

Nature's Field

An Electronic Journal for NSP Distributors

Goldenseal

by Steven Horne



In my youth, I was prone to canker sores. My mom would apply goldenseal topically to them. It worked, but oh, how I hated the taste of that nasty yellow powder. Although I've gotten more accustomed to the taste of bitter things as I've grown older, the taste of goldenseal can help us all be thankful we can get herbs in capsules.

Goldenseal is a potent herbal medicine. In fact, it's one of those herbs that has been labeled a "cure-all" because it has so many uses. A search of my personal database revealed that goldenseal is an ingredient in about 30 NSP formulas, demonstrating its wide variety of uses. So, it's impossible in this article to do more than a superficial job in describing its properties and uses.

Unfortunately, its popularity as an herb has caused it to be overharvested. Fortunately, it is now being cultivated to reduce the strain on wild populations, and professional herbalists, like myself, recommend using other herbs wherever possible. Still, there are some things goldenseal does so well, that it's hard to find a substitute.

Goldenseal has been primarily touted as a "natural antibiotic," but the truth is that it isn't really that effective at fighting infection. Any plant containing berberine (one of the principle alkaloids in goldenseal) will have some mild antibacterial action. These plants include Oregon grape, barberry, yellow root, and the Chinese herb coptis (found in Mood Elevator and Chinese Stress Relief). I find garlic and colloidal silver are more effective at fighting infection than goldenseal (and its berberine-bearing analogs), but is still very useful in certain applications.

One of the real strengths of goldenseal is its ability to tone up mucus membranes, while reducing low grade inflammation. It is a superb remedy for the eyes, ears, nose, throat, stomach, intestines, and vagina. Thus, it has been used as an eyewash for eye infections, a gargle for sore throats, a mouthwash or tooth powder for bleeding gums, a douche for vaginal irritation, and as a remedy for chronic sinus congestion. It has also been used

topically for ulcerations and skin infections. Topically, it can be used to reduce itching.

Goldenseal's ability to stimulate digestive secretions and stimulate weak digestion is one of the main therapeutic actions I rely on personally. I'm still prone to canker sores, especially when I get an "acid stomach." When I take a goldenseal tincture or put the powder from the capsules into my mouth and suck on it, it rapidly relieves the acid feeling in my stomach and prevents the canker sores from developing.

Here are some other, specific uses for goldenseal.

Matthew Wood, AHG, in *The Book of Herbal Wisdom*, says that goldenseal is a remedy that helps to "seal" tissues. He uses the tincture topically for "torn disks in the spine, torn meniscus in the knee, torn bursa in the hip, etc." Because it seals up tissue, it should not be applied to dirty wounds as, according to Matthew, "...it will seal in the 'pus, dirt, and infection.'"

LaDean Griffin, a nationally known herbalist and author who lives here in St. George, was the first to discover goldenseal has an insulin-like effect. It lowers blood sugar levels. You won't find this use effect listed in very many herbal books outside of the Nature's Sunshine community, because it isn't widely known, but I have verified it in clinical experience. It appears to have an effect on overcoming insulin resistance.

If you aren't familiar with the many uses of goldenseal, it is a remedy you should learn more about. It is one of the handful of herbs that I always keep on hand in my herbal first aid kit. For more information, consult some of the sources below.

Selected References

Herbs and Old Time Remedies by Joseph VanSetters
The Book of Herbal Wisdom by Matthew Wood
The Encyclopedia of Medicinal Plants by Andrew Chevallier

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Steven Horne's Ramblings and Ravings

Putting The Low Carb Craze in Perspective

Early in March, my son David and I drove to Anaheim California to attend the Expo West. It is a big convention for health food stores.

If you've never attended Expo West (or its companion conference Expo East) you're missing out on a delightfully fun experience. Expo West features hundreds of exhibits of healthy food, herbs, supplements, personal care products, and other health products that cover an area the size of about three football fields. I never have to buy lunch when I'm there, as I'm "grazing" all day sampling healthy foods—vegetarian products, organic meats, energy bars, ice cream and ice cream substitutes, breads, entrees, and other healthy foods. The most fun part of all comes at the end of the show when exhibitors start giving away their extra samples. My son and I had to make two trips to the car that Sunday afternoon to unload our bags of "loot" so we could go back and refill them.

