

Red Clover

Essentials for Healthy Living

MARKET

5500 Old Cheney Road, Ste. 14 Lincoln, Ne 68516
(402) 421-2460

Monday-Friday 8-8

Sunday 10-6

Closed Saturday

The Polycystic Conundrum

Excerpted from *Dr. Susan Lark's Hormone Revolution* by Susan M. Lark, MD with Kimberly Day



Supporting our advertisers supports our Newsletter... Thank You!

Published by

DOLPHIN

Printing & Publishing
801 Ingraham Ave.
Haines City, FL 33844
1-800-713-2802

Volume 11, No. 10
October 2007

IN THIS ISSUE

Introducing Andrographis	3
Natural Dental Health & Holistic Dentistry	4
Mixing Ideas for Enzymes	10
Cabbage-Apple Skillet	12
Herb of the Month: Pygeum	12

Anyone suffering from polycystic ovarian syndrome (PCOS) can attest that it is a very frustrating and difficult condition. On one hand, you suffer with the effects of too much testosterone, including acne and increased growth of hair on the face, abdomen, upper thighs, chest, and back. Plus, you must contend with excess estrogen issues, such as infertility and menstrual irregularities. As if that wasn't bad enough, PCOS is also linked to insulin resistance, which can cause many sufferers to become severely overweight, and puts them at risk for developing diabetes.

Part of the difficulty of working with PCOS is that it has multiple underlying causes, namely a number of different hormonal imbalances. Specifically, the production of the pituitary's luteinizing hormone (LH) is significantly elevated in women with PCOS, while the production of the pituitary's follicle-stimulating hormone (FSH) is normal or slightly diminished. The imbalances in these hormones upset the normal production of estrogen, progesterone, and testosterone by the ovaries and adrenal glands, disrupting the healthy balance between all three of these sex hormones. Moreover, 50 percent of the women with PCOS have elevated levels of prolactin and decreased levels of dopamine.

Fortunately, there are a number of nutrient and lifestyle recommendations that can help most women with PCOS find relief quickly and effectively.

Balance Estrogen Levels Naturally

Certain plants and nutrients curb estrogen production by binding to the estrogen receptor sites and blocking the enzymes that convert testosterone into estrogen. And one of these best in this arena is flaxseed.

Flaxseed contains a double source of plant-based estrogen. Both the oil and the flax lignan (a substance contained within the cellulose-like material that provides structure to plants) contained within the seed have been researched for their estrogenic effect. Once plant lignans are eaten, in-

testinal bacteria convert them to weakly estrogenic substances that are absorbed into the body.

Lignans also inhibit the production of estrogen, as seen in a study conducted at the University of Minnesota, and published in the *Journal of Clinical Endocrinology and Metabolism*. Eighteen women with normal menstrual cycles ate normally for three cycles and then added 10 grams of flaxseed powder per day to their diet for an additional three cycles. During the time that the women did not eat flaxseed, there were three cycles when no ovulation occurred. But when flaxseed was included, all of the women in the study ovulated every menstrual cycle. Thus, ground flaxseed was found to improve the estrogen-to-progesterone ratio favoring the levels of progesterone within the body.

To help rebalance estrogen levels and increase ovulation, I recommend taking 1-2 tablespoons of cold-pressed flaxseed oil or 4-6 tablespoons of ground flaxseed daily. If you purchase the whole seed, be sure to grind it into a fine meal before consumption in order to release the beneficial lignans.

Another great nutrient for PCOS is vitex. Also known as chaste tree berry, due to its ability to decrease libido, vitex has been used for centuries to ease heavy menstrual bleeding, promote ovulation, and even restore menstruation in women who suffer from amenorrhea.

One study found that vitex helps restore menstruation by increasing progesterone levels. Researchers gave vitex extract to 20 women who had either abnormal or non-existent menstruation. After six months, 15 of the women were available for evaluation. Lab tests revealed that 10 of the 15 women had a return of their menstrual cycles, as well as increased levels of progesterone. A similar study found that eight women with abnormally low progesterone levels who were given vitex every day for three months also enjoyed increased progesterone levels. In fact, two of the women became pregnant!

"...there are a number of nutrient and lifestyle recommendations that can help most women with PCOS find relief quickly and effectively."

To increase progesterone levels, I suggest taking 140–275 mg of a standardized extract of vitex (chaste tree berry) every day. Chaste tree berry works slowly, so it may take three or four months before you start to see its full benefit.

