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## An Electronic Journal for NSP Distributors

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# Rhodiola

(*Rhodiola rosea*)

By Steven Horne and Paula Perretty

In cold regions of the world (including much of the Arctic, the mountains of central Asia and Europe, the cold Siberian climate of Russia and even parts of the Rocky Mountains) a small plant called rhodiola thrives. Both research and tradition suggest that this hardy little plant is one of the world's best adaptogens. An adaptogen is a plant that helps the body perform better under stress, and improves health in a general, non-specific manner.

Rhodiola has been used in traditional medicine in Russia, the Scandinavian countries and even China. Studies of its benefits have appeared in the scientific literature of many countries, including Russia, Sweden, Norway, France, Germany and Iceland. It is particularly popular in Russia where it was classified as an adaptogen due to its ability to increase resistance to various forms of chemical, biological and physical stress.

Although there are over 200 species of plants in the rhodiola genus, many of which have been traditionally used as food or medicine, the species in use in modern herbal medicine is *Rhodiola rosea*. This variety has been studied in Russia and Scandinavia for more than 35 years. It has developed a reputation as a nervous system stimulant that decreases depression, reduces fatigue and enhances performance. It is considered a valuable tonic for altitude sickness and for enhancing a person's ability to withstand cold weather.

The plant contains a wide range of biologically active substances including organic acids, flavonoids, tannins, and phenolic glycosides that are attributed to the plant's adaptogenic properties. The glycosides enhance nervous system function and protect the cardiovascular system. The flavonoids and the organic acids are powerful antioxidant scavengers.

There is research from Russia and other countries that support some of these health claims. For example, in a study involving endurance tests of rats, administration of *Rhodiola rosea* increased swimming times 135-159%. In another study involving fresh water snails, incubation of snail eggs in Rhodiola dramatically increased the snail larva's ability to withstand three forms of environmental stressors: heat, oxidative stress and exposure to heavy metals. Rhodiola has also been shown to enhance memory in laboratory animals and is believed to aid neurotransmitters in the brain.

Rhodiola also appears to have some cardioprotective activity. In animal studies, it was shown to enhance the ability of cardiac tissue to withstand cold induced stress. It has also been shown to mitigate adrenal-induced (i.e., stress induced) irregular heartbeats in rats. It has also been found to have some anticancer activity.

Research shows that extracts of rhodiola can increase neurotransmitter levels in the brain. Rats given a water extract of rhodiola had increased levels of dopamine, norepinephrine and serotonin, neurotransmitters that elevate energy and mood. It is believed that rhodiola does this by inhibiting the activity of enzymes like monoamine oxidase, which break down these neurotransmitters.

Based on the research, rhodiola appears to be of benefit in conditions of general depletion from excessive stress involving fatigue, decline in work performance, sleep difficulties, jet lag, poor appetite, irritability, high blood pressure and headaches. It can be a useful tonic for altitude sickness and enhancing resistance to disease during cold weather. It functions as an anti-depressant and general mood elevator and may be helpful for insomnia, depression and fatigue. Rhodiola may also be a beneficial addition to supplement programs to help with cancer, lack of periods in women, sexual dysfunction in men and schizophrenia.

Rhodiola is found in two NSP products, AdaptaMax and Cellu-Smooth. As its name implies, AdaptaMax is an adaptogenic formula and Cellu-Smooth is for helping to burn off cellulite and fat. Rhodiola is a key ingredient in both.

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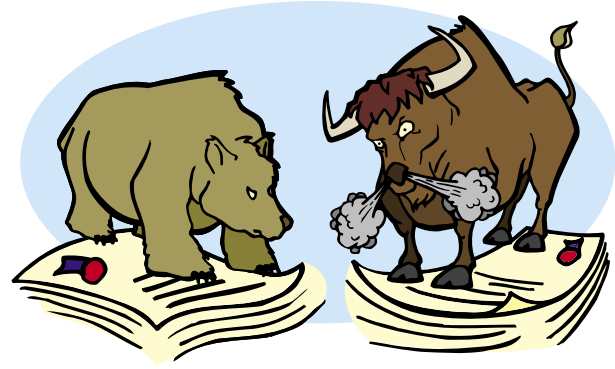
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# The Best Investment

## *For Quality of Life In Your Elder Years Invest In Your Health*

by Steven H. Horne, RH (AHG)



Most of us spend a great deal of time and energy looking out for our financial well-being. We take out insurance policies to protect ourselves from accidents and unforeseen difficulties. We may save or invest for a “rainy day” or start a retirement account to provide for our old age. Unfortunately, many people fail to invest in their most important asset—their own health and well-being.

