

# Nature's Field

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An Electronic Journal for NSP Distributors

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## Barley Grass *Hordeum vulgare*

By Steven Horne and Paula Perretty

We don't often think of grass as food because our digestive tracts lack the enzyme cellulase, which is necessary to convert cellulose into sugars. So, we can't get sufficient calories from grass to use it for fuel the way cows, horses, sheep and other grazing animals can. Still, the reason these mammals can live entirely on grass is because it contains all the nutrients needed to support mammalian life. This makes grass an incredible, natural nutritional supplement for us.

One of the most nutritious grasses on the planet for human beings is barley. Only wheat is comparable. Barley's history as a food began in the Stone Age, 8500 years ago and it has been cultivated early as 7000 BC. The grain, sprouted grain and the grass have all been used for food and healing.

Roman gladiators ate barley grain for strength and stamina. Dioscorides, recommended it "to weaken and restrain sharp and subtle humours and sore and ulcerated throats." In more recent times, Culpepper wrote, "barley flour, white salt, honey, and vinegar mingled together taketh away the itch speedily and certainly." Today, cool barley water is still used in drinks for fevers and to soothe and heal stomach or digestive upsets, irritable bowels, dry coughs, diarrhea, cystitis or irritable bladders.

In modern herbalism, the dehydrated powder of barley juice is also used as a natural nutritional supplement to build general health. Barley grass is a powerhouse of nutrition, containing 11 times the calcium in cows' milk, nearly 5 times the iron in spinach, 7 times the vitamin C in oranges, and 80 mg. of vitamin B12 per hundred grams. It is a natural and safe way to get a balance of vitamins and minerals, as well as a number of not so familiar nutrients.

For instance, barley grass is a good source of chlorophyll, the green pigment found in most plants that is responsible for taking energy from light and turning it into food for the plant. For humans and animals, chlorophyll increases the oxygen carrying capacity of the blood and prevents red blood cells from sticking together.

Barley also contains beta glucans, a polysaccharide also found in oat and wheat bran and Shiitake mushrooms. B-glucans have been found to regulate blood sugar, reduce blood cholesterol levels, and help prevent bowel cancer. They stimulate the immune

system and have been used in cancer therapy in Japan since the 1980s. Trials undertaken in the 1990s, suggest that the glucans in barley may be helpful in controlling blood-sugar levels in diabetics.

The young shoots of barley grass also contain glutamic acid, methionine and alpha-linoleic acid. The body uses glutamic acid to recharge antioxidants. Methionine is an important amino acid that is used by the body for the synthesis of other amino acids and for the production of SAM-e. Alpha-linoleic acid is an important antioxidant.

Research published as recently as September 2005 notes that one of the principal growth factors in the barley shoot is the hormone melatonin. This finding may explain the calming effect of the herb.

In modern complementary medicine, barley grass is often prescribed when the diet fails to provide a full range of nutrients. Green juices protect the liver and gall bladder from the harmful effects of bad fats and support the functions of the heart. Green juices also neutralize acids in the muscles, making it an excellent choice after strenuous exercise.

Barley and barley grass are excellent foods for the convalescent, infants and the infirm. Since it is so easily digested, it doesn't put stress on the liver.

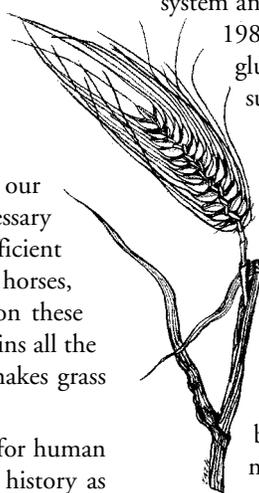
Barley juice powder is an ingredient in GreenZone, Energ-V and Defense Maintenance. Roasted barley grain is found in Herbal Beverage. Roasted barley is a healthy substitute for coffee and benefits the liver. Barley juice powder is also available as a single remedy in capsules and NSP Canada offers a unique product of barley sprouts called Nature's Gold.

### Selected References

*Juicing Therapy* by Dr. Bernard Jensen

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

Herbal Information Center: [www.kcweb.com/herb/barley.htm](http://www.kcweb.com/herb/barley.htm)



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# Are You Attracting Health or Disease?

