

# Nature's Field

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An Electronic Journal for NSP Distributors

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## Black Walnut

*Juglans nigra*

By Steven H. Horne

When I was young, my mother used to get some black walnuts every year. She hulled them (a messy job because the hull really stains), then cracked them (a hard job because you can't use a nutcracker—it takes a hammer or something similar) and picked out the pits (a time-consuming job which requires a nut pick). Then, she'd have enough black walnuts for a year, which would typically be used to make cookies or banana nut bread. Was it worth it? I think so, because black walnuts have a very distinctive flavor, different from English walnuts.

I'm certain my mom didn't even think of saving those messy hulls, but they're the part that's used in herbalism. Black walnut is a Native American remedy, which made it's way into folk medicine. It's closely related to the English walnut (*J. regia*), which isn't really English, but Scandinavian. It's also related to another Native American tree, butternut (*J. cinerea*), which is used as a laxative and antiparasitic.

Interestingly, all of these nuts have a "signature" for the brain. When you split open the nut, it looks like a brain. So, the nuts of all these trees have often been considered remedies for the brain. With the essential fatty acids they contain, there may actually be some truth to that idea.

Black walnut doesn't get a lot of coverage in standard herb books. Many will mention butternut bark as a laxative, but not black walnut. So, outside the NSP community I don't think a lot of people are aware of the many benefits of black walnut.

A tincture made of the green (not dried) hulls of black walnut was popularized by Hulda Clark in *The Cure for All Cancers*. Many herbalists feel that the dried herb isn't very effective, but the tincture of the green hulls is hard to make in any large quantity because it requires fresh, green (not dried and black) black walnut hulls. Still, it has been my experience, and the experience of many NSP Managers, that the dried hulls are a useful medicine.

The uses for black walnut fall into basically three categories. First, black walnut is an excellent remedy for the mucus membranes that line the GI tract and the respiratory passages. Edward Shook, author of *An Advanced Treatise in Herbology*, highly praised it for this purpose. He cites its usefulness for ulcerations and inflammation, diarrhea, hemorrhoids and ballooning of the bowel. To this list I would add that it is also helpful for diverticuli, leaky gut, yeast infections and intestinal worms.

Black walnut is mildly astringent, which makes it useful for diarrhea, but it can also relieve constipation. So, it has a tonic action on the colon, helping to heal the colon and normalize its function. Its primary action is probably to reduce intestinal inflammation and tone up leaky gut. Of course, it also helps rid the intestines of yeast and parasites at the same time.

Shook also notes that black walnut is useful for sore throats, tonsillitis, nasal catarrh and hoarseness of the voice. I haven't used it much for these conditions, but if it reduces inflammation and infection on mucus membranes of the digestive tract, then it would only make sense it would also work on similar conditions in the sinuses, mouth and throat.

One of the constituents in walnut hulls is juglone, which has antibacterial, antiviral, antifungal and antiparasitic action. The reason most herbalists prefer the green hulls (which are what Hulda Clark recommends) is because juglone oxidizes with age. Apparently (from what I've read), worms and other insects won't eat the green hulls, because juglone and other constituents in the green hulls have insecticidal properties. Worms will infest the hulls after they've started to dry and oxidize, however. Still, there appears to be enough juglone and related constituents in the dried hulls that they still

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prove to be a potent remedy for many kinds of infections and parasites.

Juglone also kills plants, which is why very few plants will be seen growing under a black walnut tree. I once heard Matthew Wood, author of *The Book of Herbal Wisdom*, cite this as one of the plant's energetic signatures. The hull on the nut helps it to bounce and roll away when it hits the ground. If the nut couldn't get away from the parent, the toxins from the parent tree's roots would kill the young seedling. This means walnut has an energetic ability to help sever unhealthy connections.

Edward Bach, developer of the Bach Flower Remedies, selected walnut as one of his 38 flower remedies. One can easily see from the "signature" discussed above, how the energy of walnut can help someone who is overly influenced by the beliefs and values of their family or community and is unable to move forward in their life. It's as if the parents and the cultural mindset have robbed the person of their right to be an individual. Walnut gives people the courage to follow their own path and seek their own destiny. In that way, walnut can be seen as a remedy that gets rid of energetic parasites, not just physical ones.

Black walnut is actually a good herb to take to prevent one from getting parasites. Kim takes it when she eats sushi; I plan to take it while traveling in China this fall (along with probiotics which also protect the body from parasites).

