
An Electronic Journal for NSP Distributors

Maitake

By Steven Horne

Kalman Markus, an NSP Manager from Pennsylvania was the first person to introduce me to maitake mushrooms. He took me maitake hunting in the woods. We found some of these very large fungi and took them to his home, where his wife Dawn floured them and fried them in a little butter and olive oil. What a treat!

Also known as “hen of the woods” or “dancing mushrooms,” maitake look like something you’d expect to find on a coral reef. They are covered with many fan-like projections that have the appearance of overlapping waves. They are very large and can weight several pounds. They grow on tree stumps in deciduous forests.

At the NSP Convention this year Kalman told me that this year is the best crop of maitake he has ever seen, and just last week he sent me several pounds. I’ve been frying them all weekend and savoring their wonderful flavor. I served some for my company Sunday night, and one of my guests told me they were better than fresh oysters.

Ah, but this is not a feature devoted to gourmet cooking; it’s supposed to be about medicinal plants. Maitake mushrooms are wonderful medicine. These mushrooms are highly prized in China and Japan for both their health building properties and their taste. Modern research is demonstrating they have powerful effects on the immune system. In fact, Andrew Weil has said that maitake appears to be the most effective immune-boosting mushroom of them all.

Polysaccharides such as beta glucans are found in a number of medical mushrooms. These complex chains of sugar molecules are becoming widely recognized for their immune enhancing effect. These compounds evoke a non-specific immune modulating effect. They can be potent antiviral and antitumor agents. They do not act directly on viruses or cancer cells, however. Instead, they stimulate the body’s own defense mechanisms.

Maitake activates NK killer cells which attack tumor cells and prevent the destruction of T-helper cells. It appears to be very helpful in cancer but can also help boost the immune system in general.

Maitake has also been found helpful in AIDS. A Japanese study showed it prevented destruction of the T-helper cells in HIV infection.

It also effective with Kaposi’s sarcoma, a disease often developed by AIDS patients, and improved overall health in AIDS patients.

Maitake has a protective effect on the liver and can be helpful in healing hepatitis B. Japanese animal studies have suggested that maitake can be helpful in lowering both blood pressure and cholesterol levels. It may also help prevent diabetes and may even be helpful in weight loss.

We are fortunate that NSP now includes maitake in three formulas, Immune Stimulator, Breast Assured, and Colostrum with Immune Factors. Immune Stimulator is a wonderful formula for fighting just about any infection and can even be used as part of a natural program for cancer. Breast Assured is designed to help prevent breast cancer, while the colostrum formula is great for anyone with a weak immune system.

As for me, swallowing capsules can wait. For the next week or so I’m going to do as Hippocrates suggested, I’m going to let my food be my medicine.

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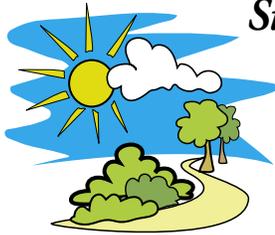
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Photo by Steven Foster

In This Issue

Feature Herb: Maitake	1
Steven’s Ramblings & Ravings:	
Irritation and Depression	2-3
Kimberly Balas’ Clinician’s Corner:	
High Prolactin and Other Questions	4-5
Product Handouts:	
Cholesterol	6
Ho Shou Wu	7
Announcements/Class Schedule	8



Steven Horne's Ramblings and Ravings

Understanding Biological Terrain, Part Six

Irritation and Depression

We've introduced the six tissue states, and now it is time to explain each tissue state in detail. In this issue we'll explain the first—and most important pair—irritation and depression. The states of irritation and depression have to do with tissue activity, or metabolic rate. Essentially, any organ, gland, or tissue can have a balanced or healthy metabolic rate, or it can be overactive, or underactive. The prefix hyper is used to describe overactive or irritated tissue states, while the prefix hypo is used to describe underactive or depressed tissue states. Thus, an overactive thyroid is a hyperthyroid, while an underactive thyroid is a hypothyroid.

In traditional medicine these two tissue states were associated with heat and cold. Modern physics tells us that heat is a result of activity. Molecules in substances that are hot are moving rapidly, while molecules in cold substances are moving more slowly. This is also true in the human body. Tissues with heightened activity will be warmer than tissues with reduced activity.