## Natural Health Care and The Law of Attraction

by Steven H. Horne, RH (AHG)



As we're coming into a presidential election year next year, one of the issues that's being debated is how to fix the national health care system. Does our health care system really need repair? Well, consider the following facts.

Americans spend more money on health care than any other nation on the face of the planet (over 15% of our entire nation's expenditures). While we comprise only 5% of the world's population, half of all the drug prescriptions in the world are taken by Americans.

This wouldn't be so bad if we were the healthiest nation on the planet, but we aren't. A report by the World Health Organization in 2000 ranked the U.S. 37th out of 190 nations in health care services. France was rated No. 1.

In terms of life expectancy, America ranks 42nd. Two decades ago we ranked 11th. Experts tell us that American life expectancy is continuing to decrease and our children won't live as long as we will. France, Spain and Japan rank on top in terms of life expectancy, and they all spend less money on health care than we do. What is wrong with this picture?

More than 1.7 million Americans die of a chronic disease each year. Chronic disease accounts for about 70% of all deaths in the United States. Most of these deaths are caused by three diseases—heart disease, cancer and diabetes. These diseases aren't just caused by old age, either. They are striking younger and younger people every year.

To make the situation even worse, the American medical system has one of the worst track records for making mistakes of any health care system in the world. Medical mistakes are ranked as the 6th leading cause of death, and that's just the information that gets reported.

Personally, I don't think that socializing our health care system will improve things, because the real problem with our health care system is not a financial one. The real issue is much deeper than that—we don't have a HEALTH-care system in the first place, all we have is a DISEASE-care system.

This was one of the major points in a presentation I gave at Nature's Sunshine's Canadian Convention in Quebec City last September. My presentation, entitled "The Path to High Level Health" was partially based on my growing understanding of the law of attraction, which was discussed in the popular DVD, *The Secret*. I've been working with many of the ideas presented in *The Secret* for over 25 years now and am pleased to see that these concepts are becoming more mainstream, because it opens the door for me to explain some ideas about health and healing that have been forming in my brain for some time.

I'm not going to rehash what I've covered in that presentation in this article, because I've recorded it on DVD and it is now available through Tree of Light Publishing. It's an important foundational DVD, which lays out concepts that I hope will motivate people to start creating a health care system in their lives instead of following the current disease care system. I encourage you not only to get a copy and watch it, but to share the message with others.

In this article, however, I'm going to do two things. First, I'm going to briefly explain some of the concepts I've been working with that center around this law of attraction. Then, I'm going to apply these concepts to health care and explain why people will never heal if they don't "get it" and make the shift in their consciousness that will create real health.

### Part One: Law of Attraction Basics

There are some "insights" I have worked with successfully for so long, that I no longer have any doubts that they are true. To most people, however, they are "funny" ideas—not funny as in humorous, but funny as in "odd." This is because they are so contrary to the way most people think that they have a hard time believing that I'm serious when I share them.

One of them is this. God doesn't need any help enforcing his laws. It is simply impossible to disobey them. You couldn't do it if you tried. Just try to disobey the law of gravity. Step

off a cliff and fall up. I dare you! (Wait! On second thought, I take that back because someone might take my dare and I'm not interested in being sued when they hit the bottom and are injured or killed.)

We call laws like the law of gravity, the laws of nature, because they simply express "how it is" or "the way things are." Nature's laws, which I see as God's laws, are the ultimate answer to the child's question, "Why?" If you keep answering a child's "why?" long enough, you'll ultimately come to the place where the only thing you can say is, "Because that's the way it is."

Well, I believe there is an equally unbreakable law that governs the intangible aspects of our life (relationships, finances, health, etc.). You can't disobey it. It goes by many names, one of them is the law of attraction. It's also called the law of the harvest ("as you sow, so shall you reap") or the law of karma. It's expressed in a variety of religious teachings and is now even being talked about by physicists. The movie, *What the Bleep? Do We Know?*, discusses how quantum physics is validating this law.

This law states that our outer reality is shaped by our inner experience. It says that there is no "objective" world out there that is making us think and feel certain things. What's really happening is that our own thinking, feeling and actions are creating our experience of the objective world.

Our consciousness, which involves mind, spirit (or heart) and body, expresses itself through thought, feeling and action. The combined energy of our thoughts, feelings and actions is sending forth a vibration that is attracting people and experiences to us. This is the basic idea of the law of attraction.