The Unattractive Side of Excess Testosterone

Two of the biggest complaints I get from women suffering from excess testosterone are the cosmetic effects—namely acne and unwanted facial hair.

When it comes to treating acne, you really do have to work from the inside out.

The best way to treat adult acne is to use a variety of approaches: diet, supplements, or topical treatments. The first thing I recommend is to avoid refined sugar and foods high in sugar. Sugary foods over-

stimulate the sebaceous glands and can trigger excess oil production. Refined sugar can also contribute to blood sugar imbalances, which can worsen symptoms of anxiety and stress, both of which can lead to breakouts.

Next, include vitamin A in your diet. It not only helps improve the overall health of your skin, it is especially helpful in suppressing oily skin and acne. In fact, one study found that high doses of vitamin A helped clear up even the most severe cases of acne in 90 percent of people treated with the vitamin. Since too much vitamin A can adversely affect liver function, I recommend that you take its water-soluble precursor—beta-carotene. Dosages between 15,000 and 25,000 IU daily should provide you with adequate skin protection.

If you do break out, I suggest treating the blemish with tea tree oil. After washing the infected area, place one drop of Australian tea tree oil directly on blemishes. Read the product label carefully to be sure the oil contains 50 to 60 percent terpenes (preferably terpin-4-ol) and no more than 15 percent cineole. A \$5 jar will most likely last longer than your acne!

When it comes to unwanted facial hair, your best bet is to find a safe, natural, and effective way to inhibit 5-alpha reductase—the enzyme that activates testosterone in facial follicles. These substances have significant efficacy, es-


pecially when they're used together.

Green tea extract (epigallocatechin gallate, or EGCG), a phytochemical from the green tea plant, inhibits 5-alpha reductase, and also has been shown to reduce skin inflammation in women suffering from rosacea.

NDGA (nordihydroguaiaretic acid), an extract of chaparral, blocks receptor sites for 5-alpha reductase and also inhibits the skin's pro-inflammatory cascade.

Zinc, azelaic acid, and vitamin B6: Even at low doses, zinc and azelaic acid (from the yeast *Pityrosporum ovale*) are potent 5-alpha reductase inhibitors because they work synergistically. Vitamin B6 enhances their activity and their ability to penetrate the skin. In a French study, when very low doses of these agents were applied together, their combined activity blocked 5-alpha reductase by an amazing 90 percent.

Taming the Testosterone-Estrogen Hybrid

PCOS is clearly a complicated disorder, but with the right combination of nutrients, key lifestyle changes, and daily exercise, you can tame this twisted beast. 

For more information about PCOS and other hormone-related concerns, get your own copy of Dr. Susan Lark's *Hormone Revolution* at www.portolapress.com.



A new approach to help relieve chronic joint pain.*

FlexNow™ Joint Formula with the most potent inflammation fighter found in any botanical.*

We know how chronic joint pain affects the daily quality of your life: Climbing stairs. Putting on socks. Getting out of bed in the morning. So we're going to make you a promise. FlexNow will reduce your inflammation and give you a level of relief you have never felt before.* You will experience the joy of moving freely again.*

Complete Relief in 30 Days or Complete Refund.

For coupons and more information, visit our website: www.flexnow.us



*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Introducing Andrographis

By: Michael Hennessey

My whole natural foods education has led me to bitters and I am not gonna be shy about it. Neither should you. Traditional Chinese Medicine taught me all about bitters, the study of organic green vegetables taught me about bitters, the science of Indian Ayurveda and my study of early American herbalism all led me to the conclusion that bitters are good. My current love affair with the aloe pant is based primarily on its delicious bitterness. So, pucker your face, smile and spend some time learning about the most invigorating of the five flavors, the Bitter.

Andrographis paniculata has been working its way through the natural foods industry for the past two decades. This Asian herb has found its way to our shelves through the Scandinavian countries, especially Sweden, where the herb has been embraced for its effects in fighting colds. But andrographis goes back much further and is deeply entrenched reverentially in the medicinal writings of the Indian and Chinese herbal systems. Andrographis is a heavyweight bitter, and to any herbalist – that is a good thing.

Andrographis hails from India, China, Korea and Thailand. Known as the King of Bitters, it does what every bitter does naturally: stimulates bile, assists the liver in producing antioxidant enzymes and has noticeable energetic effects on the immune system. It creates activity within the body. Current research and modern usage shows it to be beneficial for the liver, as an anti-inflammatory and as an immuno-stimulant. Yes, andrographis might just be showing up at exactly the right time!

