

HOTSHEET

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

California HMO soon to accept alternative therapies

A California HMO will soon be accommodating the alternative health needs of its two million members, according to the HMO's representatives. Health Net is a Woodland Hills-based health network that **will be covering herbal supplements and acupuncture treatment as a part of its plan.** Members of Health Net will be able to visit an acupuncturist for a fifteen dollar fee and will be able to buy herbs on a copay system.

Although the coverage is fairly limited at the moment, it is still the most comprehensive now available and may set an example for other HMOs if it proves beneficial. **It also offers discounts on other complementary therapies, and members do not need to a referral for acupuncture treatment.** However, whether or not these added perks are available to employees is up to their employer. Currently, this optional feature must be selected as a part of packages by the employer before it is made available to HMO member, but it is definitely a step in the right direction.



Undercooked meat could pose threat to developing fetuses

A recent study in the British Medical Journal suggests that eating undercooked, raw or cured meats could pose a threat to fetuses. **Researchers say that such meats could cause parasitic infections that in pregnant women pose additional threats; specifically, these infections can lead to brain damage in the fetus.**

These conclusions were reached after interviewing over 250 women infected with the infection toxoplasmosis during their pregnancy and an addition-

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EXPERTADVICE



Rita Elkins, M.H., is the author of numerous publications dealing with natural health and nutrition topics. Some of her most popular works include Depression & Natural Medicine and the recent Soy Smart Health.

Infertility poses complex problem

Q: My husband and I have been struggling with infertility for the past three years. We have tried numerous venues to conceive, none of which have proven effective. We have yet to explore alternative medicine, but are interested in pursuing this line. What general suggestions would you make?

Rachel in Ocala, FL

A: Not knowing your history and the tests and results that have been received, my advice must be general indeed. Prescription for this important question is further complicated due to the nature of dealing with two people, where either or both of them may need to address certain elements to aid in conception. While keeping in mind that you should always work with your doctor regarding any health regimen, here are some possible alternatives that you may look in to:

Dong Quai. This herb, often called the queen of female herbs, has been used for thousands of years by women in China to nourish and balance the reproductive system. Research has shown that it helps menopause and soothes cramps. Modern science has verified that dong quai is rich in vitamin E, cobalt and iron; hence, it is believed to be nourishing to female glands.

False Unicorn. Historically, many herbalists have recommended it for ovarian pain and dysfunction of the ovaries. Of all the herbs, false unicorn has one of the strongest reputations for promoting fertility.

Chaste Tree Berry. Best known for its documented ability to raise progesterone levels and lower high estrogen levels. Lowered progesterone in the second half of a woman's cycle is a common cause of infertility and miscarriage.

Researchers in Germany have discovered that chaste tree influences these hormones by acting directly on the pituitary gland.

Vitamin B6. Many female reproductive processes seem to be linked to this vitamin, and birth control pills almost completely eliminate this vitamin from the body. Considerable research supports the relationship between this vitamin and female fertility.

Vitamin E. Studies have shown that vitamin E can improve sperm's impregnating ability. Many nutritional doctors also claim vitamin E helps prevent miscarriage by developing a more healthy uterine wall and placenta.

Vitamin A. Some research suggests a link between vitamin A and healthy sperm production.

Q: I have a really hard time with acid reflux, especially when running or doing some other rigorous physical activity. What can you recommend to prevent, or at least diminish, the effects of my problem?

Joe in Stockton, CA

A: My first recommendation would be to evaluate your diet and make appropriate dietary changes that aim at decreasing the amount of reflux or reducing damage to the lining of the esophagus from refluxed materials. Avoid foods and beverages that can weaken the lower esophageal sphincter (LES). These foods include chocolate, peppermint, fatty foods, coffee, and alcoholic beverages. Foods and beverages that can irritate a damaged esophageal lining, such as citrus fruits and juices, tomato products, and pepper, should also be avoided.

Secondly, decrease the size of portions at mealtime to help control symptoms. Eating meals at least 3-4 hours before exercising may lessen reflux by allowing the acid to decrease and the stomach to empty partially. **TH**

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LEGALINFO



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YourHealth

Protecting the Health of Your Family

MINDYOURMINERALS

Mineral depletion common in summer months

One of the most common mistakes we make during the hot summer months is not staying the course of good nutrition. It is especially important during summer to make sure you get enough minerals. Although they represent only 4 percent of our total body weight, these inorganic substances are jumpstarters of their own right in how the body uses carbohydrates, protein and fats. Minerals are especially important when we measure athletic performance.

