

HOTSHEET

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

Zinc key in treating prenatal anemia

One of the most common medical conditions among pregnant women is anemia, or a low red blood cell count, and it is most often treated with a prescription of iron. However, both iron and zinc are required to build red blood cells. Anemia is often a result of a deficiency of both of these minerals.

A recent Japanese study found that supplementing with both iron and zinc is better than trying either one alone. **They also found that prenatal anemia is often due more to zinc than iron deficiencies.** Dr. Soruku Nishiyama placed pregnant women in one of three groups: those supplemented with iron, with zinc and with both minerals. The supplements were taken for eight weeks, and the women who took either mineral alone did not experience a red blood cell increase. On the other hand, those women who took both supplements experienced a raise from 10.3 to 11 in their average hemoglobin levels, which is a sign of increased red blood cells.

This study and other previous ones have made a point of noting that pregnant women's diets are extremely low in zinc. Foods that have significant levels of zinc include red meat, shellfish (especially oysters), legumes and nuts.



Chocolate may be powerful antioxidant

Research recently presented before the American Chemical Society has shown there is antioxidant protection available by incorporating cocoa in the diet. It was found, in fact, that **cocoa powder provides more antioxidant protection than both green tea and garlic.** A forty-gram bar of milk chocolate has approximately 300 mg of polyphenols, say researchers. Dark chocolate contains double that amount, and cocoa powder itself contains 1,200 mg.

The idea that chocolate is beneficial is not a new concept.

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EXPERTADVICE



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.

Hives, canker sores a big irritation

Q: My I often get hives at the beach or when I bathe. Is there anything I can do to get rid of them or at least keep them in check?

—Melissa in Baton Rouge, LA

A: Often hives are the result of an allergic reaction. If you get hives every time you shower or bathe or swim, then there might be something in the water that is irritating your skin. Another cause could be heat—from the sun at the beach or from a hot bath that is irritating your skin. Extreme temperatures can trigger hives. Another thing to look at is the sun screens (if any) and bath products you are using. An ingredient such as a perfume in your bath products could be causing the problem—or it could be a combination of a number of these things. Food triggers could also be responsible for the histamine reaction of hives on the skin. Keep a record of when the hives surface and how long they last to help determine what your triggers are.

There are still things you can do to help reduce the irritation of hives, as well as some preventative measures. Omega-3 fatty acids, like those found in flax seeds are very important for any ailment related to skin. Try adding ground flax seeds to your cereal or flax seed oil to salad as dressing for long term treatment. In addition, vitamin C and B12 are especially important, and beta carotene is effective for hives caused by the sun.

If you do break out in hives, try taking the juice of stinging nettle leaves to cure the rash or a tea made from horsetail, valerian, birch leaves, St. John's wort, lemon balm and peppermint. And although long term internal therapies will be more effective than anything topical, clay packs, apple vinegar washes, vitamin E salve

and a cream with yogurt and honey will all provide temporary relief. **TH**

Q: My daughter has been getting frequent canker sores for the last few months. Is there any natural treatment that will help?

—Janelle in Sandy, UT

A: Although some people are predisposed to canker sores and they can be caused by small injuries in the mouth, it is important to note that they can be the sign of a nutrient deficiency, particularly anemia—when vitamin B12, folic acid or iron are lacking. This is an important point to consider, especially since your daughter has only started to get them recently. Stress, food sensitivities, a high intake of acidic foods (fruits and sweets especially) and a change in the flora in the mouth due to antibiotics could also cause frequent canker sores. Narrowing down the cause should be the first step.

Also, add nutritional yeast to her diet for its B vitamin content and yogurt (or acidophilus capsules) for their healthy bacteria. More green, leafy vegetables and whole grains would also be beneficial additions to her diet. Calcium and magnesium supplements will help with acidity and zinc lozenges are also important.

Many people prone to this type of problem also use a mouth rinse with colloidal silver, because it is antimicrobial and boosts immunity. Have your daughter use it after brushing to prevent oral infection, or rinse with three drops of tea tree or grapefruit seed oil diluted in an 8 ounce glass of water. Aloe vera juice and licorice root tea are also helpful. Rinsing with diluted tinctures of echinacea, chamomile, lavender or sage will promote healing.

