

FIRST STEPS



The ABC's of Herbal Health

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INTRODUCTION

I became involved in the world of natural herbal health the same way so many others do. My story begins about 19 years ago. After a 2 and 1/2 year illness, I reluctantly agreed to see an Herbalist on the advice of a friend. I was surprised that through this alternative approach, my health finally began to return to normal.

This experience marked the beginning of an interest in herbs and natural health and I went on to study in the fields of herbs and iridology. My instructors have included Steven Horne, past president of the American Herbalist Guild, Dr. Kimberley Ballas, N.D., Jennifer Hough and through Nature's Sunshine - the ORIGINAL herb company with tremendous scientific expertise.

It was obvious to me that if I had been so sick and desperate there were obviously many others out there who have no idea that there is help.

Through my desire to help others, I decided to do what I love to do - and that is to empower people with the knowledge and assistance they need to help build their Health & Wellness. I offer private one-on-one consultations, using *Iridology*, *W.I.S.E. Analysis and Herbology* to help people in their journey of health & wellness.

I want my clients to maximize their potential for health and create a life they love.

This short guide lays out the principles for basic nutrition and basic healing using herbs and supplements. Please read it carefully.

Healthy Regards,

Frank Filippo

Note: I use and promote **Nature's Sunshine Products** because of their tremendous scientific expertise and unsurpassed commitment to quality. References to herbal products throughout this guide are Nature's Sunshine products. You can view all the Nature's Sunshine products here: www.HealthyWithHerbs.com

***** Check with your doctor before beginning any nutritional program.**

WHY ALL THE FUSS ABOUT HERBS?

Have you ever taken an aspirin to relieve a headache? Chances are you have. And when you did, were you aware that the active ingredient in aspirin was discovered from the bark of the white willow tree? Although today's aspirin contains a man made synthesized version of the ingredient found in the white willow bark, there was a day when your doctor might have given you the actual powdered bark to relieve your pain. In fact, over 25 percent of modern drugs were discovered through the use of plants as medicine. Whenever any part of a plant is used as medicine or as a culinary spice, it's called a herb and classified as a food.

Many cultures today still use herbs as their primary source of medicine. In recent years, North America has experienced a resurgence in the use of herbs, as people take more responsibility for their health. Today's modern herbology blends the wisdom of the past with scientific techniques to provide people with an entirely natural and safe alternative to achieving health. How ironic that 21st century people, now faced with many chronic diseases, are turning to ancient traditions and concepts and finding, once again, that they work.

HOW HERBS WORK

Herbs have always been an important tool in the hands of ancient healers.

To the traditional and modern herbalist, herbs are the body's friend. The modern use of herbs continues in the belief that herbs work with the natural healing processes of the body and not against them. In contrast to Western medicine, a herbalist seeks to bring the body back into balance, first by cleansing and then by strengthening. Specifically, herbs are a rich source of many nutrients. Beyond their nutritional value, herbs also contain active ingredients that can affect specific organs and body tissues. A herbal program may last several months and include more than one herbal preparation as the body is cleansed and strengthened.

Herbs are taken in several forms: dried encapsulated powder, liquid extracts and teas, and ointments for external applications. A single herb may be adequate or, more commonly, a herbal combination will be recommended. For instance, dandelion may be taken on its own, but the same is frequently combined with other herbs in a combination formula. Herbalists have found over the centuries

that when certain herbs are combined, the effect is greater than if each were taken on its own.

The ABC +D System

It's normal for us to think of herbs and/or supplements in terms of "what should I take for this" or "what should I take for that." After all it's specific pain or discomfort we want attention for. And yes there are certainly many herbs and supplements which have traditionally been used for all sorts of things and there is certainly nothing wrong with that. For optimum health though we need to understand that there are basic things that affect our overall health and may be at the root of many symptoms. So it's logical that these basic things must be addressed if we are to enjoy a high state of health & wellness.

This is where the ABC+D System comes in. This is a program that I learned from Steven Horn which after I understood it the lights came on for me as the saying goes. I also learned this from others whom I respect greatly and although they may not specifically call it the ABC +D system, the outline is the same or very similar. I have considered some minor variations and have adjusted it. Please read the following information very carefully and be open to the idea that it may very well hold the answer you're looking for to boost your health & wellness to new levels.