The changes in temperature associated with irritated and depressed tissue states can be detected through modern science, by a process called thermography. Thermography takes an infrared picture of the body, making it possible to detect areas of excess or deficient heat. Thermography is already being used as a safe, and effective, tool to screen for breast cancer.

Traditional healers had more subjective, but equally effective methods of determining irritated and depressed conditions in the body. They would actually feel areas of heat and cold with their hands. With a little practice, most people can learn to do this. Simply run your hands over a person's body and feel for subtle differences in temperature. Hot areas indicate irritation, cold areas indicate depression.

Unless you are a licensed massage therapist, or have some other license that allows you to touch people in this manner, I would not use this method on clients. I personally use it only with family members and close friends. However, with further practice, it is possible to learn to feel these subtle differences in temperature without touching someone, by holding one's hands about 6-8 inches off the surface of the body. Many gifted healers, both past and present, have learned to feel the energy radiating from people's bodies in this manner.

If you desire, classes in energy healing are available that can help you develop these skills, although I have personally never taken any. I learned to do this through observation of other healers and personal experience. (My new course, *Dr. Mom/Dr. Dad*, teaches some of these techniques.)

Tongue and pulse analysis, and methods of physical observation, can also be used to determine states of irritation and depression. Information on how to use these tools to tell the difference between irritated and depressed tissue states is elaborated on in the following:

Irritation

When we are confronted with problems and challenges, we tend to get irritated, don't we? In a similar manner, when our body is confronted with a challenge, our tissues can also become irritated. The irritant can be an environmental stress (heat, cold, etc.), a pathogenic organism (bacteria, virus, fungus, parasite, etc.), a toxin, or even a stressful life situation. In response to the irritant, our body's tissues go into a hyper state of function in an attempt to discharge or expel the irritant. This hyperactive tissue state is called inflammation. The very word *in-flame*-ation denotes the hot nature of this condition.

Inflammation is the body's first response to all injury and tissue damage. On the surface of the body, this state is easily recognized. The symptoms of acute inflammation are heat, swelling, redness and pain. When internal organs are inflamed, however, we can't directly observe the redness or swelling, so we have to look for other clues. We've already discussed how one can feel for "hot spots," but there are other clues as well.

Internal organs do not have the pain receptors found in our skin and muscles, so we don't feel pain from internal injury in the same way we feel pain from external trauma. Internal organs signal their distress through a process of referred pain. That is, the pain will be felt in our structural system, rather than directly from the organs. For example, kidney distress is often experienced as low back pain, while the gallbladder can cause pain in the center of the chest or between the shoulder blades. With experience it is possible to learn the areas of referred pain to more accurately pinpoint internal organs that are in distress.

Other symptoms that internal organs are irritated include an overall rise in body temperature or fever. It shouldn't surprise us to learn that when we feel emotionally irritated, this often signals that our internal organs are also irritated. Feelings of restlessness and agitation can also signal inflammation of internal organs.

Observation of the tongue and pulse is very useful. With irritation, the tongue becomes bright red, scarlet, or magenta. It often becomes elongated or pointy, too. The pulse rate will increase when the body is irritated. Generally speaking, a pulse

rate of over 80 beats per minute in an adult signals an overactive or irritated condition in the body. Generally speaking, any substance that causes an increase in a person's pulse rate to increase by at least ten beats per minute is an irritant. Some healers have used this fact to screen for food allergies. Foods that dramatically increase a person's pulse after consumption are irritating the body, so they are allergens.

This state of irritation can be general (affecting the whole body) or it can be confined to specific body systems or glands. For example, we can have an irritated thyroid (hyperthyroidism), but can have other glands that are underactive. The Latin term "itis" means inflammation. So, irritation to specific body parts are medically described by terms such as tonsillitis, laryngitis, appendicitis, and so forth.

Do not, however, rely on a medical diagnosis to determine tissue states. Heat alone is not an indicator of acute inflammation. Heat can also arise from depression and from atrophy. In other words, there is also such a thing as chronic inflammation, which is actually a sign of tissue depression. Any condition where heat is present that is also chronic, is a sign of tissue depression and underactivity, not tissue irritation. We'll discuss how to differentiate this in the next segment.

