound Concepts (www.naturestools.com). As with the other Untold Truth modules, I also talk about the products on the accompanying CD. I'm very pleased with this new weight loss program because it isn't fad-based; it is sensible and individualized, and we'll be developing more support materials for it.

So, the next two issues of Nature's Field will feature material on weight loss. A handout on the Nature's Cortisol formula and an issue of Sunshine Sharing on weight loss are also forthcoming. There will also be a special class held here in St. George, on March 25-26th, on how to gently reshape your body into one you love, using the tools I introduced in my workshop at Leader's Conference. Additional information about this class is found on page eight.

Like any other health problem, weight isn't a root cause of anything. Weight problems are just a symptom of underlying imbalances in the body. If we correct this, the body will correct the weight problem naturally.

So, what are the causes of excess weight? They are the same four root causes that contribute to the development of all diseases. As shown on our Disease Tree™ model, these root causes are: unresolved mental and emotional stress, nutritional deficiencies, toxic overload and physical trauma to the tissues.

This truth about weight loss has been brought to my attention recently by two people. One was Kat James, the featured speaker on weight loss at Leader's Conference (and source for the Untold Truth module booklet) and the other was Deanna Hansen, a woman from Canada who will be working on some projects with Tree of Light Publishing in the coming months.

When Kat James spoke at Leader's Conference, she emphasized correcting nutritional deficiencies, detoxification and dealing with one's mental and emotional issues as the key to weight loss. In fact, she made it very clear that the way to lose weight is to focus on improving one's health, not on dieting or exercise, per se. Kat related that when she started taking care of her physical and emotional health, the weight came off naturally and stayed off without a struggle.

Just a few weeks before, I had been graced by a visit from Deanna Hansen, a Certified Athletic Therapist, who works out of the office of NSP Manager Janis Gordienko in Canada. Deanna had offered me a treatment while on my lecture tour across Canada (something I never turn down, by the way). When she worked on me, my stomach was flatter and I felt taller (if that's possible for someone who is already 6' 4"). Deanna was looking for help in teaching people what she had learned.

I was intrigued by her story and wanted to learn more, so she flew down to Utah in early January. She worked on me, my office staff and others. She also taught me how to continue working on myself. By Leader's Conference, my stomach was less than 1/2 the size it was before Deanna came to visit (as those who attended my workshop saw first-hand). I have also dropped about one to one and a half pounds per week with no changes in my diet or exercise patterns. Even more impressive is the fact that my energy level, sleep patterns, digestion and elimination have also improved.

At the Conference, I gave a workshop on *Detoxification and Weight Loss*, and also introduced the basics of what I have been learning from Deanna. I'll share the highlights of my workshop here, then elaborate more on what I've learned about weight loss in the next issue.

Cleansing and Weight Loss

I've recognized that cleansing was important to weight loss for a long time. Fat is one method the body has for sequestering (isolating and storing) toxins. Kimberly Balas has really helped me understand the science of this, and I owe much of my current understanding of this topic to her work with blood chemistry.

Many toxins are not water soluble. This includes mercury, formaldehyde and many petrochemicals, such as gasoline. These chemicals can only be dissolved in fats. Many household cleaning products, cosmetics, dry cleaning solvents, and agricultural chemicals fall into this category. So, when these chemicals get into the body, the body has to attach them to fats in order to transport and eliminate them.

From Kim, I have learned that this is one of the primary reasons why people's cholesterol rises. The body is increasing cholesterol production in order to mop up environmental toxins and protect sensitive tissues like the nerves. This also explains why lower cholesterol levels are associated with an increased risk of cancer.

I had a personal experience with this two summers ago. I took my kids camping and we arrived at our campsite after dark. I was wearing shorts and in trying to fill the Coleman lantern with white gas, I spilled gasoline all over my legs. I knew this wasn't good, but I wiped it off and didn't think too much about it, trusting my body was healthy enough to deal with it.

On the second night of our camping trip, I woke up in the middle of the night with my head swimming and my stomach churning. I thought I had food poisoning. After several hours of dozing in and out of sleep, and trying to drink some water to flush my system, I finally managed to throw up. What I threw up was mostly bile.

