
An Electronic Journal for NSP Distributors

Elderberry

By Steven Horne

The elder bush has so many uses, it could be considered a type of wild pharmacy. The flowers, berries, leaves, stems, and roots have all been used as medicine, each possessing different medicinal properties. There are several species of elder, but the most commonly used commercially is the European elder, *Sambucus nigra*. Among American herbalists, *Sambucus canadensis* is the species of choice, but there are others that are equally useful.

My first experience using elder was gathering the wild berries, which are intensely tasty. Whenever I've had the opportunity, I've gathered elderberries and made my own elderberry syrup. It's wonderful on pancakes and waffles and makes an excellent medicine that is always easy to get children to take. (Here, have a spoonful of pancake syrup!)

Elderberries have traditionally been used to gently cleanse the stomach and bowels, and to combat respiratory congestion. I used the syrup or glycerite as a gentle, but effective, decongestant and expectorant when a child had a cold or respiratory congestion. Recent research in Europe has demonstrated that elderberries have antiviral activity, which helps confirm their value as a traditional medicine for colds. The berries also act as a blood tonic.

Alcoholic beverages don't appeal to me very much, but there is one which is absolutely delightful and that is elderberry wine. A little bit of elderberry wine makes a fine medicine for the soul as well as the body—I just think of it as a very large dose of an alcohol tincture of elderberry. Fortunately, it isn't easy to find, so I don't imbibe much.

Nature's Sunshine includes elderberry in two formulas targeted primarily at viral conditions. They are Elderberry Defense and Chewable Elderberry Plus. Both are excellent remedies for viral conditions, especially colds, flu and other acute viral diseases. This issue contains a handout on Elderberry Defense, and the handout on colds and flu mentions both formulas.

I could stop here, having covered NSP's uses for elder, but as already mentioned, elder bush is practically a pharmacy

unto itself, so I can't resist sharing the uses of some of the other parts of this valuable herb.



Photo by Steven Foster

For starters, I've used the flowers even more than the berries. I first learned the value of elderflower from Edward Shook's *Advance Treatise in Herbology*. He said that elderflower and peppermint was an excellent remedy for influenza. The flowers are anti-inflammatory and act as a febrifuge.

My favorite herbal remedy, which I call *children's composition*, is a glycerite extract of yarrow, elderflower and peppermint. It's a formula I've made and used to successfully clear up numerous acute or viral conditions, including fever, colds, stomach aches, sore throats, and coughs.

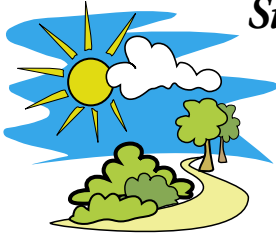
The leaves of elder are astringent and have been used topically for wounds, skin afflictions, ulcerations, bruises, and sprains. The inner bark is a bitter remedy that purges the liver and has a laxative effect. Like cascara, the bark needs to be dried and aged or it is too strong. One can readily see why the elder was, and still is, a highly valued plant among herbalists.

Selected References

The Encyclopedia of Medicinal Plants by Andrew Chevallier
The Book of Herbal Wisdom by Matthew Wood
Indian Herbology of North America by Alma R. Hutchens
Advanced Treatise in Herbology by Edward Shook

In This Issue

Feature Herb: Elderberry	1
Steven's Ramblings & Ravings: Six Tissue States	2-3
Kimberly Balas' Clinician's Corner:	
Adrenal Issues and Other Questions	4-5
Product Handouts:	
Common Colds and Flu	6
Elderberry Defense	7
Announcements/Class Schedule	8



Steven Horne's Ramblings and Ravings

Understanding Biological Terrain, Part Five

The Six Tissue States

In the previous four parts of this series, I've presented the basic concepts of biological terrain, the four stages of disease, the healing process, and the healing crisis. Now, we're ready to move on to an understanding of the six imbalances which take place in biological terrain.

For many years I worked with a model of four tissue states, based on the Western four element model. These tissue states were hot, cold, damp and dry. Although this model worked reasonably well, I knew there was something missing, because I couldn't quite make the system fit everything I was observing. Then Matthew Wood, an excellent clinical herbalist and personal friend, introduced me to the concept of the *six* tissue states. I immediately saw the relevance of what he was teaching, and everything that didn't fit before fell into place.

