
An Electronic Journal for NSP Distributors

Blessed Thistle

By Steven Horne

Various species of thistles have long been used as both food and medicine. Long before milk thistle (*Silybum marianum*) became a popular hepatoprotective remedy, NSP Managers were using another species, blessed thistle (*Cnicus benedictus*), in their healing work. Like its cousin milk thistle, blessed thistle has a very specific action on the liver. Although it has not been scientifically documented to have the hepatoprotective effects of milk thistle, many herbalists feel that it does, as both plants share other properties.

Thistles are paradoxical plants. On the surface, they seem to be a curse. Their prickly nature assaults us. They are aggressive and sometimes invasive. They are difficult to eradicate, being hard to dig up and resistant to herbicides. They are warrior plants by nature, neither gentle nor friendly. This doesn't mean, however, that they are here simply to afflict and torment mankind. In reality, they were created for our benefit.

First of all, thistles are edible. They are an outstanding survival food. Secondly, warrior herbs, like thistles, grow where the environment has been damaged. They keep animals (and people) away while the land has a chance to heal. We need warrior energy at times in our lives, and thistles supply it. So, their third benefit is their medicinal properties, which are primarily associated with the liver—the organ that defends our blood stream against toxins and is associated with anger, aggression, and bitterness.

Blessed thistle is a cholagogue herb, which means it stimulates the production of bile. This aids in fat digestion, reduction of cholesterol, prevention of gall stones, and detoxification of the liver. This stimulation of bile may also account for the fact that it acts as an emetic in large doses, since liver detoxification can create nausea and vomiting. This is why blessed thistle is an important component of the Liver Cleanse Formula (LIV-A).

Blessed thistle also acts as a digestive remedy. The herb has been used to treat indigestion with nausea, flatulence and bloating. It also has the ability to stimulate the appetite, making it useful for anorexia. Christopher Hobbs, AHG, recommends it for painful digestion. It is also found in the formula Four, which is used to treat allergies and hayfever, which are usually linked to liver and digestive problems.



The famous herbalist Dr. Eugene Watkins said that blessed thistle is an oxygenator of tissues such as the heart, lungs, and brain. Some of its traditional uses include heart and memory problems. Modern research shows that blessed thistle also contains antimicrobial and anticancer agents.

The most prevalent use of blessed thistle, however, is as a remedy for women. Many PMS symptoms are related to a congested liver, so by decongesting the liver and improving oxygenation to the blood, symptoms such as painful menstruation and PMS-related headaches may be relieved. The master herbalist, Dr. John Christopher used blessed thistle in his female remedies. He considered it a valuable aid for resolving female problems and smoothing the transition of puberty for young women. For these reasons, blessed thistle is an ingredient in four of NSP's formulas designed for women, C-X, NF-X, FCS II with lobelia and Female Comfort (FC with Dong Quai).

Blessed thistle is also well known for its ability to enrich breast milk. In fact, this is probably its most popular use. Especially when used in combination with red raspberry, blessed thistle increases both the quantity and the quality of breast milk and has aided many mothers in being able to breastfeed.

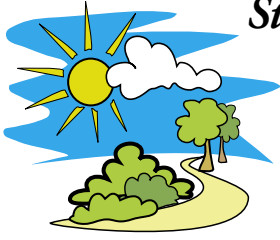
Again we see the paradox of the thistle. This very "masculine" plant with its prickly nature is a nurturer of women and children. Or maybe it isn't such a paradox; it serves as an example of the spiritual ideal of the warrior as one who defends, protects, and provides for that which is under his care. In any case, blessed thistle is a prickly, but powerful healer.

Selected References

- Herbal Extracts* by A.B. Howard
The Wild Rose Scientific Herbal by Terry Willard
Herbal Therapeutics by David Winston
PDR for Herbal Medicines by Medical Economics Company

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Steven Horne's Ramblings and Ravings

Constitutional Iris Types, Part Two

The Biliary Constitution

In this issue, we continue our discussion of basic iris patterns with the biliary constitution. When a person has an eye with mixed colors, they have a biliary constitution. The mixed eye is characterized by light to moderate brown pigmentation or discoloration over the top of a whitish-yellowish background. The overall appearance of the iris is usually a light brown, but unlike the true brown eyes, the iris fibers are visible through the pigment. Color is often concentrated towards the center of the iris around the collarette and digestive zone.