A second major use of black walnut is for thyroid problems and other conditions involving lack of iodine. Black walnut is one of the few land plants that is rich in iodine. Besides nourishing the thyroid, the iodine contributes to black walnut's antimicrobial and antiparasitic actions. Microbes don't like iodine-rich environments.

Kimberly Balas chose black walnut as the placebo for an unpublished study she participated in on fibromyalgia. Part of the reason the study didn't get published was because the black walnut outperformed the actual drug. (Not a good choice of placebo, huh?) In subsequent clinical work with clients with fibromyalgia, Kim found black walnut to be a consistently effective remedy, but didn't really understand why until she learned from Dr. Brownstein, author of *Iodine: Why You Need It*, that iodine helps cure fibromyalgia.

I've personally actually found the ATC concentrated Black Walnut to be a great remedy for serious thyroid problems. Since iodine is readily water soluble, the extraction process concentrates the iodine and appears to make it highly bioavailable. By the way, according to Mark Pederson's

*Nutritional Herbology*, black walnut is also high in fiber, fat, iron and selenium.

A final major use of black walnut is for skin conditions. Here again we turn to Shook, who says the herb is a good remedy for impetigo, abscesses, boils, acne, eczema, itching skin, poison ivy and shingles. The extract is helpful when applied to injuries, cold sores and other skin infections. Simply soak a cotton ball or some gauze with the extract, apply it topically and cover it with a bandage.

Besides being available in capsules, ATC concentrate and liquid form, black walnut is also an ingredient in many NSP formulas. It's found in Herbal Pumpkin (a parasite formula), IN-X (an infection formula), All Cell Detox (a general cleansing formula), Golden Salve (a topical healing ointment), Master Gland (a formula for the glandular system), SF (a weight loss formula that also helps decongest fats from the liver), Thyroid Activator (a thyroid formula), Caprylic Acid Combination (an anti-fungal blend) and the Tiao He Cleanse (my favorite cleansing program). And don't forget, the nuts are mighty tasty, and nutritious too!

### Selected References

- An Advanced Treatise in Herbology* by Edward E. Shook  
*The Book of Herbal Wisdom* by Matthew Wood  
*Flower Essence Repertory* by Patricia Kaminski and Richard Katz  
*The Comprehensive Guide to Nature's Sunshine Products* by Tree of Light Publishing  
*The Cure for All Cancers* by Hulda Regehr Clark  
*Nutritional Herbology* by Mark Pederson

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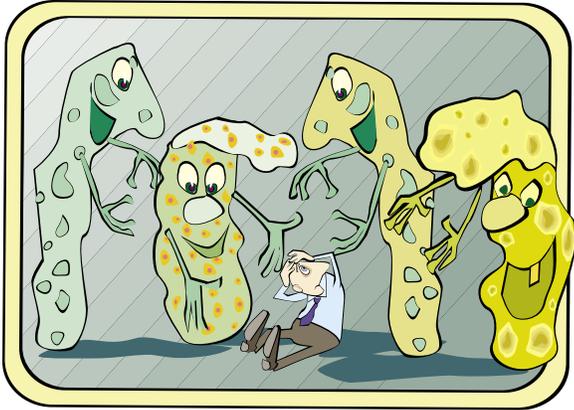
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# Who's Afraid of the Big, Bad Parasite?

by Steven H. Horne, RH (AHG)

Okay, so they aren't *big*—most of them are actually microscopic—but they are *bad*! And, they can be scary, too! When Kimberly Balas sent me the research she'd done for me on this month's topic, it included some PowerPoint slides she had on parasites, which included some pretty gross pictures of parasites and people with parasites. The pictures not only included close-ups of the little villains, they also included pictures of a heart full of worms, worms coming out of a guy's leg and parasites on someone's brain. Fortunately, I couldn't use the pictures in this month's Herbal Hour video because I couldn't track down proper copyright permissions, so I used some less scary photos from the CDC (Center for Disease Control) website.

I'm glad we couldn't use them, because frankly, I don't like using fear to motivate people, although it did make me think seriously about doing a parasite cleanse more often. So, I'm not saying fear isn't a good motivator. It's actually a great motivator, which makes it a great marketing tool to sell products. Just check out the internet and you'll see plenty of websites that are literally designed to "scare" people into doing parasite and colon cleanses. Of course, medical people criticize such tactics, but such criticisms are the proverbial "pot calling the kettle black," because they use fear as a motivator themselves. The modern medical system frequently uses fear when trying to pressure people into purchasing their products and services. (Just talk to anyone who has been diagnosed with cancer.)

