

# Nature's Field

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An Electronic Journal for NSP Distributors

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## Prickly Ash

*Xanthoxylum clava-herculis*

By Steven Horne

When most NSP Managers and Distributors think about herbs that stimulate circulation, they think about capsicum. Perhaps they might consider ginger or garlic. All of these herbs are very pungent, and may cause some digestive upset in people with sensitive stomachs. There is a gentler, but equally effective, circulatory stimulant available that most NSP people aren't familiar with, and that is prickly ash.

My introduction to prickly ash came from Edward Milo Millet, who taught me that prickly ash was a gentler, but longer lasting, alternative to capsicum that helped to restore poor circulation. One of the traditional indications for prickly ash has been poor blood flow to the extremities causing cold limbs. It dilates peripheral blood vessels increasing circulation to the hands and feet. This makes it a very useful remedy for Reynaud's Syndrome.

A native of the eastern United States, the prickly ash is an aromatic shrub containing alkaloids, resins and volatile oil. It was used by Native Americans for rheumatism, toothache, headaches, ear and eye problems, digestive upset, diarrhea, fever, coughs and asthma. It was once an official remedy in the United States and was listed in the U.S. Pharmacopeia from 1820-1926.

Modern herbalists use it primarily for poor circulation to the extremities and digestive problems. It is a good remedy for people who are deficient in hydrochloric acid, have gas, poor absorption of nutrients, excess mucus in the digestive tract, and poor appetite. It stimulates digestive secretions, acts as a carminative to expel gas, and improves digestive function and tone.

According to David Winston, AHG, it is helpful for people with a white coated tongue, gas and malabsorption. Ed Smith, AHG, suggests it is useful for anyone with a lack of muscle tone with deficient secretions, and for people

with digestive problems due to an excess of mucus in the digestive tract.

Prickly ash moves both blood and lymph, which is why it is an important ingredient in NSP's Lymphatic Drainage Formula. This blend helps improve the flow of blood and lymph, which improves both oxygenation and nutrition to the tissues. It also increases waste removal.

Prickly ash can also act as an alterative in skin diseases. It potentiates the action of immune enhancing herbs like echinacea and burdock. This makes it a valuable ingredient in BP-X, an alterative or blood purifying formula used for skin eruptive diseases and liver problems.

Since prickly ash has been used to help gout, rheumatism, arthritis, and painful joints, it helps to make both Lymphatic Drainage Formula and BP-X excellent formulas to add to a program for these types of conditions. Both of these formulas may also be helpful for skin conditions and problems with sluggish lymphatic function.

Prickly ash is just one of the many herbs tucked away in NSP's formulas that don't get much attention. But it is a valuable remedy and we can be grateful for its contribution to our efforts to help people improve their health with plants.

### Selected References

*Therapeutic Herb Manual* by Ed Smith  
*Medicinal Herb Handbook* by Feather Jones  
*Herbal Therapeutics* by David Winston  
*PDR for Herbal Medicines* by Medical Economics Company  
*Encyclopedia of Medicinal Plants* by Andrew Chevallier

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*Steven Horne's Ramblings and Ravings*

## Constitutional Iris Types, Part Three

# The Hematogenic Constitution

This constitutional iris type has a pure brown eye. The iris fibers are covered with a heavy pigment layer that has a velvety or carpet-like appearance. Iris fibers are generally not visible through the heavy layer of pigment. Discolorations are occasionally present such as lighter colored zones or dark brown or black-colored psori. True hematogenic constitutions are nearly always found in people with darker skin and hair.

Pure brown eyes are more difficult for iridologists to read because a layer of pigment completely covers the fiber structure of the eye, so some of the subtler signs are not detectable. People with this constitution are primarily prone to problems with the the following systems:

Hepatic (liver and gallbladder)

Cardiovascular

Glandular (endocrine and exocrine glands, lymph nodes)

As with the previous two constitutional iris patterns, these are latent genetic tendencies, which may or may not be active in any given individual. By examining other signs and subtypes in the iris, we can assess the relative risk for problems in each of these systems. Then, by asking questions about the person's current and past health history, we can determine which of these systems are actually in need of nutritional and lifestyle support.

