

# Nature's Field

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An Electronic Journal for NSP Distributors

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## Cleavers

(*Galium aparine*)

By Steven Horne

Whenever I think of cleavers, it takes me back to the field botany class I took in the spring of 1973 at the University of Utah. Cleavers was the only plant we learned to identify that had whorled leaves.

If you look closely at the photo, you'll see that there are many leaves coming off the same point on the stem. They encircle the stem like the petals of a flower. That's one characteristic of cleavers that's pretty hard to miss. But, if you still aren't certain you've found the right plant, lightly grab some in your hand. Cleavers feels like Velcro. In fact, that's where it gets the name cleavers. The raspy teeth on the leaves can easily catch onto (or cleave to) clothing, and the plant is easily detached from the ground.

Cleavers are also known as bedstraw because they grow in dense patches where deer often like to bed down. It was also used to make bedding material for birthing beds. Another use for the dried plant was to make a simple sieve to strain milk.

I've been using cleavers as an herbal medicine since the early 90s. It's a powerful, but gentle-acting remedy for both the lymphatics and the urinary tract. I've used it as a mild, non-irritating diuretic for children and for congested lymphatics in both adults and children.

Cleavers is now available as an ingredient in NSP's new Lymphatic Drainage formula, a wonderful formula for decongesting the lymphatic system. Lymphatic congestion is connected with a wide variety of health problems including swollen glands, ear infections, sore throats, respiratory congestion, skin eruptive diseases, and lymphomas. Increasing lymphatic drainage is also important for tissue detoxification.

Cleavers is a cooling remedy that reduces heat in the urinary tract, making it one of the very best herbs for inflamed urinary tissues. It is valuable for cystitis because it cools and moistens. The herb is also a good remedy for burning urination and weak, tired kidneys. It combines well with goldenrod and nettles which also strengthen and tonify weak kidneys.

Cleavers is also used for acidic urine and kidney stones or gravel. It can be combined with hydrangea and gravel root for dissolving



Photo by Steven Foster

kidney stones and calcium deposits.

Bedstraw is a very useful remedy for children who tend to get swollen glands around the ears, making them prone to earaches. It is also useful for swollen glands in the throat and the back of the head. It has also been reported to be helpful for women suffering from cystic breast disease.

One of the classic indications for cleavers is conditions affecting the skin, such as psoriasis, eczema, seborrhea, scabs, burns, measles, and wounds. These conditions have long been considered signs of "impure blood" by natural healers, requiring a cleansing of the fluids of the body, something cleavers appears to do quite well.

In traditional Chinese medicine (TCM), cleavers is considered a remedy for clearing damp heat, dispersing stagnation and toxins, and reducing swelling. Cleavers is considered to have an anticancer effect for leukemia patients. It has also been found to help lower blood pressure.

Matthew Wood AHG has also found this plant to be a valuable remedy for the nervous system. He reports cleavers to be a useful remedy for people who are fussy, moody, and bored—displeased with small things rather than big things.

The plant is most powerful when fresh or prepared as a fresh alcohol tincture, as the dried plant material loses some potency.

### Sources

*The Encyclopedia of Medicinal Plants* by Andrew Chevallier  
*PDR for Herbal Medicines* by Medical Economics Company  
*The Book of Herbal Wisdom* by Matthew Wood  
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## Steven Horne's Ramblings and Ravings

### Understanding Biological Terrain, Part One

# The Internal Environment

In the past couple of years, many NSP Managers have become more familiar with the concept of biological terrain because NSP promoted pH testing and the BTA (Biological Terrain Assessment) machines. The concept of biological terrain has always been central to my understanding of health and disease, and as my understanding of this concept has increased, it has enabled me to construct a coherent model of health and disease, known as the Disease Tree.

The Disease Tree model (illustrated on the right) shows that disease takes root in the soil of our constitutional weaknesses through one of four root causes: nutritional deficiencies, toxic overload, mental and emotional stress, and physical trauma. The leaves and the branches represent the body systems and the disease symptoms that occur when these body systems are out of balance. But, just as the tree has only one trunk that links roots and branches, the Disease Tree has one common denominator that links the whole model together—*biological terrain*. Biological terrain is also called the *internal environment*.