The Three Physiological Factors

According to Matthew, "The six tissue states represent simple excesses and deficiencies in three basic physiological factors." The first of these physiological factors is the metabolic rate, i.e., how fast or slow the tissues are functioning. That is, tissues can be overactive (hyperactive or hyperfunctioning) or they can be underactive (hypoactive or hypofunctioning). These correspond to the ideas of heat (overactive) and cold (underactive). We call the hyperactive state *irritation* and the hypoactive state *depression*.

The second physiological factor is density. This relates to the mixture of solids to liquids. When liquids exceed solids, then we have a state of *stagnation*, like a swamp. In the opposite extreme, where solids are not balanced properly with fluid elements, we get a hardening and drying of the tissues which we call *atrophy*. These two tissue states correspond to the ideas of dampness and dryness.

The third physiological factor, and the one missing from my previous model, is tension. This has to do with the tone of the tissues. Excess tone to the tissues results in *constriction*, where a lack of tone results in an atonic state of excess *relaxation*.

The beauty of this system is that it bypasses the need for treating diseases and risking being charged with practicing medicine without a license. Instead of thinking in terms of diseases, we think in terms of tissue states and organ systems. We look at which systems of the body are not functioning

properly and then assess what terrain imbalance exists in those tissues. Then, we work with remedies to restore balance to the different body systems by restoring balance to their biological terrain. In the process we identify and remove underlying (or root) causes of disease.

The Disease Tree model (discussed in a previous issue) shows that there are thousands of diseases (which are simply symptoms of imbalance in the body), but there are only four root causes of disease, six imbalances in biological terrain and twelve body systems. And all of this arises out of only one constitutional pattern. So, which makes more sense— learning to deal with thousands of diseases, by suppressing symptoms, or learning to work with the four root causes, the six terrains, and the twelve systems? The latter is not only much easier to understand, it is also more effective.

Before explaining the six tissue states in detail, I'd like to share with you why I believe this model is valid. I'll start with some concrete reasons and move on to the philosophical ones.

Biological Terrain Analysis

Many of you are now familiar with the concept of biological terrain analysis using the BTA machines Dr. Greenburg introduced to NSP. The BTA measures the imbalances in biological terrain through chemical analysis of three body fluids, blood, saliva and urine. (Since most Nature's Sunshine Managers are not licensed health professionals and hence can't draw blood, the blood analysis portion was left out of the BTA machines sold to NSP people.)

Each of these fluids tells something about the nature of the biological terrain in the body. Since the lymphatic fluid that bathes each cell *is* the biological terrain (i.e., the internal "ocean" in which the body cells live), the most important of these three fluids is saliva. Saliva is composed primarily of lymphatic fluid, so examining the saliva helps us assess the condition of the lymphatic fluid.

The blood is the supply line for the lymphatic ocean. The blood transports oxygen and nutrients to the tissues, and, as the liquid portion of the blood (or plasma) leaves the circulatory system (or blood stream) to bathe the cells, it becomes lymph. The blood also helps remove waste from the tissues, including carbon dioxide from cellular respiration. So, we can

also tell a lot about the health of the body through an analysis of the blood.

Even though lay health advisors (like myself) can't legally draw blood for BTA analysis, there are still ways we can evaluate this aspect of biological terrain. The system in the *Biochemical Blood Analysis* course, developed by Kimberly Balas, allows us to use standard lab tests to determine exactly which glands and organs are malfunctioning and need nutritional support.

Lastly, the urine provides us with information about what the body is filtering out of the body fluids. In other words, it tells us what the body is trying to get rid of to maintain balance in the internal environment.

Biological Terrain Analysis performs three different tests on each of these fluids. It checks redox, resistivity and pH. These three tests are directly related to the three physiological factors we've been discussing. Redox relates to metabolism, that is, how much energy is being produced. It answers the question: is energy production high or low? Resistivity is a measure of density. It checks the relationship between solids and liquids in the body. It answers the question: are the tissues too damp or too dry? Finally, pH levels tell us about the tone of the body, how tense or relaxed things are. It answers the question: are things too relaxed or too tense?

As I explain the six biological terrain factors in detail, I'll cover other ways of determining these tissue states that don't require a BTA machine, but for now, I just want you to understand that the BTA is validating that there are three basic physiological factors in biological terrain which can be out of balance in one direction or another. This makes for three pairs of two imbalances, or a total of six basic imbalances.

Iridology

Iridology shows us a similar pattern. If you aren't familiar with iridology, you may have a difficult time following this part of the discussion. I recommend you view some of our iridology videos for a better understanding.