Although being at the Expo is lots of fun, there are some business reasons I'm attending. Besides looking for products to carry in my little dispensary, ABC Herbs, and meeting old friends, I'm interested in seeing what is happening in the industry, which brings me to the point of this article. The trend this year was "low carb." Everywhere David and I looked we saw the words "low carb" or "no carb." There were low carb cookies, food bars, tortillas, main dishes, breads, and on and on. We were both amused by a "no carb" sign on an exhibit of all natural baby diapers.

So, it's clear that the low carb revolution started by Dr. Atkins is here. It's interesting that the fad took off *after* Dr. Atkins died of a heart attack. (Does that strike anyone else as odd, or is it just me?) Anyway, now everything is low carb or no carb. I just saw an ad on TV advertising some hard liquor as low carb (which is an absolute joke, since alcohol is converted into sugar by the liver and contributes to hypoglycemia as much as refined sugar products.) Restaurants are adopting Atkins friendly menus. Fast food chains are offering low carb burgers and sandwiches. So, welcome to the latest health food bandwagon—carbohydrates are out, protein is in.

If you've been in this industry long enough, you'll recognize the tendency for the health food industry to be driven by fads. When I started getting interested in health, high protein diets were the rage. Then suddenly, high protein was bad, and carbohydrates were good. It even caused a shift in the dietary

recommendations from the government. Before it was the four food groups, then it became the little food pyramid with carbohydrates as the foundation of a healthy diet. Maybe we'll see a revision of that in a few years with protein as the foundation. Who knows?

Not that the medical profession is immune to fads. They do the same thing when they jump on the bandwagon for the latest brand of miracle drugs. In recent years, it has been the SSRIs (Selective Serotonin Reuptake Inhibitors) which are now falling out of favor. Soon, of course, they'll be replaced by a new class of "miracle cures."

So, let me ask you a simple question. Do the principles of good health change from year to year? Is our health dependent on the latest product craze or scientific discovery? I don't think so. The simple truths about nutrition and natural healing are time-tested and have remained the same since the beginning of time. The problem is that simple truths, especially truths that require a little self-discipline to implement, aren't good for marketing—but fads are. So, in a market-driven society, where everyone is competing for attention—"Just look at what I've got to sell!"—fads are going to be the norm. I've watched one "fad" herb or supplement after another come into the marketplace, touted as the latest "cure-all" only to fall into obscurity (or settle into a respectable role) after a few years.

While the latest fads are of interest to me, because I'm always interested in expanding my knowledge (and the tools available to me to help others), I'm not swayed by fads. I do my best to separate the solid knowledge from the hype and mentally assign the latest herb, supplement, dietary plan, or therapy into a reasonable role. In other words, I add it to my toolbox, but don't let it replace the rest of my already proven tools.

With that in mind, I'd like to place the low carb/no carb craze into perspective.

For starters, it is true that most Americans eat too many carbohydrates—too many simple carbohydrates, that is. That's something I've known and understood for years. I've always taught about the dangers of the "whites" in nutrition, the refined sugars, refined flours, etc. What has been a new awakening for me is to realize that even complex carbohydrates with a high content of starches and simple sugars (such as potatoes, grain, honey, etc.) aren't healthy to eat in excess. That's because these

foods have a high glycemic index, which means they trigger excessive production of insulin. The job of insulin is to take sugar out of the blood stream and moves it into the tissues to be utilized or stored. Any excess sugar, beyond what is needed for immediate use, gets stored, either in the form of glycogen or fat. That's why farmers use grain to "fatten" an animal for slaughter.

In this light, it is interesting to note that most starchy foods (grains, potatoes, yams, etc.) mature in the fall. There is a wise purpose in this design of the Creator. Animals eating these starchy foods are able to add fat to their bodies to prepare them for winter. They need this extra fat both for insulation, and for calories to burn to keep their bodies warm in the cold weather. The problem is, that we have access to these concentrated sources of starch all year long. We don't need them, even in winter, because we live indoors in homes with central heating.

To make matters worse, we've learned to refine sugars and starches, depleting them of nutrients like chromium, which are necessary for the body to properly utilize the blood sugar created from these starchy and sugary foods. The lack of these nutrients gives rise to insulin resistance. Insulin resistant cells are unable to take up the insulin and sugar, which results in diabetes.

