

# Nature's Field

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An Electronic Journal for NSP Distributors

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## Gymnema

By Steven Horne

Research by Mark Montgomery

I remember the first time I tasted gymnema. Mark Pederson passed out samples of it in a workshop at an NSP convention in Long Beach in the early 1990s. If you chew on a little bit of the stuff and then put some sugar in your mouth you can't taste the sugar at all. It tastes just like sand in your mouth. A chocolate bar tastes like mud.

A couple of years later I made a liquid formula of the stuff. Normally, I taste liquid formulas as I make them, but I didn't want to do so with this one because I knew that once I took some, I wouldn't be able to accurately judge the taste of the finished product. So, I used other people as my guinea pigs. Eventually, all of us had tried some and then we sampled some candy. Starbursts were just sour and a Reese's Peanut Butter Cup tasted like peanut butter. Amazing stuff.

*Gymnema sylvestre* is a woody, vinelike plant in the milkweed family. Gymnema has been used in Indian Ayurvedic medicine to treat diabetes and diet-related disease for at least 2,000 years. In fact its name in Hindu is "Gurmar," which literally means "Sugar Destroyer." It's one of the most popular herbs sold in Japan today and is becoming increasingly popular in the United States. With the increase in sugar consumption and sugar-related diseases such as obesity, hypoglycemia, diabetes, allergies, hyperactivity, high cholesterol, osteoporosis and anemia, it's no wonder the herb is popular.

Like most other herbs, nobody fully understands how gymnema works. Empirical experience shows it blocks the taste for sugar, and it may also reduce the desire for sugar. It is also believed to interfere with the absorption of sugar in the small intestines. The best explanation as to how it does this is that its molecular structure resembles that of sugar and that these molecules actually fill the sweet receptor sites on our tongues for one to two hours and block any sugar from entering them. This triggers the tongue to report to the brain that the need for "sweetness" has been satiated.

Research has established that it has the same interfering action on the cells in the intestines which are responsible for absorbing sugar into the bloodstream. The receptor sites on these cells apparently are also blocked, reducing the amount of sugar entering the blood stream when it is consumed. This stabilizes blood sugar and diminishes the need for insulin—good news for people struggling with diabetes or hypoglycemia.

Published studies have pointed to yet another beneficial effect of Gymnema. It has been shown to significantly increase pancreatic and liver function, meaning it can help return diminished enzyme levels in those organs to normal. In an article published in *Let's Live* magazine, Betty Kamen, Ph.D. points out that gymnema has a "relatively mild, normal[izing] action, resembling the behavior of natural, adaptogenic remedies..." She notes the important distinction between how an herb like gymnema works and the action of most pharmaceutical medications: "Drugs continue to work even after a state of normalcy is achieved. An adaptogen works until a biological function is normal, then stops its action."

So, gymnema is an herb that we really need in modern Western society. With a mild adaptogenic effect, it reduces stress, normalizes blood sugar levels and aids pancreatic and liver function. NSP uses this plant in three formulas. AS with Gymnema is a formula used to control appetite and reduce food cravings, particularly for sugar. Used in conjunction with licorice root or Super Algae, it can really help hypoglycemics who are trying to beat their carbohydrate addictions.

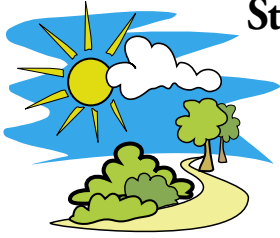
The other two NSP formulas containing gymnema that are helpful for diabetes. One is the Ayurvedic Blood Sugar Formula (also known as NBS-AV) and the other is SugarReg. Both of these formulas help overcome cellular resistance to insulin and are valuable natural formulas for diabetes. You can get the benefits of gymnema by taking it in these encapsulated formulas, but sometime, just for fun, open up a capsule of AS with Gymnema and saturate your tongue with it. Then try eating something sweet. You'll learn first hand the power of this remarkable plant.

### Selected References

*The Comprehensive Guide to Nature's Sunshine Products* by Tree of Light Publishing.

