

Consumer Education Series: Garlic

When my wife and I traveled throughout Japan in 1982 and again just last month, we observed, in a pristine environment containing the purest of soils, raw garlic bulbs as big as Washington State apples growing on sturdy plants one to three feet high.

The plants had flattened keeled leaves developed along the stem, and an umbellate flower cluster with a few greenish-white or pink stalked flowers interspersed among bulblets. The bulb at the base of the stem was compound, often consisting of 10, 12, or 14 bulbils, called cloves, enclosed in a common membrane.

This bulbous plant, known by botanists as *Allium sativum*, is part of the lily family, Liliaceae. It is related to the onion, probably a native of southern Asia, and widely grown in cultivation. The odor and taste of garlic are more potent than those of onion.

The plant's cloves are ordinarily used for commercial propagation. Its bulbs and leaves serve as food and flavoring, especially among Mediterranean and Far Eastern peoples. The herb's odor, unfortunately, stops many Americans from eating garlic and benefitting from its near-panacea qualities.

Garlic Fights for Your Health

In my recently published book, *The Healing Powers of Garlic* (New Way of Life, Inc., 484 High Ridge Rd., Stamford, CT 06905) I cite experiments performed at the Central Research Laboratories in Hiroshima, Japan which show the antistress effects of odor-modified garlic. I visited those laboratories and observed the experiments taking place. Animal tests proved that garlic improves stamina, resistance to fatigue, and recovery from excessive muscular effort.

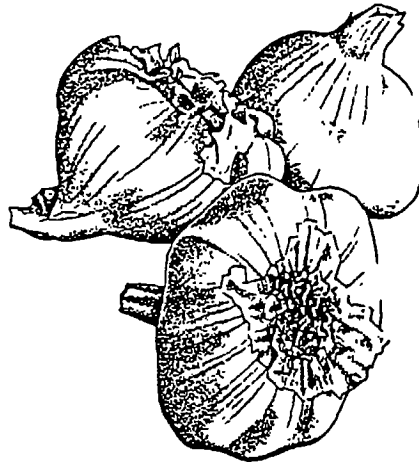
Literature searches and extensive interviews among health professionals have convinced me that garlic fights for your health when you consume aged garlic extract in the form of tablets, capsules, or liquid, as part of daily food supplementation. It is usual for me to pop down six capsules of garlic each day. If I anticipate

Dr. Morton Walker, the author of 48 published books and over 1,300 magazine articles and clinical journal articles, has written two books on garlic.

The most complete, scientific, and recent is *The Healing Powers of Garlic*. Nothing in this magazine article is duplicated in his newest garlic book.



By Dr. Morton Walker



becoming stressed as when I travel to deliver lectures or appear on television, radio, or press interviews, I increase my dosage to 12 capsules daily.

Garlic Eliminates Yeast

In my bestseller *The Yeast Syndrome*, published in 1986 by Bantam Books and coauthored with John Parks Trowbridge, M.D. I point out that aged garlic extract is the definitive nutritional supplement for

eliminating symptoms caused by the body's invasion and overgrowth from the fungus among us, called *Candida albicans*.

Liquid garlic is effective when used as a douche to treat vaginal yeast infections. Garlic is deadly to this vaginal fungus as well as to excessive growth of yeast in other parts of the body.

A Body Cleanser

"Pollution detoxification is what it's all about," said Michael Walczak, M.D. of Sherman Oaks, California. "Garlic is a great cleansing agent and detoxifying the body makes you healthier in all respects. Using aged garlic extract regularly is excellent for anyone living in a polluted area, such as a big city.

Dr. Walczak has been recommending purified, deodorized garlic supplements for 18 years. He also suggests it for long-distance travel to prevent motion sickness and traveller's dysentery such as the type one gets from drinking tap water in Mexico or India.

Airline passengers should take aged garlic extract before flying to combat the discomfort and ill effects that comes from being bombarded by cancer-causing ultraviolet, cosmic rays, X-rays, gamma rays, and other damage when above the protective ozone layer that surrounds the earth. □

Healing Ingredients in Garlic

What is there in garlic that gives it healing/curative properties and makes it useful against disruption of the immune system, cancer, cardiovascular disorders, arthritis, chronic infections, and other autoimmune and degenerative diseases? The nutritional content of an average-sized clove of garlic has been determined by the United States Department of Agriculture.

One clove provides 7 calories of energy; 31 gms of protein; 0.01 gms of carbohydrate; 1.4 mg of calcium; 10 mg of phosphorus; 0.07 mg of iron; 0.9 mg of sodium; 26 mg of potassium; 0.01 mg of thiamin (vitamin B-1); 0.004 mg (i.e. 4 mcg) of riboflavin (vitamin B-2); 0.02 mg of niacin (vitamin B-3); and 0.75 mg of ascorbic acid (vitamin C).

There are also 75 sulfur-containing compounds in garlic. To give just a few of them, they include: allicin, diallylsulfide, cysteine acid, methionine, alliin, and the crystalline isolates from *Allium sativum* (the botanical name of garlic) such as s-methyl cysteine and cycloalliin.

This garlic herb also contains 17 amino acids, including the eight essential ones. Twenty amino acids are required to build protein but half of these are "nonessential," that is they are synthesized by the human body. The ones labeled "essential" must be derived from food sources such as garlic. The amino acids contained in garlic are:

Essential

Lysine	Tryptophan
Valine	Phenylalanine
Methionine	Leucine
Isoleucine	Threonine

Semiessential

Arginine	Histidine
----------	-----------

Non-Essential

Aspartic Acid	Glycine
Glutamin	Alanine
Cysteine	Serine
Proline	

Consumer Education Series: Garlic

Even more than these nutritional advantages, refined or raw garlic has in it certain other identifiable therapeutic factors which derive from their nutrient content. Following are garlic's important health enhancement factors:

A. A radiation antidote factor derives from a mitogenetic alexipharmic (preservative against poison) that is part of the herb's synergistic combination of constituents. Garlic counteracts radiation toxicity. It stimulates cellular detoxification, organelle growth, cellular membranes restoration, and brings about subsequent rejuvenation of general body functions.

B. An antihemolytic factor which is responsible for the herb's beneficial effect on anemia, leukemia, and other blood dyscrasias.

C. An antiarthritic factor which reduces joint inflammation and swelling by its tendency to proliferate fibrotic growth among ligaments and other connective tissues. Garlic has become an adjunctive nutrient prescribed by physicians with an interest in the musculoskeletal system who apply reconstructive therapy for the elimination of chronic joint pain.

D. A sugar metabolism factor that makes this lily-bulb derivative useful for treating diabetes and hypoglycemia, as well as other irregularities of insulin metabolism.

E. A chelation factor which comes from vast quantities of *selenium and germanium* packed into the bulb. The garlic plant absorbs these two nutritionally necessary minerals from the soil exceedingly well. This high absorption phenomenon occurs from selenium, in particular, having a distinct similarity in chemical structure to sulfur. And sulfur produces an attractant reaction in garlic, perhaps through a herbal plant chelation process.

Consequently among practically all plants, garlic contains the highest level of the antioxidant selenium with its chelation-like substitution effect on impurities within the blood vessels and body cells.

F. A separate antiheavy metal factor that seemingly works by oral chelation therapy within the blood stream to neutralize heavy metal toxicity.

G. An antioxidant factor which reduces lipid peroxides and other free radical end-products.

H. An allithiamine factor which forms by the action of vitamin B-1 (thiamine) on the sulfur-containing compound alliin.

I. An antibiotic factor which gets produced by the action of the enzyme alliinase on alliin. This factor increases the immune system's resistance against bacterial infection. In the article "The Antimicrobial Activity of Garlic and

Onion Extract," (*Pharmazie*, 38:747-748, 1983), Dr. E. Elnima and coworkers reported that garlic reduces the infectious effect of the organisms *Staphylococcus* (staph infection), *Streptococcus* (strep infection), *Vibrio cholerae* (cholera), *Corynebacterium diphtheriae* (diphtheria), *Rickettsia rickettsii* (typhus) and *Shigella enteritides* (bacillary dysentery).

Phytoncides in garlic are believed to be the mysterious element that makes it a therapeutic food.

J. An antifungal factor in the herb exhibited as present both by experiments in the body and in the laboratory. Garlic has demonstrated its ability as a fungicidal agent to be more potent than many commercial antifungal drugs including nystatin for The Yeast Syndrome (candidiasis).

K. An antiparasitic factor works against intestinal parasites such as giardia and cryptosporidia. The ancient herbal remedy has been used with success throughout human history for intestinal worms and other gastrointestinal parasites.

L. An anti-inflammatory factor that comes directly from allicin, the primary substance which gives garlic its unpleasant odor.

M. An antihypertensive factor in garlic is recognized by the Japanese food and drug administration. Prescribing aged garlic extract is practically standard treatment among Japanese physicians for lowering their patients' elevated blood pressures.

N. An antihypercholesteremic factor decreases elevated blood cholesterol, increases the blood's protective lipid called high density lipoprotein (HDL), and normalizes a recipient's blood fat profile.

O. An anticlotting factor from ajoene, a compound in garlic that is believed by Dr. Eric Block to be efficacious. Ajoene prevents blood platelets from sticking to, and thereby clogging, arterial walls. It also inhibits clumping of lymphocytes (one of the forms of white blood cells).

P. An anticoagulant factor arises from the presence of methyltrisulfide (MATS). Japanese researchers have identified MATS as one of the key sulfur com-

pounds in garlic responsible for the prevention of blood clots, thrombi, or emboli.

Q. An artery-cleansing factor has been known to be present in garlic since 86 A.D. when Greek physicians recorded this benefit from eating the stinking rose. There is a lessened incidence of arterial disease in cultures where garlic-eating is popular, such as Italy, China and Spain.

R. An anticancer factor is readily recorded not only in the history of garlic use through the ages but also more recently in Western medical literature.

S. An antiviral factor occurring from six percent of the dry weight of garlic being made up of the bioflavonoids quercetin and cyanidin. They have antiviral, anti-inflammatory, and anti-oxidant properties.

T. Vitamin factors from elevated quantities of the vitamins B-1, C and A being present.

U. Mineral factors also contained in the clove are protein and the minerals calcium, iron and zinc.

V. Miscellaneous therapeutic factors with virtues which have been attributed to the presence of diallylsulfide, unstable sulfur in alkyl polysulfides, and to a chemically undefined group of substances designated as phytoncides. Russian scientists believe that these phytoncides are the mysterious elements that make garlic a therapeutic food.

Using miscellaneous therapeutic factors as the sole rationale among veterinarians for administering raw garlic, in France, horses suffering from peripheral vascular diseases of the veins with associated thromboses were fed the herb. This therapeutic garlic regimen proved to be quite effective as the correcting treatment.

W. An anti-free-radical factor derives from garlic's sulfur-containing chemicals. It turns out that these sulfur compounds are scavengers of harmful free radicals in food additives, cigarette smoke, alcoholic beverages, radiation and many other sources.

The anti-free-radical factor in garlic quenches the energy of free radicals to stop their pathological process within the cells. Garlic contains anti-oxidant nutrients which assume the role of efficient free radical quenchers.

Thus, it is a fact that garlic in its deodorized form has virtues beyond what one might have imagined. Its beneficial qualities are quite necessary in our highly technical and overly polluted universe. □

Bilberry -- Berry Good for You

Indigenous to heaths and forests and areas with acidic soil and less than adequate drainage, bilberry (*Vaccinium myrtillus*, a.k.a. whortleberry and huckleberry) is emerging as one of the more widely used herbs. Used historically for a host of ailments, the bilberry juice, leaves and fruit can address conditions from the eyes down to the kidneys, and is finding its niche in more modern applications, too.

JUST RIPE

Harvesting of the bilberry leaves takes place from June to August, when the leaves are dried. The ripe fruits are then dried in a shady place.

Bilberries contain tannins, which are the principle substance of the fruit and which are said to be anti-diarrheal. Anthocyanins are the glycoside pigments responsible for producing the purple and red colors. High levels of vitamin A and aluminum are contained in bilberries as well. Many people assume that bilberry juice, like other berry juices, contains high levels of acid when actually it is alkaline.

"If it were generally known how rich in vitamins berries are, they would figure far more in our everyday diet," according to Dr. H.C.A. Vogel. Approximately 4 oz. of fresh bilberries can contain as much as 1.6 milligrams of pure vitamin A.

"It is generally known that berries are also valuable because of their high mineral content," Vogel wrote.

"Various berries will help to meet your daily requirement," he continued. "This fact should be remembered by all those who suffer from the consequences of vitamin A deficiency, usually showing up in skin diseases, pathological changes in the hair, teeth and nails, softening of the cornea, obesity from glandular dysfunction, night-blindness (nyctalopia) and other conditions."

WHAT IT DOES

According to sources, bilberries "when used medicinally, act as an astringent diuretic. The dried berries administered in the form of a decoction are effective in diarrhea and dysentery. A tincture of the leaves is hypoglycaemic and is indicated as a diabetic remedy."

Findings suggest that "the berries are an excellent remedy in diarrhea, and their juice mixed with water affords a very refreshing drink in all feverish conditions. The leaves are considered one of the best and most reliable remedies in diabetes and also in disorders of the urinary organs, in

gravel and stones of the kidneys and bladder.

Concurring bilberries' effects, Mausert's "Materia Medica" lists whortleberry as an astringent and antiscorbutic, or that which counters scurvy, a vitamin C deficiency.

Diluted bilberry juice is given to people suffering from flu since fat and protein are no-no's, notes Vogel.

Bilberry juice affects eczema as well since sufferers want to stimulate the kidneys by drinking more liquids, especially natural juices.

"Experience has shown that berries are good for the liver and pancreas," Vogel observed. "For those suffering from liver disorders, bilberry juice is known to be excellent."

Most berries are enriched in vitamin C. As previously mentioned, bilberry is antiscorbutic, thereby thwarting conditions like scurvy and in some instances bleeding disorders, which are characterized by a vitamin C deficiency.

Also, bilberries, classified as nutritive, are used for anti-night blindness and the leaves can also be used for astringent purposes and for diarrhea.

"The leaves contain substances that slightly lower blood sugar," according to Fluck.

References: *The Nature Doctor* by Dr. H.C.A. Vogel, Keats Publishing, New Canaan, CT; *Medicinal Plants* by Hans Fluck, Foulsham & Co., Berks, England; *The People's Herbal* by Dr. Michael A. Weiner, GD/Perigree Books, New York, NY; *Culpeper's Color Herbal* edited by David Potterton, Sterling Publishing Co., New York, NY.

From



WHERE GREAT NUTRITION BEGINS

(626) 577-2711

137 W California Pasadena, CA 91105

TOWNSEND LETTER *for Doctors*

An Informal Letter Magazine for Doctors Communicating with Doctors # 130 May 1994

The following article has been reprinted with the permission of the author and The Townsend Letter for Doctors

Uncaria tomentosa (Cat's Claw) A Wondrous Herb from the Peruvian Rainforest

By Phillip N. Steinberg,
Certified Nutritional Consultant

Uncaria tomentosa is an herb that grows wild in the highlands of the Peruvian Amazon. It has been used for hundreds, perhaps thousands, of years by the native Ashanica Indians for treatment of a wide range of health problems associated with the immune and digestive systems.

