

Nature's Field

An Electronic Journal for NSP Distributors

Lemon Balm

Melissa officinalis

By Steven Horne

When I planted my first herb garden, one of the herbs I placed there was lemon balm. Although I had never used the plant medicinally, I fell in love with the wonderful lemony aroma that gives the plant its name. Walking through my garden, I would run my hand through the lemon balm and then hold my hand to my nose to inhale its lifting fragrance. It just made me feel good.

Many years later I was at an AHG board meeting. As the meeting was getting started, someone asked me about my new baby. I informed them that the child had recently passed away due to sudden infant death syndrome. My grief was apparent. Amanda McQuade Crawford, another professional herbalist on the board, immediately hopped up and said, "I'll make you some lemon balm tea." She picked some from the garden in back of the house, brewed the tea, and gave me some. It immediately lifted my spirits.

This shouldn't be surprising to anyone who knows about this herbal remedy. It has been traditionally used to lift the spirits, relax the heartbeat, relieve anxiety and mild depression, and calm feelings of nervousness, panic or irritability. It is especially useful for helping to clear depression caused by grief and sadness. Lemon balm also helps relieve stress-induced headaches.

German research demonstrates that two constituents in the volatile oil, citral and citronellal, calm the central nervous system. This gives lemon balm a mild sedating effective. It is also antispasmodic, helping to relax muscle spasms. Although it is possible to obtain the essential oil of lemon balm (called melissa oil), it is a very expensive oil—like helicrysum.

The polyphenols in lemon balm are also antiviral, which is why I've included it in children's formulas I've designed for colds and flu. In one study, lemon balm also proved very effective against cold sores.

Lemon balm is a member of the mint family. Like other mints, lemon balm is very settling to the digestive system. It will relieve indigestion, acid indigestion, nausea, and gas.

One of the most interesting properties of lemon balm is its ability to inhibit thyroid function. It contains substances



that bind to thyroid receptor sites and inhibit them. It is part of a standard formula that many herbalists like myself use to treat hyperthyroid. It consists of 2 parts lemon balm, 2 parts bugleweed, and 1 part motherwort. The formula inhibits overactive thyroid function and calms the heart rate, especially when used with herbs to support the adrenals and IF-C to cool any inflammation.

Unfortunately, lemon balm is found in only one NSP formula, Focus Attention. It is included in this formula because of its ability to calm the function of the central nervous system, helping to reduce agitation and hyperactivity.

It has also been shown to interfere with cholinesterase, an enzyme that breaks down acetylcholine, the neurotransmitter responsible for memory. This helps account for the tradition that lemon balm can strengthen the memory and improve brain function. It may also be helpful with Alzheimer's.

I'm looking forward to the time when I can again have a place for an herb garden. I guarantee that lemon balm will have prominent place in it, and that whenever I pass the lemon balm I'll be running my hand through it, enjoying its calming, mood-lifting scent.

Selected References

Therapeutic Herb Manual by Ed Smith

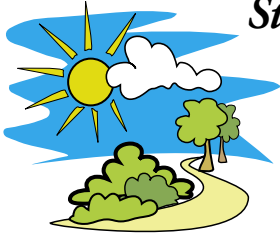
The Encyclopedia of Medicinal Plants by Andrew Chevallier

Herbal Therapy and Supplements by Merrily A. Kuhn and David Winston

PDR for Herbal Medicines by Medical Economics Company

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Steven Horne's Ramblings and Ravings

Pupil Tonus and the Sympathetic and Parasympathetic Nerves

While many of the signs in the iris are genetic, pupil tonus (the size and shape of the pupil) provides information about the *current* condition of the nervous system. Changes in the shape of the pupil are really changes in the shape of the iris, because the pupil is simply an opening in the iris designed to admit light into the eye. The pupil size and shape is controlled by muscles in the iris that are regulated by nerves—hence the connection between pupil tonus and the nervous system.

When the pupil shape is irregular or deformed, it shows an imbalance in the tone of the muscles which open and close it, suggesting irregularities in the function of the nervous system. In this article we'll focus on the size of the pupil, which provides us with information about the function of the sympathetic and parasympathetic branches of the autonomic nervous system.