So, while there is an element of truth in the low carb fad, there's a lot of hype we need to clear away, too.

My son and I noted that many of these low carb foods were relying on artificial sweeteners. We threw away some samples we got when we read the labels and found they contained artificial sweeteners. Replacing the excess starches and sugars in the diet with chemicals is not the answer, as we'll be discussing in our upcoming issue of Sunshine Sharing.

Another problem with the low carb craze is the quality of animal protein most people are getting. While I'm not a vegetarian, or an advocate of vegetarian diets, today's meat isn't all that healthy. Animals are routinely fed hormones and antibiotics, and when raised on animal feed they are also deficient in essential nutrients. Furthermore, a high protein diet is very acid-forming in the body and can drain alkaline mineral buffers, especially magnesium, potassium and calcium. This creates a new set of problems. For instance, magnesium deficiency can contribute to heart attacks. (Remember how Dr. Atkins died? I'm not saying that this was the cause, merely pointing out that I don't like blindly following gurus who are as mortal as myself.)

A big part of the problem is that most people eat their meat well-cooked. Cooking denatures protein. Dr. Francis Pottenger proved in the 1930s that cats could not thrive on cooked protein. Humans can't either. So, even if we do need more protein, eating a lot of highly cooked, denatured protein adds to the load of toxic waste in the body.

Protein has to be balanced with the right kind of carbohy-

drates. The right kind of carbs are low glycemic carbs, ones that don't trigger high insulin production. Primarily, this refers to non-starchy vegetables such as zucchini, green beans, lettuce, tomatoes, broccoli, etc. Some fruits are also low glycemic, including apples, lemons, grapefruits, and apricots. These low glycemic carbohydrates are rich in antioxidant nutrients and help the body detoxify. They have an alkalizing effect, so they help to reduce the body's acid load to maintain pH balance.

So, we don't need low carb, so much as we need a proper balance of protein and low glycemic, alkaline-forming carbs. I think the approach presented by Barry Sears in *The Zone Diet* makes more sense, and seems more balanced.

But, when it comes right down to it, we shouldn't be eating by a philosophy in the first place. The best nutritionist is the one found right inside our own body. As we wean ourselves away from artificial chemicals and highly processed foods, and start to consume high quality, natural foods, we begin to rediscover our natural instincts. We discover what is good or bad for us by paying attention to the signals the body is giving us, not by some expert opinion provided by some nutrition guru.

To adopt any dietary philosophy and follow it as if it were the gospel truth is a mistake. We can use these materials to give us general principles to guide us in improving our health, but animals in nature don't follow diet books, count calories, or worry about what percentages of fats, proteins, and carbohydrates they have in their diets. They just follow their instincts and eat what nature tells them to.

The ultimate answer to the problem of good nutrition is in learning to follow our own "guts," because ultimately, we are all biochemically unique. Some of us may need more protein, some of us more carbs. One dietary plan will not work for everyone because we are all different. So, before you jump on the low carb craze, take a step backwards and look at the issue from a broader perspective.

And don't follow anyone—including me—blindly. Eat *natural* foods and trust your "gut brain" more than your "head brain" for sound nutritional advice.

Steven H. Horne is a professional member and past president of the American Herbalists Guild, a certified iridologist with the International Iridology Practitioners Association, and a gifted teacher and consultant in the field of natural health care. He is president of Tree of Light Publishing.





Kimberly Balas' Clinician's Corner

CLA, Adrenals, Insects, Sweat, and No Large Intestine

CLA

With all this talk about good fats and oils, I haven't seen much information on CLA? Where does CLA fit in?

Richard

CLA is conjugated linoleic acid. Linoleic acid is an essential fatty acid—the principle essential fatty acid needed by the body. Part of the omega-6 group of fatty acids, linoleic acid is converted into GLA (gamma linolenic acid) and eventually into specialized messenger chemicals such as leukotrienes and prostaglandins which control the body's inflammatory responses.

CLA is a special form of linoleic acid, which has been shown to have very beneficial effects in human health. It occurs naturally in meat and dairy products, when animals are allowed to graze and eat grass. However, it is not present in significant amounts in animals fed on commercial feed or silage.

