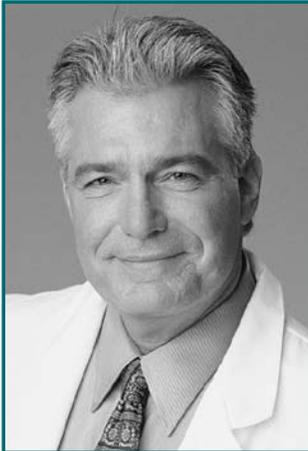


Naturally Well Today

Healing with Nature's Medicine

February 2008



Dear Friend,

During my years in medicine I've come to appreciate the incredible and wonderful variety among people. Every person is an individual, with their own strengths and their own weaknesses. Just looking at the surface, whether it's body characteristics or lab test results, it's tempting to treat people the same—but those stereotypes are almost always wrong.

One of the stereotypes is that there are “men's” conditions and “women's” conditions. That's just not the case. (With the obvious exceptions for sex-specific body parts, of course. Women don't get enlarged prostates, and men don't get fibroids.) Name a condition that you think of as relating to one sex only, and odds are that both sexes actually have to deal with it. Women are concerned about hair loss and changes in their libido, just as men are. And men are concerned about bone health and hormonal changes, just as women are (Yes, men even get breast cancer.)

When you scan through the articles this month, you may be tempted to say, “Oh, that's not for me.” Trust me, here, though; whether you're man or woman, young or old, each of these topics will affect you at some time in your life.

Here's what you need to know this month.

Proven Supplements

Maca: Benefits Beyond the Bedroom

High in the Andes mountains, there's a humble root vegetable that's reputed to be a source of the legendary strength and endurance of the Inca people. This vegetable, known as maca, has been cultivated for over 2,000 years. Lately, it's become fashionable as a globally marketed aphrodisiac. But, as you know, I believe that Nature is never that narrow-minded. While some of the libido-boosting claims are true, they're only a sample of the health brilliance maca can help you attain.

Above ground, maca (known variously as *Lepidium meyenii* or *L. peruvianum*) is an unobtrusive ground-hugging plant. It's truly a buried treasure, though. The edible root, which looks like a turnip or radish, comes in a range of colors, including cream, gray, yellow, purple, yellow-and-purple, red, and black. (You'll see in a bit why that's important to know.) It smells faintly of butterscotch, and can have a sharp taste that packs a zing like mustard or wasabi—which is why locals prefer to boil, roast, or dry and/or grind it into flour before including it in their daily dishes. To me, these preparations make it taste and smell more like toasted oats.

Maca grows wild in many locations in South America, and it's also being cultivated elsewhere. But be aware: Maca's medical miracles come only from the plants that grow at 13,000 to 15,000 feet in the steep central Peruvian Andes valleys. Here, the environmental conditions are extreme and treacherous, the soils are poor, and the air is thin. At this altitude just walking around is challenging, let alone doing any work. My last visit was a few years back now, but my days harvesting alongside the many generations of family farmers in the maca fields, and then trying all things maca at the international maca festival—from wine and chocolate to

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jams—will never fade. Researchers have still only scratched the surface about what maca does and how it does it, but there's already something for everybody, men and women alike. Here's what I've dug up thus far about marvelous maca.

■ **It's True: A Healthier Libido.** Many factors can affect libido, including hormone levels, stress, and mood. Well-designed research has shown, however, that within 8 weeks of taking 1,500 mg of maca daily, men have an average 180 percent increase in their libido. Furthermore, the effect is independent of whether they have depression or anxiety, and it doesn't cause changes in their levels of testosterone or estrogen. This should comfort you if you're struggling with prostate problems and would just as soon not meddle with your hormone levels, which could make your prostate even bigger. Earlier research, which I've written about before, shows effects just as dramatic for women.

■ **A Healthier Prostate.** While we're talking about prostate problems, maca has been shown to reduce prostate size significantly. This is undoubtedly due in part to its rich supply of plant sterols, including *beta sitosterol*—a powerful treatment for benign prostatic hyperplasia. Maca has another well-known prostate shrinker, a group of compounds called *glucosinolates*—which also protect against prostate cancer while they're at it.