The parasympathetic nerves contract the pupil, while the sympathetic nerves relax the pupil. So, just by looking at the size of the pupil we can determine the balance between these two branches of the nervous system. This information is vitally important in understanding how to correctly use nervine herbs, which we'll discuss later on. First, we need to understand the difference between these two branches of the autonomic nervous system.

The sympathetic nervous system is more active in the daytime, while the parasympathetic is more active at night. This fact alone should help us understand that, in general, the sympathetic system gears the body up for activity, while the parasympathetic system helps us relax. It's not quite that simple, but that's a good starting point.

The sympathetic nervous system fires off when we are startled or scared. It makes muscles tense, dilates the bronchials to allow more oxygen into the lungs, increases the heart rate and blood pressure to deliver more blood to the extremities of the body, and sharpens mental focus. This all sounds good, but the sympathetic nervous system also reduces digestive activity, decreases peristalsis of the intestines, and inhibits the immune system. So, while a certain amount of sympathetic activity is necessary to keep us alert and active, too much causes tension, inhibits digestion and elimination, elevates blood pressure, and makes one prone to nervousness, irritability, and anxiety. It also reduces immune function, which makes it easier to get sick.

In contrast, the parasympathetic nervous system stimu-

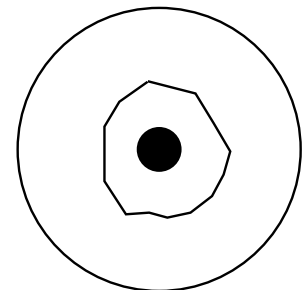
lates digestive secretions, improves bowel elimination, relaxes muscle tension, lowers blood pressure, promotes tissue growth and repair, enhances immunity, and helps with sexual arousal. Again, while all those effects are good, too much parasympathetic activity makes a person overly sensitive to noises, smells, touch and other sensory inputs, and detracts from mental focus. Attention deficit disorder (ADD) is typically caused by too much parasympathetic activity and not enough sympathetic activity.

Since nervine herbs either enhance or inhibit these two branches of the nervous system, it is important to determine in which direction the system is out of balance. Most herbs considered to possess nervine properties will inhibit the sympathetic and/or stimulate the parasympathetic nerves. This is why they have a calming effect on people who are under the classic symptoms of stress (a condition involving too much sympathetic activity). However, give these same nervines to someone who has too much parasympathetic activity and not enough sympathetic activity and he or she will "climb the walls."

Pupil tonus is an excellent tool for determining how a person will react to these nervine agents. It can even be used to determine how essential oils will affect the nervous system. By looking into a person's eyes, then having them smell an essential oil, you can tell whether it is enhancing sympathetic function or parasympathetic function by how the person's pupil reacts when they smell the oil.

Miosis (Small Pupil)

An excessively small pupil is indicative of being "up tight" inside and having a tendency to hold things in. As suggested above, this condition indicates an excess of parasympathetic nervous system activity, and is the typical pattern found in ADD. When the parasympathetic nervous system is dominant, it allows too much information into the body resulting in mental overload. This can make the person very changeable and restless. They often have difficulty being still or calm and are easily bored.



He or she may also be hypersensitive to touch, repetitive noises, and smells. There is a tendency to low blood pressure and a slower heart rate. Digestion is good, but appetite is often lacking. There is a greater tendency towards eating disorders such as anorexia and bulimia. There is also a tendency for people with small pupils to be insecure, risk takers, sarcastic, and plagued by feelings of guilt.

Regular nervines (such as lavender, hops, valerian, skullcap, etc.), which stimulate the parasympathetic nervous system, will actually make these people (with small pupils) more agitated and nervous. While it may appear that the nervous system is reacting backwards, this is simply not the case. These nervines are making the imbalance in the nervous system even worse.

Stimulation of the sympathetic nervous system is required to balance the nervous system responses when one has miosis, or small pupils. Protein in the diet helps, especially when eaten for breakfast, because protein stimulates sympathetic neurotransmitters. Red meat contains the amino acid l-tyrosine, which is needed for the synthesis of these sympathetic neurotransmitters. Blood Type O people often need extra amounts of l-tyrosine, and are prone to ADD when they don't have it. This is why they usually do better eating red meat regularly.