For starters, iris fibers radiate outward from the pupil to the white of the eye. Those of you familiar with iridology will recognize that as iris fibers rise up towards the surface, they become white. As they sink down towards the interior of the iris, they become dark. This dimension of iridology is associated with inherent tendencies of metabolic rate. Raised, or white fibers, indicate a tendency towards hot or overactive conditions. Persons with a lot of raised white fibers are genetically prone to have more feverish and inflammatory-type diseases. People with dark, or sunken, fibers are more prone to chronic, weakened diseases.

Ideally, the iris fibers are tightly woven, but sometimes, they separate and spread apart, forming small openings called

lacuna. Small areas of discoloration can also form over the iris fibers. These pigmentations are called psori. Both of these signs represent a lateral movement of fibers. The lacuna represent areas of the body prone to stagnation in the body, i.e., an accumulation of fluids with sluggish flow, that creates a swamping condition. The psori represent areas prone to atrophy, i.e., an accumulation of solid material or toxins, that creates hardness and inflexibility.

Finally, there are signs that appear in the iris as rings, starting at the pupil and moving to the periphery. Tone is what controls the flow in the body from the interior to the exterior. When there is too much tone, then tension is created that dams the flow and backs things up. When there is too little tone, then the body leaks fluid. Various signs in the circular patterns of the iris mirror this third physiological factor. For example, a tight collarette (or autonomic nerve wreath) represents a genetic tendency to a spastic or constricted bowel tone. A loose collarette, on the other hand, represents a tendency to an atonic or ballooned colon. There are other circular signs that show either an excess of tension or an over relaxation of tissues, such as radii solaris and radial furrows (nerve rings).

Philosophical Evidence

There are other practical applications to the six tissue states, but I want to close with why I think it is philosophically valid. There are only six basic directions we can go in space. There are the four cardinal directions (north, south, east, and west). Latitude represents degrees north and south; longitude degrees east and west. If we add the third dimension, altitude (how high or low we are), we have a complete system by which we can orient ourselves.

We can also think of this as the six possible directions we can go (forward, backward, right, left, up and down). Thus, it only makes sense that a system that would orient where we were in our health would have three axes, with two possible directions to go on each axis. In the three Nature's Field issues to follow, we'll explain each of our three health axes in detail and the two directions of imbalance for each.

Steven H. Horne is a past president and professional member 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

Adrenal Issues and Other Questions

Enlarged Pupils and Hyperactivity

I read my grandson's eyes recently and noted large pupils. He is on the go more than the other children at his day care. He takes Elderberry Plus (1-2X) and Baby Bifidus—still has his share of whatever seems to be “going around.” I fear he will become an ADHD child.

He cannot take the children's liquid vitamins due to genetic hemochromatosis in his family. Any ideas how to correct the possible oncoming ADHD?

Dixie

Large pupils are more of an indicator of a dominant sympathetic nervous system. This can make children hyperactive and very energetic, but this is not the same as Attention Deficit Hyperactive Disorder (ADHD). Children with ADHD tend to have a dominant parasympathetic nervous system, which results in small pupils. So, this is more of an indication of stress, which typically creates over stimulation of the adrenals and eventually adrenal exhaustion.

This type of hyperactive behavior is usually linked to blood sugar imbalances. Children with dominant sympathetic nervous systems are easily wired by simple sugars. They go either full steam, or run out of steam and crash and burn. Their systems also tend to run more acid.

Nervous Fatigue Formula or licorice root can be helpful here, along with green foods. Commonly used nervines like chamomile or lavender can help to calm the nerves, too. More protein and essential fatty acids with less simple carbohydrates and sugar will also help.

Cushing's Disease

What supplements would be good for someone with Cushing's? She has had a tumor removed from the adrenal gland. She is tired all the time.

Lillyanna

Cushing's disease is a disease involving elevated function of the adrenal glands. There is an excess of cortisol with a retention of sodium and a loss of potassium. High cortisol levels result in the development of abdominal fat, muscle wasting, reduced immune response, and impaired wound healing. Since licorice root builds the adrenals and prolongs the life of cortisol in the body, it should definitely be avoided. DHEA, pregnenolone, and other supplements that build the adrenals also need to be avoided.

Remedies are needed that calm down adrenal function and inhibit cortisol function. Adaptagens can be helpful here, especially Suma Combination and Eleuthero Root (formerly known as Siberian Ginseng). Adrenal Support can also balance adrenal function along with Essential Fatty Acids.

