



# Nutri-Calm

Nutrition for a calm nervous system

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Nutri-Calm is an anti-stress vitamin supplement (in an herbal base) with a proven track record for easing nervous stress and anxiety. The formula does this without causing drowsiness or interfering with sensory and motor functions, making it far superior to tranquilizers and other medications commonly used to treat these problems. Nutri-Calm accomplishes this by feeding both the nerves and adrenal glands while balancing their function.

Nutri-Calm has been used to aid a wide variety of nerve-related disorders. It has been used to ease anxiety, chest pain due to anxiety, hyperactivity, insomnia, nervousness, restlessness, tossing and turning at night, and general feelings of stress. Nutri-Calm is particularly useful for anyone who has contraction furrows (nerve rings) in their iris.

Nutri-Calm has also been used in programs to help drug withdrawal, anorexia, alcoholism, schizophrenia, high blood pressure and Parkinson's disease. For these purposes, it needs to be combined with other remedies and therapies, however.

Combining the benefits of the B-complex vitamins and vitamin C to support the nervous system with herbs to relax and balance nerve function, Nutri-Calm is a good supplement for anyone who feels depleted by nervous stress. People usually feel calmer but have more energy when taking it. Specifically, the ingredients in Nutri-Calm are:

## Vitamin C

The largest repository of vitamin C in the body is in the adrenal glands. This vitamin is absolutely essential for healthy adrenal function and is depleted under stress. It helps the adrenals make epinephrine and norepinephrine, the hormones that help us cope with stressful situations.

## B-complex Vitamins

The various B vitamins are involved in numerous nervous and glandular system functions. Like vitamin C, they are also depleted under stress, which is why the combination of vitamin C and the B-complex has long been recognized as having stress-reducing properties. Many people are deficient in B-complex vitamins because they are depleted by the consumption of sugar and refined carbohydrates. One of the B vitamins in Nutri-Calm, pantothenic acid, is a critical vitamin for rebuilding exhausted adrenals.

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## Wheat Germ

Wheat germ is the nutrient-rich part of the wheat kernel which is milled and discarded in producing white flour. It is high in the B-complex vitamins.

## Schizandra Berries

In Chinese medicine, these small berries are considered an excellent tonic and restorative herb. Possessing adaptogenic properties, schizandra berries are believed to improve nervous system function, quiet restlessness, calm the heart and balance the fluids of the body.

## Bee Pollen

Bee pollen, collected by bees, contains trace amounts of every known nutrient and is considered an energy-enhancing food.

## Hops

As a mild central nervous system depressant, hops are able to reduce excess activity in the nervous system. The herb has a mild sedating effect, easing tension and restlessness, promoting sleep and relaxation.

## Passion Flower

A gentle sedative, passion flower is used to ease tension, anxiety and irritability. It is helpful for insomnia and has a tranquilizing effect on many nervous conditions, including heart palpitations, panic, high blood pressure and muscle cramps.

## Valerian Root

An extensively researched herb, valerian root has been demonstrated to encourage sleep, calm mental overactivity, lower blood pressure and ease a wide variety of nervous disorders. It can be helpful for anxiety, tremors, panic, heart palpitations and muscle tension.

## Use and Dosage Information

Take 1 capsule with a meal three times a day.

## Selected References

*Herbal Therapy and Supplements* by Merrily A. Kuhn and David Winston  
*Therapeutic Herb Manual* by Ed Smith  
*Prescription for Nutritional Healing* by James F. Balch and Phyllis A. Balch  
*Professional Guide to Conditions, Herbs and Supplements* by Integrative Medicine

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# Nervous Fatigue Formula

Traditional Chinese formula for feeling “burned out” and exhausted

Nervous Fatigue Formula is an herbal combination that Traditional Chinese Medicine would consider a fire-enhancing formula. Weakness in the fire element usually manifests itself as fatigue coupled with disturbed restless sleep, mental confusion and loss of short term memory, feelings of extreme stress, emotional sensitivity, loss of enthusiasm and sex drive and a general feeling of “burn-out.”

Nervous Fatigue Formula helps normalize nervous and glandular functions, relieving stress and promoting feelings of well-being. The formula enhances circulation, improves digestion, invigorates the body, relieves depression and promotes sleep. It has adaptogenic qualities, helping a person cope better with stress, and helping them to heal feelings of anxiety and “broken-heartedness.”