CLA is a powerful antioxidant. In the body, it is taken up by phospholipids, a class of fats that serve as the principal structural components of cell membranes. CLA enhances the cell membrane's defense mechanism against attack by free radicals.

CLA also stimulates the production of key immune system cells and inhibit the release of an immunoglobulin associated with allergies. CLA influences the PPAR-gamma agonist, a class of internal cell receptors that are capable of suppressing the manifestations of inflammatory conditions. Research has isolated PPAR-gamma as the specific cell receptor involved in chronic inflammatory responses. It also produces important immune-suppressing compounds such as leukotrienes and prostaglandins, which help reduce the body's inflammation response. In contrast, linoleic acid can increase the body's immune response.

Other possible benefits for CLA include the following: It increases metabolic rate and may help thyroid patients. It decreases abdominal fat, helping to balance adrenal hormones. It enhances muscle development and lowers cholesterol and triglycerides. It reduces insulin resistance, enhances the immune system, and reduces food-induced allergic reactions.

I am currently using it for all blood types and specifically hyperinsulinemia.

Adrenal Function

Can you provide me with a clear and concise explanation of what the adrenal glands do? I did a quick search online but everything was rather long and complex.

Christine

There are two parts to the adrenal glands, the adrenal medulla and the adrenal cortex. The adrenal cortex produces glucocorticoids like cortisol (a stress hormone) and corticosterone (which controls metabolism of proteins, carbs and fats). The cortex also produces mineralcorticoids like aldosterone. Aldosterone decreases sodium and increases potassium excretion to transport food from one area to another across a fatty membrane. It also balances minerals and sugars to help maintain pH balance. Finally, the adrenal cortex also produces sex hormones—estrogen (estrone, estradiol) and testosterone.

The adrenal medulla produces epinephrine (which breaks down glycogen for energy release) and norepinephrine (which builds up glycogen). This helps regulate the sympathetic and parasympathetic systems, while controlling fatty acid metabolism.

Insect Repellent

Can you suggest a natural way to repel insects like mosquitoes?

Judy

I have been making up a solution using Paw Paw Lice Remover Shampoo and Nature's Fresh. I use a whole bottle of Nature's Fresh, removing just enough to allow me to add two capfuls of the Paw Paw shampoo. I also add three drops of lemon essential oil to make the spray smell good.

Just shake this mixture and spray. It is a little foamy, but will settle. I spray it all around our patio area and we have no mosquito problem even though we live right on a canal where there are lots of them.

Paw paw is a natural insecticide, so the shampoo can also be used for fleas, ticks, etc. You can also dilute it to spray on houseplants or in your garden to eliminate other insect pests.

Sweat

I have a post menopausal friend who can be in a 75 degree day with low humidity and the minute she begins to do anything—cleaning a closet or gardening in the shade—she sweats profusely. She can't keep her hair styled or anything because the sweat just pours off of her. I know sweating is good, but this poor woman can't stay dry and she has a terrible time with it. Anything to dry her up?

Annie

Although this can be the body's way of flushing toxins, it can also be an imbalance in the adrenals and the temperature-regulating functions in the hypothalamus. I would focus on the kidney and adrenals.

Start by cooling the system so that the kidneys can handle the toxins and it doesn't have to be forced out of the skin so much. Try KB-C to strengthen the kidneys.

Many women with menopausal symptoms such as hot flashes or sweating have weak adrenals. So, work to rebuild the adrenals with Adrenal Support or Nervous Fatigue. A person should always be taking something to support the adrenals when they are taking thyroid supplements or medications.

Sage is a remedy that has been used to counteract profuse perspiration. It is astringent, helping to close the pores, and also has an estrogenic effect for menopause. IF-C may be helpful to cool the body if she exhibits symptoms of excess heat. American ginseng may be helpful if she exhibits symptoms of heat with fatigue similar to those associated with heat exhaustion.

No Large Intestine

Can you recommend a basic program be for someone who has no large intestine?

LeRae

When doctors remove the large intestine, they usually install a permanent ileostomy or abdominal stoma. Since she has a colostomy bag then one thing that would be important is to keep the inflammation down around that area with IF-C.