None of my kids were sick, so I realized that I couldn't have had food poisoning. What was the problem then? I finally realized that it was the white gas. My body had been healthy enough to deal with it. It had used cholesterol in my bloodstream to grab hold of the chemical and transport it to my liver, where it was emptied into the bile ducts (that's how the body eliminates cholesterol). This made me nauseous and caused me to throw up, eliminating the chemical from my system.

If just one exposure to a fat soluble chemical like gasoline could do that, think about what repeated exposure to solvents, cleaning solutions, beauty parlor chemicals, paints, mercury, and a host of other fat soluble chemicals over a long period of time can do. If the eliminative channels can't get rid of it, then it's going to get stored—in fat. If you break down the fat, then the chemicals are going to be released into the blood stream, causing lots of problems if the liver and eliminative organs aren't strong enough to handle them.

So, detoxification is one vital key to weight loss. We have to have a healthy liver, colon and kidneys to lose weight. Often toxins being released from fat breakdown will also try to come out of the skin, causing itching and skin rashes. So, knowing how to detoxify the body with cleansing techniques is absolutely critical to any weight loss program. Consuming healthy fats is also critical to weight loss, because we need healthy fats to help the body transport and eliminate these toxins.

Deanna taught me a self-massage technique, which I've been using and it has really made a difference, because we also need to get blood and lymph moving to the tissues in order for weight loss to occur. As I've done the self-massage on my stomach, I've had a couple of minor "healing crises," and have had to do some extra cleansing to get the toxins out of my body.

Mental Detoxification

Weight loss isn't just about detoxifying the body. We also have to detoxify the mind. Like Kat James, Deanna had an interesting story to tell about how she lost weight. Up until four years ago, she had problems with both her weight and complexion. In particular, she didn't like her stomach. Then, she read that what we focus mental energy on, we create. She realized that she was

constantly thinking about how much she hated her stomach and was thus creating a stomach that she hated. So, she began shifting her thinking.

Kat and Deanna's stories have made me realize how many of us don't like our bodies. Our shame about our bodies comes from early childhood conditioning. Even models and celebrities, who are thought of as having "perfect" bodies, often have issues with not liking "this or that" about their appearance.

When we have constant negative thoughts, about our body we are creating a body we don't like. We may not make ourselves fat, but we will always make ourselves sick in some way. This concept is clearly illustrated in the movie, "What the Bleep" which has been playing in select theaters around the country. What we focus mental energy on, we create. If we focus on disliking aspects of our body, we create a body we don't like.

As I thought about this truth, and experienced a shift in my own attitude about my body, I realized a big mistake most people make when trying to lose weight or get healthy. Since they don't like their body, they try to "punish it" into being healthy.

So, they go on a program of self-deprivation called dieting, or they create an abusive exercise program as a form of self-punishment. Dr. Robert Mendolson, author of *Confessions of a Medical Heretic*, even suggested that drugs and surgery were a form of self-punishment for the "sins" that created our ill health. Otherwise, why would we want to poison or cut ourselves?

Both Kat and Deanna lost weight when they began taking care of themselves and thinking positively about their bodies. I see this as a big key to success. We have to stop thinking in terms of deprivation and change our attitude about ourselves. Losing weight or regaining health isn't about self-punishment, it's about self-nurturing.

We can't heal that which we hate. Love is the great healing influence and if our body is sick or unattractive, we have to love it back to health and beauty. This means nurturing the body, feeding it properly, paying attention to it and otherwise taking good care of it. We'll go over this process in greater detail in the next issue. This process will also be the focus of the book, course and DVD Deanna and I are working on called *Love Your Body Beautiful* (see page 8).

Steven H. Horne is a professional member and past president of the American Herbalists Guild, a certified iridologist with the International Iridology Practitioners Association, and a gifted teacher and consultant in the field of natural health care. He is president of Tree of Light Publishing.





Kimberly Balas' Clinician's Corner

Nature's Cortisol and Chickenpox Antibodies

Nature's Cortisol Questions

I know there are optimal levels for cortisol in the body and if they are too high or too low they produce their own set of problems. I also know in times of stress, cortisol is released from the adrenals but if released too much or too often, more problems can occur.