Money is a representation of value. That is, it is simply a medium of exchange that allows us to obtain things we value. We obtain it by creating ways of offering value to other people. In other words, as we find ways to make ourselves valuable to other people, they will gladly part with their money to obtain the things we offer them.

Having acquired money, it has little purpose in our lives unless we invest it in things that we value. I would propose to you that one of the most important investments you will ever make is in your own health. What good will it do to save and invest for retirement if you die of a heart attack at age 55? What good will it do to have a million dollar retirement account, but suffer from Alzheimer’s or dementia at age 65?

Living longer doesn’t necessarily mean living better. Quality of life is more important than quantity of life, but investing in our health can improve both the quality and the quantity (length) of our lives.

My parents saw the value of investing in their health and were fortunate to live healthy lives up until the time of their death in their early 80s. They never had a lot of money, but they had enough to take care of their needs. What is important is that they both lived long lives that were active and productive.

My father worked hard as a painting contractor into his 70s and died just shy of his 84th birthday, two weeks after suffering a stroke. Up to the time of his stroke, he was both mentally and physically active. He walked an average of two miles a day and

was still experiencing his full mental capacity. In fact, he was working on a book of poetry and photography when he passed away. You can read one of his poems on page seven.

Except for a short period where she was somewhat incapacitated from chipping her kneecap falling on the stairs, my mother was also physically active until she passed away at 82. She died of natural causes in her sleep. (Would that we could all be so blessed.) She was able to live in her own home and take care of herself and never had to be confined to a nursing home or retirement center. She was also still in possession of her mental faculties. She loved to bake bread and had purchased a book of bread recipes and was learning how to bake new and interesting breads in the months before her passing.

As I look around me, I see that my parents were largely an exception to the norm in today’s society. One might partially attribute this health and longevity to genetics, but I think lifestyle was the primary reason for my parents’ good physical and mental health in their senior years.

I believe this because when I got involved full time in natural healing in the early 1980s, both of my parents were in their late 60s and were developing some serious health problems. My mother had suffered from anxiety and mood disorders since her early 20s. She was severely hypoglycemic and prone to dramatic mood swings. Around age 66, she had a severe attack of rheumatoid arthritis that crippled her arm. She also had serious problems with varicose veins.

My father had problems with his ears due to serious ear and sinus infections in his youth. He had problems with high blood pressure and prostate swelling. In other words, my parents had some pretty typical problems we associate with aging. Fortunately, both of my parents were interested in my developing career as an herbalist and natural healer. So, instead of going the drug route, they listened to me and took the natural path.

When my mom experienced rheumatoid arthritis, I gave her a copy of Paavo Airola's book, *There is a Cure for Arthritis*, which talked about using juice fasting to cure arthritis. She got a juicer and started making fresh fruit and vegetable juices. She started going to a chiropractor whose X-rays showed she was experiencing some arthritic problems in her spine, too, and both she and my father started getting regular chiropractic care.

On my recommendations, my mom also started taking Paavo Airola's arthritis formula ART-A (now known as Joint Support) and HSN-W. Later, she took Devil's Claw as a single herb. (This was before NSP added Devil's Claw to Joint Support.) Using these, and other natural methods, she was able to cure her arthritis and never took any drug medications for it.

Mega-Chel and Butcher's Broom helped clear up my mom's varicose veins. By getting her to change her diet and use licorice root, her blood sugar stabilized and so did her mood. Towards the end of her life, I started giving her Kava Kava for anxiety and two of my cousins who were very close to my mom asked me what I was doing to make her so calm. They were amazed and encouraged me to stick with it.

My father also started using herbs and supplements on my recommendations. He took Mega-Chel and Capsicum, Garlic and Parsley for his high blood pressure. He reduced the dose of his high blood pressure medication (by himself), but continued to take small doses when he felt his blood pressure was going up. He was taking 1/4 of a tablet, once in a while.

My dad's cardiologist once remarked to him that he was the only one of his elderly patients whose high blood pressure medication was actually keeping his blood pressure in normal range. When my dad told him he was only taking 1/4 of the tablet occasionally and was relying primarily on herbs and supplements, the doctor encouraged him to continue because it was obviously working.

