

H.E.R.B. TIME

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Materia Medica

Saw Palmetto

Serenoa serrulata

Common Names: Fan palm, Dwarf palmetto, Sabai

Parts Used: Berries

Therapeutic Action:

Diuretic, expectorant, tonic.

Preparation: Steep 1 tsp. dried berries in 1 cup water. Take 1-2 cups a day.

Tincture: 30-60 drops.

Uses: The berries have been found to improve digestion, increase flesh strength and weight. For all wasting diseases it is recommended. It has a notable effect upon the glandular tissue. Now it is especially used in atrophy of the testes, prostrate and all diseases of the reproductive glands. It is also excellent for colds in the head, irritated mucous membrane of the throat, nose and air passages.

BPH - Benign Prostate Hyperplasia

Rob McCaleb is a member of the Presidential Commission on Dietary Supplement Labels, and Editorial Advisory Board member for the Herb Research Foundation. The following article is his research on BPH.

"The prostate is essential to the survival of the human species"

"It might start with the urge to get up in the night to urinate. It might progress to having difficulty starting to urinate once you get to the bathroom. Untreated, it might result in infections of the urethra, bladder, or kidneys. It's no fun, and conventional medicine deals with it in ways that are expensive and can be

invasive and uncomfortable. "It" is benign enlargement of the prostate gland, or BPH (benign prostatic hyperplasia); it affects nearly half of all men over forty and 75 percent of those over sixty.

The prostate is essential to the survival of the human species, but it is unfortunately positioned in a way that asks for trouble. Part muscle, part gland, and normally about the size of a walnut, it lies just below the bladder and surrounds a segment of the urethra, the tube through which urine and semen exit the body. In fact, the prostate's primary function is to contribute most of the fluid that comprises semen, which nourishes and carries the sperm when it is ejaculated. Why it so often begins to grow in middle age, sometimes pinching off the urethra, interfering with urinary flow, and causing uncomfortable pressure in the bladder, is not well understood. Some researchers believe that



excessive amounts of testosterone in the prostate cause enlargement; others point to increases in the production of estrogens (female hormones) and/or decreases in androgens (male hormones). The most popular current theory is that it's an accumulation of dihydrotestosterone, which the body produces by converting free testosterone from the bloodstream, that is responsible for prostate growth.

Conventional Treatments

Conventional treatments for BPH include drugs or surgery; both have significant disadvantages.

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cant disadvantages. The most commonly used F D A - a p p r o v e d prescription drug is finasteride (sold as Proscar). Less than 37 percent of men who took it for a year in clinical trials reported improvement in symptoms, and a man may need to take it for at least six months (at \$75 per month) to discover whether or not it will work for him. And it has side effects. About 5 percent of men taking the drug have reported incontinence, impotence, or decreased sexual desire. The prospect of surgery is no more appealing. The most common procedure is to ream out the excess prostate tissue from within the urethra (the urethral lining that is removed grows back). It costs several thousand dollars and although considered routine, carries some risk, as does any surgery. Reported side effects include impotence, incontinence, bleeding, and infection.

Herbal Alternatives

Is there a better way? European medical practitioners think so. Herbal remedies that effectively and safely treat BPH are among the best researched of the new wave of European phyto medicines—medicines from plants.

Saw Palmetto. Much of this research has focused on an extract of the berries of saw palmetto. (*Serenoa repens*), a small

palm tree native to southeastern United States. Native Americans and, later, eclectic and naturopathic physicians treated disorders of the genital and urinary systems with saw palmetto berries, which also have a reputation as an aphrodisiac. Today, a concentrated extract of the berries is the remedy of choice of French, German, and other European physicians for maintaining healthy prostate function in mature men.