In the next few issues of Nature's Field, we're going to take an in-depth look at biological terrain and how it applies to our healing work.

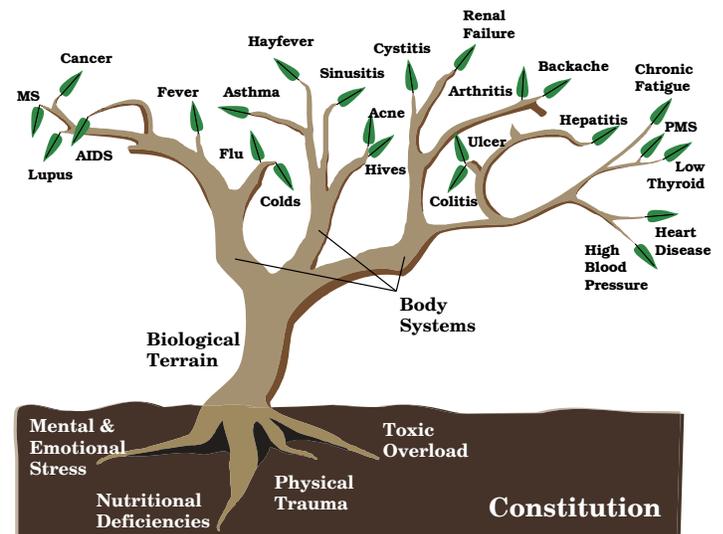
To understand the concept of biological terrain, we need to zoom in on a sample tissue in the body and examine the conditions under which the cells of the body live.

### The Lymphatic "Ocean"

Every cell of our body is surrounded by lymphatic fluid. We've all seen lymph before, whether we recognized what it was or not. Lymph is the colorless fluid that oozes out of an abrasion or wells up under a blister. Lymph is essentially the fluid portion of the blood (blood plasma) after it has left the circulatory system.

The lymph forms a type of internal "ocean" in which all of the cells of our body live. In order for cells to be healthy, this ocean of lymph must be free of toxic waste, comfortably warm and loaded with a proper balance of oxygen and nutrients. This lymphatic ocean is the internal environment or biological terrain of the body. It is the "soil" in which all our cells grow. As long as the biological terrain is conducive to cell growth, we will be healthy. When the biological terrain is out of balance, we become ill.

The four root causes of disease are the four external environmental conditions that can disrupt the balance of the internal



environment, the biological terrain. These disruptions create a cascading sequence of events that initiate and sustain the disease process. There are four stages in the disease process, each of which creates a different kind of imbalance in the biological terrain. In addition to these four stages of disease, there are two additional disease states that deal with the flow of fluids and energy through the body. This makes a total of six possible imbalances in biological terrain.

### The Four Stages of Disease

We're going to start by learning the four stages in the disease process and the first four imbalances in biological terrain. These imbalances are also known as tissue conditions or tissue states. They are as follows:

<u>Disease State</u>	<u>Tissue Condition</u>
Acute	Irritation
Subacute	Stagnation
Chronic	Depression
Degenerative	Atrophy

Later, we'll learn about the two additional tissue conditions that complete our model of biological terrain. These states are constriction and relaxation. This means there are only six basic imbalances we need to learn to correct to bring the body back into balance.

## The Normal State of Healthy Tissue

To understand these four tissue conditions, we need to understand a little more about the conditions under which cells live and thrive. Under normal conditions, all of our cells live in what is called a sub-atmospheric pressure condition or “dry” state. That’s a fancy term that means that there is no pressure in the spaces surrounding the cells. You can understand this better if you think of cells as a bunch of water balloons. If you filled a bucket with water balloons and then poured in enough water to fill in the cracks between the balloons, that’s what the “dry state” is like. There is just enough fluid surrounding the cells to fill in the cracks, no more, no less.

It is critical that this fluid is changed frequently. That’s because our cells are constantly burning up the oxygen and nutrients (metabolizing) and releasing the waste from their little metabolic “fires” into the surrounding fluid.