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## Steven Horne's Ramblings and Ravings

# Understanding Fat Metabolism

In the previous issue, I talked about two important keys I'd recently learned to promote weight loss. One was learning to show love for our bodies instead of being so negative and critical about them. The other was using massage and detoxification to promote the breakdown of fat. In this issue, I'll share some of the material I already understood about weight loss and used in my contribution to the new Untold Truth module.

Fats are very important to our health. They are a major structural component of the body, and particularly the nervous system. Over 50% of the brain is fat. So, when someone calls you a "fat head" you should thank them for the compliment. Fats also transport nutrients, help our skin stay soft and smooth (instead of being rough or dry) and store energy. The body burns fat in order to stay warm (especially in cold weather) and fats are the preferred source of fuel for the heart. Fats also form the basis for adrenal and reproductive hormones.

When the body is holding onto excess fat, it is doing so for a reason. The fat is not the real problem. It is the underlying health issues which are causing the body to create and hold onto excess fats that are the issue. As I mentioned in the last issue, Kat James did a masterful job of explaining this concept at NSP's Leader's Conference in Texas.

Kim Balas's work in biochemical blood analysis really opened my understanding as to how the body metabolizes and uses fats, which has given me additional clues as to why we gain weight and have trouble losing it. There are five major organs/glands which regulate the metabolism of fat in the body. If any of these organs are not functioning properly, then our fat metabolism will be impaired and we will have difficulty burning off excess fat. These organs are the gallbladder, liver, thyroid, spleen, and uterus in women and prostate in men.

### The Gallbladder

To begin with, the gallbladder serves not only to emulsify fats for digestion, but also as the means for disposing of toxins from the liver and excess cholesterol. Most of the cholesterol in the body is used to make bile, and bile is secreted to help digest fats. Low fat diets can actually increase cholesterol levels because less bile is produced to break down fats.

When the gallbladder is congested, fat metabolism is impaired. Chologogues are herbs which stimulate bile production in the liver and secretion from the gall bladder. Many biters have this property, including dandelion, blessed thistle, milk

thistle, yellow dock and Oregon grape. Stronger chologogues include turmeric, blue flag, fringe tree and Culver's root.

### The Liver

Fats that are broken down and absorbed through the intestines are transported to the liver for processing. In the liver, proteins are combined with fats to form lipoproteins to transport these nutrients through the bloodstream. Magnesium is also used to transport fats in the body, and many people are magnesium deficient.

When the liver becomes congested, fats are not correctly metabolized. When fats oxidize prematurely, they become rancid. Many skin conditions are the result of problems with fat metabolism or fat soluble toxins. This is why herbs that help clear the liver and decongest it have proven useful for skin conditions. Examples of herbs that affect the liver's ability to regulate fat metabolism are burdock, chickweed and yellow dock. Kim reports that SF is one of the very best formulas for reducing fatty congestion in the liver; it was originally formulated as a weight loss aid by herbalist LaDean Griffin.

In my experience, most of us need support for the liver, which is bombarded by the nutritional deficiencies and toxicity we are exposed to in modern society. Cleansing and supporting the liver, therefore, is absolutely essential to weight loss. Both Deanna Hansen and Kat James found that milk thistle helped them reshape their bodies. The Dieter's Cleanse contains supplements that place a heavy emphasis on liver detoxification. This is essential to losing weight because not only does the liver help regulate fat metabolism, it also has to handle many of the toxins released into the bloodstream when fat is broken down.

### The Thyroid

The thyroid regulates the metabolic rate in the body. I like to think of it as the body's "gas pedal" for metabolism. One of the primary roles of the thyroid hormones is to emulsify (make water soluble) and activate fats for metabolism. Since the body primarily burns fat to stay warm, a low thyroid function results in a lowered body temperature. Other symptoms of low thyroid function include dry skin (remember that fats keep the skin soft and moist), fatigue, reduced sex drive and function (sex hormones are made from fats) and, of course, weight gain.

In contrast, when the thyroid is hyperactive, as in Grave's disease, the person is "hot," they lose weight rapidly, they are "hyper" and their heart tends to beat too rapidly (remember the

heart uses fat for fuel). So, the “pedal is to the metal” and the body engine is racing when the thyroid is running too high.

