



HotSheet is a gathering of the hottest news in the alternative health industry.

## Limited dose of B6 appears to aid PMS

A dose of no more than 100mg/day of vitamin B-6 is likely to be a benefit in treating premenstrual symptoms (PMS) and premenstrual depression, say researchers in this week's British Medical Journal (BMJ).

However, they warn that their findings are based on an analysis of previously conducted trials, the quality of which is uncertain and therefore the authors call for further research to corroborate their findings.

Dr Katrina Wyatt and colleagues from North Staffordshire Hospital along with Keele University set out to ascertain the efficacy of vitamin B-6 in light of recent UK government recommendations to restrict dosage.

They based their study on nine published trials representing 940 women with premenstrual syndrome and found some evidence to suggest that 100mg of vitamin B-6 daily (and possibly only 50mg) seemed to be beneficial in the management of premenstrual syndrome (PMS)—it was more than two times more effective than a placebo treatment.

Wyatt, et al. found that the improvements in symptoms did not seem to be dose dependent and therefore conclude that there is no rationale for giving doses of vitamin B-6 in excess of 100mg/day.

Excessive ingestion of the vitamin can cause nerve damage, but the authors found no conclusive evidence of neurological side effects with the doses they examined (i.e. less than 100mg/day).

Dr Wyatt and colleagues call for a randomised controlled trial of sufficient power and quality to compare vitamin B-6 with placebo to establish definitive recommendations for this treatment.

## H. pylori more of a threat than most think

What average patients don't know about the Helicobacter

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**LOUISE TENNEY, M.H.**

*Louise Tenney, M.H., has written numerous titles dealing with the natural health and nutrition world. Some of her most popular works include Today's Herbal Health and Today's Herbal Health for Women.*

## DHA needed for proper brain function

**Q:** I'm expecting our third child soon. I've heard a lot recently about supplementing with DHA if I use formula instead of breast feeding. Is this necessary? – *Janeane in Madison, Wisconsin.*

**A:** That's a good question. There is no doubt that DHA is essential for various developmental stages in the brain and eye. It makes up part of the structural membranes that surround all brain cells and is believed to be especially important during the developmental stages during pregnancy. Generally, enough DHA is received through the placenta from the mother's own fatty tissue stores. However, if the child is born prematurely, and then given infant formula that does not contain DHA, it could miss out on this critical nutrient. This may also help explain the high risk for brain and central nervous system damage to "preemies." Premature infants may also be at risk for eyesight problems as the retina naturally contains very high levels of DHA. Full-term babies who are bottle fed can also miss out on DHA provided in breast milk. Studies show infants fed breast milk containing DHA have IQ levels a few points higher than those fed traditional infant formula.

Several countries in Europe and Asia allow DHA to be added to baby formula, and that's currently being considered in the U.S. as well. Most formulas contain other omega-3 fatty acids, but it is not known whether a newborn can convert these fats to DHA. Breast-fed newborns don't have to break down DHA from other omega-3s. It seems prudent to breastfeed

a new infant, but if that's not feasible, you should discuss adding DHA to your baby's formula with your healthcare provider. **TH**

**Q:** I've been plagued by warts all my life. Despite the various attempts by doctors—cutting, freezing, burning, etc.—they always seem to come back. Is there anything I can do? – *William in Victoria, Washington.*

**A:** Yes, there is. Like you said, in spite of conventional medicine's best attempts at removing warts and other fungal growths by drastic measures, there are treatments that are much more effective, safe and discomfort-free.

First, try using fresh white latex substance from the stem of the common dandelion flower (*Taraxacum officinale*). If you are in a part of the world (and a time of year) when dandelions are in season, find a patch of dandelions, break the stem, and apply a generous amount of the white latex to the entire wart. You should try to apply it three times a day for seven to ten days, or until the wart turns black and falls off. Many reports find this treatment 70 percent effective.

If it's not the season for dandelions, and you're too impatient to wait until spring, you can try blackened banana peels. For this, use a very rip banana, applying the inside of the peel to the wart, keeping it in place with a bandage for up to eight hours, and replacing it for up to ten consecutive days. Many doctors report this treatment as successful in up to 60 percent of the cases.