In the 1930s, Dr. Alexis Carrel, a Nobel prize winning medical research scientist, led a team that kept a piece of embryonic chicken heart tissue alive in a flask for over 30 years. Dr. Carrel stated the following about the amount of fluid required to keep this tissue alive. “A fragment of living tissue, cultivated in a flask, must be given a volume of liquid equal to *two thousand times* its own volume in order not to be poisoned within a few days by its own waste products.” [Alexis Carrel, *Man the Unknown*, p. 83.] As a matter of comparison, it would take a swimming-pool sized test tube to keep all the cells in the human body in a healthy state.

In contrast, there are only a few quarts of fluid in the human body, with, as we have already noted, just enough fluid around each cell to “fill in the cracks.” Cells can survive in this tiny amount of fluid because it is being changed *several times every second* and the fluid is also constantly being filtered and recycled. The eliminative organs (the colon, liver, kidneys, sweat glands and lungs) are continuously cleansing the fluids.

Alexis Carrel went on to say: “It is on account of the marvelous apparatuses responsible for the circulation of the blood, its wealth of nutritive substances and the constant elimination of waste products, that our tissues can live on six or seven liters of fluid instead of two hundred thousand [liters].” [Ibid. p. 83.]

## Regulating Cellular Irrigation

Another way to think of this process is to imagine it to be like an irrigation system. The blood vessels are like fast-moving, bubbling mountain brooks that are constantly bringing the cells fresh food and washing away the debris. These blood vessels have little holes in them (pores) which allow the oxygen and nutrients to move out of the blood stream and into the tissue spaces so that all the cells can be properly irrigated. As long as the water flows cleanly and rapidly, the cells will be irrigated and healthy.

What keeps most of the plasma in the blood stream and only allows a tiny amount to move into the tissue spaces is something called osmotic pressure. The membranes that surround the blood vessels are semi-permeable. That is, the pores are large enough for some things to pass through (like water and oxygen), but not big enough for other things to pass through.

For example, the red and white blood cells and the platelets can’t pass through the pores; they’re too big. Something else that can’t get through these pores is the plasma (or blood) proteins—albumin, globulin and fibrinogen. These proteins (albumin in particular) are what keep most of the fluid in the blood stream. The plasma proteins act like tiny “water magnets,” which attract and hold the water molecules in the blood stream. Since the water molecules are “stuck” to the plasma proteins and the plasma proteins are too big to pass through the pores, the fluid stays in the blood stream.

In the blood capillaries, which serve the little cellular neighborhoods, small amounts of fluid and albumin are forced through the pores in the membranes because of the pressure in the circulatory system. This fluid, once it leaves the blood stream, is the lymph we have been talking about.

Once the lymph reaches the cells, the cells take the nutrients and oxygen from the lymph and exchange them for wastes. Cells do this through their own semi-permeable membranes, which contain little “gates” which “open and close” to let nutrients in and waste out.

Some of the lymph fluid that is forced into the tissue spaces is drawn back into the blood stream by osmosis. It returns with carbon dioxide and other waste material so the various organs of elimination can get rid of it. However, there is not enough pressure to force the larger protein molecules (the albumin) back into the blood stream. The blood stream also cannot pick up damaged cells or other large particles and carry them away. That’s why we have an alternate route, a back alley, called the lymphatic system. The lymphatic system travels one-way, moving the lymph out of the tissue spaces through the lymphatic vessels and back into the circulatory system.

In our next issue, we’ll discuss how trauma, nutritional deficiencies, toxic overload and stress disrupt this system at the cellular level and begin the disease process.

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## Kimberly Balas' Clinician's Corner

# Nephritis, Hypoglycemia, Immune Deficiency

### Nephritis

*Do you have information on nephritis and what can work to help clear up this condition?*

*Lisa*

Nephric is a Greek term referring to the kidneys, so nephritis is a fancy medical term for inflammation of the kidneys. The kidney inflammation may be acute or chronic. Glomerulonephritis is inflammation of the glomeruli, or small round filters located in the kidney. Pyelonephritis, is inflammation of the kidney tissue and pelvis. Pyelonephritis affects adults more than children.

Acute glomerulonephritis usually develops a few weeks after a strep infection of the throat or skin. Symptoms of glomerulonephritis include fatigue, high blood pressure, and swelling. Swelling is most notable in the hands, feet, ankles and face.

