

## 1 Holistic Healing and Medicines From Nature

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## 2 Mission Statement

To pursue an overall sense of wellness and health thru proper interventions with vitamins, herbs, diet and other nutritional. To provide information, education, and other recommendations on the safe and effective use of modern pharmaceuticals (conventional) in synergy with alternative medicines (complimentary) and other therapies to help patients make the best choices that will positively affect their general state of well-being.

## 3 Basic Plant Facts #1

- Of more than 250,000 known plant species, less than 1% have been thoroughly tested for medical applications.
- Yet out of this tiny portion have come 25% of our prescription medicines.
- The NCI has identified 3,000 plants from which anti-cancer drugs are or can be made.

## 4 Basic Plant Facts #2

- Including: Ginseng (*Panax quinquefolius*), Asian mayapple (*Podophyllum hexadrum*), Western yew (*Taxus brevifolia*), and the Rosy periwinkle.
- 70% of these 3,000 plants come from the rain forests, which are also a source of countless other drugs treating diseases and infections.

## 5 Basic Plant Facts #3

- Rain forest plants are rich in so-called secondary metabolites, particularly alkaloids, which biochemists believe plants produce to protect them from diseases and insect attacks.
- **Alkaloids** are a number of heterocyclic, colorless, crystalline, bitter organic substances, such as caffeine, morphine, quinine and strychnine, having alkaline properties and containing nitrogen. They are found in plants and sometimes animals and have a strong toxic effect on the human system.

## 6 Widely Used Plant-derived Drugs








- Mexican Yams- CORTISONE, used for reducing inflammation and birth control.
- Queen of the prairie- SALICYLIC ACID, used for fever reducing and pain.
- Opium poppy- MORPHINE, used as a potent pain killer.
- Indian senna plant- SENNA, used as a laxative and a cathartic.

## 7 Plant-derived Drugs #2

- Rosy Periwinkle- VINCRISTINE, effective treatment for childhood leukemia.
- Pacific Yew- TAXOL, used for cancer.
- Common Foxglove- DIGITALIS, an effective drug that strengthens the heart.
- Ergot- ERGOTAMINE, treats migraines.
- Cinchona tree bark- QUININE, the gold standard for treating malaria.

## 8 Plant-derived Drugs #3

- Atropa Belladonna- ATROPINE, a potent vasodilator used for heart surgery.
- Ephedra Sincia- EPHEDRINE, used to suppress coughs and decrease appetite.
- Rauwolfia Serpentine- RESERPINE, used to lower blood pressure.
- May apple- PODOPYLLIN, for warts.

- 9  **Cinchona Bark (Quinine)**
- Obtained around the Andes in mid-1600s.
  - Agent isolated in 1820 by French.
  - Had to be taken prophylactically for prevention- kills parasites in RBC.
  - In 1880 it was discovered that a protozoan from a mosquito causes malaria.
  - Greatest killer in the history of man.
- 10  **Una de gato (*Uncaria tomentosa*)**
- **Uña de Gato, "cat's claw", is a thorny liana vine reputed to be a remarkably powerful immune system booster and effective in treating a wide array of maladies including cancer, systemic candidiasis, genital herpes, and HIV-AIDS.**
  - **Uña de Gato also has anti-tumor, anti-inflammatory, and anti-oxidant properties.**
  - **Called the 'vine of life' by the Ashanica Indians of Peru.**
- 11  **Pau d' Arco**
- Pau d'arco, or the inner bark of the *Tabebuia avellanedae* tree, is native to Brazil, where it is used traditionally to treat a wide range of conditions including pain, arthritis, inflammation of the prostate gland (prostatitis), fever, dysentery and ulcers.
  - The bark is used for treating eczema, psoriasis, fungus, & cancer of the skin.
- 12  **Maca Root**
- Maca root works with the bodies natural rhythms to help rebuild weak immune systems, re-mineralize poorly nourished bodies, and increase energy and endurance.
  - Maca root comes from the Peruvian Andes and has been shown to balance estrogen and testosterone levels, and is also used in peri & menopausal women.
- 13  **Jackass Bitters (*Neurolaena lobata*)**
- Favorite herb of Dr. Arvigo in Belize.
  - Active against amoebas, intestinal parasites, candida and giardia.
  - Taken internally as a tea or tincture.
  - Effective as a traveler's tonic (diarrhea)
  - Great promise in treating unidentifiable occurrences of intestinal worms & parasites
  - Used effectively to lower blood sugars.
- 14  **Saw Palmetto (*Serenoa repens*)**
- The berries of the Saw Palmetto, a scrubby palm from SE United States, have proven effective in reducing symptoms of benign prostate enlargement afflicting millions of men.
  - German Comm. E evaluates as highly effective for B.P.H. (vs. Proscar)
  - After 1 month use, decreases nightly urine frequency by half, increases flow by 42%
  - Prefer use with complex: pygeum, pumpkin seed, stinging nettle, uva ursi
- 15  **Cayenne Pepper (*Capsicum*)**
- Cayenne pepper is indigenous to Mexico, South America, and Central America.
  - It produces a heat sensation and can be used to treat pain caused by herpes, shingles, arthritis and other neuralgias.

