

# The Natural Pharmacy Newsletter

*Wellspring Custom Pharmacy*

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## *In The News*

### **Echinacea**

As the weather changes the chance of catching a cold increases drastically! Sometimes no matter how hard you try to take care of yourself a cold sneaks up on you. So what can you do once you are sick to shorten the duration? Keep taking your vitamins, get lots of sleep, and drink lots of fluids just like mom always said. If you want to do more there are several supplements that you can try.

Echinacea has been used for over 400 years as a “cure-all” and has become popular as a treatment to shorten the duration of a cold. The available studies are inconclusive, however it is generally accepted that it can shorten recovery time. Be careful: Echinacea preparations vary greatly in strength, purity, and thus effectiveness. There are three different species that can be used and it is not always clear by reading the label. An independent lab did a study of 11 different brands and found that only 4 had exactly what was stated on the label. Of the 11 brands studied 1 did not have any Echinacea, 5 were mislabeled as to the species, and 6 did not have the stated amount of Echinacea. This makes it vital that you buy from a trustworthy healthcare professional who can help you select a reputable brand. Also, Echinacea should not be taken continuously, so talk to your doctor or



pharmacists about appropriate dosing and length of treatment.

Zinc may be effective in shortening the duration of a cold, however most experts agree that the best results are seen if taken within 24 hours of first noticing the symptoms. Be careful with using intranasal zinc, as the FDA has issued warnings that several products may cause the loss of smell.

High doses of vitamin C may help shorten colds, however what dose is needed is still undecided.

And the cure-all of moms around the world: chicken soup. There have been some recent studies that found that chicken soup may reduce inflammation to help ease the upper respiratory effects of colds. Whether it does or not, everyone agrees that it helps prevent dehydration.

Stop in and talk to our healthcare professionals about what could be right for you!

### **ADHD- A New Approach**

As kids go back to school the topic of ADHD is a common topic of discussion. It is estimated that 4.5 million children have been diagnosed with ADHD, and yet we are still unsure of what causes it. New research indicates that there may be a link to pesticide exposure. Also, many experts believe that many of the diagnosed children do not truly have the disorder. They believe that it may just be that the child is younger than their classmates or mature a little slower.

## When Good Food Doesn't Agree With You

Who doesn't love the holiday season? It is the time of family gatherings and great food! However, sometimes all that rich food has other effects than just making our pants a little tighter... some people experience intense discomfort after indulging. So is there anything you can do?

Licorice root may be effective at reducing the occasional episode of heart burn and can be taken as tablets before meals. This may cause your blood pressure to rise, so if you have high blood pressure you may want to take deglycerized licorice root.

Probiotics can help by recolonizing the stomach and gut with good bacteria, aiding in regulation of digestion. Be aware when purchasing probiotics that they may require special storage (protection from light or heat). If they have not been stored properly before you buy them they will not have a beneficial effect.

Peppermint has been used for years to sooth the stomach and relieve pain. Be careful taking peppermint if you have GERD, as it may relax the sphincter between the esophagus and the stomach. An option would be to take the enteric coated form so that it does not dissolve until it has passed through the stomach.

It may be beneficial to take supplemental digestive enzymes such as lipase, protease, or amylase along with your meal. These are natural enzymes that your body needs but may not make enough of.

Feel nauseous? Ginger has been long known to ease nausea and can be taken as a pill or tea.

Remember there is a chance that if you are eating things that are not part of your usual diet you may be allergic to them. Food allergies are very common and can be difficult to diagnose (especially if you only eat it once or twice a year).



For more information call the office to schedule an appointment.

## Bone Density and Omega-3 Fatty Acids

A recent study showed that docosa- hexaenoic acid (DHA) is essential for optimal bone health. While not a human trial the study compared the bone growth of animals supplemented with DPA or DHA. The animals who received the DHA had higher bone mineral content and bone mineral density. This supports the use of DHA supplementation for bone health.

Come in to talk to our healthcare professionals about different supplements available and the appropriate dose for *you*.

Li Y, Seifert MF, Lim SY, Salem N, Watkins BA. Bone Mineral Content is positively correlated to n-3 fatty acids in the femur of growing rats. *Br J Nutr.* 2010 Apr 27.

## Cranberries for Urinary Tract Health?

Cranberry juice has been a well-known home remedy for urinary tract infections for years, however there were very few well-designed studies to prove the efficacy. A study just published in April showed that supplementing a persons diet with cranberry decreased the bacteria's ability to stick within the urinary tract. The beneficial effects were dose-dependent, so make sure that if you want to try cranberry extract the dose is appropriate.

For more information on natural preventative measures come in and speak with our knowledgeable staff.

Howell AB, Botto H, Combescure C, Blanc-Potard AB, Gausa L, Matsumoto T, Tenke P, Sotto A, Lavigne JP. Dosage effect on uropathogenic Escheria coli anti-adhesion activity in urine following consumption of cranberry powder standardized for proanthocyanidin content: a multicentric randomized double blind study. *BMC Infect Dis.* 2010 Apr 14;10:94.

## Notes From Brad

We have two new resources for your use. I have recently written an up-to-date "White Paper" on hormone replacement therapy (HRT). In it I have tried to inform patients on changes in thinking that I've had over the past couple of years. It is available free of charge. The second resource is entitled "Cancer-A Patient Guide". It is a simple guide on a not so simple subject. Both Sheila and I have reviewed it and thinks its great. It will soon be available for nominal fee of \$10.

*Happy Thanksgiving from the staff at Wellspring Custom Pharmacy*