Pyelonephritis usually occurs suddenly, and the acute form of this disease is more common in adult women. The most common cause of this form of bacterial nephritis is the backward flow of infected urine from the bladder into the upper urinary tract. Its symptoms include fever and chills, fatigue, burning or frequent urination, cloudy or bloody urine, and aching pain on one or both sides of the lower back or abdomen.

To reduce swelling and water build up in acute glomerulonephritis try K-C. Also keep the mineral buffers up with Mineral Chi tonic, and to make sure all remaining strep is handled, try IN-X and Colloidal Silver.

For pyelonephritis try some bacterial fighting agents like Echinacea/Golden Seal, Lymph Gland Cleanse, and use some tonics to help tone the urinary tract like Cranberry/Buchu and Red Raspberry. Juniper berries are contraindicated in nephritis, so K, JP-X and other formulas containing juniper should be avoided. Soothing herbs like cornsilk and marshmallow are better choices. Small Intestine Detox would be a good choice too. The pepsin breaks down excess proteins and the marshmallow soothes

the urethras and urinary tract. Magnesium can help with the pain. You can also apply Deep Relief oil topically over the kidneys to ease pain.

### Responsive Hypoglycemia

*What is good for a person who has been diagnosed with responsive hypoglycemia? Is this different than "regular" hypoglycemia?*

*Geraldine*

To properly assess hypoglycemia, test your blood sugar one, two and three hours after a big meal. Make sure you write down the levels for each reading. If you see a value less than 70, this is below normal and may indicate hypoglycemia (low blood sugar). If fatigue varies through the day (e.g. it is worse in the afternoons, yet gone after taking a nap after dinner), then you can take several blood sugar readings throughout the day to see if the blood sugar level corresponds to fatigue level. If fatigue levels correspond to sugar levels above 70, then it typically isn't classic hypoglycemia. If the sugar level does correlate with the fatigue, then you have a wonderful clue as to what is going on.

Sugar regulation is related to a number of hormones and glands. Insulin, for example, is a hormone that has a dramatic affect on sugar levels; therefore a problem with insulin could cause a problem with sugar.

The most common cause of hypoglycemia is hyperinsulinemia, or high insulin levels. This is caused by eating too many simple carbohydrates (high glycemic carbohydrates) which triggers excessive insulin production. This shunts sugar into storage and out of the blood. It also depresses levels of glucagon, a pancreatic hormone that pulls sugar out of the blood to restore normal blood sugar levels. This is the cause of "classic" hypoglycemia.

By taking herbs like HY-A or licorice root and focusing on eating more low glycemic (complex) carbohydrates and protein, such as Super Algae, the problem can be solved. The Tree of Light Blood Type and Nutrition charts show which foods are high and low glycemic.

Another possible cause of hypoglycemia is blocked noradrenaline receptors. In this case, one may be extremely responsive, meaning that blood sugar level could increase significantly within 20 minutes after stimulation the NA1-alpha receptor. This is treated with drugs like Welbutrin, which are noradrenaline reuptake inhibitors (NARI). This decreases the amount of noradrenaline reabsorbed by the transmitting nerve cell, which increases the stimulation of the receiving nerve cell. It does exactly the same thing for noradrenaline that SSRIs (Selective Serotonin Reuptake Inhibitors) do for serotonin. The result is more noradrenaline in the space between the transmitting and receiving nerve cell. Some natural remedies that could help here are N-acetyl cysteine and adaptagens like Suma Combination.

The pituitary also plays a role in sugar regulation. Master Gland or Super Algae will help the pituitary. Another cause is *insulinoma*, which is a type of pancreatic tumor. Persons who are at high risk for this are those who smoke cigarettes, eat high-fat foods, eat high-sugar foods, and have been exposed to harmful chemicals. An elevated insulin-to-glucose ratio may suggest insulinoma. 90% of insulinoma cases are benign and can be successfully treated. If fasting glucose levels drop below 50 mg/dl and you have an elevated insulin to glucose ratio (e.g. greater than 0.4), it may suggest insulinoma. Normal insulin levels are typically lower than 25 mU

If blood sugar regulation is still off, you can order lab tests for the chemicals used to regulate blood sugar. This will help to determine the cause. Most doctors will not do this however, since it is costly and laborious. Some additional causes of hypoglycemia include sulfur toxins (e.g. H<sub>2</sub>S hydrogen sulfide fermented in the gut) and chromium and zinc deficiencies. For sulfur toxins use Kudzu/St. John's wort. Obviously, use GTF chromium and zinc if these are deficient.