Bio:

Michael Hennessey is president and owner of Blue Moose Consulting, a brokerage firm representing 12 nutritional supplement and bodycare companies. He has worked in the natural foods industry as a retailer and educator since 1981.

This newsletter is published monthly by Dolphin Printing & Publishing, Inc., 801 Ingraham Avenue, Haines City, FL 33844. All rights reserved. Material may not be reproduced in whole or in part in any form whatsoever. The information presented in this newsletter is intended for informational purposes only. Consult a qualified health professional for individual advice.

Clinical trials support its use for upper respiratory tract infections, GI infections and UTI, bacterial infections, hepatitis, liver disease and AIDS. It also may exert some influence over abnormal cell growths. Andrographis is certainly worth learning about.

Andrographis is an extreme bitter, so a little goes a long way. It is energetically cold so is best combined with a warming herb like ginger or astragalus for people with cold conditions. It is a good tool for conditions of heat, fever or inflammation and may be an herb to consider for situations of antibiotic resistant infections.

In traditional Ayurvedic medicine, andrographis is actually a common household remedy, given to children and used for fevers. This is probably because the Indian folk medicines never abandoned the beneficial bitters. It is used to support healthy digestive cardiovascular and urinary systems. It also has recognized hepatoprotective activity, and is commonly used for blood-purifying. There are no known toxicity concerns –

warnings about avoiding the herb while pregnant are not substantiated by specific facts. Again, this strong bitter is best used in small amounts.

I encourage you to incorporate bitters into your diet. You will see benefits in your digestive system, fat absorption, dieting and detox efforts, and moderate but noticeable results with the immune system. From basic health needs to powerful plants for modern scourges, bitter herbs like andrographis are here before us for a use that is beneficial and necessary for everyone in today's polluted, overwhelming and complex world. 🍀



IS YOUR BIOAVAILABLE CoQ10 ACTIVE?

Introducing the **ACTIVE** Antioxidant Form of CoQ10



Bluebonnet Nutrition is the first to bring to the natural products marketplace the more readily available, **ACTIVE** antioxidant form of CoQ10 called Ubiquinol in four revolutionary formulas: **CellularActive™ CoQ10 Ubiquinol 25 mg, 50 mg and 100 mg Softgels** and **Full Spectrum CoQ10 Ubiquinol/Ubiquinone Complex Softgels**.

While Ubiquinone is the fully oxidized non-active form and the most common form sold commercially – once ingested and absorbed in the body, most of it is converted into its most active antioxidant form called Ubiquinol.

Bluebonnet. Nutrition to the Fifth Power.
VISIT US ONLINE AT WWW.BLUEBONNETNUTRITION.COM

Got Reflux?



Get Stomach Plus

by *AloeLife*

- Drink 1-2 oz. per day as needed.
- Supports other digestive needs like nausea & gastritis naturally.
- Call for a digestive handout at 1-800-414-ALOE.
- Amazingly effective for Kids & Adults especially when taken with Healthy & Slim Daily Greens to balance the body's pH.

Satisfaction Guaranteed!
www.aloelife.com

Natural Dental Health & Holistic Dentistry

By: Linda Page, Ph.D., Traditional Naturopath

Do you have gum disease? If you do, you're not alone. Almost half of the U.S. population over 35 has some form of gum disease. Today even children show signs of gum disease or gingivitis. Before the 1930s, when people ate mainly whole foods grown in their area, dental disease was pretty rare. Research shows that the same high fat, low fiber, refined foods diet implicated in heart disease, cancer, diabetes and osteoporosis is also linked to dental disease.

Most of us realize how bad sugar is for our teeth. Mouth bacteria feed off sugar, reproduce and eliminate acid wastes simultaneously. Within 5-10 minutes of eating sugar, acid production begins and lasts for 20-30 minutes. The more acid is produced, the more chance it has to penetrate through tooth enamel, beginning the cycle of decay and disease. Yet, sugar still counts for an astounding 20% of our daily calories!

Look for these gingivitis-warning signs: reddish, shiny gums; chronic bad breath; tooth sensitivity to hot and cold. Gingivitis left untreated can lead to periodontitis, which causes chronic infection and bone loss. In fact, periodontitis is the most common cause of tooth loss in America. Periodontitis symptoms to watch for include: loose or shifting teeth; receding gums that leave the root of the tooth exposed; gum pain and inflammation; pockets or pus between the teeth and gums.