Typical diseases people with brown-colored eyes are prone to include all of the following:

- Indigestion or dyspepsia
- Disturbances of fat metabolism causing gallstones and high cholesterol levels
- Venous congestion causing varicose veins, hemorrhoids and phlebitis
- Sluggishness or congestion of the lymphatic system which may result in hardening of lymphatic tissue, lymphosarcoma, Hodgkin's disease
- Tendency to imbalances in blood composition, anemia, thicker blood viscosity, and other diseases of the blood
- Tendency for hardening of the arteries (arteriosclerosis), impaired circulatory function, and heart disease
- Trace mineral deficiencies and difficulty in storing trace minerals
- Tendency to breakdown of the endocrine glands, especially the thyroid, adrenals and pituitary
- Intolerance to dairy
- Liver problems
- Decreased white blood cells



Generally speaking, the pure brown-eyed or hematogenic constitution has problems with digestion that lead to problems with mineral absorption and utilization. This leads to problems with circulation (blood composition) and the structural system. When reading the eyes of hematogenic types, it is important to pay particular attention to digestive system problems (discussed under the biliary constitutional pattern in the previous lesson) and circulatory and structural issues.

We will now examine the body systems that are the primary weaknesses in the biliary constitution. We will identify the additional iris signs that point to inherent weakness in that system and the specific kinds of health problems to look for. Then, we will discuss natural therapies and herbs that can be used to support and rebuild those systems.

### Circulatory System

Although cardiovascular problems can occur in all three constitutional iris types, the hematogenic type is the type most prone to cardiovascular disturbances. There are several subtypes and specific signs that indicate a high potential for problems in the circulatory system. These include the cornea arcus or lipemic diathesis, markings in the heart area, a bluish cast in the sclera, and a transversal running from the spleen area to the heart area.

The first, and most important of these signs, is the lipemic diathesis. This is a sign that indicates imbalances in the way the

body deals with fats and cholesterol. It is a sign of possible problems with the liver and may be connected with hardening of the arteries. It does not necessarily mean that the person has high cholesterol, but there is a genetic tendency towards hardening of the arteries and increased risk of cardiovascular diseases.

Some indications that there may be poor circulation and possible hardening of the arteries include cold hands and feet, wounds that won't heal in the extremities of the body, dizziness, numbness or tingling in the extremities, macular degeneration in the eyes, absent-mindedness, senility, dementia, Alzheimer's disease, and Parkinson's disease. Ask the client about a case history of these types of health problems.

Mega-Chel can be very helpful for people with the lipemic diathesis subtype. It helps keep calcium, other minerals, and cholesterol in solution in the body and helps prevent and reverse hardening of the arteries. Garlic and capsicum are also very helpful for improving general circulation.

Olive oil and Omega-3 EPA should be included in the diet to provide the right kinds of fats to protect cardiovascular health. Hydrogenated fats should be avoided.

Where there are signs of heart weakness (either markings in the heart area and/or the presence of a spleen-heart transversal) particular attention needs to be paid to the heart. Ask about a family history of heart disease and other circulatory problems. A crease in the earlobe, a red tip on the tongue, and a red nose are other signs the heart may need serious attention.

There are a number of supplements that can support the health of the heart and possibly prevent heart disease. Hawthorn is one of the best and safest herbs to use for this purpose. Hawthorn has a tonifying effect on the heart muscle, helping it beat more strongly with less stress. It dilates peripheral blood vessels to help lower blood pressure. Combined with capsicum and garlic, hawthorn enhances general circulation. HS II combines these three herbs and is very beneficial for improving general circulation. Other supplements that may benefit the heart include Co-Q<sub>10</sub> Softgel, taurine, ginkgo, valerian, Cardio-Assurance, Blood Pressurex, Capsicum & Garlic with Parsley, and GC-X.

Exercise is also critical to improving heart and cardiovascular health. The best kind of exercise for most people is moderate exercise such as walking, swimming, jogging, bike riding, etc., as this kind of exercise is beneficial to circulation.