Depression

Tissue depression isn't the same as being emotionally depressed, although depression of the function internal organs may contribute to emotional depression. Depressed means *not responding to stimulation*. So, when tissues can't respond appropriately to stimulation (or irritation), they are depressed. Such tissues no longer possess the vitality necessary to function normally. They are underactive or hypoactive.

Underactive organs, glands, and tissues are at the root of all chronic diseases. These tissues have been overwhelmed by environmental stresses. Like an exhausted person who no longer possesses the energy to complete his or her daily tasks, these organs are no longer able to contribute their share to maintaining health. They need rest and rejuvenation.

Organs and body parts in this condition can generally be detected by the fact that they no longer give off the warmth and energy of surrounding tissues. They create "cold spots" where there is a noticeably lower metabolism.

Other symptoms of tissue depression include a general feeling of fatigue and pale, anemic-looking areas. The tongue may be pale, too. The pulse rate is slow, and the pulse often feels weak. Generally speaking, a pulse rate of less than 60 beats per minute (except in someone who exercises very heavily) is a sign of cold and depression.

As we suggested earlier, there can be heat present when tissues are depressed, which may seem a little be confusing at first. However, a closer examination of the indications will show that

there is a clear difference between the heat of irritation and the heat sometimes found with depression.

The heat associated with depressed tissues is not the result of overactivity; it is associated with infection. Because the tissues are weak, bacteria or other microorganisms may settle in and contribute to a process of tissue breakdown. This is the kind of heat that occurs in a compost pile as organic matter deteriorates. In the irritated state the tissues have the energy to "fight back" against the irritant. In the depressed state they do not.

Further heat is generated because toxins from tissue breakdown enter the surrounding fluids, which causes acute inflammation in surrounding tissues. This can spread the process of breakdown and infection. So, there is actually a combination of true inflammation and depressed tissue activity, but the *source* of the problem is the *depressed tissue*, and the *infection* that has resulted from that weakness.

Instead of the bright red color associated with true inflammation, a reddish-purple color appears in heat caused by depression. The tongue may be purple or bluish and/or have a thick, yellow coating. The pulse will be rapid (a symptom associated with heat) but it will be weak.

We have all seen the difference in these two tissue states when we were injured by something that created a bruise. The body's initial response was inflammation. That is, immediately after the injury we experienced redness, pain and swelling. However, as the tissues weakened as a result of the injury, a bruise developed which had a blackish, purplish color. This later stage occurred after the initial response to the injury was insufficient to resist the tissue damage. A similar process can be detected when a cut or injury becomes infected. One can see the tissue breakdown at the site of infection, surrounded by the redness of newly inflamed tissues.

Organ systems which are hypoactive (hypothyroid, etc.) are depressed; so again, the depressed condition could be general (overall body function) or local (confined to a specific gland or organ). Depressed organs and tissues must always be treated first, as they are more serious problems than irritated organs. In fact, the body can be no stronger than its weakest link.

In our next issue, we'll discuss stagnation and atrophy in detail.

Steven H. Horne is a past president and professional member 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

High Prolactin and Other Questions

High Prolactin Levels

I have a client with elevated liver enzymes and elevated prolactin levels. She gained 50 pounds in 2 months and her hair is falling out. She had a hysterectomy a few years ago, She still has her ovaries. The doctor did an MRI because he thought she had a tumor on her pituitary. She is going to see an endocrinologist next week. Do you have any thoughts on the matter?

Lana

Prolactin is also known as the luteotrophic stimulating hormone or LSH. It is produced by the pituitary gland and it stimulates lactation and the development of breast tissue. Clary sage and sage have both been used to dry up breast milk, which suggests that they may inhibit this hormone. So, smelling clary sage essential oil and taking the herb sage internally may help.

Because prolactin stimulates breast tissue, I would suggest that she have a thermography done to check the health of her breasts. Breast Assure may also be helpful here.