Beginning in the 1970's and continuing through today, research has been conducted on this remarkable plant in many countries throughout the world including: several research facilities in Peru; University of Innsbruck, Austria; University of Munich, Germany; The Huntington Research Center, England; The Central Research Institute of Chemistry, Hungary; The Universities of Milan and Naples, Italy. As a result of this ongoing research there is evidence to suggest that Uncaria tomentosa may be beneficial in the treatment of cancer, arthritis, bursitis, rheumatism, genital herpes and herpes zoster, allergies, ulcers, systemic candidiasis, PMS and irregularities of the female cycle, environmental toxin poisoning, numerous bowel and intestinal disorders, organic depression, and those infected with the HIV virus.

Dr. Brent W. Davis, D C., who has been working with Uncaria tomentosa for a number of years in the United States, has referred to this herb as The Opener of the Way because of its remarkable ability to cleanse the entire intestinal tract and help patients suffering from many different stomach and bowel disorders including: Crohn's disease, diverticulitis, leaky bowel syndrome, colitis, hemorrhoids, fistulas, gastritis, ulcers, parasites and intestinal flora imbalance. In its healing ability and benefit to the immune system, Uncaria tomentosa appears to have so many therapeutic applications that it far surpasses such well known herbs as Pau de Arco, Echinacea, Golden Seal,

Astragalus and Siberian Ginseng, as well as Reishi and Shitake mushrooms, and other natural products such as Citrus Seed Extract, Caprylic Acid and Shark Cartilage.

Back in 1988 at the International Congress on Traditional Medicines in Lima, Peru, Uncaria tomentosa was discussed by medical doctors as one of a number of different herbs used to consistently cure cancer and other serious disorders. One Peruvian physician spoke about his and his colleagues' successes with Uncaria tomentosa and other herbs in treating 14 types of accurately diagnosed cancer in 700 patients between 1984 and 1988.



Phillip Steinberg

In his article titled A New World Class Herb For AK. Practice, Dr. Davis talks about his observation of Uncaria tomentosa ability to break through severe intestinal derangements that no other available products can touch. He comes to this conclusion after treating approximately 150 patients from 1988 until 1992.

In July of 1989, US. Patent #4,844,901 was issued to a research scientist by the name of Klaus Keplinger for isolating six oxindole alkaloids from the root of Uncaria tomentosa. In this ten page technical patent it states that all but two of these alkaloids are suitable for the unspecific stimulation of the immunologic system. The most immunologically active alkaloid, according to the patent, is Isopteropodine. Isopteropodine (Isomer A), and to a lesser

extent three of the other alkaloids, have been shown in laboratory testing to leave a pronounced enhancement effect on phagocytosis (the ability of the white blood cells and macrophages to attack, engulf and digest harmful micro-organisms, foreign matter and debris).

According to research conducted at the Shanghai College of Traditional Chinese Medicine, Rynchophylline, one of the remaining two alkaloids which does not have immune-stimulating properties, has been shown in laboratory testing to display an ability to inhibit platelet aggregation and thrombosis. This suggests that this alkaloid may be useful in the prevention of stroke and reducing the risk of heart attack by lowering blood pressure, increasing circulation, and inhibiting both the formation of plaque on the arterial walls and the formation of blood clots in the vessels of the brain, heart and arteries.

On November 28, 1988 and June 17, 1993 articles about Uncaria tomentosa appeared in El Comercio, the major metropolitan newspaper in Lima, Peru. The first article stated that Uncaria tomentosa had been proven to be effective in the treatment of allergies and Neurobronchitis. The article then went on to talk about Dr. Keplinger's success in using Uncaria tomentosa to treat genital herpes and herpes zoster. It ended with a discussion of his results in treating seven AIDS patients who displayed various progressions of the disease. According to the article, he was not able to help two of these patients however, the well being of the other five improved to such an extent that their symptoms disappeared.

The second article spoke about how Immodal, a laboratory in Austria under the direction of Dr. Keplinger, is using a medicine extracted from the vine of Uncaria tomentosa along with AZT. This combination is being used to impede the multiplication of the HIV virus in the blood, activate the cells of the immune system and stop the development of cancerous

cells. The article went on to state that Immodal has commercialized this medicine under the name Krallendom and has successfully been using it for the past six years to treat people infected with the AIDS virus. According to Immodal, practically none of the cases not yet showing symptoms of the disease developed further. The cases that displayed the first symptoms of the disease showed an improvement in blood analysis and a disappearance of clinical symptoms within the first year, a situation that continues to this day. Finally the article mentioned that Krallendom has also been effective in decreasing the unpleasant side effects of both AZT and radiation therapy when used in cancer treatment.

Besides Isopteropodine and the other oxindole alkaloids, Italian and Peruvian researchers have isolated other beneficial constituents inherent in the herb including: several polyphenols and triterpenes, and the plant steroids Beta-sitosterol, stigmasterol and campesterol. The presence of these additional compounds might further explain the herb's anti-oxidant properties, its ability to protect cells from damage caused by free radicals, and the anti-viral, anti-tumor and anti-inflammatory properties also attributed to this herb.

In Peru and other Spanish speaking countries, the common name for *Uncaria tomentosa* is Uña de Gato, in English, Cats Claw. It is important to note that there is another *Uncaria* species that grows in the lowlands of the Peruvian rainforests known as *Uncaria guianensis*. This herb is also called Uña de Gato and Cats Claw.

Uncaria guianensis has been shown to have some of the same characteristics as *Uncaria tomentosa* with one major exception. It does not contain the most important alkaloid, Isopteropodine. This would most likely result in this species being less effective for immune system applications. It is therefore important to be aware that products being marketed as Cats Claw or Uña de Gato can be either *Uncaria tomentosa* or *Uncaria guianensis*.

In the highly acclaimed, best selling book *Vibrational Healing* by Dr. Richard Gerber, M.D., Cat's Claw is mentioned as a unique herbal remedy that has been used for many years by native healers of Peru. He further states, the herb shows great promise for the treatment of Arthritis when taken internally, either by making a tea or taking capsules of the herb. Dr. Gerber also explains that European studies have determined that *Uncaria tomentosa* has very low toxicity even if taken in large those individuals who suffer from painful

joints and cannot take conventional medicines because of unpleasant side effects. Finally, he suggests that Cat's Claw might be helpful in reducing the side effects of radiation and chemotherapy associated with cancer treatments.

In the words of Dr. Brent Davis, *Uncaria tomentosa* is a world class herb which has the power to arrest and reverse deep seated pathology, allowing a more rapid return to health in the context of concomitant A.K. therapies.

In closing, I would like to share my personal experience with *Uncaria tomentosa*. For approximately the last twenty years I have been plagued by a chronic urinary tract problem involving an unspecified inflammatory condition of the urethra and other symptoms commonly associated with an enlarged prostate gland. Throughout these years I visited a number of different doctors both allopathic and holistic. I tried conventional medicines, numerous vitamin and mineral regimens, herbal remedy combinations and an array of other natural products with minimal results.

In September of 1993, I was given an opportunity to sample several ounces of *Uncaria tomentosa*. I began experimenting with the herb by brewing it as a tea and drinking three cups per day. About half way into my third day of doing this, I began to notice the chronic urinary symptoms starting to diminish. About half way into the second week the symptoms were virtually eliminated.

Since that initial experiment, as I continue to drink the tea daily, my resistance to colds, flu, and other types of infection remains high. I am now able to perform heavier and more physically taxing work without the tired, sore muscles I would have normally experienced in the past.

Because of the numerous beneficial elements in this plant, the many years of use as a traditional medicine, coupled with my experience using this herb. I have come to believe that *Uncaria tomentosa* has tremendous potential as a successful preventative and treatment for many of today's serious health problems.

About the Author

Phillip N. Steinberg is a graduate of The Nutritionists Institute of America and has been an owner / operator of several health and natural product stores. He has also lectured and conducted workshops in alternative healing methods including Acupressure and Polarity Therapy.

At present, Mr. Steinberg is working as a consultant to the natural products industry, and as a free lance writer dealing with topics pertaining to nutrition and holistic health.

Correspondence:

Phillip N. Steinberg
P.O. Box 3014
Evergreen, CO
tel/fax (303) 674-2964

References:

1. U.S. Patent No. 4,844,901 (dated July 4, 1989), Oxindole Alkaloids having the properties stimulating the immunologic system.
2. *Journal of Ethnopharmacology*, Vol. 38, No. 1:63-77, 1993 Jan. Mutagenic and antimutagenic activities of *Uncaria tomentosa* and its extracts.
3. *Journal of Natural Products*, Vol. 54, No. 2:453-9, 1991 Mar/Apr. Plant metabolites. New compounds and anti-inflammatory activity of *Uncaria tomentosa*.
4. *Journal of Natural Products*, Vol. 53, No.3:559-64, 1990 May/June. New Polyhydroxylated triterpenes from *Uncaria tomentosa*.
5. *Journal of Natural Products*, Vol. 52, No. Plant metabolites. Structure and in vitro Quinovic Acid Cytosides from *Uncaria tomentosa* and *Guettarda Platypoda*.
6. *Journal of Natural Products*, Vol. 51, No. 2:257-61, 1988 Mar/Apr. New Quinovic Acid Glycosides from *Uncaria tomentosa*.
7. *Planta Medica*, Vol. 51, pp. 419-23, 1985. The Alkaloids of *Uncaria tomentosa* and Their Phagocytosis increasing effect.
8. *All Farmaco*, Ed. Sc. vol. 31-fasc. 7, 1976. Alkaloids and Procyanidins of an *Uncaria* sp. from Peru.
9. Brent W. Davis, DC, A New World Class Herb for AK Practice. Summer 1992.
10. *El Comercio*, Lima, Peru June 17, 1993.
11. *El Comercio*, Lima, Peru, November 28, 1988.
12. Dr. Richard Gerber, M.D., *Vibrational Healing*. Atrium Publishing Group, 1988.
13. *Arthritis News*, Vol. 1 Summer 1989
14. *Cat's Claw Quarterly*, Vol. 1, Summer 1989
15. K. Hostettmann and P. Lea, *Biologically Active Natural Products*, Oxford Science Publications, 1987.
16. William Lane, Ph.D., *Shark Cartilage Research Summary*.
17. *Planta Medica*, Vol. 47, No. 4:244-5, 1983. Alkaloids of *Uncaria guianensis*.
18. *Phytochemistry*, Vol. 30, No. 5: 1635-7, 1991. Quinovic Acid Glycosides from *Uncaria* from *Uncaria guianensis*.
19. *Bull. Soc. Ital. Biol. Sper.*, Vol. 65, No. 6:517-520, 1989. Phytochemical and Biological Research on *Uncaria tomentosa*.
20. *Acta. Pharm Sinica*, Vol 13, No. 2:126-30, 1992. Inhibitory Effect of Rhynchophylline on Platelet Aggregation and Thrombosis.

Olive Leaf Extract—Benefits the Heart and Retards Infections

Long a staple of Mediterranean cuisine, the olive and its oil have been linked to a lower incidence of heart disease in people of that region. Now evidence is mounting that an extract from olive leaves—oil comes from olive pulp—also has extensive therapeutic benefits, including lowering blood pressure, working against free-radical activity (which causes cell damage and leads to degeneration), repelling bacteria and viruses, and enhancing the immune systems of AIDS patients.

The active component of the olive leaf is oleuropein (the bitter element removed from olives when they are processed). The leaf also contains natural vitamin C helpers called bioflavonoids, such as rutin, luteolin, and hesperidin, which are needed for maintenance of the capillary walls and protection against infection.

Analysis of oleuropein at the University of Messina in Italy demonstrated that olive leaf extract has distinct heart benefits. Researchers concluded that oleuropein increased blood flow to the heart and lowered blood pressure. Oleuropein found in olive leaf extracts had a stronger effect than oleuropein and the flavonoids in their isolated, purified form (*Il Farmaco*, 1991).

Olive leaf extract may also have a heart-protecting effect due to its antioxidant ability, according to a study at the University of Milan in Italy. A high level of low-density lipoprotein (LDL, the so-called "bad cholesterol," a result of a diet high in saturated fat), in the blood—a result of a diet high in saturated fat—is considered a major risk factor for coronary heart disease. Oxidation of LDL (an undesirable chemical change produced by exposure to oxygen) is one of the factors that

the protein coat of the virus, managed to reduce the ability of these organisms to convey infections.

An animal study that same year by Upjohn scientists (*Antimicrobial Agents and Chemotherapy*, 1969) mimicked the infection process and course of treatment of the common cold. Results showed that calcium elenolate could kill viruses when given within 15 minutes of infection; it was also effective when given eight hours after infection. Even then, it resulted in "a drastic reduction of the infectious process" while minimizing the spread of the infection.

Oleuropein's antibacterial activity was demonstrated in a study at the Volcani Institute of Agricultural Research in Rehovot, Israel. Researchers tested its effect on a bacteria similar to *Streptococcus* and found that oleuropein effectively killed the organism. It did this by damaging the cell membrane of the bacterial cell, causing intracellular constituents such as phosphorus, potassium, and glutamate, to leak out and impoverish the cell (*Journal of Applied Bacteriology*, 1972).

Medical journalist Morton Walker, D.P.M., reported several recent successes using olive leaf extract (*Townsend Letter for Doctors and Patients*, July 1996). For example, Bernard Friedlander, D.C., of San Mateo, California, used olive leaf extract as a preventative treatment for a 34-year-old woman exposed to the genital herpes virus by an infected sexual partner. Dr. Friedlander put her on olive leaf extract as soon as the woman realized she had been exposed to the virus but before any symptoms had appeared. No herpes lesions developed and a year later she was still symptom free. Dr. Friedlander has used olive leaf extract for "eliminating all types of infections including fungal, bacterial, viral, and parasitic."

In another case, Donald Gay, D.C., N.D., H.M.D., based in Toronto, Canada, used olive leaf extract for cases of chronic fatigue and immune depression syndrome. He saw that these patients had impaired immune function, often from stress, which allowed various viral and bacterial infections to take hold. "What's needed is something that rids the person of bacterial and viral infections, and now I've found the appropriate compound," states Dr. Gay. "Olive leaf extract does very well for patients suffering from these incidental infections." Dr. Gay used the extract to cure his own chronic sinusitis from which he had suffered for over ten years.

Arnold Takemoto, B.S., a biochemist who designs nutritional programs in Arizona, used olive leaf extract in his work with a rheumatologist for cases of fibromyalgia and chronic fatigue syndrome. He comments: "It's the missing link that functions as an antiviral and antiretroviral agent by slowing down the organism's reproductive cycle." Olive leaf extract, he adds, "allows the patient's immune system to go on the attack."

Mark Konlee, editor of *Positive Health News*, a Wisconsin newsletter for the AIDS community, reports on successes with olive leaf extract in the treatment of AIDS-related illnesses. One patient who added olive leaf extract to his regular regimen of medications saw his HIV viral load drop from 160,000 to 30,000 after only two months. His Kaposi's sarcoma lesions also began to disappear. Another patient, taking only olive leaf extract for 3 1/2 months, saw his viral load cut in half and achieved a significant increase in his white blood count, a sign that his immune system was gaining strength.