A bluish cast in the sclera indicates anemia or a lack of circulation to the extremities of the body. This is often an indication of problems with liver function. Correlating signs include a pale or bluish color to the tongue and complexion and a thin, weak pulse. Ask about problems with cold limbs, fatigue, forgetfulness, and lowered resistance to disease. Congestion of the venous circulation may also result in varicose veins, hemorrhoids and uterine fibroids. So be sure to inquire about a possible history of these problems.

Helpful herbs include mineral rich herbs like alfalfa, nettles, and red raspberry, blood builders like yellow dock and red beet, and circulatory herbs like garlic and capsicum to stimulate blood flow to the surface of the body. Three formulas helpful here include BP-X, I-X, and Blood Build.

## Glandular System

Hormones are synthesized from a base of either amino acids (protein) or cholesterol (fats). Minerals are required for hormone synthesis. The difficulties the hematogenic constitutional iris types have with digestion and utilization of these nutrients can lead to an increased risk of glandular imbalances.

The first thing to look for to determine if the glandular system is potentially a major area of concern is the polyglandular subtype. This has also been called a "daisy petal eye" and is characterized by numerous lacunae surrounding the collarette.

*Poly* means many, so the term *polyglandular* means "many glands," indicating that this type has the potential for problems involving multiple glands. These numerous lacunae also indicate a tendency to structural weakness, or the connective tissue type, discussed in the next lesson. So, there is a greater chance for problems in the structural system as well. Both of these problems are related to liver and digestive problems with fats and proteins, and mineral deficiencies.

To determine if these genetic tendencies are active in a client ask about a history of glandular related problems with the pituitary, thyroid and adrenals. Such problems might include low thyroid, dry skin, irregular menstrual cycle, stress, fatigue, low body temperature, sluggish metabolism, and excess weight. Also inquire about structural problems such as prolapsus, tissue damage and injuries, hernias, ulcerations, etc.

Mineral-rich herbs and glandular tonics can be very helpful in these cases. These include herbs like kelp, alfalfa, oatstraw, nettles, plantain, and others. Specific formulas that may be helpful here include Master Gland, Herbal Trace Minerals, Colloidal Minerals, and Chinese Mineral Chi tonic.

This concludes our discussion of the three color types in iridology. For more information consult our forthcoming iridology course.

**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

# Facts and Myths About Calcium

### How Much Calcium Should I Take?

*My sister-in-law has asked me about the dosage of calcium she should be taking. She has been told that she should have 1000 milligrams a day. Of course we know each person's needs are different. She is getting 400 milligrams with her Super Supplemental and another 800 milligrams with her calcium/magnesium supplement. She wants to know if this is sufficient. She is taking them with her other supplements that might also contain calcium. She would like to know about the ideal amount of additional calcium needed with her Super Supplemental. This is a question that comes up frequently. Many of my clients want to know exactly how many milligrams to take.*

*Sue Beaumont*

The body can only utilize about 200 mg of calcium at a time and that is only if the digestive system is working optimally. Calcium has a very dense structure and a heavy atomic weight. This means that certain conditions must be present in the intestines before calcium can be absorbed. Most people take calcium because they want to strengthen their bones. They assume that if they take calcium, it will automatically go towards strengthening their bones, but it doesn't work that way. The media hype about calcium is just that—hype.

Calcium is the body's most abundant cation. It is also the most abundant cardiac electrolyte and plays many important roles besides bone development. Lack of calcium in the bones is usually due to an acid condition in the body which causes the calcium to be robbed from the bones to buffer the pH. The acid load is caused improper diet, poor digestion, stress, and lack of oxygen. Carbonated beverages are very acid-forming and tend to leech calcium from the body. Chronic inflammation appears when calcium levels are low.

Taking calcium by itself will likely create an excess of free calcium in the body. It isn't going to be properly utilized. An excess of free calcium is even more detrimental than low calcium levels. Supplementing the diet with too much calcium can be harmful. Too much free calcium causes blood coagulation, impairs cellular communication, prohibits cell regeneration, blocks enzymatic reactions, and alters neuromuscular transmissions, and that's just some of the potential problems it can cause.

