

Nature's Field

An Electronic Journal for NSP Distributors



Photo by Steven Foster

Rosemary

By Steven Horne

Yesterday, I bought several herb plants to start an herb garden at my new home. I'm looking forward to growing rosemary as I was unable to successfully do when I lived in northern Utah. It was just too cold, and the plants would die over the winter. Rosemary thrives in this area, however. Before long, I'll be harvesting my own rosemary. I plan to make

some roast chicken with the fresh herb (yummy).

A native of southern Europe, rosemary has been prized as a seasoning and healing herb since antiquity. One of the major benefits ascribed to it traditionally is an ability to improve memory. It was given also as a token of fidelity between lovers, and is mentioned in one of Shakespeare's plays for both of these reasons. Hamlet tells Ophelia, "Here's rosemary for remembrance...I pray you love, remember."

Rosemary does improve blood flow to the brain, which is partly why it helps with memory and concentration. It is also a powerful antioxidant, so it protects the brain and nervous tissue from free radical damage. The antioxidant and anti-inflammatory properties of rosemary have attracted the attention of modern researchers as the role of oxidative stress and inflammation in the development of degenerative diseases has come to the forefront. Rosemary contains several compounds that reduce inflammation and oxidative stress, including a variety of flavonoids, and phenols such as rosmarinic acid and caffeic acid. Because of its antioxidant properties, rosemary is an ingredient in NSP's Grapine with Protectors formula.

Rosemary is a remedy for the head in other ways, too. It raises blood pressure and improves blood flow to the head to relieve vasoconstrictive headaches, including some migraines. It has also been used to help fainting and weakness due to low blood pressure and poor blood flow to the brain.

Rosemary has also been used both internally and topically to stimulate circulation to the scalp and encourage hair growth.

This is why it is found in the HSN-W and HSN Complex formulas for encouraging healthy hair, skin and nails.

Another traditional use for rosemary is as a digestive tonic for weak digestion. It has a carminative effect that relieves gas and stimulates digestive secretions. It is also helpful for the liver and gallbladder. It improves fat digestion, allays nausea and enhances the activity of two liver enzymes (GSH-transferase and NAD(P)H-quinone reductase).

NSP offers rosemary as an essential oil. The oil of rosemary is valuable for respiratory problems, helping conditions like the common cold, catarrh, asthma and sinusitis. It is also used topically as an analgesic to relieve pain in rheumatism, arthritis and tired, stiff or overworked muscles. Like the herb, rosemary essential oil stimulates blood circulation, improving low blood pressure and helping relieve cold feet, tired or weak legs and circulatory problems in the extremities. In the digestive area, it helps to relieve dyspepsia, flatulence and abdominal distention. The essential oil is also found in two blends, Breathe Free and Cellu-Tone.

Emotionally, both the flower essence and essential oil of rosemary help clarify the mind, bringing presence, focus and warmth to a person. Considering I turn 50 this month, and want to keep my mind sharp and alert, while protecting my body from the effects of aging, I think rosemary is a perfect herb for me to be planting in my garden.

Selected References

- The Encyclopedia of Medicinal Plants* by Andrew Chevallier
- Herbal Therapy and Supplements* by Merrily A. Kuhn and David Winston
- Flower Power* by Anne McIntyre
- Flower Essence Repertory* by Patricia Kaminski and Richard Katz
- PDR for Herbal Medicines* by Medical Economics Company

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Steven Horne's Ramblings and Ravings

Whole Food Nutrition

It was 24 years ago when I first spoke with master herbalist Edward Milo Millet. I remember that first conversation very well, because the ideas Ed presented radically changed my thought processes about healing, and continue to influence me to this day.

Ed told me that light and life were synonymous—that is, that life literally was light. He explained to me that healing was a function of light, literally an enlightening of the body. There were two ways to obtain this light energy for healing—directly through faith—and indirectly through plants.

He planted the idea in my mind that plants take the non-living minerals from the elemental kingdom (soil, air and water) and using light energy, they elevate their vibration to another plane of existence. Plants charge the coarse elements with light to give them life. It is not just the plant's chemistry that heals, he told me; it's the light energy the plant contains that brings new light and life to the body.