ITP

I have a young man (15) who has been diagnosed with ITP. I can't tell you what the initials stand for, but it is a deadly disorder of the blood in which the blood platelet count goes down. I think they should be somewhere in the 350,000 range and his tested 2000 yesterday afternoon. The doctors have tried everything in their bag and have only one more option—removal of the spleen—which may or may not help. I tried him with chlorophyll and red clover which has helped him look and feel a little better but his platelets have continued to drop dramatically.

Would chlorophyll or red clover be bad for him at this point? His blood is oozing out of his tissues. He is even bleeding at the mouth. Is there anything else that can be done.

Barbara

ITP stands for Idiopathic Thrombocytopenic Purpura. As you have already indicated, it is a disorder characterized by low platelet counts. Platelets are decreased during toxic reactions in the body, especially to pesticides. Did the mom happen to take chlorothiazide (diuretic) during pregnancy with him? Has he had heavy rounds of antibiotics, especially chloramphenicol or acetazolamide lately?

I would start with Heavy Metal Detox and add yarrow. Yarrow has been traditionally used for bleeding. Olive Leaf Extract or Trigger Immune may also help, along with folic acid. The chlorophyll may be of help, but indirectly. However, I would use the capsules instead of the liquid. I would not recommend red clover as it contains natural blood thinners.

An herb that has increased platelet counts in some people with low counts is red root. Adding sesame seeds to the diet may also help increase platelets.

Loss of Appetite

We've been having a really difficult time the past couple of weeks trying to get our son to eat anything at all. He won't eat cereal anymore, very little yogurt, pudding or baby food. He goes all day long at day care and doesn't eat anything. I've tried waffles, peanut butter on bread, butter on bread, chicken nuggets, grilled cheese, peas, baked potato...All with no luck. He did start eating slices of cheese, but the past week, he won't even eat that. He also will put a bite of waffle in his mouth, suck off the syrup, and spit out the waffle. He'll eat butter and sometimes peanut butter on his finger, but no bread at all. He's been drinking lots of goat's milk, but that seems to be all he wants. He's also not had a BM since Monday. He's never gone this long before. He has always been very regular. Do you have any ideas?

Patricia

It sounds like he is a pretty smart kid. He instinctively knows that his system is congested and he senses that ingesting more carbohydrates would not help. He is craving fats, which can help. Digestive enzymes can break up the congestion in the intestinal tract. I would add some Proactazyme to a little water and get him to take that, along with some minerals. Magnesium is often helpful, as it can help the bowels to move again. You can empty the contents of the capsules and mix it with something (like the goat's milk) to get him to take it.

Getting his bowels to move with some magnesium or lobelia and a little bit of LB extract will help restore his appetite. You could also give him an enema. A small amount of the Digestive Bitters could also help stimulate his appetite. When you relieve the congestion in his digestive tract, his appetite will return.

Weight Gain from Eating Too Little?

I just spoke to a client that is quite a bit overweight. She said different doctors have recommended she eat either 500 or 1000 calories a day to lose weight. She is also diabetic. She said she typically eats 3 meals a day with about 300 calories per meal. I tested her on the Body Gem and she came up with a resting metabolic rate of 1740. Is it likely that she isn't losing weight because she just isn't getting enough nourishment? I expressed this thought to her and she thought (at first) that I must be off my rocker. People are so programmed to believe you need to eat less, less, less and I think that hurts us. Am I wrong?

Nicole

You are not wrong. Starving the body doesn't usually result in weight loss. Going without sufficient nourishment resets the body's metabolism and makes the body think it is starving, which causes it to want to store more fat. With just skipping one meal, thyroid metabolic production is reduced by 30%, by skipping two meals (or eating too few calories), thyroid production is reduced by 50%. The thyroid hormones are responsible for burning fat in the body, so when the thyroid hormones are down, guess what? Your body doesn't burn fat.

If she is a type II diabetic, then she is also producing too much insulin. Insulin causes food to be stored as fat. Also, what is she eating for that 300 calories per meal? If she is eating a lot of carbohydrates, then she's triggering insulin production and the body will want to store those carbohydrates as fat. She needs to eat high quality foods, eating low glycemic carbohydrates to reduce insulin production and making certain she is eating a sufficient quantity of vitalized protein to maintain muscle mass. She also needs good quality fats in the diet. Losing weight isn't just a matter of calorie counting, it's also about the quality of food you are eating.

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





Colds and Flu

Natural Cures for the Common Cold and Flu

You've probably heard the saying, "There is no cure for the common cold." Well, it's very true that antibiotics do nothing for colds, because a cold is a viral infection and antibiotics only work on bacterial infections. It's also true that all of the over-the-counter drug medications we see advertised on TV don't cure colds or flu either. They merely relieve symptoms.