To clarify, calcium exists in three forms in the blood:

1. Calcium bound to protein, which accounts for about 40% of the calcium in the blood.
2. Calcium complexed with organic anions accounts for about 15% of the calcium in the blood.
3. Ionized (or free) calcium makes up about 45% of the calcium in the blood.

The ionized calcium is altered by the pH of the blood and changes the distribution of ionized versus bound calcium to help balance the blood pH. In practical terms, this means just adding more calcium to your diet can actually create more harm than good if there aren't enough proteins (amino acids), vitamin B<sub>12</sub>, and essential fatty acids to work with the calcium. If you have a low protein diet and are consuming a lot of refined carbohydrates, you are robbing calcium that could go to the bones, and elevating free calcium levels in the blood. This can create a host of negative reactions including mental fog, fatigue, and even blood clots. Deficient protein hinders tissue repair and exacerbates chronic inflammation.

Hypercalcemia (high levels of free calcium in the blood) is related to increased risk of cancer, thyrotoxicosis, metabolic alkalosis. It is caused by excessive intake of alkaline forms of calcium which stimulates reabsorption of calcium by the renal tubules. Thus, the excess calcium is not utilized in the bones, but the lack of an acidic condition prevents the excess calcium from being passed in the urine. This can create calcium deposits in other tissues.

Most people are far more deficient in magnesium than they are in calcium. The ideal thing for most people is to increase magnesium by taking Magnesium Complex and adding B<sub>12</sub> to improve utilization. Consider using Herbal CA as a calcium supplement. It actually does a better job of getting calcium into the bones and tissues for utilization.

Also, make sure there is enough vitalized protein in the diet. Heavily cooked proteins are devitalized and don't count. Your lean body weight divided by two is the number of grams of protein you need per day optimally. I would also add enzymes with the calcium to help break it down. If hydrochloric acid is deficient there is no way to properly absorb calcium. If free levels of calcium are high, eating pumpkin seeds will help to reduce them.

In order to fully see the picture, you need to consider phosphorus levels, too. You can examine the free calcium index in conjunction with the amount of phosphorus in the blood. The free calcium index will tell you the sum total of organic anions (organic buffers) plus albumin relative to total calcium. If free calcium is high, then there is more than likely an acid condition present that the body is working on and a tendency towards anaerobic metabolism. This is when calculus will form deposits on teeth and arteries. Magnesium will raise serum phosphorus levels and reduce free calcium by encouraging movement of excess phosphorus from the inner cell to the plasma. Cellular energy will also help in this situation.

I always increase magnesium and use Mineral Chi Tonic with clients as opposed to a calcium supplement. I also use Herbal CA and Super Algae instead of calcium. It's not just about putting more calcium in the body. It's about using the right kind of calcium and making certain it is being properly utilized.

### Coral Calcium

*Steven mentioned you have a concern with Coral Calcium. My wife had problems with kidney stones. I put her on Coral Calcium at the advice of others. She has been on it for over a year and a half. Just a couple scoops a day. Tell me what you think about this, based on your clinical practice.*

*Ray*

Many claims are made for coral calcium. It is used to increase pH values (alkalize). There are many factors here. There are seven layers to the body's pH buffering system. We don't know that the same layer will be affected in the exact same way in every single person.

The more research I have done on this, the more concerned I am about the claims made for coral calcium. Coral calcium is composed of calcium carbonate (the same kind of calcium found in chalk and Tums). I have found that it raises the free calcium index in the blood. Too much free calcium does more harm than good. Calcium must be bound properly in order to be utilized in the body. Binding calcium requires hydrochloric acid in the stomach, but calcium carbonate depresses hydrochloric acid production.