■ **Improved Sexual Performance.** Peruvian folklore suggests that maca is helpful for men with erectile dysfunction (ED), and animal studies in the laboratory have supported this. The evidence suggests that maca's contribution to sexual performance is not through the quick (and, I might add, somewhat dangerous) Viagra-like override of malfunctioning penile arteries, but by gently and gradually reversing the underlying circulatory problem. Studies show that oral supplementation with maca repairs the bio-

chemical cascade of events that makes penile arteries misbehave. The result is real improvement over time, without the health risks associated with fast-acting prescription ED drugs.

■ **Improved Fertility.** It's no secret that human fertility has declined. This decline has been attributed to, among other things, environmental pollutants and plastics that scramble the critical hormonal balance necessary for successful reproduction. Maca can help. With a daily dose of 1,500 mg, benefits in women include increased fetal growth and reduced miscarriage rates. Men enjoy an average 200 percent increase in semen volume as well as significantly increased sperm counts, increased sperm motility, and increased conception rates. All of these benefits occur, again, without any meddling into sex hormone levels. Instead, it appears that maca activates an anabolic (tissue-building) gene pathway known as insulin-like growth factor (IGF), which is a critical determinant of fertility and fetal development, and which is known to decline with age.

■ **A Clearer Mind.** Remember the various colors of maca I described earlier? Animal studies show that black maca improves learning, although how it does this is still foggy. It may be that the agent is maca's rich content of phytoestrogens and flavonoids such as quercetin, one of the most powerful food-sourced antioxidants and anti-inflammatories known, with proven protective effects on cognitive performance—particularly learning and memory. Maca also contains anthocyanins (of blueberry fame) which have been shown to enhance memory, problem-solving skills, and equilibrium/balance in the elderly.

■ **Healthier Joints.** Joint replacement has become commonplace. Your joints are at risk of needing this radical solution mainly because joint cartilage is naturally subject to breaking down (catabolism) and not too good at building itself back up (anabolism). If

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Dr. Laux works closely with Natural Medica, a subsidiary of Healthy Directions, LLC, developing his unique formulations that supply many of the hard-to-find nutrients he recommends. Dr. Laux is compensated by Natural Medica on the sales of these nutritional supplements and health products, which allows him to continue devoting his life to researching innovative, effective health solutions.

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you lose enough cartilage to have bone against bone, you're in serious trouble and serious pain. Maca could prevent that. A recent study using human cartilage found that maca almost triples cartilage's anabolic activity, even if there's current inflammation. When combined with the anti-inflammatory action of another Peruvian herb, cat's claw, the anabolic stimulation in the cartilage almost quadruples.

■ **A Healthier Liver.** When a medicinal plant is revealed to have significant health benefits, but hasn't yet given up its secrets about how it works, there's understandably some concern about whether it might be causing some harm behind the scenes. One reason to discount those concerns about maca is that it's been used with success, as food and medicine for young and old without reports of any harmful effects, for a couple thousand years—that's more than you can say about prescription drugs like Vioxx. In the case of maca, lab studies show that not only does it not hurt your liver, it actually appears to have liver-protective effects through some mechanism other than its impressive antioxidant powers.

■ **Adaptogen.** The list of achievements attributed to maca is far-reaching. It's been referred to as Andean ginseng for its ability to boost strength, energy, and vitality. It's been hailed as an immunostimulant, an anabolic, a hormone balancer, a tonic for intestinal malabsorption, a cure for protein deficiency, a softener of side effects during chemotherapy, an AIDS treatment booster, and a rescue medication during allergy attacks. It's been shown to have antidepressant activity. In animal studies, it significantly decreases LDL (bad) cholesterol and triglyceride levels, significantly improves glucose tolerance, lowers blood glucose, and increases the activity of free radical scavengers in the liver and blood.

