
An Electronic Journal for NSP Distributors

Slippery Elm

By Steven Horne with Mark Montgomery

Slippery elm, known by the botanical name *Ulmus fulvus*, is the smallest of 20 different trees in the elm family. Native to North and Central America, it is also known as Indian Elm, Red Elm and Moose Elm and was considered a valuable medicinal herb by at least a dozen separate Native American tribes. Native Americans shared its use with white settlers when they arrived from Europe who quickly adopted the remedy.

Slippery elm is a nourishing herbal food that can be taken in large quantities, and is completely safe, even for infants and young children. It has been made into a porridge-like gruel and eaten as a food for convalescing patients who need to rebuild health and strength. It is also a mild, nourishing food for infants suffering from diarrhea and failure-to-thrive. Slippery elm is even credited with saving George Washington's starving army during their bitter winter in Valley Forge when the men are said to have eaten nothing but the nutritious gruel made from its bark for twelve days straight.

As an herbal remedy, slippery elm was celebrated by noted herbalists Samuel Thompson in the 19th Century and John Christopher in the 20th century for its soothing, softening, protecting and lubricating properties. The light-colored inner bark is high in polysaccharides and mucilage, and also contains starch, tannins, calcium oxalates and vitamin C.

When mixed with water the viscous fiber in slippery elm bark swells to create a bulk laxative effect. It is much gentler in this action than psyllium or bran fibers, making it ideal for people with intestinal inflammation or sensitive bowels. This is why it is a principle ingredient in Jeannie Burgess' formula Intestinal Soothe and Build, created for problems like Crohn's, colitis, Celiac's and intestinal ulceration. It is also a principle ingredient in Everybody's Fiber, a gentle fiber blend suitable for irritable colons and spastic bowels.

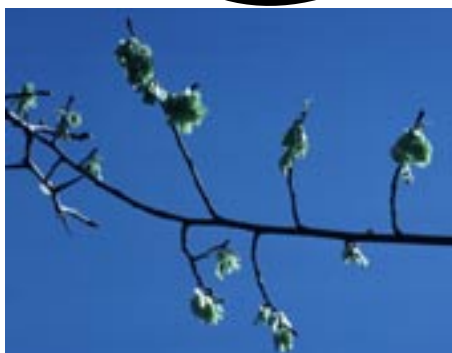


Photo by Steven Foster

The tannins in slippery elm also make it an effective remedy for diarrhea, particularly in young children. These same tannins also make it useful for reducing leaky gut.

Slippery elm is also helpful for the respiratory tract and throat. Teas or lozenges made from slippery elm have been used to ease sore throats and dry hacking coughs. Slippery elm helps to moisten mucus membranes of the throat and lungs to ease dryness and irritation. The tannins may also help to loosen phlegm and reduce excessive mucus secretions.

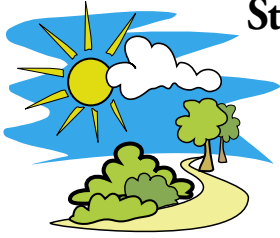
Another important use for slippery elm has been as a tissue-healing agent. Slippery elm has been used as a primary ingredient in poultices for burns, skin inflammations, boils and other irritations. Steven's favorite poultice base is slippery elm, comfrey and plantain. Another poultice blend is PLS II, a formula which NSP originally sold in bulk, but is now available only in capsules. PLS II can be used as a poultice by emptying several capsules into a container and blending the powders with water or aloe vera juice or gel to make a paste. The paste is applied to the injured area and covered with a bandage.

PLS II and slippery elm can also be taken internally to speed repair of broken bones and other injuries. The high calcium content of slippery elm probably contributes to its tissue-healing abilities.

In the 20th century, American elm forests—and supplies of slippery elm bark—were decimated by the arrival from Europe of Dutch Elm disease. Today, most commercially available slippery elm comes from trees grown in Michigan, ideally from trees at least 10 years old.

