

HOT-

A trusted supplement may help diabetics

In a four-month study of 180 Chinese patients with adult-onset diabetes, researchers from the U.S. Department of Agriculture found that those who took 1,000 micrograms a day of the compound chromium picolinate lowered their blood sugar by about 30 percent, enough to limit complications from diabetes. Even a 200-mcg dose delivered modest but measurable benefits. In addition, the volunteer's cholesterol levels dropped. Check with your doctor to see if this supplement might be right for you.

Eucalyptus oil, detergent will eliminate dustmites

If you start sneezing once you hit the hay, chances are the problem is dust mites. To get rid of these pests and the sneeze-inducing allergens they shed, experts recommend washing your bedding at least once a week in water that's heated to at least 130°. Researchers at the University of Sydney have found that washing with a mixture of 100 ml of eucalyptus oil and 25 ml of concentrated detergent will kill mites, even in lukewarm water. And they suspect the scent repels new mites, keeping bedclothes free of allergens altogether. Eucalyptus oil is available at your favorite health food stores.

TOPHER

THE 15 TOP-SELLING

1. Psyllium Seed
2. Chamomile
3. Flax seed
4. Lavender
5. Pepper mint Leaf
6. Licorice Root
7. Pau d' Arco Bark
8. Alfalfa Seed
9. Slippery Elm
10. Red Raspberry Leaf
11. Burdock Root
12. Rose Hips (seedless)
13. Valerian Root
14. Kelp
15. Nettle Leaf

Source: Natural Foods Merchandiser, Feb. 1998

EXPERTAD-



RITA ELKINS, M.H.

Rita Elkins is a best-selling author and one of the preeminent experts on herbal nutrition in the nation.

Back pain, bad breath addressed

Q: About three years ago, I suddenly developed a chronic case of lower back pain. To put it bluntly, I am not comfortable with ibuprofen or other synthetic painkillers. Are there any herbal remedies that can ease my pain? — Jeff in Saginaw, Mich.

A: First, you should rule out any physical causes for your back pain (bad mattress, back spasms, etc.) If it still persists, there are a whole host of herbal remedies that can help. You'll certainly want to make sure you take something to reduce the inflammation and swelling that is usually the result of back strain. Glucosamine sulfate and chondroitin sulfate are both ideal. You will also want to try an herbal combination of white willow, blue vervain, rosemary leaves, skullcap, kelp and boswellia. Each of these herbs are natural aspirins or anti-inflammatory in nature.

Q: My husband has really bad

breath. Nothing seems to work—chewing gum, mints, mouthwash, high-potency antibacterial toothpaste—it all does little to help the stench in his mouth. What natural remedies exist for such an ailment? — Anonymous in Houston

A: Bad breath is one of life's maladies that occasionally strikes each of us. But for some, it is a recurring nightmare that shatters self-confidence. First, check for gum disease or tooth decay, which are the major culprits of bad breath. Next, try supplementing your husband's diet with acidophilus, which will help keep the bowels clean (the bowels, interestingly enough, are a major cause of nasty breath). Liquid chlorophyll is an excellent mouth freshener and it absorbs foul odors in the mouth and throat. Other herbs that help the problem are the old standbys like peppermint leaves, parsley, cloves and fennel. Chewing on the leaves of these plants after a meal can do wonders

FOOD-

Get the scoop on a tasty summer salad

Don't be suckered into chowing on food that is unhealthy for you.

Summer is just days old now and an inevitable ritual is the family or company picnic at the park. After a spring of furious dieting and exercising to look just right in that two-piece, it would be silly if you allowed a picnic or two—complete with burgers, potato chips, soda pop, etc.—to ravage all of your hard work.

Therefore, Deanne Tenney, one of our contributing editors at *Today's Herbs* has prepared a tasty, healthy recipe that will add delicious flair to the normally staid, frisbee-in-the-park gathering. □



SUMMER GREENS SALAD

- 1 head romaine lettuce, washed, dried and torn into bite size bits
- 1 head red leaf lettuce, washed, dried and torn into bite size bits
- 1/3 cup sweet violet flowers and leaves
- 10 organic young yarrow leaves
- 1/3 cup organic dandelion leaves, pick before they flower
- 1/3 cup cilantro, chopped
- 1/3 cup dill, chopped
- 1/2 cup red onion, chopped
- olive oil
- rice wine vinegar
- salt and pepper

Toss all of the greens leaving

BOOKLOOK

Nature's Alternatives to Phen-Fen an informative read

Nature's Alternatives to Phen-Fen, written by Rita Elkins, M.H., is a valuable book that outlines natural therapies for healthy weight control.

