

Nature's Field

An Electronic Journal for NSP Distributors

Boneset

Eupatorium purpureum

By Steven Horne

It's no secret that one of my favorite herbalists is Matthew Wood. I love Matthew's approach to herbs because it is based on personal experience and not just "book learning." As Matthew points out, in his book *The Book of Herbal Wisdom*, there are many modern herb books that say that boneset has no value. Matthew's comment is, "Some people enjoy expressing opinions about things they know nothing about."

Well, when it comes to boneset, I do know something about this plant. I've primarily used it as a remedy for flu, but it is also a remedy for colds, fevers, respiratory membranes, and arthritic and rheumatic pain. Most books claim the herb gets its name from its ability to treat "bone break fever," that is, a fever that aches clear down to the bones. The indication is a valid one. I use the herb when people have the flu where they get deep aches in the muscles and bones. It's a wonderful remedy for this purpose, but it is also helpful for the congestion.

When NSP introduced it as a single many years ago, I immediately took some capsules to see what it would do. I remember it made me feel somewhat nauseous, very much like the effect I get from lobelia. (NSP later discontinued it as a single because of poor sales.) But since that first experience, I've used boneset in formulas for children in place of lobelia and had very good success with the herb in helping ease congestion, viral conditions and muscle aches and pains.

Traditionally, the plant was used as an infusion and taken hot. When used in this manner, it really promotes perspiration. So, it can be used like yarrow for sweat baths or to create a sweat to break a fever.

A local herbalist named Joseph VanSeters (who has a company called Grandma's herbs) tells the story of a man with arthritis who contracted the Asian flu. He was in terrible pain and the doctor couldn't do anything. Someone suggested boneset tea, which he drank copiously, sweated profusely and felt a whole lot better. According to Mr. VanSeters, "Strangely enough, after that, his arthritis seemed to be a lot better." Now, that's a nice side effect. Being bitter and slightly astringent, boneset doesn't taste that good, so you'd have to actually be sick to want to drink the tea.

Boneset contains flavonoids, sesquiterpene lactones and immune stimulating polysaccharides. Echinacea, reishi mushrooms and other immune stimulating remedies also contain polysaccharides that stimulate the immune system, which puts boneset in the same class with other immune stimulating remedies.

Matthew Wood provides some great information about using boneset for respiratory problems and fevers, but he also contradicts most other herb books about boneset's name. He says that boneset does help broken bones to heal and cites stories of Native Americans who used it primarily for that purpose. From what he writes in *The Book of Herbal Wisdom*, it's very effective, too.

There are several other medicinal plants related to boneset (same genus) such as gravel root or Joe Pye weed (*E. purpureum*) which is used for urinary tract problems, including kidney stones. If boneset has some of the same calcium solvent properties, it could help to explain its ability to help bones heal.

Although boneset is not sold as a single by NSP anymore, it is still one of the key ingredients in a very popular combination for colds and respiratory problems, ALJ. It is also an ingredient in five of NSP's homeopathic formulas including Influenza Remedy, Candida, Cold, Inflammation and Prevention. So, boneset is also a popular homeopathic remedy, too. This gives NSP Managers and Distributors several options for utilizing boneset's healing properties.

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The Book of Herbal Wisdom by Matthew Wood
Materia Medica with Repertory by William Boericke

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Steven Horne's Ramblings and Ravings

If You Don't Know Where You're Going, How Will You Get There?

As we send out this issue of Nature's Field, we're on final countdown for the new year. Of course, this is a time when people traditionally make New Year's resolutions. Unfortunately for most people their resolutions will be long forgotten by the time Valentine's day rolls around in February.

So, even though we're almost to the New Year, this article isn't about New Year's resolutions. It's about having vision and purpose. It's about defining what you want to experience with your herb or health business and with your life in general.

I love poetry. The love of poetry comes quite naturally because my Father was a poet and I come from a line of writers on that line of my family tree. My mother's mother taught recitation and dramatic interpretation, so at a very early age I got "grilled" in the art of reciting poetry. So, I wound up not just loving poetry, but loving to recite (or read aloud) poems.

One poem I really love to read is by the Quaker poet John Greenleaf Whittier, entitled *Maud Muller*. I've reprinted it on the next page. The poem tells a wonderful story and contains some very famous lines that most people will recognize, but few know that the lines come from this poem. They are: "For of all sad words of tongue or pen, the saddest are these, 'It might have been.'"

