

Nature's Field

An Electronic Journal for NSP Distributors

Noni

By Steven Horne

My first exposure to noni was when I was approached by a representative of the MLM company that first sold it. I bought a bottle (I'm always trying new things), took it and didn't notice any benefits for me, so I shrugged it off as the latest herbal "fad."

Of course, this doesn't mean I don't think the plant has value. Noni, also known as Morinda, is a plant that has been used medicinally for many centuries in Hawaii, the islands of the South Pacific, China and Southeast Asia. It was practically unknown in the west before 1990; it exploded in popularity in the U.S. when the aforementioned company started making extravagant claims for its ability to heal a wide variety of ailments. Lawsuits brought by several state attorneys general forced that company to withdraw those claims. Noni/Morinda is still around—and unfortunately is still condemned by many, even in the natural health field, as a "modern-day snake oil."

Of course, neither extreme is accurate. Noni has value, but it is not a miracle "cure-all," either. So, let's see if we can determine some of its actual benefits and uses, without the hype. For starters, there are actually two different species of Morinda: *M. citrifolia* is the variety traditionally used by Pacific island cultures (and the one pictured above). Its fruit was used both as a beverage and, along with its leaves, as a poultice to treat external wounds and ailments. It is said that during World War II American soldiers were taught by the Polynesian people to eat Morinda fruit as a way of fending off starvation and maintaining their strength and endurance.

NSP's Noni Juice is the juice from the fruit of the Morinda citrifolia species. The primary benefit of the fruit juice is that it is an anti-inflammatory and anti-oxidant agent. It is also an alkalinizing agent. This gives it some general health benefits, because inflammation and oxidative stress are at the root of many chronic illnesses. As a result, some people have found the juice helpful for inflammatory conditions such as arthritis, ulcers and minor injuries. Since the Polynesians tended to use it topically, it might be a useful ingredient in a poultice.

Mainland Asian cultures traditionally used the root of the other species, Morinda officinalis, a wintergreen shrub with small quill leaves. In fact Emperor Qian Long, longest-reign-



Photo by Steven Foster

ing of the Manchu emperors of China, is said to have bragged that Morinda was one of the secrets to his long reign and even-longer life. Its name in Chinese, "Bajitian" literally means "never-withering-and-falling." Morinda was prized in Chinese medicine primarily for the ability of its sweet root to treat bone illnesses, kidney problems and arthritis, as well as ailments such as tendon injuries, cancer, sexually related problems, rheumatism, hernias and urinary tract infections.

Morinda officinalis root was part of the NSP family of products long before Noni became popular. It has always been an ingredient in KB-C, which is used to strengthen the kidneys and the bones. It is also helpful for improving sexual vitality.

NSP also offers Morinda officinalis root along with *M. citrifolia* fruit, leaves and roots in its Noni capsules. In some ways, this is a better product because it uses all the plant parts used in traditional cultures. Unfortunately, it is a slow seller, simply because there is less "hype" about this product. The capsulated product is good for kidney problems, bone disorders, urinary tract infections, arthritis and hernias.

Noni definitely has useful therapeutic properties. The key with noni, as with any other "fad" herb, is to get past the hype and understand its real uses and applications. When we do this, it becomes a useful part of our herbal materia medica.

Selected References

A Handbook of Chinese Healing Herbs by Daniel Reid
The Illustrated Chinese Materia Medica by Kun-Ying Yen

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Steven Horne's Ramblings and Ravings

It's In the Pulse, Part 2

Advanced Concepts in Pulse Taking

In our last issue, I explained the basic concepts in pulse assessment. As you practice taking the pulse, your skills will gradually increase. Just by learning the four general qualities we discussed in the last issue (rate, width, strength and height) you will develop the ability to feel more subtle qualities of the pulse. Use these indications as opportunities to examine the person's health history more closely, ask for more detailed information, or as signs to check for problems using other health assessment techniques. Here are some patterns to look for.