This all may sound like a disjointed and unbelievable mish-mash of unrelated benefits, but that's the hallmark of a very good adaptogen. Adaptogens are Nature's greatest gift because they work by promoting the body's ability to shrug off the imbalances caused by stress. Stress comes in many forms—work pressure, family crises, injuries, surgery, illnesses, menopause—and the resultant disruption in your body's ability to compensate is at the root of just about every health problem you face as you age. A true adaptogen provides a means by which your body can smile in spite of your stressors. It allows you to return, with shoulders back, to the balanced state of inner strength where natural healing can take place. Maca has been shown to reverse stress-induced ulcers, bring stress-elevated cortisol levels

back to normal, and reduce the elevated glucose and weight gain that result from chronic stress. Maca's proven adaptogenic powers will probably turn out to be the one of the keys to all its health benefits.

Different Maca Formulations

The various colors of maca root have differences that are more than just skin deep. Each color represents what's known as a *phenotype*: a unique variety that's identifiable by its appearance. The phenotypes have their own specific benefits. For example, animal studies comparing the strengths of red, yellow, and black maca have shown that red maca has particular power as a protector of the prostate gland. Yellow and black maca, on the other hand, are stronger as modulators of sperm count.

For health conditions that concern both sexes, a maca product that combines all the phenotypes will give you the best results. I've used Organic Royal Maca from Whole World Botanicals, and enjoy the sense of well-being that it generates. (See the Resources section on page 8 for contact information.)

For more specific benefits, you'll want to look for a product that includes selected varieties of maca. An Australian company called Natural Health International (NHI) has used this new knowledge about the phenotypes to create separate formulas that address areas of women's and men's health.

Maca's adaptogenic properties make it ideal for relieving the stressed-out systems of menstruating and menopausal women. After carefully selecting four specific phenotypes of maca for their targeted benefits, NHI has produced a high-potency formulation called Maca-GO. The company's clinical trials have shown that Maca-GO restores balance in all the major female hormones, resulting in a decrease of typical pre-, peri-, and postmenopausal symptoms such as PMS, bloating, hot flashes, night sweats, and mood swings. Levels of adrenocorticotrophic hormone (ACTH), which typically rise in response to stress, significantly decrease under the influence of Maca-GO, with an associated decrease in anxiety and stress reported on a standard scale of menopausal symptoms. Circulating calcium levels rise, which offers support for thinning bone density. And, while significant weight gain is a common consequence of chronic stress, after four months of taking Maca-GO women have enjoyed a 6 percent weight loss. Most importantly, maca achieves menopausal relief not by adding hormones or targeting symptoms but rather by helping your body restore its own balance. As a result, you not only feel better as you approach, go

through, and move beyond the change, you really *are* better: healthier overall. NHI recommends a dose of two 500-mg capsules of Maca-GO twice daily.

As men age, decreased energy and low vitality are common complaints. NHI has also created a high potency maca formulation just for men, called Maca-OG. By choosing specific phenotypes of maca for their known pharmacologic effects, NHI has produced a formula targeted for the decline in testosterone and growth hormone that naturally occurs in a man's 30s and beyond. NHI recommends a dose of two 750-mg capsules containing Maca-OG twice daily.

I was surprised and pleased to find the wealth of research that's been done with maca in Western facilities over the past several years, beyond the red-hot marketable stuff about its aphrodisiac effects. The truth is that when you're healthy and balanced and stress rolls off your back, everything works better, including your libido, and that's what a good adaptogen can do for you. I'm sure investigators will keep digging, to see what else maca has to offer and to figure out how on earth this humble root vegetable can have such heavenly effects. There'll probably be a lot more to write about in a very short time.

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Natural Wellness

Get Healthy, Attractive Legs

There's really no concealing the blue, snake-y appearance of varicose veins. The standard options offered by conventional medicine are surgery and socks. Does they make your legs feel and look better? Sort of. Do they fix the problem that allowed your varicose veins to develop in the first place? No. Surgery is focused on symptoms only, which means new varicose veins can form—making your “investment” in surgery a shaky long-term proposition. The compression socks do a good job of equalizing the pressure and providing some comfort, but they don't actually correct the source problem. There is a better way, not only to prevent the formation of varicose

veins but to actually shrink the ones you've already got, without going under the knife.

