

HOTSHEET

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

Pancreatic cancer linked to pesticides

Although the organochlorines in DDT, DDE and PCB have been suspected to have carcinogenic effects, recent research in Barcelona, Spain shows a relationship between these pesticides and pancreatic cancer. **This is the first study to successfully link the development of cancer to the environmental substances, and the results could in fact show that organochlorines are actually linked to the development of several cancers.**

Patients in the study who were already diagnosed with pancreatic cancer were 5 to 10 times more likely to show increased levels of organochlorines in their blood than patients hospitalized for noncancer reasons. But perhaps most importantly, the concentrations of DDT and DDE were highest in those patients with a gene mutation called K-ras—believed to be an essential carcinogen target. Researchers, however, cannot prove a direct correlation between the K-ras and the pesticides, but they believe that the harmful compounds may enhance the effects of K-ras mutations or give them a growth advantage.

Researchers do believe their study will help them understand better the causes of pancreatic and other cancers, and how organochlorine compounds may be involved in cancer risks, especially considering the high blood levels of the compounds despite restrictions on their use going back to the mid 1980s. In fact, recent surveys of meat and fish samples in Spain revealed DDE in 78 to 100 percent of the meat and 50 percent of the fish.

New salmon allergies explained

A recent study in the Netherlands uncovered a possible allergy risk in pre-packed salmon for individuals with aller-

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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.

Advice for gum health, muscle pain

Q: For the past two or three months, I have had problems with inflamed and bleeding gums. The flare-ups happen once every two weeks or so. Is there anything I can do in addition to my dental cleanings to help prevent this problem?

—Elaine in St. George, UT

A: Well, Elaine, it sounds like you may be in the early stages of periodontal disease. It is the second most common infectious ailment in the United States and is a major cause of tooth loss in adults. In fact, by the time you're in your fifties, you have a fifty-fifty chance of having some level of the disease.

Initiated by the accumulation of plaque on the teeth, it causes the gums to swell and pockets to form between the teeth which trap even more plaque. The gums bleed and swell. In addition, long-term infection will cause bad breath, canker sores, abscesses, stomatitis and tooth loss or erosion in the bone surrounding the teeth.

Eating too many sugary foods, poor nutrition, improper brushing or flossing, chronic illness, glandular problems, smoking and excessive alcohol intake can all impact your tooth health. Sometimes problems are related to a vitamin C, calcium, folic acid or niacin deficiency, and smokers are more susceptible than nonsmokers, because they are more likely to have problems with vitamin C absorption. Stress, anemia and allergies can also impact teeth and gum health.

Of course, prevention is the better than treatment, but there are various things you can do in addition to dental visits. Increase your daily intake of vitamin C (with bioflavonoids) and goldenseal, as well as taking coenzyme Q10. Calcium and magnesium supplementation is also helpful, as are vitamins A, E and B complex. Oral

treatments of clove oil, aloe vera gel and diluted grapefruit seed oil can help soothe and kill infection. Echinacea is good to keep down swelling, and goldenseal can also be applied orally in extract form as well. Taking goldenseal internally, however, for more than one week will disturb intestinal flora.

Changes in diet to include more green, leafy vegetables and more fruit and grains are also necessary. Rinsing with sea salt and baking soda is also effective against gum disease. **TH**

Q: I have trouble with muscle cramps in my calves just before falling asleep and sometimes when I first wake up in the morning. Is there anything I can do to prevent them?

—Bill in Portland, Oregon

A: Muscle cramps, especially those in the legs are often caused by an imbalance of calcium and magnesium and/or a deficiency of vitamin E. Inactivity, smoking, anemia, arthritis, arteriosclerosis, dehydration, heat stroke, hypothyroidism, poor circulation and varicose veins are some other causes. However, unless you think you may be affected with something serious, try treating for common causes first.

Your first treatment should be to increase your daily consumption of magnesium, calcium and vitamin E. Potassium, zinc and silica are also good supplements, as are vitamin D, C and B complex. If you do think it is related to circulation, consider using alfalfa, dong quai, elderberry extract, ginkgo biloba or even saffron.

For treatment when you do experience cramping should include rubbing lobelia extract into the affected muscle or taking valerian root in the evening to relax the muscles. Adding mineral salts to your bath water and bathing before bed will help increase blood flow to the muscles in the evening. **TH**

EXPERTADVICE

LEGALINFO

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YourHealth

Protecting the Health of Your Family

HACKATTACK

Cook up your own cough remedies

During the winter months, your respiratory system can take quite a beating, and sometimes your bottle of cough syrup just doesn't cut it. Wouldn't it be nice if you could match your cough remedy to the kind and cause of the cough you have? Well, now you can.