My dad also found PS II, a Stan Malstrom formula for prostate problems, helpful for his prostate swelling. I also had him take some blood purifiers to help his liver detox from the paint fumes he had been exposed to as a painting contractor.

By the way, three of my uncles were also painting contractors. Two developed neurological problems as they grew older. One had Parkinson's disease. The one uncle (the only one of my dad's family who is still alive) who did not develop these problems started drinking red clover tea decades ago to detoxify his liver. So, my dad and his brother who also took herbs were spared from developing nervous system damage from the chemical solvents in the paint.

In their late 70s and early 80s, both my mother and my father commented to me how grateful they were for learning about herbs and supplements. They noted that many of their elderly friends were on 10-15 prescription medications and

were not doing well because of it. Many of these friends had bigger bank accounts than my mom and dad, but lived less active and productive lives.

If you want advice on retirement accounts, investing in the stock market or insurance, don't talk to me. I'm not qualified to guide you in these kinds of financial matters. However, I do have some recommendations for some great investments that you can start making at any age to improve your quality of life by improving your health. And, unlike other investments, you won't have to wait years for these investments to pay off. They'll start paying you big dividends right away. Plus, their value will compound as you grow older, improving your odds of having a great retirement and a healthy and happy life in your senior years.

With that in mind, here are my choices for some wise investments of your time, energy and money.

## Healthy Foods High-Yield Preferred Stock



The most important health investment you will ever make is in purchasing healthy food. Dr. Bernard Jensen used to tell his wife to spend money on healthy food because if you don't you'll wind up spending more on doctor bills.

Even if you're on a tight budget, food is not the place to cut corners. Sure, white bread and white flour pasta are cheaper than their whole grain counterparts, but is this really a bargain? No, because whole grains will fill you up faster and you'll eat less and get better nutrition at the same time.

So, don't fall prey to the hawkers of the Cheap Food Money Saving Scheme. Like so many scams, it looks appealing on the surface, but you'll lose in the long run. In this case, you may not lose your life savings, but you will lose your mental clarity, your energy, your health and maybe even your life. It's not worth it.

Believe it or not, you can actually eat healthy and save money at the same time. How? Skip the sodas, chips, frozen TV dinners and other processed convenience foods and learn how to prepare whole, natural foods yourselves. Purchase a lot of fresh fruits and vegetables, whole grains, beans, peas, lentils and nuts. These foods are surprisingly inexpensive and very filling.

Use olive oil, coconut oil, organic butter and cream for fats. The most expensive part of eating healthy will be purchasing organic, grass-fed eggs, meat, dairy and poultry. However, you'll be healthier if you eat smaller portions of these foods anyway.

Generally speaking 3-4 ounces (1/4 pound) of animal protein is sufficient at any meal.

I learned the real price of cheap food and the real value of natural foods many years ago when I was financially struggling with my young family after graduating from college. I had been unable to find the kind of job I wanted to support my wife and child, and wound up getting assistance from my church. They provided us with some food, but most of what they provided was white flour products, canned goods and other processed foods.

My wife and I tried to utilize the best parts of this offering, but our health suffered as a result. When I got a little extra money, we went to the grocery store and bought fresh fruits and vegetables. They weren't even organic, but as soon as we started to eat them, I could see a difference in our health and energy. More importantly, I noticed that I was able to think more clearly, which also helped me resolve our problems. I have never tried to save money by eating low quality food since that time.

## Nutritional Supplement Health Insurance Policy



When we purchase insurance, we're buying something that we may or may not need. We don't want to get into an accident and total our car or have our house burn to the ground, but we purchase insurance so we won't be financially devastated if these things happen.

Using supplements for prevention of disease is a similar investment. We may or may not need them, but they can help our health from being devastated by unforeseen problems.

Of course, our first investment should always be in quality food, but in our modern world finding quality food isn't easy unless you grow it yourself. Produce typically spends two weeks in cold storage before it arrives on the supermarket shelf. There is a significant loss of nutritional value during this time.

Not all food we get is organically grown and even organically grown food can be grown in soil that hasn't been properly cared for. Locally-grown food that is not organic often has more nutritional value.