The large intestine absorbs a significant amount of water from digested food. When the colon is bypassed by a colostomy, then they will have a loose stool from the colostomy. This increases fluid loss. It also reduces mineral absorption, since some minerals are absorbed in the colon.

Addressing lymph and immune issues is going to be more important than digestive issues. One of the main jobs of the lymph is to transport nutrients from the blood to each cell, and then to remove cellular waste. Some of the waste is transported to the intestines via the lacteals, that part of the lymph system that empties into the small intestines. It then passes

into the large intestine for elimination. When the intestinal walls are impacted, the lymph system retains the cell waste. The prolific number of lymph nodes in the abdominal region also become storage points for the waste. Lymphatic fluid becomes thicker and if accompanied with dehydration sets the stage for impaired immune function. This makes it important to keep her lymph system functioning well to ensure proper waste removal and to keep the small intestine in good health. To accomplish this, I would try Small Intestine Detox and Lymph Drainage Formula.

Also, keep the lymph fluid moving by focusing daily on adequate fluid intake, good general diet, and exercise. Exercise and breathing are primary keys to good lymphatic drainage. Moderate exercise, yoga, and meditation are good ways to learn to breathe deeply and keep the lymphatics moving. The rhythm of the breath is the basis of peristalsis in the intestinal tract. It is also a means for relaxing the nervous system and regenerating the blood. All this will help keep her small intestine healthy.

A large percentage of the serotonin receptor sites are located in the colon. These are now gone. If she is having mood symptoms such as loss of vitality, depression, fatigue, irritability, and so forth, then try Mood Elevator or St. John's wort. Which remedy is best will depend on her blood type.

Problems such as infections, rheumatism, polyarthritis, acne, psoriasis (and other skin diseases) as well as migraine headaches, hypertonia, allergies can be caused by intestinal malfunctions. Keep in mind that 80% of our immune system is concentrated in the intestinal walls. I would look at Trigger Immune on a permanent basis to help protect the immune system.

Finally, since minerals are absorbed in the large intestine, keep an eye on her electrolyte levels and make certain she is getting the minerals she needs. B-12 would be something to consider since it uses the lipid proteins to bind the minerals and facilitate them getting where they need to go. The lining of the gut is constantly undergoing repair. Folic acid is a B vitamin that is needed for building healthy cells. Even though there isn't a lining to repair the cells are still dependent upon it.

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).





Diabetes

Type II Diabetes is a Preventable and Curable Condition

Most doctors believe that diabetes is an incurable disease, but this is not true in all cases of diabetes. Diabetes is a problem with a hormone called insulin and its ability to regulate the level of glucose, the primary sugar in our blood. Insulin is needed to help the cells of the body absorb sugar. When there are problems with this process, the amount of sugar in the body gets too high. This has negative effects on the brain, cardiovascular system, and other body functions.

There are two basic types of diabetes. The first, type I, or *insulin dependent diabetes* occurs when the cells that produce insulin in the pancreas have been damaged or destroyed so they are no longer able to produce insulin. Currently there is no known cure for this type of diabetes in either conventional or alternative medicine. Insulin shots are needed, along with a constant monitoring of insulin levels.

Type II diabetes, on the other hand, is *insulin resistant diabetes*. There is no lack of insulin in type II diabetes. In fact, insulin levels are too high. Normally, the body produces about 31 units of insulin. In type II diabetes, insulin levels typically exceed 100 units. What is happening in type II diabetes is that the cells of the body have become resistant to the insulin, so they are not taking up insulin and sugar.

Type II diabetes develops slowly, over a period of many years. It is usually, but not always, associated with obesity. The causes of type II diabetes are becoming quite clear. Over consumption of simple carbohydrates causes the increased insulin production, while the cellular resistance to insulin is due to a lack of certain nutrients and exercise.

Diet is the first key to natural therapy for type II diabetics. High glycemic carbohydrates (carbohydrates that trigger high levels of insulin production) need to be avoided. This includes refined sugars, grains, and other highly sweet or starchy foods.