It's an odd idea when you're first exposed to it, but if you can open your eyes and your mind and really look at the world around you, you will see abundant evidence that this is true. Why are some people accident prone, when others rarely have accidents? How is it that some people form great relationships all the time, while others can't get a date to save their lives? Why do some people struggle with finances, while other people can make millions, go bankrupt, and then make millions again?

We all invent reasons in our brain to explain why this is so. We tell ourselves things like, "They're just more intelligent (or creative, attractive, blessed or lucky) than I am," while each time we repeat the same pattern of accidents, failure, financial disappointment, heartache or whatever other negative pattern we're stuck in we say, "See, this *always* happens to me!"

Well, the law of attraction says that all the reasons we give ourselves to explain why something outside of ourselves is causing our unhappiness and lack of success aren't true! We are attracting both our successes and our failures by what is inside ourselves. Most people express this idea as, "You create your own reality." I think it is more correctly stated as, "You create your own delusions (or illusions, if you prefer)!"

When I first started to understand this, I really didn't like the idea. You mean that I'm responsible for all this material released by the consumption of cascara sagrada in my life!? (An inside joke for herbalists only. If you don't get it, ask an herbalist to explain it to you.) You see, if I'm responsible for this stuff that keeps happening to me over and over again, then I can't blame it on my parents, my ex-partners, my circumstances, the Devil or even God. That means I can't indulge in the drug of self-pity and enjoy the little "hit" I get when I tell my woes to someone and they express sympathy for me or join me in blaming the "bad" guys (or gals) that did this to me (poor victim that I am).

Playing the victim is a great role because it absolves you of responsibility for your life, but it's also a lousy role because it means you can't change anything about your life. You're "locked into" trying to change everyone and everything around you so you can "be happy." Unfortunately, God only gave you the power to change one person's life and that's your own, so when you place the responsibility for your life, happiness and success on others, your life is completely out of control.

If you can get over the "pity me" syndrome, the good part of learning about the law of attraction is that you have the power to change your life from the inside out. While we can't stop being a magnet that attracts people and circumstances into our life (any

### About Nature's Field

Nature's Field started out as a printed publication, available by subscription only. Providing reliable information on natural healing for over twenty years, Nature's Field is now a free E-zine produced by Tree of Light Publishing.

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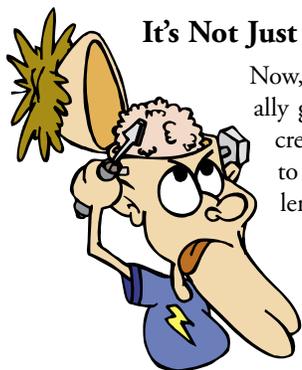
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more than we can escape the law of gravity). You can change the polarity of what's inside you from negative to positive and attract more positive experiences and fewer negative ones.



### It's Not Just about Thinking

Now, the way the law of attraction usually gets explained is that our thoughts create our life. So, we are encouraged to "think positively." I think the problem is deeper than this.

For starters, if you've ever tried to monitor your thoughts, you will notice that numerous positive and negative thoughts are passing through your brain all the time. If

you seriously believe that every time you have a negative thought you're attracting bad things into your life, you'll drive yourself insane with worry anytime you have a negative thought.

Fortunately, the law of attraction is based on consciousness, not on thinking. In fact, the scripture that is often quoted to back up discussion of the law of attraction doesn't say, "As a man thinketh in his head so is he." It says, "As a man thinketh in his HEART so is he." This suggests the attracting power has more to do with what's in our emotions or spirit than it does with what is in our head.

I believe, however, that what we attract is rooted in consciousness, which involves thinking, feeling and choices (actions). Still, the basic idea is that whatever we are giving our energy to (thought, feeling and action), we are creating. So, if we're giving our energy to something we don't want by thinking about it, feeling badly about it and spending our time fighting against it or resisting it, we attract more of it into our lives.

I don't have space here to go into detail about all of this because I've got to move onto the second part of this article. Before I do, however, let me mention that if you'd like to learn more about the law of attraction and how we can change what is inside of ourselves to start attracting something different, I will be teaching a teleseminar, *Deep Inner Healing*. The teleseminar will be held Monday, January 14th and Monday January 28<sup>th</sup> at 6:30 PM mountain time. Both sessions will last for about two hours. The fee for this teleseminar will be \$97 and will include four CDs so you can review the material as often as you need to. You can read more about the seminar or register for it at [www.treelite.com](http://www.treelite.com).