The bottom line is that it makes sense to supplement one's diet with herbs and nutrients that help insure we are getting the nutrition our bodies need to stay healthy. Like an insurance policy, we may or may not need it, but it improves our ability to bounce back when we experience difficulties.

There are seven basic supplements that my research suggests most people might benefit from. You may or may not need any particular one of these seven, but they are the place you should begin.

I'd start with a good whole food supplement. Many people start with a multi-vitamin and mineral supplement, but in my personal experience, supplements using whole nutrients work better.

NSP's Ultimate GreenZone is a great example of a whole food supplement and there are others in the marketplace you can also consider. A whole food supplement will not only give you extra vitamins and minerals, it will also provide numerous phytochemicals for which science hasn't yet determined the nutritional value.

For elderly people, I often recommend taking two tablets of Mega-Chel daily in place of a multiple vitamin. This seems to do wonders for maintaining good circulation and general health.

I'd also consider taking some kind of trace mineral supplement. A few to consider include HSN-W, Colloidal Minerals and Mineral Chi Tonic. Even the best diets are lacking in trace minerals due to our poor agricultural practices.

Most diets are also deficient in omega-3 essential fatty acids. If you don't eat organic grass-fed meat and dairy products or deep ocean fish (farm-raised salmon doesn't count) on a regular basis, you should probably take flax seed oil, cod liver oil or Omega-3 EPA.

If you don't eat yoghurt with live bacteria or other cultured foods daily, you should also consider a probiotic supplement like Acidophilus, Bifidophilus Flora Force or Probiotic Eleven.

A fiber supplement is essential for most people to maintain both colon health and general health. Just taking a heaping teaspoon of Psyllium Hulls Combination, Nature's Three or Everybody's Fiber, once a day can make a big difference in your health. However, be sure to accompany each serving with a large glass of water.

Most people in our society don't have enough enzymes because they eat mostly cooked food. Hence, enzyme supplements are another basic nutrient many people need. Enzymes become even more critical as we grow older as our body's production of enzymes and hydrochloric acid tend to diminish with age. Therefore, enzyme supplements like Proactazyme or Food Enzymes are basically essential for most people over 50.

The final basic supplement to add to your health insurance policy is some form of antioxidants. Naturally present in fresh fruits and vegetables, antioxidants reduce inflammation and free radical damage, the underlying cause of most chronic and degenerative diseases associated with aging. Thai-Go is a great

choice for an antioxidant supplement because it is so pleasant-tasting and easy to take.

Super Trio is a good basic supplement option for those who want a multi-vitamin and mineral. It contains the omega-3s, an antioxidant blend called Super ORAC and Super Supplemental, a high quality vitamin and mineral supplement.

So, if you want to help ensure your good health, invest first in high quality food and then, if your budget allows, take out some added insurance by selecting a few appropriate supplements.



## Natural Healing Low Risk Mutual Health Fund

When most people get ill, they invest their money in Big Pharma's High Risk Common Stock. It's common because the vast majority of people do it. After all, aren't drugs "scientifically-proven?" Isn't modern medicine the best and most advanced option out there?

Unfortunately, using drugs as your first choice when you get ill puts you at high risk for a loss of health. Just like my parents observed, people who wind up taking several drug medications never seem to do well in the health department. In fact, they are at a high risk for a loss of health and quality of life.

How can this be? Well, the answer is simple. Drugs are "scientifically-proven" to address specific symptoms such as high cholesterol, pain, high blood pressure, etc. But, does fixing these specific symptoms result in an overall improvement of health? Often it does not. Instead, there is a net loss of health. The one symptom improves while overall health suffers.

If you're willing to listen to my investment advice, I suggest that you utilize the Natural Healing Low Risk Mutual Health Fund like my parents did. You can invest in this program by doing the following:

First, whenever you have a health problem, if it is not immediately life-threatening, try solving it with natural remedies first. For example, change your diet, exercise more, use herbal remedies or supplements, see a chiropractor or massage therapist and look at your emotional issues and stress level.

If the problem doesn't resolve itself naturally, then try modern medicine as the alternative. Everybody gets this backwards. Natural medicine should be the first choice and modern medicine the alternative. Instead, most people try modern medicine first, and then when it doesn't work, they use natural medicine as the alternative.

Second, if the problem is life-threatening, then use modern medicine first. Modern medicine excels at stabilizing extreme situations. However, after the situation has been stabilized, utilize natural medicine to help your body heal and to correct whatever underlying imbalances caused you to get ill in the first place.