If you have varicose veins, you already know that a healthy, slender, and flexible vein that's barely visible through the layers of your skin can turn into a swollen, serpentine “monster vein” that's not only visible but actually draws attention to itself.

The Trouble With Risk Factors

Lots of things have been identified as factors that increase the odds you'll develop varicose veins. There may be a genetic predisposition. Women are three times more likely to get varicose veins, because pregnancy is a risk factor. Getting older is a risk factor. So is getting fatter. If you stand a lot, and if you don't exercise regularly, that's two more strikes against you. But even having all the risk factors doesn't mean you'll necessarily get varicose veins. And having no risk factors doesn't mean you won't get them. So obviously a healthy diet, moderate daily exercise, and slimming down are all good ways to reduce your risk, and I encourage you to do them all—to help your veins and give you a healthier life overall. But there's more to do. (For more about exactly how varicose veins form, and about how your risk factors influence their development, visit the NWT Web site, www.drmarcuslaux.com.)

Let's get to the root of why varicose veins happen, so you'll know how to use the results of new, cutting-edge research and help your body save your veins.

The Key is K2

In all the talk about how important vitamins are, vitamin K is rarely mentioned unless you're taking an anticoagulant drug like Coumadin—then, you're told to steer as clear of vitamin K as you can so it won't interfere with the drug's ability to “thin” your blood. But over the past several years, researchers have proven that vitamin K plays an essential role in a biochemical transformation known as *carboxylation of glutamate residues*. Impairing that transformation leads directly to some common and life-threatening illnesses, including calcification (“hardening”) of plaque lining your arteries—setting you up for a heart attack or stroke.

When carboxylation is complete (thanks to healthy K2 levels), a compound known as MGP (matrix GLA protein) becomes fully activated and inhibits the calcification of your arteries. At the same time, another carboxylation-activated compound, osteocalcin, encourages the calcification of your bones. So what we have here is a healthy give-and-

take: With good levels of vitamin K2 in your system, your body takes the extra calcium out of your blood and gives it to your bones. With low vitamin K2, however, the give-and-take goes the wrong direction: calcium leaves your bones and hardens your arteries. The key is K2.

Taking supplemental vitamin K2 has already been shown to be associated with significantly reduced cardiovascular risk. Unfortunately, though, professionals who don't completely understand the process give the credit to "vitamin K" instead of the real hero, K2. (For more about the specifics of vitamin K, visit the NWT Web site, www.drmarcuslaux.com.) That's not going to help your arteries.

Wait a minute—we're talking about varicose veins, not clogged arteries, right? There's a method to my madness here. New studies show that a vitamin K2 deficiency also allows varicose veins to develop, through the same kind of mechanism that happens in your arteries. When vitamin K2 levels are low, MGP doesn't get activated, and as a result the smooth muscle cells in your veins' walls get plastered with the calcium that was meant for your bones. As you'd imagine, taking supplemental vitamin K2 helps protect and repair your veins.

Studies show it's very common to be silently, subclinically deficient in vitamin K2. That means you have substantial amounts of incompletely carboxylated MGP in your circulation, and as a result you're taking calcium from your bones and slathering it onto the interior walls of your arteries and veins, even as we speak.

So, who needs to take a second look at their vitamin K2 intake? You do—even if you're perfectly healthy and have no family history of cardiovascular disease or indication of varicose veins. That's because it's a heck of a lot easier to prevent the calcification damage than it is to undo it once it's done. The best formulation of vitamin K2 is MK-7, and the standard dose is 90 micrograms per day. European experts recommend no more than 100 mcg a day because they've found that amounts over this threshold provide no additional clinical benefit. I like Jarrow Formulas MK-7, derived from natto; it's available at online and storefront health food stores.

If you are taking anticoagulation drugs: Most prescription anticoagulants "thin" your blood by interfering with its ability to clot, which they do by *blocking vitamin K*. This suggests two important things you need to consider if you're taking an anticoagulant drug.

- You absolutely should speak with your doctor before taking any form of vitamin K supplement.
- You absolutely should speak with your doctor about the possibility that your anticoagulant is blocking vitamin K in your body, thereby contributing to atherosclerosis of your arteries and varicosity of your veins.