In This Issue

Feature Herb: Slippery Elm	1
Steven's Ramblings & Ravings:	
Enzyme Detoxification Systems, Part Two	2-3
Kimberly Balas' Clinician's Corner: Clean Start	
Reaction, Fatty Congestion and More	4-5
Product Handouts:	
Inflammatory Bowel Disorders	6
Intestinal Soothe and Build	7
Announcements/Publication Info	8



Steven Horne's Ramblings and Ravings

Enzyme Detoxification Systems, Part Two

In the last issue of Nature's Field, I introduced the topic of internal enzyme detoxification. We also introduced the two phases of detoxification, Phase I and Phase II. In this issue, we discuss these enzyme detoxification systems in greater detail.

In the talk I gave on detoxification as a therapy for chronic illness at the NSP convention in Salt Lake City, I stated that I see environmental pollution as the number one health problem of the 21st century. While in the United Kingdom lecturing for NSP UK last week, I found a news article which supports what I was talking about.

The article stated that the recent disaster in New Orleans had created a tremendous environmental health hazard. Hugh Kaufman, an expert in toxic waste with the Environmental Protection Agency (EPA) had told the UK reporter that "toxic chemicals in the New Orleans flood waters will make the city unsafe for full human habitation for a decade." The government is not admitting to the severity of the problem, which has been demonstrated by analysis of water samples taken by the EPA. No one knows how much leakage there has been from the 66 chemical plants in the area, or the toxic chemicals which were in storage tanks in the port of New Orleans.

But, that's just a dramatic example. A less dramatic example of the problem was the toxic reaction I had in Salt Lake City to whatever chemicals they were using in the hotel. As happens to me in certain hotels from time to time, I couldn't seem to drink enough water and experienced intestinal swelling and a sluggish liver. I know several other people who have this same problem staying in certain hotels. I think it's a result of chemicals used in cleaning the sheets and towels.

These are just a couple of examples of the numerous problems we're developing with toxic chemicals in our environment. As such, it becomes very important that we support the body in being able to deal with this toxic load. I think this is one reason why nutritional supplements are so important in modern society. If it takes nutrients to break down these chemicals and eliminate them from the system, then the extra burden of toxins we are exposed to puts extra burdens on nutrient reserves in the body. So, it isn't just the refined food we are eating that makes supplementation a good idea, it's also the increased demand for nutrients to detoxify the body.

So, with that introduction, let's continue learning about the process the body uses to detoxify.

Review

As you may recall from our last issue, there are two phases to enzyme detoxification, Phase 1 and Phase 2. In Phase 1 Detoxification, the body creates an electrical charge on the toxin. It does this by adding or removing an electron from the offending substance so that it is electrically charged. The electrical charge allows the body to bind the toxin to an organic substance in Phase 2. The toxin can then be taken to the kidneys or liver for removal from the body through the urine or the bile. The entire process is shown in outline form at the top of the next page.

In our last issue, we also published a table which showed nutrients that are needed in Phase 1 and Phase 2 detoxification. We also noted that nutrient-deficient people can't cleanse effectively, because the body can't render toxins water soluble for elimination. With that review, let's take a closer look at this process.

Phase 1 Detoxification

Phase 1 Detoxification is carried out by 10 different families of enzymes, which are produced with the aid of 35 different genes. Reactions produced by these enzymes include: oxidation, reduction, hydrolysis, hydration and dehalogenation. Oxidation is the process of adding electrons; reduction is the process of removing electrons. Hydrolysis is the process of breaking a substance apart using water, while hydration is the process of adding water to a substance. Dehalogenation is the process of removing a halogen (chlorine, bromine, iodine, or fluorine) from a substance.

After undergoing Phase 1 transformations, toxins have an electrical charge and are more water-soluble. Toxins that have been altered by Phase 1 enzymes are known as intermediary metabolites.