- May help to save a life in the case of stroke, angina attack or heart attack. Place a dab of powder under tongue using sublingually.
- 16  **Miracle Drugs from Nature**
- AZT (*Zidovudine*)- Approved by the FDA in March, 1987, this drug is still the mainstay of treatment for AIDS to slow the progress of the disease. AZT would never have been developed if not for the odd chemicals extracted from Bergmann's Caribbean sponge which was synthesized *Acyclovir* used for the treatment of herpes.
- 17  **Miracle Drugs from Nature**
- LOVASTATIN (*Mevacor*)- First derived from an inkcap mushroom fungus, it served as the basis for Merck's blockbuster drug, used to lower blood cholesterol levels.
  - Red yeast rice contains a cholesterol-lowering compound called lovastatin, and was first used in Asia.
- 18  **Pygeum Bark (*Pygeum Africanum*)**
- Pygeum comes from the African Plum, a montane forest species occurring naturally from Ethiopia to Nigeria to South Africa.
  - Used effectively for urological and prostatic problems.
  - Frequently used in combination with saw palmetto, pumpkin seed & uva ursi.
  - \$220 million worldwide in sales.
- 19  **Aloe Vera (*A. barbadensis*)**
- Since Biblical times one of nature's most useful and medicinal plants.
  - Internally as a tonic for liver, pancreas, kidneys, stomach, constipation.
  - Used externally for burns, rashes, stubborn ulcers, bedsores, fungus and sunburn.
  - A native of Northern Africa, *Aloe vera* has a long history of cultivation throughout the drier tropical and subtropical regions of the world, both as an ornamental plant and for herbal medicine. medicine
- 20  **Lemon Grass (*Cymbopogon*)**
- Used as a tea (a citrus flavor) for fevers, coughs, colds, and as a pleasant tonic or beverage.
  - Promotes perspiration and excretion of phlegm and eases stomach cramps.
  - An effective insect repellent.
  - Its essential oil is an antibacterial and antifungal. Useful as a bath additive for children and infants with rashes.
- 21  **Guarana (*Paullinia Cupana*)**
- Guarana is indigenous to the tropical forests of the Brazilian Amazon.
  - Used by the Indians as a stimulant to combat fatigue on long journeys.
  - Guarana contains a high concentration of caffeine (3x more than coffee) and is utilized as an appetite suppressant, an energy booster, and a muscle relaxant.
- 22  **Lemon Balm (*Melissa officinalis*)**
- Lemon balm, a member of the mint family, is considered a "calming" herb. It was used in the Middle Ages to reduce stress and anxiety, promote sleep, improve appetite, and ease pain and discomfort associated with digestion (including flatulence and bloating as well as colic).
  - Used topically and effectively for shingles, viral infections, and topical herpes.

- 23  **Policosanol**
- Policosanol is a proprietary product containing a natural mixture of higher aliphatic primary alcohols isolated and purified from the wax of sugar cane (*Saccharum officinarum*).
  - First studied in Cuba, it has been shown to be effective in lowering total cholesterol, including that associated with NIDDM, and does not increase blood sugar.
  - Effective dose is 20 mg/day.
- 24  **Miracle Drugs from Nature**
- COUMADIN (Warfarin)- A German scientist derived *dicumarol* from a clover called conundrum. Today, it's synthetic analogue is a life-saving anticoagulant for the prevention and treatment of pulmonary embolism and venous thrombosis.
- 25  **Miracle Drugs from Nature**
- TAXOL- derived from the Pacific yew tree, it thwarts cancer by binding to the microtubules, cellular structures that facilitate cell division. Used effectively in treating ovarian and breast cancer, Taxol is the largest selling chemotherapy drug in the world with sales over \$2 billion/year.
- 26  **Miracle Drugs from Nature**
- CURARE- Derived from the South American moonseed species and the strychnine species in the east, natives used curare as a deadly poison on the tips of arrows. Curare is an indispensable drug used as a general anesthetic to relax the patient's skeletomuscular system in surgery of all types.
- 27  **Miracle Drugs from Nature**
- CHLORAMPHENICOL- Originally isolated from a Venezuelan soil fungus, it is active against both gram-positive and gram-negative bacteria. It is particularly effective against both typhus and typhoid fever. Unlike penicillin, it kills the bacteria directly rather than prohibiting its ability to reproduce.
- 28  **Wild Yam (*Dioscoreaceae*)**
- One of the most highly researched plants in all of Central America
  - The Birth Control Pill and Cortisone was developed from Wild Yam by Dr. Marker (from isolated diosgenin).
  - Used by millions of women today for menopausal symptoms such as hot flashes, vaginal dryness and night sweats.
- 29  **Red Gumbolimbo (*Bursera simaruba*)**
- A common healing tree of Central America.
  - Locally used for external infections.
  - Effective treatment for psoriasis, eczema, insect bites, poison ivy, fungus, and other skin manifestations.
  - I mix with aloe, vitamin E, cortisone and/or calendula to make *Jungle Salve*
- 30  **Miracle Drugs from Nature**
- VINCRISTINE- This alkaloid from the Madagascar *rosy periwinkle* functions as spindle poison, destroying the spindles and thereby preventing the cancer cell from replicating. Considered a