The easiest and the best way to get these minerals is to follow that elementary advice to eat five servings daily of fruits and vegetables, plus six to 11 servings of grains. Each of these food groups provide substantial amounts of important minerals.

Minerals have three very important duties in our bodies. First, they regulate how our bodies use carbohydrates, protein and fats for fuel. During exercise, the body uses minerals like iron (which transports oxygen) and magnesium (vital in processing carbohydrates) to help burn fuel. Most minerals are eliminated through the kidneys rather than reabsorbed by cells, making it essential for athletes at all levels to continually replenish their supplies.

The body's electrical system governs such critical processes as nerve impulses and muscle contractions. Minerals called electrolytes (such as sodium, potassium, chloride and magnesium) govern this electrical system; these minerals are

very easily lost during sweating, so it is especially important to replenish these during and after exercise.

Minerals like calcium, copper, zinc, and manganese are vital to the development and maintenance of bones and muscles. Most people know that calcium is important for bone health, but insufficient levels of copper, zinc and manganese make it difficult to avoid the bone loss that occurs in women over 50 and in men over 65.

Weightlifters and exercisers all know of the value of protein in helping muscles recover and grow after workouts, but few know that protein synthesis is impossible without sufficient mineral levels.

Hot summer weather presents especially difficult problems in mineral level maintenance. The fastest ways to lose important minerals are perspiration and dehydration; it takes very little sweating to develop deficiencies or even just to dip to levels that diminish athletic performance. Experts say that no one mineral is really more important than another; all are very important to the body.

A healthy diet of vegetables, fruits, and grains coupled with a good mineral supplement is the best way to make sure you get enough of these important nutrients. Take extra care during these hot summer months to maintain your minerals levels. Your health and your athletic performance may depend on it. **TH**

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al 858 women who were not infected. Interviewees came from six European cities and were questioned about their lifestyles and eating habits as a part of the study, including their meat consumption and the kinds of contact they had with cats, etc. (The parasite reproduces in cats and is expelled in their feces.) The parasite can also live up to one year in soil and is more likely to be found in outdoor animals, researchers say. The majority of infections are the result of undercooked or raw meat and unpasteurized milk.

Experts also say that toxoplasmosis is very common—infesting ten to twenty percent of British citizens and maybe as high as fifty percent in other European countries. Although it isn't a problem among healthy people, for pregnant women, one in four will pass the infection on to their baby. However, less than a thousand women in the U.S. and U.K. will get the infection while they are pregnant.

Nevertheless, precautions should be taken—infected fetuses have a two to five percent chance of severe eye or brain damage, and an additional fifteen percent have a chance of developing minor eye or brain damage. If you are pregnant, it is advised that you avoid undercooked or raw meat since you are two to three times more likely to develop toxoplasmosis if you do.



Prescription drug costs to double

More seniors may be struggling to pay for their medications because prescription drug costs are expected to more than double during the next decade.

That's according to a new report from Families USA, a health-care advocacy group that lobbies for universal health care. A study commissioned by the organization found that by 2010, Americans 65 and older will be shelling out \$2,810 a year for their medications.

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Make exercising a hard habit to break

We've probably all heard the maxim that it takes twenty-one days to make a habit and three days to break it. In actuality, it can take much longer to cement a regular exercise habit. Experts say that the first six months of your exercise program, or "action stage," are often the hardest. After that, you go into "maintenance phase" where it will take a lot more to separate you from your exercise. But how do you solidify your program to begin with? What's the best way to make the first six months really count? Below are a few tips for making exercise a habit:

- **Recognize your exercise demons.** If you know that getting up in the morning is difficult for you, switch to an evening workout or prepare

the night before to make the morning grind as easy as possible. Laying your clothes out the night before and getting energy bars that are quick and easy for breakfast is a good start.

- **Give yourself rewards.** Designing incentives at certain stages in your first six months can be very helpful. If you stick to your program for a week, get yourself a little luxury as a reward. Work up from there. Also, do not fall into the habit of giving yourself the reward before you reached your goal.