If it turns out that stress or food sensitivities are the culprit, allow downtime for relaxation and exercise and consider a fast and bowel cleanse to purge her system. **TH**

LEGALINFO

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YourHealth

Protecting the Health of Your Family

ESSENTIALSIX

Six foods essential for improved health

These six foods are recommended by Andrew Weil, M.D., author of the best-selling book *Eight Weeks to Optimum Health*.

1. Garlic. Cloves of garlic are good for cardiovascular health, lowering blood pressure and cholesterol, raises HDL (good) cholesterol, inhibits clotting and acts as an amazing antibiotic, antiviral and antibacterial agent, as well as protecting against carcinogens. Also effective against colds if two cloves of garlic are eaten at the first sign of symptoms. However, for its antibiotic properties, the garlic should not be cooked, but rather eaten raw. Consider swallowing them like a pill or crushing them and putting them in a sauce or on a sandwich or salad.

2. Broccoli sprouts.

Because of a chemical in broccoli called sulforaphane, this vegetable has received a lot of press for its anticancer ability. The problem is, for broccoli to have this effect, you have to eat a very large amount that isn't very feasible. However, according to a study at Johns Hopkins University, the broccoli sprouts from three-day-old plants are much better. They have twenty to fifty times the amount of sulforaphane that mature sprouts have. Tests are underway to prove that a few tablespoons of these may outweigh the effects of one or two pounds of broccoli weekly. Broccoli also doesn't have the chemical canavanine that alfalfa sprouts have and so, will not harm the immune system. These sprouts can be found at health

food stores and some grocery stores or try growing your own. Seeds are also available.

3. Green tea. This tea is made from unfermented *Camellia sinensis* leaves and contains antioxidants called polyphenols. Green tea has the ability to lower cholesterol, improve the metabolism of lipids and protect the body from cancer, as well as acting as an antibacterial. Drink four cups a day or consider try green tea extract capsules without caffeine.

4. Miso. This food is made from fermented soybeans and is very low in fat and calories. It comes in a paste form that has vitamin E, antioxidants and fatty acids. For soup, it is added to vegetable broth. It also contains linoleic acid that



promotes healthy skin and cholesterol levels. Miso also contains isoflavones, or phytoestrogens, that have a balancing effect on hormone levels in the body. The isoflavone content in soy is especially important, because hundreds of studies have shown its ability to protect against heart disease and hormonally-driven cancers, as well as helping with fibroids and osteoporosis. One serving has thirty to forty milligrams of isoflavones, but the paste shouldn't be cooked. Add it after the broth is removed from heat.

5. Mushrooms. Asian doctors use mushrooms medicinally to boost the immune system, as well as increasing the body's resistance to stress and promote longevity. The following mushrooms can usually be found in health food stores or at Chinese groceries: zhu ling, which can be boiled in water for tea to fight lung cancer and boost chemotherapy effectiveness; maitake, which has anticancer, antiviral and immune-boosting properties. The dried mushroom can be soaked in water and added to rice or stir-fries; shiitake and enokidake, which both boost the immune system and taste good, so they can be added to food dishes; and reishi, which also enhances the immune system and has been studied for its ability to inhibit the growth of some malignant tumors and can be ingested in tea or tablets. Remember to cook mushrooms to breakdown toxins and aid digestion.

6. Salmon. Start eating two to three servings of cold-water fish like salmon every week. Other fish in this area include mackerel, herring, kippers, sardines, tuna and salmon. Because of their omega-3 fatty acid content, these fish help with brain growth, development and preservation. They can also help against cancer, high blood pressure and the clotting associated with heart attacks. Although supplements can be taken, studies have not proven that they have the same effects as actually eating the fish. Salmon is often available fresh and wild is better than farmed. **TH**

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Aztecs drank large amounts of unsweetened chocolate and named it the food of the gods because of its reviving effects.