My questions are:

- 1. Can the Nature's Cortisol product be used instead of prednisone? Will it act as an anti-inflammatory, or is it strictly a weight loss product?*
- 2. If it can be used as an anti-inflammatory what if the client is already at the perfect weight or underweight?*
- 3. Should we have our clients get their levels tested before going on this product?*

Laura

Prednisone is an analog (or synthetic mimic) of cortisol. Cortisol or hydrocortisone serves as the body's primary anti-inflammatory agent. So, the Nature's Cortisol can't be used in place of prednisone because it is doing the opposite. It is decreasing, rather than increasing cortisol levels in the body.

Nature's Cortisol is a product for overactive or stressed adrenal glands. Most people with chronic inflammation have weakened adrenal glands, and this product won't help with weakened adrenals. For weakened adrenals, you need to use Adrenal Support or Nervous Fatigue Formula.

There are many factors which influence cortisol levels in the body. Emotions greatly affect the level of cortisol in both high and low reactions. Cortisol release is triggered by the secretion of ACTH from the pituitary. ACTH is released in response to stress (real or imagined), so the more stress people are under, the higher the production of ACTH and cortisol. Since cortisol tends to increase abdominal fat, this explains why weight gain can be linked to stress.

Cortisol is also released from the adrenal gland in response to daylight. Cortisol production diminishes as the sun goes down. This can be altered, keeping cortisol levels elevated, by watching TV or working on a computer in the late hours of the evening. So, consider how watching the late night news, reporting all the bad things that happened that day (in addition to the light source we are staring at when we look at the TV) can throw off cortisol levels. These activities are not good things to help you relax and unwind at the end of the day.

If you have a blood test done for AM cortisol readings and they are low, this is associated with chronic inflammation. It can be related to chronic exposure to mercury or a serious level of grief over a death or loss of job. (These are both areas that help define ego or how the person defines him or herself.)

A high cortisol level is most often associated with high blood pressure and the more assertive "type A" personality. Since cortisol is controlled by the coming and going of daylight, the alteration of the biological clock with people working odd shifts can also alter chemistry. It is in this environment of altered day/night chemistry that Cushing's syndrome may be allowed to surface.

Since cortisol is a natural anti-inflammatory agent, a high level is also associated with hindered tissue repair and a reduced immune response. Inflammation affects the normal distribution of white blood cells, including monocytes, eosinophils and basophils. This is why people tend to get sick more easily under stress. High cortisol levels also reduce the cancer-fighting response.

People with the A blood type have a harder time breaking down cortisol once it is released into their system. This makes them more sensitive to stress. Blood type O tend to break down or metabolize cortisol more rapidly, and thus are able to "get over" stressful situations more quickly. After being metabolized, cortisol appears in the urine as 17 ketosteroids, 17 ketogenic steroids or 17 hydroxyster-

oids. Some unmetabolized free cortisol also appears in the urine.

High levels of cortisol speed up the aging process, which is why people tend to age more quickly under high levels of stress. Because they mimic cortisol, the steroids (like prednisone) used for chronic inflammation often cause persistent, inappropriate symptoms of hypercortisolism which mirror the symptoms of Cushing's syndrome, a condition characterized by overactive adrenals. This is why these steroids have so many harmful side effects.

One doesn't need to necessarily have their cortisol levels checked, although it can be helpful. What is more important is recognizing the symptoms of elevated cortisol (overactive adrenals) and the symptoms of depressed cortisol (underactive adrenals). An elevated cortisol level can be associated with: jet lag, low melatonin output, high stress, type A personality, feelings of tension and anxiety, high blood pressure, obesity (especially the development of abdominal fat), estrogen replacement therapy, tumors of the adrenal cortex and Cushing's disease.

A depressed cortisol level can be associated with: adrenal insufficiency, a hypothalamus tumor, prolonged stress which results in fatigue and restless sleep patterns, and Addison's disease. Low blood pressure and autoimmune diseases are also associated with reduced adrenal function and cortisol output. Excessive caffeine consumption can also create depressed adrenal function.