Investing in Big Pharma may give you instant relief, but it's also high risk. Natural Healing may not give you the quick fix, but it's a very low risk option. Sure, what you try may not work for the specific problem you're trying to correct, but it's also not likely to further damage your overall health and will probably increase your overall health.

Remember that there are no guarantees with doctors, either. On several occasions where I was having trouble resolving a health problem with natural remedies and went to the doctor, he didn't do any better than I was doing. So, I went back to figuring out how to fix the problem naturally and learned a lot in the process.

Unfortunately, there is a lot of social pressure to put your money and energy into Big Pharma's High Risk Common Stock. Insurance policies cover drugs and surgery, but not natural remedies. If you don't take the drugs the doctor prescribes, you

### About Nature's Field

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can be labeled non-compliant and lose your insurance. Family and friends may be very critical of your choice to try natural remedies. Doctors may use fear tactics to intimidate you into investing your health and life in Big Pharma.

Here's a story that illustrates what I'm talking about. My mother had a friend whose husband was developing Alzheimer's. I suggested she try the Mega-Chel Oral Chelation Program. She did, and after two months she noticed improvement in her husband's cognitive abilities. However, she stopped the program because it was too expensive. It was costing \$150 per month. Their insurance would pay for the drugs, but not the supplements.

Again, I ask, what good does money do if you don't have the health and mental capacity to enjoy it? The people I see who invest in natural healing in the manner I just described are typically much healthier and lead a better quality of life than the people who are taking a lot of drugs. That alone is enough to convince me that the Natural Healing Low Risk Mutual Health Fund is the best investment for my time and money.



## Physical Activity Energy Market Account

In order to get a higher yield on their savings, many people take money from a regular savings account and put it into a money market account or certificate of deposit that allows them to earn interest at a higher rate. Staying physically active does the same thing for your health.

I was fortunate to be able to work with Dr. C. Samuel West in the early 1980s and learn about cutting edge research on the lymphatic system. I learned that the lymphatic system was part of the immune system and helped to remove toxins and cellular debris from tissues. Stagnation of lymphatic fluid is part of the underlying tissue imbalance that causes degenerative disease.

Since the lymphatic system has no pump, it requires deep breathing and muscle movement to function properly. The more sedentary we become, the more sluggish our lymphatic system becomes and the sicker we get. Hence, some form of physical activity is vital to our health.

Both my mother and my father were physically active people. I've already mentioned that my dad walked an average of two miles per day. While my mom didn't engage in as much exercise as my father, she was always physically active, washing clothes by hand, baking bread, bottling fruit, doing genealogical research, etc.

Dr. West often told us about how people who were ready to die in concentration camps would simply curl up in a corner, stop moving and be dead the next morning. He also talked about native Americans who when they felt their time had come, would go off into the wilderness, sit completely still, breathe shallowly and allow themselves to die. Listening to him I came up with one of my primary laws of health, "To move is to live, to sit still is to die."

Dr. West didn't believe in rigorous, push-yourself-to-the-limit exercise. Instead, he encouraged using a mini-trampoline and just gently bouncing, a process he called lymphasizing. He was full of stories about how people had healed from chronic and degenerative diseases by improving their diet and lymphasizing.

While I have come to realize that there is value in resistance exercise (lifting weights) and stretching exercises (such as yoga), I still believe that one of the best forms of exercise, especially for older people, is just gently bouncing on a mini-trampoline. My parents got a mini-trampoline and used it daily.

Of course, walking, swimming or any other form of general physical activity is going to provide the same benefits. It will keep you moving, which keeps your lymphatic system working.

## Community Service Municipal Bonds

When I worked with Dr. C. Samuel West in the early 1980s, I often heard him talk about how quickly most people die after they retire. He attributed this to them becoming sedentary, but I think it's deeper than that.

In all traditional cultures, elders were valued and respected for their life experience and wisdom. Health isn't just about nourishing oneself or otherwise caring for one's body. Health also involves our mental and emotional state. We all need to feel valuable, to have something worthwhile to focus our mental and emotional energy on. So, to stay feeling young and healthy we can't retire from life and do nothing of value. We have to continue to find ways in which we can serve and help family and community.