The ingredients responsible for these benefits are:

**Schizandra Fruit** (*Schizandra chinensis*) is the main herb of this combination. It helps the body function more efficiently by increasing blood circulation. It quickens the body’s response to stress and increases the contraction of cardiac muscles. It has been used to treat heart palpitation, nervous exhaustion, chronic diarrhea, insomnia and anxiety.

**Dong Quai or Dang Gui Root** (*Angelica sinensis*) is an adaptogen and a mild sedative. It increases the production of digestive fluids and lowers cholesterol. It nourishes the blood and is an excellent source of iron, magnesium and niacin. It has been used to treat constipation, palpitations, indigestion, anemia and headaches.

**Cistanche Stem** (*Cistanche salsa*) and **Biota Seed** (*Biota orientalis*) are herbal laxatives. Biota Seed is also a sedative that has been used to treat heart palpitation, insomnia and debility.

**Succinum Amber** (*Succinum resin*) is an aromatic sedative and diuretic that increases blood circulation. It has been used to treat insomnia and heart problems.

**Ophiopogon Root Tuber** (*Ophiopogon japonicus*) helps regenerate pancreas cells. It is a nervine and an expectorant that has been used to treat insomnia, coronary disease and fear.

**Lycium Fruit** (*Lycium chinense*) lowers blood sugar and cholesterol and promotes the regeneration of liver cells. It has been used to treat atherosclerosis, backache, vertigo, poor eyesight and diabetes.

**Hoelen Sclerotium** (*Poria cocos*) is a sedative that decreases blood sugar. It has been used to treat insomnia and heart palpitations.

**Cuscuta Seed** (*Cuscuta chinensis*) increases the flow of urine, detoxifies the kidneys, lowers blood pressure, enhances heart action and regulates the liver.

**Ginseng Root** (*Panax ginseng*) improves mental capabilities and energy levels as it stimulates the function of the adrenals and

pancreas. It is adaptogenic and cardio tonic. It has been used to treat forgetfulness, fatigue, cardiac arrhythmia, chronic diarrhea and insomnia.

**Polygonatum Rhizome** (*Polygonatum sibiricum*) increases bile production and urine flow, lowers blood pressure and shrinks inflamed tissues. It has been used to treat urinary infections, dysuria (difficulty urinating), jaundice and inflamed skin.

**Dioscorea Rhizome** (*Dioscorea batatas*) speeds healing, has a nourishing effect on the lungs and increases the production of digestive fluids. It has been used to treat poor appetite, diarrhea, diabetes and inflamed skin.

**Astragalus Root** (*Astragalus membranaceus*) increases the production of digestive fluids and boosts immunity. It also increases heart action and lowers blood pressure and blood sugar. It has been used to treat fatigue, debility, nephritis and night sweats.

**Lotus Seed** (*Nelumbo nucifera*) is a mucilaginous herb that absorbs digestive toxins. It has been used to treat chronic diarrhea, poor appetite, insomnia, inflammation and heart palpitations.

**Polygala Root** (*Polygala tenuifolia*) is an expectorant and a sedative that lowers blood pressure. It has been used to treat insomnia, heart palpitations and nervous tension.

**Acorus Rhizome** (*Acorus gramineus*) is a sedative that increases the production of digestive fluids and lowers blood pressure. It has been used to treat nervous tension, depression, epilepsy, poor appetite, gastritis and muscle spasms.

**Jujuba Seed** (*Zizyphus spinosa*) is a sedative that relieves pain, reduces fever and lowers blood pressure. It has been used to treat insomnia, heart palpitations and nervous tension.

**Rehmannia Root Tuber** (*Rehmannia glutinosa*) reduces inflammation (especially in the digestive system) and strengthens capillaries. It has been used to treat ulcers, constipation and anemia.

## Suggested Use

For feelings of “burn-out,” nervous exhaustion, restless sleep and other related symptoms, take three capsules three times daily with meals. The formula is also available in a TCM concentrate. Take one capsule twice daily of the concentrated formula.

## Selected references:

*Chinese Herbal Medicine: Materia Medica* by Dan Bensky and Andrew Gamble  
*Oriental Materia Medica: A Concise Guide* by Hong-Yen Hsu  
*The Illustrated Chinese Materia Medica* by Kun-Ying Yen  
*Nutritional Herbology* by Mark Pedersen  
*The Comprehensive Guide to Nature’s Sunshine Products* by Tree of Light

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# Adrenal Support

Herbs and nutrients to balance cholesterol and improve circulation

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The adrenal glands, located on top of the kidneys, are extremely important for maintaining energy, stamina and strength. They help the body adapt to the stresses of life by producing stress-regulating hormones, such as epinephrine, norepinephrine and cortisol. These are three of the primary hormones responsible for regulating the body's fight-or-flight mechanism. The adrenals also help to maintain fluid and mineral balance.

