

# Nature's Field

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An Electronic Journal for NSP Distributors

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## Turmeric

By Steven Horne

One of the pleasures of traveling is to be able to sample various styles of cuisine. I'm very partial to ethnic foods because I enjoy the variety of seasonings that are used in ethnic foods. My favorite ethnic cuisine is Indian curry. Although I always wind up eating more than I should at an Indian restaurant, I never feel overly stuffed or bloated afterwards. The blends of spices used in their dishes seem to be just right to help my digestive system work efficiently.

One of the ingredients in various curries is turmeric, a spice native to India and Southeast Asia. The part that is used is the rhizome, which looks very similar to the rhizomes of ginger, but it is a darker, orange color. Both ginger and turmeric come from the same botanical family, too. Although turmeric has long been used in Asian medicine, recent scientific research into its medicinal value as an antioxidant has kindled an interest in using the plant in Western herbal medicine. Although turmeric is not available as a single herb through NSP, it is an ingredient in nine NSP formulas. In four of those formulas it is listed by its Latin name *Curcuma longa*.

Turmeric contains curcumin, which is a more powerful antioxidant than vitamin E. The antioxidant effects of turmeric explain why it is found in the antioxidant formula *Grapine with Protectors*. Antioxidants help protect the body from free radical damage associated with aging and degenerative diseases.

Turmeric has also been shown to be a powerful anti-inflammatory. Research has demonstrated it is a more powerful anti-inflammatory than hydrocortisone. This partially explains why turmeric has been used successfully in cases of arthritis.

Other research has shown that turmeric can help to lower cholesterol levels and help keep the blood thin by reducing coagulation. Turmeric's combination of anti-inflammatory, cholesterol-reducing and blood thinning properties make it useful for reducing the risk of strokes and heart attacks. It may also have a preventive effect with cancer. All these actions justify its inclusion in *AdaptaMax*, an adaptogenic herb formula that is also designed to provide antioxidant and anti-aging effects.

Turmeric increases bile flow, and has a protective action on the liver. In fact, the liver is one of its primary organs of affinity. In



Photo by Steven Foster

both Chinese and Ayurvedic medicine turmeric has been used as a remedy for jaundice, and nausea, both of which are related to liver issues. Like milk thistle, turmeric helps protect the liver against environmental toxins and is useful for hepatitis. It is an important ingredient in the liver tonifying Chinese formula *Blood Build*.

Turmeric is found in the Ayurvedic *Skin Detox* formula, because it has also been used to help clear up a variety of skin

conditions, which are often linked to liver problems. These skin conditions include eczema, psoriasis and athlete's foot. The curcumin found in turmeric is also strongly antiseptic when applied to the skin and exposed to sunlight. This makes it a valuable topical remedy for skin infections.

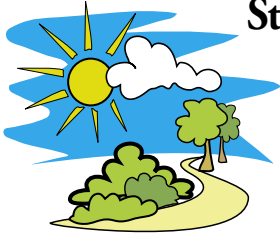
Another use for turmeric is as a digestive remedy. It reduces gastritis and overacidity and has a protective action on the stomach as well as the liver. It can also be used to ease abdominal pain. Its gastrointestinal benefits make turmeric a valuable ingredient in *Artemesia Combination* (for eliminating parasites) and *LOCLO* (a fiber supplement for improving gastrointestinal health). Turmeric is also an ingredient in the Ayurvedic *Blood Sugar Formula* and the Chinese formula *Stress Relief*.

NSP also combines turmeric with *Alpha Lipoic Acid*, which also has antioxidant and antioxidant recycling properties. Alpha lipoic acid is reported to increase cellular levels of glutathione, a powerful intracellular antioxidant that is also very important for liver detoxification.

All this makes me wish I could have some curry right now. I just wish that St. George had an Indian restaurant. Oh, well, guess I'll just have to cook up some curry on my own.