It is possible to protect your veins and arteries with supplemental vitamin K2, without interfering with your anticoagulant. According to European studies, a daily dose of vitamin K2 of less than 150 micrograms per day doesn't interfere. That shouldn't be a problem, since the recommended dose of MK-7 is 90 micrograms per day.

Other ways to promote healthy blood clotting include fish oil (2–4 grams daily), ginkgo (120 mg daily), and vitamin E (800–1,200 IU daily).

More Ways to Watch Your Legs

It almost goes without saying that exercise will help keep your veins healthy. Your veins are designed to help circulate blood, after all, and anything that can help them do their job will ease the load. Moderate exercise that's done aerobically—that is, where you're breathing during the movement—stimulates the muscles to help move blood along. (Anaerobic exercise can actually make things worse, though. Holding your breath while bearing down increases pressure in the veins.)

The bacteria that colonize your mouth can be a threat to your veins if you have less than stellar oral hygiene. Almost half of all varicose veins contain the very bacteria that cause periodontal disease, and those bacteria like to set up housekeeping on the valves that help the blood in your legs make the hike back up to your heart. If those valves are infected, they lose their ability to make a tight seal across the vein, and instead of working its way uphill the blood pools down below. That stretches out your veins, damages their walls, and worsens varicose veins.

The discomfort and appearance of varicose veins are an outward indication of an inward problem. As your veins begin to look and feel better, know that you're healing the rest of your body as well.

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Stop That Embarrassing Leak

Incontinence happens twice as often in women, but it affects a lot of men too. And, contrary to popular belief, it's not an inevitable part of getting older. In our society incontinence can be downright humbling, even if nobody notices the wetness and smell but you. Many men tell me it makes them feel like less than a man. Many women tell me they feel it knocks them down another notch on the list of impossible beauty standards. And both sexes say that incontinence makes you feel like old age has grabbed you by the...well, by the throat. Your self esteem can really take a hit if your incontinence gets bad enough that you have to use diapers.

Standard treatment usually starts with prescription drugs you have to take for the rest of your life, including antidepressants (even if you're not depressed). The side effects (which you also have to take for the rest of your life) include drowsiness, dizziness, headache, nausea, constipation, and blurred vision. And if the drugs don't work, somebody will talk to you about surgery. In my experience, though, most cases can be resolved with natural treatment.

Why You Might Leak

Your bladder can hold about 12 to 18 ounces. Once it's got about 6 ounces in it, its nerves and muscles give you the first hint of an urge to urinate. When everything works right, you have plenty of time to get to a bathroom, where your brain gives your sphincter (the muscle that closes off the exit from the bladder) permission to relax and your bladder permission to contract.

But if your bladder contracts without your say-so, you have **urge incontinence**. What that feels like is a sudden and urgent (and possibly painful) need to urinate that you might not be able to hold back long enough to get to a bathroom. Urge incontinence is the most common kind men get, and it's usually linked to prostate problems—which stimulate a spinal reflex that makes the bladder's nerves and muscles hyperactive. That same hyperactivity causes urge incontinence in women too, but for different reasons: inflammation, hormones, and/or depression—all linked to brain circuits governed by the neurotransmitter serotonin, which also modulates bladder function.

If, even when your bladder isn't very full, you leak a little when you laugh, sneeze, lift something heavy, et cetera, you have **stress incontinence**. That's caused by weakness in your sphincter. Women get this a lot,

especially around menopause, even if they're taking hormone replacement therapy, and hysterectomy tends to make it worse. In men, nerve damage is the most common cause. That damage most commonly results from diabetes or prostate surgery.

Nerve damage can also cause **overflow incontinence** in both men and women. Either the bladder is weakened to the point where it can't empty completely, or the fullness isn't generating the proper urge. Those with this variety of incontinence may experience an almost constant leakage.

Your bladder's sphincter is a partnership between the muscles in the neck of your bladder (which do a halfway job of closing it off), and the muscles on the floor of your pelvis (which support and surround the outside of your urethra, to add more "clench"). If your pelvic floor muscles become thin and weak, two things happen: The neck of your bladder doesn't close tightly enough, and the front of your bladder droops, which can actually create a gap in its opening. Add just a little pressure and you've got a leak.