There are several problems that can occur during, or because of, Phase 1 detoxification. First, the Phase 1 detoxification process can produce super oxide radicals (a form of free radicals). Secondly, some of the intermediary metabolites are reactive oxygen intermediates (free radicals again) and are actually more toxic than the original substance. Some of the toxic intermediate metabolites include: teratogens (which cause malformations in the fetus), mutagens (which mutate cells) and carcinogens (which cause cancer).

Thirdly, certain substances may also stimulate Phase I enzymes and cause an overload in the Phase II system. These include cigarette smoke, glucocorticoids and anti-convulsives and compounds in charbroiled meats. The most prevalent enzymes in the Phase I system are the P450 enzymes. The more P450 enzymes induced in the liver, the more toxic intermediates will be present in the body. P450 enzymes are induced by caffeine, alcohol, dioxin, high protein diets, oranges and tangerines, paint fumes, steroid hormones, organophosphorus pesticides, and many drugs, including sleeping pills, contraceptive pills and cortisone.

P450 enzymes are inhibited by carbon tetrachloride, carbon monoxide, barbiturates, quercetin and naringenin (found in grapefruit). In fact, grapefruit juice can inhibit the breakdown of certain drugs in the liver.

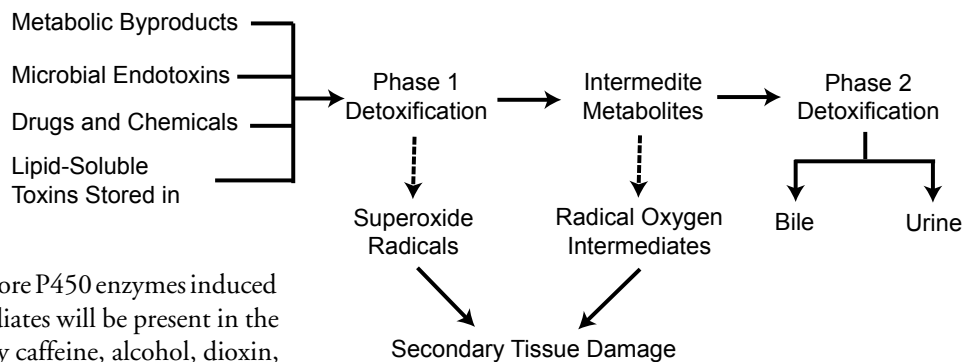
Hopefully, all of our readers understand that free radical damage is involved in inflammation, and hence, heart disease, cancer and aging. So, it's clear the body needs extra doses of antioxidants to protect it during detoxification. NSP used to have a product called Target Immune that increased production of an enzyme called superoxide dismutase (SOD), which dismantles superoxide radicals. Now, SOD is available directly in supplement form through SOD with Gliadin. That means this product could be very valuable for people who are having a "healing crisis" while trying to detoxify.

Other antioxidants can help protect the body from the intermediate metabolites that are the by-products of Phase I Detoxification. Nutrients that help protect the body from these reactive oxygen intermediates include: carotenes, vitamin A, vitamin C, selenium, copper, zinc, manganese, co-enzyme Q10, thiols (compounds found in garlic, onions and cruciferous vegetables), silymarin (from milk thistle) and oligomeric proanthocyanidines (Grapine).

Obviously, Thai-Go (or Zambrosa in other countries) could also be helpful here, as well. I learned at the convention that many NSP Managers are having good results taking VitaWave and Thai-Go together. This would make sense as the extra vitamins and minerals would aid internal detoxification, while the antioxidants would protect the body during the process.

Phase 2 Detoxification

Of course, it is very important for the intermediate metabolites created in Phase I detoxification to undergo Phase 2 as quickly as possible. There is growing scientific evidence suggesting that certain diseases are the direct result of damage to the body from poor Phase 2 detoxification. Some of the



diseases that may be caused by toxic intermediate metabolites and free radicals include cancer, Parkinson's disease, fibromyalgia, chronic fatigue, lupus and immune dysfunction.

