

## NaturBase Help Index



This help file is under construction and full help is not yet available in the Beta version of NaturBase.

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This program is intended to provide nutritional information; however, it is NOT intended to be used as a diagnostic tool. DO NOT use this program in lieu of seeing a health-care professional. Consult a health-care professional when making any changes to your diet or supplementation regimen.

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## NaturBase Quick Start



NaturBase was designed to be easy to learn and easy to use. The primary feature to facilitate this is the pop-up help prompts. The pop-up help prompts appear when the mouse cursor is held without moving over a window or button. The prompt will pop-up next to the mouse to tell you what the mouse is over and how to use it. Holding the mouse over hypertext items in the hypertext window will cause the definition to pop-up. Pressing the F1 key will also bring-up context-sensitive help. Hopefully this will be all the help most users will need. Also, try Right-Mouse clicking on things to see what happens.



Briefly, NaturBase consists of six (6) tabbed pages. At the top of the screen, the tabs appear. Clicking on a tab causes the tabbed page to come to the front. With the exception of the Vitabacus page, all pages are laid-out in much the same manner. In the upper-left corner, you will find the picture window. When an herb or product has a picture associated with it, it is displayed in this window. Below the picture window is the mode window. It indicates the page mode. For instance, if the page says "Dysentery," the list window below the mode window contains a list of herbs that are good for dysentery.

The list window has several important features. First, for the herb list, you will see black and blue text. Herbs in blue are the common names listed in the abstracts. Herbs appearing in black are synonyms for those herbs. To the left of the herb names, there are pictures representing whether there is a picture of the herb (  ) and whether the herb appears in a Nature's Sunshine product (  ). Left-Mouse clicking on the herb will show the abstract for the herb. Right-Mouse clicking will provide a menu of options.

On the right at the top there are buttons that change the search mode. For instance on the herb page, you will find "Herb Search," "Indication Search," "Region Search," and "Action Search." These buttons change the mode (as shown in the mode window) and affect the contents of the list window

Below the mode buttons you will find the hypertext window. This window shows the abstracts. Text that is colored and underlined are hypertext items. Clicking on these will change the mode to search for abstracts containing similar properties. For instance clicking on "Dysentery" on the herb page will show all herbs for dysentery. Right-mouse clicking on the hypertext will cause a list of options to appear.

Below the hypertext window you will find the User Annotation Window. This window allows you to enter any personal information, observation, or experience with the herb/product/excipient, etc. shown.

The windows may be sized by moving the mouse cursor over the space between the windows. You will see the cursor change to the double-arrow cursor you see when sizing any window. At this point you may click and drag to size the windows. Outlines of the windows will show you what they will look-like when youre done.

- **Herbs Page** - This page provides information about herbs, including synonyms, family, genus species, part used, location found, actions, indications, preparation and dosage, contraindications, warnings and side effects. Please pay particular attention to the **contraindications**, **warnings** and **side effects**.

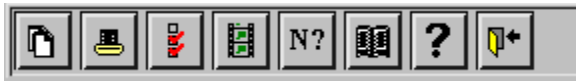
- **Products Page** - This page provides information about Nature's Sunshine products. The information provided is primarily the information found on the labels.
- **Components Page** - This page provides information on non-herbal components found in health-food products.
- **Search Page** - This page allows for searching herbs, products and components for any words or words that may be found in the abstracts.
- **Vitabacus Page** - This page allows the user to choose the Nature's Sunshine products, from which a nutritional breakdown will be calculated and displayed.
- **Dictionary Page** - This page contains a dictionary of medical terms used in the abstracts.

At the top of the Vitabacus page, you will find some buttons that allow you to select your sex, and age. If a female, the additional options of pregnant or lactating are available. These options are used to provide RDA information for Nature's Sunshine products.








To the right, below the abacus, is the list of all Nature's Sunshine products available. The products listed here are only the Nature's Sunshine products that provide enough information on the label to make the calculations. Select the products you take by double-clicking on them. They will then appear in the window to the left. The quantities shown are the recommended quantities on the label.

In the window at the right of the product list, you will find the quantity and products chosen. The items in this list may be removed by double-clicking. The quantities may be changed by Right-Mouse clicking and selecting "Edit Quantity."

The bottom window contains a list of the nutrients contained in the products, the quantities of each item in milligrams or International Units, the RDA and the percentage of the RDA represented by the amount in the products. This calculation is based on the products and the quantities shown in the selected product window.



At the bottom of the screen is a button-bar that provides you with a number of options.