Certain herbs are better suited for certain kinds of coughs. For example, antitussive herbs discourage coughing and help soothe respiratory nerves, which is important for a dry, mucus-free cough. Meanwhile, expectorant herbs encourage phlegm-loosening and coughing to help you cough up mucus in a wet cough. Demulcent herbs coat inflamed mucous membranes. Some herbs offer only one of these attributes, and others are combinations. If you can identify the kind of cough you have, you can also pinpoint the kinds of herbs you need to fix it.

When coming up with cough syrup recipes, keep in mind that children under the age of one should not ingest honey. Use maple or barley malt syrup instead. Also, cut doses in half for children under eight. If you are pregnant or nursing, consult an herbalist before treating yourself.

The basic need of the cough will determine the kind of syrup you need. For a dry cough, you want antitussives like wild cherry bark that won't irritate, in addition to demulcent and expectorant herbs. When the dry cough is accompanied by a sore throat, demulcent herbs are most important (marshmallow or colt's foot) in addition to an expectorant like

Identify Your Cough

Your cough usually falls into one of the following four coughs, although sometimes it can change from one type to another.

Dry cough

Signs—coughing with no mucus, unproductive

Causes—colds, nervousness

Dry cough with sore throat

Signs—cough with no mucus and throat irritation, unproductive

Causes—persistent cough, cigarette smoke, cleaning product fumes or other irritants

Wet cough w/ clear or white mucus

Signs—cough that brings up thin and watery mucus, productive, often accompanied by body aches, chills, fever, etc.

Causes—often a virus

Wet cough w/ yellow or green mucus

Signs—cough that brings up thick and sticky mucus, productive, often sore throat or fever

Causes—often bacterial infection

horehound. Wet coughs with clear or white mucus need warming herbs such as elecampane, as well as demulcents and expectorants. The use of warming herbs is especially important. For a wet cough with yellow or green mucus, cooling herbs such as bamboo or mulberry are most important, in addition to an expectorant and antibacterial element. Note: See a health care practitioner if the cough has gone on for several weeks, is very severe, or if you have persistent fever and chills, night sweats, chest pain, difficulty breathing, or

have coughed up blood.

Here are a couple of recipes to get you started.

Dry cough syrup

1/4 ounce licorice root
1/4 ounce mullein leaf
1/4 ounce wild cherry bark
4 cups water
1/2 cup honey (or maple syrup) juice of one lemon

Place herbs and water in nonmetal pot and simmer uncovered until mixture is reduced to two cups. Strain the herbs and combine the liquid with honey and lemon juice. Stir and cool. Transfer to sterilized glass bottle and refrigerate. Shake before using. Take 2-3 teaspoons at a time as needed, up to 24 teaspoons per day.

Wet cough (w/clear mucus) syrup

1/2 ounce elecampane
1/4 ounce licorice root
1/4 ounce tated pinellia rhizome (optional, a decongestant)
8 cups water
1/4 ounce horehound
1/2 ounce colt's foot
2 cups honey

Soak elecampane, licorice and pinellia in water in nonmetal pot for 30 minutes. Bring to a boil, then simmer for 20 minutes. Add horehound, simmer 30 minutes. Add coltsfoot, simmer 10 minutes. Remove from heat, strain herbs, and return liquid to pot. Add honey and simmer until reduced to three cups. Cool, transfer to sterilized glass bottle and refrigerate. Take one tablespoon at a time, as needed, up to three tablespoons a day. **TH**

Another Remedy

Dilute 3 drop of an essential oil (peppermint, eucalyptus or cedar) into a carrier oil and massage into chest or add 10-15 drops to a pot of steaming water or vaporizer and inhale.

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gies to milk. **Researchers said that the vacuum-packed, 'restructured' fish are the ones that could cause problems. The problem is the protein casein, which is being used to restructure the fish—or bind the smaller pieces of fish together. Manufacturers have only recently started using this technique, but casein is the protein in milk that usually causes allergic reactions.**

Those who reported reactions to the salmon had milk allergies, and none of them had allergies to fish. In addition, researchers analyzed fresh salmon and found no casein. The prepacked salmon does not contain a large amount of the protein, but researchers say it is enough to cause a substantial allergic reaction. More specific labeling could be a solution to the problem, but manufacturers say that they have an alternative to using casein that may help them avoid allergic reactions.