A high level of free unbound calcium can lead to acidemia (an overacid condition in the tissues) and anaerobic metabolism. It can also form calculus on teeth, which is an indicator of vessel calcification as well as kidney stones. As pH falls, more hydrogen ions are available to combine with anions and anionic sites on protein, which then displaces calcium ions while increasing ionized calcium concentration. This scenario is always related to disease states. In this type of disease state, there is a noticeable lack of the important alkaline buffers and

diminished binding of calcium to these buffers. The key is to get the calcium to bind, and coral calcium isn't capable of doing that, so it creates a false positive reading in pH values.

If you are taking coral calcium with protease, then you will be more likely to have bound calcium. It also helps if you take coral calcium with a plant based calcium like Herbal CA. Lecithin and pumpkin seeds can help to reduce the free calcium and increase the necessary buffers. Calcium also requires B<sub>12</sub> and lipoproteins to bind, so if I were her, I would take the B<sub>12</sub> and Super GLA along with some horsetail to prevent kidney stones and put the free calcium back in check.

Coral calcium, like baking soda, will temporarily alkalyze, but won't solve the underlying reasons for the excess acid. I don't sell any calcium supplements at my clinic. I use horsetail or HSN-W for silica content, which is the precursor to depositing calciums where they should be without causing an overabundance of free calcium.

### Blood Calcium versus Bone Calcium

*Can you tell me why I have too much calcium in the blood and not in the bones?*

What is happening here is there is too much *free* calcium in the blood and not enough *bound* calcium. Free calcium is regulated by pH, and high levels of calcium in the blood suggest a chronic acid condition in the body. There can be a magnesium deficiency present with high calcium levels. This prevents calcium and lipoproteins from being drawn through the intestinal membrane. Another possible cause occurs when the anterior pituitary is unable to control magnesium via hormonal controls. In this case, Master Gland or even the Pro-G yam cream would help.

High calcium levels could also be from improper bile emulsification, preventing fats from being absorbed. Bitters like liquid Oregon grape can be used to stimulate bile. Lecithin can be good in helping the body emulsify fats.

Other problems that may cause elevated calcium include: hyperparathyroid, osteoporosis, excessive vitamin D intake, bone cancer, hematological malignancies, sarcoidosis, and hyperproteinemia.

**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).**





# Preventing Heart Disease

## Protecting Your Heart and Circulation Naturally

Cardiovascular disease is the number one cause of death in civilized countries. One out of every two Americans will die from cardiovascular disease. More important than better treatment, we need to find better ways of preventing heart disease, because by the time you find out you have it, it could be too late to prevent fatality.

Most people are focused on cholesterol for prevention. However, hyperinsulinemia (excess insulin production) is an even bigger risk factor for cardiovascular disease than high cholesterol. Low fat, high carbohydrate diets actually contribute to the problem of heart disease. Eating more fruits and vegetables and less refined carbohydrates, along with adequate amounts of protein is a big key to preventing coronary heart disease.

Avoiding fats is also not the answer, but eating the right kind of fats *is* important in preventing coronary heart disease. Hydrogenated oils contain transfatty acids which cause free radical damage to arterial tissues and contribute to the development of arterial plaque. Monounsaturated fats are healthy for the body and actually reduce the risk of cardiovascular disease. Olive oil, nuts and avocados are sources of monounsaturated fats. Use olive oil for cooking. By the way, butter is healthier than margarine.

Most American diets are too rich in omega-6 essential fatty acids. Omega-3 essentially fatty acids help reduce inflammation and cardiovascular disease. Omega-3 EPA is an excellent supplement for helping to prevent cardiovascular disease. Flax seed oil contains a proper ratio of omega-6 and omega-3 essential fatty acids and is a good supplement to satisfy the body's needs for essential fatty acids. Lecithin is one of the good fats. It helps oil and water mix, liquifying cholesterol and dissolving plaque.

Fiber is also important for cardiovascular health. It helps eliminate excess cholesterol and toxins, and slows the absorption of sugar to lessen the problem of hyperinsulinemia. Studies show that for every 10 grams of fiber you add to the diet, you lower your risk of dying from heart disease by 17%. Nature's Three or LOCLO are good choices for fiber supplementation.