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## Steven Horne's Ramblings and Ravings

# None Dare Call It Diagnosis Part Three, Assessing Health

*This is the third article in a series on the topic of health assessment, which continues here.*

In the last issue, I explained the difference between diagnosing diseases (which is an act of creating separation for the purpose of attacking disease) and health assessment (which is the act of seeing the wholeness of the body and supporting the body's efforts to heal itself). We dealt with this primarily in the abstract sense, so some concrete examples are in order.

Let's start with high blood pressure. High blood pressure is not a disease in and of itself, although it is often treated as such. It is merely a symptom pointing to a deeper imbalance. Disease, being a loss of life energy or vitality, cannot increase or elevate anything. Whenever the body increases or elevates any activity it is doing so to try to compensate for another problem.

In the case of high blood pressure, there is something impeding the flow of blood to the extremities. Since the body needs blood in the extremities, it raises the blood pressure in order to compensate for the blockage. There are several things which cause this blockage. One is plaque in the arteries. Another is fluid in the tissues, which is compressing blood vessels. Excess weight creates more blood vessels the heart has to push blood through in order to nourish all parts of the body, which can also cause the blood pressure to rise. Arterial inflammation will cause swelling which also restricts blood flow. Stress causes muscle contraction, another factor that may increase blood pressure. In fact, just going into a doctor's office has been shown to raise an average person's blood pressure by ten points.

If we simply "attack" the high blood pressure with a drug that reduces the pressure, but we do not remove what is impeding circulation, we are simply obstructing a compensating mechanism in the body. This forces a new compensating mechanism or "side effect" to develop. In order to effectively deal with high blood pressure we must identify the cause, then take steps to remove it. When we remove the cause (i.e., whatever is obstructing circulation), the effect (high blood pressure) will cease.

Here's another example. In her course *A Natural Approach to Blood Chemistry*, Kim Balas teaches how to look at the blood holistically. Medical doctors will look at a single test being out of range and treat that one factor. However, they usually do not look at the whole picture of what is going on. If one thinks in terms of health assessment, one would never look at an isolated lab test (such as cholesterol) and make a recommendation based on that isolated measurement. Instead, one would evaluate each

reading in light of the other readings to understand what is happening in the body as a whole. This is exactly what Kim's course teaches a person to do.

So, let's look at cholesterol as another example. Again, the body does not make more of something without a good reason. The body has innate intelligence and constantly strives for balance and wholeness. So, when cholesterol levels are elevating, there is a reason. Kim has discovered that one of the primary reasons cholesterol goes up is to protect the body against environmental toxins, including heavy metals and solvents. Of course, this is not the only reason cholesterol levels elevate. The body may also be manufacturing too much cholesterol due to problems with the liver being congested or cholesterol may be high because the person isn't eating enough fats. (The primary use of cholesterol being bile production.)

Forcing cholesterol levels down (even with natural substances like Red Yeast Rice) without dealing with the underlying causes will create other problems. For instance, if the cause is environmental toxins and we reduce cholesterol without reducing toxicity, we are simply leaving the body (and especially the brain and nervous system) more vulnerable to toxic damage. We can also impair glandular function by artificially lowering cholesterol levels.

Dozens of examples of these kinds of situations could be sighted in any case of "overactive" function. When we attempt to artificially bring down or block what the body is doing we may actually be interfering with natural healing or compensating mechanisms. In every case we need to consider what deficiencies the body is trying to compensate for or what obstructions it is trying to remove. Then, the causes must be addressed, not just the effect. Otherwise, each imbalance we "correct" will create more and more "diseases" we need to "treat." This is exactly why so many old people are on as many as a dozen or more medications. Many of their medications are simply treating the side effects of other medications.

All of this explains why lists of "historical uses," which give a list of "diseases" on one hand and a list of "remedies" on the other are only marginally helpful in genuine natural health care. They are valuable because they point to a variety of potential remedies, but finding the remedy that will actually work is often a matter of "hit and miss." Since most natural remedies work on underlying causes, and not directly on the symptom or effect, you can't select the right remedy based on the disease symptoms

alone. To apply natural remedies with precision one needs to look deeper and evaluate root causes.