You can also look at this lowered cortisol as being caused by disturbances in carbohydrate, fat and protein metabolism, severe insulin sensitivity and hypoglycemia, poor resistance to infection, trauma and stress, chronic inflammation and hyperpigmentation of skin.

Also keep in mind that estrogen therapy can increase transcortin and raise total cortisol without raising the free or active form of it.

If you want to know for certain, you can do an AM cortisol test and see where your cortisol levels are. I usually don't order the AM cortisol test unless I see the sodium is low and the potassium and BUN are high. Cortisol causes potassium to be flushed from the system and sodium to be retained.

Mercury is one known cause of adrenal insufficiency; it acts both directly and indirectly by stimulating autoimmune reactivity that may target the adrenal cortex, the

hypothalamus or the anterior pituitary gland. This can be balanced by using the Heavy Metal Detox and Adrenal Support together.

The new Nature's Cortisol product isn't just for weight loss, it can help reduce stress and anxiety in people who are experiencing excessive stress and need to reduce their production of stress hormones.

Chickenpox Antibodies

My 12 year old son has never been immunized (with shots) and he has never had any chicken pox, mumps, etc. My older children all had chicken pox when they were little. Should I be concerned that he hasn't had them yet? I know it's harder on adults...at least that's what I've heard. What about the other old time "childhood diseases?" I had most of them.

Teri

You don't really know whether they have had them or not unless you get the antibodies checked. My daughter didn't have any shots either and she had all the antibodies when we tested.

The three stages of disease start with step one as the cold like reaction of the mucus and runny nose stage, this is the body trying to flush the irritant. You can develop antibodies in this stage. Because this is the point where the body produces IgG and IgA antibodies. When you have a vaccine, you only produce IgA which only lasts for 7 years when it doesn't get produced with the IgG, too.

The second stage is the flu like symptoms of digestive upset and fever, still the body trying to flush the irritant. The third stage is the actual full-blown symptoms of the disease. If the body can flush the disease in the first two stages, it may never reach the third stage.

All of these will build antibodies. It is how the immune system is designed to work. There is also some transfer of immune factors from mother to child through nursing.

Kimberly Balas is a board certified naturopath and an instructor for Tree of Light. She is also a certified iridology instructor and a board member with the International Iridology Practitioners Association (IIPA). She is available for personal consultations in her Melbourne, FL office or by phone (321-725-7731).





Burning Fat

Supplements and Tips to Help Your Body Burn Fat

A great deal of attention has been paid recently to the “epidemic of obesity” in this country. The recent film *Supersize Me* pointed out the connection between the fast-food industry and the lifestyle choices causing this problem. According to government studies, more than half of the adult population is considered overweight or obese. At the same time, many people are trying to break out of the vicious circle posed by being overweight. According to the National Institutes of Health 33-40 percent of American women and 24 percent of American men are dieting at any given time..

What do herbs have to offer the person struggling to lose weight? To answer this question, we need to look at some basic nutritional concepts and at the mechanisms that regulate fat metabolism in the body.

Let's start with the fact that Americans (and many other people living in developed countries) are “overfed and undernourished.” Everyone knows the processed foods most people are eating consist primarily of empty calories (fats and carbohydrates) greatly reduced vitamins, minerals and micronutrients. As a result, people tend to eat more calories than they need because their body is searching for more trace nutritional elements. So, putting higher quality fuel in the body is the first step to burning fat and maintaining ideal weight.

The second fact we need to recognize is that we are also exposed to a wide variety of toxins in our environment, water, air and food. Since many of these toxins are fat soluble, the body creates cholesterol and fat to sequester (or isolate) these toxins to keep them from damaging other tissues. If the eliminative channels are burdened, then the body may have no choice but to store these toxins in fat cells. So, when we try to burn fat through reducing caloric intake and exercise, these toxins are dumped into the bloodstream, which leaves us feeling terrible—not exactly the best way to reinforce a desire to lose weight!