Still, while fear may be a great way to sell products, it isn't a good way to help people be healthy. First of all, fear depresses the immune system. Secondly, we tend to draw to ourselves what we fear. Finally, healing comes from wholeness, which relies heavily on things like love, faith, hope, forgiveness, compassion, confidence and so forth. Fear drives away all of these positive, healing emotions, so I think trying

to scare people into doing things to improve their health is counterproductive in the long run.

Which brings me to the reason I was able to rather quickly calm down the uneasy emotions those pictures of parasites brought up in me—I don't believe in the germ theory of disease. In other words, I don't believe that bacteria, viruses, yeast or even parasites are the primary cause of disease. I don't deny that they are involved in disease, but they are not a root cause. (This is why infection isn't listed as one of the root causes of disease on the Disease Tree model we use.)

I run at odds with most modern medical doctors, who believe that infectious organisms and parasites attack healthy hosts and cause them to become sick. However, there is another perspective, and one that makes more sense to me—the biological terrain perspective. This viewpoint says that when tissue is weakened and damaged due to factors like stress, malnutrition and environmental toxins, it will become a breeding ground for infection and parasites.

Believing this shifts a person's thinking away from the idea that, "I'm a helpless victim of microscopic creatures that could attack me and destroy my health at any time." So, instead of focusing their attention on "fighting" some enemy that's attacking them, they focus their attention where it should be—on keeping their body healthy and clean. In other words, the ultimate goal, even with parasites, is to build a healthy body, not fight a disease.

## Evidence for the Biological Terrain Model

Of course, a theory or perspective is all well and good, but is there any evidence that backs up this viewpoint. Well, I think there is, and I'll share a few pieces of information that tend to back up this perspective.

First, as someone who enjoys nature and the outdoors, I've often wondered what makes human beings so different from wild animals. I'm thinking in particular about drinking water. I have to take along water purification tablets or a water filtration system in order to avoid getting diarrhea from giardia, amoebas or other "critters" in the water. Yet,

**Continued on Next Page**

the wild animals are all drinking this water and are perfectly healthy. Why? I think it is because the animals have better immunity than we do since their diet is natural and they don't have the stress that we do.

Here's a second thought for consideration. Many native peoples, such as the Eskimos, ate raw fish and meat on a regular basis. Yet, they were healthy and robust, not loaded with parasites, as we would likely be if we ate raw meat on a regular basis. Perhaps it was other factors in their diet that protected them. For instance, both the pickled ginger and the wasabi served with sushi (raw fish) are antiparasitic agents. Whatever the reasons, it does appear that people in the past were able to avoid parasites through natural means.

Part of the reason why this may be the case is because of better digestive powers. Hydrochloric acid (HCl) is a very strong acid and is designed to cause cells to swell and burst. Since the various parasites and microbes that can make us sick are cellular creatures, they would burst and die in an HCl bath. It's quite likely that the large volume of overcooked cooked proteins we eat in this society not only diminish our HCl production, they also cause more toxicity in our bodies which make us better hosts for parasites.

Here's another example. I once spoke with a guy who had been on a mission in South America. He told me that all the missionaries were told not to go barefoot to avoid getting a parasite that infected the feet. He had a native companion, who always went barefoot and didn't have this parasite, so he decided to do it, too. Oddly enough, while other missionaries who always wore shoes seemed to have problems with this parasite, he never did. Is it possible that what we fear we tend to create?

I think that all illness has a mental and emotional component. While I'm not denying that there is a physical reality we have to deal with, I do think that there is plenty of evidence that our mind set and belief system influences the kinds of experiences we draw to ourselves. I think there is a mental issue that goes with parasites, which is a victim mentality. Parasites may be both physical and energetic. We've all had the experience of "energy parasites," people who are so needy and desperate that it feels like they zap your energy whenever you're around them.

I've attracted various kinds of "energy parasites" to myself in the past, but I've come to realize that I wasn't just a helpless victim. We all create frequencies that attract experiences to us. Being a "rescuer," I attracted "victims" who needed rescuing. I had chosen a life "role" and had to attract the other characters needed for me to play that role.