Serious Ways to Get—and Stay—Dry

You don't "just have to live with" incontinence. A few very simple adjustments can stop the leak and free you from the constant search for a bathroom.

Adopt a healthy lifestyle centered around a **diet** of fresh vegetables and fruits, whole grains, legumes, and once-or-twice-a-week fish; and **regular exercise**. This is tailor-made help for incontinence for three reasons: 1) During peak reproductive years, your urogenital tissues stand close to the front of the line for your body's best nutrition. After your reproductive prime, they get relegated to nutritional leftovers. The better your food, the more nourishing those leftovers and the healthier your urinary tract. 2) Good diet and regular exercise also help you lose weight, which helps hold incontinence at bay. 3) Diabetes is a big risk factor for urge incontinence.

Strengthen your pelvic floor. Ladies and gentlemen, you both need well-toned pelvic floor muscles to support your bladder in its correct position and help your sphincter stay closed until you give the OK. Otherwise, you're expecting your bladder's little built-in sphincter to do more than it was designed to do. It's like closing a cardboard box with only two flaps instead of four. Kegel exercises can fix it, but they're so simple, nobody takes the time to explain the right way to do them. Originally designed to correct stress incontinence, Kegels *actually relieve urge incontinence too*. It might take six weeks before

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Natural News Today

Treating Your Grandkids' Colds

In October of last year, the makers of cough and cold medicines for children recalled all of those products from the market. In the days before the action, the FDA had recommended that the label warnings be changed to say that the products should not be used in children under the age of 2. Subsequently the agency changed its recommendation to suggest that the medications should not be used in any child under age 12.

Why all the fuss? Two reasons. First, there's simply no evidence that these medications actually work in children. All the testing has been done in adults and older children (age 12 and up). The theory was that, well, infants and toddlers are just little people, so adjust the dose for their lower body weight and all will be good.

As we know from testing medications in men and women, it isn't as simple as that. (For years, clinical trials used mostly male patients, with the assumption that women were just smaller men. When those medications were later used in women, the results were, shall we say, unpredictable.) A child's body grows and changes rapidly—including the way in which it metabolizes substances. The theory may have been neat, but it just wasn't reasonable. Which leads to reason number two.

When parents dosed their child with a cold medicine and didn't see any improvement in the symptoms, they sometimes decided to increase the dose amount, or to give another dose earlier than recommended. And too much of the main ingredient in some of these concoctions can actually cause harm—including liver failure, or even death.

So What's a Parent to Do?

The first thing to know is how to tell exactly what your child has. If symptoms come on suddenly, with a fever, chills, and body aches, then it isn't a cold—it's the flu. Treatment is pretty much the same as for an adult: bed rest, plenty of fluids, and a pain reliever as needed. Rather than some type of NSAID or acetaminophen, I recommend white willow bark. Even small children can take this herb, even though it's a cousin to aspirin—one drug that should never be given to children under age 12.

If symptoms come on slowly—over the course of a day or more—then your child has a cold. It's typi-

cal for a child to have 5–7 colds per year. Remember here that colds are self-limiting—that is, they'll eventually disappear on their own, generally after about a week. Letting a cold run its course can be messy and inconvenient, and the child may be uncomfortable for the duration (and what parent wants that), but for children who are otherwise healthy there shouldn't be any other consequences.

This means that you should definitely not be running to the doctor looking for an antibiotic. As you doubtless already know, antibiotics don't work against viruses which cause colds, and overuse of antibiotics can cause mutation in whatever bacteria happen to be hanging around at the same time. Doctors often feel like patients expect them to “do something,” and so doctors will in fact prescribe antibiotics for a cold, “just in case.” To make matters worse, there's the possibility of a rebound infection once the antibiotics are stopped.

If the cold doesn't go away after a week, or if your child gets recurring colds, that's the time to investigate what's known as a bacterial “superinfection” (meaning that it's in addition to the virus, not that it's extra powerful).