This particular pattern exhibits color changes, as the pigments can become lighter or darker. Occasionally, these people also have some of the lymphatic constitution tendencies, and a person may have a mixture of biliary and lymphatic tendencies.

Analysis of these pigmentations in autopsies has shown they are composed of materials from the blood stream which have broken down due to liver imbalance. This is where the constitutional pattern gets its name, because it indicates the tendency to billiousness (digestive disturbances) due to liver dysfunction. The pigmentations are probably due to digestive problems which create toxicity in the body. This is why the coloration changes when these people do serious detoxification.

People with this constitution are primarily prone to problems with the following systems:

Digestive (stomach and pancreas)

Hepatic (liver and gallbladder)

Intestinal (small and large intestines)

Typical diseases people with mixed-colored eyes are prone to include all of the following:

- Indigestion, which may involve difficulty in breaking down fats, proteins, and/or carbohydrates
- Intestinal gas, diarrhea, and/or constipation
- Disturbances of fat metabolism causing gallstones, high cholesterol, acne, and fatty deposits
- Disturbances of carbohydrate metabolism leading to hypoglycemia or diabetes
- Emotional symptoms of anger, irritability, resentment, bitterness, discouragement, and depression
- Reproductive disturbances such as PMS and hot flashes during menopause with women, and prostate swelling in men



- Sleep disturbances with difficulty getting to sleep at night, followed by morning sluggishness
- Intestinal toxicity, candida, parasites, and increased risk of other intestinal disorders such as diverticuli, tumors, inflammatory bowel disorders, and leaky gut syndrome
- Tendency to headaches, especially migraines
- Food allergies
- Skin eruptive diseases, acne, dry or oily skin

Of course, these are all latent genetic tendencies, which may or may not be active in any given individual, depending on how one is managing his or her lifestyle. Only by asking questions about the person's current and past health history, can we determine which of these systems are actually in need of support.

Mixed-eyed biliary types are prone to errors in breaking down one or more basic components of nutrition (fats, proteins, or carbohydrates). This is the first problem to check for because it contributes to the others through a cascade effect. The improperly digested food causes toxicity of the intestinal tract which damages the integrity of the intestinal membranes. Toxins are absorbed into the blood stream and are transported to the liver. The liver metabolism becomes disturbed, resulting in errors of blood composition which burden other eliminative systems such as the kidneys and skin, and give rise to glandular imbalances as the body tries to deal with the lack of basic nutritional components and the excessive level of toxins in the blood.

So, health problems in this iris type typically start with indigestion, gas, constipation or diarrhea, then move to liver symptoms such as bloating, irritability, headaches, and skin problems. Finally, glandular disturbances such as hypoglycemia, PMS, etc. develop. So, when examining the iris, pay particular attention to the areas representing the stomach, pancreas, liver, gall bladder, small intestine, large intestine, spleen, kidneys, and the glands.

In traditional Western medicine, there was a constitutional type known as the choleric temperament. These people were thought to have an excess of bile. There are some connections between this iris type and this constitutional pattern, because liver problems are the essence of both. Excessive liver heat (i.e., excess bile) gives rise to problems such as anger and irritability. It also is associated with headaches (especially migraines), flushing of the face, difficulty getting to sleep followed by difficulty arising refreshed in the morning, and an increased tendency to skin problems involving oil glands in the skin, such as acne and oily or dry skin.

When the liver is weaker and cold, a more melancholic temperament tends to develop with symptoms of depression and withdrawal, allergic reactions (especially food allergies), and glandular disturbances. The melancholic temperament in traditional Western medicine was considered to be due to an excess of black bile (i.e., toxic bile). Again, we see the liver/digestive connection.

In general, people with a biliary constitution respond well to intestinal cleansing and rebuilding. However, colon cleansing is not simply a matter of taking laxatives (even natural ones) to force more evacuation from the colon. One needs to start “up stream” by making certain the individual is properly digesting his/her food. This may require enzymes or digestive tonics, as well as changes in diet and eating habits, such as eating one’s food more slowly, chewing it thoroughly, and avoiding wrong food combinations.