While I can't scientifically prove Ed's hypothesis, I have adopted it as a working concept throughout my healing work. I see whole plants (whole herbs, whole foods) as "wholesome." The more we take the plant apart, the more we de-nature it or devitalize it, meaning the plant loses much of its vital life-giving energy. Ed said when the subtle "light bonds" that hold the living thing together are broken, that the material becomes dead or life-less (having less light and therefore, less life).

In regards to nutrition, this viewpoint has prevented me from being enticed by the popular belief in the superior value of "isolated nutrients" and concentrated "active constituents." While both may be useful, I simply do not believe that they have the same healing power as the whole plant. A saying I found in a book of poetry my father owned has also served to remind me of this principle. It goes:

When a man is young and knows nothing, trees are trees, mountains are mountains, and waters are waters; but when he has studied a little, trees are no longer trees, mountains are no longer mountains, and waters are no longer waters; but when he has thoroughly studied and finally understands, trees are once again trees, mountains are mountains, and waters are waters.

Our science has been at the stage where, having studied a little, nutrition and medicine have not been whole foods and whole herbs, they have been "isolated chemical compounds," "specific nutrients," and the "active constituents" of herbs. Our

science has only begun to turn the corner in realizing that wholes may be greater than the sum of their parts.

This issue is addressed in the *PhysioMedical Dispensory: A Treatise on Therapeutics, Materia Medica and Pharmacy* by Wm. H. Cook, M.D., published in 1890. Dr. Cook states:

It is an opinion deeply rooted in the public mind, that the qualities and action of a chemical compound can be decided from a knowledge of its constituentsChemistry is a continuous series of evidences to the effect that each new compound has properties of its own; and that no shadow of an estimate of the nature of a compound, can safely be predicted upon the most intimate acquaintance with the elements that form it—even as the above-named poisonous carbonic acid gas [CO₂ or carbon dioxide] is itself a product of harmless charcoal (carbon) and the very element of the atmosphere (oxygen) upon which all forms of animal life are hourly dependent.

Such facts and illustrations as above, should forever set at rest all efforts to form opinions of the relations that an article bears to the frame, by an analysis of the article. But this idea has taken such a deep hold upon the professional mind, and makes such a pleasant foundation on which to rest an argument without any expenditure of thought, that it has assumed the form of a profound infatuation.... The most repressible form which this infatuation assumes, is that of attempting to pass judgment on the qualities of an organic agent [such as an herb] from a so-called chemical analysis of it....

A prominent instance of this kind, is found in the fact that chemical fermentation, carried on in a certain manner, will yield an alcoholic product from corn; or carried on in a certain other manner, will yield sugar materials; or carried on in still another manner, will give a vinegar product. But no man of the first grains of intelligence, will pretend that either of these three products existed as such in the unfermented corn; as otherwise the meal of this grain might be used indiscriminately to preserve pickles, to sweeten coffee, or to get drunk upon. The proposition is of course an absurdity; and it can at once be seen the fact that the alcohol, sugar and vinegar, are obtained only by decomposing

and rearranging the original elements of the grain—destroying its vitality, discharging certain portions of its constituents, taking additional elements from the atmosphere, and forcing the whole to take on new forms. After such changes, the resultant products in no sense represent the original corn—as can be known at once by the inability of such products to sustain any form of animal life. One such instance illustrates the whole ground of the attempt to make chemical products stand sponsor for the organic articles from which they are obtained.

The point is that once a substance has been broken apart from the whole of the living plant, be it a carbohydrate (such as table sugar or the isolated starch in refined flour), a vitamin, a mineral, or another photochemical, it is immediately different from the whole plant from which it was derived.

The book, *Healing Plants: Insights Through Spiritual Science* by Wilhelm Pelikan elaborates on this concept in many ways. For instance, in explaining the poisonous constituents of plants (which are often extracted for use as drugs), he says:

Plant poisons have been separated out from anabolism, and this may also happen if anabolism “goes astray.” Poisons are entirely in material form; they may be isolated, analyzed, crystallized and their formulae established; in short, they have all the characteristics of dead matter. Living protein is the substance which sustains the life of plants, the womb from which all plant matter arises. It resists all attempts to define its nature in terms of matter. It cannot be analyzed, nor synthesized... Protein is inevitably broken up and killed if one analyses it. All life is always a whole; it can be separated into its parts but it cannot be put together again from its components. Each component remains a component only so long as the idea of the whole is alive in it. Once this has gone, only a fragment remains, not a component. Fragments can be analyzed or synthesized by modern chemical methods.