A better solution is the over-the-counter preparation known as Sinupret. You may already be familiar with this German herbal mixture as an effective remedy for colds in adults. What you may not know is that Sinupret has also been tested for safety and efficacy in children as young as 2 years of age. In an 18-month study conducted in 2002 and 2003, more than 3,000 boys and girls ages 2 to 12 used Sinupret to treat rhinosinusitis—that is, a runny nose and difficulty breathing.

In the study, Sinupret relieved facial pain and hoarseness in greater than 90 percent of the children, got rid of the cough in more than 70 percent, and cleared up stuffiness in more than 60 percent. In other words, it works. Side effects were mild and self-limiting—mostly GI upset and mild skin reactions.

Sinupret is a combination of five herbs, including elderberry (a proven virus-fighter) and vervain (which fights fever and inflammation and breaks down mucus secretions, making it easier for the body to expel them). The children's formulation is called Sinupret for Kids, and comes as a syrup for easy use with infants and toddlers. It's available from the maker at www.bionoricausa.com or 800-264-2325.

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your continence improves, but it'll keep improving after that. These exercises will make you glad you didn't take those drugs.

First, find the right muscles. They're the same ones you use to stop urinating mid-stream and to hold in gas. It's a subtle movement: You're not trying to move a piano, just lift a sagging hammock of muscle. Don't simultaneously tighten your stomach, legs, or buttocks; that would put pressure on your bladder. If you're unsure, ask for a referral to a biofeedback specialist who can use instrumentation to confirm when you're doing it right. There's also a biofeedback unit available called Myself that can help women track their progress. It's has a sensor and a handheld monitor, and in one study of 55 women every single one saw improvement in her incontinence. See the Resources section at the right for contact info.

Then do the routine. Pull your pelvic floor muscles up and hold them up for three seconds. Relax for three. That's one rep. Do ten reps, twice a day. Simple, eh? Within a couple weeks you'll definitely notice that you're stronger in that area. You'll have reached your goal of bigger, bulkier, muscles with better tone *even when you're not voluntarily contracting them.*

Ladies: Consider a unique black cohosh extract. Known in the industry as *BNO 1055*, it's listed in the National Institutes of Health's *Significant Advances in Dietary Supplement Research* for its exceptionally good science. It causes significant improvement in urinary incontinence in women, without any sign of hormonal effects that could increase the risk of hormone-sensitive cancers, and with no sign of toxicity. And although it's too early to recommend black cohosh for you men, stay tuned: Recent studies have shown that it blocks the testosterone-induced prostate proliferation that leads to prostate enlargement. It also inhibits the growth of human prostate cancer cells. Cited in several peer-reviewed journals for its efficacy and safety, BNO 1055 is available in the German product Klimadynon, through Bionorica USA. Follow package instructions.

Gentlemen: Get that enlarged prostate back to normal size. The pressure on your urethra, and the resultant scramble it's causing to the nerves and muscles of your bladder, are your number one cause of urge incontinence. Shedding weight and stress, plus a program of saw palmetto (320 mg daily) and beta sitosterol (60 mg daily), will often be all you need.

All the commercials advertising drugs for incontinence do get one part right: Once you're in control of your bladder, instead of it controlling you, you'll feel a sense of freedom that you haven't felt in a long time.

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Here's to being naturally well, today and every day,

Dr. Marcus Laux

Coming Up In Naturally Well Today

- Detox—give yourself a good spring cleaning
- Heavy metal poisoning
- Nutrient levels in food

Resources

If no phone number is indicated, look for the item in health food or book stores, or visit the Web site to locate a store near you.

Maca

Organic Royal Maca, from www.drmarcuslaux.com or 800-809-9618; and www.wholeworldbotanicals.com or 888-757-6026

Macapause and Macalibrium from NHI, www.naturalhi.com or 888-668-3661

Incontinence

Kegel monitor, www.dependonmyself.com or 800-383-2588
Klimadynon, www.bionoricausa.com or 800-264-2325

Varicose Veins

MK-7, www.jarrow.com

I Want to Hear From You

Tell me what you thought about this month's letter. What did you find most useful?

What would you like to read about in future issues?

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