

Nature's Field

An Electronic Journal for NSP Distributors

Flax Seed

By Steven Horne and Mark Montgomery

Flax is a beautiful plant, with tall, thin stalks that bear delicate blue to violet flowers. A field of flax in bloom is an amazing sight. But flax is also an extremely useful plant, which has played a variety of roles in many cultures for about 5,000 years.

Flax stalks contain a fiber which was used to make linen. Flax fiber was used to make clothing, fish nets and ship sails by the Greeks and the Romans. It is mentioned in the Bible as a source of fine clothing for the High Priests and as the material in the robe which Joseph of Arimathea used to wrap the body of Jesus. The seeds are the source of linseed oil, which was used for numerous purposes in antiquity. It was burned in lamps, used as a waterproofing agent and as a base for making paints.

Flax seeds have an equally long and illustrious history in food and medicine. In antiquity, Hippocrates, considered the father of modern western medicine, recommended their use for inflammation of the mucous membranes. And in the 20th century Mahatma Gandhi was quoted as saying, "Wherever flax seeds become a regular food item among the people, there will be better health."

Today, the seeds themselves are commonly used as a remedy for constipation, as they swell in the intestines, producing a gentle laxative action. An infusion of the seeds—flavored with honey and lemon juice—was used by the Cherokees and continues to be used today as a cure for coughs and sore throat. Crushed, they can be used in a poultice to be applied to boils, abscesses, ulcers, burns, eczema and arthritis.

Today, flax seeds are best known for the nutritious oil they contain. Flax seed oil has a high content of omega-3 and omega-6 fatty acids. These two fatty acids are called "essential" ("EFAs") because they cannot be produced by the body from other fats. That means we have to get them in sufficient quantity in our food. Most Americans get enough omega-6 because it's present in most vegetable oils, like corn oil, sunflower and safflower oil. Omega-3 is more elusive. You can get it from the cod liver oil (a favorite in your grandparent's day), or by eating deep ocean fish and wild game which feed on natural sources that are high in omega-3. You won't find it in farm-raised fish because they're



Photo by Steven Foster

raised on a commercial fish food diet containing little or no omega-3.

Flax seed oil contains omega-6 and omega-3 in the proper balance, making it one of the best oils with which to supplement the diet to ensure adequate intake of EFAs. It can be taken in capsules or used in place of other oils on salads or in soups. It is better not to use it for frying, though, as heat destroys its healthful benefits.

Omega 3 essential fatty acids have numerous health benefits. They inhibit the inflammatory response, reducing effects of rheumatoid arthritis and other inflammatory diseases. They increase oxidation, metabolic rate and energy levels in cells

by augmenting the prostaglandins which govern cell activities. An finally, they balance the hormones that aid in weight loss by improving glandular function.

In addition to its omega-3 and omega-6 benefits, flax seed oil contains substances called lignans in concentrations about 100 times higher than most whole grains. Researchers have found populations that consume high levels of lignans have lower rates of breast cancer and colon cancer, apparently because of the lignans' anti-estrogenic effect.

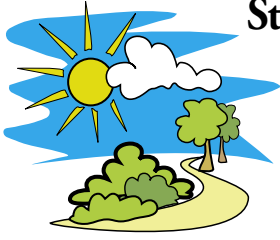
Flax seed oil is available from NSP. Flax seed also lends its healing properties to the following NSP formulas: Breast Assured, Focus Attention, Irritable Bowel Fiber, LOCLO, and GreenZone powder.

Selected References

- A Modern Herbal* by Mrs. M. Grieve
- The Wild Rose Scientific Herbal* by Terry Willard, Ph.D.
- The Green Pharmacy* by James A. Duke, Ph.D.
- The Complete Medicinal Herbal* by Penelope Ody

In This Issue

Feature Herb: Flax Seed	1
Steven's Ramblings & Ravings: Eating for Pleasure:	
A Healthy Approach to Food	2-3
Kimberly Balas' Clinician's Corner:	
Alternatives to Cortisone and Other Questions....	4-5
Product Handouts:	
Fats are Essential	6
Cellu-Smooth with Coleus	7
Announcements/Class Schedule	8



Steven Horne's Ramblings and Ravings

Eating for Pleasure A Healthy Approach to Food

Why do we call the herbs and nutritional formulas we recommend to people, 'supplements?' Obviously because they are supplements (or useful additions) to a healthy diet. Yet, the way I see some people using supplements, I think they believe that supplements are meant to make up for a poor diet. I've been in this industry long enough to realize that this simply isn't the case. While I do use supplements, I find that without a healthy lifestyle, I can't achieve the high level of wellness I like to maintain.