The place to start with this constitutional type is with the digestive system. One needs to determine which basic nutrients are probably not being broken down correctly. This allows for the selection of appropriate herbs and supplements to aid the digestion of these basic foodstuffs. The colon and liver cannot be properly cleansed and healed if the development of toxins isn’t stopped at the source—which is improper digestion.

The following iris signs suggest increased risk for inadequate protein digestion. The presence of a stomach ring (or halo) suggests possible weakness in the stomach. Also, look for markings such as crypts or radii solaris in the stomach zone, suggesting inherent stomach weakness.

If protein digestion is a problem, Digestive Bitters can be used to stimulate hydrochloric acid production. Protease enzymes should also be taken. Marshmallow and pepsin, taken between meals can help to detoxify the intestines from previously improperly digested proteins. Supplementation of hydrochloric acid may be needed in severe cases. Both PDA and Food Enzymes contain hydrochloric acid and pepsin. Food Enzymes also contains pancreatic enzymes.

Orange discoloration in the iris is the first sign to look for as an indication of potential problems with fat metabolism. Also look for small fatty deposits (pinguecula) in the whites of the eyes. If the orange coloration and pinguecula are present, one can be reasonably assured that fat metabolism is impaired. A corneal arcus or lipid ring also signals a disorder of fat metabolism, including a potential for high cholesterol levels.

Lipase enzymes, found in Hi-Lipase, will help digest fats properly. Proactazyme contains lipase enzymes. Bile salts can also be used to supplement impaired liver and gallbladder function. Food Digestive Enzymes contains both bile salts and lipase enzymes from the pancreas; it is a good choice for severe problems.

A number of herbs can also be used to improve gallbladder function and fat metabolism. These include burdock, chickweed, and dandelion. Chologogues are herbs that increase the flow of bile and may also be helpful here. Some of the best chologogues include barberry, fringetree bark, turmeric, milk thistle, and toadflax. A gallbladder flush using lemon juice and olive oil can also help improve gallbladder function. The instructions for this can be found on our website: www.treelite.com.

An orange color in the iris is a good indicator of the tendency to impaired carbohydrate metabolism with increased risk of hypoglycemia and diabetes. Also look for markings in the pancreatic and adrenal areas in both eyes.

If blood sugar imbalances are a problem, start by using enzymes to help the body break food down properly. Proactazyme is a good choice.

Herbs that can help balance blood sugar levels include licorice root, eluthero root, American ginseng, and Korean ginseng. The combination HY-A is helpful for hypoglycemia. For diabetes, check to see if the diabetes is insulin-dependent (type 1) or non-insulin dependent (type 2). Herbs like goldenseal and nopal, along with GTF chromium, can be very helpful for type 2 diabetics. Herbal formulas like Pro-Pancreas (P-14), Target P-14, and Ayurvedic Blood Sugar (NBS-AV) will also be helpful for type 2 diabetes. Type 1 diabetics require insulin.

This is a very abbreviated overview of the biliary constitutional type. More information will be available in our forthcoming iridology course. In our next issue of Nature’s Field we’ll cover the hematogenic constitution.

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Kimberly Balas' Clinician's Corner

Low Cholesterol, Liver Pain and the Blood Type Diet

Low Cholesterol

Does you know any health issues associated with low cholesterol? I have a female client age 44. Her cholesterol reading is 146. Her Triglycerides are 42. Is low cholesterol a sign that something is out of balance in one or more of the body systems, such as the liver? How can we raise her cholesterol closer to the normal range?

Mayra

There is a higher mortality rate for a cholesterol level under 175 than there is for someone with a cholesterol level over 275. Low cholesterol means there is a higher risk of cancer, mini-strokes, and suicidal tendencies. Cholesterol is required to protect the nerves from exposure to heavy metals, such as mercury and other toxic agents that can cause brain and nerve disorders. With low cholesterol, the body is severely impaired in how it can deal with oxidative stress, so there is more damage from free radicals than with high cholesterol.