Rapid Pulse Characteristics

You may recall that a rapid pulse rate (one that is greater than 80 beats per minute) is a sign of heat and inflammation in the body. But, there are different kinds of rapid pulses. For example, when the pulse is rapid and close to the surface, the problem is usually acute and involves fever and/or inflammation. When the pulse is also strong, there is definitely too much heat in the system. Ask the client about acute illness, fever or infection. Also consider the possibility of a hyperactive thyroid, particularly if the person is losing weight or has bulging eyes.

IF-C is an important formula for a floating (superficial), rapid and strong pulse. Yarrow is a single herb that can be very helpful here as well, especially when there is infection and fever.

When the pulse is rapid and tense and feels like it is jumping up and down, it is said to be bounding. It indicates tension building up on the heart and can be a sign of pericarditis or high fever. Ask about possible heart problems or infection. If they are present, then consider Co-Q10, Hawthorn, Rose Hips, or Oregon Grape as possible remedies.

A thin, but rapid pulse can indicate that the body is fighting off some irritation, but there is also some deficiency or weakness in the system. This can be a sign that there is tissue depression coupled with low grade infection. Ask about low grade infections, herpes, cold sores, or fever with chills. VS-C is a good formula in this case. It works on conditions that are "hot" where there is weakness present in the system.

A non-resistant pulse is one that is rapid, but disappears when pressed. This is an indication of "yin-deficient heat." It means the system is overheating because the cooling mechanisms of the body (antioxidants, cortisol from the adrenals, etc.) are weakened. The heat or fever is overpowering the system. It

can also indicate discouragement. Nervous Fatigue Formula or Adrenal Support may be a good choice in this case. Thai-Go or Noni may also be beneficial.

Slippery or Rolling Pulse Characteristics

A rolling or slippery pulse feels like the blood contains mucus or is slightly viscous. There is a bumpy, but slimy quality to the pulse, sort of like a slithering snake. The pulse sort of rolls across the fingers and there may not appear to be any break between beats. This indicates congestion in the body, too much dampness, mucus or phlegm. Check for problems with the kidneys, lungs and lymphatics. The slippery pulse may be naturally present in pregnancy.

A slippery pulse that is also floating can indicate acute congestion and inflammation, a good indication for AL-J or Seasonal Defense. A slippery and wiry pulse indicates there is tension and stress with congestion. Check for possible liver and colon problems, feelings of depression or sadness, or sagging energy levels. Chinese Mood Elevator or Chinese Anti-Gas may be helpful as this is often a sign of digestive problems or depression.

Wiry and Tense Pulse Characteristics

A wiry pulse doesn't have its normal wave-like quality, but feels like a wire (not stretched tight). It beats across all three fingers simultaneously, but often appears to originate in the middle finger.

When the wiry pulse feels like it originates with the middle finger it is usually associated with liver and gallbladder problems in Chinese medicine. It may also indicate retention of fluid in the middle region of the body (stomach, spleen, liver, gallbladder). Check for problems in this area. Chinese Liver Balance or Enviro-Detox may be helpful in this case.

A wiry, tense pulse is extremely common and indicates there is tension in the body. The body is resisting something, so there is some stress in the system and a need for remedies which allow relaxation and a full expanding and contracting of the pulse. Ask about stress and tension levels. If there is a lot of stress, Nutri-Calm or Chinese Stress Relief may be helpful.

A wiry pulse can also feel tight, like the blood vessel is stretched tight. This can happen with coldness or pain in the

body. Look for problems like joint pain, problems with tendons, and feelings of internal cold. APS II with White Willow might be helpful here because it contains wild lettuce, an herb Matthew Wood uses in these circumstances.

When this tense pulse hits the fingers so hard that it almost hurts the fingers to take the pulse, this is a hard pulse. A hard pulse can indicate severe resistance in the body. When it is slow and hard, there is internal cold, and there may be emotional "coldness" inside due to abuse or hardship. The MegaChel program may be helpful here.