When phen-fen was released, many thought they had found the ultimate solution to weight control. But it was promptly removed from the market when a correlation was found between valvular heart damage and pulmonary hypertension in individuals taking the drug. Unfortunately, many believed in the medical professionals who prescribed phen-fen for weight loss, which led to permanent physical problems. Is it possible to find safe and natural products to help in losing weight?

Nature's Alternatives to Phen-Fen offers well-researched and important information on natural methods to facilitate weight loss. Included are natural appetite suppressants, fat burners, fat absorbers, blood sugar regulators, muscle builders, and remedies for proper elimination. Just

about every natural product for weight loss is covered in this informative book.

Rita Elkins has done an excellent job of offering safe and effective alternatives to phen-fen in her book *Nature's Alternatives to Phen-Fen*. This book is perfect for individuals who want to stay away from pharmaceutical agents in exchange for natural compounds that accomplish physiological results similar to phen-fen. These natural options can be effective and are preferable to synthetic chemical compounds.

A weight reduction program should never compromise physical health. This book offers methods to contribute to weight loss while encourage health and vitality. *Nature's Alternatives to Phen-Fen* is available through Woodland Publishing. □



CANCERFAC

Exercise reduces risk of breast cancer

Norwegian researchers have found a link between exercise and a lower risk of developing breast cancer in premenopausal women. Inger Thune lead a group in studying information gathered from 25,000 healthy women between 1974 and 1983. Of that group, 351 had been diagnosed with breast cancer by 1995.

The women who exercised at least four hours a week had a 37 percent lower risk of cancer than those who did not exercise. There was not as much protection for women who were overweight and post menopausal. Alcohol consumption also increased the risk of developing breast cancer.

The great news is that exercise is a factor that can be controlled. It is a way to take positive action and improve health. Just about everyone can add exercise into their daily routine. Exercise helps the body as well as the soul by increasing the sense of well-being (New Eng. J. Med. 336: 1269, 1311, 1997). □

HERB-

Study places garlic center stage

It's almost impossible to believe that any one food has the potential to lower cholesterol, control blood pressure, boost the immune system, and diminish the risk of cancer. Nevertheless, well-respected U.S. scientists are becoming increasingly convinced of the power of garlic.

In the fall of 1997, researchers at Memorial Sloan-Kettering Cancer Center showed that substances in garlic can significantly slow the development of prostate cancer cells. Studies elsewhere suggest that its active ingredients, called

organosulfur compounds, may help fend off cancer by blocking carcinogens in foods eaten with the garlic.

Keep in mind that any anticancer benefits of garlic have only been documented in lab animals fed a huge amount of garlic—around 2.5 percent of their food by weight. For humans, that translates into a large handful of garlic cloves; supplementation with pills or powders is certainly a more attractive option. □

LEGALES

© 1998 Woodland Publishing, Inc.
All Rights Reserved.

Contributing Editor: Deanne Tenney
Layout/ Design: John Bernhard

Published monthly and printed in
the United States of America.

Today's Herbs is published to provide general information about herbs and to be helpful in maintaining good health. It does not directly or indirectly dispense medical advice, nor are its contents intended to provide personal medical advice, which should be obtained directly from a physician. We regret that we can-

not respond to inquiries regarding personal health matters.

Reproduction
Special permission is required to reproduce, by any means, in whole or in part, the material herein contained. A special rate is available to reproduce, in bulk,

To Contact *Today's Herbs* or
order books from Woodland Publishing:
call toll-free (800) 777-2665, 8 a.m. to 5 p.m.
MST.

Or write to *Today's Herbs*:
PO Box 160

issues of *Today's Herbs* for distribution at
stores or through other channels of distribution.

Back Issues and Bulk
Subscriptions
Single copies and annual compilations of
back issues are available. Special reduced

Subscriptions are \$15.00 per year. Overseas please inquire.

COVERSTORY

natural alternatives for WOMEN'S HEALTH

Continued from Page



I S N T

depression, it's osteoporosis. If it isn't endometriosis, it's severe cramps and menstrual irregularities.

Obviously, the likelihood of every woman facing an abnormal physical challenge is high. In addition to maintaining a healthy lifestyle (through exercise and proper diet), there are steps that can be taken to ensure that your transition through life is as painless and simple as possible.

breast cancer

Only a few years ago, the risk for being diagnosed for breast cancer was approximately one in 13. Now the risk has increased to one in nine. In other words, it could happen to you.