- **Get a workout partner.** Any kind of support group will boost your success and theirs. Your spouse or a friend make good choices, but it can also be a work colleague. Set goals and let each other know. Then you are disappointing more than just yourself if you fall short.

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Currently, they pay \$1,205 a year, which is double than the \$559 they paid in 1992.

Families USA says people are living longer and more seniors are buying more prescription drugs today—an average of 29 prescriptions a year compared to the average of 20 eight years ago. Medications have also improved, notes Alan F. Holmer of the Pharmaceutical Research and Manufacturers of America, and these more advanced drugs carry a higher price tag. But the PRMA says a thousand dollars for a new advanced prescription drug is less expensive than going without it and requiring expensive surgery later.

The study also found seniors are paying more per pill than they used to. **Costs per prescription are expected to jump from \$42.30 now to \$72.94 at the end of the decade.** The average cost was \$28.50 in 1992.

Prescription drug costs is currently a hot issue in Congress, where many Democrats are looking to add a medication coverage benefit to Medicare after learning many elderly Americans were traveling across the border to obtain drugs. Many Republicans say drug coverage should be reserved for the most financially needy. The GOP wants to have private health plans offer drug coverage, and the federal government will subsidize prescription drug costs for those who are in dire need financially. The data used for the study was gathered by Medicare, the federal health insurance program that covers millions of elderly and disabled Americans.



Obesity linked to common cold virus

Could obesity be caused by a common cold-like virus? Researchers in Wisconsin seem to think that it's a possibility.

Scientists at the University of Wisconsin in Madison infected chickens and mice with the adenovirus-36, a cousin to the adenovirus that causes colds, diarrhea and pinkeye. They were compared to chickens and mice

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ResearchNews

Protecting the Health of Your Family

INSULIN ACTION

New procedure gives hope to Type I diabetics

A new study published in the *New England Journal of Medicine* is causing quite a stir and may give new hope to insulin-dependent diabetics. The study tested the effectiveness of pancreatic islet cell transplantation, and all seven subjects tested are no longer insulin dependent.

Islet cells are clusters of pancreatic cells that produce insulin and other hormones. After these cells are destroyed, the body can no longer make insulin. Transplanting such cells to Type 1 diabetics is still experimental but is promising. The two biggest hold-ups with the therapy over the last twen-

ty-five years have been preventing transplant rejection and finding a sufficient number of cells. Over one million cells are necessary for an effective transplant, and the number of people who need these cells far outnumbers the number of organs available for donation.

In addition, transplanted cells are often seen by the body as foreign, and so large numbers of immunosuppressants are needed to stop immune reaction against the islets. The risks of these drugs often are far riskier than the transplant benefits. Current testing, however, is working to eliminate the need for immunosuppres-

sants when transplanting the islet cells. Methods such as coating or encapsulating the cells are currently underway. Scientists are also trying a process that alters the surface of the cells so the immune system of the recipient does not see them as a threat.

In response to the NEJM landmark study, medical centers and researchers in five countries around the world are beginning expensive studies to further test the possibilities of islet treatment on insulin-dependent diabetics. TH

HerbSpotlight

A Brief Look At An Herbal Superstar

TERRIFIC TEA TREE

Tea tree oil flexes antimicrobial muscle

Tea tree oil is an essence produced by the distillation of medical tea tree (*Melaleuca alternifolia*) leaves. Research has shown that pure tea tree oil is an extraordinarily complex substance, composed of at least 48 organic compounds. These compounds work together to produce a variety of therapeutic effects.

Tea tree oil is four to five times stronger than most household disinfectants, yet is gentle to the skin and more versatile and safe to use. Tea tree oil is successfully used around the world for throat and mouth conditions, in gynecological conditions, in dental treatment for pyorrhea, gingivitis, nerve capping and hemorrhages. It is also more effective than any other antiseptic in dirty or pus-laden conditions, and it has a remarkable effect on a broad spectrum of skin fungi.

Tea tree oil is a very effective bactericide, killing a broad spectrum of bacteria and some otherwise stubborn fungi (such as candida and

athlete's foot). Tea tree oil is also safe on healthy tissue. This strong organic solvent will disperse pus in pimples or infected wounds and will neutralize the venom of minor insect bites. It acts as a mild local anesthetic, soothing small wounds, burns, and mouth sores. Tea tree oil penetrates skin layers, killing bacteria and fungi deep in abscesses in gums or beneath fingernails and toenails.