Thin or Thready Characteristics

A pulse that is thin usually means there is a deficiency of blood. The blood needs to be nourished. It can also indicate a deficiency of energy and can occur when there is digestive weakness, fatigue, or exhaustion due to an excessive workload. Ask about these problems. Chinese Blood Build and I-X can be helpful for building up the blood.

A pulse that is thin and rapid can be an indication of adrenal exhaustion or in Chinese medicine, a weakness of the heart yin. Ask the person about possible moodiness, insomnia and fatigue. Nervous Fatigue Formula or Adrenal Support may be indicated.

A pulse that is thin, weak and deep can indicate deficiency of important organs like the kidneys and lungs. Ask about urinary, respiratory or digestive weakness. The Lung Support formula may be of help here.

Other Characteristics

When the blood feels thick and viscous flowing through the blood vessel, the person may need some blood thinning herbs or nutrients. Ginkgo, alfalfa, Liquid Chlorophyll or other blood thinning remedies may be indicated.

When the pulse skips a beat in a regular pattern, it is said to be intermittent. This is a sign of a problem with cardiac rhythm. Any kind of irregularity in the rhythm of the pulse is an indication of possible cardiac problems. Ask about heart health history and if the person doesn't know about the problem refer them to a doctor to have the problem evaluated. Cardiac remedies like CoQ10, hawthorn, capsicum, magnesium, etc. may help, depending on the specific nature of the problem.

Using the Pulse to Test Products

One of the most fascinating things I learned from Matthew Wood was how to use the pulse to test products. A very simple application of this is used to test for food allergies. While feeling the pulse, have a person put a piece of the suspected food allergen in their mouth without chewing or swallowing. If the

pulse rate increases dramatically (over 10 beats per minute) the food is an allergen and is irritating the body.

However, one can use the pulse for even more sophisticated testing. While feeling the pulse, one can hand a person a bottle of a product and have them hold it against their solar plexus. Subtle changes in the pulse rate, width, height, etc. can be felt, which indicates how the product is affecting the body. For instance, the product may slow the heart rate, meaning it will have a cooling effect on the body, or it may speed up the heart rate, meaning it has a heating or stimulating effect on the body.

The goal, of course, is to look for products that will move the pulse towards a healthy, balanced state. If the pulse is floating, we want it to sink a little. If it is deep we want it to rise a little. If it is wiry, we want it to relax. If it is loose we want it to tone up.

The best way to learn to use the pulse in this manner is to practice with essential oils. Essential oils cause very rapid and often dramatic changes in the pulse.

To do this, obtain a set of several different types of essential oils with different properties (stimulating, relaxing, grounding, etc.) and have them on hand. While feeling the person's pulse, wave a bottle of one of the essential oils under their nose, and watch for changes in the pulse. Try this with different oils.

Some oils may speed up the pulse, others may slow it down. Some may cause it to feel more tense (tonify), while others may cause it to relax. Some may make the pulse stronger, others may soften it. Some may make the pulse stronger in specific positions, meaning the oil is acting primarily in that area of the body.

This little exercise will not only help you learn to feel different qualities in the pulse, it will teach you more about how remedies affect the flow of energy in the body. As you become better at feeling the shifts in the pulse from essential oils, you can also try feeling for shifts in the pulse with herbs and supplements. Again, all it takes is practice.

In our next issue, I'll be sharing some information about tongue assessment, which is even easier to learn and apply.

Steven H. Horne is a professional member and past president 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

Larynx, Boils, Dye, Blood Test Questions, ADD & More...

Larynx Problem

I have a chorus instructor that has been diagnosed with a "very high tense larynx" She has a very sore throat, difficulty speaking, etc. She was tested for nodes, allergies, etc.—all negative. She has been told to massage her larynx to loosen and soften it. However, this is making it very sore. She was told "no pain no gain."