Advanced cases of dental disease are extremely difficult to treat successfully. For dental protection, make sure to brush and floss regularly after meals. Try an electric toothbrush to make home cleanings more efficient. Electric toothbrush bristles can rotate up to 4,200

per minutes, removing more plaque from in between teeth and even under the gum line that regular toothbrushes can't touch. It is also critical to visit your dentist regularly for professional cleanings.

What About Amalgam Fillings?

Even though there's been a lot of publicity about the safety of amalgam fillings (half mercury, 30% silver and 20% other metals), there is evidence that they could be hazardous to your health. A study out of the University of Kentucky even suggests a link between amalgam fillings and Alzheimer's disease! Still, every year, millions of cavities are filled by amalgam. Amalgam fillings are recommended by almost every dental school in the U.S. I recommend porcelain fillings, which are more expensive than amalgam, but much less toxic.

Is Fluoride Really the Best Choice for Dental Health?

Although the American public has been led to believe that fluoride is the best solution, fluoride isn't a "magic bullet" for dental health. In fact, a 1992 University of Arizona study finds that the more fluoride a child drinks, the more cavities appear in the teeth. Further, fluoride is highly toxic. The fluoride that is added to our toothpastes is more poisonous than lead, and only slightly less poisonous than arsenic. Just one tube of toothpaste contains enough fluoride to kill a small child! Enlightened holistic dentists now recommend non-fluoridated toothpastes for natural cavity protection without the health risks.

3000-Year-Old Natural Energy Source Of The Aztecs.

Omega³ CHIA

Ancient Seed • Powerful New Superfood

(pronounced chee'ah)

Chia is organically-grown, certified kosher and is pesticide, herbicide, gluten and GMO-free.

www.greensplus.com/chia

Loaded!
With High-ORAC
Antioxidants,
Dietary Fiber
And Omega³

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

ENZYMEDICA®

The Enzyme Experts

Many of the health issues faced by people today can be attributed to nutritional deficiencies. Enzymedica has been a leader in enhancing digestion through the use of plant-based enzymes. We now go a step further in enhancing the absorption of vitamins, minerals and nutrients with Vitamin & Mineral Optimize.*

Indian J Exp Biol 1998 Jan;36(1):46-50

Mol Cell Biochem 1998 Dec; 189(1-2):113-8

Nahrung 2000 Feb; 44(1):42-6

Kawada, T. et al. (1998) Proc. Soc. Exp. Biol. Med. 188, 229-233

Dora, K.A. and Clark, M.G. (1994) Life Sci. 55(5), 389-397

Supplement Facts:

Serving Size: 1 capsule
Servings per Container: 30 & 90

Amylase Thera-blend	6000 DU
Protease Thera-blend	21,000 HUT
Lipase Thera-blend	250 FCCFP
Cellulase Thera-blend	100 CU
Lactase	425 ALU
Alpha-Galactosidase	37.5 GALU
Maltase	100 DP
Invertase	87.5 INVU
Pancrease / Phytase	25 units-PGU
Hemicellulase	600 HCU
Beta Glucanase	90 BGU
Bioperine	5 mg

NO FILLERS OF ANY KIND



Nutrients from food or supplements are not always properly utilized within the gastrointestinal tract.

Bioperine is a vital ingredient found in the Vitamin & Mineral Optimize formula containing 95 percent of piperine. Bioperine is fat soluble therefore alters the structure of the cell membranes, thereby increasing the permeability of the intestinal cell membranes, **which leads to better absorption.** It is regarded as a thermotonic that can stimulate thermogenesis. This means that it can **increase energy available for nutrient absorption by increasing the activity of enzymes,** and may also increase blood flow to the gastrointestinal tract and increase the levels of enzymes involved in transport of nutrients into intestinal cells.*

Bioperine has been the focus of several clinical studies. Gastrointestinal absorption of all the studied nutrients, as measured by amounts present in the blood, increased dramatically when administered with Bioperine as compared to the control group receiving the nutrient alone. Selenium levels increased by 30%, beta-carotene increased by 60%, and the vitamin B6 increase was slightly higher than beta-carotene.

All studies used Bioperine in the amount of 5 mg per dose.

Vitamin & Mineral Optimize
Put your supplements to work!

888.918.1118

www.enzymedica.com

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