There are a number of other natural treatments that reportedly help with warts. Tea tree oil is a very popular wart treatment (as well as for athlete's foot, skin infections and other fungal-type growths). The herbs thuja, calendula, and thyme are also quite popular, either in concentrated infusions or as essential oils. Obviously, any dietary and/or supplemental therapy to help

## LEGALINFO

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BACKBIZNIS

## Acupuncture combo offers hope for back pain

Ancient Chinese medicine has been combined with leading-edge Western technology to create an easy-to-learn, high-tech acupuncture that can cure chronic back pain.

Researchers are reporting a new approach to acupuncture that allows Western doctors to use what they know about the nervous system to deliver pain-killing electrical impulses to a painful spot on the body.

Scientists from the University of Texas Medical Center at Dallas say that by putting the pain-killing agent at points Western doctors know are nerve centers, they do not have to take the time to learn the complex system of acupuncture used in China and many parts of Asia.

In traditional acupuncture, practitioners must learn hundreds of spots on the body from head to toe where needles can be inserted and manipulated at different depths to stop pain.

Next to the common cold, lower back pain is the most common malady in the United States. More than 80 percent of the population will suffer from an aching back sometimes in their life. The system uses a steel needle slightly thicker than a human hair through which a very low electrical current is delivered to the pain area. It is not painful because the needles are so thin. The findings are found in a may issue of JAMA.

The technique, known as PENS, for Percutaneous Electrical Nerve Stimulation, was tried on 60 otherwise healthy patients who had severe lower back pain. The patients got nine or 10 treatments, three times a week for three weeks. Pain was reduced from 50 to 90 percent and patients returned for further treatment every week or every month, as needed. White says that even when pain starts to come back it never reaches the

severe level it was at before the first treatment. White says he believes that the electrical treatment changes the pain path. The technique was found to be more effective than other types of electrical nerve stimulation because it takes the current past the protective barrier of the skin. It also was better at relieving pain than exercise therapy.

White says the method is better for patients than prescription anti-pain drugs and is more effective than over-the-counter pain medications such as aspirin. White says his treatment has no adverse side effects, and adds that he has already found his electric needles effective at controlling neck pain and sciatica, some types of migraines and even pain from some metastatic cancers. While the technique is not yet approved by the Food and Drug Administration, approval is expected within the next two months, White says. **TH**

HEARTHEALTH

## “Good” cholesterol’s effects now more clear

New research gives a clearer understanding of how so-called “good cholesterol” helps prevent heart disease and may one day lead to treatments, according to Canadian chemists.

The scientists say they have determined that a particular enzyme bound to the “good” high-density lipoprotein, or HDL, acts as a powerful antioxidant within blood vessels.

The findings are published in the May 11 issue of the American Chemical Society (ACS) peer-reviewed journal *Biochemistry*.

For years, epidemiological studies have shown higher blood levels of HDL reduce coronary artery disease. Recent studies show HDL may help ward off heart disease by preventing oxidative modifications of low-density lipoprotein

(LDL) that lead to the formation of artery-clogging plaques.

University of Ottawa Heart Institute biochemist Daniel L. Sparks, Ph.D., now says HDL’s antioxidant ability is partly due to an attached enzyme called lecithin-cholesterol acyltransferase (LCAT). While the mechanism for LCAT’s antioxidant actions is still under investigation.

Oxidative damage is thought to be involved in many diseases, including the biggest killers—heart disease and cancer. Sparks thinks it may be possible to develop ways to enhance the antioxidant activity of LCAT in the body, and says his research has begun focusing on such efforts. **TH**

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pylori organism could harm them, a random telephone survey of 1,444 Americans suggests. The survey was conducted by the Centers for Disease Control (CDC), in the United States.

Of the respondents, approximately 50 percent who had taken acid-reducing medications recently (antacids or H2-blockers) said they had never seen a doctor for their symptoms. What this means is that they had never learned whether their symptoms may be due to H. pylori infection.

