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."


"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.

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 a decrease in sexual desire or trouble lubricating.

Now there's help...

A team of researchers at Stanford University and the University of Hawaii (172 women, age 22 to 73) with sexual problems were treated with L-arginine (an amino acid found in red ginseng, Pycnogenol, and damiana leaf) and vitamins A, C, E, B6, and pantothenic acid, and the minerals calcium and magnesium. The placebo group took a placebo pill.

At the beginning, 29% of the women filled out the "Sex Index," which measured frequency of sex and satisfaction; placebo, 31; L-arginine, 27.

Result: After six weeks...

- More sex: 81% of the women in the L-arginine group had increased intercourse frequency beyond the placebo group.
- More frequent intercourse: 85% of the L-arginine group had increased satisfaction compared to the placebo group.
- More desire: 49% of the women in the L-arginine group had increased desire.
- More lubrication: 29% of the women in the L-arginine group had increased lubrication.
- More satisfaction: 34% of the women in the L-arginine group had increased satisfaction.

L-arginine is an amino acid that is used for cardiovascular health, as it aids nitric oxide production, which is key to normal sexual function. It is available in most health-food stores and online. A recent study of 1,000 women showed that 99% of those who took L-arginine showed an increase in sexual desire and satisfaction.

Now there's help for those without sex drive.

Bottom Line's Breakthroughs in Drug-Free Healing
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.

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Women's Health
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."

- Hops extract. Researchers studied menopausal women in two groups—one receiving a hop extract standardized for 8-prenylnaringenin—a compound similar to estrogen, and one taking a placebo. The hops extract reduced other symptoms, "may provide an alternative treatment for hot flashes and other symptoms," says the researchers.

Supplements are available.

- Pycnogenol, mountain birch bark, rich in antioxi-
dants, is a popular condition, especially for patients. In a study in Germany, 153 women were given either pycnogenol or a placebo, those taking the supplement improved in depressed mood, anxiety, sexual symptoms, and in its absence, "safe and natural symptoms," says the study's lead researcher, "encouraging."

The researchers took a day of pycnogenol extract is found.

- Soy isoflavones, rich in a compound are phytoestro-
gen.