When many people think of eating healthy, they think of self-deprivation. That is, they think about giving up all the foods they love and eating bland, "rabbit food" or adopting some kind of very restricted diet, such as macrobiotics, vegan, vegetarian, Atkins, etc. I don't know why we're given to such extremes, but we are. Maybe it's part of the language we use. We have to fight disease and we have to work to be healthy. Why can't being healthy just be pleasant and fun?

You see, I've always loved food. I was never a finicky eater as a child, and as a thyroid type, I had a fairly rapid metabolism so I could consume quite a bit of it without gaining weight. My love for food reveals itself in a number of ways.

For starters, I love to grow food. When I've been able to have a garden, it has been a joy both to plant it and to harvest the fruits and vegetables it yielded. One of the reasons I like to garden is because I get to grow varieties that I can't find in the grocery store such as the Chioggia beet (which has white and red concentric rings) and heirloom potatoes with assorted colors of skin and flesh. My favorite thing about gardening, however, is how wealthy I feel when I'm harvesting my produce. No paycheck has ever made me feel as wealthy as having fresh tomatoes, peppers, squash, carrots, potatoes, beets, etc. from my own garden.

I also love to preserve food. I love to bottle peaches, pears, tomatoes and salsa in particular. I can't purchase food of that quality at the grocery store. (I bottle my peaches and pears in white grape juice so there is no refined sugar, but the flavor of the fruit is beautifully preserved.) I also enjoy drying or pickling food. Again, I feel rich when I've got a pantry full of great food.

But, it doesn't stop there, because I love to cook, too. I'm one of those cooks who doesn't necessarily follow recipes either (although I have plenty of cook books). I tend to be creative and modify recipes or even "invent" new dishes while I'm cooking. I

even like to watch the cooking channel, especially the program, *Good Eats*. (Maybe that's because the star, Alton Brown, is a fellow geek, who combines food history, science, cooking and humor in the same show.)

I love to invite people over for dinner and serve them homemade pizza with whole grain crust, lasagna with whole grain noodles or eggplant Parmesan, stir fries and curries, my lentil burgers, enchiladas or whatever else the mood strikes me to cook. I also love to make cookies, cakes, pies and homemade ice cream. I use whole grains, natural sweeteners, real butter, and organic ingredients where possible. People are always amazed that healthy food can taste so good.

French Women Don't Get Fat

Of course, I love all of the above because I also love to eat. Which is why I really enjoyed a book I recently read called *French Women Don't Get Fat* by Mireille Guiliano. The subtitle really tells what the book is about, "The Secrets of Eating for Pleasure."

Eating should be pleasurable. In fact, the truth is that eating healthier is extremely pleasurable. I'm much pickier about what I eat now than when I was young, but it isn't just because I like feeling healthy. It's because eating healthy has changed my taste buds and turned me into a sort of "food snob." So, I'm not really a "health food nut," I'm a seeker of culinary delights, and that's why I enjoyed this book so much.

As a teenager, Mireille spent a year in the United States as a foreign exchange student, gaining a few extra pounds in the process. When she returned to France, her French doctor didn't put her on some strict diet and exercise regime to get her back to her optimal weight. Instead, he taught her how to become more aware of her relationship with food and to gently modify her approach to eating. As a result, she gradually lost the weight she had gained and learned life-long lessons that have helped her stay healthy and maintain her ideal weight ever since.

From this book, I gained an interesting insight into the cultural eating habits that have influenced my own approach to food. For starters, anytime you tell yourself you can't have something, you create mental obsession. Mireille explains that the French love food, but approach it differently than we do in the U.S. Farmer's markets are well patronized in France. People are more interested in quality food.

Many Americans, I've noticed, want to buy the cheapest food they can find as a way of "saving money" and being frugal. Cheap food is never a bargain because it robs you of energy and clouds your mental capacity. Besides, the empty calories of cheap food only lead you to want to eat more as your body urges you to eat bigger portions in search of the nutrients it needs.