He goes on to say that alkaloids bear a striking resemblance to amino acids, suggesting that they are fragments of dead material the plant creates in its growth process (part of its waste system). We can duplicate these “drug” constituents in plants but we cannot duplicate the living whole. This suggests that the moment we “take apart” any living thing, we have lost part of what gave it life.

The word “heal” derives from the same Latin roots as the words “whole” and “holy.” This suggests that healing is the act of making whole. One wonders how anything which has been removed from its state of wholeness, until it is nothing more than a fragment of what was once living, can heal. It may mask symptoms or cause various biochemical reactions, but how can that which is not whole make something else whole?

I spoke on the subject of *Herbal Nutrition* at the Clayton College Conference this past April and recently recorded the same topic for a forthcoming Herbal Hour Video. In both presentations, I discuss two cases of anemia where the person was taking iron supplements, which were having no effect. I put them on herbs instead and they began to improve immediately. Using Mark Pederson’s book, *Nutritional Herbology*, I calculated the total amount of iron present in the herbal programs I put them on. In both cases, it was only a fraction of the iron present in the supplement. However, the smaller amount of plant-bound iron did the job where the larger amount of chemical iron did not.

Many of us have found the same principle holds true in numerous other situations. For instance, we have seen Herbal CA and HSN-W heal damaged tissues and broken bones better than calcium supplements, including bone meal calcium. Kimberly Balas is finding that she can shift bloodwork with whole herbs better than she could with isolated nutrients. The lesson is simple “wholes heal.”

Conversely, many of the recent problems with herbs, including kava kava and ephedra, were caused primarily by isolated extracts, not by whole herbs. This is not to say that all isolated extracts are bad and that all whole herbs are non-toxic. It merely conveys again that parts and wholes cannot be equated when it comes to living things.

My bias towards whole foods and herbs is why I prefer to take (and recommend) products like GreenZone, Thai-Go, Super Algae, Mineral Chi Tonic, etc. over isolated vitamin and minerals supplements. It’s also why I look for whole, fresh foods—organically grown when I can find them. I have discovered that the more whole foods I eat and whole herbs I use the more energy and vitality I have. I have also discovered that whole foods make me feel lighter (both physically and mentally).

It’s also why I’m an herbalist. While I can’t scientifically prove it, I believe that the Creator made foods and herbs whole and “perfect” to begin with and that most efforts to extract, isolate, and concentrate fragments of these wholes is done largely for commercial interest, not for what is really best for our health. I also believe that when we have thoroughly studied the plant kingdom and finally understand, we will see the marvelous perfection in the whole of it and we will wonder how we could

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Kimberly Balas' Clinician's Corner

Nutrition Questions: GreenZone, Celtic Salt, Selenium, and Blood Type Diet

Green Zone

Are Ultimate GreenZone and pH GreenZone all right for A Blood Types? If so, which is best for weight loss for an A Blood Type. I'm thinking pH GreenZone because Ultimate GreenZone contains grains. Is that correct?

Lilly

Both GreenZone formulas are all right for A Blood Types unless they need to balance the immune system. Even though it contains grains, I have A Blood Types losing weight on Ultimate GreenZone when they use it as a meal replacement. I have one lady, who is a doctor, who loves the Ultimate GreenZone. She puts it in pineapple juice and has lost 78 pounds so far. Taking Ultimate GreenZone and doing a liver cleanse are all I've been able to get her to do as I can't convince her to take anything else. However, she is working with the blood type diet and is trying to balance her pH. I especially find Ultimate GreenZone helpful for increasing energy, satisfying carbohydrate cravings and balancing insulin and glucagon. It works great.

Celtic Sea Salt

I would like to know if it is a good idea to put the Celtic sea salt into your water everyday. I tried this for 6 months and it did help cleanse and nourish the body, but my blood pressure went up a little.