Most people's failures in applying natural remedies come because they are using the medical model of evaluation (i.e., modern diagnosis) with natural remedies. This is like trying to fit the proverbial square peg into a round hole. The system of evaluation they are using and the system of recommendation they are applying just don't line up. Modern diagnostic methods are designed to fit modern prescriptions, that is, drugs and surgeries. That is why we need to learn a different set of evaluation skills, which we are choosing to call health assessment.

## An Overview of the Health Assessment Process

Health Assessment is an evaluation system based on the Tree of Light Publishing model known as The Disease Tree. This model, used in all of our *Certified Herbal Consultant* courses, illustrates the idea that disease arises from the soil of our constitution, which is our genetic inheritance and basic make-up. There are four sources of environmental irritation (mental and emotional stress, nutritional deficiencies, toxic overload, and physical trauma) that cause disease to take root in the body. These sources disrupt the internal environment of the body or biological terrain, which, in turn, disrupts the function of the various body systems. The imbalances in the biological terrain and the disruption in system function give rise to the many manifestations of disease.

Based on The Disease Tree model we have three goals to achieve in natural therapy. These are:

1. Reduce or eliminate the root causes of illness. These are the negative environmental influences or lifestyle habits that are causing stress, nutritional deficiency, toxicity and trauma.
2. Balance biological terrain.
3. Strengthen constitution by supporting weakened body systems.

To accomplish this, we must identify the root causes, determine how the biological terrain is out of balance, and decide which body systems need support. This is done through a four step health assessment process, which takes the form of four questions we are seeking answers to.

**First Question:** *What "disease" is the person experiencing?* Remember that the word disease simply means "lack of ease." So, what we are really asking is, in what way are they deviating from the natural and normal state of health? This is not the same as diagnosing, although when we ask this question, it may involve obtaining diagnostic information. However, this is just a starting point and does not provide us with enough information to make an accurate health assessment. What this data will do is give us a picture of which body systems are in need of nutritional support.

**Second Question:** *Who is the person who is experiencing these symptoms?* In other words, we want to understand the constitution of the person who is experiencing this lack of ease. This leads directly into the third question.

**Third Question:** *What environmental influences (root causes) have created this lack of ease?* By understanding the symptoms a person is experiencing, the body systems that are affected, and their inherent strengths and weaknesses we can start to piece together a picture of what is happening.

**Fourth Question:** *What can be done to assist the body in restoring harmony, balance and wholeness?* In other words, what therapeutic goal do we need to set? Do we need to support a weak body system, balance the terrain, remove a toxin, make lifestyle adjustments or a combination of these?

Here's how the process works in a practical setting. Suppose a person comes to you suffering from chronic sinus congestion. We could just stop right there and offer AL-J or Sinus Support, but suppose we investigate further. Besides the obvious involvement of the respiratory system, chronic sinus congestion usually involves two other systems: the intestinal and lymphatic system. So, we look for potential signs of imbalance there, as well.

In assessing their constitution we learn that they are a blood type O and their iris reveals they are a blue-eyed lymphatic type with a lymphatic rosary. A case history reveals that they have been heavy consumers of wheat and dairy products (both of which are mucus forming foods and avoids for blood type O). We also learn they have taken many rounds of antibiotics, which upset the balance of the friendly flora of the digestive system. The person also craves sugar and has itchy ears.

Now a more complete picture is starting to emerge. Instead of just using AL-J or Sinus Support we may also want to recommend Yeast/Fungal Detox and probiotics. Perhaps we would add Lymphatic Drainage Formula to support the constitutional weakness in the lymphatic system and help to balance the biological terrain. We can also encourage some dietary changes.

The more detective work we do, the better we are able to assess the root causes and recommend supplements and lifestyle changes that get at the root of the problem and eliminate it. This results in better results with our clients.