Quality, Not Quantity

Quality, not quantity needs to be our focus, when it comes to food, and your guide to quality isn't in some textbook. It's in your own five senses. Learn to shop for food with your senses. Learn to use your senses as you prepare and consume food, too. When I'm shopping for produce I'm not just looking, I'm feeling and smelling the fruits and vegetables. If it doesn't smell right it isn't going to taste right.

I think that the biggest reason most people aren't eating as many fruits and vegetables as they should is because of super-market produce. I have a hard time finding decent produce at the grocery store (except in the organic section). Put bluntly, most of the produce in a grocery store is tasteless garbage. The carrots are woody and bland, the tomatoes are flavorless, and the fruits were picked too green to allow the flavor to fully develop. All this is done, not for the consumer, but for the needs of big business in being able to grow varieties that store and ship well.

Tomatoes and other fruits, for example, are picked green so they will keep during shipping. Thus, the full flavor and sweetness of the fruit is never allowed to develop. That's why it needs to be sweetened with sugar to be made edible. It's hard to find decent fruit anymore and nearly impossible to find a decent tomato unless you grow it yourself or buy it from a local produce stand.

I remember one time when I was living in Roosevelt, UT, that I steamed some organic red chard I'd purchased when I was in Salt Lake City (over 100 miles away). It tasted so good I was craving more chard so I went to the local grocery store and bought some commercially grown chard. When I cooked it, it tasted so bad I couldn't eat it.

And, it isn't just produce. Eggs are another problem. Although I don't have any now, I've raised chickens before and had fresh eggs from chickens that were allowed to scratch around the yard and eat bugs. The eggs have dark orange yolks, firm whites, and hard shells in contrast to the thin shelled, runny and pale grocery store varieties. And the taste, well, there's no comparison.

I could go on with more and more examples. The organic chicken tastes like chicken is supposed to taste and I can eat it plain and enjoy it, whereas a commercially raised chicken has to be smothered in some type of sauce or seasoning before I can stand the flavor. Ever tasted organic, grass fed beef? How about real strawberries, freshly picked from the garden?

The simple truth is, that flavor is a sign of quality. For me, it doesn't have to be organically grown necessarily, it just has to be good quality. (I think that's one of the things I like about Alton Brown on *Good Eats*; he always tells you how to pick out quality ingredients.) If you want to know whether the food you're eating is healthy stuff, learn to let your eyes, nose and taste buds be your guides.

A friend sent me an article recently entitled, *Why McDonald's Fries Taste so Good*. While I could debate the truth of the title, the article was fascinating because it was about the natural and artificial flavoring industry. I learned that whenever a label says natural or artificial flavorings, this means it contains chemical flavoring agents. Natural flavorings are just chemicals extracted from natural sources (i.e., there is nothing natural about them).

What really shocked me was when I read that the reason we find natural and artificial flavorings in food is because processed food tastes so bad that no one would eat it if it wasn't artificially flavored. In other words, they have to deceive your senses in order to trick your body into thinking the food is good for you. So, whenever you see "natural flavoring" or "artificial flavoring" on the label, think, "If this food wasn't tricking my senses, I wouldn't touch it because it would taste so bad. Sobering thought, isn't it?"

Food should taste good and eating healthy should be a pleasurable experience. Mireille points out that the French enjoy wine, wonderful breads, chocolate and many other treats, but they eat smaller portions and spend more time eating. They tend to savor and relish what they are eating, rather than wolf it down on the run. In other words, they take the time enjoy what they are eating.

Since reading this book, I've slowed down when I eat. I'm taking more time to savor the flavors, aromas and colors of what I'm eating. And guess what? I find that I'm satisfied with less food! I'm also indulging my passion for food by creating more colorful "plates" when I'm fixing food by adding little garnishments and increasing the variety (but reducing the quantity) of foods I'm eating at each meal.

There are lots of other tips, recipes and helpful advice you'll find in this book. I highly recommend it to anyone who wants to eat healthier without sacrificing flavor and pleasure.