Low thyroid is very common, and probably, a lot of moderately low thyroid conditions go unnoticed. Kimberly Balas recently attended a class with David Brownstein, a medical doctor who uses supplements and holistic methods. Dr. Brownstein has written a book entitled *Iodine: Why You Need It, Why You Can't Live Without It*, as well as two other books on natural hormone therapy. I've ordered the books and I'm looking forward to reading them.

Dr. Brownstein believes that most people are iodine deficient. Iodine isn't just needed by the thyroid, it is also used in uterine and prostate tissue, the breasts, the skin and many other organs and systems in the body. In fact, iodine deficiency is a factor in fibrocystic breast disease and breast and prostate cancer.

Our lack of iodine is partly due to dietary insufficiency, but is exacerbated by the fact that chlorine, fluoride and bromine all displace iodine in the tissues. Since most people drink chlorinated water and are exposed to fluorides and bromides on a regular basis, we need more iodine to offset this exposure.

I've added an iodine supplement to my program to see if it will accelerate my own weight loss. I've only been taking it a week, but it appears to be helping. Target TS II was originally developed as a weight loss product to stimulate the production of thyroid hormones. Thyroid Activator, Thyroid Support and Liquid Dulse can all be helpful in a weight loss program.

### The Spleen

The spleen stores and ages fats by combining them with B12 and calcium and storing them in cell membranes. It balances the iron and fat in the body. It is also involved in regulating immune functions. In Chinese medicine, the spleen is said to build the muscles, so that a spleen chi deficiency results in muscle wasting. Deposition of fat and wasting of muscle is a common sign of aging. Supplements that may help the spleen include chlorophyll capsules, dandelion, Fat Grabbers, Immune Stimulator, Trigger Immune, Ultimate Echinacea and yarrow.

### The Uterus and Prostate

The uterus and prostate play a role in fat metabolism because they help bind fat to water. This is done through a mineral catalyst, selenium. Potassium is also used to draw fatty acids into the cell to be burned. Manganese is used in the mitochondria of the cell to combust cholesterol to produce sex hormones. This process of burning fat is involved in creating energy, including creating sexual energy and sexual desire.

Dr. Bernard Jensen called manganese the love element. It is found in abundance in red raspberry leaves, which are used as a uterine tonic. Herbalist James Green maintains that raspberry leaves work equally well as a tonic to the male prostate.

Women who have problems with water retention, a lack of energy and fat accumulation around the hips, buttocks and

thighs typically have a problem with their uterus. A chiropractor friend of mine also indicated that he had noted that after having their uterus removed, he observed that women often had trouble losing weight and also developed heart and nervous system problems. This is due to the fact that fats are no longer being processed as efficiently because of the loss of uterine tissue.

So, getting this reproductive tissue into good health may also be necessary to weight reduction. Supplements that may help balance uterine and prostate tissue include Breast Assured, chickweed, C-X, FC with Dong Quai, FCS II, Flash-Ease, Men's Formula , V-X and X-Action for Men or X-Action for Women.

### Other Considerations

While the pancreas isn't directly involved with burning fat, excess insulin is involved in turning the excess carbohydrates we consume into fat. So, eating a lot of simple and refined carbohydrates is a key factor in weight gain. Not only are these foods lacking in nutrients our body needs, they are also triggering storage of fat. Starchy things like grain and potatoes mature in the fall for a reason. Eating them helps people and animals put away fat reserves to stay warm during the winter. So, focusing on other types of foods helps us lose weight. Refined carbohydrates (sugars) were covered in the Feb 1, 2005 issue.

Stress is also a big factor in excess weight. High levels of insulin and high levels of cortisol (a stress hormone released from the adrenals) are associated with a loss of muscle mass and the development of abdominal fat. So, stress management is an important factor in weight reduction. Emotionally, weight can be a “shield” that we create in response to stress to push people away. So, there is both a psychological and a physiological component here. I gained my belly during a very stressful period of my life. When my stress level reduces, I always seem to lose weight more easily.

