

BOTTOM LINE'S

Breakthroughs in Drug-Free Healing

Bill Gottlieb

**Thousands of the
Best Science-Proven
Natural Remedies to
Curb, Cure and
Prevent Common
Ailments and
Serious Conditions**



Breakthrough Study

"Hot flashes are sudden sensations of intense heat, mainly affecting the upper part of the body, and lasting for one to five minutes on average," says Marie-France Bordet, MD, of France. "They may be accompanied by facial redness, perspiration that is sometimes heavy, heart palpitations, anxiety, irritability and night sweating."

HRT is the main medical treatment for hot flashes, but drug-caused disease is a "major issue," she says. Her proposed alternative is to treat hot flashes with homeopathy.

Dr. Bordet and a team of French researchers looked at five months of records from 99 doctors in eight countries, all of whom included homeopathy among their treatment options. During those five months, the doctors used homeopathy to treat 438 women with menopausal symptoms.

Result: "At the first visit, eighty-nine percent of patients suffered from daily hot flashes," says Dr. Bordet. "This percentage was reduced to thirty-nine percent by the final visit."

The patients also rated their daily discomfort from menopausal symptoms—it fell by an average of 59%. And sleep disturbances fell by an average of 61%.

The results, say the researchers, "suggest that homeopathic treatment is effective for hot flashes."

How homeopathy works: "Homeopathic medicine is a natural pharmaceutical science," says Dana Ullman, MPH, a homeopath in Berkeley, CA, author of *The Homeopathic Revolution* (North Atlantic) and other books on homeopathy, and founder and director of the Homeopathic Educational Services, www.homeopathic.com.

"The homeopathic practitioner seeks to find a substance that in large doses would cause similar symptoms to those the sick person is

experiencing. When the match is made, the substance is then given in very small, safe doses, often with dramatic effects." He compares the process (known to homeopaths as the "law of similars") to the use of small amounts of infection-causing substances in vaccines, and to the use of very small doses of allergens to cure allergies.

i The five homeopathic medicines that were the most effective in relieving hot flashes...

Lachesis mutus, 9c (the number indicates concentration)


Belladonna, 15c

Sepia officinalis, 9c

Sulphur, 9c

Sanguinaria canadensis, 15c

Homeopathic medicines are widely available from health stores and the Internet.

 To find a homeopathic practitioner near you, visit the Web site of the North American Society of Homeopaths (NASH), www.homeopathy.org, which includes an extensive state-by-state registry of members certified by NASH.

NASH, PO Box 450039, Sunrise, FL 33345-0039 (206-720-7000 or fax 208-248-1942); e-mail NashInfo@homeopathy.org. In Canada, contact NASH, 9 Bantry Avenue, Richmond Hill, ONT L4B 4J4 (905-886-1060).

RECHARGE YOUR LIBIDO WITH L-ARGININE

Forty-three percent of American women report some type of sexual problem—lack of interest in sex...inability to have an orgasm...pain during sex...lack of sexual pleasure...anxiety about sex...or trouble lubricating.

Among perimenopausal and menopausal women, the most common of these problems—caused by the drop in sexual and reproductive

hormones—is painful intercourse and a decrease in sexual desire.

Now there's a natural way to help you feel sexy again.

Breakthrough Study

A team of researchers from Rutgers University, Stanford University School of Medicine and the University of Hawaii studied 108 women (ages 22 to 73) with sexual problems (lack of sexual desire or trouble getting aroused).

Fifty-nine of the women were premenopausal (regular periods), 20 were perimenopausal (irregular periods, leading up to menopause) and 29 were postmenopausal (no periods for at least a year, age 50 or older).

The researchers divided them into two groups. For one month, one group took an herbal and nutritional supplement containing L-arginine (an amino acid), the herbs Korean red ginseng (*Panax ginseng*), ginkgo biloba and damiana leaf (*Turnera aphrodisiaca*), vitamins A, C, E, B-6, B-12, biotin, folate, niacin, pantothenic acid, riboflavin and thiamin, and the minerals calcium, iron and zinc. The other group took a placebo.

At the beginning and end of the study, the women filled out the "Female Sexual Function Index," which quantifies sexual desire, frequency of sex and other indicators of sexual participation and satisfaction.

Result: After four weeks...

• **More desire and satisfaction for postmenopausal women.** Fifty percent of postmenopausal women taking the supplement had increased sexual desire, compared to 8% for the placebo group. Fifty percent had increased satisfaction with their sexual relationship; placebo, 31%.