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

Alternatives to Cortisone and Other Questions

Alternatives to Cortisone

I have a woman about 70, who has arthritis and fibromyalgia. Her doctor has given her a cortisone shot and it changed her pain level and helped her feel much better, but she does not want to keep taking the shots as she knows the draw-backs. Is there anything else that will help? Her hands are very bad and swell up.

Jeannette

Cortisone is a synthetic mimic of the hormone cortisol, produced by the adrenal glands. Cortisol reduces inflammation and keeps the immune system in balance. So, you have to support the adrenal cortex to help it manufacture more natural corticosteroid hormones. Adrenal Support can be helpful, but wild yam, licorice, and yucca all have a natural cortisone-like effect and can be helpful for reducing inflammation.

However, the inflammation is just a symptom. Inflammation is caused by irritation to tissues, so the sources of irritation should be identified and eliminated. It's a good idea to avoid all chemicals and to reduce or eliminate foods that are incompatible with her blood type. Some very gentle cleansing may also be helpful to reduce levels of toxins in the system that are irritating the body. In an older person like this, drinking lots of water and taking some extra fiber would be the best place to start.

Symptoms Aggravated by Cold

Ten years ago I was diagnosed with MS. I am symptom free except for one annoying problem which has me perplexed. I don't know how to get rid of it. It is stiffness. I can't figure out whether it is joint or muscle stiffness or both. Laying in a tub of hot water with Epsom salt helps but only temporarily. Then I get out of the tub and into the cold (my husband keeps the heat on 40) and I freeze back up again. I have tried every anti-inflammatory NSAID and nothing is touching it except for Shiatsu, which is very expensive. Cold weather and rain or snow make it worse, so does sitting or standing for long periods of time.

Since my car accident in September it has gotten worse. My whole body cracks and creaks like I am 200 years old. I know if I visit the neurologist whom I haven't seen in 4 years, she is going to lecture me about medications and about going on prednisone, which I am NOT thrilled about doing.

I am very little, 5' 2", 100 pounds. I see a chiropractor at least once a week and had spinal x-rays and when I was in the accident. I also did a CT scan which showed beginning stenosis in two vertebra. I have added SKL to my program for this. I do have high levels of Mercury in my body which I am trying to get rid of. I am taking Heavy Metal Detox and Adrenal Support. I added one Thyroid Support a few months ago after getting my voice bio done, which showed my thyroid was a little low.

Laura

Mercury is one known cause of adrenal insufficiency. It acts both directly and indirectly by stimulating autoimmune reactivity that may target the adrenal cortex, the hypothalamus or the anterior pituitary gland. This can be balanced by using the Heavy Metal Detox and Adrenal Support together, as you are doing.

Many anti-inflammatory herbs such as yucca, IF-C, VS-C are cooling to the body. In Chinese medicine, they would be said to help "heat evil" or conditions which are hot and aggravated by heat. However, you have the opposite problem, a cold condition that is aggravated by cold. So cooling anti-inflammatories are not going to be helpful. You need warming anti-inflammatories. Ginger, capsicum and turmeric, all have anti-inflammatory action and are warming to the body, so you might consider trying some of these herbs.

There may also be a circulatory problem here. The fact that warm baths help, while cold and standing or sitting for long periods aggravate the condition suggests there may be a problem with blood flow.

Finally, have you tried antispasmodics like Cramp Relief, Kava Kava or Lobelia? These help relax muscle cramps.

Burning Hands and Feet

My 39 year-old sister is having a problem with red hot feet. She has hard, hot red patches on the bottoms of her feet and the problem comes and goes. She also has the problem on her hands, but the skin is more patchy and flaking and is peeling. The finger tips are kind of wrinkly, like they've been soaking in water. It sounds to me like psoriatic arthritis, a very rare condition my husband also has. Do you have any suggestions?

Kathy

This also sounds like some underlying viral issues in the liver. I would work on the liver with MSM and olive leaf. B-Complex is helpful here as long as the kidneys are working properly. There may also be a toxin in the body, perhaps a heavy metal that is trying to move out through the skin. I would soak the hands and feet in Epsom salts and spray Nature's Fresh with rose and lavender on the feet daily.

Warts

I was wondering what would be an effective, but simple, recommendation for a two year old with multiple warts on right side of the neck, and on the body? The mother says the ones on her body look like cigarette burns. They first appeared on the child this past summer.