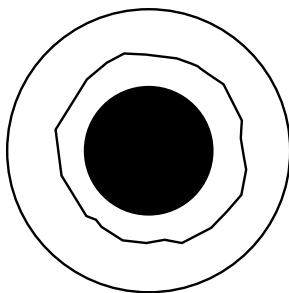
Ephedra (now becoming illegal), bitter orange, yarrow, licorice, green or black tea, coffee, yerba mate, guarana, and yohimbe are all sympathetic nervous system stimulants. Citrus oils like lemon and orange will usually help, too. *Small amounts* of these stimulating substances can actually help people with small pupils feel more relaxed.

Mydriasis (Large Pupil)

A large pupil shows an excessively open or vulnerable personality. The sympathetic nervous system is dominant, while the parasympathetic nervous system tends to be weak. People with large pupils may be excessively generous and have a hard time setting boundaries for themselves. As a result, they expend too much energy giving of themselves to other people or their work. This makes them more prone to enervation and adrenal exhaustion.

People with large pupils tend to be gentle, intuitive people, who can also be enthusiastic, experiencing emotional swings from joy to pain. Think of the large pupils in the eyes of a deer, and you will understand the "doe-like" qualities that usually accompany mydriasis.

This sensitivity means they may also suffer more from fears, phobias and paranoia. Sympathetic nervous system activity



tends to shut down digestive function, so these people often have poor digestion and appetite. Vasoconstriction resulting in high blood pressure is also possible with excessive sympathetic nervous system activity.

Nervines are helpful for a person with an enlarged pupil. Hops, valerian, skullcap, lobelia, chamomile, passion flower, and California poppy are examples of herbs that stimulate parasympathetic activity, while calming sympathetic activity. These will help bring balance to the nervous system.

Hippus (Pulsing Pupils)

When the pupils swing rapidly between mydriasis and miosis, there is a rapid swing between the sympathetic and parasympathetic nervous responses. This consumes a person's strength and may result in nervous conditions. You can identify a person who is enervated by having them hold their hands out in front of you. Steady hands are a sign of strong nerves, trembling hands are a sign of enervation or depletion of the nervous system. Nerve tonics will be helpful in this situation. B-complex vitamins and vitamin C may be helpful. These are the primary ingredients in Nutri-Calm. Milky oat seed is another nerve tonic that can help replenish and rebuild a weakened nervous system.

When the pupil pulses under the light as you are examining the eye, this is a sign of adrenal fatigue. Look for dark circles under the eye and a quivering tongue as corroborating signs of adrenal fatigue. A person with adrenal fatigue generally has restless sleep (disturbed dreams, waking up frequently, etc.) coupled with fatigue. The Chinese formula, Nervous Fatigue is usually valuable here. Adrenal Support may be required if the adrenals are severely weakened. Herbs such as licorice root, Eleuthero root, Korean or American ginseng, borage, and schizandra berries can also help rebuild tired adrenals.

Pupil size is just one of the many ways to use the pupil of the iris to help determine what the imbalances are in a person's nervous system and how to correct them. You can learn more about pupil tonus from our forthcoming iridology course.

In our next issue, we'll begin a series of articles on glands and hormones.

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

B Complex Allergy, Vertigo, Insomnia, and More...

Allergies to B Complex Vitamins

I have had several people tell me that they experienced itching or nausea after taking B vitamins. What caused this?

Gudrun

This may be an allergic reaction. When exposed to allergens (allergy-causing agents), allergic individuals develop an excess of an antibody called immunoglobulin (IgE). The IgE antibodies react with allergens to release histamine and other chemicals from tissues. These chemicals produce various allergic symptoms. In other words, in allergies, the immune system mistakenly identifies harmless substances as dangerous invaders and activates antibodies to defend the body against them.