Jim

Celtic Salt has more minerals than most other forms of salt, but can still throw sodium levels out of balance if taken in excess. Salt is actually a chemical term for a substance produced by the reaction of an acid with a base. The terms, "salt" and "sodium" are used interchangeably, but technically this is not correct. The salt we refer to in common language is one kind of salt—sodium chloride. There are also potassium salts, calcium salts, etc.

By weight, common table salt is 40% sodium and 60% chloride. Sodium is an essential nutrient, a mineral that the body cannot manufacture itself but which is required for life and good health. Human blood contains 0.9% sodium chloride, or salt, the same concentration as found in saline solutions used to cleanse wounds.

Mineral salts create electrolytes. Electrolytes, often called the spark of life, are what carry the electrical currents that send

messages throughout the body. Electrolytes are also necessary for enzyme production. Enzymes are responsible for breaking down food, for absorbing nutrients, muscle function, hormone production and more. Our biological need for salt that contains a balance of naturally occurring minerals and trace elements is very real. These minerals must be replenished regularly in order to maintain health, but they must be replenished in a balanced form.

Besides sodium, other mineral electrolytes like potassium and magnesium are needed. Working together, these minerals help to regulate fluid balance in the body and allow nutrients and oxygen to travel to their necessary destinations within the body. Refined table salt is very low in other minerals. In addition, it contains many additives (up to 15%).

Some people find that adding Celtic sea salt to their diets helps to re-establish proper regulation of bodily fluids. Another good natural salt that contains other minerals is Real Salt from Redmond, Utah.

If there is stagnation or congestion in the lymph, even these natural salts can elevate blood pressure because the sodium and other minerals get trapped. This leads to low resistivity in biological terrain. Low resistivity is associated with oxidative stress in the body and will most likely affect kidney function, alter cell membrane function and could lead to a free calcium excess which could cause tissue calcification.

The sodium content of the body determines the volume of extracellular fluid. It also maintains the electro-potential of the heart between beats, nerve transmission, pH balance and osmotic pressure. Sodium does play a role in pH but so does extracellular fluid and if that is out of balance in excess then it will drive the pH in the opposite direction and become metabolic alkalosis. This can bring about a reaction by the body to think it is in a toxic process and create a compensating defense mechanism.

These, along with the findings that a balance of sodium and other minerals may actually lower blood pressure, are evidence that sodium's role in our diets is as important as any other mineral or vitamin. But it is important to include the magnesium and potassium to balance it. This is why I really like to use the plant minerals found in products like spirulina,

black walnut and Mineral Chi tonic. Other herbs rich in electrolytes include nettles and parsley.

Selenium Toxicity

Does anyone have any information regarding Selenium toxicity (too much selenium in the body)? This is in regards to a horse—a mare who is already having serious problems with this. She is overweight. I am looking for something that will help to absorb the excess selenium. All of the hay in our region has an excess of this mineral and the only option is to import hay. Any suggestions will be appreciated.

Copper

The amount of selenium absorbed into the tissues depends on the chemical form in which it is ingested. There does not seem to be any feedback loop to reduce the amount of selenium absorbed. It has been shown in rats, for example, that 95% of dietary selenium was absorbed whether the animals were fed deficient or toxic amounts of the mineral. Once absorbed selenium travels in the plasma bound to a protein until it reaches its destination tissues. Tissue concentrations vary. The kidneys retain a large amount of selenium, as does the heart, liver and skeletal muscles. Selenium is deposited more readily when it is provided in an organic form.

Studies have shown that possibly as little as 3 milligrams per kilogram of body weight is the minimum lethal dose in cattle, for horses it may be 3.3 milligrams per kilogram of body weight. Acute toxicity symptoms include: abnormal movement, dark watery diarrhea, elevated temperature, weak and rapid pulse, labored respiration, bloating and abdominal pain, pale and blue mucous membranes, and dilated pupils.

One thing that will help break it down is protease, since selenium will bind to protein. I would also support the kidneys with Kidney Drainage Formula. I would put the Kidney Drainage Formula in her drinking water (two teaspoons in each bucket) so she will be taking some throughout the day. Put a few drops on your hand and see if she will lick it off, too.