Link shown between antibiotics and newborn health

A Researchers at the Centers for Disease Control and Prevention (CDC) in Atlanta, Georgia announced that newborns treated with erythromycin, an antibiotic used to prevent whooping cough, may be at higher risk for developing a disorder of the stomach that requires surgery. This announcement comes after studying 157 newborns at a hospital in Knoxville, Tennessee, who were exposed to whooping cough accidentally by a health-care worker.

In this study, the first on the subject, seven of the babies, or five percent, given the antibiotic were later diagnosed with infantile hypertrophic pyloric stenosis. This is alarming, because normally the disorder shows up only in one to three of every 1,000 newborns—or 0.3 percent. Infants with this

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disorder have a larger than normal muscle at the bottom of the stomach that develops after birth and prevents food from moving from the stomach to the small intestines. Symptoms include projectile vomiting at about four weeks of age. Surgery is required to repair the problem.

All of the babies that developed the disorder were less than three weeks old when given the antibiotic, and although all recovered from surgery, physicians should evaluate whooping cough risks against the risks of giving the antibiotic to newborns under a month old. It is suggested that the preventative only be administered if the child has been directly exposed to whooping cough.



Important news for Alzheimer's patients

At the University of South Florida, Tampa, researchers have uncovered another layer in the causes behind Alzheimer's disease. It had been discovered prior to their study that sticky amyloid plaques accumulate in the brains of those afflicted with Alzheimer's, but the role these played in the disease was unknown. However, now **researchers in Florida claim that a substance called amyloid beta peptide, a component of these plaques, is involved in initiating the process that damages brain cells. This discovery is important, because it may help the development of medications to treat the disease by blocking peptide activity.**

Evidently, the peptides use a receptor called CD40, which is usually used for immune cell communication; however, when the peptides activate the receptor, immune cells called microglia are signaled. The presence of the microglia in the brain causes inflammation and can damage brain cells. The fact that a cell receptor is involved is good news, say researchers, because there are already numerous medications that target cell receptors in the body. Hopefully, it will not

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HealthNews

Big Breaks in Health Regulation

SENATEHELP

New Vitamin Improvement Act proposed

A new senate proposal may allow low-income families to use food stamps to buy dietary supplements. The Food Stamp Vitamin and Mineral Improvement Act of 1999 is being pushed by Utah's Orrin Hatch in conjunction with Senators Tom Harkin and Mitch McConnell. The act would attempt to boost the nutritional health of low-income families—a segment of society that is often measured

below the government's recommended daily levels for many nutrients.

In fact, the senators were prompted to action after a study at Tufts University School of Nutrition in Boston came out. It found that fifty percent of children in low-income families had zinc deficiencies, forty percent lacked iron and thirty-three percent didn't get enough vitamin E. These figures were significant

enough to warrant Senate action.

Hatch says that the current food stamp laws don't make much sense. "Why allow pregnant women to buy Fritos but not folic acid, which prevents neural tube defects?" Hatch hopes this bill will make a difference for women and children. It is currently under review by a committee of the Senate and should come to vote sometime next year. **TH**

STRESSTEST

Stress may increase birth defect risk

According to Doctor Carmichael and Dr. Shaw, from the March of Dimes/California Birth Defect Monitoring Program in Emeryville, stressful events in a woman's life around the time of conception through the first trimester may increase the risk for congenital abnormalities in their child. These doctors analyzed the relationship between stress and the fetus's risk for defects by looking at stress levels from one

month before conception to three months into the pregnancy. Among the 2,000 mothers interviewed were those who had children with a variety of defects, including cardiovascular, skull or spinal, cleft lip or palate and limb, as well as 734 mothers who had children without birth defects. In the interviews, which took place approximately three or so years after pregnancy, mothers were asked if any of three events occurred around conception through the first three months: someone very close dying, divorce or separation or losing a job. The women were also asked about a variety of health behaviors. The researchers found that those who experienced one or more of the stressful events were slightly more likely to have children with defects—1.4 times higher for car-

diovascular problems, 1.5 for skull and spinal, 1.4 for cleft lip or palate and 1.3 for limb defects. Researchers also noted that for all the types of abnormalities, the relationship between stress and defects was less for obese women, perhaps because of differences in the stress system resulting from their weight. The stress risk, however, was greater in women with a lower level of education. Education may be linked to socioeconomic status, which could indicate chronic stressors, behaviors, etc. are being

experienced by certain socioeconomic classes that predispose them to these types of birth risks. Researchers claim that stress can alter body chemicals, thereby changing the baby's environment, or the mother's coping strategies, i.e. smoking, drinking or poor nutrition, could affect the development of the fetus. Those involved in the study did admit to what's called a "recall bias," meaning that the women with children who had defects may be more prone to remember the stress of their pregnancy than women whose pregnancy went well. However, although the findings are somewhat subjective, the possibility of stress being a factor for birth defects should not ruled out and more research will be done. **TH**

"The researchers found that those who experienced one or more of the stressful events were slightly more likely to have children with defects."