Things which can cause low cholesterol include malnutrition and malabsorption (mucus blockages on the villi in the small intestines), herpes zoster, various free radical pathologies, hyperthyroidism, depression and some antidepressant drugs, and malignancies. To help restore cholesterol levels to normal, support the immune, digestive and hepatic systems. Pepsin must be properly balanced with hydrochloric acid. Manganese is a necessary enzyme cofactor for cholesterol synthesis. Red raspberry is an herb rich in manganese. Also use a B-complex and try the Chinese Blood Build to reduce fatty congestion in the liver.

Low Cholesterol and HDL/LDL Ratios

My father (83 years-old) has a low overall cholesterol (150) but his ratio of bad (LDL) cholesterol and good (HDL) cholesterol is off. The doctor put him on a medication to lower cholesterol as he was having heart problems. The heart is healthy, but the electrical system is off, so a pacemaker was required. He also develops blood clots and was showing plaque buildup in his arteries. I questioned that last part, however, because of the errors they were making at the hospital.

He wants off the cholesterol-lowering medication but would still like to reduce his bad cholesterol. I saw DHEA mentioned as something that can be used to lower bad cholesterol. He already eats oat bran daily, and took COQ10 and hawthorne berries until he discontinued them after the surgery due to his fear of these supplements interfering with his new medications. What can he do to lower bad cholesterol without lowering his good cholesterol?

Jane

Basically, it looks like the doctor is trying to kill him with medications. Step one is to fire the doctor.

Cholesterol ratios are usually off due to carbohydrate consumption. With cholesterol numbers that low and the prescription shutting the liver down even more, he is going to wind up with a non-functioning liver. This will leave the liver congested with fats and cause swelling in the sinusoids in the endoreticular portion of the liver. The iodine will fail to release a nitrogen bond, and the thyroid will also go on shut down mode. He will also be impaired in his ability to digest proteins because his ratio of hydrochloric acid to pepsin will be thrown off. This can also lead to gall bladder issues, insufficient production of bile, and the production of gall stones.

This low number, regardless of the ratio, is indicative of liver damage, hepatitis, malabsorption, and possible hyperthyroidism. These factors would also lead to heart palpitations or disruptions in the electrical rhythm of the heart. So, check his thyroid, liver and digestive function, and use whatever protocols are appropriate to restore these organs to normal function. Also have him take lecithin and essential fatty acids.

Pain in Liver Area

A client called today who has pain in her liver area. She gave us lab numbers taken last week as follows:

Cholesterol - 160

Lymphocytes - elevated

LDH - 1213

SGOT - 82

SGPT - 72

Alkaline Phosphatase - 29

Would this indicate infection in the liver, or is her cholesterol just so low it can't handle the environmental and metabolic toxins? What can she do? Over the weekend, on her own, she started on milk thistle, liquid chlorophyll and olive oil. She's also adding ginger today.

Sunshine

This is fat congestion in the liver. Her cholesterol is in a danger zone on the way to anaerobic activity. Her low AP number is another indicator of that. The elevated lymphocytes also indicate toxic conditions.

I would recommend SF and MSM to open up liver detoxification pathways. I would also recommend the Lymph Drainage

Formula, Cellular Energy, and digestive enzymes. That is all I would do until you bring down these liver enzyme numbers.

Blood Type Diet and Food Cravings

I have been recommending the Eat Right For Your Type diet for clients just to see what kind of health changes may occur. (I am a bit skeptical, but have been reading up on it and decided to be more open minded about it.) I have a mid-40s woman, blood type A, and she craves carbonated beverages, mainly diet sodas and seltzer. She also occasionally craves creamy foods, high fat dairy stuff. This goes against recommendations. Why is this and what do I do? Also, is this way of eating supposed to encourage weight loss, or is it just for improved health and wellbeing?

Liz B.

The whole concept of the *Eat Right For Your Type* plan was to promote healthy blood by eating foods that don't cause agglutination in the blood. This results in better oxygen and nutrient delivery to the cells, which changes the biological terrain of the body, so it is able to have more vital energy to do what it needs to do to stay balanced and healthy.

People experience weight loss with this program because it helps the body eliminate toxins. The body produces fat cells to help store toxins. So if the person no longer has a lot of toxins to store, they are going to start losing weight. To do this requires eating more of the beneficial foods, not just eliminating the foods to avoid.