Dr. Henry Bieler, M.D. in his book *Food is Your Best Medicine*, talks about his successes in curing type II diabetes by putting the diabetic person on a diet of exclusively non-starchy vegetables (such as lettuce, string beans, zucchini, etc.) while carefully monitoring their blood sugar. Essentially, he was putting the patient on a diet of exclusively low glycemic vegetables. As the client's blood sugar normalized, Dr. Bieler, would add some meat or other animal proteins back into the diet, and gradually introduce other foods as the blood sugar remained stable.

A similar approach to treating diabetes with diet is found in *The Zone Diet* and similar books by Barry Sears, Ph.D. Dr. Sears recommends a balanced diet of protein, quality fats, and low glycemic carbohydrates. Research has shown that this diet helps normalize blood sugar levels, and aids in weight loss.

Exercise is helpful in overcoming insulin resistance. Resistance exercise (such as weight lifting) helps muscles take up sugar without the need for insulin. This happens when muscles begin to "burn" during resistance exercise.

In addition to dietary modifications and exercise, a variety of supplements can also help type II diabetes. There are a number of herbs that help cellular resistance to insulin, including goldenseal, nopal, banaba leaf, bitter melon, bilberry, cedar berries, blueberry and huckleberry leaf, and others. The minerals chromium (especially GTF chromium), vanadium, and zinc are also helpful, along with omega-3 essential fatty acids.

Several formulas have been successfully used to overcome insulin resistance and aid recovery from type II diabetes. These formulas can also reduce insulin requirements in type I diabetics. One of these is Target P-14. This formula contains special amino acid chelates of zinc and chromium, which have been bonded to amino acids required for insulin production and utilization. These are found in a base of fourteen herbs used historically to treat type II diabetes. These same herbs are found in the formula Pro-Pancreas.

Another helpful formula is SugarReg, which contains chromium and vanadium, in a base of herbs research has suggested are helpful for type II diabetes. PBS and Ayurvedic Blood Sugar Formula are other herbal blends that have beneficial effects in helping overcome cellular resistance to insulin.

Since diabetes also involves a deterioration of circulation, herbs that help cardiovascular disease are also important in diabetes. Capsicum, Garlic & Parsley and MegaChel are very beneficial for type II diabetic in helping maintain microvascular circulation in the extremities of the body, the eyes, and other delicate areas. They can help prevent diabetic gangrene, degeneration of the eyes, and other side effects of diabetes caused by circulatory problems.

Seek assistance from a qualified nutritional or herbal consultant in selecting the program that is right for you. Diabetes is a serious disorder, and appropriate medical attention should be sought to monitor the situation. However, with improvements in diet, exercise and nutrition, it is not an incurable disease.

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Seek appropriate professional assistance for all serious health problems. Handout prepared by Tree of Light Publishing
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Target P-14

Targeted Minerals and Herbs for Type II Diabetics

Target P-14 is a powerful blend of herbs and nutrients that help to overcome insulin resistance in type II diabetics, and can reduce insulin requirements in type I diabetics. The heart of the formula are chelates of chromium and zinc, bonded to the amino acids glutamine and leucine. Chelating the minerals to these particular amino acids targets them to the pancreas, where they aid in insulin production and utilization. Chromium, in particular, is a very important mineral both for producing insulin and for utilizing insulin at the cellular level.

This amino acid chelates have been combined in a base of fourteen herbs blended to help with diabetes. These herbs help strengthen pancreatic and liver function, improve kidney function and circulation, and overcome insulin resistance. This means the blend helps balance many of the problems associated with diabetes, as well as directly enhancing insulin production, and overcoming insulin resistance at the cellular level.

Here's some information about each herb in the formula.

Goldenseal root is one of the most important herbs in this blend. Although there have been no scientific evaluations explaining why it has this effect, clinical experience has demonstrated that goldenseal will dependably lower blood sugar levels. It appears to either overcome insulin resistance, or to have an insulin-like effect of its own. Goldenseal also has an anti-inflammatory effect, and appears to reduce some of the side effects of diabetes.

Slippery elm is a mucilaginous herb and mild food that soothes intestinal membranes. It helps to reduce inflammation and soothe irritation. Being a source of dietary fiber, it also helps slow the absorption of sugar from the intestines into the blood stream.

Juniper berries are an excellent diuretic. They enhance kidney function, and may have indirect benefits for diabetics.