There are specific supplements that can be taken on a regular basis to improve cardiac health. Some of the herbs that help include hawthorn berries, which tonify the heart and cardiovascular system, and cayenne or capsicum which stimulates circulation throughout the body. Another important cardiac herb is garlic, which helps to lower blood pressure, reduce arterial plaque, eliminate excess cholesterol and prevent blood clots from forming in the arteries. All of these herbs are found in HS II, a great formula for anyone who wants to enhance their circulation.

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Ginkgo is another circulatory herb. It enhances circulation to the brain and benefits the peripheral circulation through its antioxidant properties. Ginkgo should be avoided with high blood pressure. Ginkgo and Hawthorn Combination provides the benefits of both of these herbs. Valerian is a nervine that also benefits the heart. It helps lower high blood pressure, regulates the heart rhythm, and regulates heart palpitations.

CoQ<sub>10</sub> is an enzyme found in all body cells, and the heart has the most of these enzymes. Scientific studies have shown that people who have suffered a heart attack or who have high blood pressure greatly improve by taking CoQ<sub>10</sub>. Co-Q<sub>10</sub> Plus combines Co-Q<sub>10</sub> with capsicum, ginkgo and minerals that benefit the circulatory system.

Magnesium is an essential mineral for cardiac health. It regulates the heartbeat and lowers high blood pressure. This mineral prevents strokes by reducing platelet adhesiveness by about 40%. It also helps to absorb plaque. It can be used, like beta blockers, to prevent the heart from having spasms.

Butcher's broom was once used to scrub the butcher's chopping blocks to remove grease and oil. This herb has the same effect on the arteries. It has been shown to lower cholesterol levels and prevent blood clots. It is one of the herbs in VariGone, a formula that aids venous circulation and helps heal varicose veins.

Chelation therapy is another way to prevent and reverse heart disease rather than temporarily relieve the symptoms. Chelates are substances that grab onto foreign matter and take it out of the body system. Medical doctors use intravenous chelation, but many people have found that oral chelation has the same effects. Mega-Chel is an oral chelation program which contains vitamins, minerals, fish oil, and chelating agents, along with ginkgo biloba, hawthorn and coenzyme Q<sub>10</sub>. Together these substances work to pull the plaque from the arterial walls.

Cardio-Assurance combines the benefits of a number of heart protecting herbs and nutrients into one product. Another general product for improving circulation is Blood Pressurex, which can help high blood pressure. There are many options available to help improve cardiovascular health naturally. Talk with an herb specialist to help you determine which options are right for you.

### Selected References

- Encyclopedia of Natural Healing* by Michael Murray, ND, and Joseph Pizzorno, ND  
*Prescription for Nutritional Healing* by James F. Balch, MD, and Phyllis A. Balch, CNC

Distributed by:



# Cardio-Assurance

## Herbs and Nutrients to Keep Your Heart Going Strong

Just as its name implies, Cardio-Assurance was designed to help support the health of the heart. The herbs and nutrients it contains help to strengthen and regulate the heartbeat, while increasing peripheral circulation. The formula provides many cardiac benefits: promoting a regular heartbeat, improving heart function and strength, protecting the heart from free radical damage, and improving arterial elasticity.

Cardio-Assurance also helps the body manufacture red blood cells and has benefits for the brain and nervous system. It is an excellent supplement for helping to reduce a person's risk of cardiovascular disease. Anyone with a family history of heart disease may want to consider taking Cardio-Assurance on a regular basis. Here are the specific ingredients in this blend and the benefits they offer.

### Hawthorn Berries

Studies around the world have confirmed that hawthorn berries improve the tone of the cardiac muscle, improve oxygen uptake by the heart, improve circulation in the heart, energize the heart cells and dilate blood vessels in the extremities to reduce strain on the heart. Thus, hawthorn berries are an excellent herbal food for building the heart muscle and helping to prevent cardiovascular disease. It has a slow, but cumulative effect, so it needs to be taken regularly over a period of several months before the benefits may start to be seen.

### Red Clover Extract

Red clover is a traditional blood purifier, an herb used to help remove toxins from the blood and lymph. It contains coumarins, a natural blood thinning agent that helps blood flow more freely through the veins. It also has antioxidant and lipid-reducing properties and may help with blood pressure control.