When people quote these lines, they miss the punch line of the poem, which is contained in the next four lines. "Ah, well! for us all some sweet hope lies deeply buried from human eyes; And, in the hereafter, angels may, roll the stone from its grave away!" Whittier's poem isn't about regret, it's about faith. Faith that dreams and hopes will find fulfillment, even if it is in the hereafter.

Hopes and dreams are important. We become physically ill when we lose hope. People die when they lose hope. One of Solomon's proverbs is, "Hope deferred maketh the heart sick: but when the desire cometh, it is a tree of life." (Proverbs 13:12)

I turned 50 this year. Most people who reach my age have buried most of their hopes and dreams long ago. I've buried a few, too, but I've also achieved many of the things I've longed for, primarily in my professional life. What has made the difference between those dreams I failed to realize and those for which my desire was granted is the focus of this article.

The number one reason why most people's hopes wind up unfulfilled is because they didn't take time make a map. They didn't clearly define what they wanted. I'm not just talking about setting goals, I'm talking about having a vision or dream that lights your soul on fire so much that you're driven to achieve it, because it is always at the forefront of your thoughts.

In my late teens, I was privileged to hear Steven R. Covey (author of the popular *7 Habits of Highly Effective People*) speak. His teachings have had a profound impact on my life. One of the things Mr. Covey has been teaching for years is to "begin with the end in mind." He even suggests writing down what you want people to say about you at your funeral.

When I look back, it is those things which I took the time to write down and get very clear about, and reviewed daily or at least weekly, which have been my greatest successes. Did you know that only 3% of the population have written objectives, goals and plans for their lives? Did you also know that these 3% are also the group that tend to be the most successful in getting what they want out of life? The simple habit of writing down what you want and reviewing it at least once a week will begin to turn hopes and dreams into reality.

But we have to add one more ingredient—faith. All of us have programming that rolls stones in the path of our dreams and will bury them if we allow it. Those negative voices will tell us "it is impossible for me to have that" or "that's impractical" or "it's just a stupid dream" or any of hundreds of other roadblocks that keep us from pursuing what we really want.

Two years ago, I restarted the habit of writing down my dreams and desires, and of reviewing them regularly. I also started reversing the feelings that I was "unworthy" of the things I desired. During the past two years things have really started shifting for me. I'm seeing these visions starting to unfold and it's getting exciting. I feel like I'm in control of my own life and destiny again.

Because I know many people are sick because they've buried their hopes and dreams from the "nay-sayers" of this world, I want to assist those angels in rolling away the "stones" that cover those buried dreams. I want to restore hope to others. Not just hope that they can be healthy again, but hope they can use their new-found health to create a happier life.

So, I'd like to challenge you during these holidays to do more than just set New Year's resolutions or even goals. I'd like you to ponder the question, "If anything were possible in my life, if there were no impossible dreams and no obstacles, what would I want my life to be like?" Only you can answer that question, because what you want will be unique to you.

Take time to do this, because until you define where you're going, other people, not you, are at the steering wheel of your life. You have to know where you are going in order to get there. If you don't have a map, it's time to start making one.

Maud Muller

by John Greenleaf Whittier

Maud Muller on a summer's day
 Raked the meadow sweet with hay.
 Beneath her torn hat glowed the wealth
 Of simple beauty and rustic health.
 Singing, she wrought, and her merry
 glee
 The mock-bird echoed from his tree.
 But when she glanced to the far-off town
 White from its hill-slope looking down,
 The sweet song died, and a vague unrest
 And a nameless longing filled her breast,-
 A wish that she hardly dared to own,
 For something better than she had
 known.
 The Judge rode slowly down the lane,
 Smoothing his horse's chestnut mane.
 He drew his bridle in the shade
 Of the apple-trees, to greet the maid,
 And asked a draught from the spring that
 flowed
 Through the meadow across the road.
 She stooped where the cool spring bub-
 bled up,
 And filled for him her small tin cup,
 And blushed as she gave it, looking down
 On her feet so bare, and her tattered
 gown.
 "Thanks!" said the Judge; "a sweeter
 draught
 From a fairer hand was never quaffed."
 He spoke of the grass and flowers and
 trees,
 Of the singing birds and the humming
 bees;
 Then talked of the haying, and wondered
 whether
 The cloud in the west would bring foul
 weather.
 And Maud forgot her brier-torn gown
 And her graceful ankles bare and brown;
 And listened, while a pleased surprise
 Looked from her long-lashed hazel eyes.
 At last, like one who for delay
 Seeks a vain excuse, he rode away.
 Maud Muller looked and sighed: "Ah me!
 That I the Judge's bride might be!
 "He would dress me up in silks so fine,
 And praise and toast me at his wine.
 "My father should wear a broadcloth
 coat;