Clinical trials have been very encouraging. A study of 563 patients who took saw palmetto extract for only three months reported that their rate of urine flow was more than twice as great as that of patients who took finasteride for a year. Another study of 238 patients receiving saw palmetto reported significant relief of overall clinical symptoms after only one month of treatment. This research can hardly be considered preliminary. More than twenty double-blind, placebo-controlled clinical studies (in such studies, half the participants received the test treatment and the other half received a placebo, but neither researchers nor patients know which treatment patients are receiving during the course of the experiment) have reported that saw palmetto extract relieved all major symptoms of BPH. Of 505 patients who received saw palmetto in a three month trial, 88 percent of

both the patients and the 112 urologists who supervised them “considered the therapy effective” after forty-five and ninety days of treatment. Except for urinary volume, all measured parameters improved significantly, including perhaps the most important: a quality-of-life evaluation by patients. Mild side effects occurred in 5 percent of the patients, the most common being gastrointestinal distress such as nausea, constipation, and diarrhea, as compared to the serious side effects regularly reported for men taking Proscar.

Saw palmetto works on several aspects of BPH. Like Proscar, it inhibits the conversion of testosterone to dihydrotestosterone. In addition, it speeds the breakdown and elimination of other hormones that are also believed to be responsible for prostate enlargement. Furthermore, it reduces inflammation and fluid accumulation.

Pygeum. An extract of the bark of the African tree *Pygeum africanum* has been shown to be effective in treating a number of prostate disorders. Although slightly less effective than saw palmetto in relieving symptoms of BPH, pygeum extract has proved more effective in treating prostatitis (inflammation of the prostate) and many improve sexual performance in men with

<p>Uva Ursi Arctostaphylos</p>
<p>Common Names: Uva Ursi, bearberry, upland cranberry, mountain cranberry.</p>
<p>Parts Used: Leaves</p>
<p>Therapeutic Action: Diuretic, Astringent, Tonic, Mucilage, Antiseptic, Disinfectant.</p>
<p>Preparation: Infusion 2 oz. 3-4 times a day. Tincture: 10-30 drops</p>
<p>Uses: Uva ursi is a specific remedy for the kidneys, bladder and genito-urinary organs, with outstanding results. Especially in chronic affections of the kidneys, mucous discharges from the bladder and all derangements of the water passages, here it is undisputed. Old cases of leucorrhoea and chronic urethritis will be relieved by its use. A valuable herb for the recovery of gonorrhoea of long standing, white ulceration of the cervix uteri (neck of the womb), pain in the vesicle region. It is also very useful in diabetes for excessive sugar. Helps in cases of diarrhea, dysentery and profuse menstruation.</p>

Gravel Root

Eupatorium purpureum

Common Names:

Queen of the Meadow, Kidney Root, Trumpet Weed

Parts Used: Root

Therapeutic Action:

Diuretic, Nervine, Stimulant, Astringent, Tonic, relaxant.

Preparation: Infusion or Decoction 2 oz 3-4 times a day.

Tincture 1/2-1 teaspoon 2-3 times a day.

Uses: Principal uses for the urinary-genital areas, benefiting the kidneys, bladder, liver, prostate gland and uterus. A strong decoction of the root is esteemed almost an infallible remedy for gravel and sediments that have settled on the surfaces of the urinary system.

Also useful for dropsy, neuralgia, lumbago, gout, rheumatism and joint stiffness caused by uric acid deposits. Is has been noted for being an agent for sterility, threatened abortion, as well as incontinence of urine.

Useful for the sympathetic nervous system.

Environmental Concerns

Unfortunately, neither saw palmetto nor pygeum is currently under cultivation on a large scale. Although saw palmetto berries are a renewable resource, recent demands have outstripped supplies, causing prices to soar. Even if large plantations of saw palmettos were established today, it would take four years from planting for the trees

to bear fruit. There are no commercial sources for the berries at this time.

Pygeum forests occur primarily in Cameroon and Madagascar. The trees are slow growing; those now being harvested for their bark are twenty to thirty years old or older. Although the bark can be harvested without destroying the trees, not enough trees exist today to provide for expected future needs.