The anterior pituitary also controls protein digestion and placement. Elevated cholesterol and liver enzymes, which are a byproduct of protein metabolism, are simply another indication that the pituitary is out of balance. Lipoproteins enter the liver via a calcium-magnesium gradient, where they are processed into a form the body can utilize. This is done by breaking a chemical bond to cleave a nitrogen atom from an amino acid. Thyroxin, a hormone produced by the thyroid is what "cleaves" this nitrogen atom from the amino acid. Put another way, thyroxin uses iodine to oxidize or break off the nitrogen atom. When this nitrogen is released, it is converted to ammonia, which is then converted to urea. The urea is then sent to the kidneys for elimination. So, when this process is out of balance, it can create an over acid condition as well.

Liver enzymes become high when there is excessive oxidation at the membrane level. This inhibits hormone metabolism (or breakdown), which can result in excessive hormone levels. High liver enzymes also occur when Vitamin A & D are not holding the nutrients in the cell and flushing the toxins out. This creates an excess of free floating sugars, proteins, and toxins in the blood.

Specifically, I would try the following: inhale clary sage essential oil and take Breast Assured internally to reduce pro-

lactin levels. Use vitamin A & D for elevated liver enzymes, and milk thistle and Chinese Blood Build to support liver function. Also use large quantities of Proactazyme between meals to help protein digestion, along with Cellular Energy to improve cellular energy production.

Adrenal Tests

Is there a test to check adrenal function?

Diana

You can order AM cortisol levels and the blood tests for chloride, sodium, potassium and alkaline phosphatase. Cortisol is a major hormone produced by the adrenals and chloride levels reveal adrenal function because the adrenal hormones epinephrine and norepinephrine have an effect on chloride levels. Chloride regulates food storage in the cell membranes. Sodium is also controlled by the adrenal cortex. Potassium is necessary to allow oxygen into unoxygenated tissue and works with the epinephrine hormone to permit sodium aggregated substances to cross the cell membranes. Alkaline phosphatase levels also relates to the adrenals because the adrenals are responsible for alkaline and acid pH balance.

There are some non-medical tests that can provide clues to adrenal function. Anxiety and nervousness usually accompany elevated adrenal function. Fatigue and poor sleep are associated with low adrenal function. Dark circles under the eyes and a quivering tongue are also symptoms associated with low adrenal function.

Vitamin E and Blood Type O

One of my O blood type clients was recently told by their doctor to take an aspirin once a day. Like many, he didn't ask "why." I suggested Vitamin E instead, but then I read that Blood Type O people can't handle Vitamin E because it's too much for the liver and just clogs it. If this is correct, what could I put them on? Would a doctor just put someone on an aspirin a day just because of that person's age? He's 48.

No matter how natural, organic, or high quality the vitamin E, it will not thin the blood in Blood Type O persons like it will in other blood types. In fact, it can actually cause more agglutination and over stimulate the immune response.

Some Blood Type O people will feel better on vitamin E,

because it helps them with other problems, but it does not thin their blood. I find that it works in Blood Type O people that have yeast colonies in the blood because it surrounds them, helping the body isolate and flush them out. It will also affect the way the liver handles certain toxins. It does not clog the liver, per se; it just puts more stress on the liver by what it does to the blood.

If the blood does need some thinning, there are many herbs that can have a very beneficial effect on preventing clotting in the bloodstream. These include yarrow, alfalfa, and butcher's broom.

Ephedra Soapbox

I'm so annoyed with the Westerners regarding ephedra. The Chinese have used it safely and wisely for thousands of years (mostly for respiratory conditions). The West gets its hands on something natural and think if a little is good, more will be better and faster. So they take more than recommended dosage for faster results. Or, irresponsible herbal companies (not NSP) add other stimulant herbs like guarana with ephedra to increase the stimulating effects, giving you more bang-for-your-buck. Consumers also drink can after can of caffeinated sodas, or cup after cup of coffee, and then they take ephedra on top of this... Who wouldn't get heart palpitations or distress?

I'm stepping down off my soapbox now.

Christine

I will join you on your soapbox! Large doses of ephedra and caffeine together do act like a natural speed and will cause high blood pressure and heart palpitations. There have even been a few isolated incidents of death due to blatant misuse of the herb. But when ephedra is used correctly, especially in smaller doses in a combination, as done by NSP, it is perfectly safe.

