

HSI HEALTH SCIENCES INSTITUTE

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Obscure Thai 'super herb' beats Big Pharma's hormone replacement therapy

by *Melissa Hickie*

"Dr. Sandy? Is that you?"

The familiar voice on the other end of the line seemed to be on a hint of a delay, so I asked where he was calling from.

"Thailand, my dear! There is some brand new information about *Pueraria mirifica* that I simply must tell you," he practically shouted.

That Dr. Sandy Schwartz was calling didn't surprise me. After all, HSI doesn't accept a single penny for writing about the breakthroughs we bring to you each month. And when we first told you about *Pueraria mirifica* (PM) back in September, Dr. Sandy, as he likes to be called, witnessed firsthand the tremendous response from HSI Members like you.

However, my sole obligation is to bringing you the latest health breakthroughs and underground cures, so I must admit I was a bit skeptical. I know Dr. Sandy is an excitable fellow, in addition to one of the world's most respected natural health researchers. That PM is a kind of "wonder herb" isn't exactly news to you...and it isn't news to me either. So why should I tell you more about it?

I asked Dr. Sandy this very question—and when he got done I must say I was glad he called.

You see, brand-new studies now show that PM is just as effective as one of Big Pharma's hor-

mone replacement therapies (without the dangerous side effects).

And that might just be the tip of the iceberg for this miracle plant's disease-fighting potential.

Make mine without the horse pee, please

When Dr. Sandy Schwartz brought us word of this obscure plant from Thailand, we told you about its uncanny ability to reverse many symptoms of aging—from gray hair to wrinkles to menopausal symptoms. PM beats them all (while boasting a toxicity level lower than that of water). And if that wasn't enough, there was some ongoing research indicating PM might be effective in preventing breast cancer.

So you can imagine my surprise when Dr. Sandy told me that he was in possession of some brand-new—though underground—studies indicating that PM relieves post-menopausal symptoms just as well as conventional HRT therapy Premarin.

Premarin, as you may already know, is produced from the urine of pregnant mares. I don't know about you, but an all-natural herb is a lot more appealing to me than a regular dose of horse urine. So I asked him to send me the studies.

A thick, somewhat tattered, envelope arrived a few days later—stamped "Bangkok, Thailand"—and I dove right in. And wouldn't you know it, there

it was, in black and white, brand-new research showing PM's ability to stop post-menopausal discomfort as well as Premarin.

But Dr. Sandy wasn't done. He had also included brand new research showing PM might just be an alternative to estrogen therapy for men suffering from osteoporosis. One final study showed how PM might help the brains of people who have suffered strokes.

More on that in a minute, but let me first tell you how PM might be your best alternative to traditional hormone replacement therapy.

End post-menopausal discomfort without the dangers of HRT

PM doesn't actually replace estrogen in the body like HRT treatments do. Instead, an amazing substance in PM called miroestrol is able to regulate the effects of the estrogen that is already in your body. It actually encourages the estrogen that naturally occurs in your body to jump into action when needed, and to hold back when it's not. This results in a reversal of those signs of aging that are linked to the body's estrogen receptors, including wrinkles, gray hair, and menopausal symptoms.

The new studies I read put solid science behind what Dr. Sandy has known all along. In one of the studies, a daily 50mg dose of PM was proven effective

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against symptoms such as dryness, itching, burning, abnormal discharge, and painful intercourse in healthy post-menopausal women. Over the course of the 24-week study, the placebo group saw an improvement of only 4%, while the PM group saw their symptoms improve by 23%, on average.

As far as side effects, there was not much difference in reports between the study and placebo groups, with incidents of breast tenderness, dizziness, and nausea among 31% of women in the study group and 35% in the placebo group.

Another study pitted PM against conjugated equine estrogen (CEE), known to us as Premarin. A 50 mg dose of PM was demonstrated to work as well as CEE in relieving those difficult symptoms such as hot flashes and night sweats that are part and parcel of menopause and post-menopause. For years, HSI has told you about the dangerous risks that come along with conventional HRT. If PM works just as well as conventional HRT, with none of the risks, that's a no-brainer in my book.

Prevention of bone density loss means hope for osteoporosis

Dr. Sandy and I had been talking so much about PM and menopause that I'd almost forgotten about its potential to help men when he brought up a new study on PM and osteoporosis. Unfortunately, more men in the U.S. population are at risk for osteoporosis than the female-focused reports on osteoporosis suggest, and the dangers of using traditional estrogen therapy as treatment come close to outweighing the benefits.

The latest word on PM side effects

As we covered in September's report (see the archives at <http://www.hsibaltimore.com> for the full article), one of the possible drawbacks of PM is the probability of side effects. In Phase I and II trial subjects, there had been reports of breast pain, vaginal discharge, headaches, and a few cases of vaginal spotting in post-menopausal women. When I asked Dr. Sandy if there have been any negative side effects exhibited in the several studies released since HSI first broke the news of PM, he had this story to share.

Solgar, one of the few sources for *Pueraria mirifica*, carries it in a blend called PM PhytoGen Complex. As you'd expect, Dr. Sandy kept a careful eye on the response to this product after its release in December of 2006. In the midst of all of the glowing reactions coming from women using PM to relieve their menopausal and post-menopausal symptoms, he did say Solgar received only one negative response from women using PM PhytoGen Complex. Several customers wrote and called asking "Why do I have to take it at night?" In the words of Dr. Sandy, when the only negative response to your product is a misinterpretation of the name, you must have something good on your hands!

In a preliminary study, which was carried out on neutered rats in order to mimic a defect of the reproductive system in which levels of sex hormones are dramatically reduced, a daily 100mg dose of PM was found to prevent bone density loss by an average of 89%, and a dose of 1000mg completely prevented bone loss and actually *increased* bone density.

While studies on humans need to be carried out before we can recommend PM for this purpose, these results make me optimistic about finding an alternative therapy for men at greater risk for developing osteoporosis, including men who have lower levels of testosterone.

It doesn't stop there. In another study Dr. Sandy shared with me, PM prevented induced breast tumors in rats, but further research

is needed before we can be sure about how it might work for humans.

Protection of neurons could prevent brain damage after stroke

One last study on the effects of PM left me even more intrigued by the potential for this amazing healing herb. In the study, PM was shown effective against cerebral ischemia, a condition in which the brain is not receiving enough blood to maintain normal function. This can occur as a result of stroke, embolism, arteriosclerosis, or hypertensive episode. When the brain does not receive enough blood flow, neurons (the cells in the brain that process and transmit information) die, causing brain damage.

When rats were pre-treated with PM and cerebral ischemia was induced, more neurons sur-

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vived *after* the ischemic episode. And there's hope even if pre-treatment is not an option— when the rats were treated with PM after the ischemic episode, neurons were still protected from extensive damage.

While I'm starting to believe

there's not much this incredible herb *can't* do, Dr. Sandy told me that there are even more studies underway that will further reveal the miraculous abilities of PM. You can count on HSI to keep you updated. If you want to try PM

right now, Solgar's PM PhytoGen Complex combines a standardized extract of Pueraria mirifica with B₁₂, folic acid, and biotin. You can learn how to order it in the Members Source Directory below.

MEMBER SOURCE DIRECTORY

Solgar PM PhytoGen Complex, The Vitamin Shoppe, Ph. (866)293-3367; www.vitaminshoppe.com. One bottle of 60 tablets costs US\$25.00 plus shipping.

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