For more information, one can call a toll-free information line in for United States residents (1-888-MY-ULCER).



## Painkillers up risk for asthma sufferers

Up to a fifth of asthma sufferers put their lives at risk each year by taking common painkillers, GPs have warned.

Although the risks of taking such drugs—known as non-steroidal anti-inflammatory drugs (NSAIDs)—are well established, many sufferers are ignorant about the dangers.

NSAIDs include commonly used drugs such as aspirin. They can make asthma worse and—in some cases—the effect can be fatal.

The Asthma Management in General Practice (AMGP) group says between 5% and 20% of sufferers commonly take NSAIDs.

The group carried out a survey of 700 asthma sufferers to assess their level of knowledge about the risks.

A 1989 study of 92 sufferers attending hospital with an asthma attack found 8% had taken an NSAID.

The new AMGP survey found awareness of the risks had not improved. In fact, it found that even among those sufferers who knew certain painkillers were dangerous, 39% could not name them. Only 6% of those surveyed had been told paracetamol may be more suitable than other painkillers.

AMGP spokesman Dr David Price said: “The results of this study clearly show that too few asthma sufferers are aware that medicines they take to soothe

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everyday aches and pains can affect their condition.

"Ideally, people with asthma should use analgesics containing paracetamol as their first choice as these will not make their condition worse.

"If they use other types of painkillers then they must be aware of their possible effects and carefully monitor their asthma."

Asthma is the only chronic disease in the western world which is on the increase. In the UK, one in seven children and one in 25 adult suffer from asthma.



## U.S. doctors urged to study alternative cancer therapies

Americans are flocking to alternative and complementary therapies for cancer and doctors had better catch up on what they are and whether they work, cancer specialists believe.

From Chinese medicine to "quartz crystal singing bowls," the U.S. public has become enamored of alternative therapies, experts told a session at the American Society of Clinical Oncology annual meeting in Atlanta.

"Physicians ought to make some effort to find out what their patients are using and learn something about the treatments," said Dr. Arnold Relman, a retired professor of medicine at Harvard University and a former editor of the *New England Journal of Medicine*.

Although there is still a wide range of opinion about the value of such treatments—one doctor calls them "bizarre" while another thinks they are promising—all the specialists agreed that it is imperative to find out what does work and what does not.

Approaches such as stress reduction, exercise and eating right—meaning cutting fats and "junk food" and eating more fresh fruits and vegetables—should not even be considered alternative but mainstream medicine, the doctors agreed.

A 1997 survey at Harvard University showed that 42 percent of U.S. adults with cancer

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## Vitamin E may help prevent stroke

Vitamin E supplements may help prevent stroke, according to a study released during the American Academy of Neurology 51st Annual Meeting in Toronto.

A person's risk for stroke is reduced by 53 percent if he or she takes a vitamin supplement containing vitamin E, according to researchers.

"People are reaping protective benefits from vitamin E simply by taking a multi-vitamin," said neurologist and study author Richard Benson, M.D., of Columbia Presbyterian Center of New York Presbyterian Hospital, in New York, N.Y.

"Using a vitamin to help maintain good health is appealing to a lot of people because it doesn't require much effort or a prescription, and it's affordable."

In the study, researchers examined 850 Hispanic, African-American and Caucasian adults with an average age of 69. Within the study group, 350 people previously had suffered a stroke. Forty-six percent of all participants took vitamin supplements.

Researchers determined each person's intake of vitamin E from either their diet alone (for

participants not taking vitamin supplements), or their diet plus vitamin consumption. The amount of vitamin E consumed by stroke participants prior to their stroke was compared to the consumption of healthy participants.

Those who never had a stroke were two times more likely to take vitamin supplements than to those who had suffered a stroke. Vitamin E from foods did not impact stroke risk.

"This study reveals the important role that vitamin supplements can play in preventing common diseases such as stroke," said neurologist and co-author Ralph Sacco, M.D., also of Columbia Presbyterian Center of New York Presbyterian Hospital.

"Although vitamin E is important to health, we aren't suggesting people take more than a multi-vitamin," said Benson. Excessive vitamin E may cause side effects such as nausea, diarrhea and flatulence.