Food is intimately linked to your body's immune system. The underlying cause of immune system dysfunction is usually poor digestion and allergic reactions. This usually stems from a lack of enzymes to break the foods down—or leaky gut syndrome—or both. When the body doesn't digest food properly, the undigested food is absorbed into the bloodstream, and the immune system targets it as a foreign invader, then starts attacking it with antibodies.

The antigen/antibody response creates circulating immune complexes (CICs), which can inhibit certain immune system backup mechanisms, ultimately causing autoimmune problems. In autoimmune disorders—such as multiple sclerosis (MS), thyroiditis, lupus, rheumatoid arthritis, and chronic fatigue syndrome—the immune system has lost its ability to distinguish between “self” and “not self.” When the CICs lodge in different parts of the body, the immune system attempts to destroy them, and in doing so, destroys its own healthy cells. So, the body starts attacking its own tissues as if they were antigens or foreign invaders.

In other words, if you are regularly eating foods you are allergic to, or intolerant of, you are continually placing your immune system under stress, leaving you more susceptible to illness. By boosting the immune response and increasing enzyme activity these problems can be prevented.

In cases when someone is having an allergic reaction to B complex, it could be they are not breaking it down properly, and undigested materials from the supplement are passing out of the intestines into the blood stream. If this is the case, calcium and essential fatty acids can help.

When you do not have a healthy immune system, allergic reactions are intensified. Niacin can also cause a flushing reaction and this detoxification can flush toxins from the liver (causing nausea) or the skin (causing itching). Also, B vitamins are often produced on a wheat base. Rice-based B vitamins are hypoallergenic.

B vitamins are food for the nerves. Sensitivities may occur when the nervous system is not functioning normally. A good, efficient nervous system is necessary for clear thinking and other brain functions. Allergy to B complex vitamins and malabsorption of nutrients can cause various brain disorders such as hyperactivity, attention deficit disorder, autism, restlessness, sleep disorders, depression, addiction to drugs, alcohol, smoking, overeating, skin disorders, body ache, fatigue, etc. If the people you are working with have any of these symptoms then I would try Histablock, which reduces allergic reactions. I would also have them take digestive enzymes between meals.

Vertigo

I am wondering if you have ideas for someone that has dizzy spells (vertigo) to the point he is unable to function. He had a checkup with his doctor today, and there is no sign of fluid in his ears or ear infection. He has also had an MRI, which showed no sign of sinus infection.

He is on Effexor for his nerves. He was in a car wreck many years ago, and his wife is wondering about the blood supply to the head—maybe that is the problem. He's also on an anti-inflammatory for his knees and Prevacid for his stomach.

Lillyanna

If he is taking an anti-inflammatory then that would affect the function of the white blood cells, which would impair enzyme production. Needing to take the Prevacid for the stomach would also indicate an enzyme impairment. Since both of these indicators are present, my path of action would be to focus on the pancreas. The pancreas helps maintain equilibrium in the body.

If the pancreas is on enzyme production overload, it can alter glucose metabolism and throw the blood sugar off balance. That means that his blood test may show up normal, but the stress on the pancreas will occasionally produce the dizzy spells and not in any consistent fashion. Try getting him on

some Proactazyme both between meals and with food. Test for the Pro-Pancreas (P-14) and get him on a Zone Diet plan of 40/30/30 (40% protein, 30% carbohydrates, 30% fats).

I would suggest he use the Ultimate Green Zone and use either Super Algae or Spirulina to get some vitalized amino acids. Limit high glycemic carbohydrates like grains and sugars.

I am not dismissing the fact that there may also be a problem with the blood or nerve supply to the head. Have a chiropractor check his atlas, as an adjustment often helps. If blood flow is the problem, then Ginkgo/Gotu Kola could be helpful, but I would also look at the pancreas. For the nerve issue I would try some Super GLA.