Finally, there are four organs and glands that regulate the metabolism of fats in the body—the liver and gallbladder, the spleen, the thyroid and the reproductive glands and tissues (uterus and prostate). If any of these systems are malfunctioning, it will be difficult, if not impossible to burn off excess weight, even with reduced caloric intake and exercise.

So, what's the best way to proceed? We can make it a lot easier on ourselves if we accept the idea that it's not really about losing weight—it's about gaining health. Sure, this may mean changing some of the eating and exercise habits that we have, but more importantly, it means looking at the different parts of our metabolism that need support and helping the body to do what

it already wants to do—feel good! This process can be broken down into simple steps.

The first step is to make sure we are getting the nutrients we need, which means improving our food choices and taking some basic nutritional supplements so our body isn't urging us to overeat in order to find missing nutrients. Taking digestive enzymes to make certain we are digesting and assimilating these nutrients will also help.

As your body starts to function better, it will automatically start to detoxify. You can support this detoxification process by going on a cleanse. The Dieter's Cleanse is a good choice, since it was formulated specifically to help with detoxification for weight loss.

In addition to these general guidelines, there are some specific steps you can take to increase your body's ability to burn fat. For instance, if the liver is congested, you won't be able to process fats correctly. SF and chickweed are beneficial in helping the liver break down fats properly.

Also make certain your thyroid gland is working properly. A principle function of the thyroid hormone is to cause fats to be burned for fuel. Thyroid Support or Thyroid Activator can be taken to help boost thyroid function. Target TS II was specifically formulated to boost thyroid function for weight loss.

Stress contributes to weight gain by causing the adrenals to release cortisol, which creates abdominal fat. Cortisol also breaks down muscle mass and decreases total body energy, which reduces metabolism. Nature's Cortisol can reduce stress hormone output and help with weight loss.

Research indicates that 7-Keto lowers body weight and fat, too. It does this two ways. One, it reduces levels of cortisol and secondly, it converts the inactive form of the thyroid hormone to the active form, which increases fat metabolism. In fact, one study found 7-Keto to be three times more effective than diet and exercise alone for reducing both body weight and body fat.

Nutrients to balance blood sugar can also help. Chromium, for instance, has been proven to increase lean muscle mass. Since muscle burns more calories than fatty tissue, this can result in an additional loss of fat.

There are many other herbs and supplements which can be used as part of a program to help burn fat. Consult with your local herb specialist for more ideas or read the booklet, *Transform Your Health: Transform Your Shape* from Sound Concepts (www.naturestools.com).

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SF

Herbal “Skinny Formula”

SF, also known as “Skinny Formula,” is a powerful herbal combination specifically designed to support and enhance the body’s weight-control mechanisms. Developed by herbalist and nutritionist LaDean Griffin, SF helps to curb appetite, balance blood sugar levels, reduce food cravings, cleanse the body of toxins, and initiate the burning of fats. The herbs in this formula also work together to increase metabolism and energy and reduce fatigue; they are rich in chromium, fiber, iron, magnesium, manganese, silicon and zinc.

In addition to being useful for weight loss, SF is a great formula for reducing fatty congestion in the liver. It helps to balance both high and low cholesterol, as well as help the body heal from conditions which involve improper metabolism of fats, such as acne, boils, cellulite, fatty deposits and tumors and seborrhea. The formula is alterative, diuretic, laxative, lipotropic and has a mild antiparasitic action.

The following herbs lend their properties to the effectiveness of the formula:

Chickweed contains mucilaginous compounds to absorb bowel toxins and soothe inflamed tissues. Through its emulsifying properties, it also breaks down fat in the body. It has been used historically to dissolve fatty tumors and deposits. With high levels of nutrients like iron, magnesium, manganese, silicon and zinc, it helps to suppress hunger and food cravings.

Gotu Kola is an ancient Ayurvedic remedy that acts as a general tonic to the body. It enhances energy, reduces stress, and improves concentration and memory.

Cascara sagrada bark aids digestion by increasing bile production, promoting friendly bacteria in the colon, and acting as a stimulant laxative. Cleansing helps weight loss by helping the body get rid of toxins stored in fat.

Hawthorn berries increase the efficiency of the heart while lowering blood pressure by dilating peripheral blood vessels. Hawthorn berries also help keep the blood from clotting and are a good circulation maintenance herb to use when dieting.