-  **The Copy Button** - The copy button copies the contents of the hypertext window into the clipboard. It may then be pasted into other applications.
-  **The Print Button** - This prints the contents of the hypertext window to your printer.
-  **The Options Button** - This button allows you to change a variety of options for NaturBase, including backgrounds and fonts for the hypertext windows.
-  **The Movie Button** - This button only appears if you have an .AVI viewer such as the Microsoft media player. It shows a short NaturBase movie.
-  **The About Button** - This button shows information about NaturBase.
-  **The Bibliography Button** - This button shows the sources from which NaturBase data was compiled.
-  **The Help Button** - Provides access to NaturBase help.

-  **The Exit Button** - Exits NaturBase.

## Herbs Page



This page provides information about herbs, including synonyms, family, genus species, part used, location found, actions, indications, preparation and dosage, contraindications, warnings and side effects. Please pay particular attention to the **contraindications**, **warnings** and **side effects**.

See [list window](#), [hypertext window](#), and the [User Annotation Window](#) for more information.

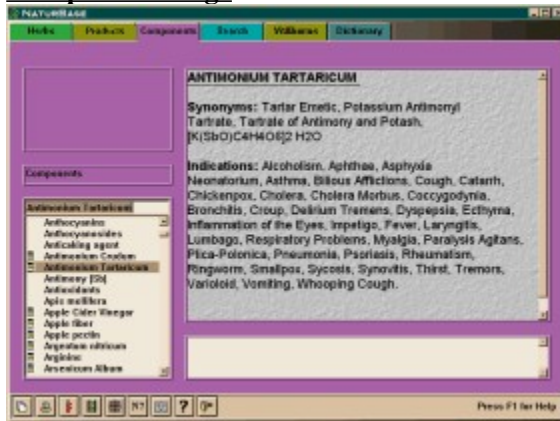


The mode buttons shown just above are, in order, search by herb, search by indication, search by region, and search by action.

- **Search By Herb:** The [list window](#) will contain a list of all herbs and synonyms for those herbs. Clicking on the herb name will bring-up the abstract in the [hypertext window](#) on the right. The common names will be listed in blue, while the synonyms for those herbs will be listed in black.
- **Search By Indication:** The [list window](#) will contain a list of indications. Clicking on an indication will cause the list to change to a list of herbs for that indication. The mode text (just above the [list window](#)) will indicate what the list of herbs is showing.
- **Search By Region:** The [list window](#) will contain a list of regions. Clicking on a region will cause the list to change to a list of herbs from that region. The mode text (just above the [list window](#)) will indicate what the list of herbs is showing. *Note: NaturBase recognizes only eight regions: Africa, North/South America, Asia, Australia, Europe, Middle East, India, and China. The region list includes more specific areas within those regions; however, selecting Germany, for instance, will bring-up a list of all herbs from Europe.*
- **Search By Action:** The [list window](#) will contain a list of actions. Clicking on an action will cause the list to change to a list of herbs for that action. The mode text (just above the [list window](#)) will indicate what the list of herbs is showing.



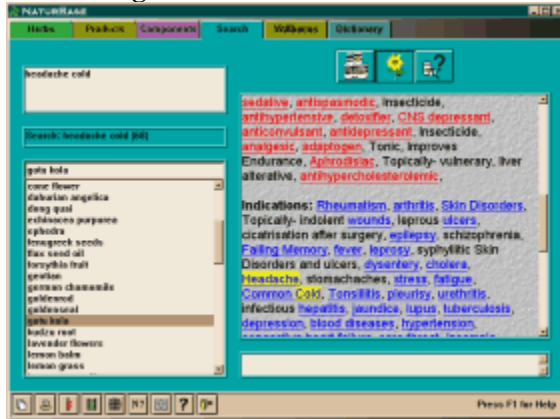
## Components Page



This page provides information on non-herbal components found in health-food products, such as vitamins, minerals, fillers and other components..

See [list window](#), [hypertext window](#), and the [User Annotation Window](#) for more information.

## Search Page



This page lets you search abstracts for herbs, components, and Natures Sunshine Products. The search is accomplished by clicking on the appropriate button to select which set of abstracts you wish to search, then click in the search edit window in the top left, where the pictures usually appear, and type your search expression.

Simply typing dysentery headache (without the quotes) in the search window will bring-up all abstracts that contain both dysentery and headache appearing anywhere within the abstract. Typing dysentery | headache will cause all abstracts with *either* dysentery *or* headache to appear.

The search may contain any number of words (within reason).

**NOTE: Pressing the <ENTER> key when the cursor appears in the edit window starts the search.**



The mode buttons shown above are , in order, search products, search herbs, and search components.