FoodStuff

Eat Healthy, Live Better

SOULSPICE

Winter recipes to warm body and soul

SPICED SWEET POTATO-PUMPKIN BUTTER

- | | |
|---|----------------------------|
| 1 two-lb. chunk of pumpkin, seeds removed | 1 cup maple syrup |
| 2 lb. sweet potatoes (two large), cut in half lengthwise | 2 teaspoons lemon juice |
| Grated zest (about 1 T.) from one large orange | 1 teaspoon ground ginger |
| 1 c. fresh squeezed orange juice (from three large oranges) | 1 teaspoon ground cinnamon |
| | 1/4 teaspoon ground cloves |

Preheat oven to 400 degrees. Place pumpkin and sweet potatoes on a large foil-lined baking sheet, cut side down. Bake until very tender when pierced with sharp knife, about one hour. Using a spoon, scoop flesh away from skin of pumpkin and sweet potatoes and transfer to a large saucepan. Discard skins. Stir in orange zest, orange juice, maple syrup, lemon juice, ginger, cinnamon and cloves. Place over medium heat and bring just to a simmer. Reduce heat to very low and let bubble gently, stirring often, until mixture is very thick, about 30 minutes. Cool slightly. Transfer to a food processor and purée until completely smooth. Spoon spiced butter into six clean eight-ounce jars, let cool, seal, and refrigerate for up to one month (or freeze). Makes about six cups.



WINTER BLEND GREEN TEA

- 13 cups loose green tea
- 2 cups dried mint leaves
- 2/3 cup dried licorice root
- 1/2 cup dried gingerroot
- one tea ball

Combine all ingredients in a bowl and toss to mix. Pack in containers. To make tea, add one tablespoon of tea mixture to a tea ball and infuse in 12 ounces of boiled water for two to three minutes. Makes about six cups loose tea.

HerbSpotlight

A Brief Look at a Superstar of the Herbal World

IT'SDANDY

Dandelion supports healthy urinary tract

This perennial plant is found almost everywhere, often to people's dismay. However, this common herb has useful diuretic and bile-forming properties, among other attributes. The root of the dandelion plant is especially useful for aiding secreting and excreting processes in the body. Because it aids remove toxins from the body, it is also considered a stimulant and tonic.

The fresh juice is the most effective, but teas can be made as well. Warm teas are especially beneficial against indigestion with accompanying insomnia, fever or constipation. Infusions

with the fresh root are useful against liver disorders, including jaundice, as well as gallstones. The root and leaves boiled in a tea are good for joint problems, such as rheumatism, or just basic stiffness.

Dandelion herb and root are approved in the American Botanical Council's German Commission E Monographs. The herb alone is approved as an appetite stimulant and for use against dyspepsia and flatulence. However, using the herb and root together is approved for use to stimulate bile and urine flow, as well as for dyspepsia. When

using the root and herb together, dandelion has both purgative and diuretic attributes. The only mentioned side effect is associated with all bitter herbs—possible discomfort due to gastric hyperacidity. **TH**

Parts used: whole plant (before it flowers), leaves (during flowering) and root (alone in the fall)

Medicinal uses: urinary tract, dyspepsia, gallstones, constipation, liver problems, rheumatism, gout, loss of appetite.

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be long before a compound is found that can block CD40 activation.

The bad news is that according to studies, the CD40 activation occurs before symptoms develop, and so the disease may begin much earlier than it was originally thought.



Antioxidant effect on chemotherapy

According to a report from a recent meeting of the American Society for Cell Biology, **cancer patients on chemotherapy who use antioxidant vitamins A and E may be reducing the effectiveness of their therapy by counteracting the way cancer drugs are supposed to work.** Doctor Salganik of the University of North Carolina explained that since almost all anticancer drugs kill cancer cells by apoptosis, vitamins A and E interfere with this process, because they reduce apoptosis in cancer cells. Apoptosis is basically a suicide mode of the cell that causes it to self-destruct after sustaining enough damage to its DNA. In experiments using mice with brain tumors, those mice with a diet free of both vitamins increased apoptotic brain cancer cells from three percent (with the normal diet) to nineteen percent with the new diet. Doctor Salganik recommended an antioxidant-free diet for those patients undergoing radiation or chemotherapy. Further studies are planned using humans, though researchers say this finding may explain an earlier study that showed lung cancer rates higher in those who ate diets high in antioxidants.