Of course, that's where the new Nature's Cortisol formula can come in handy. It can reduce stress hormone output, which reduces stressful feelings (anxiety) and helps block the tendency to gain weight under stress. There's a lot more about this subject I'll be covering in classes and future materials, but I hope this information will aid you in designing customized weight loss and health improvement programs for yourself and your clients.

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





## Kimberly Balas' Clinician's Corner

# Bilirubin, IBM, Blue Cohosh and Product Tips

### Bilirubin in the Urine and Inclusive Body Myositis

*I'm a little concerned about results of the regent strip test based on what I'm finding on the internet. I was just spot checking my urine for ketones and glucose. I was not expecting to find high bilirubin and leukocyte. The color is much darker than the highest reading. Do you think I should get some blood work done?*

*How accurate are these strips? Are there herbs I could be taking that would alter this test? I recently started a Taio He Cleanse. I would think that would open up the biliary system. Most information suggests mine is blocked. I'm having no other signs of digestive problems, other than the fact that I am easily constipated. My stool color is normal. I eat proteins and greens with low carb most of the time.*

*Also, I need any information on IBM (Inclusion Body Myositis). A lawyer here in town has recently consulted with me about this new problem. I have never had a case of this before. The doctors have told him there is nothing they can do for it. It would be great if I could find something that would help him. He isn't into natural medicine and his wife is totally against it, but, I think the medical field has left him no choice.*

*Janey*

First, on the bilirubin in the urine: bilirubin is produced in the natural process of red blood cell turnover. After being recaptured by the phagocytic cells of the liver and spleen, over 99% of bilirubin and urobilinogen is sequestered by the liver but a trace is normally excreted in the urine.

If you are getting a higher reading, this is an indicator of possible chronic inflammation of the liver. Some Vitamin A and D and SAM-e taken internally, along with Helicrysum essential oil applied topically over the liver should be helpful for inflammation.

There are some other things to consider, too. Have you been around anyone that has had a hepatitis shot lately?

High bilirubin in the urine can also be an indication of gallstones, so you may want to rule this out. Are you doing more hydrogenated fats than usual, like nut butters? Are you taking a lot of Thai Go? Try some Hi-lipase or chickweed for 10 days and then retest. If it improves, then you know you should do a gall bladder flush.

Second, for the Leukocyte Esterase: this is white blood cells in the urine. This can indicate a possible infection or UTI, but usually just means acidemia. There is probably just a bacterial situation going on and I would look at taking some Kudzu/Saint John's Wort or some Probiotic 11 for this. Again, try this for 10 days and then retest.

As for the question with the Tiao He: yes, it could alter these readings by stirring up some liver debris.

Now, for the IBM (Inclusion Body Myositis): this is an autoimmune disorder and the medical field usually uses a lot of immune suppressing drugs to control it. It doesn't respond to corticosteroids like most autoimmune disorders.

In order to deal with the onset of muscle weakness, I would suggest using collatrim to rebuild the muscle fiber structures. I would also monitor creatinine levels to make sure creatinine doesn't get really low; this would reduce the firing on the actin fiber that helps with the muscle control and prevents atrophy.

This condition is also kidney related. I would use the KB-C along with cordyceps.

This firing on the actin fiber has a direct association with brainwaves as well. In the beginning, they start tripping easily or falling. Work on the neurotransmitter response to keep these pathways open. I would try the N-Acetyl cystine possibly in conjunction with the Milk Thistle Combo. The B-12 liquid and the B-6 can help when they progress further as in losing their sense of grip or ability to button their shirt and such.

Heavy metals are going to continue to knock the Coenzyme A out of circuit here which would cause this

condition to progress more rapidly. Heavy metals may even be a root cause of the problem. So, I would get him on organic foods and maybe even use Heavy Metal Detox. You could muscle test him for it. If his albumin is low and his cholesterol is under 170, then I would start with Heavy Metal Detox for sure. The best thing to do is get the cholesterol up to or over 225 and make sure the triglycerides are in normal range, too.