The leaf and its extract may be of excellent nutritional value and will gain wide acclaim," says Stephen Levine, Ph.D., President and Director of Research at the Allergy Research Group in San Leandro, California. His company now markets an olive leaf extract in two forms: Alive and Well™ (for consumers) and Prolive™ (for medical professionals); both in 500-mg capsules. Dr. Levine suggests taking one capsule per day with meals for health maintenance, noting that it's advisable to consume extra amounts of pure water while taking the extract to help the body flush out toxins released under the influence of the olive leaf extract.

SOURCES—Morton Walker, D.P.M., "Antimicrobial Attributes of Olive Leaf Extract," *Towards Letter for Doctors & Patients* (July 1996), 80-85; Francesco Visioli and Claudio Galli, "Oleuropein Protects Low Density Lipoprotein from Oxidation," *Life Sciences* 55:24 (1994), 1965-1971; Paola Ficarra and Rita Ficarra, "HPLC Analysis of Oleuropein and Some Flavonoids in Leaf and Bud of *Olea Europaea* L.," *Il Farmaco* 46:6 (1991), 803-815; Harold E. Remis, "In Vitro Antiviral Activity of Calcium Elenolate," *Antimicrobial Agents and Chemotherapy* 1969 (1970), 167-171; B. Juven, et al. "Studies on the Mechanism of the Antimicrobial Action of Oleuropein," *Journal of Applied Bacteriology* 35 (1972), 559-567; Mark Koniec, "The Olive Leaf: A Sign from Above?" *Passive Health News* 11 (May 1996) [from: Keep Hope Alive, P.O. Box 27041, West Allis, WI 53227; tel: 414-548-4344].

Product Profiles: Oil of Oregano

Natural herbal supplement offers a variety of remedies.

Many of us have enjoyed oregano with our foods at one point or another. But how much more would you enjoy it if you realized just how beneficial oregano can be to your health? You would probably sprinkle it on more than just your pizza and spaghetti, right?

Oregano is one of the most diverse health aids available. Unfortunately, however, much of the oregano that consumers are familiar with contains only trace quantities of the the actual species of that plant, or in some cases, none at all.

Meanwhile, researchers have uncovered numerous benefits to using oregano and extracted oil of oregano. But buyer beware, these significant health benefits are unattainable if the oregano is not the true substance.

Nevertheless, true oil of oregano offers many exciting remedies to a variety of ailments. In *Herbal Renaissance*, Steven Foster credits oregano as having "been employed to treat indigestion, headaches, diarrhea, nervous tension, insect bites, toothache, earache, rheumatism, and coughs due to whooping cough and bronchitis (primarily for its antispasmodic effects)."

The ancient Greeks were among the first to take advantage of oregano's medicinal qualities. The Greeks termed the useful spice *origanos*, meaning "delight of the mountains."

Although there are a wide variety of plants that are confused with oregano—including marjoram, thyme and sage—true oregano grows wild in Mediterranean regions such as Greece. The wild oregano is the source of surprisingly potent oil of oregano.

In *The Cure Is in the Cupboard*, Cass Ingram, D.O., has written a book that is dedicated to unveiling the health benefits of oregano and oil of oregano. He notes that "wild oregano is a veritable natural mineral treasure-house, containing a density of minerals

that would rival virtually any food." The wild oregano is rich in a long list of minerals that includes calcium, magnesium, zinc, iron, potassium, phosphorus, copper, boron and manganese. Vitamins C and A (beta carotene) and niacin also are contained in oregano.

Judging from its mineral content alone, it isn't hard to figure out why oregano is such a valuable commodity. Consider some of oregano's other useful purposes and it becomes even more obvious.

"Oregano is one of Nature's finest preservatives," states Ingram in another book, *Supermarket Remedies*. The author suggests that if oregano is used with foods such as meat, eggs, milk or salad, you "will greatly halt the growth of microbes and, thus, reduce the risk for food poisoning."

The key element in oregano is the oil, which Foster points out "contains carvacrol and thymol as the primary components." Foster attributes the "fungicidal and worm-expellant properties" of oil of oregano to carvacrol and thymol. "These two phenols may constitute as much as 90% of (the oil)."

However, Ingram differs, stating that the edible oil of oregano, the type used for centuries by villagers overseas, is devoid of or very low in thymol. Instead, carvacrol is the active ingredient, which is edible. Whereas, he says, thymol has a toxic threshold.

Ingram adds that these two phenols work "synergistically," and that is the reason "oil of oregano packs a double punch in antiseptic power and explains why it is infinitely more potent than commercial phenol in microbial killing power."

All of this helps make oregano oil a significant factor in treating internal and external fungi, including athlete's foot. Skin conditions such as psoriasis and eczema can be improved with the treatment as well. Ingram explains the astonishing discovery that "oil of oregano outright destroys all varieties of fungi and yeasts, regardless of where they reside."

In addition to fighting various fungi, oil of oregano is useful against bacteria and parasites. As Ingram asserts, "oil of oregano's antiseptic powers are immense...it inhibits the growth of the majority of bacteria, something that prescription antibiotics often fail to accomplish." In the case of parasites, oil of oregano has had success neutralizing worms, amoeba and protozoans.

Additional uses for oregano and oil of oregano are multi-dimensional. They have been found helpful in combating diarrhea, intestinal gas and digestion problems, as well as sore throat and breathing difficulties. Oil of oregano can be of immediate help against bee stings and many venomous bites until medical attention can be reached. Oil of oregano has even been suggested as a treatment for dandruff, diaper rash and other skin disorders.

The benefits of oregano have gone largely unnoticed and underpublicized for far too long. As Ingram notes, oregano is "one of the world's finest natural medicines, that is if it is true oregano." So while oregano may hold the answer for a number of your health questions, be sure that it is in fact the real thing. Remember, these remedies are only attributed to genuine oregano and oil of oregano. Nonetheless, their values are much too important to overlook. Oregano may be just the thing you are searching for, or maybe didn't realize was even available. WF

References:

The Cure is in the Cupboard by Cass Ingram, D.O.

Supermarket Remedies by Cass Ingram, D.O., with Judy Kay Gray, M.S.

Herbal Renaissance by Steven Foster

Information provided by North American Herb & Spice Co.

Sponsored by

**North American
Herb & Spice**

Oxygen:

Literally the Breath of Life!

Oxygen is the single most important chemical compound found in our solar system. Its presence in our atmosphere is what enables our planet to sustain life, and its presence in our bodies on the cellular level can mean the difference between good health and a sickly existence. Oxygen energizes cells so they can regenerate, and it combines with other substances in the body, a process known as oxidation, to destroy excess or toxic materials which devastate bodily functions and deplete the body of life-giving energy.

Yet, just as scientists and health experts are beginning to uncover the importance of having an adequate supply of oxygen for a healthy body and a sound mind, environmental pollutants and deforestation are robbing the precious element from the very air we breathe, the water we drink, and even the food we eat. To make matters worse, the hectic pace of our stressed-out, anxiety-inducing society further depletes our own internal reservoir of this odorless, colorless and tasteless substance that is so essential for our survival.

But science may have devised a solution to help turn the tide in the struggle for improved cellular oxidation. Until recently, the only way for the body to obtain oxygen was through breathing, but now researchers claim to have isolated the compound and can offer it in the form of a supplement.

A report from the prestigious Robert W. Bradford Research Institute, by Rodrigo Rodriquez, M.D. and the Medical Director of American Biologics Hospitals, concludes that oxygen can be stabilized in a beneficial non-toxic form, and several companies have been established that are blazing a trail in this new market. New technology that has been developed stabilizes oxygen in both liquid and tablet form, allowing for more convenient dosages and further adding to the product's appeal.

To anyone who is still skeptical about the benefits of taking an oxygen supplement, Ed McCabe, author of *Oxygen Therapies*, and a pioneer in the use of stabilized oxygen, says: "Nature's constant seeking of equilibrium is beautifully illustrated in the phenomenon where someone states an opinion or fact, and immediately there appears on the scene someone with the opposite opinion or fact (*Oxygen Therapies* p. 72)."

He goes on to say that any bad press he has seen regarding oxygen "is only a lack of viewing a larger picture," and he urges anyone who is "still unsure about the health benefits that will evolve from oxygenating a deficient body properly," to track down the experts to find out for themselves how oxygen supplements can assist the body's own process of oxygenation.

Since stabilized oxygen is not classified as a drug, it can't be prescribed for any particular illness or health problem. But evidence shown by researchers like McCabe and Rodriquez suggests that by increasing the amount of oxygen in a person's blood, the potential for oxygenation is also increased. There are several positive effects of increased oxygenation, and many uses for an oxygen supplement. The following, taken from published sources, is a list of some of the ways oxygen can help improve the quality of life for both the athlete and the average person.

PURIFICATION OF FLUIDS

Aerobic oxygen can purify liquids such as drinking water, and experienced travelers and vacationers have used it for years to kill the bacteria and organisms which fester in the drinking water of countries like Mexico and India.

Approximately five drops of aerobic oxygen added to eight ounces of water, juice, milk, etc. is sufficient to purify the liquid and eliminate additives like chlorine and kill bacteria. For liquids that are going to be stored for a longer time, 20 drops is recommended to ensure that it remains pure.

INFECTION AND BACTERIA

A lab report from Baylor Research Foundation states that aerobic oxygen is successful in killing several forms of anaerobic bacteria: Streptococcus, Guardia Lamblia, Salmonella, Cholera, E. coli, Pseudomonas and Staphylococcus, among others.

Vaginal infections and disorders can also be cured by adding aerobic oxygen to water to make an effective douche.

ENERGY LEVEL INCREASE

One of the differences between an athlete's body and that of a person who receives very little exercise, is the amount of oxygen which pulsates through the blood in their bodies. As stated earlier, oxygen is vital for the life and energy of cells, and without it cells begin to become unhealthy and weak. It is only logical to assume that a body rich in its supply of oxygen will have more nourishment and therefore, more energy.

EMPHYSEMA, ASTHMA

Anyone who has experienced the trauma of the loss of breath associated with asthma, emphysema or sinus disorders already knows how important oxygen is to the body. People with poor lung activity can help improve their condition by bypassing the bronchial passages, which are often restricted, and fortifying the blood directly with an oxygen supplement.

People who smoke can also help to alleviate the effects of smoke damage and oxygen deprivation caused by cigarettes by taking an oxygen supplement daily.

From



153 W. California, Pasadena, Ca. 91105
(818) 577-2711

FOR INFORMATIONAL PURPOSES ONLY - CONSULT A HEALTH PROFESSIONAL FOR MEDICAL PROBLEMS

St. John's Wort

Touted as 'Nature's Prozac,' this ancient herb has become a recent media darling due to its mood enhancing properties.

In the past year, it has made the covers of both *Time* and *Newsweek*, been written up in *The New York Times*, and even been featured in a segment on ABC's *20/20*. No, it's not the "coming out" episode of *Ellen*...it's St. John's wort. Also known as *Hypericum perforatum*, the herb has been used for hundreds of years as a remedy for anxiety and mild depression. However, it was not until the onslaught of recent media attention that the American public began to take notice of the possibilities offered by this weedy little plant. Now, explains Christopher Hobbs, L.A.C., author of *St. John's Wort: The Mood Enhancing Herb*, "Some doctors in the U.S. and Europe are routinely recommending, and even prescribing, St. John's wort to patients suffering from depression."

St. John's wort blooms on hills and forest edges nearly everywhere from June to August, though its flowering season is considered most potent on June 24—namely, St. John's Day.

According to Hyla Cass, M.D., author of *St. John's Wort: Nature's Blues Buster*, the herb is best harvested when it flowers. She explains that the buds "contain the highest concentrations of active ingredients, so," adds Cass, "products made exclusively from the buds are generally the most potent."

The herb's "powers," says Cass, "are derived from a number of different active ingredients," including hypericin and other diathrone derivatives, xanthenes and even flavonoids, which can act as sedatives.

"St. John's wort contains a number of chemical compounds," agrees Hobbs, "not a single purified substance like modern pharmaceutical antidepressants do. This means that St. John's wort may have several effects on the central nervous and immune systems," he explains.

Still, both admit that although the herb has been around around for quite some time, "scientists are not yet sure of exactly how (it) works," says Cass.

She continues, pointing out that "dozens of clinical studies have demonstrated St. John's wort's remarkable ability to alleviate mild to moderate depression."

And, as Hobbs emphasizes, "it has a track record of effectiveness and safety for treating depression and its accompanying side effects, (such as) anxiety and insomnia." He adds that, "compared to the varied and sometimes dangerous side effects of pharmaceutical antidepressants, St. John's wort is extremely safe."

According to Cass, an estimated "18 million Americans suffer from depression at one time or another in their lives." And as Hobbs explains it, this number may be even higher—over 15% of the population, or 40 million Americans.

"To get through the day and survive the night," he writes, the majority of these millions "count on pharmaceutical drugs to change brain chemistry and even alter personality."

But, while these pharmaceuticals may be effective 60% to 80% of the time in treating depression, explains Cass, "they can also exact a stiff price...[and] many patients stop taking them because of side effects." Some common side effects of Prozac, the most widely used and identifiable of the antidepressant drugs, include headaches, nausea, rashes, diarrhea, shaking, short-term memory loss, anxiety and insomnia. And, "as if all of this weren't bad enough," adds Cass,

"most antidepressants also reduce your sex drive."

"Fortunately," explains Ray Sahelian, M.D., "St. John's wort has only a few side effects, and all are relatively minor...including dizziness, tiredness and dry mouth. In most studies," he adds, "these have occurred in fewer than 10% of the users."

What's more, Cass explains, St. John's wort produces the same average success rate achieved with prescription drugs, but with lesser, if any, side effects and at lower cost.

But St. John's wort is good for use in more than fighting depression. In addition to mood enhancement, says John Cammarata, M.D., author of *A Physician's Guide to Herbal Wellness*, the herb has also proven useful for treatment of "bed-wetting (when the cause is not physical), irritable colon syndrome, painful menses and menstrual symptoms."

According to Hobbs, "St. John's wort is renowned as a dependable wound-healing herb to ease pain and inflammation for all kinds of external skin trauma including burns, cuts and abrasions, as well as muscular and nerve injuries such as strains, sprains and pinched nerves."

And, adds Cass, St. John's wort also contains immune-enhancing properties, making it a "promising treatment" for a wide range of illnesses and ailments—"from skin infections to AIDS."

She explains, however, that "this remarkable herb has not yet been widely studied in this country." But, continues Cass, "research done around the world has testified to its powers."

"Written records of the use of the herb go back at least 2,000 years. [And] physicians and herbalists have been reporting their clinical use of St. John's wort for depression for over 50 years," explains Hobbs. However, it seems that only now—with a little help from the press—is St. John's wort finally getting the recognition it deserves for its ability to treat one of the world's most common and troubling illnesses...and maybe much more. WF

References:

St. John's Wort: The Mood Enhancing Herb by Christopher Hobbs, L.A.C.

St. John's Wort: Nature's Blues Buster by Hyla Cass, M.D.

"Spotlight Shines On St. John's Wort" by Ray Sahelian, M.D., *WHOLE FOODS* Sept. 1997, pp.54-56.