New antibiotic research

Th According to new research at Utrecht University, Netherlands, **a common cheese preservative has been found to also have strong antibiotic**

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capabilities. This research may prove invaluable as bacteria become more and more resistant to current antibiotic medications. The preservative, known as nisin Z is produced by a microbe that turns milk sour and is harmless to people.

Its antibiotic properties were found to mimic those of the powerful antibiotic vancomycin, because both target lipid II, a substance that is sometimes found in the membranes of some bacteria. Nisin works by using the lipid II to poke holes in the membrane, thereby causing the essential material in the cell to drain out. It is not as effective when used in conjunction with the vancomycin—probably because they both target the same area.

And the good news is that, unlike many other antibiotics, no strains of bacteria are known to be resistant to nisin, even though it has been used for more than fifty years as a preservative. Its strength in combination with its ability to avoid bacterial resistance may make nisin an important blueprint for future antibiotics.



Virtual reality for pain relief

At Harbor View Medical Center in Seattle, studies are underway using virtual reality for pain relief. Psychologist David Patterson, Ph.D., is using the unorthodox treatments to distract burn victims from the daily pain of their wounds and treatment. Patterson decided to use virtual reality because eighty percent of the patient's pain was not being relieved by the morphine they were receiving—patients still described their pain as excruciating. The study found pain was reduced by another fifty percent by using the VR treatment. Researchers explained that pain is largely psychological, and they hope to use VR treatments someday for many types of pain, from dental surgery to chronic arthritis.

Cassia Nomame—the weight loss solution

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tle of the bulge regardless of our awareness that carrying excess weight is not only unappealing, but unhealthy as well. The challenge at hand is to single out weight loss supplements that most effectively work to help us reach our weight loss goals without putting our health in jeopardy. Obviously, one of the primary culprits in promoting obesity is dietary fat. Our struggle with the management of dietary fat grams is primarily due to the fact that fat contributes to the appealing taste and texture of food, not to mention its ability to promote a feeling of satiety or satisfaction. In fact, the USDA recommends that only 30 percent of our daily caloric intake be derived from fat.

In the end, what kind of natural options are there to help with weight loss. Currently, the best option for natural treatments comes from an extraordinary botanical known as Cassia nomame. Cassia nomame is functions as a lipase inhibitor, which means that it inhibits the body from absorbing fat. According to an editorial in a 1999 issue of the American Journal of Clinical Nutrition, recent data suggests that the persistence of obesity is "most probably caused by a tipping of the energy equation toward excessive intake of energy rather than too little energy expenditure." What this editorial points out is that current evidence reinforces the notion that to effectively control obesity, therapy must focus on limiting the intake or the absorption of dietary energy (calories). Cassia nomame can help limit the amount of calories absorbed from fat. Cassia nomame will absorb about 30 percent of dietary fat eaten.

A natural lipase inhibitor, like Cassia nomame, impairs the enzyme responsible for the breakdown of fat, thereby

HIGH FAT FOODS

(50–100% of calories derived from fat)

- 100%**
Butter, margarine, vegetable oils (olive, canola etc.), mayonnaise
- 95%**
Whipping cream, olives, pecans
- 90%**
Cream cheese, Italian dressing, avocado
- 85%**
Hot dog, pork sausage, sour cream, walnuts
- 80%**
Bacon, spare ribs, half & half
- 75%**
Cashews, cheddar cheese, lamb chops, peanut butter, salami, sunflower seeds, T-bone steak (untrimmed)
- 70%**
Ham, pork chops (including edge), Swiss cheese
- 65%**
Eggs (whole), ice cream, potato salad
- 60%**
Chicken McNuggets, chocolate (sweet German)
- 55%**
Granola, Big Mac, T-bone steak (trimmed)

blocking its function. Consequently, fat molecules remain undigested and unabsorbed as they travel through the gastrointestinal tract. Hence, their caloric or energy content is not released into the bloodstream. Other weight loss supplements or drugs which targeted appetite suppression through brain chemical manipulation or work to accelerate the burning of fat through metabolic boosters come with a whole host of significant side effects. By comparison, blocking the absorption of fat in the digestive track can be an effective way to reduce caloric intake without some of the more serious risks associated with other compounds. Unlike drugs like phen-fen, lipase inhibitors do not effect the

body systemically. In other words, they stay confined to the gastrointestinal tract rather than enter the bloodstream. Appetite suppressant drugs, however, end up circulating through the blood, thereby effecting all body systems with unwanted side effects.