Claudene

This can be a blood sugar indication, meaning there are problems with maintaining a balanced blood sugar. Adjust the child's diet and make certain he or she is getting enough protein to maintain a stable blood sugar level. Also give the child some enzymes and Adrenal Support. Warts are a viral condition, so I would use VS-C topically.

Keloid Scar

I have a client with a keloid scar on his neck. There is an abscess under it. His doctor put him on Keflex and now Levoquin, which I dislike with a passion because it has a tendency to adversely affect the central nervous system in some people.

I need to know if there are any effective herbal therapies. I'm not interested in research, I'm looking for some practical experience with this problem. Could we use colloidal silver and lemon grass?

Darcy

I have successfully used Proactazyme between meals along with yarrow taken internally and helichrysum applied topically for keloids. I put the helichrysum in vitamin E oil and apply it daily. This protocol has worked well for me. And there is another effective therapy, too—Nature's Fresh applied topically.

Seizure

I work with someone who had a seizure. They took her to the hospital and have been pumping her full of potassium for two days. I looked up in my footprints notes and it said that if you are low in potassium it could mean cancer. The week before she was out all week with what she thought was the flu. Any suggestions on what this could be?

Ramona

If her serum potassium levels were low, then it could be a smothering of fatty acid exchange which would activate the muscle fibers of the heart via combustion. This could cause a seizure-like response via the aortic artery and a lack of oxygen to the brain.

Low potassium can be one indicator of cancer but there are eleven other markers that you would need to look at, as well. So, I wouldn't be concerned about that.

Balancing "Weepy" Feelings

When someone says they are always "weepy" what would work best to help their emotions? I usually look at the liver, check the glands, and use Distress Remedy.

Tonja

I use the Mood Elevator (AD-C) and Lung Support (LH-C) together. Nervous Fatigue Formula is another possibility. One of its indications is emotional sensitivity and excess crying or laughing.

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 (321-626-9243).





Fats are Essential

The healing benefits of essential fatty acids

In the last year, we've all read news articles trumpeting the alarming statistics about obesity in America. Without a doubt, fat is out, and many people are scrambling onto low-fat diets in response to the news about all the health risks associated with being over-weight and having high levels of cholesterol.

As a result of all this "bad press" many people lose sight of the fact that fats are absolutely necessary substances that perform myriad essential functions in our bodies. They make up 60% of the brain and much of the myelin sheaths that protect and support the nervous system. They're necessary for proper fetal development and motor skills. They're an essential nutrient for the glandular systems that govern reproduction, growth and energy levels. They facilitate the activity of the immune system. And they're indispensable for maintaining a healthy heart and circulatory system.

So, why do they have such a bad reputation? The answer is that most Americans are consuming large quantities of the wrong kinds of fats, and aren't getting the kinds of fats they really need. Here's what's happening:

First of all, fats are composed of fatty acids and glycerine. There are many different types of fatty acids, but there are two that are essential, which means the body can't make them so they have to be derived from the diet. These are the omega-3 and omega-6 fatty acids.

Omega-6 fatty acids are important because they undergo a series of transformations into substances called eicosanoids, hormone-like chemicals found in every cell of our bodies. The best-known of the eicosanoids are the prostaglandins which play an important role in regulating inflammation and pain. Other eicosanoids reduce clotting, enhance immune function, dilate blood vessels, thereby reducing blood pressure, and inhibit tumor growth. This conversion process grows more difficult as we age, which helps explain why older people tend to have more pain and more inflammatory diseases than younger people.

Omega-3 fatty acids enter the picture because there are "good" eicosanoids (which reduce inflammation, blood pressure, etc.) and "bad" eicosanoids (which increase inflammation, blood pressure, etc.). Omega-3s help inhibit the production of "bad" eicosanoids and increase the production of "good" eicosanoids.

Most Americans are getting enough omega-6 essential fatty acids (EFA), because these are plentiful in the vegetable oils we use, but most people are deficient in omega-3 EFA. Omega-3 EFAs are found primarily in deep ocean fish and wild game. Farm raised fish and animals are lacking in omega-3 EFA in their diets, so their meat is also low in omega 3. Flax seed oil contains

a proper balance of omega-6 and omega-3 EFA and is a good supplement to ensure one is getting the essential fatty acids one needs. However, to balance the high level of omega-6 oils in their diet, many people need an omega-3 supplement.