She has tried aloe and sore throat homeopathic unsuccessfully. She cannot do licorice as she has high blood pressure. Any other ideas? Should she be massaging her larynx? I was thinking of lobelia.

No Name

The massage can be helpful, but I would recommend applying lobelia topically with the massage. I would also recommend collatrim internally. Many herbalists recommend the herb collinsonia for singers and speakers who have problems with their throat.

Also, it is helpful to look at the emotional aspect of this—what is she trying to suppress that she wants to say, or what is she not saying because she feels it would not be "politically correct." I would have her do some affirmations like, "I am safe (or free) to speak my truth."

Boil

I have been having trouble lately with boils in my armpits—some are big, some are small. Through muscle testing, we have determined that they are hormonal in nature. I am 49 and right in the middle of menopause. I've been taking Lymphatic Drainage, Oregon Grape, Colloidal Silver and Una de Gato specifically for these boils, as well as probiotics, enzymes, and an increased quantity of hormonal/glandular support products. I also started applying Helichrysum essential oil, topically. I am also rebounding to increase lymph circulation.

All of the boils are going away except one. It seems like it is growing "in," moving inside my armpit instead of "out." It is not forming a head like the others have done. It feels very

large in there. I did massage some arnica cream in that area this morning, which made it feel a little better.

My question is, do you know of a poultice I can put over the area to break up what's going on inside the arm? There is no pain, it just feels "big" in that area of my arm.

I really don't want to have to go to the doctor for this. I did get one cut out that was growing inside one time, because I couldn't even lift or use my arm because it was so painful.

Carol

A poultice can be helpful. I use Ho Shou Wu topically for these kinds of problems. You can apply it as a poultice. Plantain is a drawing herb and may also be a useful addition to a poultice. A little bit of slippery elm can be used to help hold the poultice together.

Suggestions for internal use include one B6 and one Folic Acid per day. They will help with the methylation chain in detoxification pathways. This will help get rid of the metals and toxins that may be trying to come out in the boils. You could also try adding some Cellular Energy. I would also use Kidney Drainage along with the Lymphatic Drainage.

Blood Test Question

What does it mean if the main areas that are out of balance in someone's blood work are: high EOS, low triglycerides, high phosphorus, and high TSH?

Lora

These blood chemistry readings suggest an inflammatory tendency that would be caused by a lack of activation of type two prostaglandins (chemicals which mediate inflammation). There is more of an anarachadonic acid response which drives pro-inflammatory hormones.

There may be an autoimmune factor here, too. Consider the possibility of Epstein-Barr virus or chronic fatigue. This would be caused by liver congestion or by a parasitical problem.

There is a potential heavy metal overload here affecting the parathyroid. This would be affected especially by consumption of sodas and this would also drive up the TSH and the EOS.

ADD and Enlarged Pupils

I need help with my grandson who is having a very hard time after quitting Adderall for his ADD. It was suggested I determine if he was sympathetic or parasympathetic dominant and my daughter says she would call his pupils large. So now where do I go? Would the DHA be a good choice?

Carol

When pupils are large, it really isn't a true ADD. It is a very stressed nervous system and is often linked with weakened adrenals. Enlarged pupils indicate an anxiety reaction, so the stimulants that work for ADD would be contraindicated in this, for sure. Adaptagens like Suma Combination and products to support the adrenals like Adrenal Support should help. Nervines like Stress-J and NutriCalm may also be beneficial. DHA or Omega 3 would be helpful, too.

Detoxing Dye

My son is having an MRI. They are going to do an IV of a dye that helps with the contrast. I know that I should give him black walnut and his favorite essential oil after the MRI to spin everything back in the correct direction, but I do not know what to do to get the dye out. Any suggestions?

Leslie

The dye is Gadolinium which is made from shellfish. The Gandolinium uses a reduction of anhydrous fluoride with metallic calcium.