Applying pure tea tree oil to cuts, abrasions, sores, boils, athlete's foot and other fungal or bacterial infections speeds healing of affected areas because it kills bacteria and fungi without damaging healthy tissue.

Consider using tea tree oil in a topical treatment for toenail fungus rather than subjecting yourself to a three-month-long oral treatment program. For more information concerning the health benefits of tea tree oil, consult our Woodland Health Series booklet by Deanne Tenney. TH

FoodStuff

Eat Healthy, Live Better

SUPERSALAD

Sensational summer salads offer new choices

Strawberry Spinach Salad (Serves 6)

10 cups fresh spinach, loosely packed
1 1/2 cup strawberries
1 cup sliced mushrooms
1/3 cup thinly sliced red onion
1/3 cup Honey Poppyseed Dressing

1. Wash spinach and dry in salad spinner. Trim off thick stems and tear largest leaves into smaller bite-sized pieces. The spinach can be prepared several hours in advance if dried well and kept in fridge.
2. Remove hulls and slice strawberries. Don't do this more than one hour before serving or they will be mushy.
3. Toss one cup berries with spinach, mushrooms and onion. Reserve remaining berries for garnish.
4. Just prior to serving, toss salad with dressing and arrange reserved strawberries on top.

Honey Poppyseed Dressing (16 one-tablespoon servings)

1/4 cup red wine vinegar
2 tablespoons honey
1 teaspoon Dijon mustard
1/8 teaspoon kosher salt
1/4 cup extra virgin olive oil
1 tablespoon poppy seeds

Whisk together all ingredients.

Source: *1,000 Lowfat Recipes*, Terry Blonder Golson

Get a Salad Makeover!

Tired of making salads from iceberg lettuce or buying mixed salad greens in the bag? Well, there is far more to salad than the simple chef or caesar salad. And salad is a great way to bulk up on nutrients, fiber and antioxidants without collecting fat and calories if you follow these easy guidelines:

1. Fresh cut lettuce actually retains more of its nutrients than lettuce already cut and bagged. Also, raw veggies pack more of a nutrient punch than cooked or roasted veggies.
2. Darker salad greens carry more nutrients and antioxidants than lighter greens. Even if you can't eat salads made entirely of dark greens, including at least a few in your salad mix boosts its benefits.
3. Many salads are not low in calories or fat, especially fast-food chef and dinner salads. The best way to cut the fat from your salad is to go easy on meats, cheeses, eggs and avoid creamy dressing. Vinaigrettes are better, as are olive oil dressings that contain healthy fats. Flaxseed oil can also be used; it is a good source of essential fatty acids. If you can't part with your creamy dressing, make your own using lowfat yogurt instead of mayo or other high-fat items.

Greens can be chosen for their texture, taste or color. Below are a few examples:

- **Arugula:** Mustard-flavored, slightly bitter, resembles radish leaves in taste/appearance
- **Belgian endive:** Member of chicory family, creamy white with yellow tips
- **Bibb lettuce:** Light green, flexible leaves with a very mild flavor
- **Curly endive:** Relative of chicory family, center leaves mild and outer leaves more bitter
- **Dandelion greens:** Similar in texture and flavor to curly endive, tangy taste
- **Escarole:** Related to curly endive, comes in crisp, green heads
- **Kale:** Greenish-blue head, tender, young leaves best, more bitter flavor over time
- **Mache:** Tender and velvety green, often with mild, sweet nutty flavor, very perishable
- **Mustard greens:** Sharp bite, frilled or scalloped leaves, adds attractiveness to salad
- **Radicchio:** Maroon red, similar in shape to Brussels sprouts, bittersweet flavor
- **Swiss chard:** Delicate and crisp leaves, red or white ribs, delicate taste
- **Watercress:** Dark green, heart-shaped leaves, spicy flavor

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not infected. The infected animals only gained an average of 7 percent more weight than the uninfected animals, but their bodies contained double the amounts of fat. A paradox that perplexed researchers was that the infected animals showed lower levels of triglycerides and cholesterol, substances that can clog arteries. High levels of triglycerides and cholesterol are typically found in obese people.

Researchers also point out that the infected animals did not eat any more than the uninfected animals, suggesting that the virus may decrease the amount of energy the body burns rather than revving up appetite. It's possible the virus may increase the number of fat cells, which boosts the amount of fat a cell will store, researchers say.