When I became ill about 20 years ago, a friend of mine kept telling me to go see a "herbalist." I was not getting any relief from the doctors but yet I was still refusing to see a herbalist because it made no sense to me. But after reaching a very high state of desperation after almost 3 years of illness, I "humbled" myself, swallowed my pride and went to see a "herbalist". I don't need to tell you how surprised I was that after the best doctors around, with the best prescription drugs, had done nothing for me, herbs were working. How could this be? You see, my illness for those 3 years was not a "name of a disease". I did not have "this" or I did not have "that." And that's why the doctors were not able to help me. Even the World Health Organization (WHO) says that a good state of health is more than simply the absence of clinical disease. I did not have a clinical disease. And this is where the ABC +D system comes in. I did not know it at the time but the herbalist I was seeing was not simply giving me herbs for "this" or herbs for "that," rather she was giving me herbs in line with the ABC+D program, that is she was addressing

basic things that affect overall health. And that's what I was missing. If you think this doesn't matter that much please understand that my symptoms were very severe.

So what exactly is ABC +D?

A = Activation

B = Building

C = Cleansing

+D = Direct Aids

Before I get into an explanation, please note that it's the +D that we are tempted to do first with no attention to A, B or C. Yet, many times, doing the A, B and C may remove the need for +D. So it's important we understand this and follow accordingly.

A = Activation

The human body has an amazing ability to heal. However, after years of stress and not eating right, it's ability to heal slows down and becomes sluggish. We want to stimulate the body's vital energy and support it as much as possible. With Activation there is both the emotional side and the physical side. Please don't underestimate this step or dismiss it altogether. For the purpose of this book we cannot get into lengthy detailed information on this topic but we must remember that is critical in the healing process.

So how do we Activate? *Please note:** if the links to the products don't work you can find all the products here: www.HealthyWithHerbs.com

- Conviction that you will get better - believe in the body's ability to heal itself
- Stimulate the healing response with positive attitudes and positive affirmations
- Identify and address unresolved emotional conflicts
- Love
- Faith & Prayer
- [Essentials Liquid Minerals](#) – energize the cells- we get too few trace minerals from our foods because our soils have been depleted. Yet trace minerals are crucial to health because they are involved in many functions.

- [Digestive Enzymes](#) or [Garden Essence](#) – Digestion is so important for our foods and for our supplements.
- [Psyllium Hulls Capsules](#) or [Psyllium Hulls Combination Bulk Powder](#) or [Psyllium Seeds Capsules](#) or [LOCLO](#) and [LBS II](#) if required – This is the department that no one likes to talk about but is fundamental to health & wellness. Psyllium and LOCLO (I like to rotate) provides the highest quality fiber. If you feel you need some support add LBS II for that little “push” from a gentle herbal laxative combination.

B = Building

Unfortunately many of the foods we eat today are lacking in nutrients. That’s a sad but true reality. Foods are processed with additives, soils are depleted and even cooking can destroy important nutrients. While we should be commended for trying to eat better, and we certainly should continue to try, the only way to truly get the important nutrients we need is through the correct supplementation.

Please do not underestimate this step. Most people want to go directly to cleansing or direct aids, but super nutrition is extremely important. I know some practitioners who won’t even see a client unless they agree to do some basic building first.

So how do we build?

- Probiotics – [Bifidophilus Flora Force](#)
- Essential Fatty Acids – [Super Oil](#) and [FlaxSeed Oil](#)
- High density green super food – **GreenZone** [Powder](#) or [Capsules](#)
- Anti-Oxidant - [Zambroza](#)
- Trace Minerals – [Essentials Liquid Minerals](#)
- Digestion – [Digestive Enzymes](#) or [Garden Essence](#)
- High quality protein – [SynerProtein Powder](#)

C = Cleansing

Most people understand this step because they hear it all the time. They may have even done a cleanse here and there. Keep in mind that while cleansing is extremely important, it comes after "Building". So before we cleanse, especially if we're week, it's a good idea to Build first. There are actually 2 steps to cleansing:

First – Liver cleanse and Second: Systemic cleansing.

So how do we cleanse?

Step 1: General Cleanse – [Bod-E-Klenz](#) or [Tiao He Pak](#)

Step 2: Systemic Cleansing

Step 2A: Parasites Cleanse – [Para Pak](#) (do 2 Paks, waiting 7 days in between Paks)

Step 2B: Candida Cleanse – [Yeast & Fungal Detox](#), [Black Walnut](#), [HRP-C](#) and [Acidophilus](#) (do this for a minimum of 2 months)

Step 2C: Heavy Metals Cleanse – [Heavy Metal Detox](#), [Super Oil](#), [Milk Thistle](#), [GreenZone Powder](#) or [Capsules](#)

So there you have it – the A, B and C part of the ABC +D program.