### Ginkgo Concentrate

Most research has been done on concentrated extract of ginkgo in Europe. This research demonstrates that ginkgo improves blood flow to the brain and improves peripheral circulation. It stimulates the production of prostacyclins, which may help prevent heart attacks. It has been used for conditions like Alzheimer's disease, loss of memory, dizziness, ringing in the ears, and macular degeneration. Ginkgo helps counter some of the effects of aging, and along with hawthorn, is an excellent herb for preventing cardiovascular disease.

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### Capsicum

Hot peppers, like capsicum (also known as cayenne), have a stimulating effect on blood circulation without causing an increase in heart rate. Capsicum equalizes blood circulation throughout the body, improving circulation to both the extremities and the internal organs.

### Folic Acid

Folic acid is needed for the formation of red blood cells. It helps overcome anemia, fatigue and weakness.

### Vitamin B<sub>6</sub>

Also known as pyridoxine, B<sub>6</sub> is involved in numerous body functions. It promotes red blood cell formation and inhibits the formation of a toxic chemical called homocysteine, which causes cholesterol to deposit around the heart, increasing the risk of heart disease.

### Vitamin B<sub>12</sub>

Without vitamin B<sub>12</sub>, the body cannot utilize iron to make red blood cells. This vitamin is also needed for the proper metabolism of fats and carbohydrates.

### Choline bitartrate

Choline is needed to produce acetylcholine, a neurotransmitter that controls the heartbeat. It also aids in fat and cholesterol metabolism.

### Taurine

Found in high concentrations in the heart muscle, taurine helps control cholesterol levels and prevent atherosclerosis and heart disorders. It also helps lower high blood pressure.

### Use and Dosage Information

Take 1 capsule with a meal three times a day.

### Selected References

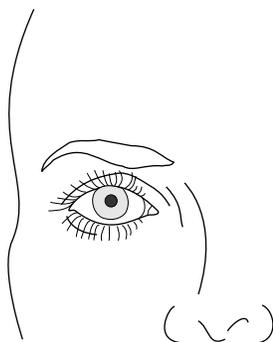
*Herbal Therapy and Supplements* by Merrily A. Kuhn and David Winston  
*Therapeutic Herb Manual* by Ed Smith  
*Prescription for Nutritional Healing* by James F. Balch and Phyllis A. Balch  
*Professional Guide to Conditions, Herbs and Supplements* by Integrative Medicine

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## 2003 Closeouts

It's the beginning of a new year, and we're closing out some of last year's items. The following are available while supplies last:

- All back issues of Sunshine Sharing are \$4.00 per bundle of 25 (\$3.50 per bundle for current Sunshine Sharing subscribers).
- Is Any Sick Among You? by LaDean Griffin—\$10.00 per copy.
- The Consumer's Guide to Nature's Sunshine Products (3rd Edition)—\$5.00 per copy.
- First edition Blood Type and Nutrition Charts (set of 4)—\$20.00



## Iridology Course

Steven recently completed four iridology and is writing a course manual to go with them. You can preorder the complete course for \$95 (regular price will be \$150). The course manual alone will be \$45 (preorder price, regular price will be \$50), for those who have already purchased the videos.

**Call 800-416-2887**

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## Class Schedule

### Tree of Light Classes

Call 888-707-4372 to register.

**Biochemical Blood Analysis—Kimberly Balas**  
Jan 16-17                      Melbourne, FL (\$295)

**Dr. Mom - Dr. Dad Instructor Training Class**  
Feb. 2-3, 2004                  Las Vegas, NV  
Course to train instructors to teach the  
Dr. Mom - Dr. Dad course in their area.

### Other Events

**International Iridology Practitioners Association  
Symposium 2004**

Feb 7-8                                  Las Vegas, NV (\$279)  
Call 888-682-2208 to register  
Speakers include: Steven Horne, Kimberly Balas, Ellen Tart-Jensen,  
David Carpenter and others.

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