*We'll continue this discussion in the next issue.*

**Steven H. Horne is a professional member and past president of the American Herbalists Guild, a certified iridologist with the International Iridology Practitioners Association, 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

# Low Cholesterol Research and Age Spots

### Research References on Low Cholesterol

*I have been frustrated with the statin drugs for years seeing them used for treating people with cholesterol levels of 180! I've been promoting Co-Q10 and have had incredible results especially with overnight relief of aches and pains. I know the normal ranges are what you say they are [175-275], but when I go up against local physicians they want written proof. Do you have any medical journals I can quote from to get through to them? Specifically do you have any references on the safe ranges for cholesterol and symptoms or health problems associated with low cholesterol?*

*Dori*

The one thing that the medical profession forgets, in their disease oriented diagnosis, is how the body works. I know they have had classes in anatomy and physiology, but they forget this stuff when they start getting taught about drugs.

It is a common fact of biochemistry that at any one time the body can dictate the percentage of LDL versus HDL. So how can one isolated test determine if the function of the blood and liver is where it is supposed to be? It can't! It takes a compilation of other factors to see the real picture.

Here are a few biochemical facts:

- Fact one: The liver does not use fats, saturated or otherwise, to make cholesterol.
- Fact two: The liver does not make LDL (low density lipoproteins), it makes VLDL (very low density lipoproteins).
- Fact three: VLDL is converted to LDL through triglyceride loss.
- Fact four: VLDL levels and LDL levels are totally unrelated

*(Source: [www.redflagsweekly.com/kendrick/2002\\_dec12.html](http://www.redflagsweekly.com/kendrick/2002_dec12.html))*

Here are some studies I uncovered in my research. The European Heart Journal published a three year study of 11,500 patients. This study showed that patients with low cholesterol experienced:

- Increases in lung cancer
- Increases in other cancers
- Higher risk of cardiac death

- Erectile dysfunction and infertility
  - Loss of memory and mental focus
- (Source: European Heart Journal 1997, 18, 52-59)*

A Swedish researcher found that:

- Individuals with low cholesterol suffer from frequent and severe infections
- Individuals with high cholesterol had a lower mortality than the average population

*(Source: Uffe Ravnskov, MD, PhD, independent researcher Magle Stora Kyrkogata 9, S-223250 Lund, Sweden)*

A study performed by the University of San Diego School of Medicine showed

- High cholesterol can be protective against environmental toxins rather than harmful
- Low cholesterol is a risk factor for heart arrhythmias
- High cholesterol readings are associated with protection from neurotoxins and cancer protection

In a 30 year follow-up to the Framingham study which helped link cholesterol and heart disease in the first place, the Journal of the American Medical Association reported:

- There is no correlation between high cholesterol and mortality, but correlation between low cholesterol and mortality
- Death rates from cardiovascular disease increased 14% for every 1 mg/dl drop in total cholesterol per year

*(Source: Anderson KM. Cholesterol and Mortality, 30 years of Follow-up from the Framingham study. JAMA 1987 Apr 24;257(16):2176-80)*

The *Journal of Cardiac Failure* published a paper on low cholesterol. The study was an analysis of 1,134 patients with heart disease. The conclusions:

- Low cholesterol was associated with worse outcomes in heart failure patients and impaired survival rates
- Elevated cholesterol was not associated with hypertension, diabetes or coronary heart disease.



(Source: Horwich TB. *Et.al. Low Serum Total Cholesterol is Associated with Marked Increase in Mortality in Advanced Heart Failure. J Card. Fail. 2002 Aug;8(4): 216-214*)

A Japanese study found that death rates from coronary heart disease went down as cholesterol levels went up.

(Source: Okayama A., Marmot MG *Int. J Epidemiol Dec 1993*)

The following was reported in the journal *Arteriosclerosis*:

- Despite successful attempts to lower cholesterol with statin drugs, the death rate from heart disease has not changed in 75 years and mortality from heart disease is more than double what it was in 1996.