One way of doing this is to find ways to spend time with young children, either your own grandchildren or other people's children. Traditionally, elders have devoted time and energy to training young people. In native societies elders were grandparents to the tribe and spent much of their time teaching children the ways of life. This created continuity and allowed children to



develop greater maturity by learning from the wisdom of their elders. My own parents spent a lot of time baby-sitting their grandchildren. I think this helps to keep you young.

Another approach is to find ways to volunteer to do things for the community. Both of my parents were very active in church and involved in community service, too. Again, I think feeling that you have something valuable to contribute to others helps you live a longer and healthier life. So, invest some time and energy into family and community.

## Life-Long Learner Investment Fund

At NSP's Leader's Conference in February and again at their National Convention in August, a Dr. Daniel Amen spoke about his work with brain scanning and keeping the brain healthy. Of course, he spoke about the importance of good nutrition, physical activity and protecting oneself from chemical and physical injury. But, he also stressed the importance of staying mentally active. He recommended that you should always be stimulating your brain by trying to learn something new.



I was pleased to hear this because I've been a firm believer in the principle of being a life-long learner since my youth. I made an interesting decision when I was in my teens. I decided that I wasn't going to let school destroy my love of learning. I think it's very unfortunate that most children enter school with a love of learning and by the time they graduate from high school or college, they hate it.

During the depression, my father had to leave public school in the 8th grade and never even completed high school. Yet, my father was one of the most intelligent men I have ever known. I learned more about how to write well from my father than I did from all the classes I took in school because my father was so well-read.

He particularly loved poetry and read books of poetry constantly. My sister once tested him by taking a book of famous poems and reading the first couple of lines to my dad. Nine times out of ten he could tell her the author and the title of the poem after the first line or two.

Both my mother and my father were always interested in learning something new and so am I. Putting time and effort into the Life-Long Learner Investment Fund will pay big returns in more than one way. Not only will it help you not

lose your mental marbles as you grow older, it will increase your earning power and improve the quality of your life.

I sincerely hope you'll listen to my investment advice and make these investments in your own health and well-being. Like my parents, I'd like to live a long, healthy and productive life and I believe that investing in the right form of health care is the secret to achieving this goal.

## Choice

by Percy M. Horne

I can't seem to decide whether I should die a natural death  
of old age,  
Or just go quickly in a sudden burst of overexertion  
For my extended years...a stroke, a collapsed heart  
That suddenly stops beating--  
A hurried obituary and a brief funeral.  
No one would mind, once the initial shock was over.  
A good, swift break with Life has its advantages...  
But still, on the other hand, when I think about it...  
Let's say I've lived eight decades or more  
And exerted all my strength to keep up with life's demands,  
Have kept my body in top shape with careful food and  
exercise  
So that now I'm quite ready to just fade away...  
No sudden trauma or painful sort of exit is anticipated.  
I've enjoyed rehearsing stories of my childhood youth and  
marriage  
The pleasure of children, grandchildren and friends  
And also an abundance of life's most notable happenings  
With all who cared to listen...  
Now I can lie down peacefully some night, never to wake  
up.  
It seems so simple and plainly realistic and desirable...  
Still, I'm inclined to think about such choices with consider-  
able indecision...  
It's difficult to make up my mind!

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## Kimberly Balas' Clinician's Corner

# Clinical Tips for 55+ Health Problems

There is really no standard definition of what qualifies someone as "old." Many would say that fifty and above qualify, but fifty is the new forty, sixty is the new sexy, and menopause, a topic barely mentioned a generation ago, is the subject of a "hot" off-Broadway musical. As the baby boomer era becomes of age, our health care system is faced with the challenge of what to do with them

Very soon the first tide of baby boomers becomes eligible for Medicare. According to an American Medical Association report, some 60 percent of the nation's physicians say they'll be forced to limit the number of Medicare patients they can treat.

Can our health care system handle the flood? Probably not. That is why more seniors are turning to natural health solutions. Getting at the root cause instead of suppressing symptoms is their best hope for good health.

There are several common health issues those in the boomer category face. Some of the top concerns I see in my office are about circulatory issues such as high blood pressure and high cholesterol, memory and brain health, digestive problems, eye health (glaucoma, cataracts and macular degeneration) and structural problems like arthritis. There isn't enough space to cover all of these concerns, but let's look at just a few.