The Phase 2 enzymes add another substance to the intermediate metabolite, a process called conjugation. The substance added is called a conjugate. Phase II conjugates include: amino acids, sugars, glutathione (which is stimulated by N-Acetyl-Cystine), methionine, sulfur (found in garlic, onions and cruciferous vegetables like broccoli and cabbage) and acetyl co-A.

Just as there are substances that induce Phase I enzymes, there are also substances that increase activity of Phase II detoxification enzymes. Flavonoids, found in fruits, vegetables and many herbs, help induce detoxification. Ellagic acid, found in red grape skin (an ingredient in Thai-Go), induces several Phase II enzymes while decreasing Phase I activity. Other substances that can induce Phase II enzyme activity include garlic, rosemary, soy and cabbage.

Once the substance has been transformed in Phase 2 detoxification, it has to be eliminated from the body through the bile or the urine. Eliminating toxins through the kidneys requires adequate water intake, so water intake during any cleanse is critical. Eliminating toxins through the bile requires fiber, because fiber latches onto toxins in the bile and carries them out of the body. Otherwise, toxins can be reabsorbed in the gut.

I hope that this information has helped you understand why nutrition (building) is so important to detoxification (cleansing) especially in weak and malnourished people.

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

Clean Start Reaction, Fatty Congestion and More...

Clean Start Reaction

Any ideas as to why Clean Start would make someone feel like vomiting? I started two sisters (16 and 17) on this product and they are both reacting the same way. Their mom felt like they were strong enough for a cleanse, and they both muscle tested for it, so we decided to give it a try. They also just feel sick all day long after taking it. They are only taking it once a day.

I've been working with this family for four years. These two girls were diagnosed with rheumatoid arthritis when they were very young—like 2 & 3 years old—and have been on steroids and rheumatoid arthritis drugs of some sort ever since. Anyway, at some point common sense took over and they received some very helpful care from a more holistic practitioner, but they couldn't afford to keep seeing her. It was about that time they hooked up with me, and over a period of time discovered that they actually have Lyme's disease, which has manifested itself in the joints during flare ups, causing excruciating pain. Anyway, we've done a lot to clean them both up to the point where they can now participate in sports, and lead very active lives.

Any thoughts concerning their reaction to this cleanse? They are both "A" blood types.

C.

I feel the same way when I take this product. I usually have that reaction to bentonite clay, which is in the product. The nausea and urge to vomit come from toxins being eliminated through the bile, causing intestinal irritation. Using some other fiber product can absorb this and help eliminate the problem. Intestinal Soothe and Build or Everybody's Fiber would be good, along with some Bowel Detox.

Fatty Congestion in Liver

I got a diagnosis of fatty liver from my doctor and, of course, she recommends losing weight. I mentioned doing a liver detox and she seemed agreeable to that idea. So I'm plan-

ning to order the NSP Liver Cleanse formula. I see the recommendation on the label is one capsule three times a day.

Would I get better (read that "faster") results if I increased this amount? (I know there are typically maintenance amounts and therapeutic amounts, but I don't know if a cleanse can follow the same guidelines.) How long should I continue taking the capsules in order to be reasonably sure that I've done a sufficient detox?

B.

More is not necessarily better when it comes to cleansing. In fact, trying to cleanse too fast can make you feel sick as the body has to have time to flush the toxins from the system.

Also, in addition to the Liver Cleanse formula, I would also recommend taking the SF formula because it reduces fatty congestion in the liver and was originally designed as a formula to aid in weight loss. I would also use the SAM-e along with Folic Acid as this also increases detoxification pathways in the liver.

Low Testosterone

I have a lady with cancer whose blood counts reveal low hemoglobin, red blood cells and magnesium, and very low testosterone. Doesn't low testosterone reduce the body's fight against cancer? If so, what is the best herb to take during chemotherapy to mimic testosterone or help the body make more testosterone?