As for the cravings, one's body has an innate way of telling us what we need. We crave sweets sometimes because we need chromium, a mineral found in fruits. Because fruits are sweet, our DNA programming suggests that we will find the chromium in sweet foods. After eating the refined sweets, however, our body still doesn't have the nutrients it was seeking, so we crave more. This becomes a vicious cycle that can be difficult to break. If she had a diet that consisted of these before, it may just be that she is having a hard time breaking the habit right now.

It could also mean that she is not able to absorb the nutrients properly from the food she is eating. This often happens because of excessive mucus buildup in the small intestines. This is why I usually start people with Small Intestine Detox. This formula will help to unclog the intestinal microvilli so they can absorb nutrients again.

From the foods that you listed, it sounds as though she is craving fats. When the body needs essential fatty acids, it will crave fats. If the fats she eats don't contain the essential fatty acids her body is looking for, she will crave more. Suggest she take Super GLA to get more essential fatty acids. Also have her take Hi-lipase, to help ensure that she is digesting the fats properly. A gall bladder flush, or chologogue herbs to stimulate the flow of bile can also help ensure she is breaking fats down properly.

A blood types have a difficult time with digestive enzymes and HCL production. Craving the soda and carbonation could be an indicator that she needs more enzymes or hydrochloric acid. Try adding the Food Enzymes with meals containing protein and Proactzyme with meals that don't contain protein.

Statin Drugs and Bone Loss

My mother just asked me if the statin drug Zocor helps prevent bone loss. A friend of hers says that a doctor relative told her that is does. I've never heard this, could it be true?

John

I'm not certain about this. The only thing that I have seen on this is that the suppression of the liver by the statin drugs affects the hormone feedback loops. The medical profession also claims that hormone replacement therapy helps prevent bone loss, so the statin drugs must be influencing hormones. A lot of hormones are controlled, processed, or removed from the blood in the liver. Here's how it all works.

The liver cells produce alkaline phosphatase (AP), which is responsible for maintaining the alkaline pH of the blood by balancing water and mineral metabolism. This exchange occurs at the cell membranes of ligaments, tendons, and disc structures. AP is also the enzyme that affects phosphorus. AP is responsible for the introduction of an alkaline media for bone growth. When you have an elevated AP level in the blood it is indicative of too much acidity in the body. When this hyperacid state exists, you get muscle pain.

I would hardly think that statin drugs are going to help with the nutrients and trace minerals, and healthy glands and organs, that are needed to lay down bone. The other thing to keep in mind with bone loss is that it is not just a matter of what you are putting in nutritionally—it is also a matter of what you are leeching out. Soda pop is one of the principle products that leaches minerals out of the body and is a major contributing factor to osteoporosis. This is largely because the phosphates in soda affect the systems we have just been describing and create a hyperacidic state.

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





Hepatitis & Cirrhosis of the Liver

Natural Remedies for Serious Liver Conditions

Hepatitis and cirrhosis of the liver are two serious liver problems. Both are common in modern civilization, and both involve inflammation of the liver. Although the specific causes and symptoms associated with each of these conditions are different, they both tend to respond to the same natural remedies. These remedies have been successfully used by many people to help the liver cleanse and rebuild itself. However, since both hepatitis and cirrhosis are serious health conditions, appropriate medical assistance should be sought when dealing with them, and ideally, these remedies should be used under proper medical supervision.

Hepatitis is a word from Latin roots which means inflammation of the liver. The different types of hepatitis are named according to the source of the inflammation, which may be viral or chemical. Hepatitis A is an infectious hepatitis that can be transmitted through poor sanitary conditions such as food handlers or child care workers not washing their hands. Hepatitis B, or serum hepatitis, is also infectious and is passed through a blood transfusion or other contact with blood. It is often transmitted through dirty needles or sex. The causes of other types of hepatitis are less clear, but the result is always the same—inflammation of liver tissue.

Cirrhosis is a scarring of the liver tissue. This happens through repeated inflammation and damage to liver tissue. So, cirrhosis is the result of continual liver damage over a long period of time. Cirrhosis is a serious, degenerative condition of the liver and is usually caused by long-term alcohol abuse. Drugs, autoimmune conditions, and chronic inflammation are typical causes. Cirrhosis of the liver is a leading cause of death in people between 45 and 65.