I use the Homeopathic Detox for this. The Enviro Detox could be good here and since the dye has a metallic component I would also use Heavy Metal Detox. You might want to give him Cellular Build for just a couple of days at 2 per day. This is because the dye forms a loosely adhering oxide film which falls off and exposes more cell surface to oxidation. I would also increase his essential fatty acid and fiber intake to bind with the dye and protect the cells.

Fortunately, as a nuclear product, the dye has a very fast burnout rate. This is why I would primarily use the Homeopathic Detox.

LDL Cholesterol

I have a male client whose LDL is 45 and his doctor says it should be 59. He is looking for an herbal approach to raise his LDL cholesterol.

Cecelia

Contrary to what most people think, LDL isn't "bad" cholesterol. It is the lipoprotein that carries the majority of the essential fatty acids from the liver to the tissue. Usually there is a direct relationship with LDL and HDL cholesterol. (Think of HDL as the hormone delivery system and not as "good" cholesterol). When LDL goes down then the HDL is likely to go up. This can be a sign of pesticide or xenoestrogen toxicity.

You don't get a true LDL reading from the labs. It is calculated by taking the total cholesterol and subtracting the HDL added to the triglycerides and divided by five. To get a more accurate calculation you should divide the triglycerides by six. You also can't use this formula when the triglycerides levels are less than 400.

For more information on cholesterol and triglycerides consult the new booklet, *Cholesterol & Your Health* and DVD, *Cholesterol: Fact & Myth* from Tree of Light.

Creating a Blood Type/Hyperinsuline Diet

It's easy to create a diet that addresses both the hyperinsulinemia/diabetic needs and the blood type approach using the Blood Type Charts we created at Tree of Light. Just use the color coding. For each meal, simply choose one beneficial/neutral from the red category, three from the green, one blue or purple and an optional one from the orange. Avoid all foods from the brown category even though it may be listed as neutrals or beneficials (these are the high glycemic carbs). Focus on doing a majority of beneficial foods and you have an instant nutritional plan for a healthy diet.

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Kidney Chi Deficiency

Healing the Structural System by Strengthening the Kidneys

When most people think of the kidneys, they think only in terms of the fluids of the body. However, the kidneys don't just regulate fluid balance in the body, they also help to regulate mineral electrolyte balance.

In Chinese medicine, the kidneys are said to build the bones, so a weakness in the kidney energy (kidney chi deficiency) is linked to problems like low back pain, neck pain, muscle stiffness, weakness of the knees and ankles, bone spurs, calcium deposits, and inflammatory joint diseases like rheumatism and arthritis. When one understands the role of the kidneys better, the reason for this connection becomes obvious.

The primary job of the urinary system is to filter the blood and remove toxins (especially acid waste). The kidneys also help to maintain the balance between mineral electrolytes (salts of calcium, magnesium, potassium and sodium) and water in the system. Too much fluid and insufficient electrolytes lead to water retention and lymphatic stagnation. Too many minerals and insufficient fluids lead to stiffness and tissue atrophy.

Uric acid accumulation in the body due to poor kidney function can lead to stiffness, gout, gouty arthritis, rheumatic-like conditions kidney inflammation, and kidney stones. Acid accumulation can also lead to calcium deposits in the tissues and can be a contributing factor in the development of heart disease.

People with blue eyes having a whitish plaque over the surface of the iris fibers are showing evidence of this acid accumulation. People with this eye pattern may have a history of suppressing skin eliminations. This type is also associated with an increased risk of inflammatory conditions including arthritis and neuritis. They often experience a great deal of muscle stiffness.

When the kidneys are unable to efficiently filter acid waste from the system, the body may "borrow" magnesium and potassium from muscles and connective tissues and calcium from bones to keep the pH of the blood stable. This can cause muscle tension and stiffness that creates back problems, neck and shoulder pain, and weakness in the knees and ankles. This also makes the person more prone to arthritis, gout, rheumatism, stiffness, back and neck pain and headaches.