Other researchers have come to similar conclusions. One study found that cocoa contains a concentration of the same agents that make up antioxidant combinations in Pycnogenol, a recognized antioxidant.



Garlic can lower heart attack risk

A recently published study in *Atherosclerosis* shows that a supplement of **garlic powder can prevent, and sometimes reverse, plaque-build up in the arteries**—known to be associated with heart attack and stroke.

The study took place over four years, making it the longest clinical study to test the effects of a dietary supplement on heart attack prevention. One hundred and fifty-two men and women with advanced plaque accumulation were randomly assigned either the placebo or 900 mg of standardized garlic. All of the participants had at least one other sign associated with heart disease, including high cholesterol or blood pressure, diabetes or a history of smoking.

At the conclusion of the study, those who took the garlic supplement showed a 2.6 percent decrease in plaque while those who took the placebo experienced 15.6 percent increase in plaque in the arteries. In fact, looking at the effects by gender, men taking garlic experienced a 4.4 percent decrease compared to a 5.5 increase with the placebo. Women, however, had a much greater division—4.6 decrease with garlic and 53.1 increase with the placebo.

This difference was attributed to a majority of younger women in the placebo group, and older women in the garlic group. Although age differences were equally distributed at the beginning of the study, many younger women in the garlic group dropped out before the end of the study because of the garlic odor.

Researchers concluded however, that regardless of concerns

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about age, the study did show garlic's curative as well as preventative effects on heart disease.

Saw palmetto reduces swelling in prostate tissue

According to the first American randomized clinical study on saw palmetto, the herb proved beneficial for reducing swelling of the prostate tissue in patients with benign prostatic hyperplasia (BPH). This study is promising, because although other studies were able to show the effects of saw palmetto on BPH symptoms, **this is the first study that showed that the herb extract actually shrinks enlarged prostate tissue.** Researchers were able to show this by using an ultrasound-guided prostate biopsy to assess changes in participants' prostates.

Participants were given either saw palmetto extract with nettle extract or a placebo. Those in the saw palmetto group experienced the most positive change in prostate symptoms—especially urinary flow. Saw palmetto, researchers concluded, proved effective in reducing overall symptoms, as well as aiding urinary flow.

The most substantial effects of saw palmetto, however, were the reduction in tissue swelling and its ability to reduce inflammation without affecting testosterone or dihydrotestosterone levels. Many men might find this treatment more appealing than conventional drug therapies, which have many hormonal side effects. The side effects that seem most substantial are erectile dysfunction and altered libido, which have not been reported with the use of saw palmetto.

Red clover benefits menopausal women

Although more and more people are becoming aware of the

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ResearchNews

The Big Breaks in Health Research

FATIGUE FIGHTER

St. John's wort fights unexplained fatigue

Researchers say that for over fifty percent of people who go in to their doctor complaining of fatigue, they get no definitive treatment, because the fatigue cannot be traced to anything physical, and many physicians believe that fatigue is just an outward sign of masked depression.

St. John's wort has been known in cases such as these to help with tiredness and fatigue that stem from depression. A small clinical study recently gathered patients with unexplained fatigue and treated them with the herb. Mostly women, all patients suffered from fatigue that had gone on

for over two weeks, and no one in the group considered themselves depressed.

The participants were tested with visual analog scales completed by the patients and those close to them, as well as completing a General Health Questionnaire on their fatigue, depression and anxiety levels. Base levels of each patient were compared with levels after two weeks and six weeks. Patients experienced less fatigue after two weeks and significantly less than that after the completion of the study.

Another item of interest was that although the patients did not consider themselves

depressed, out of 20 participants, tests showed that nine were at least borderline depressed and 14 were suffering from anxiety or borderline anxiety. Research results showed that fatigue improved in seven of the nine patients who were depressed, but only in three of the ten who were not. At the end of the study, only three subjects were still considered depressed or borderline and only five anxious or borderline.