This research is part of the Northern Manhattan Stroke Study, an ongoing, population-based study designed to determine the incidence, risk factors and prognosis of stroke in a multi-ethnic, urban population. **TH**

## SupplementSpotlight

A Brief Look at a Superstar of the Supplement World

## Tea tree oil offers potent antiseptic properties

### SCIENTIFIC NAMES:

*Melaleuca alternifolia*

### COMMON NAMES:

tree tea oil, melaleuca

### COMMON USES:

antiseptic agent, antimicrobial agent, fungal infection, acne, vaginal infection

The oil from the tea tree in Australia and surrounding areas has enjoyed a long history of use for a variety of ailments. Its medicinal properties has long been known to abo-

riginal peoples in Australia and other areas. During WWII, the Australian army used it as an essential medical supply with which to treat wounds.

More recent years has seen a rebirth in the overall use of tea tree oil for its medicinal capabilities. Tea tree oil possesses significant antiseptic properties and is highly regarded as an ideal topical disinfectant. These claims are backed by research showing its efficacy in inhibiting a number of organisms, as well as its lack of irrita-

tion to the skin and other membranes. Research shows that tea tree oils can inhibit the activity of organisms such as *Candida albicans*, *Staphylococcus aureus*, *Trichomonas vaginalis* and *Pseudomonas aeruginosa*.

The list of both historical and modern uses of tea tree oil is impressive: athlete's foot, boils, burns, gingivitis, herpes, nail infections, insect bites, lice, psoriasis, ringworm, sinus infection, skin/vaginal infection, thrush, tonsillitis, and mouth ulcers. **TH**

EATING ESSENTIALS

## Summer smoothies make for cool afternoons

### BANANA BERRY NOG

1 medium banana, frozen and cut in chunks  
1/2 cup plain nonfat yogurt  
3/4 cup strawberries, stemmed and quartered  
Grated nutmeg

Whirl banana in blender. Add yogurt and strawberries. Cover and blend on high for 15 seconds. Check and continue blending until drink is of desired consistency. Pour into glass. Dust with nutmeg. Serves 2.

### ORCHID BERRY FLASH

1/2 cup peach juice  
1 cup vanilla frozen yogurt  
1 cup blueberries  
1 T protein powder  
2 T plain nonfat yogurt

Combine the juice and frozen yogurt in a blender or food processor. Add the berries, protein powder and yogurt and blend until smooth. Serves 2.

### PIÑA COLADA LICUADO

1 small coconut  
1/4 cup rice syrup  
1/4 tsp coconut extract  
1 cup nondairy milk  
2 cups pineapple chunks w/ juice, or half large fresh pineapple  
2 cups ice

Puncture eyes of coconut, pour out "milk" and place in blender. Crack coconut around its middle and remove shell. With a vegetable peeler, peel the brown layer from "meat." Roughly chop meat and add to blender. Blend on high speed to liquify, about 1 minute. Strain through a fine mesh sieve, pressing liquid out of pulp with a rubber spatula. Squeeze remaining liquid from pulp by hand. Rinse blender. Return coconut milk to blender and add remaining ingredients. Blend until smooth. Serve immediately in a frosty glass. Serves 6.

MEGAMEMORY

## Diet high in fatty acids can prevent memory loss

According to a study published in the May issue of *Neurology*, the American Academy of Neurology's scientific journal, a diet high in monounsaturated fatty acids protects against a decline in memory performance and cognitive processing functions often associated with aging.

Study author Antonio Capurso, M.D., of the University of Bari, Italy, said, "It appears that high monounsaturated fatty acid intakes, mostly present in vegetable oils and particularly in extra-virgin olive oil, the main fat of the Mediterranean diet, protect from age-related cognitive decline."

"In our study, high monounsaturated fatty acid intake was associated with the preservation of cognitive functions in healthy, elderly people," Capurso said.

"This effect could be related to the role the fatty acids play in maintaining the structural integrity of neuronal (brain) membranes and, in fact, monounsaturated fatty acids are structural components of neuronal membranes.