Symptoms associated with breast cancer vary greatly between cases. Some women have absolutely no symptoms before the lump is detected. In addition, there is usually no pain during the initial stages of the disease; many women have no idea they are cancerous.

natural supplements for breast cancer prevention

BETA CAROTENE AND VITAMIN A are helpful in increasing immunity and work as

antioxidants to destroy free radicals. VITAMIN C is essential as an antioxidant and anticancer agent. VITAMIN E is important for its role in hormone and immune function. ESSENTIAL FATTY ACIDS are needed for cell development. SELENIUM is a powerful antioxidant helping to destroy free radicals. B-COMPLEX VITAMINS may be lacking in the diet and are needed for cell development, circulation and normal cell growth. COENZYME Q10 levels have been found to be low in women with breast cancer. It may help reduce tumors and improve immune function.

herbal helps

SOY may offer many benefits for women's health. Dietary estrogens (such as genistein) found in soy contribute to the prevention of hormone-dependent cancers. GARLIC helps to stimulate immune function and has been shown to inhibit cancer in clinical studies. SHARK CARTILAGE is beneficial for inhibiting the growth of tumors and strengthening the immune system. MAITAKE may help to increase immune function and inhibit cancer growth. CAT'S CLAW is an herb from the rain forests that may help strengthen the immune system and prevent side effects from chemotherapy and radiation.

depression

More women than men suffer from depression, and it is often associated with hormonal changes in a woman's life such as menopause. Everyone experiences some form of depression from time to time, but extended periods of severe depression require treatment.

natural supplements that help depression

B-COMPLEX VITAMINS are essential for strengthening the nervous system and brain function. Low levels may contribute to depression. VITAMIN C is important for the synthesis of neurotransmitters in the brain. CALCIUM/MAGNESIUM work in combination to help calm and strengthen the nervous system. 5-HTP is a compound that turns into serotonin in the brain. Low serotonin levels have been linked to depression.

herbal helps

ST. JOHN'S WORT can help with mild to moderate depression, improve moods, anxiety and insomnia. KAVA is found in the islands of the South Pacific and is beneficial for treating depression and mood disorders. CHAMOMILE is a great herb for calming the nerves and soothing the ner-

vous system. SKULLCAP is valuable for the nervous system. HOPS is a natural sedative that is strong but safe to use. Its helps to relieve insomnia, nervous tension, and excitability. PASSIONFLOWER is an important herb for soothing the nervous system. VALERIAN relaxes the central nervous system. OATS are considered a natural antidepressant. GINKGO helps to stimulate brain function by improving circulation to the brain. This in turn helps improve depression. GOTU KOLA can help enhance brain function and combat mental fatigue. DONG QUAI can help soothe the central nervous system. It can calm the nerves and nourish the brain. DAMIANA stimulates the nervous system and helps elevate moods.

endometriosis

Endometriosis is a condition in which some of the uterine cells grow out of the uterine lining and into the pelvic cavity, where they attach to the ovaries, cervix, fallopian tubes and uterine muscles. The result is irregular bleeding, pain and infertility. The tissue may also migrate to the vagina, pelvic floor, bowel or even scar tissue from abdominal surgery.

natural supplements for endometriosis

VITAMIN E may help maintain hormone balance and control excessive menstrual bleeding. VITAMIN A has been found to help control heavy periods. ESSENTIAL FATTY ACIDS can help balance glandular function in the body.

herbal helps

SOY products can help to regulate hormone levels and rid the body of excess estrogen. BLACK COHOSH works to balance hormone levels and to strengthen the uterine muscles. RASPBERRY LEAVES are a common remedy for menstrual problems and female reproductive system disorders. DONG QUAI nourishes the entire female glandular system and helps regulate hormone levels. WILD YAM helps promote hormone balance in the body.

menopause

Menopause is a natural occurrence in a woman's life (usually between age 40 and 50) that is often approached with dread and panic. Unknown to many, though, is that natural remedies can help make the transition into menopause smooth and nearly effortless.

natural supplements for menopause

CALCIUM/MAGNESIUM are essential supplements to help strengthen the structural system and prevent osteoporosis. **VITAMIN E** aids in controlling hot flashes, increases the production of hormones and helps combat vaginal dryness. **SELENIUM** helps to maintain hormonal balance. **B-COMPLEX VITAMINS** are important for the nervous system to help control mood swings and depression.