### High Blood Pressure

In addressing this first category there are several health issues to consider. Let's start with high blood pressure. When working with this problem we need to look for the root cause, which is either a blockage of some kind or a congested and inflamed circulatory system. In the case of blockage, the blood vessels may not be pliable enough or there may be calcification in the arteries.

Most high blood pressure medications don't address specific causes or even symptoms. There is a general attitude that it is all taken care of by the same drug no matter what the cause.

Fibrin is the material that creates the latticework for the plaque that forms in larger arteries. Where fibrin blocks the vessels it is like a scar tissue material. The medical term for this is peripheral vascular resistance.

Why does the fibrin get built up? Usually the root cause is a digestive issue. Nattozimes are a key supplement that can help keep the vessels pliable by breaking up the fibrin. These

enzymes not only prevent clogging of blood vessels, they can actually help reverse the problem. They help eat away at both the fibrosis and the harmful build up in the blood vessels.

Another problem is that the body is not transporting minerals properly via the adrenal hormones. This is where the stress factor in high blood pressure comes in. When the adrenals are too busy producing cortisol, other hormones like the mineralcorticoids that move minerals may become deficient.

Minerals are an important part of vascular health. If a person isn't getting enough minerals in their foods and/or they are inhibiting mineral absorption by blocking or inhibiting hydrochloric acid in the stomach, they won't have the minerals their circulatory system needs. Calcium has a heavy atomic weight and requires hydrochloric acid for assimilation. When hydrochloric acid is blocked or neutralized, the calcium doesn't get to bone and causes calcifications in all areas of the body, including the arteries.

Most people aren't really deficient in calcium. They just aren't utilizing it. So instead of putting someone on a calcium supplement, put them on B12, which aids mineral transport, and Vitamin D3, which helps with the delivery of calcium.

Inflammatory responses and hyperinsulinemia are going to have an affect on blood pressure; so those problems have to be addressed, too. Cardio Assurance can be helpful here because the vitamin K2 helps with insulin resistance in hyperinsulinemia.

Often the body isn't removing toxins efficiently via the kidney or colon. The liver is frequently involved, too. All Cell Detox and the Tiao He cleanse are my favorites formulas for helping to move toxins out. We follow this up with Cellular Energy and Lymph Drainage.

Here are some basic suggestions for reducing blood pressure naturally. First, staying hydrated is a must. Drink half the body weight in ounces of water. Using liquid chlorophyll in the water really helps, too.

Ultimate GreenZone helps too because the greens and mineral rich ingredients help with the root causes. Doing QFA readings to monitor resistivity is very useful to see the congestion or stagnation of the minerals. If there is a low saliva resistivity number then the minerals aren't likely moving so you will need to do some detoxing there and support the adrenals.



Add garlic to the diet. Two tablets of High Potency Garlic per day will also help to open the blood vessels and keep the vascular walls strong. If there is plaque build up, you can use the Mega-Chel program. You can also use the Blood Pressurex to transition off vasopressins. Just remember you still have to work on the root cause while doing these.

Exercise (especially moving the lymph) is a great way to bring pressure down. I have helped one patient reduce her blood pressure and come off all of her blood pressure medications by using a chi machine and an infrared sauna daily. We used All Cell Detox, Black Walnut and Cardio Assurance to get her pressure from 190/115 to a normal 120/80. She has now added walking and yoga to her program and maintains her blood pressure using no supplements specific for blood pressure. She just continues to drink lots of water and chlorophyll and take Ultimate GreenZone and Adrenal Support.

### High Cholesterol

Now, let's address the issue of high cholesterol. I have stated many times that driving the cholesterol too low is not healthy. We need cholesterol to combust toxins, hormones and create cellular energy. By reducing cholesterol under 150 you are entering danger zones for developing cancer.

The reason cholesterol elevates is to save your life from environmental toxins. Cholesterol is a by-product of protein metabolism. Lipoproteins also engulf toxins and then are stored in tissue cells. Later the body gradually detoxifies these deposits unless the quantity of toxins is overwhelming.

Cholesterol should not be viewed as a stand-alone test. The body's cholesterol level involves many factors and the fact that a person has high cholesterol doesn't mean it is a single factor in a person's health.

For working with high cholesterol, start by emulsifying fats using the SF formula or lecithin. Then add some essential fatty acids like Super GLA. You may also want to try some fat-soluble vitamins, Vitamin A&D and possibly vitamin E.