## Part Two: How to Attract Health

When you understand the principles of the law of attraction and how our consciousness creates our reality, you begin to understand why our modern disease-care system doesn't work.

First, what do most people focus on? Disease, of course. They think about their diseases, they worry about their diseases and they spend time fighting their diseases.

I know, because inevitably, after I've given some wonderful lecture about how to make the body healthy, I'll always have people lined up to ask how they can "cure" this or that. The idea of treating disease is so firmly entrenched in their minds, that they haven't really heard what I just said.

The fear most people have surrounding disease (and dying) drives them to make choices based on that fear. One of the principles of the law of attraction is that when we act out of fear we attract more of what we fear. I just finished a book on Native American healing traditions and one of the things I learned was that the medicine man, or shaman, was supposed to overcome his fear of disease and death and only then could he fearlessly approach the sick and dying and help them.

If the law of attraction is true, and we attract more of what we fear, resist and attack, it's no wonder that modern medicine is so fraught with side effects! The entire system is rooted in fear and based on a "war" model—attacking disease, fighting infection, killing cancer and so forth.

Unfortunately, when most people first get involved in natural healing, they bring this mind set with them. I find it interesting to see how much of what people do, even in natural health care, is motivated by fear. For instance, I see people who are terrified of environmental toxins and are constantly worried about their exposure to them. I also see people who are terrified of various foods, saying things like, "meat is poisonous" and "milk is poisonous." This fear and fight mentality also carries over into their constant attacks on modern medicine, the FDA and all the other axis of evil-doers out to ruin our health. Unfortunately, this puts them into the same attraction pattern that their "enemies" have and creates more conflict, disharmony and ultimately ill health.

Fighting disease will never create health. Likewise, attacking doctors and the FDA will not improve the health of the world. If you watch *The Secret* you'll learn that declaring war on something creates more of it. If you want to create something positive, you have to focus your energy on what you want, not what you don't want.

The only difference between positive and negative thinking is this—negative thinking is focusing your attention on what you *don't* want and positive thinking is focusing your attention on what you *do* want. Either way, the law of attraction says you will get more of what you focus on in your life.

So, how do we change this pattern?

Well, Michael Losier, author of *The Law of Attraction*, also spoke at the NSP Conference in Canada in September and taught all of us about our *magic reset button*. The magic reset button is a question we ask ourselves when we find ourselves

focusing on what we don't want. The question is, "So, what do I want?" This means, that we can stop asking questions like:

- How do I cure my disease?
- How do I reduce my stress?
- How to I relieve my pain?
- How to I get rid of my cancer?

Instead, we should be asking questions like:

- How do I help my body heal?
- How can I feel more relaxed?
- How can I feel good?
- How can I support my immune system?

By changing the focus from what we don't want, to what we do want, we switch from a disease-care system to a health-care system and this is what we really need.

The beautiful thing about focusing on *health* care instead of *disease* care is that we can help people with simple things. It makes the job of helping people get started on supplements much easier, because there are certain basic things that can help the body overcome many of the chronic health problems prevalent in our society.

## A Basic Health Care System

People need to start their health care system by upgrading their food choices. It's not that hard to start eating more whole grains, fresh fruits and vegetables and other healthy foods.

They should continue by getting some physical activity. They don't have to go to the gym, they just have to get up off the couch and take a walk, or go dancing or participate in any activity that gets them moving.

Getting a good night's sleep is next on the list. Most people are getting short-changed on sleep, and the body needs sleep in order to heal itself. A little R&R (rest and relaxation) also goes a long way in helping the body to heal.

Finally, instead of relying so much on drugs that just manage the symptoms of their diseases, people need to consider taking a few supplements that might actually improve their health. Most people benefit from taking a high quality multi-vitamin, antioxidants, omega-3 essential fatty acid, dietary fiber and minerals.

A high quality multi-vitamin and mineral supplement can be thought of as a nutritional health insurance policy. It's a way to make insure that you're getting most of the major nutrients your body needs even when your diet is less than perfect. NSP's Super Supplemental is a good choice. I personally prefer a whole food supplement like GreenZone, however.

