



Say NO to Drugs and YES to Herbs

It's time to change your home medicine chest from drugs to herbs

For thousands of years, mankind has turned to the herbs of the field—leaves, bark, roots and fruits from non-poisonous plants—for both food and medicine. However, in modern America, the majority of people see herbal remedies as unproven or even dangerous. They ask, “Why would anyone in this modern age want to change their medicine cabinet from scientifically-proven drugs to old-fashioned herbal remedies?” Here are some reasons why.

Modern Drugs Have Serious Safety Issues

For starters, many people are realizing that modern drugs aren't all that safe. All one has to do is read or listen carefully to the many drug ads we're bombarded with on a daily basis. (America is one of only two countries that allows drug companies to advertise prescription drugs directly to consumers.) These ads promise quick, symptomatic relief for numerous health problems, but they also include cautions about the potential risks and side effects, often more serious than the problem the drug is supposed to treat.

You've probably also seen the ads for lawyers suing drug companies over drug side effects. These advertise, “If you or someone you know has taken x-y-z drug...” and then announce a potential link to serious health problems that have been associated with using the drug. Half of all drugs introduced in the last twenty years have been removed from the marketplace within ten years because of dangerous side effects.

Modern Drugs Offer Symptomatic Relief, Not Real Cures

It's sometimes amazing that people are willing to take these medications in spite of these risks, but Americans are addicted to the “quick fix.” Unfortunately, when it comes to creating health, there is no such thing as a quick fix. If you pay close attention to these ads again, you will probably notice that they don't actually promise a cure. Instead, they promise symptomatic relief. In other words, the quick fix isn't really solving the problem at all. Symptomatic relief is not the same as effecting real healing and creating real health.

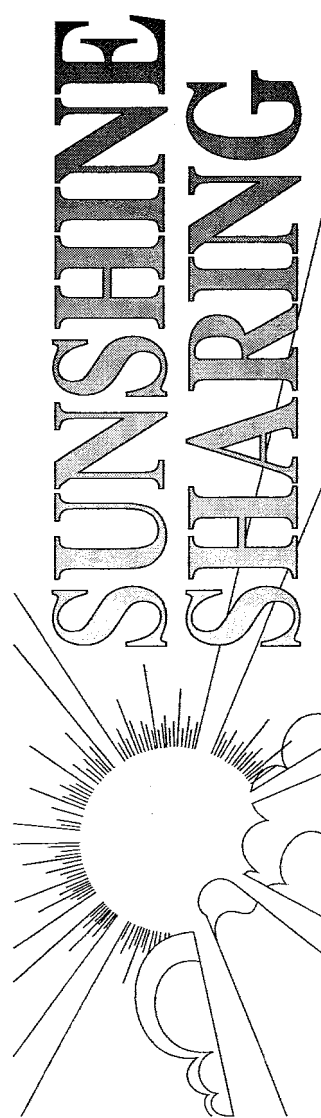
We aren't saying drugs can't be helpful in stabilizing some serious health problems, but they make a poor system of primary health care. This is evidenced by the fact that America spends more money on health care than any other nation and yet is ranked number one in obesity and 45th in life expectancy.

Nature's Pharmacy Offers Safe and Effective Remedies

Obviously, the best way to create health is to actually focus on doing things to be healthy, such as eating whole, natural foods, getting adequate rest, drinking pure water and exercising. Nothing can replace good health habits, and even those of us who strive to live a healthy life are sometimes subject to illness and need some help to recover.

That's where Nature's pharmacy can help. The same plants which have been used for hundreds and even thousands of years are as safe and effective as they have ever been. That's because they've been tried and tested in the laboratory of real human experience, not in some short-lived double-blind study. Furthermore, when coupled with appropriate changes in diet and lifestyle, herbs can actually heal. This means they actually work to restore your body to normal function so you won't need to keep taking them forever.

For suggestions on how to change your medicine chest to herbal remedies, look inside...



Your guide to better health the natural way.

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Important Notice

The information in *Sunshine Sharing* is for educational purposes only and should not be used to diagnose and treat diseases. If you have a health problem, we recommend you consult a competent health practitioner before embarking on any course of treatment.

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Changing Your Medicine Chest to Herbs



Here are some basic suggestions for changing some of the drug remedies in your medicine cabinet to safe and effective herbal and nutritional remedies. Obviously, we can

only make basic suggestions here. For more specific help, talk to the person who gave you this newsletter.