Licorice root supports the energy producing adrenal glands. More importantly, licorice root helps maintain normal levels of blood sugar (glucose) which reduces sugar cravings and helps with stamina.

Papaya fruit helps digest protein and fat and is an aid in preventing “hidden hunger.” Papaya fruit is often recommended for those with fatty food intolerance, liver disease or bile obstruction. Poor digestion and a lack of digestive enzymes are often involved in weight gain.

Safflower helps digestion and has an effect on reducing acid waste in tissues. It has an ability to help the body metabolize fat as evidenced by Chinese research showing it reducing cholesterol levels and preventing arteriosclerosis. It has also been traditionally used to treat measles and skin rashes.

Fennel seeds improve digestion and reduce appetite. They also act as a diuretic to flush excess fluid out of the body.

Parthenium root acts as a diuretic and a mild immune stimulant.

Dandelion root aids the liver and digestive process. It has a mild detoxifying action both on the digestive tract and the kidneys.

Black walnut hulls help to destroy parasites that may be involved in excessive appetite and intestinal problems. The natural iodine found in this herb helps to feed the thyroid, a master gland involved in burning fat.

Dosage: Take 2 capsules 1/2 hour prior to meals each day. Begin with smaller doses and work up. Can be taken with extra chickweed for best results.

Selected References

The Comprehensive Guide to Nature’s Sunshine Products by Tree of Light Publishing

The Encyclopedia of Medicinal Plants by Andrew Chevallier

Professional Guide to Conditions, Herbs and Supplements by Integrative Medicine Communications

PDR for Nutritional Supplements by Physician’s Desk Reference

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Love Your Body Beautiful

Do you want to learn how to flatten your stomach without exercising or going on a diet? Would you like to know how to give yourself a face lift and take 5-10 years off your appearance? On Friday evening, March 25 and all day Saturday, March 26th, Deanna Hansen and Steven Horne will be team teaching a class in how to love your body to greater health and beauty.

Steven will be teaching some tips about detoxification and glandular balance to promote weight loss and a healthy complexion, and Deanna will teach people the basics of her Kali Technique, a method for resculpturing your body using improved posture and self-massage. The class will also provide you with tools to help you shift your attitude about your body, learning to love it and feel comfortable with it.

The class will be \$75 if you preregister by Mar 1, and will cost \$100 if you register thereafter. For information call 888-707-4372 or visit our website at www.treelite.com.



Class Schedule

For a listing of Dr. Mom-Dr. Dad classes taught by our independent instructors, go to www.treelite.com/schedule.php

Steven Horne's Speaking Engagements

Call 888-707-4372 for information.

Love Your Body Beautiful (taught with Deanna Hansen)

March 25-26 St. George, UT \$75 preregistered by Mar 1
(\$100 thereafter)

IIPA 2005 Iridology Symposium

Feb 25-27 The Woodlands, TX \$319 or \$419 after 1/15

Steven Horne, Jack Ritchason, Daniele Lo Rito, Ellen Jensen, and others will be speaking. Discount for IIPA members. Call IIPA at 888-682-2208 to register.

Fast, Effective Natural Health Care

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March 16	Studio City, CA	\$25 or register online and save \$5
Apr 21	Wasilla, AK	\$25 or register online and save \$5
May 17	Jaimestown, NY	\$25 or register online and save \$5
June 10	East SF Bay, CA	\$25 or register online and save \$5
June 12	Modesto CA	\$25 or register online and save \$5

Online registration at <http://www.treelite.com/courses/2005.php>

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March 12-13	Oxnard, CA	\$200 or register online and save \$10
Apr 22-23	Wasilla, AK	\$200 or register online and save \$10
May 14-15	Ellicottville, NY	\$200 or register online and save \$10

Online registration at <http://www.treelite.com/courses/2005.php>

Get Rich Slowly

June 10	East SF Bay, CA	\$35 or register online and save \$10
June 13	Modesto, CA	\$35 or register online and save \$10

Kim Balas' Classes

Call 888-707-4372 for information.

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