As more and more research demonstrates that chronic diseases like heart disease, cancer, dementia and arthritis are linked to free radical damage and chronic inflammation, the importance of antioxidants in the diet is becoming firmly estab-

lished. The primary source for these nutrients is fresh fruits and vegetables, which is why many experts say that the best way to protect yourself from chronic diseases is to eat 7-9 servings of fresh fruits and vegetables every day. Since few people do this, taking an antioxidant supplement is the next best thing. A good antioxidant supplement can reduce pain and inflammation, promote faster healing and overall health, slow the aging process and help prevent chronic disease. Thai-Go, of course, is a great antioxidant supplement.

Omega-3 essential fatty acids are lacking in modern diets and they are essential for cardiovascular health and managing inflammation and pain. If one wants to protect one's heart and blood vessels or if one is suffering from any kind of chronic inflammatory disease, he or she should consider adding omega-3 to the diet.

All three of these first basic supplements are found in NSP's new Super Trio. This pack contains a new product called Super ORAC (an antioxidant like Thai-Go) along with Super Supplemental and Omega-3 EFA.

There are a few other supplements that one might consider. For example, fiber is lacking in most diets and is necessary for bowel health. Fiber can reduce cholesterol, improve blood sugar levels in diabetes and protect against colon cancer and other diseases of the intestinal tract. I personally like Psyllium Hulls Combination best, but NSP has three other fiber blends to accommodate a wide variety of needs.

The bowel also benefits from probiotic supplements, which replace the friendly bacteria in the colon that are destroyed by antibiotics, chlorinated water and many drugs. These friendly bacteria are essential to the function of the immune system and help prevent bacterial, fungal and yeast infections, as well as make certain nutrients available to the body. Many people find a probiotic supplement like Bifidophilus Flora Force or Probiotic Eleven very helpful.

Speaking of the digestive tract, raw and naturally fermented foods contain enzymes that take stress off the digestive tract. Since most of us eat little raw food, a good enzyme supplement can improve digestion, prevent gas and bloating, enhance immune function and even reduce inflammation and pain. Proactzyme Plus is my first choice, followed by Food Enzymes.

Finally, modern agricultural methods have depleted mineral content in our foods, so most of us aren't getting the trace minerals we need, even if we're eating healthy foods. Which is why a trace mineral supplement can be beneficial for many people. Mineral Chi Tonic or Colloidal Minerals are good choices.

It's time we stopped thinking in terms of disease care and start creating a genuine health care system in our lives. It's something that neither the medical profession or the government will do for us. Let's change our focus from disease to health—it's really the only way to attract what we really want.



## Kimberly Balas' Clinician's Corner

# HSN-W, Dental Problems and Laryngitis

### HSN-W

*This represents a departure from our usual format for this column. Because of her understanding of nutrition and biochemistry, Kim often uses herb formulas in ways most of us would never think to apply them. One of the formulas Kim uses for a wide variety of problems is HSN-W and here is some great information on how she uses HSN-W.*

#### Editor

Typically HSN-W is known for its benefits for hair, skin and nails, but there are many more clinical uses for this product that aren't always understood or promoted. With the combination of dulse plant, horsetail, sage leaves, and rosemary herb, this formula affects a lot more than just surface issues.

Dulse plant provides iodine to the thyroid as well as being a good source of calcium and silica. Horsetail contains silica as well. So, HSN-W supplies bioavailable calcium, iodine and silica.

Bioavailable calcium is not just needed for structural development. It helps with blood clotting, aids muscles and prevents muscle cramps, supports the development of teeth and healthy gums, stabilizes cellular functions and helps to offset bowel cancer. It has a natural calming and tranquilizing effect and is necessary for maintaining a regular heartbeat and the transmission of nerve impulses.

Bioavailable calcium also helps with protein structuring in DNA and RNA. It provides energy, breaks down fats, maintains proper cell membrane permeability, aids in neuromuscular activity and helps to keep the skin healthy. Calcium also stops lead from being absorbed into bone.