In a similar vein, there are machines, like the Rife machine, which are supposed to emit electromagnetic frequencies that "zap" parasites. It's possible that our vibrational energy has to be compatible with parasites in order for them to affect us. If our own natural "frequency" were right, the body itself would energetically "zap" the parasites. This is the basis for using NSP's Parasite homeopathic. It would affect the body's energy so the parasites would have "bad vibes" and want to leave. The bottom line is, I believe that healthy organisms resist both parasites and infection. If you're a bad host, the parasites won't want you.

### Nice Theories, Hard Realities

While I refuse to believe that anything makes me a helpless victim of disease (*or anything else in life, for that manner*), I still have to ask myself—how many of us are really healthy? I'm certainly not, although I like to think that I take better care of my health than the average American. And since I'm not in perfect health, it's wise to take some precautions against getting parasites.

Most of this stuff is pretty straight-forward. Wash your hands after handling animals or animal waste. Cook meat properly, which doesn't necessarily mean well-done. (By the way, deep-freezing meat for a couple of months kills parasites, too.) Maintain a healthy digestive tract (good digestion and a clean bowel). Don't drink water from an unknown source. (I cringe when I see people taking a drink from a mountain stream knowing how easy it is to get giardia from that.)

Finally, I don't think it hurts to eat anti-parasitic foods on a regular basis. For example, garlic, ginger, pumpkin seeds, raw pineapple, raw papaya (and papaya seeds), cloves and thyme are a few of the foods that have anti-parasitic activity. These are all foods one can eat regularly. Taking digestive enzymes helps because proteolytic enzymes and hydrochloric acid will kill parasites, too. (Remember that this is part of your body's immune defense against infection, which is why poor digestion leaves one open to so many health problems.)

My first herb teacher, Herbalist Ed Millet told me that once an infection has taken hold, it can be like a forest fire, damaging green trees as well as dead ones. So, he said people should never be blindly stubborn about not using antibiotics or medical treatments when appropriate. I've followed that advice. On a couple of occasions where I didn't seem to be getting anywhere with natural remedies, I've sought medical help. I think parasites may be one of those problems that once you do have them, you actually do have to do

something to get rid of them before you'll be able to fully rebuild your health.

The reason is this—the parasites are using nutrients our own tissues need to heal, and overburdening our liver and eliminative organs with their own waste at the same time. This creates a downward spiral of failing health. So, while cleansing the body and improving the internal environment in the body should help prevent (and even help to get rid of) parasites, once they are present, we also need to do something to get rid of them before we can get better.

### How Many of Us Have Parasites?

When I think about all the people out there who aren't even trying to eat healthy or live a healthy lifestyle, I can easily see how parasites could become a problem for a lot of people. And, because they can be hard to diagnose medically, they are also an overlooked cause of many common health problems. Because they aren't always diagnosed, it's hard to get a handle on how widespread the problem is.

Conservative estimates say that 20% of us have parasites. If we're thinking about obvious parasites, such as worms, that is probably accurate. However, parasites can also be single-celled organisms. After all, a parasite is an organism that lives off the energy and nutrients produced by the host, so, in some ways all infections could be considered a type of parasitic problem. Still, if we include giardia, amoeba and especially yeast, then I think the higher estimates are probably more accurate, which means at least 70 to 80% of us have parasites. One estimate suggests 95% of us have at least one parasite, and if we include organisms like *Candida albicans* and *H. pylori*, that's probably true.

Still, I'm not sure that parasites are a primary concern for all of us. I do think there are some definite signs that should cause a person to seriously consider doing a parasite cleanse. First of all, if you have pets or animals of any kind, it's probably wise for everyone in the family (pets included) to do a parasite cleanse at least once per year. Secondly, I think it would be a good idea to consider a parasite cleanse if you have any kind of chronic health problems that don't seem to go away. In particular, consider this possibility if you have symptoms like chronic fatigue, teeth grinding, dark circles under the eyes, nervousness, diarrhea or alternating diarrhea and constipation, ulcers or digestive pain, weight loss or gain, anemia, itching (especially in the rectal area) and lowered immune response.

I would also consider doing a parasite cleanse after foreign (and maybe even prolonged domestic) travel. For instance,

I'm going to do a parasite cleanse when I return from China. A friend of mine just left to study in China for a month and he'll be doing when he gets back. (And, speaking of travel, prevention is your best bet, so taking probiotics, garlic and/or black walnut when traveling would be a good idea.) It would also be a good idea to take High Potency Protease or Food Enzymes.