Give her just one Protease Plus per day. Horses don't handle protein very well and the protease may be a bit intense in any higher dosage.

Also, add some flax seed or flax seed oil to the horse's feed to help bind the selenium. Minerals tend to get bound in fiber, so you could also consider Intestinal Soothe and Build or bulk Slippery Elm. Six capsules of Intestinal Sooth and Build or 2 scoops of the bulk slippery elm should be about right. I would think this would bind some of the toxins that may be contributing to her weight issue as well.

We just started our horse on Gastro Health and he loves it so much that he eats it out of our hands. He loves the L Reuteri, too.

If it were up to me, I would import the hay. It just isn't worth the risk to use animal feed too high in selenium. I know that selenium toxicity with cattle and horses is a serious issue in the west where many soils are high in selenium. We have similar issues to deal with here in Florida with silica toxicity. The horses graze and get sand in their systems.

Coffee is Beneficial for A Blood Types?

I have struggled for a while with the issue that coffee is listed as a beneficial for A blood types. All of my A blood types, myself included, have adrenal issues and coffee doesn't seem to help at all. Luckily I don't like coffee, so I avoid it, but when I do have any caffeine my heart races and I can't sleep that night. What's up with coffee being on the beneficial list for A Blood Types?

John

The coffee tested on the list was actually green coffee beans. They were not roasted. Peter wasn't going to put it on the list and the publisher demanded it. In small amounts, coffee will help cleanse the liver, but when the adrenals are exhausted it is clearly contraindicated.

Organic Foods and Blood Type Testing

When they did the blood type tests to determine if foods were beneficial, neutral or avoids, did they use organic or non-organic foods?

Kasara

The testing for the blood type diet information was done on non-organic foods using antigen serum testing. Since the antigen based testing is done on long chain polysaccharides, the original chemical profiles would be the same whether they used organic or inorganic foods. However, we all know that organic foods are the best choice because they contain less chemical residues and have higher mineral content and nutritional value.

Kimberly Balas is a board certified naturopath and an instructor for Tree of Light. She is also a certified iridology instructor and a board member with the International Iridology Practitioners Association (IIPA). She is available for personal consultations in her Melbourne, FL office or by phone (321-725-7731).





Antioxidants

Nature's Protection From Inflammation, Aging and Degenerative Disease

In the 1940's, Dr. Denham Harmon started working with free radical chemistry and went on to develop the Free-Radical Theory of Aging during 40 years of research. Although much of his work was ahead of its time, he is now respected and honored by scientists specializing in the causes and treatments of aging. Dr. Harmon's idea is that free radicals seriously and continuously harm the body – causing most of the debilitating diseases usually associated with aging. These degenerative conditions include arthritis, heart disease and cancer. In fact, upwards of 50-80 diseases have been associated with free radicals.

Free radicals are primarily oxygen radicals that can be thought of as tiny "arsonists" waiting to start inflammatory "fires" in the body. When you see iron rusting, copper developing a green patina, or oils going rancid, then you are seeing oxidation at work. These same oxidative processes can do damage to the body's tissues, which are much more delicate than metal or processed oils.

The problem is that almost everything we do and everything that happens to us produces chemical damage to our body. Our own life processes produce free radicals. These are a normal part of energy production and use within every cell. The liver and the immune system have special cells (Kupfer's cells and macrophages), which dismantle incompletely digested food and foreign material such as bacteria by producing free radicals. If these reactive chemicals are not promptly neutralized, they will also damage nearby tissue. These are only two of many possible examples.

We are also assaulted by outside sources of free radicals. Radiation does much of its damage by creating free radicals. Smoking, pesticides, insecticides, preservatives, artificial colors and flavors, cleaning chemicals and even personal hygiene products do the same.

Happily, we are also surrounded by abundant sources of antioxidant nutrients, which can quench the chain-reactions of damage that can be caused by free radicals. Our best defense is to assure that our tissues are abundantly supplied with a wide range of these protectors.

Fruits and vegetables are loaded with antioxidant nutrients, which is part of the reason why everyone should be consuming 5-7 generous servings of fruits and vegetables every day. Unfortunately, few Americans actually do this. So, supplementing antioxidants may be helpful.