A Physician's Guide to Herbal Wellness by John Cammarata, M.D.

From



WHERE GREAT NUTRITION BEGINS

(626) 577-2711

137 W California Pasadena, CA 91105

FOR INFORMATIONAL PURPOSES ONLY - CONSULT A HEALTH PROFESSIONAL FOR MEDICAL PROBLEMS

THE FABULOUS MEDICINAL HERBS USED BY THE ANCIENT AND MODERN PEOPLE OF SOUTH AMERICA

YERBAMATE. Rich in essential vitamins and minerals Yerbamate contains Vitamin A, most of the B complex, C and E and is especially rich in Pantothenic Acid (B5). Yerbamate, high in Chlorophyll, also contains Iron, Calcium, Choline, Sodium, Potassium, Manganese, Magnesium, Phosphorus. Phosphoric Acid and Hydrochloric Acid. Many years of research and use has demonstrated that a beverage (tea) brewed from high quality Yerbamate, which contains no caffeine, will nourish all of the glands and organs of the body thus helping them to function properly. High quality Yerbamate has been shown to:

Relieve fatigue and energize the body.

Protect against most physical and mental stress.

Relieve symptoms of many allergies.

Fortify the body's auto-immune system and speed recovery from ill health.

Improve mental performance.

Relieve headaches, Suppress the appetite.

Cleanse the colon and eliminate excess

liquids from the body.

Help in the digestion of foods.

Stimulate all body functions and reduce cellular oxidation.

Help maintain normal growth and development of the central nervous system.

Help prevent wrinkles and other signs of premature aging.

Eliminate foul odor of body gas and wastes.

YERBAMATE ROYALE- A delightful touch to nature's most healthful drink. Nature provided the herb to sweeten its own masterpiece. This is a delicious and invigorating beverage! Yerbamate Royale is literally a Dieters Delight! One or two teabags per cup water is remarkably delicious.

The Ancients, however, and most modern South Americans (over 50,000,000 drink Yerbamate daily) use the bulk style and prepare a stronger beverage in order to obtain greater benefits from drinking Yerbamate. However, even in teabag strength, Yerbamate Royale is amazing! South Americans blend Yerbamate with virtually all other herbal teas because, they say, it activates the medicinal properties of the other herbs. Because Yerbamate stimulates the adrenal glands to produce natural cortisone and adrenalin about 2 TBS in 12-14 oz of water is highly effective and rapidly reduces the symptoms of many allergies. However, there are many differing qualities of Yerbamate and the higher the quality the better the results! Most users prefer Yerbamate Royale due to its delightful and naturally sweet flavor.

AZTECA and LICORICE PEPPER (the blend is often called Symfre) - An ancient and highly effective blend of herbs used for centuries by natives of South America against colds, flu, sore throat or sinus congestion. The wonderful effects of this gentle, completely natural herbal tea are amazing! Containing Honeyleaf for flavoring people say upon tasting Symfre, prepared at 1 tsp/cup rather than 1 Tbsp/cup as used by the Ancients, that it is the most delicious tea they have ever encountered! For medicinal purposes they drink one cup every three hours containing about 1 TBS herbs in about 8 oz of water. Anciently, (and currently) when one was really miserable with a cold or flu, when the body felt like a wet dish cloth, the joints ached and the brain felt like mush, a special tea was prepared using equal amounts of the Symfre blend and Yerbamate in 12-14 oz of hot water. This was consumed about every 3 hours throughout the day with 1 or 2 cups being ingested the next morning. Should you wish to try this flavorful wisdom of the ancients, we suggest a blend of Symfre and regular Yerbamate as Yerbamate Royale with Symfre is quite sweet.

PURE RED LAPACHO - prize of the South American medicine men is also called Pau d' arco or Taheebo. To the ancient Guaranti it was Taji, meaning strength and vigor! In one of the fascinating articles published by the Washington D.C. newspaper "Spotlight" (June 8, 1981) on Red Lapacho, the following was stated: "It has been curing in short order (mostly one month or less), a long list of diseases. The latter includes (in alphabetical order):

"anemia, arteriosclerosis, asthma, bronchitis, cancer of all types, colitis, cystitis, diabetes, eczema, external sores of any kind (even old sores), gastritis, gonorrhea and hemorrhages, Hodgkin's disease, inflammations of the genital system, leukemia, leukorrhea, lupus, osteomyelitis, paralysis of the eyelids, Parkinson's disease, polyps (intestinal and vesical), prostatitis, psoriasis, rheumatism, ringworm, scabies, skin diseases in general, syphilis and sequels, ulcerations of the intestines, ulcer (gastric and duodenal) and varicose ulcers. The malignant germs that cause all those diseases cannot withstand the antibiotics this mighty tree secretes."

An article in the February, 1985 issue of the health magazine, Lets Live, stated: "Over the past 20 years reports from doctors and patients have indicated that this bark, when ingested, (usually in tea form) has cured terminal leukemia, arthritis, yeast and fungus infections, arrested pain, stopped athlete's foot and cured the common cold."

The article continues, saying that Red Lapacho, "has been found to be an effective analgesic sedative, decongestant, diuretic and hypotensive." The July 1985 issue of the Vegetarian Times stated that Red Lapacho "is currently being hailed for its effect on cancer and candida...Traditional herbalists agree that it strengthens and balances the immune system." The article further states that Red Lapacho "is used as a remedy for immune system-related problems, such as colds, flus, fevers, boils, infections, snake bites and at least one kind of lupus." The Vegetarian Times also says in the article that Red Lapacho is "an agent found to be effective in combating gram-positive and acid-fast bacteria and fungi," and that "tests have shown it to have anti-material and anti-cancer activities." According to the author, drinking Red Lapacho, "can combat infection, give greater vitality, build up immunity to disease, strengthen cellular structure and help eliminate pain and inflammation...It can be taken either periodically as a preventative, or used consistently during an active infection...Recommended dosage is a cup of tea...daily as a preventative. Increase the amount by as much as six times during an acute problem." Best results are obtained by using distilled water.

However, it must be noted that there are 18 varieties of Lapacho trees in South America. Only the inner lining of the bark of the Red or Purple Lapacho is considered to be effective. Since there is a great variation in the quality (and often the variety of Lapacho tree) of product being sold as Pau d'arco, Taheeebo or Lapacho it is necessary to take great care in selecting product in order to assure that one is truly obtaining pure Red Lapacho or Pure Purple Lapacho.

A blend of the beverages made from pure Red or Purple Lapacho and Yerbamate Royale is highly effective and extraordinarily delicious served either hot or as an iced tea. In fact Yerbamate Royale is itself an extremely delicious iced drink.

COCO BASE HAIR AND BODY SHAMPOO - (the only available product we are aware of is called Cream of Coco Hair and Body Shampoo) a "Miracle in a Bar". Possessing miraculous cleansing powers and creating a marvelous thick, rich lather it leaves the body and hair vibrantly clean. **YOU FEEL WONDERFUL!** This remarkable hair and body shampoo gives the closest, most soothing shave of face or legs imaginable. No rash or flaking following shaving with this luxurious herbal product. Following bath, shower or shave the skin is delightfully soft, smooth and lovely to touch. People who have used this wonderful completely natural herbal cleanser are ecstatic! Many have reported clearing up severe dandruff problems, cradle cap and other serious conditions of the scalp and skin when allowing the lather to remain on the scalp or skin a few minutes before rinsing. A physician reported using it to clear up severe Seborrheic Dermatitis. Many South American women and teens believe that the most effective program for their complexion problems is a combination of facial cleansing with this "miracle in a bar" and drinking Yerbamate, which, they say, cleanses the wastes from the inside of the body.

The rare herbal oils used in creating this miraculous product contain traces of calcium, phosphorous, iron, thiamine, riboflavin, niacin and vitamin C. The delightful fragrance comes from oils steamed and collected drop by drop from leaves of a unique fruitless South American orange tree. Called "Petite Grain" 99% is exported to France for making luxury soaps and perfumes.

These wonderful herbs have been used for centuries by the ancient and modern peoples of South America. Their desirability and effectiveness has been thoroughly established in the Laboratory of Life as well as in modern research laboratories. Should you decide to try these wonderful South American herbs we suspect that you, too, will be grateful for this true wisdom of the ancients.

The material contained herein has been obtained from various authoritative sources. This data is not meant to be considered as justification for the prescription of these herbs for medical uses. This is meant to be a descriptive report provided for informational purposes to those persons interested in the herbs which the ancient and modern people of South America claim to have medicinal value.

Jeevani

Jeevani: The Anti-Stress / Pro-Energy Botanical Complex

By Gene Bruno, CN

Scientists from the Tropical Botanical Garden and Research Institute in Kerala, India were huffing and puffing on a trek up a mountain in southern India. Then they noticed that their guides from the Kani tribe of the Agasthiyar hills in the southern state of Kerala, didn't look tired at all. They also noted the guides were plucking and eating berries from the plant *Trichopus zeylanicus*. According to one of the Kani

combined *Trichopus* together with other herbs in a botanical complex which they named "Jeevani." (The other botanicals in Jeevani include *Withania somnifera* (Ashwagandha), *Piper longum*, and *Evolvulus alsinoides*.) They then conducted successful clinical trials with Jeevani—and plan to make it available in the Western world soon as an energizer, adaptogen, and immune system-stimulator.⁴

Jeevani clinical trials

Scientists at Tropical Botanical Garden and Research Institute in Kerala, India administered Jeevani to 100 human subjects in studies involving either healthy or non-healthy individuals, in doses ranging from 2 grams to 4 grams, one to two times daily for 30 to 60 days. In the case of healthy subjects, Jeevani was found to exert a favorable effect including the ability to perform sustained physical labor, better quality of work output, adaptability to unfavorable environmental conditions, and a sense of well being.⁵

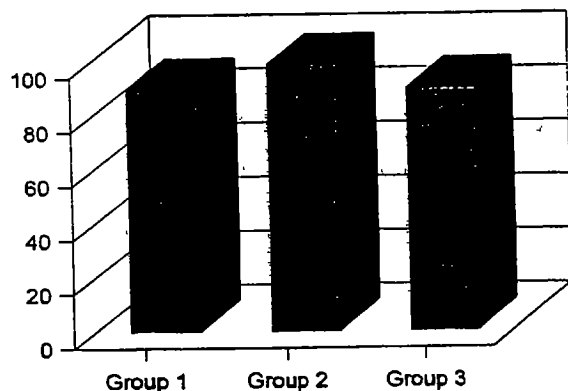
The unhealthy subjects suffered from a range of ailments improved with Jeevani supplementation. Ninety percent of cases reported complete relief from fatigue developed after myocardial infarction (heart attack), viral fever, fatigue in diabetes, and other ailments. Jeevani was also tried in conditions of exhaustion, fatigue, feeling of weakness, mentally stressful situations on 50 subjects—and the response was significant (99%). Improvements in appetite, body weight and an increase in working capacity were also observed in a majority of the patients. Jeevani also helped to control the peripheral neuritis and fatigue in 10 diabetes mellitus patients. No side effects were reported during the trials.⁶

Now let's examine the individual botanicals that comprise the Jeevani complex.

Trichopus zeylanicus

Trichopus zeylanicus (TZ) plant has a variety of beneficial properties as demonstrated in research on mice and rats. This includes:

Response Percentage



Group 1 - Regained proper health after illness (90%)

Group 2 - Fatigue relieved (99%)

Group 3 - Control of peripheral neuritis & fatigue in diabetes (90%)

tribesman, "It gives a sudden burst of energy. We don't feel hungry for several hours; we don't feel thirsty or tired. And it seems we can walk and run on the mountain for hours again."¹ As a matter of fact, the Kani people have a history of using *Trichopus* before undertaking strenuous work. They do this to help fight stress and increase energy, although it also stimulates the immune response.² The director of one of India's largest think tanks even stated, "The plant is almost like cocaine in terms of its energy boost, without being addictive."³

Recognizing an opportunity when they saw one, those same huffing and puffing scientists subsequently

1. 75% increase in swimming time, and decreased exhaustion (anti-stress / anti-fatigue); anti-stress properties in a variety of stress models.⁷
2. Immune system enhancement including cell mediated immunity, humoral immunity, antibody production, and phagocytosis.⁸⁻⁹ Furthermore, TZ has been found to protect mice from tumor cell growth.¹⁰
3. Protection to the liver against drugs that would normally cause liver damage. In addition, TZ was able to increase bile flow.¹¹
4. Aphrodisiac - TZ stimulated sexual behavior in male mice as evidenced by an increase in number of mounts and mating performance. Although oral administration of a single dose was effective, daily administration of the extract for 6 days was found to be more effective.¹²

Withania somnifera

As with TZ, *Withania somnifera*, otherwise known as Ashwagandha, has a variety of properties. We'll examine a few of them here:

1. Increased endurance in swimming test in mice, and increased anabolic activity as demonstrated by greater gain in body weight than the control group.¹³
2. Improved immune function as demonstrated in mice by increased phagocytosis and intracellular macrophage activity,¹⁴ tumor-fighting ability.¹⁵
3. Aphrodisiac - In over 100 men, 71.4% reported improvement in their capacity of sexual performance. These responses seem to support the herb's traditional use as an aphrodisiac.¹⁶

Piper longum

In traditional Chinese medicine, *Piper longum*, a member of the pepper family, is considered to have warm and pungent actions.¹⁷ This is consistent with research demonstrating that *Piper longum* enhances thermogenic response, or release of metabolic heat energy.¹⁸ This plant may also improve respiratory function. Some research indicates that it can protect the lungs from chemically-induced damage.¹⁹ Also, in a clinical study where 20 children were treated with *Piper longum* for five weeks, they experienced significantly improved respiratory function.²⁰ Both thermogenesis and improved respiratory function may translate to improvements in energy and stamina. And speaking of stamina, *Piper longum* treated mice had a significant increase in reproductive organ weights, sperm motility, and sperm count—without any toxic effects to the sperm.²¹

Evolvus alsinoides

Evolvus alsinoides, also known as Shankapushpi, Vishnukranthi, Shakhini, Aloeweed and Deer Foot Weed, is a plant used historically in Ayurvedic medicine for nervous debility and memory.²² As a matter of fact, some say it is "the most powerful herb for enhancing mind power."²³

Conclusion

The bottom line is that these botanicals have all been clinically tested as components of the Jeevani complex. Consequently, there is a fair degree of assurance that Jeevani will provide westerners with safe and effective natural energizer which increases the ability to perform physical labor, and reduces fatigue as well as the body's adverse reaction to stress. Individually, the botanicals in Jeevani have also been shown to help improve immune function, and possibly even sexual activity. All in all, it seems that Jeevani will be a new dietary supplement that is well worth trying. (Note: Jeevani may still not be available in the United States and Canada at the time of this printing, but is expected to hit the marketplace in late 1999 or early 2000. Check with your local vitamin store.)