(Source: Uri Goldbourt. *Arteriosclerosis Vol 10. No 4. July/August 1990*)

The truth is that oxidative stress and inflammation are the root cause of elevated LDL. In the publication *Circulation*, the following was reported:

- A group consuming the American diet had lower antioxidant levels versus those consuming the Mediterranean diet which had increased antioxidant levels.
- Those consuming the Mediterranean diet had one-third the rate of heart attacks that those consuming the American did

(Source: Leon Study, *Circulation, 1999, 99. Pg 779.*)

Here's another study of 11,500 patients. It showed that:

- The risk of death in the low cholesterol group (160mg/dl and below) was 2.27 times higher than those with high cholesterol.
- Most common cause of death in low cholesterol patients was cancer.

(Source: *European Heart Journal (1997) 18,52-59.*)

And one final piece of information from book *The French Paradox*:

- High levels of the stress hormone cortisol along with high insulin levels creates the metabolic state that causes atherosclerotic plaque development.

(Source: *The French Paradox by Hugh Tunstall-Pedoe 1978*)

Finally, here are a few facts about statins that should give one real food for thought.

- Statins are known carcinogens in experimental animals in doses approximate to those given to patients

- Statins increase risk of polyneuropathy fourteen times
- Statins deplete CoQ10 and lower antioxidant levels
- Statins can cause liver dysfunction
- Statins can cause muscle pain
- Statins are associated with memory loss, lack of concentration and global amnesia
- Statins have been known to cause insomnia, weakness and fatigue
- Statins may can cause erectile dysfunction
- Statins create difficulty in managing diabetes because they raise insulin levels
- Total annual sales of statins—\$14 billion

### Age Spots

*What causes the liver spots or age spots on a persons face and hands?*

James

Melanin, the skin pigment, is not only processed in the pituitary but in the mitochondria of the cells. When the interstitial tissue and lymph get congested or “backed up” then the dermal layers of the skin will store these toxins or try to flush them out. This congestion is usually do to liver stagnation. The flushing process can cause melanin to be flushed to the surface of the skin.

Think of melanin like a black fabric. Dark takes up heat faster. Black surfaces absorb light much more effectively. Melanin, or pigment, is a very dark, near black, substance. It is the presence of melanin in the hair, and also the skin, that gives it its color. Being a near-black substance melanin absorbs light extremely well. So even with minimal sun exposure you would get these spots.

The key to overcoming these spots is to flush the lymphatic system.

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# Gallstones and Gallbladder Problems

## Herbs and Supplements for the Gallbladder

The liver produces a substance called bile, which is stored in the gallbladder until it is needed for digestion of fats. Bile has two functions. First, it helps to emulsify fats by breaking them down and turning them into a soap-like state so they will be water soluble. This allows them to be absorbed into the bloodstream in the intestines. Secondly, bile also serves an eliminative function for the liver. It helps the liver rid itself of certain waste products such as excess cholesterol and bilirubin.

Bile is composed primarily of lecithin, cholesterol and bile salts. Up to 60% of the cholesterol produced by the body can be used to make bile, which is why low fat diets can increase cholesterol levels, since the gallbladder does not need to produce as much bile to digest fats.

Sluggish activity of the gallbladder will result in poor digestion of fats. Stools that have a greasy sheen to them and float like corks making them difficult to flush are an indication of sluggish gallbladder function. Since bile also colors the stool, the color of the stool tells us something about the quality of bile production. Clay colored stools can indicate an inadequate production of bile, while dark black or greenish colored stools can indicate a lot of toxins are being eliminated from the liver via the bile.

When the liver dumps irritating toxins through the bile, nausea and sometimes vomiting result. Diarrhea can also result from toxic bile being eliminated from the liver.

Herbs that stimulate gallbladder function and bile production are called cholagogues. Some cholagogue herbs include dandelion, Oregon grape, hops, burdock, goldenseal and garlic. Stronger cholagogues include milk thistle, blessed thistle, cascara sagrada, barberry, blue flag, celandine, Culver's root, fringetree bark, turmeric and toadflax. GallBladder Formula is a mild cholagogue formula. Milk Thistle Combination, Liver Cleanse Formula and BP-X also have cholagogue action.