The best antioxidant supplements are those derived primarily from whole foods and herbs. For instance, herbs like rose-

mary, turmeric, bilberry, milk thistle, ginkgo, ginseng, ginger and green tea all contain powerful antioxidants.

Thai-Go is a powerful antioxidant made from various fruits and antioxidant herbs. This liquid antioxidant drink contains mangosteen, a tropical fruit found to contain very potent antioxidants that can block allergic reactions and protect blood vessels from damage. It also contains wolfberry or lycium, an herb with a long history of use in Chinese medicine for protecting the liver from toxins. Other antioxidants in Thai-Go include green tea, sea buckthorn, grape extracts and blueberry.

Another useful antioxidant supplement is Grapine. Grapine contains proanthocyanidins derived from grape seeds and maritime pine bark. Proanthocyanidins have been shown to have a protective effect on the cardiovascular tissues, improving circulation, improving capillary permeability and decreasing capillary fragility. These compounds also reduce inflammation, protect connective tissue (collagen) from degradation, and protect the liver. Proanthocyanidins are available in High Potency Grapine, Grapine with Protectors, and Chewable Antioxidants with Grapine. The chewable tablets are a good way to get antioxidant nutrients into children.

One of the most damaging of the free radicals is the superoxide radical, which is neutralized by an enzyme called superoxide dismutase. It is available in supplement form in S-O-D with Gliadin.

The cells of the body contain a powerful antioxidant called glutathione, which actually helps recycle other antioxidants. N-acetyl-Cysteine is a precursor to glutathione and is a powerful antioxidant for protecting the liver, skin, eyes, and circulation. It is also available in supplement form.

Another antioxidant supplement to consider is Super Antioxidant, which contains tocotrienols, lycopene, alpha lipoic acid, rose hips, milk thistle and turmeric. This formula has broad-acting antioxidants to protect a variety of tissues against free radical damage and environmental toxins.

These are not the only antioxidant choices available, but represent a few of the best choices. For assistance in determining which supplements are right for you, talk to an herb specialist. You can also consult some of the references below for more information.

Selected References

Herbal Therapy and Supplements by Merrily A. Kuhn and David Winston
The One Spirit Encyclopedia of Complementary Health, Nikki Bradford, Editor
Professional Guide to Conditions, Herbs and Supplements by IntegrativMedicine

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Seek appropriate professional assistance for all serious health problems. Handout prepared by Tree of Light Publishing
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Thai-Go

Powerful Antioxidant Supplement for Protection from Free Radicals

Research continues to show that free radical damage and inflammation are primary causes of aging and degenerative diseases like cancer and heart disease. Antioxidants are nutrients, primarily found in plants, which prevent free radical damage and reduce inflammation.

Research shows that people who eat lots of fresh fruits and vegetables, known to be loaded with natural antioxidants, have less degenerative disease. As a result, many nutritionists are recommending we should eat 5-7 generous servings of fresh fruits and vegetables every day. Unfortunately, research also shows that very few people actually do this.

For those who are on-the-go and having a hard time getting their fruits and vegetables, a convenient way to get more antioxidants into the diet is to take Thai-Go. Thai-Go is a blend of fruit juices and other botanical ingredients that are rich in naturally occurring antioxidants such as polyphenols, flavonoids, xanthones and vitamin C. This powerful formula also reduces inflammation, relieves pain, and enhances energy production. Its ingredients include:

Mangosteen Fruit Juice (Reconstituted)

Mangosteen is a tropical fruit which is highly praised for its luscious flavor. Mangosteen is very high in compounds called xanthones, some of the most powerful antioxidants discovered to date. Two of the most beneficial xanthones in mangosteen are alpha mangostin and gamma mangostin. These compounds have been shown to be antibiotic, antiviral and anti-inflammatory. They have histamine-blocking actions and may help protect arteries from damage. Mangosteen has also been found to have antifungal activity.