My brother should sail a pointed boat.
 "I'd dress my mother so grand and gay,
 And the baby should have a new toy each
 day.
 "And I'd feed the hungry and clothe the
 poor,
 And all should bless me who left our
 door."
 The Judge looked back as he climbed the
 hill,
 And saw Maud Muller standing still.
 "A form more fair, a face more sweet,
 Ne'er hath it been my lot to meet.
 "And her modest answer and graceful air
 Show her wise and good as she is fair.
 "Would she were mine, and I to-day,
 Like her, a harvester of hay.
 "No doubtful balance of rights and
 wrongs,
 Nor weary lawyers with endless tongues,
 "But low of cattle and song of birds,
 And health and quiet and loving words."
 But he thought of his sisters, proud and
 cold,
 And his mother, vain of her rank and
 gold.
 So, closing his heart, the Judge rode on,
 And Maud was left in the field alone.
 But the lawyers smiled that afternoon,
 When he hummed in court an old love-
 tune;
 And the young girl mused beside the well
 Till the rain on the unraked clover fell.
 He wedded a wife of richest dower,
 Who lived for fashion, as he for power.
 Yet oft, in his marble hearth's bright glow,
 He watched a picture come and go;
 And sweet Maud Muller's hazel eyes
 Looked out in their innocent surprise.
 Oft, when the wine in his glass was red,
 He longed for the wayside well instead;
 And closed his eyes on his garnished
 rooms
 To dream of mead-
 ows and clover-
 blooms.
 And the proud man
 sighed, and with a
 secret pain,

"Ah, that I were free again!
 "Free as when I rode that day,
 Where the barefoot maiden raked her
 hay."
 She wedded a man unlearned and poor,
 And many children played round her
 door.
 But care and sorrow, and childbirth pain,
 Left their traces on heart and brain.
 And oft, when the summer sun shone hot
 On the new-mown hay in the meadow
 lot,
 And she heard the little spring brook fall
 Over the roadside, through a wall,
 In the shade of the apple-tree again
 She saw a rider draw his rein;
 And, gazing down with timid grace,
 She felt his pleased eyes read her face.
 Sometimes her narrow kitchen walls
 Stretched away into stately halls;
 The weary wheel to a spinet turned,
 The tallow candle an astral burned,
 And for him who sat by the chimney lug,
 Dozing and grumbling o'er pipe and
 mug,
 A manly form at her side she saw,
 And joy was duty and love was law.
 Then she took up her burden of life
 again,
 Saying only, "It might have been."
 Alas for the maiden, alas for the Judge,
 For rich repiner and household drudge!
 God pity them both and pity us all,
 Who vainly the dreams of youth recall.
 For of all sad words of tongue or pen,
 The saddest are these: "It might have
 been!"
 Ah, well! for us all some sweet hope lies
 Deeply buried from human eyes;
 And, in the hereafter, angels may
 Roll the stone from its grave away!

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Kimberly Balas' Clinician's Corner

Immune Stimulator, Tight Chest and Other Questions

Immune Stimulator and Prevention

Can Immune Stimulator be taken by people with diabetes and/or heart problems? I've had a lot of people asking what they can take on a daily basis to boost their immune systems instead of taking the flu shot—especially elderly people who are on several prescriptions for various health problems.

Donna

It is fine if people take Immune Stimulator or Ultimate Echinacea as a remedy to boost their immune systems to avoid getting flu or colds. These remedies are not contraindicated with heart disease or diabetes, and may actually be helpful if there is an underlying viral condition contributing to the heart disease. It will definitely make them less susceptible to the flu. So will Elderberry Plus and Elderberry Defense. Diffusing a little Guardian Oil into the air will also help prevent the spread of contagious disease.

Tight Chest

We have a bad bug going around and it seems to be producing aches, chills, and then hot spells. It is then settling in the chest with an unproductive cough and a sensation of tightness in the chest. Would combination Four be best for this or do you have another recommendation?

John

I am totally sold on the Ayurvedic Bronchial Formula for this. It has been pulling the congestion up and out of the chest into the nasal area. They will get a little “snotty” but that’s better than the tight chest. Support their immune system with Trigger Immune, too. Milkweed (pleurisy root) is a single herb good for tightness in the chest as well. For chills and aches alternating with fever, boneset or IF-C can be helpful.