Insomnia Case

I have a client who has had terrible insomnia for 15 years since she had a kidney removed due to kidney cancer. She took no treatments of any kind (being a nurse, she was smart!). She has taken different meds through the years and herbs like valerian, hops, the ATC concentrate of Herbal CA, etc without much success. Three weeks ago she started taking Nature's Fresh, three teaspoons daily. You mentioned something about insomnia at a class, and we thought it might help repair something that has been out of whack since the surgery. The good news is her sleep does get noticeably deeper and more restful. The bad news is she still only sleeps three hours per night. No matter when she goes to bed, it is always only three hours. She increased the Nature's Fresh to three teaspoons on her own, thinking this may help. She also takes one ATC Herbal CA at bedtime. I think she takes a powdered calcium/magnesium, too. Any suggestions would be appreciated.

No name

Glad you are getting some results with the Nature's Fresh. I wish we could get the label changed on the bottle to say Essential Enzyme Spray, because it is useful for so many things.

This sounds like a pineal problem. The pineal gland converts serotonin to melatonin, which helps induce sleep. HSN-W can help the pineal gland.

It could also be a problem with the locus ceruleus, which releases noradrenaline into the brain, which has the effect of waking us up. The locus ceruleus also regulates rapid eye movement (REM), the phase of sleep where we dream. Rosemary essential oil is good for the locus ceruleus. Have her try putting a few drops of the oil on her pillow.

The root cause of this imbalance can also be an immune deficiency. I would try the Trigger Immune with her. You may also try the IGF-1 with her during the day.

These problems are occasionally adrenal-related, too. Nervous Fatigue Formula will sometimes help in these cases.

Epsom Salt Baths and High Blood Pressure

I had someone tell me you shouldn't take Epsom salt baths with high blood pressure. Is this true?

Tonja

It is mostly the heat of the bath that is contraindicated, although Epsom salt is drawing, and if the person sweats too much and loses too many electrolytes that could also affect the blood pressure. I usually have them do a warm, not hot, bath and take a mineral cocktail to sip while in the bath. They then take another mineral cocktail following the bath. I used to use the Prime Form for this, but we don't have it anymore, so I'm having to use something else. Try the colloidal minerals or mineral chi tonic with some Combination Potassium to replace the minerals.

Hoarseness

I am seeking help for an evangelist who has been fighting severe hoarseness as he preaches. He has just been diagnosed by the voice clinic at the University of Pittsburgh with Abductor Spasmodic Dysphonia. His muscles are overly pulling the vocal cords apart when he tries to talk, making his voice sound hoarse and breathy. They say that it is a neurological disorder. Apparently it is rare, 1 in 50,000, and more common in women than men.

For treatment they want to inject Botox into the muscle at the back of the voice box and basically deaden it, thus making it pull less. Obviously he does not want to do this. Any ideas on natural treatments for this? His vocal cords look healthy—no sign of damage.

Sharon

Try having him take Collatrim internally (the liquid—have him gargle it a bit before swallowing) Also have him gargle with Nature's Fresh. Rub Cellutone oil diluted in a carrier oil on the throat, or put Cellutone on a warm compress and apply it to the throat. I have had really good results for this with people who get the spastic throat muscles or frequent laryngitis.

Many professional herbalists say that collinsonia, taken regularly prevents throat problems in people who sing or talk for a living. I would also look at eliminating dairy and wheat.

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).





Anxiety and Nervousness

Natural ways to reduce your stress level

Everyone experiences a little nervousness now and then. We often get butterflies in our stomach and a little pounding sensation in our chest when we are faced with a new and uncomfortable situation. When a person experiences mild to severe apprehension or uneasiness over an event, with symptoms such as cold sweat, heart palpitations, trembling, faintness, a sense of pressure in the chest area over the heart, and/or dry mouth, they are experiencing anxiety. While everyone experiences anxiety occasionally, sometimes anxiety can be so frequent and severe that it becomes debilitating. One can even “freeze” due to a panic attack. A panic attack occurs when a state of anxiety is so severe that the person begins to breathe in a rapid, shallow manner and become tense to the point of cramping and inability to act.

Anxiety may be situationally-related, or it can be general in nature. There are many causes, including traumatic experiences, an overly anxious mother that induced a lot of fear into a person as a child, or just too many stressful situations. It can also be linked to drugs, nutritional deficiencies, and certain specific health problems such as hyperthyroidism, hypoglycemia, and asthma.