### Common Variable Immune Deficiency

*I just had a woman come into my office to purchase Bifidophilus. I asked her what she was using it for and she said that she had Common Variable Immune Deficiency, where she doesn't produce IgM, IgG or IgA. Her doctor puts her on Tetracycline and Flagyl for 10 days out of every month for bacteria overgrowth.*

*I'm not familiar with this and was wondering what I could suggest to her or to someone else who comes in with this diagnosis. I'm thinking of immune tonics. Unfortunately, she is on other meds for blood pressure and cholesterol. She had the veins in her neck*

*stripped because of blockage a few years ago.*

*John*

The immunoglobulins (IgM, IgG, IgA, IgD, etc.) serve to neutralize toxic substances (including metals), support phagocytosis, and kill pathogenic microorganisms. A healthy digestive mucosal membrane and intestinal tract serve as the primary sites of synthesis for these immunoglobulins. The IgA is stimulated by friendly bacteria in the intestine. IgA binds mercury and escorts it out of the body through the intestines.

Not being able to produce these immunoglobulins is an indicator of a damage to the intestinal mucosa and the loss of friendly bacteria. I would try the Small Intestine Detox and Aloe on an empty stomach along with the Probiotic 11 in large quantities. Does she have mercury fillings? If so, mercury toxicity could be the cause of her immune problems. Also, does she suffer from food allergies?

IgG is a long term defense system and can only be present if one has come in contact with diseases that the body built a natural immunity to. It is not readily produced from vaccines.

The IgM functions intravascularly, along with IgD on the cell surface of B lymphocytes. They work as the first line of defense against many blood-borne pathogens. They also serve as a compensatory mechanism for heavy metal exposure and could indicate that she is protease deficient. When IgM and IgD are not being produced it is usually due to mercury toxicity and is an early warning sign for periodontal disease. This shows rapid growth of gram negative bacteria.

IgE serves, along with eosinophils, to help kill parasites. Chronic inflammation would greatly reduce the body's ability to do this. If it spikes in one blood test and then is normal again, it is indicative of food allergies. If it stays elevated in the long term it indicates the presence of parasites.

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# Interstitial Cystitis

## Natural Remedies for Bladder Irritation and Inflammation

Interstitial cystitis is a chronic inflammation of the space between the lining of the urinary bladder and the bladder muscle. It is a progressive disease which can lead to tiny ulcerations and eventually to a scarring of the bladder. It is most common in women. People with this condition tend to experience frequent burning urination. It can also make sexual intercourse painful. In interstitial cystitis, urine is typically cloudy with a foul odor. There is a breakdown of the bladder tissue and atrophy of bladder function.

Inflammation of the bladder may be due to a urinary tract infection (UTI), which may or may not be present with interstitial cystitis. About one in twenty women with a UTI have interstitial cystitis. This condition can be frustrating to diagnose and treat because the person has the symptoms of a bladder infection, but lab tests return negative results. Since there are no bacteria present, antibiotics do not help.

Interstitial cystitis has been called the “migraine of the bladder.” Many of the same things that either trigger or relieve migraine headaches also affect interstitial cystitis. It may even have an autoimmune component. The causes appear to be environmental toxins, food allergies, and lowered immunity. It is likely that there is “leakiness” or damage to the intestinal membranes and possible yeast infections weakening the immune system. Another very important factor in this condition is the pH of the urine. Chronic over acidity of the urine will irritate the bladder resulting in inflammation.

Women with interstitial cystitis can usually control symptoms of urinary frequency, burning, painful intercourse and pelvic irritation by avoiding high acid-forming foods. Meat, cheese, eggs, fish, most grains and beans, and soda pop are all acid forming foods. Foods should also be avoided that are high in the amino acids tyrosine, tyramine and aspartate. Specifically, the following foods should be avoided as they tend to aggravate this condition: aged protein foods such as yogurt, pickled herring, preserved or smoked meats, cheeses, yeasted breads, sauerkraut, citrus fruits, citrus juices and red wine. Also avoid all caffeine-containing foods, spicy foods, soy sauce, and foods with additives like Nutra Sweet.