"We know that, in the aging process, there is an increased demand of unsaturated fatty acids."

Previous studies have shown that higher levels of education can also protect against loss of memory and intellectual processing in later life.

In the study, the effects of education on the odds of cognitive impairment decreased exponentially with the increase of monounsaturated fatty acid energy intakes. In other words, high education levels protect against age-related cognitive decline, but high monounsaturated fatty acid intakes strongly protect people with two risk factors for decline—aging and low education levels.

Study participants had no known diagnoses of neurological or psychiatric diseases with cognitive impairment and performed both neuropsychological evaluations and dietary assessments. Participants reported eating a typical Mediterranean diet with monounsaturated fatty acid energy intake equaling 17.6 percent of total calories, 85 percent of which was derived from olive oil.

Monounsaturated fatty acids can be found in numerous oils including olive, sesame, palm, corn, sunflower, soybean and cottonseed—but not in partially hydrogenated oils, which have been chemically tampered with. **TH**

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had tried alternative or complementary medicine, compared to 34 percent in 1990. They spent \$21 billion on it, \$12 billion out of their own pockets.

Even the skeptics agreed that therapies designed to reduce stress may do a lot of good.

Mary Ann Richardson of the University of Texas Center for Alternative Medicine Research said patients are hungry for knowledge. "We get calls every day from cancer patients," she said. "A lot of them have exhausted conventional treatment and they don't want to stop. (But) they have been abandoned (by their doctors)."

Or they are in remission and want to use herbs to help make sure the cancer does not come back. Such things must be tested, Richardson said.

That is the big issue, the experts agreed—doing scientific tests on such therapies to see if they work.

Such trials are just starting. Richardson's center is getting National Cancer Institute funding to test shark cartilage and also special diets using nutritional supplements and enzymes to treat cancer.

## Research shows omega-3 fatty acids can fight depression

Eating fatty fish could have a similar effect to taking anti-depressants, say scientists who have found that feeding patients with manic depression oil supplements relieved some of their symptoms.

Experts say the study is limited, but called it "a landmark attempt" which demanded closer scrutiny.

The researchers, led by Andrew Stoll, director of the pharmacology research laboratory at Harvard University's McLean Hospital, studied 30 patients.

Roughly half were given up to seven fish oil supplements a day and half got a placebo. The patients were also given psychological testing every two weeks over the four-month period of the study.

Mr Stoll said the effects were very significant. He also said it was also thought that the acids

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replenished the outer part of brain cells which receive chemical signals.

Mr Stoll said that Western diets tended to be low in fish and food containing omega-3 fatty acids, but he said oil supplements could compensate for this.

He added that manic depressives could take the supplements in addition to anti-depressants.

The study is published in the American Medical Association's Archives of General Psychiatry.



## New study may shed light on St. John's wort

Despite St. John's wort's popularity as an antidepressant in Germany, the U.S. and elsewhere, its mechanism of action has not been well understood.

There are at least ten potentially pharmacologically active components in St. John's wort; one of which is hypericin, the substance believed to have the greatest degree of involvement in the extract's antidepressant effects.

The present study examined the affinity of hypericin at 30 receptor or uptake sites; it inhibited less than 40% of specific radioligand binding at all sites except mAChR and alpha receptors. The alpha receptor finding is novel and is a potentially important clue to the mechanism of action of St. John's wort, as these receptors have been found to have an association with the antidepressant action of synthetic agents such as MAO inhibitors and selective 5-HT reuptake inhibitors (SSRI). Though the efficiency of St. John's wort as an antidepressant may be attributed to the concerted activity of several mechanisms, the affinity of hypericin for alpha receptors presents new possibilities for the cause of this extract's clinical success. **TH**  
[Raffa R., "Screen of receptor and uptake site activity of hypericin component of St. John's wort reveals alpha receptor binding." *Life Sciences* 1998; 62(16):PL 265-270.]

# Prostate problems can be prevented

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with the condition this year. But many doctors still question whether most of these men require any treatment at all.