Generally speaking, anxiety is a symptom of an imbalance between the sympathetic and parasympathetic nervous systems. This is often due to prolonged stress which exhausts and depletes the adrenal glands. In most people, severe anxiety and panic attacks may be relieved by using herbs that calm down the sympathetic nervous system and increase the parasympathetic nervous system activity. Herbs such as valerian, passion flower, hops, chamomile, lavender, lobelia, and kava kava all fall into this category. Two herbal formulas that may be helpful in easing acute anxiety are STR-J and HVP.

In the case of panic attacks, two herbs are really helpful—lobelia and kava kava. Both are antispasmodic nervines which relax the muscles of the body, slowing breathing and heart rate. This is best done by using these herbs in liquid form and administering a dropperful every 2-3 minutes with water, while encouraging the person to breathe slowly and deeply. If liquids aren't available, break capsules open and empty the powders directly into the mouth. Use one capsule every five minutes. Continue administering the herbs until the heart rate slows and the person is able to breathe in a relaxed manner.

Inhaling essential oils can also be helpful in easing anxiety and panic attacks. Some essential oils that have been known to ease anxiety include lavender, CO₂ chamomile, Roman chamomile, Inner Peace and Tranquility. Reducing intake of refined sugar and carbohydrates and avoiding caffeine can also help reduce both the frequency and the severity of anxiety attacks.

An exception to the above is when a person has a parasympathetic dominant nervous system. In these cases, it is often necessary to give a mild stimulus to the sympathetic nervous system and calm down the parasympathetic nervous system to ease anxiety. Citrus oils such as lemon, grapefruit, and bergamot will be calming in these cases. For people with a parasympathetic dominant nervous system, a little green or black tea or other caffeine-bearing substance can be helpful in reducing anxiety. Suma Combination is very helpful for reducing anxiety in parasympathetic dominant people.

You can tell whether you will need to stimulate the parasympathetic nervous system or the sympathetic nervous system by looking at the person's pupils. If they are enlarged, then calm down the sympathetic nerves and enhance the parasympathetic. If the pupils are tiny and contracted, then the person is parasympathetic dominant, and agents that stimulate the sympathetic nervous system and calm down the parasympathetic nervous system will be needed.

If the pupils are pulsing, check and see if their tongue quivers. If so, then the adrenals are exhausted. Nervous Fatigue Formula is an excellent choice in these cases. It relieves feelings of tension in the chest and promotes more restful sleep. Pantothenic acid can also help rebuild exhausted adrenals.

People with blood type A are more prone to anxiety and panic because they have a harder time breaking down the stress hormones produced by the adrenal glands. Adaptagens are very helpful for anxiety-prone people like those with blood type A. Adaptagens work on the pituitary and hypothalamus to reduce the output of stress hormones from the adrenal glands. Some adaptagens include Eleuthero root, schizandra and maca. Nervous Fatigue Formula and Nutri-Calm both have adaptagenic properties.

Nutri-Calm is a B complex vitamin supplement with vitamin C, nervines and adaptagens. It is very helpful for people who are easily wound up and under a lot of stress and emotional pressure. It feeds both the nerves and the adrenals, helping a person stay productive while feeling more relaxed.

When anxiety is coupled with depression, herbs like lemon balm and St. John's wort may be helpful. Mood Elevator can also help anxiety that is coupled with depression.

Anxiety can be overcome naturally. Consult a qualified natural health consultant to determine the program that is 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

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Nutri-Calm

Nutrition for a calm nervous system

Nutri-Calm is an anti-stress vitamin supplement (in an herbal base) with a proven track record for easing nervous stress and anxiety. The formula does this without causing drowsiness or interfering with sensory and motor functions, making it far superior to tranquilizers and other medications commonly used to treat these problems. Nutri-Calm accomplishes this by feeding the nerves and adrenal glands while balancing their function.

Nutri-Calm has been used to aid a wide variety of nerve-related disorders. It has been used to ease anxiety, chest pain due to anxiety, hyperactivity, insomnia, nervousness, restlessness, tossing and turning at night, and general feelings of stress. Nutri-Calm is particularly useful for anyone who has contraction furrows (nerve rings) in their iris.