Eat more of the alkaline-forming foods. These include most fruits, green leafy vegetables, and non-starchy vegetables like zucchini, celery and broccoli. If symptoms improve, challenge the body occasionally with some acid-forming foods.

It is very important to drink a lot of pure water to help flush

the urinary tract. This is especially important when there is pain. It is also important to alkalize the urine at the first sign of pain. This can be done by taking some magnesium and some coral calcium. It is probably a good idea to take magnesium on a regular basis, but the coral calcium is only a Band-Aid and should not be relied upon for relief as it will cause further imbalances if taken continuously.

There are a number of herbal remedies that can help to reduce the inflammation in the bladder. Soothing diuretics such as cornsilk, nettles, dandelion leaf, asparagus, and watermelon seed are best. Stronger, more stimulating diuretics, such as juniper berry, uva ursi or buchu may not be as effective, and may even aggravate the condition. Watermelon juice can also be used to gently flush the urinary tract.

Goldenseal is an excellent remedy for relieving subacute inflammation in membranes. Take 2 capsules of goldenseal three times daily during acute episodes to reduce inflammation. If there is infection present, goldenseal will also help with the infection. Another good remedy for infection with interstitial cystitis is colloidal silver.

Horsetail is a good remedy for restoring elasticity to tissues and may help with scarring. Zinc will also help to heal tissues and restore immunity.

The best urinary formulas for interstitial cystitis are KB-C and Urinary Maintenance. KB-C is a Chinese formula for a weakened urinary system. Urinary Maintenance contains both magnesium and potassium, which will help to alkalize the urine, and a blend of very gentle, soothing diuretics. K, JP-X and Kidney Drainage Formula should probably be avoided because they all contain juniper, which can aggravate urinary irritation.

It is important to address root causes with this interstitial cystitis. As we mentioned earlier, there are probably imbalances in the intestinal tract that need to be addressed. Probiotic Eleven and Yeast/Fungal Detox can help rid the body of yeast if this is a factor. Kudzu/St. John's wort can help reduce intestinal permeability (gut leakiness). A fiber blend, such as Nature's Three or Psyllium Hulls Combination, can be taken daily to sooth intestinal membranes and absorb toxins.

### Selected References

*Prescription for Nutritional Healing* by James F. Balch and Phyllis A. Balch  
*The ABC+D Approach to Natural Healing* by Tree of Light Publishing  
*The Encyclopedia of Natural Healing* by Siegfried Gursche

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# Kidney Drainage

## Liquid Formula for Improving Kidney Function

Kidney Drainage formula is a blend of four herbs designed to stimulate kidney function and improve elimination of toxins through the kidneys. Because this is a liquid formula, it can be added to water and sipped throughout the day to cleanse tissues and reduce swelling and water retention. The four herbs in this blend are asparagus, plantain, goldenrod and juniper.

### Asparagus

This wonderful vegetable is also a very powerful remedy for the liver, blood and urinary system. It is used in Chinese medicine for a deficiency of the kidney essence. It is believed to warm and restore the urogenital organs and enhance sexual desire.

In Chinese medicine, weakness of the kidney essence causes weak and brittle bones. The link here is that the kidneys filter waste acids from the blood. When the kidneys are inefficient at this task, the body uses minerals like potassium and magnesium from muscles and calcium from the bones, to buffer these waste acids. This can result in muscle stiffness or cramping (magnesium deficiency), muscle twitching (potassium deficiency) and osteoporosis (loss of bone calcium). These are all conditions asparagus has been used to address.

Asparagus improves the ability of the kidneys to filter waste acids. This also helps to alkalize the system. It also has liver and blood-building properties. In Chinese medicine it is also said to strengthen vision and improve strength.

### Plantain

A common weed, often found in lawns, plantain is a very useful healing herb. It has a sour and slightly salty taste and is cooling and moistening to irritated tissues. It is also slightly astringent. Plantain is very effective at drawing toxins from tissues and clearing heat and inflammation.