### Parasite Cleansing

I think that Nature's Sunshine has one of the best herbal parasite cleanses in the marketplace—Para-Cleanse. There are several reasons why I think Para-Cleanse is good. One is that the Artemesia Combination in it contains both wormwood and mugwort, which are very potent (even to the point of being slightly toxic) parasite removers. Even though the doses are small, they are working synergistically with the other ingredients, which will enhance their effect.

Another reason I think Para-Cleanse is so good is because of the Paw Paw Cell-Reg. This seems to have a really potent antiparasitic activity against a wide variety of worms and microbes. Finally, the yeast/fungal detox is also important because Candida overgrowth is probably one of the more common "parasitic" problems people have.

The main thing to remember when doing the Para-Cleanse is to take one box (10 days worth), wait a week, then take another box. This allows any eggs present to hatch and the new parasites to get zapped on the second round.

I think taking enzymes between meals is another good way to eliminate parasites. Digestive enzymes help to both prevent and expel parasites. Essentially, they "digest" them. Rubbing essential oils like Deep Relief, bergamot, cinnamon, clove, pine and thyme (diluted in a carrier oil) on the abdomen can also help get rid of the critters. Doing either or both of these things, while on the ParaCleanse, increases its effectiveness.

Single herbs may also help. Goldenseal in doses of 10 grams per day (about 20 capsules) is very effective for giardia. I've used wormwood tincture by itself for one client with parasites. Although not sold by NSP, there are some other very potent (and slightly toxic) antiparasitics which could be considered for serious cases. These include male fern, wormseed and tansy., which should only be used in extreme situations and by a professional herbalist or naturopath who really knows what they are doing. In some serious cases, I would even consider drugs, but there's no reason to be afraid of the "little," bad parasite when there are so many things that can be done to prevent and treat this problem.



## Kimberly Balas' Clinician's Corner

# Coumadin, Male Hormones, LDL and Inflammation and More...

### Coumadin

*What are the pros and cons to using coumadin? A friend's doctor told her that coumadin is a plant derivative; completely natural. She had two pulmonary embolisms and, as a result, had a filter surgically placed to catch any clots. The thought is the clots would dissolve prior to reaching a potentially dangerous area. On her own, she stopped the coumadin and is taking green tea. Is green tea a blood thinner.*

*Also, she has VERY high liver enzymes and has previously been diagnosed with a fatty liver. Can these symptoms be related to depression? This, too, is an issue for her. She weaned herself off Welbutrin. Now, she is looking into a (supposed) natural hormone therapy known as pellets. What do you know about the hormone pellets? There is one doctor in particular in Illinois who many go to for this procedure and rave over the results.*

*Lisa*

Coumadin is a synthetic analog of dicoumerol, a compound derived from spoiled or moldy hay. It is the product of the degradation of a group of natural compounds in plants called coumarins. Alfalfa is rich in coumarins, but their action is different than coumadin. Natural coumarins don't thin the blood and are anti-microbial and antifungal. Dicoumerol is poisonous and thins the blood of animals so they bleed to death.

Coumadin is used in rat poison—you know those little mouse or rat baits you buy. The animals eat the bait and then they bleed to death because their blood becomes so thin. Cats that eat the poisoned mice will also be affected. Coumadin is very hard on the liver and can put the heart in more danger when continued for long periods of time.

Some of the side effects of coumadin include gastrointestinal bleeding and ruptured blood vessels. It does nothing to solve the underlying problem. Just look at the facts for proof—since the introduction of these medicines, there has been no decrease in the number of heart attacks and strokes in the US.

In contrast, there are many herbs that are traditionally considered blood movers, remedies that relieve blood

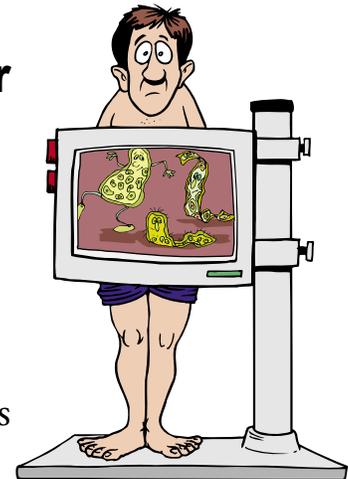
congestion and stagnation. These remedies don't thin out the blood, but do help protect the body from blood clots. These include ginger, capsicum, dong quai, ginkgo and alfalfa, just to name a few. Butcher's broom is very helpful for preventing blood clots in the cardiovascular system, as is vitamin E. People on this drug are usually discouraged from taking herbs, foods or supplements like this that will "thin" the blood, but wouldn't it make more sense to use the herbs, foods or supplements and skip the drug?