S.

Just smelling cinnamon oil will help raise testosterone levels, Sarsaparilla also has a testosterone mimicking effect, but the real key here is iodine. Cancer can't exist in an iodine rich environment. If the testosterone is low, then iodine is usually very low.

It also means the liver is congested in its conversion abilities. I would decongest the liver slowly with something like red clover and add iodine supplementation in

some form. This will help with the hemoglobin, red blood cells and magnesium levels, too.

Tonsils

Last Wednesday I started getting sick. I thought it was just a cold, so I started hitting the Seasonal Defense really hard (2-3 every 2 hours). That did nothing. By the next day I had a sore throat and was achy all over. I switched to taking VS-C in the same quantities and colloidal silver (gargle then swallow, 2 teaspoons every 2 hours).

I developed the lovely puss pockets on my tonsils. I worked at balancing my pH and continued to use the VS-C and colloidal silver along with psyllium hulls to keep my bowels moving. I tapered off over the weekend because they just didn't seem to be helping. I still have swollen tonsils and some small puss pockets.

It's not strep because I don't have a fever (and trust me, I used to be the queen of strep so would certainly know if it was that). I can't talk much because of the swelling. Any suggestions? I never miss work this much anymore. I can't continue to sit on the couch and hope I get better in a day or so.

N.B.

The tonsils are primarily lymphatic tissue, so remedies for the lymphatics would probably help. I love using the Lymph Drainage Formula and IN-X in situations like these. They work great for problems with the throat and tonsils. I would also use the Lymphatic Drainage mixed with Nature's Fresh and Colloidal Silver as a gargle. For really serious problems here, echinacea, red root and baptista (wild indigo) are helpful.

Hemochromatosis

I have a client with hemochromatosis. Cellular Build is listed as helpful for this problem. Are there any other useful remedies, or is this sufficient by itself?

M.S.

I would try the Mega Chel along with the Cellular Build. Viral infection can also drive iron levels up. Check the person's white blood cell count for being too high or too low and look for lymphocytes lower than 24. This would indicate the cause is probably a long-term viral infection. If that is the case, then use iodine, olive leaf and VS-C.

The spleen will be affected here anytime there is hemochromatosis or hemsiderosis (non-hereditary type). Check the B-12 levels as well as adding folic acid to create the methylation chain here for uptake of existing iron.

Also, has lead poisoning been ruled out? Lead poisoning is another possible cause of hemochromatosis.

Gilbert's Disease

I have a client who was diagnosed with Gilbert's Disease at age 25. She had a history of drinking alcohol at that time but the doctors say that was not the cause. They say it is genetic. (Gilbert's Disease is a defective uptake of bilirubin by the liver.) Her symptoms when she has the excess bilirubin last from 3-48 hours and she has a freezing feeling in the back of her arms, feet and across her mid back where she can't get warm.

She takes no prescriptions and currently only takes melaleuca (tea tree oil) as a supplement. Her bile is clear so when she has her "episodes" her sclera turns grey. Her mother has chronic pancreatitis and was diagnosed with the same disease. What would be a good program for her? Since she now raises rabbits I wanted to get her going on a parasite cleanse. She no longer drinks.

Dori

I would try the PS II for the spleen on this. Any time there is grey in the sclera it means a congested situation. The spleen produces enzymes that support the pancreas and the glycogen stores that go to the liver. The spleen becomes the storage facility when these are congested. So I would start at the source and work on a damp spleen issue. This will get slenoptrin and trypsin producing again to help break down the bile.

This would also cause congestion for storage of hormones, so I would consider using something like Adrenal Support with iodine supplementation to get things warmed up so you can remove the damp congestion from the spleen.

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. To schedule a consult call Balanced Health Solutions at 321-626-9243.