Another change is medicine's growing concerns with invasive prostate cancer. The incidence of this deadly form prostate cancer does appear to be increasing among men in their 40s and 50s in some countries, including the United States. Unlike most prostate cancers, invasive cancer rapidly engulfs the organ and spreads throughout the body.

## Low Glutathione Increases Risk

One important clue to the cause of prostate cancer emerged in a recent comparison of prostate cancer cells and healthy ones. William Nelson, M.D., of the Johns Hopkins University School of Medicine, Baltimore, Md., discovered a genetic defect in prostate cancer cell samples from 88 of 91 men. This defect prevents the body from producing glutathione S-transferase (GST), a substance needed by the liver to detoxify harmful chemicals. The defect was not found in cells from healthy men.

Vitamin C and the amino acid lysine promote the formation of glutathione and GST. Nutritional chemicals called isothiocyanates and sulforaphanes, found in broccoli, cauliflower, and brussels sprouts, also increase production of glutathione and GST.

## Soy Flavonoids Protective

Another group of nutrients, called (bio)flavonoids, appears to protect against invasive prostate cancer. More than 4,000 flavonoids have been identified in plants, but a particular one in soy may be the most important in terms of

preventing prostate cancer.

This soy flavonoid, genistein, has a very weak estrogenic effect—so weak, in fact, it will not affect masculinity. Yet, it seems to protect against prostate cancers stimulated by male and female hormones. (In actuality, the "female" hormone estrogen is also produced in the male body, though in very small amounts.)

An international team of researchers has suggested that soy intake may account for why some men have a low incidence of invasive prostate cancer relative to others. Herman Adlercreutz, M.D., and his colleagues from Finland and Japan compared levels of several types of flavonoids in the blood of 14 healthy middle-aged Japanese and 14 Finnish men. On average, blood levels of these nutrients—including genistein—were 7 to 110 times higher among the Japanese men, compared with the Finns. Other research has shown that genistein prevents malignant angiogenesis, the development of blood vessels that promote cancer growth. It also encourages normal cellular differentiation in some types of cancer cells, such as leukemia cells.

## Red Meat May Contribute to Cause

Certain types of dietary fat, such as alpha-linolenic acid, may increase your risk of invasive prostate cancer. While alpha-linolenic acid doesn't cause prostate cancer, it does seem to encourage the cancer's spread beyond the prostate.

In an analysis of several hundred cases of prostate cancer among 51,000 men, Edward Giovannucci, M.D., of the Harvard Medical School, found that men eating large amounts of meat and animal fat, high in

alpha-linolenic acid, were 80 percent more likely to die from prostate cancer than those who ate meat sparingly. Also at risk were men who ate large amounts of mayonnaise, creamy salad dressings, and butter, according to Giovannucci's article in the *Journal of the National Cancer Institute*.

Other studies have reported that omega-3 fatty acids from fish oils suppress the growth of prostate cancer cells, according to an article in *Nutrition and Cancer*.

## Citrus Pectin May Also Help

A recent study at the University of Michigan and Wayne State University has found that a form of "modified" citrus pectin, taken orally, can prevent metastasizing prostate cancer cells from attaching to other organs.

Kenneth J. Pienta, M.D., with co-researchers from Wayne State University, injected prostate cancer cells into three groups of laboratory rats. Fifteen of the 16 untreated rats developed lung metastases within 30 days.

In contrast, modified citrus pectin provided significant dose-related protection for the treated rats. Pienta modified the pectin, an unabsorbable component of the fruit's fiber, by making it water soluble. He used a relatively easy laboratory process described in 1960. When treated with 0.1 percent modified citrus pectin in their drinking water, one-half of the laboratory rats developed fewer metastases.

In summary, prostate problems can be countered with a number of dietary, supplemental and environmental therapies, all of which contribute to the body's own ability to fight cancer, as well as directly bat-

# Colostrum stimulates immune function

(cont. from front page)

The discovery of how colostrum can effectively train one's immune response is a very exciting development in today's health world. The principal role of colostrum's communication agents (sometimes referred to as "transfer factors") is to transfer immune recognition signals between immune cells and thereby assist in educating naive immune cells about a present or potential danger.