Iodine benefits the thyroid in many ways. Halogens like chlorine, bromine and fluoride deplete displace iodine in the body. Iodine helps to metabolize fats, promotes growth, and regulates the production of energy. It is absorbed in the intestinal tract and is transported through the bloodstream to the thyroid where it becomes iodized and converted into thyroxin. Iodine is essential for carbohydrates absorption, cholesterol balance, converting carotene to vitamin A, pro-

tein synthesis, good metabolism, mental fitness, speech and healthy teeth, hair, skin and nails.

Silica is approximately .05% of the human body weight. Silica uptake declines as we age. Silica is an essential part of connective tissue and bone health. It is utilized to rebuild collagen and elastin. It can be found in the trachea, blood vessels, eyes, tendons, dental enamel and skin. Lack of silica can result in retarded growth, poor bone development and more atherosclerotic arterial plaques.

The horsetail found in this formula is also a mild diuretic and improves structural tone to the kidneys. It is a remedy for bleeding in both the urinary tract and the lungs.

Sage is high in antioxidants and a source of calcium and other minerals. It helps to reduce inflammation, improve memory, settle the stomach. It can also help with gas and bloating. Some studies show that sage can help lower blood sugar.

Sage can be used to increase mental alertness. Studies have also demonstrated that sage can improve memory. It can help protect chemicals in the brain that are destroyed by Alzheimer's disease.

Sage can be used for menopausal symptoms of hot flashes, excessive sweating and headaches. It aids in acne, hypertension and colds.

Rosemary is a tonic that helps with transportation and delivery to the cells. It helps with tissue oxygenation. It supplies calcium, magnesium and antioxidants. It can be used as a digestive aid, to treat depression, headaches, muscle spasms, as an expectorant, promoter of menstrual flow and stimulant for production of bile. Rosemary also has a repu-

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tation for improving memory and protects the brain from free radical damage.

So, HSN-W has many benefits. The combination aids the transportation of minerals to the structural system. When bone density scores are low and a calcium supplement is being taken, then it could be that the calcium is unbound and cannot be utilized. HSN-W helps to redirect calcium deposition, that is, it helps move the calcium into the bones and tissues.

Besides benefiting hair, skin and nails, HSN-W helps connective tissue, bone, cartilage, tendons and joints. It benefits the soft tissues of the respiratory and urinary tracts and makes them stronger. It also benefits the pineal gland, spleen, lymphatic system, blood and blood vessels.

Some other potential benefits of HSN-W include:

- Reduces pain and inflammation in the joints
- Helps with joint deterioration and arthritis
- Improves skin elasticity and is moisturizing
- Enhances collagen production
- Promotes bone healing from fractures and breaks (calcium alone can actually interfere with and slow the healing process if it isn't being transported properly through the system)
- Stimulates cell formation and metabolism
- Decreases cardiac risk
- Slows the aging process
- Helps with gum disorders
- Supports neurological health
- Strengthens bones
- Promotes healthy connective tissue function and structure
- Has anti-inflammatory and disinfectant actions
- Enhances the immune system
- Increases elasticity of blood vessels
- Helps remineralization of skeletal system (bones)
- Relieves stomach and gastrointestinal problems
- Assists healing and reduces the pain of burns
- Helps relieve vertigo
- Helps with Alzheimer's by helping to remove aluminum

### Dental Problems and Mineral Absorption

*I went to the dentist yesterday and aside from learning that my mouth is a mess, I also learned that the fluid sac between the joints of my jaw on both sides are completely gone. My body does not seem to assimilate important minerals well—calcium assimilation is a big problem for me.*

*Is there anyway to help my jaw? How can I help my body to assimilate the minerals that it's not taking up from the foods that I eat? I'm 35 and a type O.*

Sharon

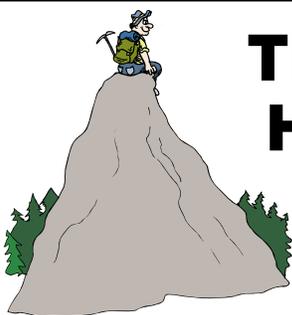
I would make a tea with HSN-W to help activate the parotids. HSN-W helps with assimilation and transportation of calcium. Liquid B-12 is needed here too, as it also aids assimilation.

### Laryngitis

*Do you have any suggestions for laryngitis?*

Valerie

I use the CelluTone essential oil on the throat and have the person drink slippery elm tea. A tea made from sage is also helpful.



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