Ephedra or ma huang is our natural alternative to Ritalin. If used with caffeine it confuses the body. Caffeine stimulates the adrenals to produce more epinephrine. Ma huang contains ephedrine, an alkaloid that mimics epinephrine. So, when taken without caffeine the ma huang actually gives the adrenals a break. With the epinephrine mimic in the system, they don't have to go into overdrive to keep production up. If taken together then the body is in this conflict of "work harder, but the job is already done, but work harder anyway..." you get the idea.

This is what causes the adrenal burnout. By itself, Chinese ephedra is safe to use, even in the long term. After a while, it will give the adrenals enough of a vacation that they will also get sluggish on their corticosteroid production, which means you may experience some heat and inflammation with long term use. However, this can easily be balanced with yucca.

Geographic Tongue

I was talking to a secretary at my son's school and she was telling me that she has "graphic tongue." It is where one has cuts in the tongue. It is hereditary, and is sensitive to acid foods. Has anyone heard of this?

Elaine

This is indicative of digestive disorders. It is usually called a "geographic" tongue, because the tongue looks like a "map" with oceans and continents. Bitters work well for this, as hydrochloric acid production usually needs stimulation. Try some safflower and dandelion, or yellow dock, with her.

Celiacs Disease

A 35-year-old young man is being told by his doctor that he has celiacs disease. His mother called me for help. She said he had wheat and dairy allergies as a child, and then was fine through teen years and in college, until he had a viral problem. After that he had a flare-up with his bowels. He hasn't had any problems since that time, but now the doctors are classifying this as celiac's disease and have told him that this is an auto-immune disorder. They have told him it is definitely not Crohn's. Any thoughts on this?

Sharon

Celiacs is a genetic disorder. There is a chromosome missing that produces an enzyme that breaks down the gluten in grains. This results in intestinal inflammation, and leaky gut syndrome. Some people have a low-grade celiac condition that can flare up from time to time. Besides avoiding grains with gluten, including wheat (not buckwheat), rye, triticale, kamut, and spelt, you can help the inflammation and gut leakiness with Intestinal Soothe and Build and the Kudzu/St. John's wort formula. Antioxidants may also be helpful.

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Cholesterol Facts

Balancing Cholesterol for Good Health

Cholesterol is absolutely essential to health. It is a vital component of hormone production, necessary for healthy cell membranes and the production of bile to digest fats. However, when there is too much of the *wrong kind* of cholesterol in the body, it can be a risk factor for heart disease.

High cholesterol is not really a disease, however. Like any other imbalance of blood chemistry, it is a symptom of a metabolic imbalance. Lowering cholesterol without addressing the underlying causes is just another form of treating symptoms.

Unfortunately, the lab ranges for cholesterol have been artificially reduced due to pressures from the pharmaceutical industry in order to sell more statin products. The normal cholesterol range should be 175 to 275. People with Blood Type O typically run at the higher end of this spectrum, and this is not a symptom of any disease.

Blood cholesterol below 175 or above 275 represents the pathological ranges, meaning that if you are above or below these values then your body is seriously imbalanced. For optimal health, cholesterol should be in the middle third of this range, between 208 and 242. Low cholesterol can be even more serious a health risk than high cholesterol, so it is important to not fall victim to the hype that suggests a person should be using drugs to push his/her cholesterol as low as possible.

To understand how to balance cholesterol in the body, we need to understand a few facts about cholesterol. Cholesterol is a by-product of protein metabolism. The body binds oily fats to the nitrogen in protein to form lipoproteins (lipid=fats, proteins). There are two basic types of lipoproteins—high density lipoproteins and low density lipoproteins.

High density lipoproteins (HDL) are about 50% protein, with the majority of the lipid portion being triglycerides. Triglycerides are neutral fats composed of three fatty acids and glycerol. They are needed by the body for fuel.

Low density lipoproteins (LDL) have a lower triglyceride content and a higher cholesterol content. Having a high quantity of LDL and a low quantity of HDL is a greater risk factor for cardiovascular disease than just having high cholesterol.