Hotel and Airplane Spray

Do you have a recipe for an essential oil spray one could use to disinfect hotel rooms and to use on airplanes to avoid catching something? We will be traveling this week to New York and need all the help we can get.

Nora

I usually just use the Guardian blend in some Nature’s Fresh, and put some of this mixture on the air vent in the plane (be-

cause they usually don’t like you spraying stuff). I also use this on the vent in the hotel room, as well as applying it to sheets, towels, pillows and such. It is very effective.

Abscess on Tooth

Help! My 6-year-old son looks like he has a golf ball in his mouth. He has some kind of infection. From what I can tell, there is a little spot on his gum above an upper tooth (which is very hard to check out without completely freaking the poor little guy out!) that looks like the problem. The same thing happened to my other son last year at the exact same time. Weird.

I am giving him what I have on hand—pau d’ arco tea, black walnut extract and Probiotic Eleven (as well as a couple other products NSP doesn’t carry). Any other ideas? Last year I was able to put black salve on a cotton ball on the spot on my other son, but this child doesn’t want me to do that! I hope I’m doing enough. I would give him Colloidal Silver if I had it.

Leslie

I went through an abscess recently, so I will tell you what I used. I took eighteen Lymph Gland Cleanse per day. I rinsed with a mixture of Roman Chamomile, Nature’s Fresh and Colloidal Silver. It was not the best tasting mixture in the world, but it worked. I also used some Intestinal Soothe and Build in a poultice to put on my gumline at night and packed it with gauze to hold it in place. The plantain in that formula is very effective at drawing out abscesses. Matthew Wood uses a fresh tincture of plantain for any kind of dental infection or abscess to draw it out, as does Steven.

I also used St. John’s wort topically mixed with Nature’s Fresh and put that mixture on several times during the day. Since the tooth I was working with was on a spleen meridian, I took some PS II for spleen support, too. I did have to break down and use gelsemium for the pain for a couple of nights, but it finally went away. My tooth is fine and the dentist was amazed at how the infection was cleared.

Aspirin for Heart Problems

What do you think about taking aspirin for heart problems? Do you have any better suggestions?

Jim

Aspirin is a cold tar product. To see the residue it leaves

in your colon, put an aspirin in a teaspoon and hold a lighter under it. That black sticky stuff is some of what your colon is going to hold onto. It will eventually block mineral uptake.

Aspirin is simply a synthetic version of a natural constituent found in many herbs, salicylic acid. So you could use plants with natural salicylates as an alternative. All willow barks (black, white, etc.) contain salicyl. It is also found in black cohosh and wintergreen. APS II is the formula you use as an alternative.

Aspirin has a blood-thinning and anti-inflammatory effect, which is why doctors recommend it. If your blood is sticky, you need to look at why. Eat according to the blood type diet and you'll reduce blood stickiness. You can also use ginkgo, vitamin E or alfalfa to thin the blood naturally. To reduce inflammation you can also consider Thai-Go.

Fatty Congestion in the Liver

I have a question about fat congestion in the liver. When the cholesterol levels are low (under 180) this indicates fat congestion in the liver. Would you then not use Omega 3's and other EFAs when the cholesterol is low? I know you recommend using SF for fat congestion along with MSM and Sam-e, but I guess I would like to know what is contraindicated with fat congestion in the liver.

On the same note-what would you do with high cholesterol with low HDL and high LDL levels.

John

First, let me address the HDL and LDL question. HDL is used for hormonal combustion and transportation. LDL is used for repair. If LDL is high then it means there is a high amount of oxidative stress (inflammation) in the body causing free radical damage. If you fix the oxidative stress then LDL will go down. The oxidative stress or inflammation is like a match and the LDLs are like gasoline. If you cover yourself in gasoline are you going to die? NO, you need a match to light it! This means that people can have really high LDLs and be fine as long as they have enough antioxidants in their system to control inflammation and oxidative stress. If you look at the VLDL number and find it is high, then this is what is happening. So, use antioxidants (like Thai-Go) to reduce oxidative stress.

Second, if the liver is congested with fats, but the gall bladder is working all right then the Omega 3's may be okay to take. However, I like to get things moving first. So, I use the SF, MSM, and Sam-e to get the fats moving before I start supplementing with good quality fats.

When there is congestion in the liver, hydrogenated fats are a major avoid, as well as high glycemic and refined foods. I would also avoid mucilants since this is a damp condition already. Taking a lot of minerals is also contraindicated when the liver is congested.