References

1. Misra N., Tribe finds treasure in Indian plant (1999) March 31. www.nandotimes.com
2. Jayaraman K.S., *Nature* (1996) 381:182.
3. Misra N., 1999.
4. Jayaraman K.S., 1996.
5. Rajasekharan S., *Jeevani*, (Undated) Tropical Botanical Garden and Research Institute in Kerala, India.
6. Ibid.
7. Sharma A., et al, *Ancient Science of Life* (1989) 8(3-4):212-19.
8. Pushpangandan P., et al, *Ancient Science of Life* (1988) 7(1):13-16.
9. Sharma A., 1989.
10. Pushpangandan P., et al, *Ancient Science of Life* (1995) 14(3):127-135.
11. Subramoniam A., et al, *Indian J Exp Biol* (1998) 36(4):385-9.
12. Subramoniam A, et al, *J Ethnopharmacol* (1997) 57(1):21-7.
13. Grandhi, et al, *Journal of Ethnopharmacology* (1994) 44:131-135.
14. Dhuley JN, *Immunopharmacol Immunotoxicol* (1998) 20(1):191-8.
15. Dhuley JN, *J Ethnopharmacol* (1997) 58(1):15-20
16. Linder, op-cit
17. Hsu H., Peacher W., *Chinese Herb Medicine & Therapy* (1982) Oriental Healing Arts Institute of U.S.A., Los Angeles, p. 216.
18. Johri R.K., et al, *J Ethnopharm* (1992) 37:85-91.
19. Dahanukar S. Thatte U. *Phytomedicine* (1997) 4(4):359-68.
20. Dahanukar S.A., et al, *Indian Drugs* (1984) June:384-388.
21. Shah AH, et al, *Plant Foods Hum Nutr* (1998) 52(3):231-9.
22. Dr. K.M. Nadkarni's *Indian Material Medicine*, Vol. 1, p.. 531.
23. Schofield L, *Vitamin Retailer* (1998) April. www.npicenter.com/retailers/amp/vitaminretailer/stressupps.asp

Intelligent Supplementation™ is published by Fifty-Ninth Street Bridge Publishing Corp. strictly as an educational literature series, and is not intended as medical advice. For diagnosis and treatment of any disease or medical condition, consult your physician.

Fifty-Ninth Street Bridge Publishing Corp.
110 E. 59th Street, 33rd Floor
New York, NY 10002-1392

Echinacea

This long-researched herb has been significantly indicated to assist several health areas.

Until many of them were either wiped out or confined, the original Americans, various tribes scattered throughout what is today the United States, thrived basically from the natural resources of their environments. They engaged in botanical therapy to sustain health and heal themselves.

Echinacea in its various forms, but most significantly *Echinacea angustifolia* and *Echinacea purpurea*, is a bountiful indigenous plant that was used often by Native Americans, who had introduced the herb to settlers who made their way westward.

According to Steven Foster in his book *Echinacea: Nature's Immune Enhancer*, tribes such as the Omega-Ponca, Winnebago, Oglala Dakota, Cheyenne, Crow, Comanche, Meskwaki, among many others, all used echinacea for various ailments including toothaches, snakebites and sore throats.

The settlers quickly embraced the therapeutic use of the plant, and since that time, it had become a target for numerous studies regarding its benefits, as well as being widely used before losing its medicinal status with the strong advent of allopathic medicine in the U.S. in the early 20th Century.

"Echinacea is probably the most famous of all immunotonics," writes Daniel B. Mowrey, Ph.D., in the book *Herbal Tonic Therapies*. "During the past 30 years, this herb has been subjected to an incredible amount of research."

Today, echinacea is widely available from numerous suppliers in the natural products industry, and it's a sure bet that there's a healthy supply on the shelves in your favorite health food store. So let's take a look at how this herb may assist you in maintaining optimum health.

Through use of the microscope, writes Mowrey, early 20th Century researchers were able to "determine that echinacea had a profound effect on the number and kind of blood cells in the bloodstream. They found, for example, that the herb tended to keep the ratio of red to white blood cells within acceptable limits, that it promoted production of white blood cells when the percentage was low, and that it suppressed the production of white blood cells when there were more of these than was healthy. In this manner, echinacea behaved like a tonic."

Herbal Research Publications, Inc., in its book *Naturopathic Handbook of Herbal Formulas*, ascribes numerous health benefits to this botanical. "Echinacea is used most effectively at the onset of secretory viral infections and used in large doses. Specific indications include: sinus, nasal, ear, and throat infections; respiratory tract infections; lymphatic infections; lymphatic swelling; kidney, bladder and urinary tract infections; ovarian and prostate infections. Other indications for its use include inflammatory arthritis, toxemia of the blood, wounds, and cancers of the secretory tissues. Specifically indicated for the common cold and flu-type viral infections."

Foster writes that in Germany "echinacea products are used as a general nonspecific stimulant to the immune system,

helping to support and stabilize cellular immunity for the prevention and treatment of infections."

Anne Marie Wishard writes in her book *Herb Talk* that the root of *E. angustifolia* is the part of the plant that is used. It has been identified as containing copper, betaine, echinacin B, echinacen, echinacoside, arabinose, fructose, echinolone, fatty acids, glucose, iron, inulin, polysaccharides, potassium, polyacetylene, resin, sulfur, protein, tannins, vitamins A,C,E, and more.

When choosing an echinacea product, Earl Mindell, R.Ph., Ph.D., in his *Herb Bible* offers a caveat. "Many of the active compounds in echinacea can be destroyed during processing. Freeze-drying is the most effective way to preserve this herb's healing properties. A fully potent echinacea preparation will create a tingling sensation on the tongue." If it doesn't, some important compounds are missing, he suggests.

Naturopathic Handbook of Herbal Formulas describes the manner in which echinacea should be taken. "At the onset of viral infection, add two to three teaspoons of echinacea extract to a small amount of warm water and take as an initial dose. Then follow with subsequent doses of one to two teaspoons of echinacea extract every two hours, and take for up to five days."

Remember, too, that echinacea (and indeed all botanicals), is not to be considered as a cure, but as a natural means to assist the body in achieving good health. And, incidentally, echinacea can be a pretty addition to a flower garden; coneflower (as it is also called) seeds can be purchased at any gardening store. **WF**

REFERENCES:

Echinacea: Nature's Immune Enhancer by Steven Foster
Naturopathic Handbook of Herbal Formulas by Herbal Research Publications, Inc.
Herbal Tonic Therapies by Daniel B. Mowrey, Ph.D.
Earl Mindell's Herb Bible by Earl Mindell, R.Ph., Ph.D.

From



WHERE GREAT NUTRITION BEGINS

(626) 577-2711
 137 W California Pasadena, CA 91105

Consumer Education Series

By FRAN SULLIVAN
Correspondent



Recently, in a syndicated column based on senior citizens' reminiscences, an elderly woman wrote about her grandfather, a self-taught naturalist and beekeeper. He discovered, she wrote, that his honey had curative powers, so he purposely placed hives near certain grasses, trees or shrubs.

The result was honey that was used for common ailments. The writer remembered that honey from hives near horehound and fennel plants were used to stop coughing. Hives near foxglove supposedly produced honey to aid heart congestion. Linden honey was used for fevers, colds and flu. Elderberry and juniper honey treated digestive upsets.

So you see, bees have long been regarded by some as man's winged benefactors. No wonder, then, that other bee products have been touted for their medicinal properties. Royal jelly and propolis are two such bee by-products that are sometimes used to keep man healthy.

Royal Jelly

Royal jelly, a pearly white gelatinous mass, is produced by the pharyngeal glands located in the heads of nursing bees. This nectar appears to be one of nature's most concentrated foods. It is rich in proteins, trace minerals and B1, B2, B6 and B12 vitamins. Royal jelly is a source of niacin, biotin, folic acid and inositol, an excellent source of pantothenic acid, and also contains all the essential amino acids. Among criteria used to gauge the quality of fresh royal jelly are water content, acidity, protein content and 10-Hydroxy decenoic acid, reported by some sources as being studied

in connection with anti-cancer drugs.

Bee larvae are nourished exclusively by royal jelly for the first three days of life. During the next two days, the male and worker larvae are weaned, and fed a mixture of honey, pollen and water.

The queen larvae, which are raised in larger oblong cells, shaped like the finger of a glove or an acorn, continue to receive an abundance of royal jelly.

The Role of Royal Jelly

Indeed, the queen bee is fed royal jelly for the remainder of her life and grows to be 40 percent larger and 60 percent heavier than the worker bees—incredible, since both the queen and the worker come from identical eggs. Researchers have credited this growth to the queen's diet of royal jelly.

This high energy food enables the queen bee to lay 2,000 eggs daily—approximately two-and one-half times her total weight!

For humans, royal jelly is thought to aid mental alertness, provide energy and give a general feeling of well-being. Royal jelly in honey is supposedly excellent for anyone who wants to lose weight because it provides energy yet is only 20 calories per teaspoon. Furthermore, royal jelly helps trigger an increase in the production of the brain chemical serotonin, an essential for those who have difficulty controlling their appetite, suffer from sleep disorders, or have low energy levels. It has been shown also to provide some relief from the distress affiliated with rheumatism, tinnitus, beri beri, dizziness, vertigo, headache, constipation, insomnia, arthritis, muscle tension and eye

fatigue. It can also keep the autonomous nerve in normal function. It also contains substances that promote healthy skin texture, and can be added to a variety of skin care products.

Nature's Antibiotic

More than 20 years ago, researchers discovered that bees, contrary to other insects, were free of any bacteria. This attribute allowed bees to survive millions of years against many enemies. With a population of 50,000 to 60,000 bees in a space smaller than two cubic feet and an environment of 95 degrees and 90 percent moisture, why doesn't the hive become a breeding ground of infections and disease?

The answer is propolis.

Propolis, meaning in Greek "defenses before a town," is a resinous substance gathered and metabolized by the bees from the leaf buds or bark of deciduous trees. Often called bee's glue, propolis, which has medicinal and antiseptic properties, is smeared on the cell walls of the comb before the queen lays eggs, to ensure a good disinfection of the hive.

Bees use this substance also to fill in any holes or cracks in the hive and to make the entrance smaller to discourage invaders. Intruders unlucky enough to enter the hive are killed and covered with propolis, which mummifies the bodies. Bodies too large to be removed by the bees remain in the hive and do not decay to spread disease.

Propolis contains approximately 55 percent resins and balsam, 30 percent wax, 10 percent etheric oils and 5 percent pollen. It is rich in biologically active

vitamins. The resins are also high in B-complex vitamins, vitamin C, E and pro-vitamin A. The substance also contains amino acids and fats; it is a source of trace minerals such as copper, iron, manganese and zinc. Propolis also contains a high level of flavonoids.

The flavonoids of propolis are approximately 500 times those found in oranges. This concentration, research has shown, is responsible for the major antibiotic effects of propolis. Flavonoids have 41 recognized therapeutic effects, among which are beneficial actions on the capillary system, the circulatory system, and as a vasodilator. They act as diuretics and increase bile production. They have been reported to influence the production of compounds from several endocrine glands including the thymus, thyroid, pancreas and adrenal glands.

Its ability to purify makes it effective for healing sore gums on throat; sores and

The flavonoids of propolis are approximately 500 times those found in oranges.

wounds; and stomach and intestinal infections. (See "The Many Roles of Royal Jelly and Propolis" this section.)

Propolis's Place in History

Propolis is not a "new discovery. Hippocrates, considered the father of medicine, prescribed the resin to help heal sores and both internal and external ulcers.

In 400 B.C. Herodotus the Greek writes of propolis ointments to treat open wounds and abscesses. The *Koran* and Persian and Arabic manuscripts of the 6th and 8th centuries mention this substance to treat eczemas, purify the blood and eliminate bronchial catarrhs.

Across the ocean, in the New World, the Incas were using propolis for febrile infections.

Moving along in time, the resin is mentioned in medicine books of the 12th century, where it was recommended for numerous remedies.

Propolis's most noted recent use came during the Boer War in South Africa, when the resin was used to disinfect and help heal wounds.

A Lesson from the Bees

When studying these bees, researchers

The Many Roles of Royal Jelly and Propolis

Among the uses documented in research or history for Royal Jelly and Propolis are the following:

Royal Jelly

- **Antibiotic:** Its bacteria-destroying action helps prevent a diverse range of ailments, from acne and influenza to stomach ulcers and urinary tract infections. Its bio-flavonoid content has been found to enhance the effectiveness of Vitamin C in the body.

- **Energy:** Taken as a supplement or in snack products, it helps maintain vigor and stamina.

- **Appetite:** It can help trigger an increase in the production of the brain chemical serotonin, essential for people suffering from appetite control problems, sleep disorders and low energy levels.

- **Immune System:** Its high content of essential nutrients help boost the immune system.

- **Allergies:** Research has indicated it can aid in controlling allergies.

- **Common Maladies:** It has been found to help relieve constipation, arthritis pain, muscle tension, headache, vertigo and eye fatigue.

Propolis

- **Immune System:** Its high-nutrient

profile and antiseptic properties help build resistance to disease.

- **Radiation:** Injuries caused by exposure to radiation have been healed with propolis, according to some research studies. A double blind test conducted in Yugoslavia revealed improvement in patients treated with propolis for liver problems caused by radiation exposure.

- **Ulcers:** An Austrian physician reported that pain disappeared after three days in 7 out of 10 patients studied and that the wounds in 6 out of 10 patients healed after 10 days.

- **Stamina:** It has been used by many athletes, including world class athletes and Olympic champions, for strength and stamina.

- **Infection:** It has been shown to be an aid in alleviating sore throats, allergy symptoms, cold sores, acne, ear infections, urinary tract infections and other infections. Professor Bent Havsteen, formerly of Cornell University and an international expert in the area of propolis, has stated: The flavonoid activity of propolis "may well represent a whole new generation of antibiotic activity ..." A good deal of this action is attributed to its high bio-flavonoid content. □

made an interesting discovery: they never evolved during the millions of year they have existed. The reason for this phenomenon is simple: There was no need for evolution. Bees had developed such a highly sophisticated way to nourish and protect themselves from predators and germs that their survival was virtually ensured.

The beehive products of royal jelly, propolis, pollen and honey available to man today, can help him share in the survival tips demonstrated by these little winged friends. □

References:

"Apimondia XXXth International Apicultural Congress Program and Abstracts Report," Oct. 10-16, '85, Nagoya, Japan; Japan Beekeeping Assn.

"Bee propolis touted as miracle cure," Gene Prigge, *St. Paul Sunday Pioneer Press*, W1, Mar. 7, '82.

"The Bounty of the Bee: A Natural Antibiotic, Propolis," *Let's LIVE*, Feb. '86.

"Fresh Royal Jelly," Lever Corporation, 1988.

"Honeybee Propolis," Shanwick Intl. Corp./Desert Health Products, Inc.

Propolis, Earl L. Mindell, R.Ph., Ph.D., 1980.

Propolis in natural therapeutics, 2nd rev. ed., Dr. Yves Donadieu, Librairie Maloine S.A. Editeur, Paris, 1983.

"Propolis: The Internal Natural Healer," Dr. Felix Murat, 1982.

"Propolis: Will It Revolutionize Existing Ideas About Antibiotics?" Keith Stepro; *Let's LIVE*, Nov. '81.

"The Royal Jelly Story," Premier One Royal Jelly, 1987. "Special Foods of Queen Bee," Morikawa Royal Jelly/Happy Shoji, U.S.A., Inc. □

Maca

The Peruvian Apaptogen

©2000 Fifty-Ninth Street Bridge Publishing Corp.