### Blue Cohosh and Labor

*When a woman has started labor, but wants to speed things along, would blue cohosh work? If so, do you have any information on it?*

John

Blue Cohosh is an oxytocic herb, meaning it mimics the hormone oxytocin, which stimulates uterine contractions. Pitocin is the synthetic mimic the doctors use for the same purpose. Blue Cohosh was traditionally used by Native Americans to facilitate childbirth. It should not be used during pregnancy until the last five weeks. It should especially be avoided during the first trimester.

Blue Cohosh is also a uterine tonic (meaning it strengthens the uterine muscle like red raspberry) and an antispasmodic, so it relaxes muscle cramps and eases childbirth pain. You can take 1-2 capsules every two hours during labor to help speed things along. You can also alternate taking blue cohosh and black cohosh. The essential oil of Jasmine is also helpful during labor.

Blue Cohosh can also be used to induce labor. Use about two capsules three times daily every day after the due date has past. Even more effective is a formula I use (which I learned from Steven who got it from Chanchal Cabrera) which contains Blue Cohosh, Scotch broom and Valerian. Since Scotch broom is a toxic botanical, it is hard to get, but the formula really works.

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



### More Product Tips

*A while back we published some product tips from Kim. Here are some more... [Editor.]*

- √ Lavender oil mixed with Nature's Fresh is a great spray for hotel rooms. Spray on sheets, towels, vents, etc. They sell something similar at Bath & Body for \$8 per 4 oz., bottle so it is cheaper to make yourself.
- √ Sunshine Concentrate makes a great soap to travel with. It is also a great a face cleanser. Use Nature's Fresh as a deodorant and facial toner.
- √ Tei fu is good for a chronic cough. Just put a little drop on the very back of the throat. Tei fu in Nature's Fresh will kill ants. Nature's Fresh with just a drop of Tei Fu or Tea Tree oil makes a great tick and flea spray.
- √ Peppermint is for study time, talking to others after having garlic for lunch, staying alert when doctors are talking above your head and for digestion (so you can stomach the information you received). Just kidding, but then, maybe not.
- √ Liquid chlorophyll will stain your carpet and sofa very nicely. Oh, wait, we want positive uses. Chlorophyll is great to put in water when you are stuck with icky water. It makes the water drinkable.
- √ Use Nature's Fresh for the litter box....but if you give the cat chlorophyll in the water, then it doesn't smell anyway.
- √ Omega 3 essential fatty acids are helpful for nervousness and anxiety. They are also good for dry skin and people who have feet that crack on the heel. Prick the capsule with a pin and squeeze out some oil to apply topically for chapped lips. You can also use Flax Seed Oil for chapped lips. Although, it tastes a bit better.
- √ Mix Nature's Fresh and 5 drops of Peppermint Oil in a 2 oz. bottle and spray this on tired legs and feet. (Think convention here....all the walking and standing.....uuuggghhhh!)
- √ Thai Go is great to help the body deal with hot weather. It's a better refrigerant than orange juice since it isn't acidic.





# Maintaining a Healthy Appetite

## Eliminating the Food Cravings that Damage Your Health

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Nutritional deficiencies are one of the root causes of health problems. In the 1930s, a dentist by the name of Weston Price, toured the world studying the dental and physical health of indigenous people living on their traditional diets, versus the health of “civilized” people living on modern diets in the same geographical region. Over and over again, Dr. Price observed that the people living on the natural foods from the land had few dental problems (cavities, impacted wisdom teeth, etc.) and very little disease. Those living on modern diets were plagued with these problems.

Dr. Price collected samples of the foods these people were eating and had them shipped back to the states for nutritional analysis. He found that the diets of traditional people were more nutritionally “dense,” meaning that they were getting more minerals, vitamins and other trace nutrients when eating the same amount of calories.

Today’s agricultural methods, coupled with modern food refining and manufacturing technologies have made our food even less nutritionally dense than it was in the 1930s. One of the major problems with this is that we are driven to consume more calories than we really need, because to get the trace elements the body needs, we have to consume larger quantities of food. To make the situation even worse, modern food manufacturers actually study ways to make their foods more addictive, so that customers will be driven to consume more of their products. This contributes to many health problems, the most obvious one being obesity.