• **More lubrication, sensation and sex for perimenopausal women.** Eighty-six percent of perimenopausal women taking

the supplement had increased frequency of intercourse, compared to 17% for the placebo group. Seventy-nine percent had increased satisfaction with their sexual relationship; placebo, 33%. Seventy-one percent had increased clitoral sensation; placebo, 33%. Sixty-four percent had less vaginal dryness; placebo, 17%.

"There was a greater effect in the perimenopausal women on physical attributes such as vaginal dryness, frequency of sex and clitoral sensation," say the researchers. "It is possible that this is the stage of life when these attributes are most at issue because of the rapid changes or decrease in hormone-supported functions. At some point during late menopause, the decrease in ovarian hormones may become a more overwhelming factor."

• **More overall satisfaction for premenopausal women.** Seventy-two percent of premenopausal women taking the supplement had increased intensity of sexual desire, compared to 47% for the placebo group. Sixty percent had increased frequency of sexual desire; placebo, 38%. Sixty-eight percent had increased overall satisfaction with their sex life; placebo, 35%. Fifty-six percent had increased frequency of intercourse; placebo, 26%.

And in an earlier study of 77 women with sexual problems, among women who took the supplement 74% had more satisfaction with their sex life...71% had higher levels of sexual desire...53% had more clitoral sensation when stimulated...and 47% had greater frequency of orgasms.

"Since this supplement has been shown to exhibit no estrogen activity, it may be a desirable alternative to hormone therapy for sexual concerns," says Beverly Whipple, PhD, RN, professor emeritus at Rutgers University, past-president of the American Association of Sexuality Educators, Counselors and Therapists and a study researcher.

"This is an increasingly important issue as we now have a higher population of menopausal women than ever before," Dr. Whipple continues. "This is the only supplement of its kind that has clinically proven results."


How it works: The amino acid L-arginine converts into nitric oxide (NO), the body's signaling molecule for starting and maintaining the engorgement of sexual organs with blood...ginseng may assist in the conversion of L-arginine to NO...ginkgo biloba improves the microcirculation involved in sexual arousal...damiana reduces anxiety...and the range of vitamins and minerals support general health, a must for normal sexual desire and function.

i The researchers studied ArginMax for Women.

Recommendation: "With no negative side effects reported, the supplement is clearly an option for some women," says Mary Lake Polan, MD, PhD, MPH, the chair of the Department of Gynecology and Obstetrics at the Stanford School of Medicine and a study researcher.

"Women who suffer from sexual dysfunction should first talk to their doctor before taking a nutritional supplement. There may be a physical reason a woman is experiencing pelvic pain or vaginal dryness, for example, and both of these problems can be treated medically. Or there may be a relationship issue. But ArginMax does give women more choices."

Suggested intake: Follow the dosage recommendation on the label, which are six capsules daily.

 You can buy ArginMax for Women at the Web site www.arginmax.com. The Daily Wellness Company, 1946 Young Street, Suite 390, Honolulu, HI 96826 (888-866-0826); e-mail dwcservice@dailywellness.com. ArginMax for Women is also available in retail stores, online and from catalogs.

FOUR DRUG-FREE WAYS TO MINIMIZE MENO-MISERY

Can herbs and other drug-free treatments really reduce the symptoms of menopause?

New finding: Yes, says a new study in the journal *Family Practice*. Researchers in England looked at 45 menopausal women, dividing them into two groups—those who were treated by a trained medical herbalist and those who weren't. (The herbal treatments included dietary and lifestyle advice.) After six months, those seeing the herbalist had fewer hot flashes and night sweats, less anxiety and depression and higher levels of sexual desire.

Here are four herbal and dietary treatments for menopause that scientific studies are finding might work.

Breakthrough Studies

• **Flaxseed.** "Hot flashes are a bothersome issue for women experiencing menopause," says Sandhya Pruthi, MD, of the Mayo Clinic. "We hope to find more effective non-hormonal options to assist women—and flaxseed looks promising."

In her study of the food, 29 women used 40 grams (four tablespoons) of crushed flaxseed a day, mixing two tablespoons into cereal, juice, fruit or yogurt, twice a day.

After six weeks, their frequency of hot flashes decreased 50% and the intensity decreased by 57%. The women also said they had improvements in sweating and chills (both of which can accompany hot flashes), in mood and in joint or muscle pain (common problems in menopause).

"We are quite pleased with the improvements noted by these women in their quality of life," says Dr. Pruthi. "Not only does flaxseed seem to alleviate hot flashes, but it appears to have overall health and psychological benefits as well."