A Literature Education Series On Dietary Supplements

Maca: The Peruvian Apaptogen

By Gene Bruno, BS, CN

Maca (*Lepidium meyenii*) is a Peruvian botanical which has been used successfully to increase energy levels; to improve fertility and as an aphrodisiac; for menopause and menstruation; and for a variety of other historical uses. Now, Maca has begun to move into the lexicon of herbal medicine in North America, and we can now enjoy its benefits as well.

Background

Maca is a hardy perennial plant cultivated high in the Andean Mountain at altitudes from 11,000-14,500 feet. Maca was domesticated about 2000 years ago by the Inca Indians. To the Andean Indians, Maca is a valuable commodity. Because so little else grows in the region, Maca is often traded with communities at lower elevations for other staples like rice, corn, and beans. The dried roots can be stored for up to seven years. Native Peruvians have traditionally utilized Maca since before the time of the Incas for both nutritional and medicinal purposes.¹

Energy

An adaptogen is a substance which helps the body adapt to a variety of situations. Some adaptogens, like Ginseng, have an ability to promote energy. Maca is such an adaptogen. As a matter of fact, due to its energizing properties this plant is also referred to as Peruvian Ginseng,^{2 3 4} although Maca is not in the same family as ginseng. Maca's nutritional value may contribute to its energizing properties. It is rich in sugars, protein, starches, and essential minerals, especially iodine and iron.^{5 6 7} The nutritional value of dried Maca root is high, resembling cereal grains such as maize, rice and wheat. It has 59% carbohydrates, 10.2% protein, 8.5% fiber and 2.2% lipids.⁸ It is

rich in sterols and has a high mineral content as well.⁹ In addition to its rich supply of essential nutrients, Maca contains alkaloids, tannins and saponins.^{10 11} Alkaloids are also present in minute quantity, but have not yet been quantified.¹² Perhaps of greatest significance are the macamides and macaenes which have been standardized at a level of 0.6% by Pure World Botanical, a raw material supplier of Maca to the dietary supplement industry.¹³ It may turn out that the macamides and macaenes are the primary active components in Maca.

In the July / August 1995 issue of his newsletter, *Phil Steinberg's Cat's Claw News*, Phil Steinberg discussed Maca's traditional use to increase energy, stamina and endurance. He then commented on his personal experience with Maca: " March of this year I attended the Natural Products Expo West in Anaheim, California. At the show, I was given a sample bottle of Maca to use while I was there. I was amazed at how I was able to work long hours maintaining a high energy level throughout the show. I took approximately 1,000 mg of Maca three times a day along with my usual amount of Cat's Claw."¹⁴

Fertility & Aphrodisiac

Maca has been used medicinally for centuries to enhance fertility in humans and animals.^{15 16 17 18} ¹⁹ Soon after the Spanish Conquest in the South America, the Spanish found that their livestock were reproducing poorly in the highlands. The local Indians recommended feeding the animals Maca and so remarkable were the results that Spanish chroniclers gave in-depth reports.²⁰ Even Colonial records of some 200 years ago indicate that payments of roughly 9 tons of Maca were demanded from one Andean area alone for this purpose.^{21 22} Its fertility enhancing properties

were supported clinically as early as 1961, when researchers discovered it increased the fertility of rats.²³

Hugo Malaspina, M.D., a cardiologist practicing complementary medicine in Lima, Peru, has been using Maca in his practice for ten years. Dr. Malaspina first found out about Maca through a group of sexually active older men who were taking the herb with good results. "One man in this group started taking Maca and found he was able to perform satisfactorily in a sexual relationship with a lady friend. Soon everyone in the group began drinking the powdered Maca as a beverage and enjoying the boost that the root was giving their hormonal functions. I have several of these men as patients, and their improvement prompted me to find out more about Maca and begin recommending it to my other patients."²⁴

Chicago physician Gary F. Gordon, former President of the American College for Advancement in Medicine, is also a Maca supporter. "We all hear rumors about various products like Maca," he says. "But using this Peruvian root myself, I personally experienced a significant improvement in erectile tissue response. I call it nature's answer to Viagra. What I see in Maca is a means of normalizing our steroid hormones like testosterone, progesterone, and estrogen. Therefore it has the facility to forestall the hormonal changes of aging. It acts on men to restore them to a healthy functional status in which they experience a more active libido."²⁵

A chemical analysis conducted in 1981 showed the presence of biologically active aromatic isothiocyanates, especially p-methoxybenzyl isothiocyanate, which have reputed aphrodisiac properties.²⁶ Initial analysis of Maca indicate that the effects on fertility are a result of the glucosinolates.^{27 28 29} Today, dried Maca roots are ground to powder and sold in drug stores in capsules as a medicine and food supplement to increase stamina and fertility.^{30 31}

Menopause & Menstruation

Traditionally Maca has been used menstrual irregularities & female hormonal imbalances including menopause.³² As Maca has become increasingly popular, its use has spread to medical practices. In the November, 1988 Townsend Letter for Doctors, physicians commented on the therapeutic uses of Maca. Hugo Malaspina, M.D., a cardiologist practicing complementary medicine

in Lima, Peru, has been using Maca in his practice for ten years. He commonly recommends Maca to women experiencing premenstrual discomfort or menopausal symptoms. "There are different medicinal plants that work on the ovaries by stimulating them," he says. "With Maca though, we should say that it regulates the ovarian function." Dr. Malaspina further notes that "Maca regulates the organs of internal secretion, such as the pituitary, the adrenal glands, and the pancreas. I have had perhaps two hundred female patients whose perimenopausal and menopausal symptoms are alleviated by taking Maca."³³

Other Uses

Maca is growing in world popularity due to its energizing effects, fertility enhancement and aphrodisiac qualities. Other traditional uses include, promoting mental clarity, and treating chronic fatigue syndrome.^{34 35} It is used as an alternative to anabolic steroids by bodybuilders due to its richness in sterols.³⁶

Aguila Calderon, M.D., is the former Dean of the Faculty of Human Medicine at the National University of Federico Villarreal in Lima. He says, "Maca has a lot of easily absorbable calcium, plus magnesium and a fair amount of silica. We are finding it very useful in treating the decalcification of bones in children and adults." In his practice, Dr. Calderon uses Maca for male impotence, erectile dysfunction, menopausal symptoms, and general fatigue.³⁷

In Peruvian herbal medicine, Maca is also used as an immunostimulant, for anemia, tuberculosis, menstrual disorders, menopause symptoms, stomach cancer, sterility and other reproductive and sexual disorders as well as to enhance memory.³⁸

References

1. Rea, J., 1992. Raices andinas: Maca. in Bermejo, H. and Leon, J.E., eds., *Cultivos marginados, otra perspectiva de 1492*.
2. Rea, J., 1992.
3. King, Steven, 1986. "Ancient Buried Treasure of the Andes," *Garden*, November/December.
4. Johns, T., 1981. The anu and the Maca. *Journal of Ethnobiology*, 1:208-212
5. Report of an Ad Hoc Panel of the Advisory Committee on Technical Innovation, Board on Science and Technology for International Development, National Research Council, 1989. *Lost Crops of the Incas: Little Known Plants of the Andes with Promise for Worldwide Cultivation*.
6. Johns, T., 1981.

Flax Seed: A Valuable Dietary Supplement

By Gene Bruno, BS, CN

Flax seed naturally contain a complex of different categories of fatty acids, including alpha-linolenic acid (omega-3), linoleic acid (omega-6), and oleic acid (omega-9). Much of Flax seed's benefits are a function of its alpha linolenic acid (ALA) content, and the fact that ALA can be converted by the body into EPA—the same omega-3 found in fish oil. As a matter of fact research has found that supplementation with Flax seed oil can effectively increase EPA concentrations in tissues.¹ Lignans, also found in Flax seed, account for various benefits offered by this plant. Studies involving Flax seed have been conducted on its anti-inflammatory properties, its phytoestrogenic / anti-cancer properties, its anti-lupus properties, its cardiovascular enhancing properties, and its prostate supporting properties.

Anti-inflammatory properties

ALA can convert into EPA, and EPA, in turn, has the ability to convert into series-3 prostaglandins (prostaglandins are hormone-like substances) which have anti-inflammatory properties. Here's how it works: Many factors contribute to the complex course of inflammatory reactions, including the omega-6 fatty acid, arachidonic acid (AA). AA can be converted via an enzymatic process into pro-inflammatory substances, including series-2 prostaglandins, leukotrienes, and cytokines. In states of inflammation, it seems that O3FA is able to compete with AA for enzymatic metabolism, which results in less production of inflammatory substances.² Use of Flax seed oil in domestic food preparation has been able to reduce production of inflammatory cytokines.³

Phytoestrogenic / anti-cancer properties

Lignans with phytoestrogen properties are particularly abundant in Flax seed. When ingested in relatively large amounts, phytoestrogens have been shown to have significant estrogen modulating effects in animals and humans. There is epidemiological, laboratory and clinical evidence which indicates that phytoestrogens, have an anti-cancer effect on the breast.⁴ In fact, experimental studies in both animals and humans have demonstrated the anti-cancer effects of Flax seed.⁵ In fact, in 1998, the *Journal of clinical oncology* published an article which indicated that the consumption of Flax seed may be used as a secondary prevention method for breast cancer.⁶

Anti-lupus properties

Fish oils, a source of omega-3 fatty acids, have been shown to inhibit inflammatory mechanisms and modulate blood fats in the autoimmune disease, lupus nephritis.⁷ This led researchers to consider that Flax seed may also have similar benefits. In one trial, nine people with kidney damage due to Systemic lupus erythematosus (SLE) were fed increasing amounts of Flax seed for a total of twelve weeks.⁸ After examining the results, researchers concluded that 30 grams per day was the optimal intake for improving kidney function, decreasing inflammation, and reducing atherosclerotic development. Flax seeds also contain antioxidants, potentially helpful to those with SLE.⁹

Cardiovascular enhancing properties

In one study, 15 subjects with high serum cholesterol levels who were taking vitamin E, were given 15 grams of a flax seed supplement. After three months, serum total and LDL cholesterol levels were reduced significantly, but HDL cholesterol (the "good" cholesterol) did not

change.¹⁰ Other research has also shown serum lipid level reduction, but fairly large amounts of Flax seed had to be consumed in these studies to emulate the same lipid-lowering effect of fish oils.¹¹ For example, in one study, young healthy adults given 50 g of Flax seed daily for 4 weeks, experienced an 8% reduction in plasma LDL cholesterol.¹² In a similar study, healthy female volunteers consuming 50 g of Flax seed daily for 4 weeks, experienced a 9% reduction in serum total cholesterol, and an 18% reduction in LDL cholesterol.¹³

Oxygen free radicals (OFRs) have been implicated in the development of atherosclerosis. Lignans possess anti-platelet activating factor activity (i.e., prevent blood platelets from clumping, thereby improving circulation) and antioxidant activity. In animal research, Flax seed reduced the development of aortic atherosclerosis by 46% and suppressed OFRs. Researchers concluded that "dietary Flax seed supplementation could, therefore, prevent hypercholesterolemia-related heart attack and strokes."¹⁴

The elasticity of arteries is an important indicator of circulatory function, and diminishes as cardiovascular risk increases. Research has shown that obese people who consumed a diet high in ALA from Flax seed oil, experienced a marked rise in arterial elasticity, reflecting a rapid functional improvement in the arterial circulation.¹⁵

Prostate supporting properties

Holistic physician, Jonathon Wright, MD, has found that Flax seed oil can play a key role in the treatment of an enlarged prostate.¹⁶ Some animal research is consistent with Dr. Wright's clinical experience. In one study, rats with lifetime exposure to 5% Flax seed diets experienced a reduction in relative prostate weight and cell proliferation, suggesting potential protection against prostatic disease.¹⁷

Flax seed Supplementation

The potential benefits of Flax seed are many, but only if the right form of supplemental Flax seed is used. Although it is a good source of essential fatty acids, Flax seed oil supplements do not provide appreciable amounts of the valuable lignans. On the other hand, whole or ground Flax seed, though effective, is not especially palatable for many individuals. Perhaps the best option is a

Flax seed powder in capsule form. Such a supplement provides the omega-3 fatty acids (as well as omega-6 & 9s) and the lignans. Although some of the aforementioned research utilized extremely high quantities of Flax seed, the nutritional value and certain beneficial results could be realized by consuming about 3000 mg (3 grams) daily.

References

1. Mantzioris E, et al, *Am J Clin Nutr* (1994) 59(6):1304-9.
2. Heller A, et al, *Drugs* (1998) 55(4):p487-96.
3. James MJ, Gibson RA, Cleland LG, *American journal of clinical nutrition* (2000) 71(1Suppl):343S-8S.
4. Brzezinski A, Debi A, *European journal of obstetrics, gynecology, and reproductive biology* (1999) 85(1):47-51
5. Thompson LU, *Bailliere's clinical endocrinology and metabolism* (1998) 12(4):691-705.
6. Gross PE, Sierra S, *Journal of clinical oncology* (1998)16(1):338-47.
7. Clark WF, Parbtani A, *American journal of kidney diseases* (1994) 23(5):644-7.
8. Clark WF, et al, *Kidney Int* (1995) 48:475-80.
9. Prasad K, *Mol Cell Biochem* (1997) 168:117-23.
10. Bierenbaum ML, Reichstein R, Watkins TR, *Journal of the American College of Nutrition* (1993) 12(5):501-4.
11. Harris WS, *Am J Clin Nutr* (1997) 65(5 Suppl):1645S.
12. Cunnane SC, et al, *Am J Clin Nutr* (1995) 61(1):62-8.
13. Cunnane SC, et al, *Br J Nutr* (1993) 69(2):443-53.
14. Prasad K, *Atherosclerosis* (1997) 132(1):69-76.
15. Nestel PJ, et al, *Arterioscler Thromb Vasc Biol* (1997) 17(6):1163-70.
16. Wright J, Bruno G, *The Smart Guide To Nutritional Medicine* (2000) Smart Publications, Petaluma, California.
17. Tou JC, Chen J, Thompson LU, *J Toxicol Environ Health* (1999) 56(8):555-70.

Intelligent Supplementation™ is published by Fifty-Ninth Street Bridge Publishing Corp. strictly as an educational literature series, and is not intended as medical advice. For diagnosis and treatment of any disease or medial condition, consult your physician.

Fifty-Ninth Street Bridge Publishing Corp.
110 E. 59th Street, 33rd Floor
New York, NY 10002-1392

Cranberry: The Sworn Enemy of Urinary Tract Infections

By Gene Bruno, BS, CN

Urinary tract infections (UTI) are no fun—especially for women who are 10 times more likely than men to have a UTI because of anatomic construction of the female urinary system. As a matter of fact, approximately 20% of women have at least one UTI in their lifetime. UTI is often marked by urinary frequency, burning, pain with voiding, and, if the infection is severe, visible blood and pus in the urine. UTI are caused by gram-negative bacteria, most commonly *Escherichia coli* (*E. coli*). The best news for anyone who is suffering from UTI, and/or who tends to experience recurrent UTI, is that cranberries are the sworn enemy of UTI.