There are some other essential fatty acid supplements that can be helpful. Omega-6 is converted to GLA (gamma linoleic acid) in the body. As we age, this conversion may become more difficult. The chief factor which is disrupting this process is transfatty acids. Transfatty acids are created when oil is heated to high temperatures. The hotter the oil and the more often it is heated, the more transfatty acids are produced. Hydrogenation of oils also creates transfatty acids. Hydrogenated oils are found in margarine, shortening and processed vegetable oils.

GLA has been shown to reduce inflammation, lower body fat and cholesterol, and reduce blood clotting and blood pressure. and is found naturally in black currant oil, evening primrose oil and borage oil, all of which can be taken individually as supplements. They can also be taken in combination in the Super GLA blend. These oils are often helpful for restoring prostaglandin production to aid in arthritis, immune disorders, heart disease, high blood pressure and PMS.

CLA (conjugated linoleic acid) is another form of omega-6 which is found in grass fed meat and dairy products. CLA has also been shown to produce more "good" eicosanoids, and may help with inflammation and weight loss.

One can also reduce the production of "bad" eicosanoids by cutting down on the foods that tend to enhance their production, which include the internal organs of animals, most deli meats and fatty red meat.

Monounsaturated fats, found in olives and olive oil, avocados, and nuts like almonds, macadamias and peanuts, are healthy fats to eat. It has also been demonstrated in recent years that unprocessed coconut oil (even though it is a saturated fat) is also a very healthy fat to consume. Processed oils and fried foods, however, are causing problems with our health and should be avoided as much as possible.

Fats are important to health. We just need to consume the right kinds of fats. For assistance, consult your local herb specialist or nutritionist, or some of the sources listed below.

Additional Resources

- "You Didn't Know Fat was Essential?" *Sunshine Sharing*, Vol. 13, No. 5
- "Essential Fatty Acids" *Sunshine Sharing*, Vol. 8, No. 9
- The Wild Rose Scientific Herbal* by Terry Willard, Ph.D.
- The Green Pharmacy** by James A. Duke, Ph.D.

For Educational Purposes Only

Seek appropriate professional assistance for all serious health problems. Handout prepared by Tree of Light Publishing
P.O. Box 911239, St. George, UT 84791 (www.treelite.com)
©2005 May be reproduced provided it is not altered in any way.

Distributed by:



Cellu-Smooth with Coleus

Fat burning herbal formula for cellulite and fatty deposits

Many women struggle with unsightly deposits of fat around the thighs, hips, buttocks and upper arms, commonly known as cellulite. Men can also develop areas of fat deposition that are difficult to burn off. Cellu-Smooth is a formula designed to improve circulation to these areas of the body, enhance fat metabolism, and aid in weight loss.

Cellu-Smooth has a protective effect against free radical damage, and benefits both the skin and the circulation. It has also been used for cartilage damage and during pregnancy. Cellu-Smooth contains the following ingredients:

Bladderwrack

A native of the North Atlantic oceans, bladderwrack is an edible seaweed which is high in iodine. It can contain up to 0.1% iodine and is beneficial for the thyroid gland. Iodine is needed throughout the body to help emulsify and burn fats, especially in the thyroid gland. Bladderwrack helps to boost metabolism, thereby aiding weight loss and the burning of fats in the body. As an added benefit, Japanese studies have shown that consuming large amounts of iodine-rich seaweeds in the diet is very effective in preventing breast cancer.

Rhodiola Extract

A native of the harsh Russian climate, rhodiola has been extensively researched as an adaptagen. Adaptagens were first discovered in Russia and have the capacity to reduce the output of stress hormones such as cortisol in the body. Cortisol contributes to muscle breakdown and weight gain. Also known as golden root, rhodiola has been shown to help mobilize fat from adipose tissue. It is effective in increasing strength and stamina, enhancing mood, memory and sexual energy.

Milk Thistle Concentrate

Milk thistle is best known for its hepatoprotective abilities. It contains silymarin, which has been scientifically proven to protect the liver against a wide variety of environmental toxins. Milk thistle also helps the liver detoxify, increases bile secretion (which helps digest fats) and reduces blood cholesterol. The liver is a very impor-

tant organ for processing fats in the body and fat deposits often contain toxins which need to be broken down by the liver. So, liver support can be very important in breaking down fatty deposits in the body.