Researchers concluded that the hypericin in St. John's wort had more of an effect on fatigue in depressed individuals than those who were not depressed. **TH**

NOMILK

Not a milk lover? Try one of these

If you are thinking about cutting milk from your diet and wondering where to go for alternative, here is a list of some major products and how they can help you:

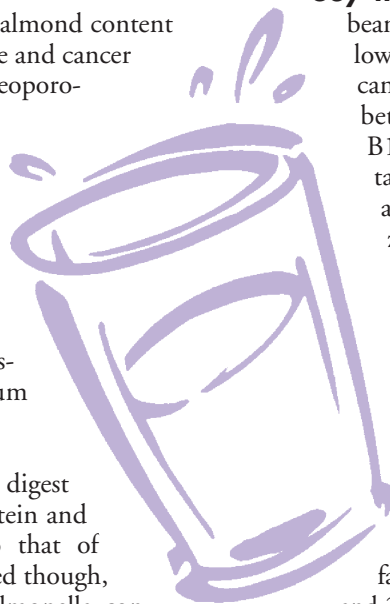
Almond beverage. Its almond content can help reduce heart disease and cancer risks, as well as fighting osteoporosis. It is a wonderful source of vitamin E and has the highest fiber content of any seed or nut. The taste is sweet and refreshing, and it is available in chocolate and vanilla flavor as well. *Stats:* no saturated fat or cholesterol, protein and calcium content.

Goat milk. It is easier to digest than cow's milk and its protein and fat structure are closer to that of human milk. Buy pasteurized though, because of bacterial and salmonella content. Nutty and creamy, and it can be bought

low-fat. *Stats:* low saturated fat and cholesterol, highest protein level of milk alternatives and 30 percent DV of calcium.

Soy milk. If made from organic soybeans, it will help with heart health, lower cholesterol and fight against cancer. Often, it is fortified with beta-carotene as well as vitamins B12, E and D and calcium. The taste is smooth and mild, and it is available in different flavors. *Stats:* zero saturated fat and cholesterol, high protein and calcium content.

Rice beverage. It is nonallergenic and easily-digestible. Made from brown rice, it is light and a good transition for skim-milk drinkers. It can be bought regular or enriched and comes in flavors as well. *Stats:* no saturated fat or cholesterol, protein content and 30 percent DV of calcium. **TH**



FoodStuff

Eat Healthy, Live Better

SOYSALUTE

“Soy” good recipes for great health

APPLE PANCAKES

1 cup all-purpose flour
3 tablespoons sugar
1/2 teaspoon cinnamon
1/4 teaspoon nutmeg
1/8 teaspoon salt
2 teaspoons baking powder

3/4 cup soy milk
1 tablespoon soy flour
1 teaspoon vanilla extract
2 tablespoons margarine, melted and cooled
1 tart apple, peeled, cored and grated
From the United Soy Board

Mix the sugar with cinnamon, nutmeg and salt. Blend sugar mixture with flour, soy flour and baking powder. In a separate bowl, whisk together the soymilk, vanilla extract and margarine. Pour liquid ingredients over the dry mixture and blend together. Fold in the apples. Pour 1/4 cupfuls of batter onto hot Teflon griddle or pan. Cook for about two minutes on first side or until bubbles appear on surface. Flip and cook for another minute or until heated through. Serve topped with applesauce and maple syrup. Makes 12 pancakes. *From the United Soy Board*

CRANBERRY RASPBERRY SMOOTHIE

1 cup vanilla soymilk
1/2 large banana
2 Tbs frozen cranberry juice concentrate (undiluted)
1/4 cup frozen raspberries

Place all ingredients in blender and puree until smooth. Serve immediately or refrigerate. Makes 1 1/2 cups.
From the Indiana Soybean Board

SupplementSpotlight

A Brief Look at a Superstar of the Supplement World

GUGUGREAT

Gugulipid promotes heart health, fights obesity

Although only recently popular in Western medicine, gugulipid, the oleoresin of the Indian herb *Commiphora mukul*, has been used for over 2,500 years in Ayurvedic medicine for its ability to combat intestinal inflammation, diarrhea, urinary disorders, obesity and rheumatic and arthritic conditions. Today it is used as an alternative for cholesterol problems, cardiovascular disease and obesity, as well as for the joints.