In all cases of liver damage and inflammation, the liver needs a chance to rebuild and repair itself. This is accomplished primarily through giving the digestive system a rest, since the liver is responsible for filtering and processing all blood being absorbed from the intestines. This is done through fasting and/or the use of juices and mild foods.

A mild food diet is a semi-fasting state in which only raw foods (fresh fruits and vegetables) are eaten. Fresh juices made from carrots, celery, beets, chard, and other vegetables are particularly beneficial. Lemon water and black cherry juice are also helpful. This diet give the liver a lot of natural vitamins, minerals and other nutrients to effect repairs, without having to process any heavy starches, fats, or proteins.

Avoiding chemicals of every kind is also essential to giving the liver a break. This means avoiding all food additives (dyes, flavorings, preservatives, etc.), environmental chemicals (cleaning products, solvents, etc.), drugs, and alcohol. With this goal in mind, it is ideal to use organically grown food during the mild

food diet and to wash all produce with NSP Concentrate to remove any chemical residues prior to consumption.

In addition to this dietary therapy, certain supplements can be very helpful for both of these conditions. Milk thistle is particularly effective because this remedy acts as a liver tonic and hepatoprotective agent. It strengthens liver tissue in its ability to deal with environmental toxins without suffering damage. Blessed thistle and dandelion are also gentle liver cleansing agents.

Milk Thistle Combination is an excellent formula for helping the liver protect and repair itself. It contains milk thistle, N-acetylcysteine, dandelion, choline, inositol, vitamin A and vitamin C. Large doses of vitamin C have been shown to help hepatitis, and N-acetylcysteine recycles glutathione, an important intracellular antioxidant. This helps liver cells cleanse and protect themselves. The other ingredients have similar effects.

Other liver herbs such as dandelion, reishi mushrooms, Oregon grape, pau d'arco, red clover, yellow dock, and beet root can also be helpful in strengthening the liver's ability to eliminate toxins. Some combinations which have been used to help the liver detoxify and repair itself include Liver Cleanse Formula (LIV-A) and Red Beet Root Formula (I-X).

Licorice root can be very helpful for inflammatory liver diseases. It is both antiviral and anti-inflammatory.

Sam-e can be very effective in helping the liver heal. It opens detoxification pathways in the liver.

Helicrysum essential oil applied topically over the liver will help to heal scarring. It will also help to reduce inflammation.

A very effective program that has helped many people is to take Sam-e and Milk Thistle Combination internally, while applying helicrysum topically. Ideally, this should be done in conjunction with a mild food diet or juice fast. It is possible to help these conditions naturally, but again appropriate medical attention should be sought so that progress can be monitored.

The best course of action, however, is to take steps to prevent these conditions. Appropriate sanitation, avoiding alcohol and other liver-damaging substances, and a healthy diet are all important. If a person is exposed to chemicals or an environment where they may be at risk for hepatitis, Milk Thistle Combination can be taken regularly to strengthen the liver's ability to resist damage.

Selected References

- Encyclopedia of Natural Healing* by Michael Murray, ND, and Joseph Pizzorno, ND
Prescription for Nutritional Healing by James F. Balch, MD, and Phyllis A. Balch, CNC

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Liver Cleanse Formula (LIV-A)

Liver and digestive tonic formula

Proper liver function is essential to health, because the liver filters all the blood coming from the intestines. It prevents toxins from getting into the general circulation and helps remove toxins from the blood. The liver also processes basic foodstuffs for use by the tissues of the body. Moderate liver dysfunction can lead to a host of vague symptoms including digestive disturbances, skin eruptive diseases, dry or oily skin, headaches, glandular problems, sleep disturbances, malaise, morning sickness, and nausea.

Liver Cleanse Formula was created by the famous nutritionist Paavo Airola. It is a gentle liver cleansing and nourishing formula which also helps to regulate digestive and kidney function. It is useful for inflammatory liver diseases (hepatitis), age spots, mild edema, morning sickness, jaundice, gallstones or a sluggish gall bladder, skin problems such as acne and hives; it is a general tonic for a feeling of stuffiness in the abdomen accompanied by malaise. It contains the following herbs.