herbal helps

SOY is one of the most important supplements for menopause. Asian women generally have fewer problems going through menopause than Western women. **BLACK COHOSH** is a tonic for the central nervous system. It helps with hot flashes and stimulates the secretions of the liver, kidneys and lymphatic system. **DAMIANA** helps reduce hot flashes, balance hormones and improve sex drive. **DONG QUAI** is a great herb for nourishing the female glandular system. It can help relieve hot flashes, headaches, and nervousness. **WILD YAM** is a natural form of progesterone which can help with hormone imbalances often associated with menopause.

menstrual cramps

Many women have problems with menstrual cramps during their periods. Menstrual cramps occur in at least half of all adolescent females and account for a large number of absences from school and work. Intense cramping can be a sign of a more serious condition such as endometriosis or a pelvic infection.

natural supplements for cramps

CALCIUM/MAGNESIUM can help alleviate cramping and muscle spasms. **VITAMIN E** strengthens the reproductive system. **B-COMPLEX VITAMINS** help reduce premenstrual tension and menstrual discomfort. **VITAMIN C** helps strengthen the blood vessels and capillary walls of the uterus. **IRON** supplements may be necessary if periods are heavy.

herbal helps

DONG QUAI is a great herb for menstrual discomfort such as cramps, water reten-

In addition to maintaining a healthy lifestyle (through exercise and proper diet), there are steps that can be taken to ensure that your transition through life is as painless and simple as possible.

tion, and mood swings. **GINGER ROOT** can help relieve nausea and reduce menstrual pain.

osteoporosis

Osteoporosis is a condition involving the weakening and loss of bone mass. It is often considered to be a natural part of the aging process. But measures can be taken early in life to avoid the pitfalls of osteoporosis before they develop.

natural supplements that help osteoporosis

CALCIUM/MAGNESIUM work together for bone strengthening, development and in the absorption of calcium. **PHOSPHORUS** works with calcium and magnesium to improve bone density. **MANGANESE** is important for normal bone growth and calcification. **VITAMIN D** helps with the absorption of calcium. **ZINC** works with vitamin D in the absorption of calcium. **VITAMIN C** aids in the growth and development of tissue. It helps to strengthen the structural proteins of bone tissue. **SILICON** contains calcium and is easily assimilated in the body. **BORON** may help to work like estrogen in preventing bone loss in postmenopausal women. **B-VITAMINS** help with body functions and muscle and bone development.

herbal helps

ALFALFA helps in the body with the assimilation of minerals. **KELP** contains

many major and trace minerals important to the structural system. **OATSTRAW** is rich in silicon and calcium for healthy bones. **HORSETAIL** contains silicon and magnesium important for calcium absorption, healing, and regeneration of bone tissue. **COMFREY** aids in strengthening and mending bone tissue.

yeast infection

One of the most common female complaints is vaginal yeast infections. *Candida albicans* is a fungus that normally inhabits the intestinal tract. An overgrowth results in *candidiasis*, a vaginal yeast infection that affects millions of women each year.

natural supplements for yeast infection

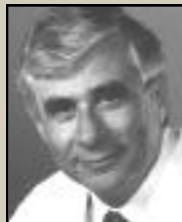
VITAMIN A helps strengthen and protect the mucus membranes. **VITAMIN C** prevents infection. **B-COMPLEX VITAMINS** aid in digestion and in strengthening the liver in eliminating toxins. **VITAMIN E** is a powerful antioxidant improving immune function. **ZINC** has been found to fight vaginal yeast infections and strengthen the immune system. **ACIDOPHILUS/PROBIOTICS** are extremely important especially when undergoing antibiotics therapy.

herbal helps

GARLIC is an important natural antibiotic. It can help to fight yeast infection and strengthen the immune response. Odorless capsules are available. **GOLDENSEAL** is a great remedy for infections involving the mucus membranes. It is a natural antibiotic aiding to flush the invaders from the body. **ECHINACEA** is an important for the immune system to help aid the body in eliminating disease. **CAT'S CLAW** helps to fight infection throughout the body. **TEA TREE OIL** can be diluted and used in a douche to fight infection and soothe the irritated area. **ALOE VERA GEL** can be applied to the affected tissue to soothe and heal. **PAU D'ARCO** contains anti-fungal properties and helps to fight infections in the body. □

NEXT MONTH

Today's
HERBS



New York Times best-selling author and respected physician Dr. Neil



Today's
HERBS

*Post Office Box 160
Pleasant Grove, Utah 84062*

BULK RATE
U.S. POSTAGE
PAID
PROVO, UT 84603