Wolfberry Lycium Fruit Extract

Lycium is a major Chinese tonic herb. The fruits are a rich source of vitamin C. They protect the liver against damage from exposure to toxins. The berries are also used in China as a blood, liver and kidney tonic. They have a cooling quality, reducing fever, sweating, irritability and thirst. They have been used to stop nosebleeds, reduce the vomiting of blood and help with failing eyesight. They have also

been used for dizziness, tinnitus, blurred vision and wasting conditions.

Green Tea Leaves Extract

This traditional beverage of the Orient has been found to contain powerful antioxidants called polyphenols.

Sea Buckthorn Fruit Extract

Sea Buckthorn grows mainly in sandy coastal areas and dry riverbeds in mountainous regions. The berries are very high in vitamin C and have been used to enhance the immune system's ability to resist infection.

Concord Grape Juice Concentrate, Red Grape Concentrate, Red Grapeskin Extract, Red Grapeseed Extract

Red grapes contain proanthocyanins, powerful antioxidants with protective effects against cancer, heart disease and liver damage. Proanthocyanins stimulate hair growth, improve venous circulation and aid eyesight. Grapes have been traditionally used to treat varicose veins, hemorrhoids and capillary fragility. The nutrient content of grapes is close to that of blood plasma, which is why grape fasts have been used for detoxification.

Blueberry Concentrate, Red Raspberry Concentrate, Apple Fruit Extract

These fruit juice products don't just add flavor to Thai-Go, they are also loaded with antioxidants and other valuable nutrients. For instance, blueberries are rich in anthocyanins, which have protective effects against free radical damage to the eyes and blood vessels.

Recommended Use

Take one ounce of Thai-Go daily—two tablespoons twice daily. It tastes great by itself and can also be combined with water or fruit juice.

Suggested Further Reading:

Herbal Therapy and Supplements by Merrily A. Kuhn and David Winston
PDR for Herbal Medicines by Medical Economics Company
The ABC+D Approach correspondence course by Steven H. Horne
The Encyclopedia of Medicinal Plants by Andrew Chevalier

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Activating the Healing Response: Solving Nervous and Glandular Problems

With Steven Horne, RH, AHG

September 7, 9 AM to 5 PM, Orlando, Florida

In our high-stress society we see an increasing number of health imbalances involving the nerves and the glands: anxiety, depression, ADHD, PMS, menopause, adrenal burn-out, thyroid problems and more. In this special class you'll learn about the chemical messengers released by the nervous and glandular system that regulate thought, mood, growth, reproduction, and a host of other body functions. More importantly, you'll discover practical ways to use diet, herbs, nutritional supplements and other natural means to resolve a wide variety of health problems related to the nerves and glands.

You'll discover how the foods you eat affect your mood, sleep patterns, food cravings, and more. You'll discover ways to reduce stress, anxiety, tension, and elevate mood without the use of drugs or medications of any kind. This powerful class is \$99, which includes workbook materials and certification credit (upon completion of assignments and open book test) for Tree of Light's educational programs.

Call 800-416-2887 to Register



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 Classes Call 888-707-4372 to register.

Activating the Healing Response

Sept 7	Orlando, FL	\$99
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Kim Balas' Classes Call 321-243-6855 to register.

Biochemical Blood Analysis

June 26-27	Scottsdale, AZ	\$225 before 5/15
		\$295 thereafter

Biochemical Blood Analysis

Aug 7-8	Winnipeg, Canada	\$300 CAN before 7/1
Call 204-444-4377 in Canada to register		\$400 CAN thereafter

CLEAR

Aug 14-15	Casper, WY	\$495
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Biochemical Blood Analysis

Sept 6	Orlando, FL	\$250 before 8/15
		\$295 thereafter

Advanced Blood Applications

Sept 6 (7-9:30 PM)	Orlando, FL	\$25
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About Tree of Light

Tree of Light Publishing is an independent educational organization dedicated to research, writing, and education in the field of natural health. Our approach discusses health on all levels: physical, mental, emotional, spiritual, social and environmental.

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 qualified health practitioner.

In an effort to offer you a variety of viewpoints and to broaden your understanding of health, body systems and natural healing, *Nature's Field* selects a variety of writers. The viewpoints expressed by each writer do not necessarily reflect the opinions or philosophies of Steven Horne or Tree of Light and its staff.

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