Cranberry

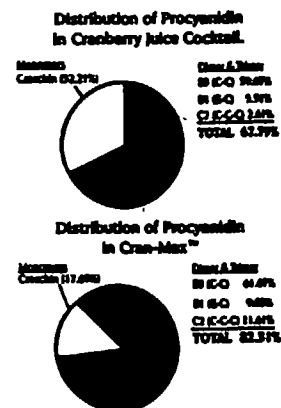
Cranberry has an extensive history of use for treating UTI. Furthermore, this traditional use of cranberry for UTI has been validated through scientific research. In one study, elderly women who drank 300 ml (10 oz) of cranberry juice per day had a decrease in the amount of bacteria in their urine.¹ In another study, elderly residents of a nursing home who consumed either four ounces of cranberry juice or six capsules containing concentrated cranberry daily for thirteen months, experienced a 25% decrease in the number of UTIs during that time.² The current is that there are two possible mechanisms of action by which cranberry is effective against UTIs. First, cranberry prevents *E. coli*, the bacteria that causes most urinary tract infections, from attaching to the walls of the bladder.³ Second, at least two of the organic acids in cranberry have been found to have antibacterial activity. These include hippuric acid,⁴ and citric acid.^{5,6} This does not

mean, however, that cranberry is a substitute for antibiotics in the treatment of acute UTIs. What it does mean is that if you want to prevent and help to treat UTI, you should either drink 300–500 ml (10–16 oz) of cranberry juice cocktail, or take 500 mg of concentrated cranberry extract (Cran-Max™), twice daily. As a matter of fact, the latter recommendation may have certain benefits over the former.

Cran-Max™

Cran-Max™ is made from the whole cranberry, including the juice, fruit, solids, seeds and skin. Furthermore, it does not contain added sugar. One downside to cranberry juice cocktail, is that it does contain added sugar. Not only may the additional sugar present a problem to diabetics and other individuals with blood sugar problems, but it also may potentiate the growth of *E. coli*. Consequently, the use of the “no added sugar” Cran-Max™ may be a preferable alternative. Also, Cran-Max™ contains 12.6% organic acids on a weight/volume basis (including those listed above), while cranberry juice contains 11.1%. Therefore, greater potential antibacterial activity exists with Cran-Max™.

In addition to the anti-UTI properties of cranberry, there are other health-promoting benefits as well. For example, cranberry contains another organic acid called ellagic acid. Animal



research has shown that ellagic acid was able to inhibit chemically induced cancer in the lung, liver, skin and esophagus.⁷ Cran-Max™ contains 1.7% ellagic acid. Cranberry juice contains 0% (w/v).

Another value associated with cranberry is that it contains procyanidin antioxidants, which have numerous potential health benefits associated with their ability to scavenge harmful, oxidizing free radicals. Cran-Max™, however, has three times greater antioxidant activity as compared to cranberry juice cocktail. Of course, this isn't surprising when you that Cran-Max™ has 82.31% total procyanidins, while cranberry juice cocktail has 67.79% (see chart).

Conclusion

The integration of two Cran-Max™ capsules daily into your dietary supplement program may be a simple way to reduce UTI, as well as promote other health benefits.

References

1. Avorn J, et al, *JAMA* (1994) 271:751-54.
2. Dignam R, et al, *J Am Geriatr Soc* (1997) 45:S53.
3. Sobota AE, *J Urol* (1984) 131:1013-16.
4. Bodel PT, Cotran R, Kass EH, *J Lab Clin Med* (1959) 54:881-88.
5. Yamaguchi M, et al, *Journal of endodontics* (1996) 22(1):27-9.
6. Siqueira Junior JF, et al, *Journal of endodontics* (1998) 24 (6) p414-6.
7. Stoner GD, Mukhtar H, *Journal of cellular biochemistry. Supplement* (1995) 22:169-80.

Intelligent Supplementation™ is published by Fifty-Ninth Street Bridge Publishing Corp. strictly as an educational literature series, and is not intended as medical advice. For diagnosis and treatment of any disease or medial condition, consult your physician.

Fifty-Ninth Street Bridge Publishing Corp.
110 E. 59th Street, 33rd Floor
New York, NY 10002-1392

Silicon: Not Just for Computer Chips

I'm sure you've heard of the famous "Silicon Valley" in Southern California where all the computer companies are located. They call it Silicon Valley because of the great amount of silicon that is used as a conductor for computer chips. Humans use silicon too, although for most of us it is an unknown or forgotten nutrient.

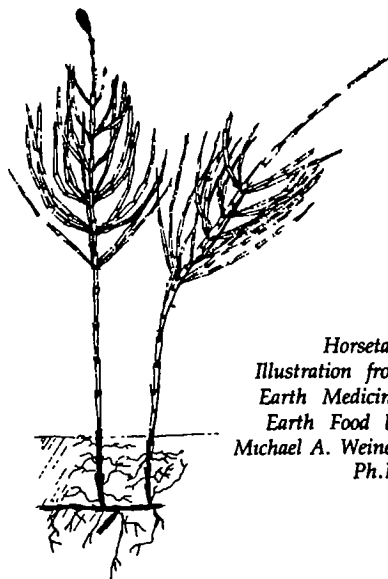
Silicon is the earth's most prevalent mineral and is consumed by humans in gram quantities. Although no recommended daily allowance has been established, supplementation for adults at 20-30 mg/day has been suggested. The highest tissue concentrations are found in lungs (the highest tissue load, probably related to inhalation), skin, bones, tendons, trachea, aorta, and lymph nodes.

Most tissue concentrations are well maintained throughout life. Tissue concentrations of silicon in the skin, aorta and thymus, however, show marked reductions with aging. It is interesting to note that these organs exhibit the signs of aging before it is evident in most other tissues. Perhaps there is some correlation between aging and silicon depletion.

Silicon has been in medical use at least since the 1800's as a botanical preparation from several species of *Equisetum* (arvense, hyemale and palustre), commonly known as horsetail, shave grass or scouring rush. The latter name came from the granular texture of the green stalks of the plant, which was useful for scouring dirty pots before the days of "Brillo® pads."

It was primarily used as an astringent and diuretic for urinary or prostate problems, for skin boils, carbuncles, acne or other chronically infected lesions, and for cramping pains in the extremities and for indigestion and ulcers. A tea (infusion) or decoction of the green stalks was used for most applications but the ashes of the plant

By Konrad Kail, N.D.



Horsetail.
Illustration from
Earth Medicine;
Earth Food by
Michael A. Weiner,
Ph.D.

were used for indigestion and ulcers. Figure 1 is a list of conditions that have been associated with a deficiency of silica or have been treated successfully with silica.

Modern research into the constituents of the plant and their mechanism of action as well as nutrition research into the effects of silicon on humans has shown us why this widespread application is justified. The silicon in horsetail (*Equisetum arvense*) is largely in the water soluble colloidal form.

A decoction of 2 grams of dried herb boiled for 3 hours in 200 ml of water yields about 55.5 mg of silicon dioxide (SiO₂). Silicates are

Silicon has been in
medical use at least
since the 1800s.

readily absorbed from the digestive tract. Blood levels in humans average 1 mg/100 ml. Silicon is excreted primarily through the kidneys.

Equisetum also contains saponins and silicic acid. One species

(*palustre*) contains an alkaloid (*palustrin*) as well.

Little Toxicity

There is very little toxicity to silicon. The greatest toxic effect (silicosis) is seen in miners who breathe in silicon. Inhalation of silicon dust causes a fibrotic response in the lung tissue which replaces the normal lung tissue with nodular connective tissue (collagen over-production).

Equisetum species contain a thiaminase which will destroy vitamin B1. Chronically taking plant extracts (teas, tincture or dried) of *Equisetum* can deplete vitamin B1 levels.

Reports in the literature differ greatly in their description of the diuretic action of *Equisetum*. The diuretic effect of the common species (*arvense* and *hyemale*) is probably due to the saponin content of the plant. The *palustre* species, since it contains the alkaloid *palustrin*, may be a much more potent diuretic. Differences in plant species used in the various studies probably account for the inconsistency of results.

The connective tissue effects of the plant are most likely due to the silicon and its relationship with binding of calcium to bone matrix as well as its effects as a promoter of cross-linking of collagen. It is also essential for the production of collagen (which makes cartilage, tendons, blood vessel walls, etc.) and mucopolysaccharide (joint lubrication). It is unknown why silica promotes wound healing and fights chronic infection, but it is thought to be related to collagen.

The silicon content of unrefined high-fiber grains such as oats and rice hulls is high. Silicic acid seems to bind cholesterol in the bile and

Dr. Kail is owner/operator of *Naturopathic Family Care*, a private naturopathic medical practice in Phoenix, AZ. He is currently president of the American Association of Naturopathic Physicians.

prevent its reabsorption. This contributes to the cholesterol lowering effects of grain products.

The digestive effects of the plant are attributable to the high potassium content of the ash of the plant. It acts to neutralize stomach acid. The astringent effects of the plant contribute by reducing hemorrhage. The result is an excellent remedy for ulcers, gastritis and inflammatory bowel disease.

Alzheimer's Research

Perhaps the most exciting research findings have come from studies of the relationship of silicon to Alzheimer's disease. In studies on rats, regional variations in silicon content which were independent of dietary silicon supplementation suggest that silicon may be an essential element in the brain.

Aluminum supplementation decreases the silicon content in selected brain regions including those thought to be involved in Alzheimer's disease. The characteristic pathological finding of Alzheimer's disease is the identification of neuritic senile plaques with aluminum/silicon deposits associated with tangled neurofibrils. Aluminum/silicon interaction apparently affects plaque formation.

Aluminum supplementation does not increase brain aluminum content. Silicon by itself does not cause plaque formation, but feeding a diet that is low in silicon content increases aluminum depositions in the brain. This effect seems to be only noted in older subjects. Preliminary experiments suggest that silicic acid can counteract the negative effects of aluminum in the

This article is produced through the Bastyr College Health Information Project, funded this year by Nature's Plus. Bastyr College offers a four-year doctoral program in Naturopathic Medicine (N.D.); bachelor's degrees in the Natural Health Sciences and master's degree programs in Nutrition and Acupuncture. For information about the College, write: Bastyr College, 144 NE 54th Street, Seattle, WA 98105; (206) 523-9585.

Figure 1

Historical Use of Silica According to System

System	Uses
Thermal	Cold sensitivity; night sweats; sweating of feet and axilla
Glandular	Thyroid enlargement; lymph node enlargement
Dermatological	Eczema; pruritis; papular or pustular rashes; nodules; acne; ingrown brittle, spotted or striped nails; bald patches; tendency to heal slowly
Eyes	Styes; corneal ulcers; iritis; amblyopia; cataracts
Ears	Eustachian blockage; vertigo; otitis media; myringitis; hyperacusis; ear drainage
Nose	Rhinitis; coryza; herpes
Mouth/Throat	Gingivitis; ulcers; tonsillitis; pharyngitis; salivary inflammations; mumps; dental caries
Digestive	Bulimia; indigestion; belching; vomiting; colic; flatulence; hemorrhoids; fistula
Urinary	Prostatitis; infection; impotence; irritations; itching
Female	Burning; discharge; erosions; abscesses; fissures; fistulae; salpingitis; mastitis; menstrual flow changes
Pulmonary	Laryngitis; inflammation; pneumonia; bronchitis; abscess; loose rattling cough
Cardiac	Palpitations not associated with exertion
Orthopedic	Osteitis; osteomyelitis; herbeden's nodes; scoliosis; sprain/strain; chronic inflammation
Neurological	Occupational spasms; writers cramps; athletic cramps; weakness with tremor; spasticity; epilepsy; sphincter spasms
Psychological	Difficulty concentrating; irritability; insomnia; throbbing headaches; occipital/occipital headaches that radiate to vertex; apoplexy; sensitivity to noise

brain, presumably by decreasing plaque formation.

Although there is no information in this regard, it is interesting to speculate on the possibilities of silicon as a conductor affecting the energy of a life system. It may have great impact on energy based health care systems such as acupuncture, homeopathic medicine and electrodiagnosis. It may also modify the effects of cathode ray tubes, microwaves, magnets, light and other electromagnetic field phenomena on living systems.

In summary, silicon has widespread health benefits and, except for inhalation, has very little toxicity. There is much to be gained from continued research. Clearly, silicon is not just for computer chips. □



WHERE GREAT NUTRITION BEGINS

(626) 577-2711

137 W. California Pasadena, CA 91105

HerbaGreen® Tea

A great tasting, **caffeine-free** herbal supplement

HerbaGreen® Tea is a balanced formula with standardized extracts of wild crafted herbs from the mountains of China. These herbs that have been carefully selected and processed, according to HerbaSway's rigorous criteria, to provide you with the most potent therapeutic benefits.

HerbaGreen® Tea contains more than 90% polyphenols, 50% of which are the most important of all, epigallocatechin gallate (EGCG). **One serving of HerbaGreen® Tea provides over 100mg of polyphenols**, the equivalent of at least 15 cups of the strongest brewed green tea.

Some of the health benefits you can expect from green tea polyphenols have been well documented in the latest scientific literature:

- Maintains healthy cells, cell growth and development
- Supports a health cardiovascular system
- Promotes healthy weight control by blocking carbohydrate absorption
- Fights damaging free-radicals, which attack healthy cells and promote ageing.
- Supports the immune system
- Helps the body maintain its toxin-free condition
- Promotes healthy blood sugar balance
- Supports dental and optimal gum health

Other ingredients in HerbaGreen® Tea include **lotus leaf**, a rich source of isoflavones; **kudzu**, a vasodilatory (widens blood vessels) herb that supports optimal cerebral, ocular and cardiac circulation; **lo han** fruit extract, which promotes fat burning and aids in weight control, soothes digestion and purifies the blood; and **Chinese licorice**, which is an adaptogen, helping to balance and optimize the entire body.

For more information on the therapeutic benefits of green tea polyphenols, lotus, kudzu, lo han or Chinese licorice, please consult the HerbaSway Laboratories scientific brochure or visit our science library on our web site at www.herbasway.com.

What is the difference between drinking green tea from tea bags and concentrated HerbaGreen® Tea?

Scientific documentation has shown that the majority of the therapeutic benefits of green tea are due to the polyphenols. Steeping a tea bag in hot water is a very inefficient means of extracting these polyphenols. HerbaSway® Laboratories uses concentrated extracts, which contain over 90% polyphenols. One serving of HerbaGreen® Tea provides 115 mg of polyphenols, the equivalent of more than 15 cups of brewed green tea.

Furthermore, green tea from tea bags contains caffeine, which many people want to avoid. HerbaSway® Laboratories uses only **caffeine-free** green tea extracts. You get all the benefits of green tea polyphenols with HerbaGreen® Tea.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

©11/7/02 40050

HerbaGreen® Tea

A great tasting, caffeine-free herbal supplement

HerbaGreen® Tea and healthy hearts.

Many research organizations have demonstrated that the polyphenols, such as those in HerbaGreen® Tea, help to support a healthy heart and cardiovascular system. The ingredients are synergistically formulated to give you maximum health benefits. It is particularly recommended for smokers, the obese and those under stress and duress, but it should be taken by everyone.

Additional health benefits from drinking HerbaGreen® Tea.