cure for early stages of childhood leukemia

31  **Miracle Drugs from Nature**

- VERMONIA (Vermifuge)- derived from the fruit of the betal palm in Asia and Africa, the alkaloid from this palm called *arecoline* was successful developed into a human and animal vermifuge (antiparasitic agent). The magnitude of this drug to the veterinary market is enormous, encompassing cats, dogs, zoo and farm animals.

32  **Mangosteen (*Garcinia mangostana*)**

- No relation to the mango, used as a folk remedy in Asia, Africa and S. America.
- Traditional medicine of SE Asia as an anti-microbial and anti-parasitic for dysentery and other forms of infectious diarrhea.
- Active ingredients include vitamins A and C, catechins (potent antioxidants), & polysaccharides, but Xanthones are most exciting. Xanthones have multiple health benefits including energy generation, anti-viral, antileukemic, anti-tumor, antihistamine, anti-inflammatory & antibacterial.

33  **Gugulipids (*Commiphora mukul*)**

- The standardized extract of the sap (gum resin) of the Indian mukul tree.
- Traditionally used in artherosclerosis.
- **Gugulipids** work by increasing the liver's ability to break down LDL cholesterol
- Several clinical trials confirm its ability to lower both LDL cholesterol (25-35%) and triglycerides (14-27%) 4-12 weeks.

34  **Shea Nut(*Vitellaria paradoxa*)**

- **Shea nut butter** is a slightly yellowish or ivory-colored natural fat extracted from fruit of the shea tree by crushing and boiling FlexNow Joint Formula shows a significant reduction of a major marker of cartilage breakdown, the reduction in pro-inflamm cytokines compared to placebo and a reduction in the pro-inflamm protein-CRP.

35  **Miracle Drugs from Nature**

- CYCLOSPORIN- from the insect-killing *Cordyceps* fungus, this drug discovery was unearthed during a search for antibiotics-paralleling the serendipitous discovery of penicillin. A potent immunosuppressant, cyclosporin plays an indispensable role in organ and tissue transplants as diverse as corneas, hearts, kidneys, lungs & spleens.

36  **Miracle Drugs from Nature**

- CEPHALOPORIN (*Keflex*)- First found in an aquatic mold which led to the development of cephalosporin antibiotics, currently the most common prescribed antibiotic in American hospitals. Cephalo-sporins destroy gram-negative bacteria and some penicillin-resistant gram-positive bacteria. Sales exceed \$1 billion per year.

37  **What is the World Health Vision**

- The World Health Mission, now the World Health Mission
- is a non-profit, charitable organization
- of various health-care professionals dedicated to improving the medical care of developing countries.
- **Objectives of the World Health Vision**
- - To provide health care, supplies, medicines, equipment, and services to those in need, both internationally and domestically.
- To conduct special needs programs in the countries we visit
- (i.e. diabetes, HIV, malaria, tuberculosis, immunizations,
- nutrition, etc).

- To promote educational programs concerning various aspects
- of health care.
- To promote and conduct research that can improve the health of people.

38  **THE 10 GREATEST HERB DRUGS THAT CHANGED THE WORLD  
BY**

**DR. DANIEL T. WAGNER, RPh, MBA, Pharm.D., Herbalist**

39  **Informative Web Sites**

- Nutri-farmacy [www.nutrifarmacy.com](http://www.nutrifarmacy.com)
- American Botanical Council [www.herbalgram.org](http://www.herbalgram.org)
- Dr. Duke's Ethnobotanical Databases [www.arn-grin.gov/duke](http://www.arn-grin.gov/duke)
- NIH Office of Dietary Supplements [dietary-supplements.info.nih.gov](http://dietary-supplements.info.nih.gov)

40  **Informative Web Sites #2**

- NIH MEDLINE Nat'l Library of Medicine [www.nlm.nih.gov](http://www.nlm.nih.gov)
- The Linus Pauling Institute [www.lpi.orst.edu](http://www.lpi.orst.edu)
- Herb Research Foundation [www.herbs.org](http://www.herbs.org)