Ginkgo Concentrate

Ginkgo contains flavonoids, tannins, lignans and essential oils which improve circulation to all parts of the body. It also shows evidence of protecting the body from free radical damage. Improving blood flow to tissues helps with the breakdown of fat.

Rhododendron

Most of the relatives of this plant (azaleas and rhododendrons) are toxic, but this particular plant has been safely used in Russia and China for hundreds of years as a tea. It is consumed regularly by residents of the Republic of Georgia, well known throughout history as some of the healthiest and leanest people in the world. It is a powerful anti-oxidant which can help prevent free radical damage to the skin and tissues.

The plant inhibits lipase enzymes which break down fat for absorption. This reduces fat absorption. Research in the USSR also shows that it has anti-inflammatory, antiviral and cardiovascular enhancing properties.

Coleus

Coleus forskohlii has numerous effects on circulation. It relaxes smooth muscle, dilates blood vessels and reduces blood pressure. It also increases levels of cyclic adenosine monophosphate (cAMP) which assists the body in dilating arteries. Coleus enhances thyroid function, which aids in burning fat in the body.

Dosage: Use one capsule two to three times daily with plenty of water. Use the Cellu-Tone essential oil blend topically at the same time to enhance the effectiveness of this formula.

Warnings: Not recommended for pregnant or nursing women or for children under age 6.

For Educational Purposes Only

Seek appropriate professional assistance for all serious health problems. Handout prepared by Tree of Light Publishing
P.O. Box 911239, St. George, UT 84791 (www.treelite.com)
©2005 May be reproduced provided it is not altered in any way.

Distributed by:

Subscribe to Nature's Field

Don't miss a single informative issue of the only journal specifically written for *Nature's Sunshine* Managers and Distributors.

Printed Edition

One Year: \$59.00, **Two Years:** \$110

Enjoy the convenience of having 4, 8-page issues delivered to your home or business every other month.

Electronic Edition

One Year: \$29.00, **Two Years:** \$52

Enjoy the speed and versatility of having each 8-page issue available to download and print out for your enjoyment. Free with printed edition of *Nature's Field*.

Attend Live Classes

Tree of Light Publishing and its instructors provide live classes covering topics ranging from basic natural health to advanced assessment techniques. To find a class in your area see our class schedule online at:

<http://www.treelite.com/courses/schedule.php>

or call toll free:

1-888-707-4372

See the Latest Products

Tree of Light Publishing is constantly updating its product line and offering specials. To see the latest Tree of Light Publishing visit is online at:

<http://www.treelite.com>

or request a catalog by calling:

1-800-416-2887

or catch us at:

Nature's Sunshine's National Convention

Subscription Information

The *Nature's Field* E-zine and website are published by Tree of Light Publishing, a division of Kether-One, Inc. A year's subscription is \$29.00 USD for both domestic and foreign subscribers.

Nature's Field Production Staff

President: Steven H. Horne

General Manager: Darla Steiner

Assistant Writer and Editor: Mark Montgomery

Associate Editors: Carolyn Hughes, Hugh Hughes, Sharon Grimes

Writer and Technical Editor:

Kimberly Balas

Computers and Design: David Horne

About Tree of Light Publishing

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.

Important Notice

The information in *Nature's Field* is for educational purposes only and should not be used to diagnose and treat diseases. If you have a serious health problem, consult a qualified health practitioner.

Nature's Field is an independent educational publication and is not affiliated with any product company. The viewpoints expressed by various guest writers and columnists do not necessarily reflect the opinions or philosophies of Steven Horne or Tree of Light and its staff.

Copyright 2005 Tree of Light Publishing

This journal may not be copied without written permission from the publisher. Subscribers are free to quote portions of this journal without written permission provided proper credit is given.

We welcome your questions and comments. You can reach us at:

Shipping Address:

321 North Mall Drive #J-101

St. George, UT 84790

Mailing Address:

P.O. Box 911239

St. George, UT 84791-1239

Order Entry: 800-416-2887

Customer Service: 435-627-8709

Fax: 435-627-2367

E-mail: nf@treelite.com

Website: www.treelite.com