### Male Hormones

*I am looking for a way to boost male hormones. My step-dad has very low hormone levels, high blood pressure, very little energy*

## What's Eating Your Lunch?

Parasites may be one of the most common, undiagnosed health conditions in America



This month's Herbal Hour, *What's Eating Your Lunch?*, with Kimberly Balas and Steven Horne, will explain the symptoms to look for that indicate a person might have parasites.

It will also provide you with detailed information about major parasites and how to do a parasite cleanse.

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and is border-line diabetic. His doctor ran some tests and found that his hormone levels were very low. Any suggestions?

Sharon

Natural testosterone boosters are sarsaparilla and the essential oil of cinnamon. I would also use the Pro G Yam cream with him.

### LDL and Inflammation

Could you please explain the relationship between LDL and inflammation? Is high LDL always related to inflammation?

Bob

High LDL is always your inflammatory marker. It helps signal cells to either synthesize or to stop synthesizing their own cholesterol. It also helps to stabilize the blood colloid. It also transports valuable fat-soluble nutrients including vitamin E and carotenoid antioxidants (which can have COX2 inhibiting properties). So when LDL goes high it tells the body there is more of a need to fight inflammation. When it is elevated it is working harder to transport antioxidants.

### Male with Blood Sugar Problems

I have a new customer. He is male, 34 years old, 6'4", weighs 310 pounds and is going through a divorce. His blood sugar is all over the place. It goes up over 300 about two hours after breakfast and can fall to as low as 50 at other times. He has been taking PBS for the past five days, two per meal. I suggested he take 4 per meal instead because of his size. Any other ideas?

Ann

I would start him on Lung Support as this regulates the transport system and is an underlying root cause of the insulin movement. I would also look at the adrenals and increasing the good fats in his diet. You take in good fats, you burn bad ones and release toxins. Fats combust hormones; insulin is a hormone.

Also Lung Support is helpful for grief, loss and sadness. These emotions can also affect blood sugar levels because there isn't enough "sweetness" in one's life.

### Armour Thyroid versus Synthroid

Can you explain more about the difference between Armour Thyroid and Synthroid? I have been taking Armour myself after supporting the thyroid for years with herbs. I would like to get off the Armour and try the herbs again. I take 105 mg. of Armour thyroid. I can't find my paperwork with my thyroid test, but my wholistic MD told me they were normal. When

I told her my temperature was low, she wrote the prescription for the Armour. We started at 15 mg. and worked our way up until we got results. I had more energy and lost 15 lbs almost immediately. I am 52 years old. Have you heard of taking T3 for the low temperature?

LaVerne

Armour and Synthroid work differently. Synthroid only releases T4 and if the liver is congested there are no conversion factors to convert the T4 to T3. Armour helps with the conversion and contains both T3 & T4. Why would you want to get off Armour? It is just a high potency glandular, which is completely natural and fine to be taking. I think you ought to include more iodine in your program, though, because that will help your own thyroid function better.

### Child with Low Platelets

I'm wondering if you know anything about children with low platelets. What might the root cause be—the spleen? And what can be done about it? One of my downline members is in contact with a lady whose 4- or 5-year-old daughter has this problem.

No name

Has she ever had antibiotics? Chloramphenicol or acetazolamide can cause this problem. Also, anyone with high estrogen levels (pesticides in foods, milk, butter, etc. are sources of this), viral infection and autoimmune disorders will usually have low platelets. As a starter, I would do some VS-C here and see if it clears up.

### Client with TB

Any suggestions to help TB? My client had this when she was around the age of two. Now, she has had lung problems and recently got retested. They say she still has a little TB in her system, but it's not contagious.

Donna

I use cordyceps for TB. There is research showing it alleviates TB.

Kimberly Balas is a board certified naturopath and clinical nutritionist. She is currently head of the research department and a certified instructor for all Tree of Light courses. She is available for consultations by phone or at her Wyoming office. For more information on scheduling a consult please phone 307-277-2466.



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