Self-administered herbal remedies do not eliminate

the need for routing checkups with a qualified medical practitioner. Other, more serious conditions can cause some of the same symptoms as BPH. That these safe, noninvasive herbal treatments for a common and vexing problem exist should nevertheless be heartening news to hundreds and thousands of men."

In The News - Triglycerides Predict Heart Attack

The dangers of having high cholesterol levels are well-established. Now, Dutch researchers report that high triglycerides - another type of fatty substance in the blood - are also an important predictor of heart attack.

In a study of 415 people who underwent heart-bypass surgery, patients

with the highest triglyceride levels before the procedure were twice as likely to suffer a heart attack in the 15 years after their operation than people with lower triglyceride levels. the researchers suggested that for patients who undergo heart-bypass surgery, having high triglycerides

before surgery may even be a more important predictor of heart attack than high cholesterol.

Cholesterol is found in animal products, such as meat and dairy foods. Triglycerides come from animal products as well as vegetable fa

In The News - Triglycerides Predict Heart Attack - continued

vegetable fats. Alcohol intake and certain diseases such as problems with the pancreas or untreated diabetes also can hike triglyceride levels. The researchers, led by Dr. Adriaan A. Voors, a cardiologist at St. Antonius Hospital in Nieuwegein, the Netherlands, reported their findings in the May 15 issue of the American Journal of Cardiology.

High triglyceride levels are “an important risk factor. It’s not just a cholesterol story,” said Dr. Andrew Buda, a cardiologist at Tulane University School of Medicine in New Orleans.

While doctors “tend to focus more on cholesterol than high triglycerides, the researchers are trying to stress that (high triglyceride levels) are

also important,” Buda said. In the study, triglyceride levels of 176 milligrams per deciliter of blood or higher were considered elevated. In the United States, normal triglycerides are typically defined as being any measurement under 200 milligrams per deciliter of blood, according to the American Heart Association.

“We tend to follow cholesterol in bypass patients, but if this story pans out, we’ll have to follow triglyceride levels more closely,” said Dr. Michael Hess, a professor of medicine at the Virginia Commonwealth University in Richmond.

“Cholesterol is still the strongest predictor” of heart attack, Hess said. But triglycerides also should be checked, he

added.

People with high triglycerides should maintain proper weight by getting regular exercise and reducing saturated fat and cholesterol from the diet, the Dallas-based AHA recommends. It is also important to limit alcohol intake and quit smoking, according to the group.

-The American Journal of Cardiology
1997; 79:1350-1354

Testimonials - Testimonials

In the first two issue of H.E.R.B. TIME, we addressed the topic of Parasites, and how most of the worlds population are affected with them, **and very unaware**. The article listed a number of symptoms one could experience if infected with these invaders. Also listing some natural alternatives to destroy them and expell them

from the body, as well as preventative measures to deter their return.

A few of our readers notified us as to the symptoms they were experiencing, and felt parasites were their problem.

One reader ordered our Parasite Formula, of which is recommended to take for three months. She

expressed she had not been able to kneel for a year. After going through a bottle of the formula, she stated that her pain was alleviated and once again she was able to kneel. She is still taking the herb to finish out her three months. And we wish her the Lord’s continued blessing.

Recipe For A Healthier You

Prostate Formula

1 part Cayenne
1 part Saw Palmetto
1 part Gravel Root
1 part Juniper Berries
1 part Parsley Root
1 part Uva Ursi
1 part Ginseng

Mix together and place in ‘0’ capsules. Take 2 capsules 2-3 times a day.

THE NEXT ISSUE

-Sweet Alternatives

MATERIA MEDICA

-Stevia
-Licorice Root

IN THE NEWS

-Bread Baking Could Be Bad For Your Health

RECIPE FOR A HEALTHIER YOU

- Carob Cake

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