So, what causes the body to have too much LDL cholesterol? These lipoproteins help engulf toxins, so the more toxins you have in your body, the higher the cholesterol and LDL lipoproteins. Mercury and chemical solvents (petrochemicals like gasoline) are common toxins that cause cholesterol levels to be elevated. The body tries to break these toxins down gradually, but if it is unable to do so, it will simply create more cholesterol to engulf them. Chlorine also turns HDL to LDL.

Cholesterol plays a very important role in the body. The primary use of cholesterol (60-80%) is to make bile for the digestion of fats. This is why diets, like those in the Mediterranean region, that are high in olive oil, a monounsaturated fat, actually help to lower cholesterol. The cholesterol is used to digest the healthy fats. In contrast, low fat, high carbohydrate diets actually increase cholesterol levels.

Another important role of cholesterol is in producing hormones. Our sex hormones, testosterone, estrogen, and progesterone are all made from cholesterol. Cortisol, DHEA and other adrenal hormones also use cholesterol as their starting material. That's why people's hormones start getting messed up when cholesterol levels get too low (below 175).

The common side effects of the statin drugs used to control cholesterol medically include upset stomach, headache, fatigue, skin rash, difficulty sleeping, nightmares, and peripheral neuropathy (changes in sensation in the arms and legs). Another possible side effect of the statins is liver damage. There are safer ways to reduce cholesterol and here are a few:

Soluble fiber in the diet helps to reduce cholesterol levels. It binds toxins in the gut and absorbs cholesterol being released in the bile so it is carried out the body instead of being reabsorbed. All of the following have been shown to have this effect: *fenugreek, chickweed, Fat Grabbers, Nature's Three, LOCLO, Psyllium Hulls Combo*, as well as *activated charcoal*. So, taking more fiber is the first and most important thing people should do to help regulate cholesterol.

Cholesterol levels can also be lowered by obtaining adequate quantities of *high quality fats*. Eating a lot of *olive oil* will actually help to lower cholesterol because more bile has to be produced to break down the fats. Essential fatty acids in *Flax Seed Oil* and *Omega-3 EPA* will also help lower cholesterol.

Metabolic imbalances can also cause the liver to overproduce cholesterol. A diet high in simple carbohydrates (sugar, white flour, etc.) will do this. Herbs that can help control cholesterol by aiding liver function include ho shu wu, Cholester-Reg II, niacin, lecithin, garlic and guggul. If these steps aren't sufficient, a competent natural healer can help you look at some other possible causes of high cholesterol, which include: poor digestion, low thyroid, lack of bile production in the liver, and a low functioning pituitary or hypothalamus gland.

By fixing the *cause* of elevated cholesterol, instead of just treating the effect, one can balance cholesterol for optimal health without drugs and without side effects.

Selected References

Biochemical Blood Analysis by Kimberly D. Balas and James P. Cima

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Ho Shu Wu

Chinese Antiaging Tonic

Ho shu wu (also known as fo-ti, ho shou wu, he shou wu, flowery knotweed, and fleecflower) is a Chinese tonic herb. Its uses were first recorded in Kai pao pen tsao. Its name literally means Mr. Ho's hair is black (shou = head, wu = black). The name is based on a story about a 58-year-old gentleman named Ho, whose gray hair turned black again after taking the herb. He also became more youthful and was able to father several children. Supposedly he was able to live to 160, retaining his black hair. There are numerous variations of this story, but all center on the fact that the herb not only restored normal hair color, it restored vitality, strength and sexual vigor.

While it is probable that these tales are highly exaggerated or completely fictitious accounts, ho shu wu does have a solid reputation in China as an antiaging herb, and there is plenty of historical, clinical, scientific evidence that demonstrates its value as a medicinal herb.

Ho shu wu has a bitter, sweet flavor with an astringent nature. Energetically, it is a warming herb, used as a tonic for rebuilding weakened conditions. In China it is used to strengthen the body and nourish the vital essence, or basic life energy. It primarily affects the liver and kidneys, nourishing the "yin" energy of both of these organs. Some of its traditional indications in Chinese medicine include: pain in the loins and knees, involuntary seminal emission, bleeding, intestinal gas, and malaria.