Acne Medications

In modern medicine, acne is treated by using antibiotics to kill bacteria that may be infecting skin pores or by drying up oil in the skin and removing dead skin cells. In herbal medicine, acne is approached as a whole body problem, involving toxicity of the liver and blood. The traditional herbal approach to acne is to improve the diet and use blood purifiers like **Ayurvedic Skin Detox** or **BP-X** to clean liver and blood. Hormone balancers such as **Wild Yam and Chaste Tree** are also used to help calm down "raging" teenage hormones. **Tea Tree Oil** and **Silver Shield Gel** can be applied topically as natural alternatives to antibiotics.

Anti-Anxiety Drugs

Numerous people in our society take drugs to control anxiety and stress. These drugs generally work by depressing the nervous system and "numbing" the person. This can result in side effects such as drowsiness, lack of energy, impaired thinking and judgment and even depression.

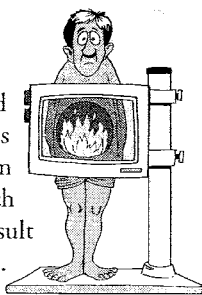
The primary remedies in the herbal world for anxiety are adaptagens, which moderate the output of stress hormones to help a person feel calmer. Adaptagens not only reduce anxiety, they can improve energy levels, mental and physical performance and even enhance immune function. **Eleuthero root** or **Adaptamax** are two good options. For more serious cases, **Adrenal Support** or **Nervous Fatigue Formula** may be helpful.

To calm feelings of stress and anxiousness, one can also use nervine herbs that help relax the body. **Kava kava** is a great option here. It relaxes the body, elevates the mood, but leaves the mind feeling sharp. **Nutri-Calm** can also help one feel more relaxed and calm without causing fatigue or drowsiness.

Antacids and Acid Blockers

Millions of Americans take antacids and acid blockers for the relief of acid indigestion. This is unfortunate, since most adults suffering from acid indigestion are actually deficient in stomach acid and enzymes. Their indigestion is the result of poor digestion, not too much stomach acid. Furthermore, their acid reflux is the result of a hiatal hernia, a mechanical problem antacids don't fix.

Since stomach acid is needed for the digestion of protein and assimilation of minerals like calcium, iron, zinc and manganese, long-term use of antacids and acid blockers contributes to mineral deficiencies and an increased risk of arthritis and osteoporosis. Furthermore, neutralizing the stomach acid simply makes the body try to produce more of it, putting the person on a vicious cycle that undermines general health and well-being.



For many people, taking enzyme supplements, such as **Proactazyme Plus** or **Food Enzymes** with meals greatly improves their digestive function. Chewing **Papaya Mint Tablets** after meals is a great way to settle the stomach and improve digestion at the same time.

Bitter herbs such as **Goldenseal** (taken out of the capsule and tasted) or **Digestive Bitters Tonic** will often help as well. **Catnip and Fennel** is a great herbal duo used to relieve colic in infants that can also work on acid indigestion in adults. Catnip has been called "Nature's Alka-Seltzer." For a natural antacid, try **Stomach Comfort**.

Antihistamines

Every year, millions of people suffer because of respiratory allergies. Most turn to antihistamines, which block or neutralize an inflammatory chemical messenger called histamine. Since they don't prevent allergies, this is only symptomatic treatment and it often comes at a price—drowsiness, dizziness, restlessness, irritability, upset stomach, and dry mouth and nose. The body also builds tolerance to antihistamines over time.



Interestingly enough, large doses of **vitamin C** work as a natural antihistamine, without the same side effects. Other natural alternatives to antihistamines include **HistaBlock** and **Sinus Support**. By changing the diet to reduce allergy-causing foods and improving the health of the intestines and liver, allergies can be significantly reduced or completely eliminated. Homeopathic remedies can also help to permanently desensitize one to allergens.

Cold and Flu Remedies

When it comes to the common cold and flu, about all modern medicine can offer is symptomatic relief. The typical blends of antihistamines, decongestants and fever-reducing remedies do not speed healing, and may actually slow recovery. They can cause side effects like insomnia, restlessness, loss of appetite and upset stomach.