SF

You recommend SF for fat congestion in the liver, but isn't that formula supposed to be for weight loss?

Ummna

It is listed under that category, and it was originally formulated for that purpose, but I have never used it for that purpose with anyone. What I have found is that SF is one of the very best products we have for emulsifying fats in a congested liver. It will stimulate the liver to dump glycogen stores and will also stimulate bile production. It will also help with the binding of the fats.

SF also helps emotionally for those with the energy of being "all steamed up" for no good reason. We sometimes refer to the SF as "Steam Free" because of its emotional effect. A lot of these people suppress their anger because they aren't able to find constructive ways to let it go. They feel they should just "deal with it" until it hinders their physical body. They will sometimes develop passive/aggressive behavior when they are too far out of balance.

Vaccines and Travel

I have a young man who is going to spend 6 months surfing in Australia and will stop over in Samoa, Indonesia and New Zealand as well. He would prefer not to get all the shots that are recommended, but now is getting nervous due to input from other people. He has a friend that got Malaria from traveling. I suggested doing two Para-Cleanses before he goes and then taking some good immune herbs along with Probiotic Eleven and L.Reuteri. I also have a product called "hydroxygen" which basically oxygenates water that he could use in his water. Will this be enough?

LH

My travel kit always has black walnut, VS-C and colloidal silver in it. We have never had any vaccines when traveling outside the US.

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Natural Remedies for the Flu

Safe, Natural Ways to Prevent and Treat Influenza

Influenza or flu, for short, is an infectious disease caused by viruses in the family Orthomyxoviridae. These viruses enter the body via the respiratory membranes, resulting in inflammation, catarrh (excess mucus), chills, fever, headache, muscle aches and coughing (usually dry). The flu can last for up to ten days.

The greatest danger of the flu isn't the flu itself, but secondary bacterial infections that can develop in weakened lung tissue. This can cause pneumonia. The elderly and those with compromised immune systems are the ones who are most at risk.

In a medical description of flu or colds, you will always read that the virus causes problems in susceptible persons. This is simply the acknowledgement that not everyone exposed to a cold or flu virus will come down with the disease. In short, some people will be immune.

Although a lot of people get flu shots to try to build up immunity to the flu, these shots aren't all that effective. Boosting the body's ability to defend itself against viral infections has a much greater chance of success. There are a number of natural remedies that do this. Supplements like Immune Stimulator and Ultimate Echinacea trick the immune system into thinking there is a massive viral attack. Defenses are increased and any potential invading organism is more quickly recognized and eliminated. Think of it as putting out a "red alert" to have your defenses "armed and ready" if any intruder comes around.

In fact, one can think of these substances as "natural vaccines" which boost non-specific immunity. That is, instead of stimulating the immune system to prepare defenses against a single organism (like a vaccine seeks to do), these substances stimulate general defenses against all infections. When colds or flu are "going around," many people simply load up on some of these immune boosters to prevent themselves from getting sick in the first place.

If one does come down with the flu, there are many effective natural remedies that can speed recovery. One of the best herbs for treating colds and flu is elderberry. Both the berries and the flowers of the elder have a long history of effective use in treating acute viral ailments. Modern research suggests that elder inhibits viruses from being able to enter cells, which prevents them from replicating. Two modern formulas featuring elder berries have also been used with great success for acute viral conditions like colds and flu—Elderberry Plus and Elderberry Defense.

Elderberry Defense combines elderberry extract with Echinacea purpurea, royal jelly, and olive leaf. Two capsules can be taken, along with a large glass of water, every two hours at

the first sign of a cold or flu. This should be continued until symptoms improve.

Elderberry Plus is a chewable tablet containing elderberries, reishi mushroom, and astragalus. The chewable nature of this product make it an excellent choice for children. Again, take 1-2 tablets every two hours until symptoms improve.

When there is digestive upset with the flu, ginger can be very beneficial in settling the stomach. Ginger is also an important ingredient in a traditional formula designed specifically to ease symptoms of flu and vomiting—FV. The FV formula contains ginger, goldenseal, capsicum, and licorice. Take 2-4 capsules every hour to ease nausea, fatigue and other flu-related symptoms. Another good formula for the flu containing ginger is HCP-X. This formula is more helpful for flu with a lot of respiratory congestion.

Where flu is accompanied by aches and pains, APS II with White Willow bark can help to ease this discomfort. It contains natural salicylates, which have an anti-inflammatory and analgesic action similar to aspirin. When the flu settles deeply into the muscles and joints and there is that deep sense of muscle ache, one of the best remedies is boneset.