But is it really true that there are *no* effective remedies for colds and flu? The fact is that there *are* very effective remedies for these common conditions—they just happen to be herbal remedies. In this handout, we'll introduce some of our herbal allies in the battle over colds and flu. But first, we need to learn a few basic principles about natural health care that will help maximize our results when using these remedies.

First, it is important to understand that the symptoms of colds and flu (fever, inflammation, sinus drainage, coughing, nausea, diarrhea and vomiting) are generated by the body's immune system. They are the efforts of the body to flush irritants out of the system. Taking anything that suppresses these symptoms will only prolong the length of time it takes to recover.

Second, when you first notice a cold or flu coming on, take a lesson from animals and small children—stop eating. When the body is attempting to flush irritants, adding more food only burdens the body further. Hippocrates' famous quote, "feed a cold, starve a fever," means "if you feed a cold you will create a fever you will have to starve." With all acute ailments it is best to fast. If you must have nourishment, liquids and easy to digest foods are best. Try fruit or vegetable juices, soups and broths, or some fresh vegetables or fruits.

Third, since the cold and flu symptoms result from the body's attempts to flush irritants, give the body some help. Clearing the colon with an enema or colonic can do wonders. Soaking in a tub of hot water with some Epsom salt and essential oils to help work up a sweat can also do wonders. By opening the body's channels of elimination, you make it easier for the body to remove the irritants and recovery time is shortened.

With that background, let's review some of the herbal friends that can help the body fight off colds and flu. One powerful remedy is HCP-X, a formula developed over 200 years ago for colds and flu that is still effective. Originally called Composition Powder, HCP-X helps the body expel mucus and congestion, while stimulating circulation and immunity.

While HCP-X can be taken in capsules (1-2 capsules every 2-4 hours starting at the first sign of a cold or flu), it is even

more effective when taken as a tea. Use 2-3 capsules per cup of boiling water, and allow the herbs to steep for about five minutes before straining the tea. It can be sweetened with a little honey or stevia if desired.

Sip the warm tea frequently throughout the day (it is spicy to the taste) and drink plenty of water. It is also an excellent tea to drink before sitting in a warm bath.

Many people have found echinacea to be helpful for knocking out colds and flu before they have a chance even to get started. The liquid Ultimate Echinacea is another great formula to be taken at the first sign of cold or flu. Take about 1/2 teaspoon every 1-2 hours along with plenty of water.

Echinacea is a non-specific immune stimulant. It "tricks" the body's immune system into thinking it is under attack, causing it to heighten immune responses. This increases the body's ability to fight off viruses.

In the formula Elderberry Defense, echinacea is combined with elderberries and royal jelly in a great antiviral formula. Two capsules of Elderberry Defense can be taken every two hours, starting at the first sign of sickness, until symptoms improve. Again, drink plenty of water to help the body flush the irritants.

For children, elderberry is available in the chewable Elderberry Plus tablets, which also contain reishi mushroom and astragalus. These products all have antiviral activity that can boost the body's ability to ward off colds and flu.

When taken as recommended, in small, frequently repeated doses with plenty of water, all of the aforementioned remedies will usually knock out colds and flu in 24-48 hours. They have been known to work in as little as 2-4 hours.

Yes, there is a cure for the common cold. In fact, cold and flu cures are abundant in the herbal world. There are many more that we haven't listed. So, next time you sense that sniffle coming on, try some of these remedies, in conjunction with the three principles of basic health care mentioned at the start of this handout. You will discover for yourself that these remedies can be very effective and fast-acting.

Selected References

Prescription for Nutritional Healing by James F. Balch and Phyllis A. Balch
The ABC+D Approach to Natural Healing by Tree of Light Publishing
The HART Manual by Herb Allure

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Elderberry Defense

Natural Remedy for Colds and Flu

Although modern medicine abounds in remedies that treat the symptoms of common colds, they have no real remedies to actually cure this condition. Nature, on the other hand, has provided us with an ample supply of remedies that can not only cure viral disorders like the common cold and flu, they can also help prevent them.

Elderberry Defense is an antiviral formula that contains several herbs which boost the body's immune defenses against viral conditions. Taken at the very first sign of cold or flu, Elderberry Defense can help the body rapidly fight off the problem. It can also be taken to help a person stay healthy when colds and flu are "going around."