Because a lipase inhibitor prevents dietary fats from being digested, it also stops the absorption of certain fat soluble vitamins that are found in fats, like beta-carotene and vitamins D and E. Make sure to take your supplements right before bedtime, when you're not taking a lipase inhibitor or at least two hours before or after you have taken a lipase inhibitor. **TH**

Fight the infection bug—naturally cont. from front page

Natural Bug Fighters

1. Echinacea. This herb is one of the most well-known and respected herbal virus fighters. Numerous studies show that it enhances the body's immune function in a number of ways, and that it has direct antiviral properties, fighting the viruses that cause the cold, flu, herpes and vesicular stomatitis.

Many of these studies have tested patients suffering from cold/flu infections and the results have been extremely impressive: in general, echinacea can shorten the duration of an infection, lessen its severity, or both.

2. Vitamin C. Another well-known nutrient for battling the cold and flu, vitamin C possesses powerful antiviral and immunostimulatory capabilities.

There is a large body of research indicating that vitamin C can enhance white blood cell production, increase interferon (a group of proteins released by white blood cells that combat viruses), increase antibody responses, promote secretion of thymic hormones, and repair connective tissue.

One great thing about vitamin C is that it is found abundantly in many foods, including broccoli, sweet peppers, cabbage, spinach, melons, and citrus fruits. This means that one doesn't have to rely heavily on supplemental vitamin C to get optimal doses.

3. Zinc. This essential mineral has long been recognized in health circles for providing protection against colds/flu. However, only recently has the general population learned of its value.

There is currently a notable body of research indicating that zinc helps the immune system function better. Most studies targeting its effect on colds show it can cut the duration of a cold nearly in half.

4. Garlic. This herb has been used for its antibiotic, antiviral and antiparasitic properties all over the world for thousands of years. Its ability to fight drug-resistant bacteria and numerous infections is attributed to its allicin content. It is also effective against candida, dysentery, autoimmune diseases, influenza, cancer, cholesterol and blood pressure problems.

5. Olive leaf. Used in ancient Egypt, this extract can both prevent and inhibit infection, viruses, microbes, parasites, bacteria, yeasts and fungi, as well as reducing arthritic inflammation and boosting the immune system to fight against HIV, influenza, chronic fatigue and other disorders. Recent research supports especially its antiviral and antibiotic properties.

6. Tea tree. This extract is used externally as an antiseptic to treat infections and kill microbes without irritating the skin. However, it should not be ingested. It has been tested effective for fungal infections of the feet and nails, diaper rash, ringworm, acne, candida infections, dandruff and herpes viruses.

7. Grapefruit seed. Discovered in 1972, this extract is a powerful antibiotic, antiseptic, disinfectant and food preservative. It is nontoxic and less expensive than the chemical and drug products it replaces. It can be used to sterilize, as a germ cleanser, and to fight against intestinal parasites, strep throat, acne, urinary and yeast infections, and athlete's foot as well as caring for dental problems like gingivitis. This extract can be used both internally and externally.

8. Pau d'arco. This well-known herb is known for its potent antibiotic and antiviral properties, as well as its natural immune enhancement capabilities. The inner bark in particular is helpful in pre-

vention of viral, bacterial, fungal and other microbial infections.

9. Red clover. This sweet herb is known for its antibiotic action, especially with infections of the skin, bladder infections, bronchitis and tumors.

10. Goldenseal. Native to North America, many tribes of Native Americans used this herb to treat infections. Research has uncovered three alkaloids that promote goldenseal's healing abilities against both bacterial and viral invaders. It also has immune-stimulating properties. **TH**

Additional Bug-busters

acidophilus
aloe vera
astragalus
B complex
cinnamon
clove
colloidal silver
licorice root
l-Lysine
maitake
mullein
noni
oregon grape
peppermint
reishi
shiitake
vitamin A
vitamin E

NEXTMONTH
in
Today's
HERBS

Cordyceps Sinensis
Chinese Wonder for Improved
Immune Function

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Today's Herbal Health
The Complete Reference for All
Your Natural Health Questions