Next look at increasing the nitrogen-binding capacity so the cholesterol can be combusted and used for hormones. To do this, use N-Acetyl Cysteine. It is available both as a single or in the Milk Thistle Combo, which is also an excellent choice.

Next, get the toxins out so the cholesterol is not overburdened in its job. Use the Heavy Metal Detox for this. At some point you may also want to try a Tiao He Cleanse, but not in the beginning. I have also used Sam-e and Ho Shou Wu in the past for cholesterol issues

### Digestive Problems

According to medical journals, as many as 30% of seniors over 65 develop the inability to produce adequate stomach acid. By the age of 80 as many as 40% of seniors may be unable to produce stomach acid. This can lead to reduced absorption of certain vitamins and minerals, including folic acid, calcium, iron and vitamin B12.

Digestive health is the key to preventing many other age-related issues. We need enzymes to break down and assimilate nutrients. I use Food Enzymes with most people that aren't on antacids to help with impaired protein digestion. Proactazyme Plus is milder and a better choice if they are having acid reflux.

Gastro Health is my number one choice for seniors followed by ALJ. These formulas help with the root bacterial issues that could cause problems in the digestive system. They are also soothing. Silver Shield is a welcome addition to my protocol because of all the intestinal bacterial infections that can develop after years of using proton pump inhibitors like Prilosec and Nexium.

### Eye Health

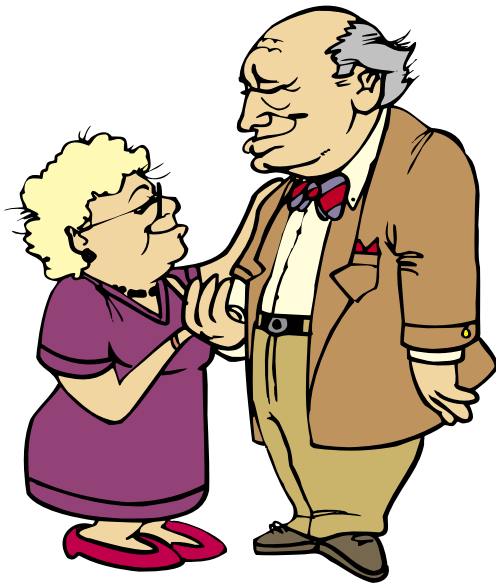
I like to read studies that back up what we do. Some of them are vague and drug slanted but if you look at the biochemistry behind what they used and apply it to plant chemistries we can do the same thing naturally.

Constant sinus infections and allergy responses due to environmental toxins and adrenal stress with elevated cortisol levels are both adversely affecting our eye health. The sinus pressure or bacteria in the sinus cavity puts pressure on the eye and changes the shape of it, thus, some of us over 40 start needing reading glasses.

Using Silver Sol gel in the eyes has been helping with problems like cataracts and glaucoma and in improving eyesight. When made into a tea and used as an eyewash, EW helps to clear congestion in the eye. Nature's Fresh provides enzymes to help the eyes and antioxidants like the Green Tea Extract and Thai Go create healthy blood flow to the eye.

Kimberly Balas is a board certified naturopath and clinical nutritionist. She is currently head of the research department and a certified instructor for all Tree of Light courses. She is available for consultations by phone or at her Wyoming office. For more information on scheduling a consult, please phone 307-277-2466.





**Growing Older Doesn't Have  
to Mean Getting Sicker**

**Let Us Teach You How to Be**

# *Older, But Better*

Many people assume that growing older means developing various chronic health problems like arthritis, heart disease and memory loss. They assume that these are the inevitable problems associated with aging. They also assume that growing older means needing more and more prescription drugs to resolve these various health problems.

But this isn't really true. Most of these problems aren't caused by age, they are caused by modern diets and lifestyles. Furthermore, prescription drugs aren't going to correct these nutritional and lifestyle issues.

By adopting better health habits it's possible to improve one's health even in one's senior years. As

many people have already discovered, it's never too late to discover healthier ways of living and derive benefit from them.

In this month's Herbal Hour, Steven Horne, RH(AHG) provides you with a checklist of how to have radiant health and well-being as you grow older. He'll also talk about the most important supplements for seniors and how these supplements can help prevent, and even reverse, many common health problems people associate with aging.

Like a wine or cheese can improve with age, so can you. Learn how to get better as you grow older by purchasing this month's Herbal Hour DVD.

***Learn How to Stay  
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