Where there is fever, yarrow should be added to the program. Use two capsules every two hours with plenty of water. Yarrow is one of the very best herbs for reducing fevers. IF-C is another choice for flu with fever or fever and chills. 4 capsules should be taken every two hours until symptoms improve, and then the dose dropped to 4 capsules twice daily.

Any of the above can be enhanced by using Influenza Remedy, a homeopathic formula designed to ease minor symptoms of the flu such as stomach and abdominal pain, body aches, chills, fever, bronchitis, cough and thirst. Take 10-15 drops under the tongue every 10-15 minutes, or as needed, until symptoms improve, then decrease to hourly, then to four times daily until symptoms are relieved.

Where there is a risk of secondary infections High Potency Garlic and Nature's Immune Stimulator can be taken together to help prevent pneumonia from setting in as a complication of the flu. Take 1 tablet of High Potency Garlic and 2 capsules of Immune Stimulator every four hours, along with plenty of fluids.

There are many other natural remedies that can help one prevent or recover from the flu. To help select the remedies that are right for you consult your local herb specialist.

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FV

Traditional Herbal Formula for Flu and Digestive Upset

FV is a traditional herbal formula designed to help a person recover from flu or digestive upset that causes nausea and vomiting. The blend contains herbs that settle the stomach, reduce intestinal inflammation, and stimulate circulation and immune responses. FV can ease digestive upset, nausea, minor aches and pains and other flu symptoms. It can also be used to help fight infections in the digestive tract or lungs, and may also be beneficial for easing cold symptoms.

The ingredients in this formula are as follows.

Ginger Root

The rhizomes of the ginger plant have been used for over 2,000 years as a remedy for digestive disorders, nausea, and fever. A strong aromatic herb, this herb stimulates circulation, especially in the digestive organs. It also acts as a carminative to expel intestinal gas and relieve bloating and digestive upset. Studies have been done which demonstrate that ginger has the ability to settle the stomach and relieve nausea associated with motion sickness. It is also helpful for nausea associated with morning sickness and flu. The essential oils in ginger stimulate the production of digestive enzymes to improve digestion and appetite as well.

Capsicum Fruit

Also known as cayenne or red pepper, the fruit of the capsicum plant is one of the best stimulants in the plant kingdom. It improves blood flow throughout the body, which helps promote general healing. It also stimulates digestion, which improves the body's ability to break down and absorb nutrients.

The herb also contains the stinging phenol capsaicin, which is responsible for the capsicum's anti-inflammatory and analgesic (pain-relieving) properties. By itself, capsicum can help to relieve colds by dispelling irritants from the system and promoting mucus flow to flush microbes and toxins from mucus membranes. Taken in combination with herbs such as licorice and golden seal, capsicum can

reduce intestinal inflammation, help ulcers to heal, and help the body fight viral infections.

Golden Seal Root

Golden seal's most recognized constituents are a group of isoquinoline alkaloids which help to normalize liver and spleen functions by increasing the production of digestive fluids, enzymes and bile. Two of the alkaloids, hydrastine and berberine, have been found effective in combatting a wide variety of infectious agents, including staph, strep, E. coli bacteria, and giardia (a parasite which causes diarrhea). Golden seal has a reputation for easing infectious diarrhea, reducing inflammation in respiratory and digestive membranes, and fighting respiratory and digestive infections. As an immune stimulator, berberine increases blood supply to the spleen and activates macrophages, as well as having a mild direct action against infectious organisms.

Licorice Root

Licorice root is often prescribed for food poisoning. It contains bitter compounds that reduce inflammation and irritation in both digestive and respiratory membranes. Specially prepared (deglycyrrhizinated) licorice has also demonstrated considerable effectiveness in treating duodenal ulcers. Licorice also improves the quality and production of mucous, helping to relieve dry, irritated cough. It has an antiviral action, too.

Usage

At the first sign of cold or flu symptoms take 2-3 capsules every two hours with plenty of water, until symptoms improve. For other purposes, take 3 capsules with meals twice daily.

Selected References

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The Comprehensive Guide to Nature's Sunshine Products

The long-awaited, *Comprehensive Guide to Nature's Sunshine Products*, is at the printers and is due for delivery in two weeks. This 350-page volume is a must for all NSP Managers, Distributors and Members. We'll start shipping at the end of this month. If you place your order between now and January 1st, you'll receive 10% off the following regular prices for the book.

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