In modern society, the adrenals often take a severe hit because of constant stress from excessive workloads, financial problems, relationship issues, lack of sleep and just fast-paced modern life. This, coupled with poor nutrition, and the consumption of alcohol, caffeine, nicotine and various legal and illegal drugs, can cause the adrenals to become severely depleted or even exhausted.

Exhausted, underactive adrenals will cause feelings of frequent or constant fatigue, coupled with difficulty sleeping. Anxiety, restlessness, difficulty concentrating, emotional sensitivity, loss of short-term memory, depression, moodiness, nightmares, sensations of pressure above the heart and craving for sweets and alcohol, blood sugar imbalances, difficulty breathing, allergic reactions, asthma, and tension headaches are just some of the symptoms that may involve adrenal exhaustion. Adrenal weakness is often involved in autoimmune disorders, hypoglycemia, chronic fatigue syndrome, generalized anxiety disorder, panic attacks, digestive problems and poor bowel function.

Some of the best indicators of adrenal exhaustion include: dark circles under the eyes, quivering tongue or hands, dryness of the mouth and excessive thirst, fatigue coupled with restless sleep and disturbing dreams, and chronic inflammation. In Chinese medicine, the kidneys are also associated with a person's power, courage and ability to master fear. So, frequent fear and excessive worry may also be signs of adrenal fatigue.

Adrenal Support feeds overworked and exhausted adrenal glands, helping to rebuild them. It may be helpful in overcoming some of the disorders listed above, while building strength and stamina to help one stand up to the stresses of life. It can even be effective for some people in overcoming inordinate fear and excessive worry. Adrenal Support contains the following ingredients:

**Bovine Adrenal Substance** is the most important ingredient in this formula. Derived from cattle raised in New Zealand, a largely pollution-free part of the world, this freeze-dried adrenal gland tissue is very powerful in helping to rebuild weakened adrenal glands. In hunter-gatherer cultures of the world, people typically consumed the adrenals and other glandular tissues from animals they killed, finding it helped improve health and endurance because of the rich amount of nutrients present in these tissues.

**Licorice Root** has been used for centuries in Chinese medicine and Western medicine. It helps stabilize blood sugar, increase energy and improve stamina and endurance. In addition, Licorice Root specifically supports and builds up the adrenals by prolonging the life of cortisol and aldosterone, two important adrenal hormones, so they are not broken down too rapidly.

**Schizandra Berries** are a well-known adaptogen used as a general tonic in Oriental medicine. By inhibiting the production of pituitary hormones that stimulate the adrenals, they lower the baseline stress level and allow the adrenals to rest. They are also used in Oriental medicine to balance and harmonize organ function and increase energy and stamina.

**B-Complex Vitamins** and **Vitamin C** are also a part of this formula. Vitamin C is critical to healthy adrenal glands, which have the largest store of Vitamin C in the body. The production of epinephrine and norepinephrine requires both Vitamin C and Vitamin B6. Along with these two vitamins, Vitamins B1 and B2 are included in this formula because of the critical role they play in the production of other adrenal hormones. Pantothenic Acid, another nutrient critical to adrenal function, is included in this formula because it is depleted from the adrenals under long-term stress.

**Other Ingredients:** Protease, a protein-digesting enzyme, is included in this formula to aid in the breakdown of the glandular substances in the digestive tract. The minerals zinc and magnesium are depleted by regular use of caffeine and are needed to produce hormones and enzymes in the body. Zinc is also used at the body's adrenal hormone receptor sites. Other ingredients included in this formula are potassium, which is depleted from the body under stress, and borage oil powder, which supplies essential fatty acids.

## Suggested Use

Recommended dosage of Adrenal Support is one capsule two times daily with a meal for 2-3 months, but under the advice of a qualified health practitioner, it can be taken at higher doses and for longer periods of time. Caffeine should be eliminated and refined sugar avoided when trying to rebuild the adrenals. After using Adrenal Support, it is often helpful to follow up with an herbal formula that provides milder, long-term adrenal support, such as Nervous Fatigue Formula, Suma Combination or Energ-V.