The botanical name for ho shu wu is *Polygonum multiflorum*. The *Polygonum* genus contains a number of useful medicinal plants, including the Western herb bistort (*Polygonum bistorta*). All of these plants contain tannins, which make them astringent, meaning they tone tissues and arrest discharges.

What makes ho shu wu interesting is that it also contains anthraquinones, the same compounds found in cascara sagrada and senna. This gives the herb a mild laxative effect. The combination of a stimulant laxative action and an astringent action, makes ho shu wu useful for a variety of gastrointestinal problems. In India it is used for colic and enteritis; in Brazil, it is used for hemorrhoids, in China for ulcerations.

Ho Shu Wu also has some definite circulatory-enhancing properties. Studies have confirmed the plant has the ability to reduce hypertension and blood cholesterol. In addition to directly inhibiting cholesterol, it also decreases cholesterol absorption in the digestive tract. In one study in China, over 80% of high cholesterol patients showed improvement when taking a decoction of the root.

Ho shu wu also helps inhibit the formation of arterial plaque, thus reducing the risk of heart disease. One of the major

constituents of this plant is lecithin, a substance that works with cholesterol in the body, which may account for some of these effects.

In Chinese herbal medicine, the most important properties of ho shu wu are its abilities to strengthen liver and kidney function. These are the primary organs that cleanse the blood, giving the plant a tonic action for the blood. It is used for dizziness, weakness, numbness, blurred vision and other symptoms of "blood deficiency." It is also useful for backache, a common symptom of kidney weakness.

Ho shu wu has some infection fighting qualities. It has been found useful for tuberculosis, malaria, and some types of viral infections. There is also some evidence that ho shu wu can help increase sugar levels in the blood, making it useful for hypoglycemia.

Considering the overall properties of this plant, it is obvious why it would earn the reputation as an antiaging herb. Its ability to aid the cardiovascular system alone makes it a useful tonic to counteract some of the effects of aging.

But, what about ho shu wu's reputation for restoring color to gray hair? Although there isn't a lot of scientific data to support this claim, there is folk evidence for it, and clinical trials of various formulas containing ho shu wu in China suggest it may be useful in treating alopecia or hair loss. According to the Chinese medicine, the health of the hair is governed by the kidneys and "liver blood." The kidneys are also thought to govern the bone marrow, and the health of the teeth is connected to the quality of the bone marrow. So, ho shu wu may help us hold onto both our hair and our teeth as we age.

Ho shu wu has also been marketed under the name fo-ti. There is no such herb in China, and the name was invented by Western marketers trying to make an association with a proprietary formula called Fo-Ti-Teng.

Ho shu wu is a gentle, tonic herb that must be taken regularly over a period of many months to have optimal effects. It is very safe and can be consumed in doses up to 5 grams per day (about 8 capsules). Recommended dose is 2-4 capsules twice daily.

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Dr. Mom/Dr. Dad

I taught my new Dr. Mom/Dr. Dad class prior to NSP's National Convention and was surprised how excited people were about it. They found it very practical and useful. We're taking preorders for this course, which will be released sometime in late October. It covers home remedies for common acute ailments, and the relief of pain and inflammation from trauma. This course in natural family medicine features two 1-1/2 hour videos, *Pain Relief without Medication* and *The Cold is the Cure*, plus the manual, *Dr. Mom/Dr. Dad: Primary Healthcare Takes Place in the Home*, and a study guide. When completed, the course will retail for \$99, but you can preorder it before the end of October for \$75. Manuals will also be available for purchase, so you can teach this material to your group.



Class Schedule

Tree of Light Classes Call 888-707-4372 to register.

Biochemical Blood Analysis—Kimberly Balas
Oct 26 Dallas, TX (\$225)

Canadian Lecture Tour—Steven Horne
Nov 3-8 Six Canadian Cities
Contact NSP Canada for details

Biochemical Blood Analysis—Kimberly Balas
Dec 6 Chicago, IL (\$225)

NHC Classes Contact NSP to register.

Metabolic Typing—Kimberly Balas
Oct 25 Dallas, TX

Metabolic Typing—Kimberly Balas
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