Elderberry Defense can also be used for respiratory congestion and fevers. It is an excellent formula to help rebuild the immune system for a person who catches colds and flu easily. Here are the ingredients in Elderberry Defense and their functions.

Elderberry

Elder was so widely used in European folk medicine that it served as a virtual pharmacy for the common people. The whole herb, including the berries, appears to have anti-inflammatory and diaphoretic effects. The berries have been used as a gentle cleanser for the stomach and bowels, and to help ease respiratory congestion. They have been used for nasal congestion, bronchial catarrh, asthma, and colds. Because they gently promote perspiration, they also help to reduce fever.

The elder plant has a special affinity for tubes and passages in the body. Elder can reduce allergic reactions in the sinuses and can open the eustachian tubes when they are congested. This helps both to prevent and treat earaches. The berries are an excellent source of flavonoids and vitamin C. Recent research suggests that elderberry has antiviral activity. It appears to strengthen cell membranes so viruses cannot enter cells and replicate themselves.

Echinacea

Echinacea has become one of the most popular herbs in the United States because of its immune stimulating

properties. Echinacea contains substances that trick the immune system into thinking the body is under attack, causing an increase in non-specific immunity. Many people have discovered they can keep themselves from every becoming sick by taking echinacea at the first sign of a cold.

Echinacea really shines when it comes to dealing with chronic infections, including blood poisoning and bacterial infections. It has a blood purifying action and inhibits bacteria from spreading. It reduces inflammation and speeds the healing of wounds.

Royal Jelly

Royal jelly is a substance nurser bees produce by chewing up bee pollen and mixing it with a chemical they secrete from glands on the top of their heads. This food is fed exclusively to the Queen Bee. The Queen was originally just another female bee, but this special food causes her to become twice the size of other bees and to live 40 times longer while laying as many as two thousand eggs a day.

Royal jelly is rich in a variety of vitamins, minerals, enzymes, and amino acids. It is used as a revitalizing food, increasing energy and counteracting the effects of stress. It has been used for fatigue, lack of appetite, weight loss, and indigestion. It also has properties that help to combat colds and flu. It appears to help stabilize the body's biochemistry. It is also a powerful antioxidant.

Dosage and Use

One can get the maximum benefit from Elderberry Defense by taking frequent doses (2 capsules every 2 hours) at the first sign of cold or flu, along with a large glass of water. It is also best to fast, or at least limit food intake to mild foods like juices, soups, fruits, and vegetables until all symptoms have passed. When colds and flu are "going around," take 2 capsules three times daily for prevention.

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Dr. Mom/Dr. Dad

I taught my new Dr. Mom/Dr. Dad class prior to NSP's National Convention and was surprised how excited people were about it. They found it very practical and useful. We're taking preorders for this course, which will be released sometime in late October. It covers home remedies for common acute ailments, and the relief of pain and inflammation from trauma. This course in natural family medicine features two 1-1/2 hour videos, *Pain Relief without Medication* and *The Cold is the Cure*, plus the manual, *Dr. Mom/Dr. Dad: Primary Healthcare Takes Place in the Home*, and a study guide. When completed, the course will retail for \$99, but you can preorder it before the end of October for \$75. Manuals will also be available for purchase so you can teach this material to your group.



Class Schedule

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

- Biochemical Blood Analysis—Kimberly Balas**
Oct 3-4 Greenville, OH (\$295)
- Biochemical Blood Analysis—Kimberly Balas**
Oct 26 Dallas, TX (\$225)
- Biochemical Blood Analysis—Kimberly Balas**
Dec 6 Chicago, IL (\$225)

NHC Classes Contact NSP to register.

- Metabolic Typing—Kimberly Balas**
Oct 25 Dallas, TX
- Metabolic Typing—Kimberly Balas**
Dec 5 Chicago, IL

3rd Edition ABC+D Charts

The third edition of our 12 laminated ABC+D charts is available for order. These new charts follow the model of the six tissue terrains (discussed in *Nature's Field*). Besides including updated NSP products, the new set contains a glandular/hormonal reference guide, a new immune system product spreadsheet, updated MegaChel and gall bladder flush handouts, and an instruction sheet for doing consults using the system. The 17 charts and handouts in this package will regularly sell for \$60. Order before October 31st and you can get them for the Convention special price of \$50.

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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 of our being: 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 competent health practitioner.

In an effort to offer you a variety of viewpoints and to broaden your scope of health, body systems and natural healing, *Nature's Field* selects a variety of qualified 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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