More evidence is surfacing on the role microbes have in human health. Scientists have found infectious causes for heart disease and ulcers, and there's more research connecting chronic infection to various human illnesses. Obesity is a major public health concern in the United States where more than half of all adults are considered by government standards to be overweight or obese.



New ruling could give FDA allowance on regulating health supplements

The Food and Drug Administration should be allowed to regulate a dietary supplement containing an ingredient chemically identical to a cholesterol-lowering drug, an appeals court has ruled.

The ruling by the 10th Circuit Court of Appeals in Denver Friday reverses the decision rendered by a federal court in Utah that a 1994 federal law prohibited the FDA from regulating dietary supplements. The product in question is a dietary supplement called Cholestin, which contains lovastatin, the same ingredient found in the cholesterol-fighting drug

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Mevacor.

The appeals court disagreed with the federal court's decision that current law only allows the FDA to regulate complete drugs, not single ingredients of a drug.

Despite the ruling, however, it is not clear how the ruling might affect whether consumers will continue to see Cholestin on store shelves. The decision now goes back to the federal district court.



St. John's wort may help relieve PMS

Studies have shown that St. John's wort may help in treating depression, but could this herbal remedy also work against premenstrual syndrome?

Researchers at the University of Exeter in England studied 19 women diagnosed with premenstrual syndrome. They showed symptoms of nervous tension, anxiety, insomnia and mood swings. All of the study participants were given 300 milligrams of hypericin, the active ingredient in St. John's wort, to take daily for two months. They were asked to record their symptoms each day in a journal.

The women's PMS symptoms then were tracked another two months when they did not take the herb. **Researchers found during the two months they took St. John's wort, the women reported significant reductions in insomnia, mood swings and even feelings of depression, conditions often linked with a woman's menstrual cycle.**

The next step is to expand the study and compare St. John's wort to a placebo, researchers say.

St. John's wort is available in over-the-counter products. However, researchers caution that the herb can adversely interact with some prescription drugs and women should talk to their health-care providers before taking it. TH



hot tips for summertime VACATION & TRAVEL

continued from front page

through the course of your vacation, than force your body through the physical and mental ups and downs associated with the abandoning and restarting of a healthy lifestyle. Following are some suggestions on how to maintain your health and fitness without adversely affecting the joy of "getting away."

1. Workouts on the Road

Sometimes we labor under the belief that we have to keep up the same workout routine that we have established. Discouraged, many opt to forgo other opportunities to workout during their vacation. But the opportunities for enjoyable fitness are numerable, and don't have to follow your established routine. Depending on your vacation, you may have opportunities to hike, water ski, and golf. Indeed, you may choose to plan some of these activities as part of your vacation. Sightseeing can even provide occasions for burning calories and enjoyable fitness if you choose to walk from location to location. If these options aren't available, and the opportunities for fitness within aspects of your vacation are not viable, look for lodging that provides a pool and/or a gym, which can be both physically invigorating and mentally relaxing. Plan for opportunities of fitness while on vacation or pay the conse-

quences of re-creating the habits, which can be so challenging, when you get home.

2. Snacks for the Road

It's so easy to fall into the temptation of eating poorly on a road trip, picking up snacks here and there that we may think are healthy for us, but actually weigh us down and keep us from being alert and attentive. The road trip itself is bound to be fairly exhausting, making the careful choice of snacks all the more critical. We

It's so easy to fall into the temptation of eating poorly on a road trip, picking up snacks here and there that we may think are healthy for us, but actually weigh us down and keep us from being alert and attentive.

sometimes labor under the false impression that granola bars and trail mix are a healthy alternative to the chips and candy that we like to feast on. While these are better choices, they are still snacks that are low in fiber, high in fat and lend to dehydration because of a high salt content. Once again, a little planning will pay big dividends for your road trip.

Bringing along a small cooler that keeps fruits and vegetables fresh and crisp, along with an adequate supply of water, can be precisely what your body needs and craves. Take the extra time to plan out the snacks that your body needs—food that replenishes the energy that is bound to be sapped from a long trip.