## Selected References

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

*The Encyclopedia of Medicinal Plants* by Andrew Chevallier

*Herbal Therapy and Supplements* by Merrily A. Kuhn and David Winston

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# Distress Remedy

Natural alternative to cholesterol lowering drugs

Everyone experiences problems in their lives, because bad things happen, even to good people. Loved ones may suddenly take ill, be injured or even die. Accidents, crimes and tragedies may strike close to home, causing people to feel panic, fear, shock and even terror.

Whenever these difficult situations arise, it is helpful if a person can stay calm, centered and focus on what needs to be done. Distress Remedy is a blend of seven flower essences that can be used to restore a sense of presence and awareness during shock or trauma. It can help a person stay calm in a crisis situation, keeping them from going into panic or losing their temper.

The homeopathic-like flower essences in this blend calm a person and help them not to dissociate during a crisis situation involving shock or trauma. This can help a person better deal with the problems at hand. The remedy can also be used to help a person who has been physically injured to overcome shock. It will even promote tissue healing.

Distress Remedy contains the five flower essences found in the famous Bach flower blend, Rescue Remedy and has similar effects and uses. It includes two additional flower essences, not found in the original Rescue Remedy formula. Here are the essences found in this blend.

## Arnica

As an herbal and homeopathic remedy, arnica helps tissues that have been damaged to heal more quickly. It reduces swelling and prevents bruising. The flower essence of arnica takes these qualities to an emotional level. Arnica helps people who have been shocked or traumatized to avoid “disassociating” or emotionally and mentally withdrawing from the situation. It helps them stay present and able to deal with whatever is happening.

Arnica flower essence can be helpful for unlocking many puzzling or psychosomatic illnesses, which do not respond to obvious treatment. It can also be applied topically as a short-term first-aid remedy to allow rapid recovery from trauma.

## Star of Bethlehem

A useful remedy for shock or trauma, both current or past, Star of Bethlehem helps people find comfort and reassurance from the spiritual world. It enables them to feel calm in crisis situations and trust that they will be taken care of by a higher power. It helps a person come into alignment with a sense of their own spiritual nature and promotes healing.

## Impatiens

Impatiens is a basic remedy for anger. It is helpful for people who feel impatient, angry, irritated and intolerant. It is a good remedy for overly busy people, who don't fully engage with others and the world

around them. It increases a person's ability to be patient with others and accepting of people's differences. It also helps a person move more with the flow of life, instead of fighting or resisting what is happening.

## Rock Rose

Rock Rose is a remedy for deep-seated fears and even terror. It helps a person not to panic and promotes a sense of courage to face whatever is happening. It is especially helpful for fear of death or annihilation. Rock Rose helps a person facing challenging, scary circumstances to meet the situation with a sense of inner peace and tranquility.

## Clematis

Clematis aids embodiment in a person. During shock or trauma, people tend to disassociate or disembodify. Clematis helps them ground themselves back into the physical world. It is also helpful for people who have ungrounded, impractical ideals. It helps them move their inspiration and dreams into practical action.

## Cherry Plum

Severe shock or trauma can cause us to feel out of control, like we are breaking down. Cherry plum is helpful for the fear of loss of self-control. It helps overcome feelings of desperation, when a person is on the verge of mental or emotional breakdown. It promotes spiritual surrender to Divine guidance, and helps one trust that they are guided and protected by a higher power.

## Red Clover

Just as a person can “catch” an illness from another person on the physical level, we can also get caught up in other people's fears, anger and hysteria. This is the basis of a “mob” where everyone gets caught up in the emotional energy of the group. Red clover helps a person remain calm and self-aware during crisis and emergency situations and disconnect from dysfunctional group energy.

## Suggested Use

Take 10 drops under the tongue three to four times daily. For acute crisis situations take 5-10 drops every 10-15 minutes as needed. May be added to drinking water or baths. Distress Remedy may also be applied topically to minor injuries to promote healing. Add 10 drops to four ounces of water in a spray bottle to spray on injuries or to mist a room to reduce stress and tension.

## Selected References

*Healing with Flowers* by Steven Horne

*Flower Essence Repertory* by Patricia Kaminski and Richard Katz

*Flower Power* by Anne McIntyre

*Bach Flower Remedies: Form and Function* by Julian Bernard

*Seven Herbs: Plants as Teachers* by Matthew Wood

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