An alkaline diet is very important for people with a tendency to acid retention and kidney weakness. Alkalinizing foods include most fruits and vegetables. Acid forming foods include all forms

of meat and fish, grains, nuts, legumes and cheese. Soda pop and coffee should be severely curtailed or eliminated, as these substances are very acid-forming and stressful to the kidneys.

Drinking adequate amounts of pure water is also helpful. This helps dilute acid waste and gives the kidneys more fluids to work with in filtering toxins from the blood.

KB-C is a Chinese herbal formula that specifically addresses the problem of kidney chi deficiency. It strengthens the ability of the kidneys to flush acid waste from the tissues. It helps maintain spinal alignment (which has earned it the nickname "The Herbal Chiropractor") and is useful for weak knees and ankles, muscle stiffness, arthritis, gout and rheumatism.

HSN-W is another formula that strengthens both the kidneys and the bones. Horsetail, a key ingredient in this formula is a urinary herb that is also rich in silica, a mineral which improves strength and resiliency in structural tissues. Single herbs that aid the body in flushing acid waste and strengthening the structural system include eucommia, nettles, goldenrod, cleavers, Dandelion and gravel root.

Where fluid retention is present, the person may need diuretic herbs to flush fluids from the tissues via the lymphatics and kidneys. Lymphatic Drainage Formula is also helpful in improving kidney function to flush acid waste from tissues, in addition to being helpful in promoting lymphatic flow.

Many people take calcium supplements in an attempt to alkalinize the system. While this has a temporary buffering effect on acids, calcium (and especially coral calcium), by itself does not really correct the problem. Coral calcium will raise the levels of free calcium in the blood and the kidneys will endeavor to flush this excess calcium through the urine. This makes the urine pH higher (more alkaline), but it is taxing to the kidneys and may increase the risk of kidney stones and calcium deposits. This is why the herbal remedies, mentioned earlier, are the best choice.

This is just an introduction to the connection between kidney health and the health of the bones and structural system. For additional information on dealing with these problems, consult your local herb specialist. Additional information on strengthening the urinary and structural systems can also be found in *The Comprehensive Guide to Nature's Sunshine Products, Practical Iridology* and *The ABC+D Approach to Natural Health*.

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KB-C

“The Herbal Chiropractor”—Strengthening the Kidneys and Bones

KB-C is a traditional Chinese herbal combination, which strengthens the kidney “chi” or energy. This combination has three major benefits. The first benefit is its ability to improve kidney function where the kidneys are in a weakened or under-active condition. It acts as a non-irritating diuretic to increase the flow of urine without stimulating the kidneys. It also improves the ability of the kidneys to filter waste (and particularly waste acids) from the blood.

The second benefit of KB-C is its strengthening effect on the structure of the body. In Chinese medicine the kidney energy builds the bones, so KB-C also rejuvenates and strengthens the bones (especially the spine) and the connective tissues. It is helpful for low back pain, neck pain, weakness of the knees and ankles and stiff and aching joints. It helps to maintain proper structural alignment and helps chiropractic adjustments to hold, earning it the nickname “the herbal chiropractor.” KB-C can also be helpful for arthritis, rheumatism, gout and osteoporosis.

A third, benefit of KB-C is that it acts as a tonic to the sexual organs. In Chinese medicine, the kidney chi is also linked with sexual energy. It improves sexual vitality and energy, promoting a healthier urogenital system.

Here is a breakdown of the ingredients in this formula.

Eucommia is the key herb of KB-C. It strengthens kidney energy. It has been used to treat backache, painful urination, impotence, muscular weakness and osteoporosis.

Cistanche supports eucommia by enhancing urinary flow. It has been used to treat impotence and frequent urination.

Rehmannia Root is a bitter, astringent herb. It reduces inflammation and strengthens capillaries. It has been used to treat infertility.

Morinda (also known as Noni) aids in the regeneration of tissues. It has been used to treat arthritis, impotence, backache, joint aches and osteoporosis.