A bloated, stuffy feeling under the rib cage on the right side of the abdomen is an indication that cholagogues are needed to flush the liver and clear the gallbladder. This sensation is often accompanied by a sense of slight pain or pressure in the same area, and irritability, nervousness and/or insomnia.

Gallstones are small deposits, resembling small rocks, that form in the gallbladder. If they are large or numerous enough they can obstruct the gallbladder or trigger a painful gallbladder attack. Many people have safely eliminated gallstones by doing a gallbladder flush. Here's how it is done.

Start by fasting for 24 to 48 hours on fresh, raw apple juice or fresh squeezed grapefruit juice to clear the colon. Malic acid, an ingredient in the apple juice, also softens the stones, but persons

with hypoglycemia or yeast infections will do better on grapefruit juice. If using grapefruit juice take Fibralgia, which contains malic acid and magnesium, for a similar effect.

Just before going to bed at the close of the fast, drink 1/2 cup of olive oil and 1/2 cup of lemon (or grapefruit) juice. Mix these together thoroughly like you would shake up a salad dressing. The lemon juice cuts the olive oil and makes it more palatable. It sounds and smells worse than it tastes. Next, lie on your right side for a half hour before going to sleep. In the morning, if you don't have a bowel movement, take an enema. This procedure may need to be repeated 2 days in a row.

Generally, you will pass some dark black or green objects that look like shriveled peas the day after drinking the olive oil and lemon juice. These objects are not gallstones. Gallstones that can be passed are much smaller than this, generally less than 2 millimeters in diameter. Chemical analysis of these objects shows they are composed of soap, and are created by the bile interacting with the oil. The large amount of oil causes large amounts of bile to be flushed through the gallbladder in an attempt to digest the fats in the oil. This lowers cholesterol (because cholesterol is a major component of bile) and causes smaller stones to be expelled. The materials used in the gallbladder flush can also help dissolve bigger gallstones when used regularly in smaller quantities.

There are a number of versions of this procedure, but they all rely on olive oil. This is because olive oil acts as a solvent of cholesterol, the chief constituent of gallstones. One variation that seems to work particularly well is to take a dose of Epsom salt about two or three hours prior to taking the olive oil and lemon juice. Follow the directions on the box of Epsom salts as per the dosage. Cholagogue herbs (mentioned earlier) can also be taken during the juice fast or for several months to help flush the gallstones.

There is a small chance that a very large stone could become lodged in the bile ducts, which would require that surgery be performed to remove the gallbladder. However, we are not aware of a single case of this having happened, and know that thousands of people have used this procedure. Since this procedure is typically done as an alternative to surgery, we believe it is well worth trying, as a person can go ahead with the surgery if the procedure fails to relieve the problem.

For more information on how to deal with gallstones or gallbladder problems consult your local herb specialist. For serious or persistent gallbladder problems it is wise to seek advice from a licensed physician.

### For Educational Purposes Only

Seek appropriate professional assistance for all serious health problems. Handout prepared by Tree of Light Publishing  
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# GallBladder Formula

## Gallbladder Cleanser and Digestive Formula

GallBladder Formula has two primary areas of action, the digestive system and the hepatic system (particularly the gallbladder). The formula is a carminative, which means it helps to alleviate intestinal gas and bloating. It also acts as a cholagogue, meaning it increases bile production in the liver and bile secretion from the gallbladder. GallBladder formula also has an antispasmodic action, so it relaxes muscle cramps in the colon and gallbladder. This can help relieve pain from abdominal spasms and gallbladder attacks.

GallBladder Formula can be used for weak digestion, poor appetite, constipation, jaundice and bloating. By stimulating bile it aids digestion of fats and taken with a fiber supplement it can help to reduce cholesterol levels. It can also be used as part of a gallbladder flush to reduce gallbladder congestion and help pass gallstones. This formula may also help to reduce fevers.