Inflammatory Bowel Disorders

Natural remedies for Crohn's, colitis, Celiac's and related conditions

Inflammatory bowel disorder is a catch-all term used to describe a group of intestinal disorders characterized by gas, bloating, abdominal pain, diarrhea and constipation (or alternating periods of both). The most common inflammatory bowel disorders are colitis (inflammation of the colon and small intestine), Crohn's Disease (a severe form of colitis which causes fistulas, openings created by ulcers that connect to other organs and structures), ulcerative colitis (similar to Crohn's except it starts in the rectum and affects only the colon), Celiac Disease (which causes breakdown of the intestines due to gluten allergies), and diverticulitis (inflammation of pockets in the colon).

These diseases afflict millions of people each year, and the problems they cause are not limited to the bowel. Research has established links between dysfunction of the digestive system and most chronic and degenerative diseases, including arthritis, allergies, eczema and other skin diseases, some cancers, asthma and even "mental" diseases like depression, ADHD and schizophrenia. So, these problems have far reaching effects.

Yet, if you check most Western medical sources, you'll learn that these diseases are "of unknown origin" or that they are commonly considered to be of psychosomatic origin. Well, if you stop there, the situation sounds pretty hopeless, especially since most of the drugs prescribed for these chronic conditions just address the symptoms and don't claim to cure them.

Fortunately, alternative medicine and herbalism in particular give us an entirely different—and more effective—way to look at these diseases. The key to inflammatory bowel disorders can be summed up with the word inflammation. Inflammation is caused by irritation to tissues, which typically results from some kind of mechanical or chemical damage.

Typical causes of intestinal damage include: antibiotics (which promote the growth of toxin-secreting yeasts), food allergies, heavy metals and other environmental toxins, smoking, birth control pills, antacids, nitrates commonly found in preservatives, MSG and chlorinated water. Microbes like *H. pylori* and parasites can add to the problem. Believe it or not, even anti-inflammatory drugs like ibuprofen have been found to cause intestinal inflammation!

Not only does inflammation in the intestines decrease our ability to process and absorb nutrients, it also leads to increased absorption of toxic materials into the blood and lymph streams, a condition known as leaky gut syndrome. This is primarily what creates the cascade of negative reactions in other body systems that can cause problems like skin disorders, depression and the other chronic conditions mentioned previously.

By now it should be obvious that to eliminate and prevent these diseases we need to remove the causes of damage by avoiding substances that irritate and inflame the intestines. Start by paying attention to foods that trigger allergic reactions and avoiding foods incompatible with your blood type. Also, avoid the drugs and chemicals previously listed that cause intestinal damage.

We can help remove toxins by taking intestinal fiber. Everybody's Fiber is an excellent blend for inflammatory bowel disorders because it is gentle acting and contains anti-inflammatory and digestive-enhancing herbs. Intestinal Soothe and Build is also an excellent herbal formula for reducing irritation and eliminating toxins. It works well in combination with Stress-J.

Enzymes are needed to help break down foods effectively. This helps prevent inflammation, helps in the detoxification process and aids in the absorption of nutrients. Proactazyme Plus or Marshmallow and Pepsin are good enzyme products to use.

Eliminating yeast overgrowth or parasites may be necessary. Yeast/Fungal Detox or Caprylic Acid Combo can help reduce Candida and other yeast infections. The Para-Cleanse pack is helpful for others. The four R's of correcting intestinal damage are: Remove, Replace, Reinoculate and Repair.

We can remove toxins with bulk laxatives like psyllium or flax seed, which absorb the toxins and carry them out of the system. Fungal infections can often be eliminated with formulas like Yeast/Fungal Detox or Caprylic Acid. The Para-Cleanse pack may be necessary for other parasites and microbes. It contains Artemisia Combination, Herbal Pumpkin, Black Walnut, Paw Paw and Yeast/Fungal Detox.

Healthy colonies of friendly bacteria are very important in reducing waste acids, preventing harmful bacterial infections, blocking mutation of intestinal cells and reducing food sensitivities. By reinoculating our intestines with probiotics like Acidophilus, Bifidophilus or Probiotic Eleven we can directly and indirectly reduce inflammation and improve gut integrity and function.