Believe it or not, there are herbal remedies for the cold and flu that can dramatically speed recovery. These remedies can often help you knock out a cold or flu in 24 hours or less. You simply stop eating, drink plenty of water and take remedies like **HCP-X**, **CC-A** or **IF-C** every two hours until you feel better. **Silver Shield**, **High Potency Garlic** and raw garlic can also be helpful for knocking out both viral and bacterial infections quickly.

Cough Remedies and Decongestants

Most over-the-counter cough remedies contain cough suppressants which inhibit the cough reflex. This is symptomatic relief that actually interferes with getting well, since the body uses coughing to clear congestion from the lungs. Decongestants are more helpful as they are used to break up thick mucus, improve mucus flow and increase drainage. This helps the body get rid of what is irritating it.

The herbal solution for coughs are herbs that act as decongestants and expectorants. Expectorants help you expel the mucus, which also aids the body in getting rid of the source of the irritation. **AL-J** is a fantastic herbal expectorant and decongestant. Take two

to four capsules every two hours with plenty of water. It can be used in conjunction with any of the cold and flu remedies listed above.

Lobelia can be added when excessive coughing is causing fatigue and insomnia. It calms the nerves and relaxes the bronchials. For chronic dry coughing, try **Chinese Lung Support**. It is useful for weakness in the lungs or for coughs due to dry weather and wind.

Energy Pills and Drinks

Most energy pills and drinks rely heavily on caffeine, which does not give you energy. It simply stimulates your system to burn up more energy. Long-term use results in more fatigue, insomnia, increased anxiety and nervous exhaustion, and ultimately, adrenal fatigue.

Fortunately, there are natural remedies that can actually aid real energy production in the body. For starters, boosting glandular function with **Thyroid Support** and/or **Adrenal Support** can be helpful, as low glandular function is often the cause of chronic fatigue. **Target Endurance** is another great remedy for fatigue. It increases energy production inside the cells, improving stamina and endurance. Many people also benefit from **ENERG-V**.

However, the biggest thing you need to do if you are tired is to make sure you get adequate sleep and rest and drink enough water. Your body recharges your energy levels when you relax and get enough sleep. See *Sleep Aids* on page four if you need help with this.

Pain Relievers

Over-the-counter pain relievers work by affecting chemical messengers called prostaglandins. The original compounds these drugs came from were derived from the salicylates found in plants like white willow bark. The original herbal remedies still work and are gentler on the system, being less likely to cause digestive upset. Many modern pain relievers can also cause liver and kidney damage when used over long periods of time, something the herbal remedies don't do.

Nerve Eight and **APS II with White Willow Bark** are two gentle herbal pain relievers. **Triple Relief** and **IF Relief** are stronger natural pain relievers. Topically, you can massage **Tei Fu oil** or **Deep Relief oil** into painful muscles and joints to ease pain.

Pain is a sign that something is wrong, so always try to determine what is causing your pain and fix the cause, if possible.



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Additional Help and Information

For personal assistance in assembling and learning how to change your medicine chest to herbal remedies, talk to the person who gave you this newsletter. Their contact information should be found at the top of page four. They have additional handouts and resource materials to help you. You can also consult some of the following sources:

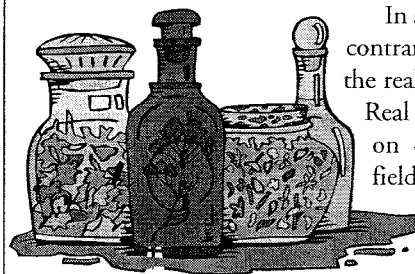
Say No to Drugs, Say Yes to Herbs: Changing Your Medicine Chest to Herbal Remedies DVD with Steven Horne (www.treelite.com)

The Comprehensive Guide to Nature's Sunshine Products by Tree of Light Publishing

Dr. Mom-Dr. Dad course by Steven Horne

Nature's Pharmacy by Steven Horne

Three Reasons Why You Should Rely on Nature's Pharmacy



In spite of propaganda to the contrary, herbal medicine is not the realm of hippies and quacks. Real herbal medicine is based on concepts that have been field-tested for hundreds and even thousands of years in numerous cultures worldwide.

1. Herbs have a long history of safety

Modern medicine advertises that it is scientifically-proven, yet half of all medications that are introduced into the marketplace are withdrawn within ten years due to harmful side effects. This is because studies of drug safety are usually short-lived, only 6-8 weeks, and many harmful side effects show up after longer periods of use.