Cholesterol control is two-fold—it means lowering the cholesterol that is bad for you (LDL), while raising good cholesterol (HDL). HDL and LDL levels can also affect the absorption of important vitamins like beta-carotene, retinol (vitamin A), tocopherol (vitamin E) and vitamins D and K.

Based upon a study of 245 patients in India, it was found that 79 percent responded to this substance with a drop of 27 percent in cholesterol and 22 percent in triglycerides over a six week period. More importantly, HDL cholesterol increased 35 percent in another study mentioned in the *Indian Journal of Medicine*. Compounds in this herb work by stimulating the liver to increase the amount of LDL cholesterol it filters out of the bloodstream in combination with affecting the thyroid.

In addition, a 1994 study of 61 patients found that 50 mg of gugulipid taken twice daily for 24 weeks decreased the total cholesterol levels by 11.7 percent, the low density lipoprotein cholesterol (LDL) by 12.5 per-

cent and triglycerides by 12.0 percent. Researchers concluded that gugulipid, in combination with a good diet, was as effective as drugs in lowering cholesterol. Gugulipid can help prevent atherosclerosis and may reverse existing cholesterol deposits.

Not only does gugulipid aid in the control of cholesterol levels, it also reduces platelet stickiness, which reduces the risk of blood clotting that can lead to heart attacks and stroke.

One of the active compounds that accounts for this—sterols E- and Z-gugulsterone—have a variety of metabolic effects. In addition, the gugulsterone also has significant anti-inflammatory actions that can be helpful for those with joint problems, especially sufferers of arthritis and rheumatism. **TH**

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effects of soy isoflavone on hormonal and heart health in menopausal women, **a recent study also names purified red clover extract as a significant herb for arterial health in postmenopausal women.**

Research done in Australia tested women with either a placebo, 40 mg or 80 mg of red clover tablets containing 4 mg of genistin, 3.5 mg of daidzein, 24.5 mg of biochanin and 8 mg of formononetin each. The subjects did not have obvious signs of heart disease and were told to stop taking other heart-affecting substances, including soy products, before beginning the study.

The red clover group reported no side effects, and experienced a greater amount of arterial compliance (or elasticity). In fact, the positive effects on the arteries reported in this study resemble the results of a similar study using HRT (hormone replacement therapy). Red clover was actually concluded to be better because it had less side effects than HRT. It is also interesting to note that two women in the placebo group dropped out because of the return of intolerable menopausal symptoms, while no women taking red clover made similar complaints.



Echinacea may be beneficial for athletes

The health benefits of echinacea have been the subject of numerous studies, especially the effects of echinacea on the immune system—for fighting colds and flu. However, another immune function of echinacea has been recently looked at by a group of sports medicine specialists. These specialists decided to look at the effects of echinacea and magnesium on immune function in 42 men who were undergoing a triathlon sprint.

Researchers were curious about the herb's effects on immune function, because although exercise in general boosts immune function, exhaustive exercises, like those these runners were dealing with, actually suppresses immune function and

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can increase the risk of infection. Participants were given the placebo, magnesium or echinacea supplements for the 28 days before the triathlon. **Those taking the herb experienced more protection against the immunosuppressing effects of overexertion**—not just from immune and blood samples, but from the athletes themselves. During the training, one fourth of the placebo group and the magnesium group experienced some form of illness, especially colds, while no one in the echinacea group was affected. Even more impressive, those in the magnesium group missed 13 days of training due to infection and placebo participants missed 24 days, while the group taking the herb did not miss a single day of training. Future trials for using echinacea in sports medicine are pending.



Synthetic hypericin not the answer for AIDS sufferers

Although using St. John's wort for HIV patients is not a new idea, new research may give us a clearer idea of what exactly the herb is able to do for those suffering from the deadly virus.

Previous studies have shown the hypericin in St. John's wort to improve outlook, reduce fatigue and enhance well-being, researchers were still unsure whether the herb was causing antidepressant changes or if it was directly affecting viral activity. Researchers used a synthetic hypericin in a small clinical study to test its results on 30 HIV-infected people. The results were disappointing. **Not only did the synthetic version of the hypericin cause extreme phototoxicity, it also caused little change in viral activity.**

Researchers concede that the disappointing results may be due to the synthetic nature of the tested supplement, and that St. John's wort itself probably does not have the same effect.