The balanced ingredients in the HerbaGreen® Tea provide a multitude of health benefits. These ingredients

- helps to balance your immune system
- supports the friendly bacteria in your intestines, which enhance digestion and promotes a healthy colon
- helps to fight toxins in the body
- supports healthy teeth and gums
- promotes a healthy blood sugar balance
- helps with healthy weight control

What makes HerbaGreen® Tea taste so great?

HerbaGreen® Tea contains our patented extract from the lo han fruit. This member of the squash family is extremely sweet and helps to eliminate the bitter taste of the herbal extracts. Lo han can be used by most anyone with or without special dietary restrictions. Lo han also has important therapeutic benefits. It:

- does not affect your blood sugar
- helps to reduce cravings for sugar and high glycemic carbohydrates
- helps promote fat burning and supports weight control
- moisturizes and helps keep mucus membranes healthy
- contains no calories

What is in HerbaGreen® Tea?

Ingredients: Water, vegetable glycerin, green tea extract (leaf), lo han® extract (fruit), Stevia extract (leaf), lotus extract (leaf), kudzu extract (root), natural flavor, Chinese licorice extract (root).

Our extracts are all standardized to meet certain criteria. The green tea extract we use contains over 90% polyphenols, 70% of which are catechins with a EGCG content of over 50%.

Directions: Shake well. Mix one full dropper (30 drops) of HerbaGreen® Tea to a cup of water at any temperature. Drink 2 – 3 times throughout the day or as often as desired. For optimal results with weight loss, drink during or immediately after meals.

Keep all supplements out of reach from children. Pregnant or nursing women should consult their health care professional before taking any herbal products.

Manufactured and Distributed in the USA by

HerbaSway Laboratories LLC

1 800 672-7322

101 North Plains Industrial Road #3

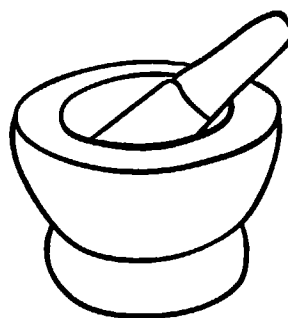
www.herbasway.com

Wallingford, CT. 06492

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

©11/7/02 40050

Homeopathy



medicine for ALL TIMES

by Herb Joiner-Bey, N.D.

During ancient Greek times, Hippocrates, the man now called the "father of Western medicine," made the intriguing observation that "the same things which cause a disease can cure it." Thousands of years passed before the distinguished German physician and chemist Samuel Hahnemann, M.D., made the same observation in the late 18th century. Fortunately for humanity, Hahnemann turned that realization into a powerful system of healing.

The term "homeopathy" means "similar suffering." It arises from the principle that Hippocrates and Hahnemann discovered, the Law of Similars: A substance that can induce disease symptoms in healthy people, can be used to treat patients who suffer from similar symptoms. This principle holds true, no matter what the conventional diagnosis happens to be.

The proof is in the pudding

In order to compile information, to be used as the basis for prescribing, Hahnemann studied toxicology reports on many substances. He also experimented on himself and other healthy volunteers to prepare "symptom pictures" for these substances. The testing of a substance on healthy people became known as a "proving" of that substance.

Experimentation and observation revealed the wisdom of using infinitesimal doses. This is particularly important for substances that are toxic in larger doses, such as arsenic, cobra venom, and poison ivy.

In order to prepare substances for medicines, homeopaths use serial 1:100 dilution (the centesimal or "C" system), with succussion (vigorous shaking) between each dilution. This approach was devised so homeopathic medicines are consistent and reproducible. (Other homeopaths subsequently devised the 1:10 decimal or "X" system of dilution.) Amazingly, clinical experience revealed that the more a substance is diluted by this method, the more powerful it becomes as a medicine—even when it is so diluted that no material substance remains.

It is believed that the solvent (water or alcohol) used for dilution is somehow imprinted with the "energy essence" of the substance. In fact, it is said that a substance prepared in this fashion has been "potentized" or "dynamized." Potentizing medicines has demonstrated clinical validity over the last two centuries. During proving experiments and clinical application, potentizing has transformed seemingly inert and innocuous substances into effective medicines. (Gold and table salt are good examples. Their medicinal value as homeopathic medicines is only revealed after being potentized.)

COMPLIMENTS OF



The exact method for preparing each source material – plant, mineral, animal extract, etc. – is delineated in the *Homeopathic Pharmacopoeia of the United States (HPUS)*. The U.S. Food and Drug Administration has accepted this reference and the homeopathic medicines it describes since the 1930s.

Law of Similars

Classical homeopathy is the practice of prescribing single homeopathic medicines, one at a time. Homeopaths base their choices on the similarity between the patient's symptoms (mental, emotional, and physical) and the known symptom picture of the remedy.

The tendency in homeopathy is to use medicinal substances in small (infinitesimal) doses. But this tendency alone does not make the prescribing homeopathic. Only prescribing by the Law of Similars (matching the symptom picture of the medicine to the symptom expression of the patient) makes the prescription homeopathic. The remedy alone does not make a prescription homeopathic. The reason for prescribing a particular substance (the Law of Similars) determines whether the prescription is homeopathic.

Vital force

Many scientists and physicians consider a human being to be little more than a bag of chemically interactive compounds, walking around on two legs. This mechanistic kind of thinking goes against the philosophy of vitalism. Vitalism recognizes an intrinsic, essential intelligence and wisdom that controls the functioning of all organ systems, tissues, and cells throughout the organism. In homeopathy, this intelligence is called the "vital force."

The unique nature of each person's vital force determines his or her intrinsic susceptibility to certain diseases, and reactions to external stressors. The patient's symptom picture reveals physiological weaknesses, and

the nature of the limitations the patient experiences on his or her personal freedom and self-expression. The homeopath bases his or her prescriptions on each specific pattern.

Homeopathic view of disease

The patient is more than a collection of body parts. He or she is also emotions, intellect, and spirit, which function with the body as a dynamic whole. According to homeopathic philosophy, the one disease is the imbalance in the vital force. This imbalance obstructs the organism's ability to maintain balance, harmony, and wellness within its environment. The homeopath must figure out what disturbance caused the imbalance in the vital force and why. He or she must then find the remedy whose symptom picture and energy essence is most similar to the patient's energy state. The correct remedy will trigger a healing response in the patient's Vital Force, thereby restoring balance and alleviating symptoms naturally. To the homeopath, symptoms are the language of the vital force, expressing itself in a statement of its energy imbalance. Therefore, symptoms must not be suppressed, if at all possible. Suppression tends to block the body's healing processes. For example, a fever is the body's way of efficiently resolving an infection. At 102 degrees Fahrenheit, bacteria multiply more slowly and the immune system functions more efficiently. If we put a stop to a low or moderate fever, the body's natural healing processes are impaired. Even more troubling is the observation, over the years, that the suppression of symptoms tends to drive the disease deeper into the organs. For example, using topical steroids to suppress eczema in children can drive the disease into the respiratory mucus membranes. The result is asthma.

A different approach

Homeopathy differs from conventional medicine, not only in its vital-

istic perspective or its remedies. These two approaches to healing also hold different attitudes toward symptoms. So much of allopathic medicine focuses on suppressing symptoms of disease, rather than addressing the underlying causes of disease.

Another major distinction is the tendency in allopathic medicine to focus on the disease that has the patient, rather than the patient who has the disease. Patients are categorized by the body part affected (which determines the medical specialty to which the patient is assigned). The diagnosis is then made for that body part. The diagnosis determines the treatment in conventional medicine, in almost a cookbook fashion.

In homeopathy, the diagnosis is important to understand. However, that is only the beginning of the process of understanding the patient's problems. The homeopath must engage the patient in a lengthy interview, and then use the patient's symptoms to identify the imbalance in the Vital Force. Prescribing is based on matching the remedy to the patient's imbalanced energy state. The right remedy will restore balance to the Vital Force, instead of suppressing the symptoms of that imbalance.

How does it work?

This question has been pondered and debated by homeopathic practitioners and their patients for 200 years. Nobody knows for certain. We do know that the potentizing process somehow changes the nuclear magnetic resonance of the solvent (water and alcohol). It remains a mystery why such a change in the solvent should induce the dramatic changes witnessed in healthy volunteers and patients.

For years, it has been said that homeopathy is merely an overblown application of the placebo effect. In other words, because a patient expected symptom relief, he or she experienced symptom relief. However, this argument does not stand up to scrutiny. Homeopathic medicines, when cor-

rectly prescribed, work brilliantly on infants, domesticated animals, and livestock. There are even professional associations of homeopathic veterinarians. Is it plausible that infants and animals are influenced by the placebo effect?

During the 19th century, homeopaths would arrive at small towns ravaged by epidemics of typhoid fever, typhus, cholera, and other deadly diseases. The wise application of homeopathic principles allowed these practitioners to save untold numbers of lives. This is one of the reasons that homeopathy became so popular at that time. By the turn of the 20th century, at least 20 percent of the physicians in this country were homeopaths.

Homeopathy is practiced around the world. In developing nations, under the most extreme conditions of poverty and poor hygiene, homeopathy has proven itself an invaluable, inexpensive asset for healing the masses.

German-American homeopath Constantine Hering, M.D., observed a consistent pattern in patients who experience a healing transformation. In homeopathy, this principle is known as Hering's Law of Cure. When true healing is underway, one can observe the direction of healing within the patient:

- From most vital organs to least vital organs.
- From the interior (center) to the exterior (periphery) of the organism.
- From the upper part of the body to the lower parts.
- In reverse chronological order (reverse order of appearance in the patient's medical history)

While all this is happening, there should be a palpable increase in the patient's overall state of energy and vitality.

Individualization

The correct remedy should fit the individual patient like a wet suit, according to Paul Herscu, N.D., a New England homeopath. It is the patient

who has the disease, not the disease that has the patient. Let's explore the idea of individualizing medicine.

If a community were hit with an influenza epidemic, the homeopathic remedies needed would not be the same for all patients. Each patient would need a remedy selected according to his or her unique flu symptoms. The following is a small sampling of remedies that may apply, depending on the symptoms of the patient.

Aconite

- Sudden onset after exposure to dry cold, wind, or shock.
- Flushed face during fever; ears hot and red; palpitation during fever; perspiration on forehead during chill; constricted pupils during fever; photophobia (i.e., painful sensitivity to light) during chill.
- Alternating fever and chills; high fever; restless; desires cold drinks during heat and chills.
- Chills worse drafts, worse warm room, better motion; heat during first sleep, ascending body; fever worse evening, night; hypersensitive to pain during fever; uncovers during fever.
- Anxiety, fear, restlessness; sadness, weeping during fever.

Bryonia

- Slow onset.
- Tongue coated white or dirty brown in center; mouth dry.
- Nasal congestion with burning.
- Chest and back pains better with pressure.
- Headache at back of head or left forehead, worse coughing.
- Heat with perspiration; attacks of dry heat, worse noise.
- Chills beginning in fingertips, toes, lips; worse with anger; worse right side; worse with warm room.
- Thirst for large gulps of cold fluids at intervals.
- Generally worse 9 p.m.; worse motion, jarring; feels restless but worse moving; worse right side (except headache).

- Irritable, dull, averse to answering questions; wants to be left alone; talks of home or business during delirium; onset may be linked to financial stress.

Eupatorium perfoliatum

- Aching of muscles and especially bones, as if bones would break.
- Bursting headache as fever peaks; heavy, aching head, must be lifted from pillow with hands.
- Watery nasal discharge.
- Cough, hoarseness.
- Nausea and vomiting, worse before chill, worse motion.
- Severe low back pain.
- High fever; chills preceded by great thirst and aching in bones; chills begin in lower back, with violent rigors; chills worse after drinking; worse cold air.
- Thirsty for cold drinks, even during chills; desires cold food, ice cream.
- Restless with pains but no improvement from motion; dare not move due to pain.
- Feeling of desperation; moans with pain.

Obviously, these are three very distinct states of illness for the patient, even though all three would be diagnosed conventionally as influenza. And these are just three of a number of possibilities available, depending on each unique patient. As you can see, homeopathic practice is very precise.

Wide applicability

We have just seen the range of remedies possible for influenza, a common condition. Let's now explore the wide range of allopathic diagnoses for which one remedy, *Rhus toxicodendron* (poison ivy), can be used. This well-known toxic plant has a broad range of applications. When it's prepared as a homeopathic medicine, it benefits many tissues and functions throughout the organism.

Keynote symptoms of *Rhus toxicodendron*

- Restlessness – physical and mental; cannot find rest and comfort in any position.
- Mental and physical symptoms worse at night.
- Physical symptoms worse from initial motion and better after continued motion.
- Worse in cold, damp conditions.
- Better from hot showers and hot baths.
- Feels compelled to stretch muscles and tendons; physical symptoms ameliorated from stretching.
- Skin eruptions – vesicles filled with clear fluid – burning and itching; feel better exposed to hot water.

Tissues influenced by *Rhus toxicodendron*

- Skin
- Blood
- Ligaments
- Fibrous connective tissue
- Joints
- Mucous membranes
- Glands
- Nerves

Conventional diagnoses that *Rhus toxicodendron* could address

- Colic
- Nosebleeds
- Fevers
- Lumbago
- Meningitis
- Migraine
- Kidney inflammation
- Inflammation of ovaries and testicles
- Pneumonia
- Rheumatoid arthritis
- Insomnia
- Shingles
- Dysentery
- Eczema

This list is far from exhaustive. As you can see, the homeopathic prescription is not controlled by the conventional diagnosis. Rather, it is determined by the symptom patterns of the individual patient.

How to get started

A qualified homeopath should manage serious illness. But the job of the professional is made easier if the patient and his or her family are familiar with homeopathic principles. Many

homeopaths even encourage their patients to obtain homeopathic home remedy kits, available in health food stores. These kits contain instruction manuals to help the layperson use homeopathic medicines for minor, acute illnesses. Moreover, these kits can be very convenient for emergency use, under the guidance of a professional via telephone consultation.

Do not be intimidated if you are new to this approach to health care. Thousands of lay homeopathic prescribers throughout the world use these medicines to support their own health, and that of family and friends. Increased skill comes with practice. In addition, if not abused, homeopathic medicines in low potencies (30C or lower) can be the least toxic of any medicinal agents you can use.

Herb Joiner-Bey, N.D., is a graduate and faculty member of Bastyr University in Seattle, WA. In addition to public speaking, Dr. Joiner-Bey is a proficient writer and a graduate of the Professional Course in Classical Homeopathy from the International Foundation of Homeopathy. He is the co-author of *Water: Foundation of Youth, Health, and Beauty* (IMPAKT 2002).

COMPLIMENTS OF



The information provided in this health report is not intended to diagnose, treat, cure or prevent any disease. The information contained in this publication does not necessarily reflect the views of Wild Oats Markets, Inc., and any reference to a particular product, source or use does not constitute an endorsement by Wild Oats Markets, Inc. Wild Oats Markets, Inc., its agents, employees, Directors and Officers are not responsible for, and expressly disclaims all liability for, damages of any kind arising out of use, reference to, or reliance on any information contained within this publication. While the information contained within this publication is periodically updated, no guarantee is given that the information provided in this publication is correct, complete, and up-to-date.