3. Rest and Relaxation

One of the worst feelings is that of coming home from a vacation and feeling like you have to recuperate. Two of the major contributing factors to this have already been alluded to: poor eating habits and little to no exercise. With a little bit of careful planning you can maintain your fitness and nutrition. Just as important as these two variables is the importance of getting appropriate rest. After all, it is a vacation. In the hustle and bustle of needing to see and do everything that we wouldn't normally be able to do, we fall prey to overusing our bodies' energy resources. Fatigue can affect both our performance post-vacation and the relaxation of the vacation itself. Be mindful of your body's needs for rest. It can mean the difference between wonderful memories or wishing you had just stayed home. TH

Tropical botanicals offer a multitude of health benefits

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ing properties of these botanicals.

Many plants found only in tropical forests have been used to treat everything from insect bites, to the common cold, to arthritis, cancer and HIV. Some of the most famous plants include quinine for malaria, curare for relaxing muscles and acting as an anesthetic in surgery, and rosy periwinkle, used to treat leukemia and Hodgkin's. Below is a list of more healing botanicals and their properties:

Guggul Extract. This extract comes from the mukul myrrh tree native to tropical areas of India. Traditional uses date back 600 years before Christ. The predominant traditional (and current) use for the extract is cholesterol control. Several clinical trials conducted over the last few years have found that guggul extract lowers bad (LDL) cholesterol and triglycerides, as well as raising good (HDL) cholesterol. It is also safer than prescription drugs, especially on the liver. Allow at least four weeks for results.

Wild Yam. This tuber grows in warm, tropical climates and offers relief for women suffering from hormonal imbalances. Chemicals in the plant have been used to develop steroids and oral contraceptives. Estrogenic activity is high, and wild yam is often used to treat the symptoms of menopause, including hot flashes, vaginal dryness and night sweats.

Cat's Claw. This herb has been used for centuries by the Ashaninka Indians of Peru to treat a number of ailments, including arthritis, cancer, diabetes and infections. Recently the herb's antiviral properties have received some attention in the medical realm. Preliminary studies show cat's claw as a possible treatment for herpes, shingles and AIDS. It has both anti-



inflammatory and immunostimulating properties.

Pau D'Arco. Native to the West Indies and Central and South America, tea made from the tea of pau d'arco is often used for cancer and rheumatism, among other conditions. Chemicals in pau d'arco contain anticandida and anticancer properties. Preliminary results from testing on one pau d'arco compound were promising, but

side effects from toxicity prevent further testing. Such side effects include anemia and nausea. Another chemical in pau d'arco, however, seems to have less side effects and may soon be used to fight tumors.

Red Gumbolimbo Bark. The bark is found on trees native to Belize and Central America, and it is used to treat both internal and external infections. Tea from the bark is often used to treat urinary tract infections, and it has also been used to treat skin fungus, insect bites and eczema. It can also be mixed with compounds like vitamin E, calendula or aloe to make a topical cream. Studies results are very promising, especially for using the bark to treat skin disorders.

Jackass Bitters. Found in Central America, the leaves of this plant contain strong antiparasitic agents that fight amoebas, candida and intestinal parasites. It is often ingested as a tea or wine. Research has also revealed its ability to regulate blood sugar, which is particularly appealing for diabetics.

For More Information

National Tropical Botanical Garden
<http://www.htbg.com>

Botanical Society of America
<http://www.botany.org>

A Student's Guide to Tropical Forest Conservation
<http://fs.fed.us/global/lzone/student/tropical.htm>

Major Medical Journals Ignore Prevention

A recent study by Steven Woolf, M.D., M.P.H., and Robert Johnson, Ph.D., of Virginia Commonwealth University indicates that articles about preventive medicine account only for a small portion of articles published in two of the nation's most prominent medical journals.

After examining the 1998 editions of the Journal of the American Medical Association (JAMA) and The New England Journal of Medicine (NEJM), Woolf and Johnson discovered that only 9 percent of the articles dealt with prevention and screening, and only 2 percent focused on the promotion of healthy lifestyles. However, 60 percent of all articles published in 1998 focused on treatment, epidemiology and basic research.

One reason such a small portion of the journals is devoted to preventive medicine is that only a minimal proportion of grants from the National Institutes of Health are awarded to preventive medicine research. Although preventive medicine, public health, and primary care journals published a total of 26 articles on studies that help smokers quit, JAMA and NEJM published none.

This disparity is especially noteworthy and disconcerting because these prominent journals exert much influence on priorities in patient care, policy decisions, and public awareness.

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