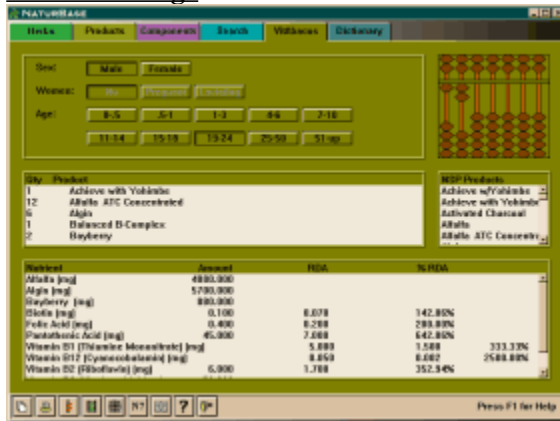
- **Search Products:** The search is made on product labels.
- **Search Herbs:** The search is made on herb abstracts.
- **Search Components:** The search is made on component abstracts.

Searches done here will not include information entered in the [User Annotation Window](#).

See [list window](#), [hypertext window](#), and the [User Annotation Window](#) for more information.



## Vitabacus Page



This page allows the user to select the Nature's Sunshine products they take, from which a nutritional breakdown will be calculated and displayed. The nutritional breakdown includes the milligrams or International Units amounts of each nutrient measured, as well as the RDA and percentage of RDA.

The RDA is based on what the user chooses by clicking on the buttons at the top. The options include sex, age, and if female, whether pregnant or lactating. While far from perfect, the RDA can at least provide some sort of gauge as to how much of each nutrient you should be taking.

To choose products, find them in the list of products in the middle-right list window. Double-click on them to select them. The selected products will appear in the middle-left window. The quantity shown is the recommended daily dosage. This number may be changed by right-mouse clicking on the product in the chosen list window and selecting edit quantity. Double-clicking on herbs in the selected list will remove them from the list.

The nutrient break-down list at the bottom will change dynamically as you add or remove products, change quantities, or change the profile at the top.

*Note: Not all Nature's Sunshine products are available here. Only those products that provide sufficient nutritional information on the label to make their inclusion here worth while.*

## **Dictionary Page**

The Dictionary Page provides definitions of medical terms found throughout the program. Where these medical terms appear as hypertext in hypertext window, a definition will pop-up automatically when the mouse cursor is held over the word.

Find the word in the list window and click on it. The definition will appear in the hypertext windows. Words in the definition that are defined within the dictionary are marked as hypertext. The definition of these words within a definition may be displayed by holding the mouse cursor over the word or by clicking on them

See list window, hypertext window, and the User Annotation Window for more information.

## List Window

Figure 1 below shows the herb list window. You may use the scroll bars to view the contents of the list, or you may type the name of the herb you wish to see in the edit window above the list. The list will scroll to the nearest word alphabetically to what you have typed. If you type something that doesn't exist in the list, the list will automatically reset to the beginning.

The herb list window shown has a couple of little pictures that may appear to the left of the herb name. These pictures indicate whether the herb has a picture (🖼️) or is in a Natures Sunshine product (📦). The herb list also shows common names in blue and synonyms for those same herbs in black.

The component list window has a picture that shows-up to the left of the component names that indicates (📦) that indicates that it appears a Natures Sunshine product.

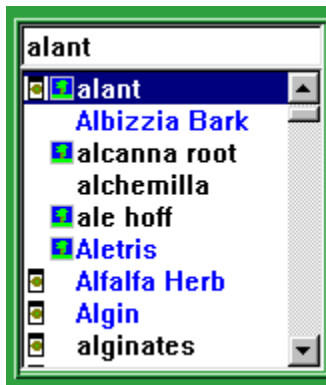


Figure 1 - Herb list window

Right-Mouse clicking on list items may bring-up a menu of options. As shown in Figure 2, an herb list, you may choose to see the abstract, see products that have that item, copy the list to the clipboard for pasting into another application, print the list, or view the list in notepad. You may notice that while this example has alant as the name of the herb, the menu shows elecampane root as the item the products contain. The common name for alant is elecampane root, so that is the name that will actually be found in the product.

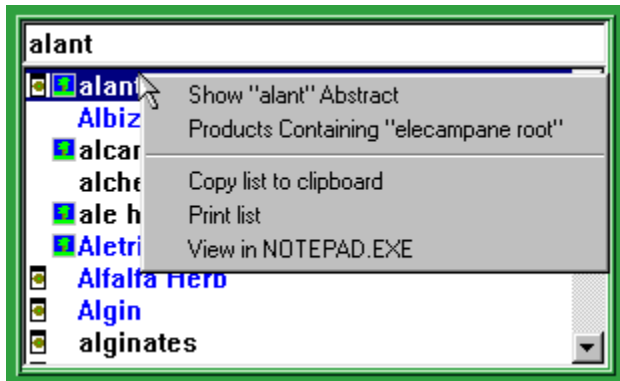


Figure 2 - Right-Mouse menu

## Hypertext Window

The hypertext window shows the requested information. Within the hypertext window you will find colored, underlined text. These words are called hypertext. If you click on them, they will bring-up other information. For the [Herbs Page](#) and [Products Page](#), clicking on these words will change the [list window](#) to show herbs or products with the property of the text you clicked-on. For instance, if you clicked on dysentery in the hypertext window on the herb page, the [list window](#) will now contain a list of herbs for dysentery.