At birth, an infant is immunologically naive. In the new and hostile environment, invading microorganisms could rapidly overcome and destroy the new life. So Nature has provided steps that must be taken to rapidly and repeatedly educate the body as to which cells are friends and which are foe. It is now apparent that colostrum plays a big part in this process.

The process begins as the newborn is fed colostrum, the first milk provided by a mother to her child. It is an exceedingly rich and nourishing drink. It used to be thought that colostrum contains only nutrition in the conventional sense: fats, protein, carbohydrates, minerals, etc. We now know that colostrum is much more than simply nutritious drink. Prior to delivering a baby, the body of an expectant mother prepares a natural immunizing mixture that is included in the colostrum provided the new baby. This mix includes immunoglobulins—large immune system proteins that are species-specific. This means that immunoglobulins (antibodies) are effective only within the creature that made them. Consequently antibodies from cows, for example, only work with the immune systems of other cattle. They do not work within the human immune system. In fact, immunoglobulins can (and do) cause allergic reactions in other species. They are the source of most cow-milk allergies in humans.

So, you may ask how colostrum from a cow can be beneficial? Only recently has it been recognized that colostrum also contains immune system messengers other than antibodies. The most important of

these are what are commonly referred to as "transfer factors." Transfer factors do not elicit an allergic response, nor are they species specific. In other words, transfer factors produced by a horse are just as effective in cats or humans as they would be in another horse. Needless to say, the recent discovery of how colostrum can work in humans could change how we view the health of our immune system.

So, what specific conditions can colostrum be taken for? The list is long and comprehensive. But they include the following:

- viral diseases
- fungal diseases
- parasitic diseases
- malignant diseases
- autoimmune diseases
- neurological diseases
- mycobacterial diseases
- bacterial diseases

## Conditions Helped by Colostrum

**Herpes:** In a group of thirty-seven patients, 62 percent showed marked improvement by either a decrease of the frequency of recurrence and/or a shortening of duration. To put this in perspective, this group was suffering an average of twelve herpes relapses per year. After the therapy, however, the number of relapses decreased to about 4 per year.

**Chronic Fatigue Syndrome:** Because of the multiple infectious agents that can contribute to chronic fatigue syndrome, some researchers have used leukocyte-derived (white blood cell) transfer factor from household contacts. In an initial study success was reported in 35 of 39 cases as measured by normalization of both immunological status and work schedule.

**Epstein-Barr/Cytomegalovirus:** A study using colostrum (and specifically transfer factor) with known potency for Epstein-

Barr and cytomegalovirus demonstrated total remission in two subjects, marked improvement in seven subjects, and no significant response in five subjects. A placebo under the same protocol yielded no clinical improvement.

**Hepatitis:** The use of colostrum transfer factor has been shown to be highly effective and to not result in any cases of viral disease or flare up of existing disease.

**AIDS:** An international Transfer Factor symposium highlighted the recent work of a group of scientists. Using colostrum transfer factor, an 80 percent inhibition of HIV was demonstrated in vitro.

**Other Viruses:** Other viral caused conditions that have been beneficially treated by colostrum preparations include the chicken pox virus, measles virus, and even the common cold.

**Fungal Infections:** Infections caused by candida have been treated with Transfer Factor.

**Bacterial Infections:** It would appear from the results to date that transfer factor therapy may be able to slow the initial rate of bacterial growth, allowing the slower humoral immune system more time to arm itself and generate the needed antibodies. This should result in shorter and milder courses of bacterial infection.

In essence, the research surrounding colostrum and its various immune function enhancing agents is both exciting and impressive. Investigators are optimistic about the many potential uses colostrum has in treating a wide variety of infectious and other diseases. With more time and data, we will ultimately see how valuable this supplement can be in promoting overall great health.

For more information on colostrum, transfer factor and related topics, order the Woodland Health Series booklets *Transfer Factor* and *Colostrum: Key to Immune Function*, using our order line, 800-777-2665.

in  
Today's  
HERBS

WONDER HEALING  
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DO'S AND DON'TS