Soy—the solution to hormone imbalance

continued from front page

cations, but for our purposes, let's focus the estrogenic properties of soy. Soy and soy products act as phytoestrogens, or rather "plant estrogens." Certain compounds in phytoestrogens, namely isoflavones in soy, have the ability to act as weak estrogens in the human body. Their effect is positive—tending to balance and support the female reproductive system, as well as preventing osteoporosis, heart disease and cancer. The ability of soy to balance hormones in the body also helps women who suffer from PMS and related maladies.

Why are there hormonal compounds in plants? Some scientists believe plants make phytoestrogens to defend themselves from plant-eating predators, much in the same way that thorns or thistles do. Animals that continually eat phytoestrogenic plants may become fertility impaired. Decreasing these animal populations increases the plant's chances for survival, because fewer animals means less plant consumption. They also protect these plants from oxidative damage, a benefit that carries over to our own human body systems.

How do these phytoestrogens work in the human female reproductive system? They have the unique ability to compete with human estrogens on tissue receptor sites. Hence, the introduction of a phytoestrogen into the body results in the decreased activity of dangerous estrogens like estradiol. Of equal importance is that phytoestrogens also inhibit certain enzymatic reaction involved in the growth of cancerous cells and boost mechanisms that help to keep estrogen levels in check. These plants also contain an impressive array of other phytonutrients that afford us powerful cellular protection especially against cancer.

In soy products, the phytoe-

Best Soy Sources of Isoflavones

Ideally, if we are looking to soy foods as our only source of isoflavones, we need to make sure we consume at least 35 mg. of isoflavones per day. Examples of common soy foods and their isoflavone count:

- One oz. soy chips/nuts contains 42 mg. of isoflavones.
- 100 g. of soy flour contains 50 mg. of isoflavones.
- Four oz. of tofu contains 80 mg. of isoflavones.
- Eight oz. raw soy milk contains 50 mg. of isoflavones.

Note: Most soy foods contain 1 to 2 milligrams of genistein per gram.

Foods to incorporate into the diet: tofu, soy milk, soy chips, miso, soy flour, soy protein drinks, soy nuts and spreads. Soy protein concentrate can be an excellent source of isoflavones. Genistein is the primary isoflavone found in soy protein concentrate. The amount of genistein present in soy protein concentrate averages from .48 to 1.51 milligrams per gram. Be aware that all soy protein products do not contain isoflavones. Some are actually removed through processing so look for isoflavone content on the label and if none is listed, call the manufacturer.

strogen isoflavones have 0.2 percent of the activity of estradiol, yet their impact on the body is significant and they come in various forms.

Soy's two primary isoflavones are called genistein and daidzein and their respective glucosides, genistin and daidzin. Genistein is the predominant phytoestrogen found in the outer portion of soybeans, while daidzein is found in the germ of the bean. Soy foods typically contain more genistein than daidzein, although this ratio can change depending on the type of soy food analyzed. And both genistein and daidzein have the remarkable ability to attach to receptor sites in breast and

other tissue that would normally bind with estrogens made by the female body.

One only has to look at the benefits of soy for Asian women to see how powerful and safe soy can be as an alternate hormone treatment for women with hormonal imbalances or bone and heart health or cancer risks. The solution is as simple as adding one to two servings of soy to your daily diet.

For more information on soy supplementation and soy recipes, see *The Soy Hormone Solution*, a new publication available in January from Woodland Publishing. TH

Soy: A Multitalented Wonder

Although soy is best known for its benefits for menopausal and premenstrual women, the benefits of soy are far greater. The following is a list of just some of the other benefits of soy.