So, if you find yourself being driven to eat more food than your body needs, or have addictions to “junk foods,” you know you shouldn’t be eating, your problem isn’t a lack of willpower. It’s really a biochemical imbalance, brought on by nutritional deficiencies and addictive substances found in the foods you are consuming. So, if you are overweight or addicted to sugar, salt, greasy fried foods, chips, sodas, etc., you don’t need to emotionally “beat yourself up” over it.

When presented with a variety of natural foods, small children will naturally eat the foods which contain the nutrients their body is craving. Little children also stop eating when their appetite is satiated. However, as we grow older, we learn to “clean our plate” or otherwise ignore the subtle signals the body gives us as to what foods it needs and how much it needs to consume. This problem is compounded by the fact that we are eating processed foods which have been artificially flavored and colored to fool the body into thinking they contain the nutrients that we need.

So, the bottom line is that food cravings, overeating, binge eating, etc. are not the result of a lack of willpower or self-discipline. They are the result of biochemical imbalances in the body that result from eating foods that don’t provide the body with what it really needs to be healthy, and by learning to allow the head to override the stomach by not paying attention to the subtle clues the body is giving us about what it really needs.

So, to develop a healthy appetite, stop focusing on what you shouldn’t be eating and start focusing on what you should be eating. In other words, just start choosing to eat healthier, more nutritionally dense foods. Replace refined grains with whole grains. Substitute natural sweeteners (unprocessed sugar, honey, maple syrup, etc.) for simple sugars. Eat fruits and vegetables before eating other foods. The more whole, natural, unprocessed foods you eat, the more you expose your body to what it really wants and the more you will naturally desire healthy foods.

It also helps to take supplements that help to balance your blood sugar and supply the body with the trace elements it may be missing. If you crave sugar, you are probably hypoglycemic or otherwise suffer from blood sugar imbalances. Licorice root, HY-A and Super Algae can all be taken to stabilize blood sugar levels and reduce excessive cravings for sweets. AS with Gymnemia can also be helpful for controlling excessive hunger and the desire for sugar and simple carbohydrates.

If you find yourself craving fried foods and fats, you may be deficient in essential fatty acids. Try taking Flax Seed Oil or Omega-3 Essential Fatty Acids. CLA can also be helpful for reducing fat cravings and may even help with weight loss.

If you find that food cravings are associated with mood changes, that is, you eat to avoid feeling sad or depressed, 5-HTP Power or Mood Elevator may help. These combinations alter the chemical messengers that are out of balance and reduce your desire to “binge” to make yourself feel better.

The biggest deficiency most people suffer from is trace minerals. The trace mineral content of our foods has greatly diminished over the last 100 years. So, taking a mineral supplement like Colloidal Minerals, Mineral Chi Tonic or Herbal Trace Minerals can also help control appetite.

Starving the body is an ineffective way to lose weight because one is further depriving the body of the nutrients it needs. The best way to lose weight is to feed the body what it really needs so that food cravings are satisfied and appetite is regulated normally. For additional tips and suggestions on how to do this, contact your local herb specialist or nutritionist.

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Seek appropriate professional assistance for all serious health problems. Handout prepared by Tree of Light Publishing  
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# Nature's Cortisol

## Cortisol-Reducing Formula for Stress Reduction and Weight Loss

Nature's Cortisol is a dietary supplement designed to reduce levels of the stress hormone, cortisol in the body. Cortisol is a hormone produced by the adrenal glands as part of the fight-or-flight reaction to stress. Cortisol has an anti-inflammatory action, but is also associated with higher levels of anxiety and stress-related problems like high blood pressure.

Cortisol, also promotes the synthesis of glucose from proteins in order to make more glucose available as fuel in response to stressful situations. This reduces lean muscle mass and increases blood sugar levels. Research has shown that cortisol also increases the deposition of abdominal fat and increases cravings for food, especially carbohydrates (sugars). This helps to set up the vicious cycle of stress and overeating (especially of unhealthy foods), which creates more stress and more overeating, etc. By supporting a person's adrenal glands and lowering cortisol output, Nature's Cortisol can help to break this cycle.