Drynaria strengthens connective tissue by strengthening capillaries. It has been used to treat arthritis, backache, joint pain, broken bones and osteoporosis.

Achyranthes increases the production of urine and relieves pain. It promotes menstruation. It has mucilaginous compounds that soothe inflamed tissues. It has been used to treat backache, muscle aches and painful urination.

Hoelen is a bitter sedative that increases urine flow. Its energy is neutralizing. It has been used to treat swelling, insomnia, frequent urination and water retention.

Dipsacus is a bitter root that enhances the production of urine. It has been used to treat joint pain, arthritis, rheumatism, uterine bleeding and backache.

Lycium Fruit promotes the regeneration of liver cells. It has been used to treat backache and impotence.

Dioscorea (or wild yam) is an expectorant that also speeds healing. It has been used to treat nocturnal emission and frequent urination.

Ligustrum Fruit relieves pain, tones the heart, increases the flow of urine and strengthens immunity. It has been used to treat lower back pain, urinary tract infection, colds and flu.

Cornus Fruit promotes the flow of urine, shrinks swollen tissues, lowers blood pressure and increases immune response. It has been used to treat swollen tissues and urinary difficulty.

Dong Quai relieves smooth muscle spasms (especially in the uterus), promotes menstrual flow, reduces pain and inflammation. It has been used to treat female complaints, arthritis and headaches.

Panax Ginseng is an energy tonic. It improves mental capabilities and physical stamina, stimulates the endocrine system and reproductive organs and extends life span. It is adaptogenic. It has been used to treat impotence, forgetfulness, fatigue and gynecological problems.

Astragalus has a slightly warm energy. It increases the flow of urine and immune response. It has been used to treat fatigue, debility, urinary tract infections, edema, inflammation of the kidneys and night sweats.

Epimedium increases the flow of urine. It has been used for impotence, back pain and arthritis.

Liquidambar is a bitter herb which promotes the movement of Chi (vital energy) and increases the flow of urine. It has been used to treat pain and stiffness of lower back and knees.

Atractylodes is a general tonic and digestive aid. It has been used to treat loss of energy, bloating and arthritis.

Usage: KB-C works best in fairly substantial doses. Take 2-3 capsules three times daily. Also drink plenty of pure water.

Selected References

Chinese Herbal Medicine by Dan Bensky and Andrew Gamble

An Illustrated Dictionary of Chinese Medicinal Herbs by Wee Yeow and Hsuan Keng

Nutritional Herbology by Mark Pedersen

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

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We were supposed to have our **Cholesterol DVD** and **Cholesterol booklet** at the beginning of the month and sadly for all they got **delayed**, but they will be available very soon.



Class Schedule

For a listing of Dr. Mom-Dr. Dad classes taught by our independent instructors, go to www.treelite.com/schedule.php

Steven Horne's Speaking Engagements

Fast, Effective Natural Health Care

June 10	Alamo, CA	\$25 or register online and save \$5
June 13	Modesto CA	\$25 or register online and save \$5

Clinical Practicum

Aug 11	Cedar Grove, WI	\$200 or register online and save \$10
Aug 13	Cedar Grove, WI	\$200 or register online and save \$10

Get Rich Slowly

June 10	Alamo, CA	\$35 or register online and save \$10
June 13	Modesto, CA	\$35 or register online and save \$10

Love Your Body Beautiful (with Deanna Hansen)

June 18	St. George, UT	\$100 or register online and save \$10
Aug 31	Salt Lake City, UT	\$150 or register online and save \$10

Kim Balas' Classes

An Simple Approach Blood Chemistry

Jun 10	Auburn, NY	\$150 or \$99 preregister by May 6
Aug 30	Salt Lake City, UT	\$150

A Natural Approach to Blood Chemistry

Sept 24	Walnut Creek, FL	\$295
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Online registration at:

<http://www.treelite.com/courses/schedule.php>

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