*Prevents gallstones
Stimulates bone formation
Inhibits oxidation of LDL cholesterol
Enhances immune function
Prevents and heart disease
Provides pain relief
Treats genital herpes*

*Promotes kidney function
Lowers cholesterol levels
Acts as a powerful antioxidant
Prevention of various cancers
Helps with Kaposi's Sarcoma
Inhibits atherosclerosis
Treats diabetes and leukemia*

Natural benefits for male sexual health cont. from front page

These natural aphrodisiacs have been used for hundreds of years to increase sexual desire and heighten the experience, in addition to possibly increasing sexual endurance. Always consult a physician before using any products. Here are a few of the most common and effective ones.

Catuaba

Catuaba comes from the bark of a tree grown in the tropical Amazon, and is the most famous Brazilian aphrodisiac. Catuaba is generally used for its aphrodisiacal effects, influence on male potency, and its abilities to reverse functional impotence. It is a powerful libido enhancer. In recent studies catuaba has shown remarkable abilities to reverse impotence. Dr. Paul Barney suggests that catuaba may be like a magnifying glass (improving what is there) for many with sexual dysfunction. One of its main properties is its ability to increase circulation and fortify the nervous system. Catuaba is reported to be completely safe to use, with no evidence of side effects.

Damiana

Damiana is considered a natural "upper" with aphrodisiacal qualities. It is used as a tonic for the nervous system, kidneys, and reproductive system. Damiana has a historical background of being able to strengthen the male sexual system, especially because of its abilities to stimulate the production of testosterone.

Maca

Maca is a tuber grown in the Andes of Peru. It has been used medicinally to increase energy, endurance, and stamina. It is commonly used as an aphrodisiac for both men and women and even to treat male impotence.

Muira Puama

Nicknamed "potency wood," muira puama is native to the Amazon and other parts of Brazil. Its most common medi-

cal uses are as an aphrodisiac and for treating sexual debility and impotence. In recent study, 62 percent of the men using muira puama reported that it had a "dynamic effect" on their sexual libido. In addition, muira puama has been effective in treating erectile dysfunction. It should be noted that muira puama may cause a slight rise in blood pressure.

Yohimbe

Yohimbe bark has been used as an aphrodisiac among the peoples of West Africa for centuries. Its effects include an increase in sexual desire and increased blood flow in the genital region. Yohimbe is a precursor to testosterone and therefore helps improve strength and endurance in sexual performance. Yohimbe ingestion needs to be monitored as it may increase heart rate and blood pressure and should not be used by individuals with heart conditions, kidney disease, or psychological problems, or by women.

Saw Palmetto

Even though saw palmetto has been used as a treatment for reduced libido, impotence and lack of sexual stamina, its primary, overwhelming use in men's health is for prostate health. It is especially effective in treating benign prostatic hyperplasia (BPH), where the prostate becomes enlarged and partially blocks the urethra. According to Dr. Daniel Mowrey, saw palmetto dramatically reduces the size of an enlarged prostate and restores function. Also, regular use of saw palmetto will tone the bladder and decrease the urinary frequency, especially during the night. Furthermore it protects the prostate from the irritating effects of testosterone while

improving urinary function. Saw palmetto has no reported side effects.

Other Herbs and Supplements

Other herbs that have shown beneficial results in the area of men's sexual health are Pygeum africanus, pipsisewa, horsetail, false unicorn root, essential fatty acids, garlic, Siberian ginseng, fenugreek, jas-



mine, *Gingko biloba*, saffron, and English walnut.

In the end, to increase sexual potency, health, and well-being, it is important to follow a healthy life style. Some important recommendations include the following:

- avoid alcohol, especially before sexual encounters
- don't smoke
- avoid caffeine, especially coffee and tea
- eat a healthy, well-balanced diet avoiding fats, sugar, and fried foods
- use a condom during intercourse to protect against sexually transmitted diseases
- work to lower cholesterol levels (below 220 mg/dl)
- exercise regularly
- drink more water to help cleanse urinary tract. **TH**

NEXTMONTH
in
Today's
HERBS

Cassia Nomame

Nature's Lipase Inhibitor
for Safe and Effective
WEIGHT LOSS

"Bug-Fighters"

Nature's Answer to Viruses,
Bacteria, Parasites and other
Dangerous Microbes