This Takes Us To The +D or Direct Aids

This is where we target specific body systems that may be weaker than others. This is the part that makes sense to most people and is usually where they want to begin. But remember that the A, B and C may take care of some of these issues.

To help determine which body systems may be in need of nutritional support more than others, I recommend you take the **Health Analyser** found on this website www.HealthyWithHerbs.com. Once you have determined that, a specific product or products can be included in your nutritional program to support that body system.

If you have more than one body system that is need of support, it is usually best to target your worst system first. The body systems are interdependent so improving one often helps others as well. If you wish, you may target two systems at a time. After a few months you can retake the questionnaire to see what kind of progress you have made.

So just to recap then,

A = Activation, B = Building, C = Cleansing, +D = Direct Aids

Direct aids can be determined by taking the Health Analyser quiz here

www.HealthyWithHerbs.com

A FEW FINAL WORDS

The ABC +D approach may seem so simple that you may doubt it can help you with your health concerns. But if you are determined to boost your health & wellness and take it to new heights, try the ABC +D approach as it provides a very strong base to build upon. Work with a good herbalist to help guide and direct you and you may be pleasantly surprised.

WHY I USE NATURE'S SUNSHINE PRODUCTS

QUALITY IS THE ISSUE

With so many people today turning to herbs, many new companies have appeared on the market. And in the scramble to meet consumer demand, some have sacrificed quality standards of manufacturing. Harvesting seasons and harvesting techniques, soil conditions and freshness, are all considerations in producing a quality herbal product.

The best way to know you're getting the highest quality herbal product is to purchase from a reputable manufacturer that guarantees the quality and purity of its products on every bottle. Nature's Sunshine Products has earned the reputation as a leader in quality herbal products by establishing the highest of quality standards. For us quality begins in the fields where the herbs are grown, and continues right up to the moment our customer cracks the freshness seal.

THE SAFETY OF HERBS

Although some have attempted to frighten individuals away from wholesome natural alternatives by claiming they are harmful, the safety record of herbal remedies speaks for itself. Dr. Zoltan Rona, M.D, MSc., after investigating poisoning from herbs wrote: "The total number of poisoning for all vitamins, minerals and herbs in 1991 was **zero.**" His conclusion: "There is no evidence whatsoever that vitamins, minerals and herbs have killed anyone." The knowledgeable and wise use of herbs is safe. Individuals should, however, check with their doctor or health professional before beginning any supplement program.

Those allergic to any plants should also take caution before taking any herbal preparation.

In a world that's becoming increasingly hostile to human health, there has never been a greater demand for products that take a natural, holistic approach to wellness - an approach designed around interdependence of the various systems.

This increased demand for product has allowed a number of "less than reputable" companies to sell products that don't live up to their claims, or ingredient labels. If a bad used car is called a lemon, consider these "lemon products."

Nature's Sunshine Products, has been providing herbal supplements for over 35 years. In order to stay ahead of "lemon product" manufacturers, Nature's Sunshine has focused its efforts on quality.

Unlike most herbal supplement suppliers, Nature's Sunshine ensures quality by actually manufacturing their own products in their manufacturing facilities in Provo, Utah. By placing in your hands the finest quality herbs and nutritional supplements, Nature's Sunshine strives toward giving customers the tools needed to take charge of their health and to look and feel their best.

Uncompromising quality is not an option - it's an obligation. It's not a vague goal - it is standard operating procedure. That's why Nature's Sunshine is the acknowledged quality leader in the industry.

Quality begins in the fields, where only the finest herbs and raw materials are selected. The company's global sourcing of raw materials ensures that the highest quality products are chosen from each harvest season.

After it's done being harvested, these materials are then shipped to the Nature's Sunshine manufacturing facility, where they are subjected to a series of in-depth quality control tests to ensure purity, potency and cleanliness. All incoming raw materials are thoroughly tested before they are released for use in Nature's Sunshine supplements. Quality checks continue throughout the various stages of manufacturing, as well as at the completion of production.

By maintaining this intense level of quality control and developing new methods and techniques to ensure top quality products, Nature's Sunshine perpetuates its long-standing position at the forefront of the industry.

Each of these tests leads to better product quality. Excellence in product quality is what has put their products where they are today - at the top of the industry. You can be assured that with each new product developed and manufactured, this commitment to excellence will continue. After all, how many companies put their money where their mouth is? With a company motto that reads: "Quality, Service and Integrity" it's obvious that Nature's Sunshine takes quality very seriously.

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For the complete Nature's Sunshine catalogue:

www.HealthyWithHerbs.com