In contrast, herbal medicine is remarkably free of side effects. The most common "unwanted reactions" to herbs have to do with the tendency of herbs to increase detoxification in the body, a situation many herbalists call a "healing crisis." These include sinus drainage, nausea, diarrhea, vomiting or rashes. These reactions are not common and none of these reactions are life-threatening.

2. Herbs have a long history of efficacy

Drugs are "scientifically proven," but what this means is that they are tested to affect one specific aspect of the body, such as cholesterol levels or blood pressure. Drugs aren't tested to see how they affect the body as a whole.

Herbal remedies, on the other hand, have been field-tested by real people over hundreds, and in some cases thousands, of years. Generations of observations have led to a strong understanding of what herbal remedies do to the body as a whole, and when correctly used according to traditional models of healing, herbal remedies actually facilitate real healing. That is, they are often able to return the body to normal function.

3. Herbs, like food, are whole substances

Many modern drugs are chemicals which have never been found in nature. They are created this way deliberately because natural molecules can't be patented. Doesn't it make sense that our body's would be better equipped to use the natural compounds found in plants for tissue repair?

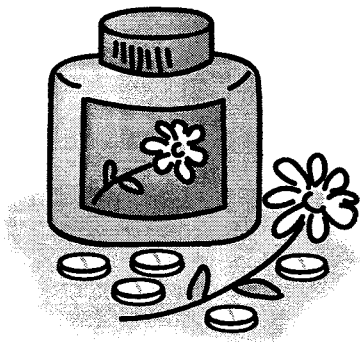
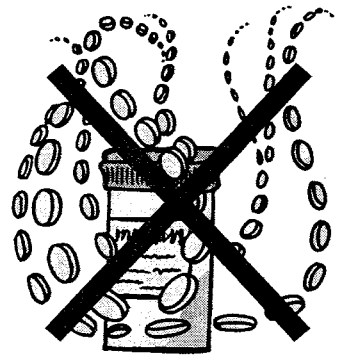
Whether you view it from a creationist point of view or an evolutionary point of view, herbal medicine makes sense. From an evolutionary point of view, the human body has evolved along with the plants and has adapted itself to make use of them. From a creationist point of view, many spiritual traditions teach that herbs were provided by an all-wise Creator who prepared them to heal every affliction mankind might suffer.

Whatever your view, herbs contain hundreds and even thousands of compounds, including minerals, vitamins and nutritional co-factors that may work synergistically to balance the body. This is part of the reason herbs can help the body heal.

If You're Tired of Suffering From Drug Side Effects...

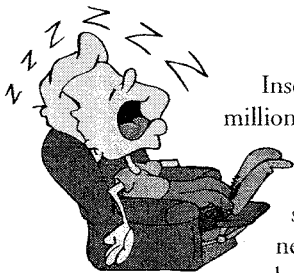
SAY NO TO DRUGS

&



SAY YES TO HERBS!

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Sleep Aids

Insomnia is another problem that affects millions of Americans. Many over-the-counter sleep aids rely on an antihistamine agent. Most don't produce a natural sleep and can result in daytime drowsiness, constipation, dizziness, light-headedness and dependency.

Fortunately, nature provides us with a number of valuable aids to a better night's sleep. To help you relax and fall asleep, you can try **Herbal Sleep Formula**, alone or with **Kava Kava**. Take about 3-4 capsules of Herbal Sleep with 1 capsule of Kava Kava about 30-60 minutes before bedtime to help you relax and fall asleep.

If your sleep is restless and disturbed and you are tired, anxious and emotionally sensitive during the day, consider **Nervous Fatigue Formula**. Take four capsules at bedtime and another four capsules if you wake up in the night. You can also try taking 2-3 capsules of Nervous Fatigue Formula three times daily.

Other aids for insomnia include **5-HTP Power**, **Magnesium Complex** (taken under the tongue at bedtime) and **Melatonin Extra**. You may need to experiment to determine which remedies work best for you.

Herbs Can Help Many Other Health Problems

These are just a few examples of the many remedies you can use to change your medicine cabinet from drugs to herbs and other natural remedies. For more help, talk to the person who gave you this newsletter. They can provide you with additional help and information.