In Chinese medicine, plantain is thought to dredge the kidneys, restore the bladder, and bring harmony to the urinary system. It is a powerful lymphatic herb as well, assisting lymphatic drainage to reduce swelling and water retention. It also helps to break up mucus in the respiratory tract, especially when it is difficult to expel.

Plantain is also a vulnerary herb, meaning it promotes tissue repair, making it an excellent remedy for healing of any inflamed or irritated tissues, including those of the urinary tract.

### Juniper

Juniper berries are a pungent, stimulating, and slightly astringent remedy. They are warming and drying to tissues. These small bluish-purple berries contain an essential oil that stimulates kidney function to promote urination. They are one of the strongest stimulating diuretics in the plant kingdom.

Juniper is an excellent remedy when the kidney function is sluggish, especially for a person who is cold and damp, with pale, moist skin or pale, puffy skin. Juniper berries stimulate digestion and circulation, drawing moisture out of the tissues and flushing it through the kidneys.

Juniper berries are also disinfectant, so they can be helpful for urinary tract infections. However, because juniper is stimulating and even slightly irritating, it is not a good choice for a diuretic when there is burning or scalding urine or kidney inflammation. If the kidney area feels hot to the touch, then more cooling remedies should be chosen.

### Goldenrod

This fall blooming member of the sunflower family is one of the best herbs for tired and weakened kidneys. The person who needs goldenrod feels exhausted and lacks stamina. Goldenrod restores blood flow to the kidneys and improves urinary filtering ability.

Goldenrod is used for damp heat, because it relieves excess moisture while cooling and soothing inflammation. It promotes tissue repair and is a good remedy for damaged urinary tissues. This makes goldenrod an excellent remedy for restoring both kidney function and kidney structure.

### Summary and Dosage Information

As a blend, these four herbs are excellent for restoring weak kidney function. Blending in glycerine, which is a soothing and nourishing remedy itself, this formula is an excellent choice for chronic urinary weakness, especially where there is puffiness or edema in the tissues and over acidity. It can also be effective for chronic inflammation and infection of the urinary organs, but is not the best choice for acute inflammation.

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*Chinese Herbal Medicine* by Dan Bensky and Andrew Gamble  
*The Book of Herbal Wisdom* by Matthew Wood  
*The Illustrated Encyclopedia of Herbs*, Sarah Bunney, Editor  
*A Modern Herbal* by Mrs. M. Grieve

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## Herbal Hour Videos

Steven Horne's Herbal Hour is a great way to educate yourself, your success line and your customers about natural healing principles. Each month we release a new video on some health topic. Here are some of our recent videos.

### Metabolic Typing

Each of us is unique. The same diet that helps one person achieve optimal health will make another person sick. In this video, Kimberly Balas explains metabolic types and shows how they relate to the nervous system function. Seven different metabolic types are discussed, including how they are determined through blood work. The optimal diet for each type is also covered. (VID-404)

### Blood Type and Nutrition

Kimberly Balas has over four years of clinical experience helping people with blood type diets and Nature's Sunshine Products. In this video, she shares her knowledge and expertise in why understanding one's blood type is important to health, along with practical suggestions for working with each of the four blood types. (VID-405)

Each video runs about 60 minutes and includes a set of handouts. Videos are \$29.95 or 4 for \$100. You can also subscribe to the Herbal Hour video club and receive a new video each month, automatically for \$24.95.

**Visit our booth at NSP's National Convention in San Francisco to see our new products.**



## Class Schedule

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

**pH and Blood Typing—Kimberly Balas (\$290)**

Aug 23-24 Casper, WY

**Biochemical Blood Analysis—Kimberly Balas**

Sept 2 San Francisco, CA (\$225)

**Dr. Mom/Dr. Dad—Steven Horne**

Sept 3 San Francisco, CA (\$99)

Contact Nature's Sunshine to register

## Sunshine Sharing Back Issues Available

We have copies of the following back issues of Sunshine Sharing available for \$9 per bundle of 25 copies, plus shipping. Available while supplies last.

Parasites  
Antioxidants  
Roots of Health—Inflammatory Bowel Diseases  
Enzymes  
Cellular Vitality  
Eczema and Psoriasis  
Dental Health

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### Important Notice

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

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