Red beet root has long been considered a tonic for the blood. A tonic is an herb that strengthens the structure or function of an organ or body system. Beets are rich in iron and have been used for anemia. They are a gentle nourishing food for the liver.

Birch leaves are a mild diuretic used to ease water retention, kidney stones and fevers. This helps flush toxins from the blood.

Dandelion root is a very effective but gentle acting liver remedy. It promotes the flow of bile and helps the liver's detoxification processes. It has been used for hepatitis and liver congestion; it has even been known to alleviate the first stages of cirrhosis of the liver through consistent use.

Blessed thistle herb is commonly used in herbal medicine to help the liver. It is a digestive tonic and promotes the flow of bile from the gall bladder. Also, it is believed to have a strengthening effect on the brain and heart through its ability to oxygenate the blood.

Parsley herb is a diuretic herb that is rich in mineral electrolytes such as sodium, potassium, calcium, and magnesium. It has an alkalizing effect on the blood.

Angelica root is highly valued for its stimulating effects on the digestive system. It has been used to treat heartburn, gas, and liver congestion. It is mildly stimulating, blood nourishing, and it promotes vitality and mental well-being.

Horsetail herb has been used to treat painful urination, kidney infections, urinary tract infections, and dropsy. It nourishes and strengthens the kidneys and bones.

Chamomile flowers are anti-inflammatory and nerve-soothing in nature. They reduce intestinal inflammation, expel gas from the colon, and stimulate the secretion of digestive juices.

Yellow dock root, an excellent blood cleanser, which also promotes the flow of bile, thereby helping to detoxify the liver. Rich in iron, this herb has a blood building effect. It has been helpful in cases of jaundice and hepatitis.

Gentian root strengthens and stimulates the digestive system, acting as a fortifying tonic to the whole body. It is considered useful for jaundice, insufficient bile production, and other liver problems.

Black cohosh root is an antispasmodic and anti-inflammatory herb.

Goldenrod herb is a nourishing diuretic, useful for treating kidney problems and passing kidney and bladder stones. It has an alkalizing action on the body and a strengthening effect on the kidneys.

Dosage

A typical dosage for Liver Cleanse Formula is 1-2 capsules two to three times daily with meals.

Sources

Natures Reference Guide by Deanne Tenney

The Energetics of Western Herbs by Peter Holmes

The Healing Herbs by Michael Castleman

The Little Herb Encyclopedia by Jack Ritchason N.D.

"Thistles: Prickly but Useful" in *Nature's Field* (May/June 1993).

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Year-End Closeouts

It's the end of the year, and we're closing out some items. The following are available while supplies last:

- All back issues of Sunshine Sharing are \$4.00 per bundle of 25 (\$3.50 per bundle for current Sunshine Sharing subscribers).
- Is Any Sick Among You? by LaDean Griffin—\$10.00 per copy.
- The Consumer's Guide to Nature's Sunshine Products (3rd Edition)—\$5.00 per copy.
- First edition Blood Type and Nutrition Charts (set of 4)—\$20.00

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Class Schedule

Tree of Light Classes

Call 888-707-4372 to register.

Biochemical Blood Analysis—Kimberly Balas
Jan 16-17 Melbourne, FL (\$295)

Dr. Mom - Dr. Dad Instructor Training Class
Feb. 2-3, 2004 Las Vegas, NV
Course to train instructors to teach the
Dr. Mom - Dr. Dad course in their area.

Other Events

International Iridology Practitioners Association
Symposium 2004

Feb 7-8 Las Vegas, NV (\$279)
Call 888-682-2208 to register
Speakers include: Steven Horne, Kimberly Balas, Ellen
Tart-Jensen, David Carpenter and others.

IIPA Iridology Symposium

February 7-8, Las Vegas, NV

The International Iridology Practitioner's Association (IIPA) is hosting a symposium in Las Vegas right after Nature's Sunshine's Leader's Conference. Speakers include Steven Horne, Kimberly Balas, Ellen Tart-Jensen, Dave Carpenter and others. A great opportunity to learn about iridology from some of the best practitioners in the country. Cost is \$279.

Call 888-682-2208 to register.

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