Nutri-Calm has also been used in programs to help drug withdrawal, anorexia, alcoholism, schizophrenia, high blood pressure, and Parkinson's disease. For these purposes, it needs to be combined with other remedies and therapies, however.

Combining the benefits of the B complex vitamins and vitamin C to support the nervous system with herbs to relax and balance nerve function, Nutri-Calm is a good supplement for anyone who feels depleted by nervous stress. People usually feel calmer but have more energy when taking it. Specifically, the ingredients in Nutri-Calm are:

Vitamin C

The largest repository of vitamin C in the body is in the adrenal glands. This vitamin is absolutely essential for healthy adrenal function and is depleted under stress. It helps the adrenals make epinephrine and norepinephrine, the hormones that help us cope with stressful situations.

B Complex Vitamins

The various B vitamins are involved in numerous nervous and glandular system functions. Like vitamin C, they are also depleted under stress, which is why the combination of vitamin C and the B complex has long been recognized as having stress-reducing properties. Many people are deficient in B complex vitamins because they are depleted by the consumption of sugar and refined carbohydrates.

One of the B vitamins in Nutri-Calm, pantothenic acid, is a critical vitamin for rebuilding exhausted adrenals.

Wheat Germ

Wheat germ is nutrient-rich part of wheat kernel which is milled and discarded in producing white flour. It is high in the B complex vitamins.

Schizandra Berries

These small berries are considered to be an excellent tonic and restorative herb in Chinese medicine. Possessing adaptogenic properties, schizandra berries are believed to improve nervous system function, quiet restlessness and calm the heart, and balance the fluids of the body.

Bee Pollen

Bee pollen is pollen collected by bees. It contains trace amounts of every known nutrient and is considered an energy-enhancing food.

Hops

As a mild central nervous system depressant, hops are able to reduce excess activity in the nervous system. The herb has a mild sedating effect, easing tension and restlessness and promoting sleep and relaxation.

Passion Flower

A gentle sedative, passion flower is used to ease tension, anxiety, irritability and insomnia. It is helpful for insomnia and has a tranquilizing effect on many nervous conditions, including heart palpitations, panic, high blood pressure, and muscle cramps.

Valerian Root

An extensively researched herb, valerian root has been demonstrated to encourage sleep, calm mental overactivity, lower blood pressure and ease a wide variety of nervous disorders. It can be helpful for anxiety, tremors, panic, heart palpitations, and muscle tension.

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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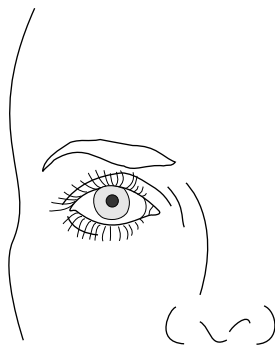
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2003 Closeouts

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)—regularly \$9.00 per bundle.
- Is Any Sick Among You? by LaDean Griffin—\$10.00 per copy—regularly \$18.95.
- The Consumer's Guide to Nature's Sunshine Products (3rd Edition)—\$5.00 per copy—regularly \$9.95.
- Catch the Vision—\$2.50—regularly \$4.95



Iridology Course

Steven recently completed four iridology videos 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. The course will ship the first of March.

Call 800-416-2887

or visit www.treelite.com



Class Schedule

Tree of Light Classes

Call 888-707-4372 to register.

Biochemical Blood Analysis

May 7-8 Harrisonburg, PA
Taught by Kimberly Balas. Steven Horne will also be present.

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
Steven will be speaking on Flower Essences and Herbal Nutrition. Other speakers include: Ellen Tart-Jensen, Matthew Wood, Daniel Gagnon, Phyllis Light and Rudolph Ballentine.

Herbal Medicine: Spirit and Science—AHG Symposium

October 8-10 Waterville Valley Conference Center
Waterville Valley, NH

Call 770-751-6021 or go online at www.americanherbalist.com
Steven will be speaking on paw paw. Other speakers include: Michael Tierra, Christopher Hobbs, Roy Upton, and Chanchal Cabrera.

Subscription Information

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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 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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