As destructive as the inflammatory bowel disorders can be, there are effective natural ways to heal them. For more specific health information, consult your local herb specialist, or one of the sources listed below:

Sources of Additional Information:

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

Foundations of Health: Liver and Digestive Herbal by Christopher Hobbs
Coming Clean by Steven Horne

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Intestinal Soothe and Build

Herbal formula for reducing intestinal inflammation

Intestinal Soothe and Build, also known as UC3-J, is a wonderful formula for soothing intestinal inflammation and irritation. Created by herbalist Jeannie Burgess, it has been used to help a wide variety of inflammatory bowel disorders such as colitis, Crohn's and celiac disease, intestinal ulceration, acid indigestion, abdominal pain, anal fistula, blood in the stool, ileocecal valve problems, diverticulitis, diarrhea, leaky gut syndrome and hemorrhoids.

The formula combines the soothing action of mucilaginous herbs like slippery elm and marshmallow, with the astringent action of herbs like plantain, rosehips and bugleweed. Chamomile adds additional anti-inflammatory and digestive settling properties. Intestinal Soothe and Build adds fiber to the stool to absorb irritants, which may be inflaming the colon, and helps to reduce gut permeability and leakiness. It also promotes tissue healing and repair.

In addition to its use for intestinal and digestive problems, it has also been applied topically as a poultice for bites and stings, burns and scalds, cold sores, denture sores, slivers and skin ulcerations. It has also been used internally for abscesses, chemical poisoning, copper toxicity, cystitis and Grave's disease.

Here are the specific ingredients in this blend.

Slippery Elm

Slippery Elm belongs to the demulcent category of herbs, meaning it contains abundant mucilage, with its soothing, softening, lubricating and protecting qualities. It has often been used as a soothing poultice for abscesses, wounds, eruptions, burns and inflamed external surfaces. This formula takes advantage of this mucilaginous quality to soothe and cool inflammation in the intestines.

Marshmallow

Marshmallow has similar cooling properties. In addition to soothing, moistening and lubricating the intestines it acts as a powerful anti-inflammatory. It also absorbs toxins and encourages the growth of friendly bacteria.

Plantain

Plantain is not the tropical banana of the same name, but an herb native to Europe which was brought to the Americas by early explorers. It is known as a superb "first-aid plant" because of its antiseptic, astringent, antivenomous, diuretic, refrigerant, styptic, and vulnerary qualities. Traditionally applied to wounds to prevent or cure infection and hasten healing, it's said that even large cuts to which plantain leaves are applied often don't need stitches or sutures. This formula relies on its astringent properties to tone intestinal tissue and its refrigerant and vulnerary properties to soothe and heal intestinal inflammation.

Rosehips

A rich source of vitamin C and bioflavonoids, rose hips help to tone up intestinal tissue and reduce gut leakiness. They also help reduce intestinal inflammation.

Bugleweed

Bugleweed is a mild astringent herb, traditionally used for bleeding and excess mucus production. In this formula, it also helps reduce gut permeability and leakiness. It also has a sedative action, calming the nerves, heart and thyroid.

Chamomile

The last ingredient in this formula is chamomile, an herb with anti-inflammatory properties that is particularly helpful in reducing intestinal inflammation. Chamomile is also an effective nervine, helping to reduce the stress component which frequently accompanies or contributes to intestinal inflammation.

Usage

This formula works best when taken in large quantities. The recommended dosage is 2-4 capsules taken three times daily with plenty of water. Jeannie designed the formula to work best when used in combination with another of her formulas, Stress-J (STR-J). Stress-J adds additional anti-inflammatory and digestive calming properties, as well as relaxing nervous stress, which is often a factor in bowel disorders. So, for best results, take with 2 capsules of Stress-J three times daily.

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