



# Healthy, Wealthy and Wise

## NEWSLETTER

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**SEPTEMBER 2003**



## Never Underestimate the Value of Rose Hips

It is well known for its high content of **Vitamin C**, which helps prevent flu and colds as well as strengthens the immune system. It also contains rutin for healthy blood vessels and capillaries. Rutin helps prevent nose bleeds, varicose veins, and bruises. Blood blisters are caused by weak veins.

Rose Hips contain **Vitamin A**, essential for healthy skin. Vitamin A is necessary for healthy eyes as well as the respiratory system. Vitamin A is another supplement that helps build the immune system and protect the body from disease. It improves resistance to disease of the eyes, respiratory and gastro-intestinal tract. It is one of the vitamins to increase life span. It also assists in maintaining normal glandular activity.

Rose Hips contain **Vitamin E** which is well known to help slow down aging. It also provides oxygen to the cells which aid in preventing disease. Vitamin E is also necessary for normal reproduction (male & female). It helps increase production of hormones which makes it an excellent supplement for infertility. Vitamin E strengthens capillary walls, thus decreasing blood clotting. It improves circulation and reduces uric acid in the body.

**Organic iron** is another element of Rose Hips. It is well known that inorganic iron causes constipation and decreases proper digestion and circulation, creating a sluggish body. Organic iron carries oxygen to the blood, enriching the blood and providing a sense of well-being. It not only feeds the tissues but removes waste matter from the body. It also improves the complexion.

Rose Hips contains organic **calcium**, necessary for healthy bones and teeth, no matter how old we are. Calcium is essential for calm nerves and proper sleep. It is not assimilated unless Vitamin A & C are present. We have nature providing ways for us to utilize the calcium by putting the A & C into the Rose Hips.

Rose Hips contain **B-complex** vitamins. We know how important the B vitamins are in our day and age. The B Vitamins act as general nutrition stimulants. They seem to be the added elements we all need to help all the other nutrients function. B Vitamins improve nerve function and are indispensable for pregnancy and lactation. It improves appetite, digestion, assimilation and elimination. All the B vitamins work together to increase resistance to disease, prevent nervous disorders, utilize energy in the brain, protect against stress, control cholesterol metabolism and act as a nutritional stimulant.

Rose Hips should be a must on our list of daily nutrients for health.

*"The body must be nourished, physically, emotionally and spiritually. We're spiritually starved in this culture—not underfed but undernourished."* — Carol Hornig



## Herbs for Mental Illness

The nutrients in herbs work to correct the imbalance in the body rather than to disguise the symptoms. The response will be slower but will be more permanent. Toxemia and malnutrition are considered by some nutritionists to be the major causes of mental illness. Herbs will help supply the nutrients and a thorough colon cleanse will help eliminate the toxins.

There are four areas of the body to consider in mental illness. They are the digestive system, circulation, the glands and the nervous system.

**DIGESTION** - The assimilation power of the body is weakened when mental disturbances are present, no matter what the quality of the food. Digestive enzymes and hydrochloric Acid should be added. Acidophilus is another supplement that aids digestion as well as keep the colon healthy. Comfrey and pepsin helps digestion and helps clean the colon. Alfalfa is another herb that aids digestion and provide the essential nutrients for the brain. Gotu Kola is another herb that contains digestive properties. It provides nutrients for the brain. It is extremely rich in minerals for the brain and central nervous system. The minerals provided in Gotu Kola in balanced amounts for proper nourishment. Using chlorophyll will help clean the blood and provide nutrients to the brain.

**CIRCULATION** - Circulation is the key to help in any illness. The brain needs a constant supply of oxygen to keep it healthy. Vitamin E increases the amount of oxygen available to the brain. Hawthorn, Capsicum, and Garlic are essential for proper circulation to all areas of the body. Hawthorn berries helps increase oxygen in the blood. It helps prevent hardening of the arteries and heart disease. B complex choline is found in hawthorn and has an almost immediate effect on brain function. Lecithin also contains choline and 60% of lecithin found in the body is in the brain, spinal cord and nerves. Lecithin supplement is essential for mental illness.

**GLANDS** - The adrenal gland needs to be fed and nourished properly. Lack of adrenal function can cause depression and mental illness. An excellent gland cleanser is Lobelia and Mullein. They work together to remove obstructions in the system. They heal as well as calm the nerves. Echinacea is an excellent gland cleanser. It improves lymphatic filtration and drainage. It is considered one of the best blood cleansers in the herbal kingdom. It is also a natural antibiotic. Food for the glands are Kelp, Dandelion and Alfalfa. Kelp provides thyroxin in the blood and the lack of it can cause emotional disturbances. Kelp helps draw out heavy metals from the body. Too much lead and aluminum can cause mental problems. Kelp contains natural sodium to help keep calcium and magnesium in solution in the bloodstream. The Dandelion builds and nourishes the liver. Congested liver can cause mental illness. Alfalfa contains eight digestive enzymes for proper digestion, so that the brain can benefit from the nutrients it provides. It also acts on the central nervous system.

**NERVES** - It is essential to build up the nervous system in mental problems. Nervine herbs act as a natural tranquilizer as well as food and nourishment for the nerves. Meat should be eliminated, it causes an unbalanced amount of sulphur which effects the nervous system in a negative manner. Black Cohosh soothes the nerves and lowers the blood pressure. Valerian Root is a sedative to the entire nervous system and is considered a remedy for nervous disorders. Mistletoe gives tone to the nerves and help in circulation. Lady's Slipper has a calming effect to the body as well as the brain. It will help in clearer thinking. Lobelia is the most powerful relaxant on the nerves and also has healing powers to the blood vessels. Scullcap is good for insomnia due to an over-active mind. It helps to control nervous irritation. Hops act as a general tonic to the nerves and brain. It is a sedative to the nerves. Wood Betony cleans and purifies the blood and acts as a sedative.

Herbs provide nutrients to a body that has inherited the weakness for mental illness. Just because we inherit weakness doesn't mean that we cannot overcome the illness. The herbs provide calcium which, when missing, causes irritability and insomnia. The lack of vitamin C and phosphorus are known to decrease the metabolic rate of the brain. Niacin deficiency causes deep depression. The lack of B Complex vitamins causes deep depression and irritability as well as headaches, nervousness, inability to concentrate as well as many other problems for proper brain and mental function. Pantothenic acid is essential for the body's ability to handle stressful situations. The lack of thiamine causes lack of energy, fatigue, irritability and could produce brain damage if prolonged deficiency exists.

Herbs will help provide the essential nutrients for a healthy body as well as a healthy mind.