The herbs and nutrients in Nature's Cortisol have an adaptagenic effect, meaning they reduce the output of stress hormones like cortisol from the adrenals. The blend also helps to regulate blood sugar levels and has antioxidant activity to reduce tissue irritation and inflammation. Nature's Cortisol can be used to help reduce stress, regulate blood sugar levels and as an aid to weight loss.

Nature's Cortisol includes the following ingredients:

**Magnolia Bark extract and Phellodendron extract:** Magnolia bark and phellodendron have been used in Chinese medicine for centuries. The major active ingredients are magnolol and honokiol, forms of anti-oxidants that are 300-1000 times as active as vitamin E. The primary functions of these herbs in this formula are to protect tissues, especially those of the cardiovascular system, from oxidative damage and to act as an anti-inflammatory. Magnolia extract has also been reported to have an anxiety- and cortisol-reducing effect without sedative properties.

**Holy Basil:** This herb comes from Ayurvedic herbal medicine, where it has been considered a tonic herb, used to improve vitality and invigorate the system. Holy Basil has been used to treat a wide range of disorders from asthma and fevers to canker sores and insect bites. It helps to lower blood sugar levels and blood pressure, and has adaptagenic and anti-inflammatory properties. Recent research has focused on Holy Basil's ability to decrease effects of stress and to diminish depression by normalizing levels of cortisol from the adrenal glands.

**Banaba extract:** Banaba has been used as a folk medicine in the Philippines to treat diabetes. Research has indicated an ability to promote cellular utilization of glucose and a corresponding ability to inhibit creation of fat cells.

**Green Tea extract:** A powerful antioxidant which can protect against free radical damage. Some researchers also theorize that its major components work together to increase energy consumption in the body, thereby aiding in weight loss.

**L-Theanine:** This amino acid, found in the green tea plant, seems to promote relaxation without causing drowsiness or impairing motor skills. It's theorized that it owes this effect to its ability to cross the blood-brain barrier and act on neurotransmitters in the brain.

**DHEA:** Cortisol and DHEA appear to be antagonists in the body. Raising DHEA levels seems to help decrease cortisol levels, thereby helping people to lower stress levels. Research applying DHEA to obesity has shown that it can significantly decrease abdominal fat and also increases cellular sensitivity to insulin.

**Chromium:** A trace element required for normal glucose metabolism, chromium facilitates the binding of insulin to insulin receptors. Supplementation with chromium has been shown to improve blood glucose, cholesterol, triglyceride and lipoprotein levels.

**Vanadium:** Another trace element with insulin-like properties, vanadium has proven to improve insulin sensitivity and blood glucose levels.

**Calcium:** Calcium is the most abundant mineral in the body and is used by every body system. The recommended daily consumption is 1000 mg. per day, which many people don't get. Aside from preventing bone loss, clinical studies have shown that increasing calcium intake can reduce the risk of being overweight by as much as 70%.

**Dosage:** Take one capsule with a meal three times daily. Not recommended when the adrenals are exhausted or there is a lot of chronic inflammation in the body.

### Selected References

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

*The Encyclopedia of Medicinal Plants* by Andrew Chevallier

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

*PDR for Nutritional Supplements* by Physician's Desk Reference

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# Love Your Body Beautiful

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

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

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



## Class Schedule

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

### Steven Horne's Speaking Engagements

Call 888-707-4372 for information.

#### Love Your Body Beautiful (taught with Deanna Hansen)

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

#### Fast, Effective Natural Health Care

March 11	Oxnard, CA	\$25 or register online and save \$5
March 14	Cathedral City, CA	\$25 or register online and save \$5
March 15	Tustin, CA	\$25 or register online and save \$5
March 16	Studio City, CA	\$25 or register online and save \$5
Apr 21	Wasilla, AK	\$25 or register online and save \$5
May 17	Jaimestown, NY	\$25 or register online and save \$5
June 10	East SF Bay, CA	\$25 or register online and save \$5
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Tree of Light Publishing is an independent educational organization dedicated to research, writing, and education in the field of natural health. Our approach discusses health on all levels: physical, mental, emotional, spiritual, social and environmental.

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