*The following herbs are responsible for these effects.*

**Oregon grape root** is bitter herb that stimulates the flow of bile from the liver and gallbladder. It contains berberine alkaloids (also found in goldenseal and barberry) which give it an antibacterial and antifungal action. It stimulates digestive secretions and helps with general detoxification by aiding lymphatic flow, especially in the gut. It has been chiefly used for gastritis and general digestive weakness. It also has a blood purifying action and has been used to treat skin conditions such as eczema, psoriasis, and acne, all of which have links to poor liver and gallbladder function.

**Ginger root** is primarily used as a digestive aid. It stimulates blood flow in the abdominal region, improves digestive secretions and relieves gas and flatulence. It soothes nausea and morning sickness, which are often related to the liver and gallbladder.

**Cramp bark** is used to relieve pain of cramps and spasms of the smooth muscles. As such, it has been used as a remedy for intestinal cramps, menstrual cramps and asthma.

**Fennel seeds:** Fennel is often handed out after dinner in European countries and in India to settle the stomach and promote the digestion of fats. In many countries, the main use of fennel is as a weight control herb. It is excellent as a remedy for colic in children, indigestion, nausea and vomiting.

**Peppermint leaves** also have a carminative action, helping to improve digestion and relieve intestinal gas and bloating. Peppermint has also been used for colic and dyspepsia (indigestion). Tests on dogs have shown increased bile secretions. Peppermint oil has antimicrobial properties, so peppermint helps with intestinal infections. It also eases intestinal inflammation and relieves digestive related headaches.

**Wild yam root** is both an antispasmodic and anti-inflammatory herb. It has a powerful effect on the digestive tract, easing digestive inflammation and cramping. This reduces pain in the intestinal region. It relaxes the bile ducts and promotes a better flow of bile. It relieves the pain and bloating associated with adult colic. Historically it has been used for conditions such as flatulence, hemorrhoids, colic, painful spleen, diarrhea, infected gallbladder, dysentery and liver disorders.

**Catnip herb** has been dubbed "Nature's Alkaseltzer" by some herbalists. It helps ease acid indigestion, bloating, gas and stomach pain. It has a relaxing effect on the nerves in the digestive tract and stimulates a healthy flow of digestive secretions.

**Recommended Use:** 2 capsules three times daily with meals. If diarrhea ensues, discontinue for a day or two, then try again at 1/2 the former dose. For acute gallbladder attack 2 capsules of the formula can be taken every two hours.

### Selected References

*Chinese Herbal Remedies* by Albert Y. Leung (New York, New York: Universe Books, 1984).

*A Handbook of Native American Herbs* by Alma R. Hutchens (Boston, Massachusetts: Shambhala, 1992).

*The Wild Rose Scientific Herbal* by Terry Willard, Ph.D. (Calgary, Alberta: Wild Rose College of Natural Healing Ltd., 1991).

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## “Kick It Up a Notch” With Steven Horne (aka Emeril La’Herb Guy)

If you like Steven Horne’s teaching style, then enjoy him at his best with our new *Herbal Preparations and Applications* course. We video taped Steven in his own home with a live class in making infusions, decoctions, green drinks, tinctures, glycerites, salves, poultices and more. The 50+ page manual for *Herbal Preparations and Applications* covers gathering, drying and preparing herbs, various methods for applying them topically and internally, dosing strategies, principles of herbal formulation and more.

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Call 770-751-6021 or go online at [www.americanherbalist.com](http://www.americanherbalist.com)  
Steven will be speaking on paw paw.

#### Canadian NSP National Convention

Oct 14-16 Montreal, Canada

#### Canadian Lecture Tour (Dr. Mom-Dr. Dad)

Kelowna, BC (Nov 1); Duncan, BC (Nov 2); Calgary, AB (Nov 3);  
Edmonton, AB (Nov 4); Winnipeg, MB (Nov 5); Toronto, ON (Nov 6);  
Montreal, PQ (Nov 7); Ottawa, ON (Nov 8)  
Call NSP Canada 800-265-9163 to register.

### Kim Balas’ Classes Call 888-707-4372 to register.

#### Aromatherapy

Nov 6-7

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\$300

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