Hold your mouse over a hypertext word to see a definition of that word as seen below in figure 1.

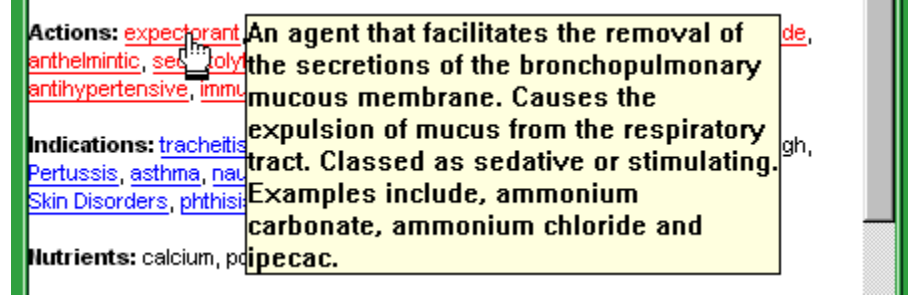


Figure 1 - Popup help

Right-Mouse click on the hypertext window to see a menu of options as shown below in figure 2.

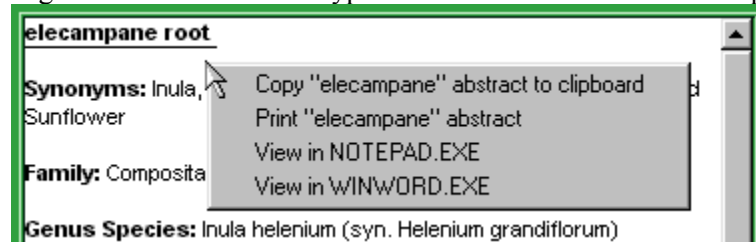
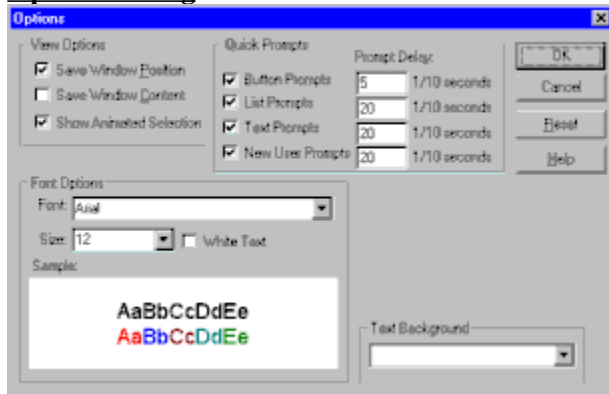


Figure 2 - Right-Mouse menu

## Options Dialog



The options dialog allows you to choose the font, size and background for the hypertext window, turn animated selections on and off, choose whether to save or not save the window position and contents, and set quick prompts pop-up help options.

### View Options:

The view options allow you to customize how you want NaturBase to work.

- **Save Window Position:** Saves the way you position the windows on each page so they appear the same each time they come-up.
- **Save Window Content:** Saves the contents of the windows so each time you run NaturBase, the information displayed in the windows remains the same as when you last quit NaturBase.
- **Show Animated Selection:** This is a feature that helps you see what is happening when you click on a button or make a selection from a list box. A box will grow from the point you clicked to the window where the contents will be affected.

### Quick Prompts:

Quick prompts are the pop-up prompts that appear when the mouse hovers over a window or button. The quick prompts may be turned on or off, or the delay before they appear can be changed. The delay number is in tenths (1/10) of a second.

- **Button Prompts:** Prompts that appear when the mouse is held over a button.
- **List Prompts:** Prompts that appear when the mouse is held over a list window item.
- **Text Prompts:** Prompts that appear when the mouse is held over a hypertext item in the hypertext window.
- **New User Prompts:** Help prompts that appear throughout the program.

### Font Options:

These options allow you to choose the font and point-size of the text in the hypertext window. The text may be black or white (depending on how dark the background is), and there is a sample window to show what the text will look like with the font/size/background options chosen.

### Text Background:

This allows you to choose a background for the hypertext window. This makes the text look a little more interesting and is often easier to look at than a plain-white background. You may choose between paper textures and other options.

## **User Annotation Window**

The user annotation window appears below the hypertext window. It allows you to enter any information about the herb/product/components, etc. shown in the hypertext window. This information will be shown each time that particular item is shown in the hypertext window.

Note: Searches in the Search Page will not find information entered here.