Capsicum fruit is a major herb for enhancing circulation. Cardiovascular problems are one of the major problems associated with diabetes. Thus, it is very important for diabetics to have support for the circulatory system.

Uva ursi leaves have traditionally been used as a diuretic and antiseptic for the kidneys and bladder. However, a few herbalists, such as Edward Milo Millet, have also claimed uva ursi has a beneficial effect on diabetics.

Dandelion root is an herb that has a primary action on the liver. The liver is involved in the regulation of blood sugar

because it stores sugar in the form of glycogen to be released later by another pancreatic hormone. Dorothy Hall, an Australian naturopath, claims that many cases of diabetes can be cured just by strengthening the liver.

Cedar berries have a blood sugar lowering effect. This was discovered by the famous herbalist, John Christopher, who recommended juniper berries for water retention in a client. The client took cedar berries by mistake, and found they helped his diabetes.

Marshmallow root is a soothing and cooling herb that acts in a similar manner to slippery elm.

Mullein leaves are best known as a respiratory remedy, It has soothing properties like slippery elm and marshmallow, but also promotes better lymphatic drainage.

Nettle herb is an extremely rich source of calcium, chromium, magnesium, and zinc. It is an alkalizing herb, promoting the removal of acid waste via the kidneys.

Garlic bulb is another circulatory enhancing herb. It is very beneficial for helping the circulatory problems that typically accompany diabetes.

White oak bark is an astringent that tones membranes and tissues throughout the body.

Yarrow flowers, a strong and soothing diaphoretic, help with lymphatic and blood circulation.

Licorice root is another important herb that helps balance blood sugar levels. Licorice root has the opposite effect of goldenseal. It helps to raise blood sugar levels when they are low.

Use and Dosage

As a nutritional supplement for diabetes, take two capsules with meals three times daily. Blood sugar levels should be frequently monitored so that dosages of diabetic medications can be adjusted as the formula begins to take effect.

Caution: diabetic medications should be adjusted under the supervision of a physician, and type I diabetics should not be taken off of insulin.

Selected References

The Little Herb Encyclopedia by Jack Ritchason N.D.

Nutritional Herbolgy by Mark Pedersen

The Unauthorized Guide to NSP Products from Health Education Library Publications.

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NHC Program Now Available Through Tree of Light

During the past month, on advice of their legal counsel, NSP has been moving most of their product education out-of-house. We are pleased to announce that NSP has agreed to allow Tree of Light Publishing to market and administer the NHC (Natural Health Consultant) program. This change took effect April 1st.

The following NHC courses are now available via correspondence at a cost of \$99.95 each. Other NHC courses will be available shortly.

Mastering Modern Herbal Medicine by LaMar Wiscombe
The Blood Type Approach to Herbal Consulting by Kimberly Balas
Natural Remedies for Common Ailments by Dr. Hugo Rodier
The Art of Herbal Healing by Steven Horne

Between now and December 31, 2004, NSP will continue to receive homework and practicums for all NHC courses, administer tests and issue certificates. After that time, all testing and certification will be done by Tree of Light Publishing. In conjunction with this change we are revising our entire educational program. Details are available on our website at www.treelite.com.

Call 800-416-2887 or visit our website at www.treelite.com to order NHC Courses



Class Schedule

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

Biochemical Blood Analysis

May 1-2 Chambersburg, PA \$225.00
Taught by Kimberly Balas. Will be held at the Four Points Sheraton, 1123 Lincoln Way East, Chambersburg. Call hotel at 717-263-9191 for room reservations.

Biochemical Blood Analysis

June 12-13 Nashville, TN \$225 before 5/15
Taught by Kimberly Balas \$295 thereafter

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

Other Events

At the Heart of Natural Healing—Clayton College Symposium
April 22-25 Wyndham Peachtree Conference Center
Atlanta, Georgia
Call 866-699-2264 or go online at www.ccnh.edu to register

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General Manager: Darla Steiner
Production Manager: David Tanner
Associate Editor: Leslie Lechner
Technical Editor: Kimberly Balas
Computers and Design: David Horne
Staff: Katherine Tanner, Niki Colmenero

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We welcome your questions and comments. You can reach us at:

Shipping Address:

321 North Mall Drive #J-101
St. George, UT 84790

Mailing Address:

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