

## Healthy Alternatives to Hormone Replacement Therapy

By Jim English and John Steinke, L.Ac.

For the past sixty years, doctors have prescribed hormones to help women cope with menopausal symptoms and prevent age-related disorders such as heart disease and osteoporosis. This routine practice came to an abrupt halt in 2002 after the National Institutes of Health (NIH) cancelled one of the largest clinical trials ever conducted on hormone replacement therapy (HRT).

The truncated study, the *Women's Health Initiative* (WHI), involved 16,608 women between the ages of 50 and 79 who randomly took either a placebo or a pill containing estrogen and progesterin everyday. The lead investigators expected to prove that the hormone combo would be shown to reduce bone fractures and heart disease.

Five years into the planned eight year trial the researchers were shocked to learn that women receiving the hormone therapy

had 29 percent more heart attacks, 41 percent more strokes, a 26 percent increase in invasive breast cancer and more than twice as many blood clots compared to those taking placebos.

Lead researcher Marcia Stefanick observed that the study provided, "...very definitive information about how big the risks are and how small the benefits are. With 6 million women on estrogen plus progesterin in the country, we really needed to get that message out there in such a way that the medical community would recognize that this is not just a little controversy anymore."

### Sharp Decline in Breast Cancer

One year after the *NIH* study was stopped, worries about hormone therapy were reignited after U.S. government figures for 2003 revealed an unexpected 7 percent drop in new cases of breast cancer in

women aged 50 or older. By contrast, in the 1990s, incidence of breast cancer in older women rose by about 0.5 percent per year.

While some health authorities argued that the decline was temporary and predicted that breast cancer rates would rise again, a new paper in the April 19, 2007 issue of the *New England Journal of Medicine* contains even more bad news for HRT backers. According to the *NEJM* article, breast cancer rates dropped a stunning 9 percent between 2001 and 2004. The trend was even stronger in cancers fueled by estrogen (i.e., estrogen-receptor positive). Rates for those forms of breast cancer fell by almost 15 percent among women ages 50 to 69, the group most likely to have been on hormone pills.

The *NEJM* study has confirmed what many health experts originally suspected – that recent drops in breast cancer rates are not a statistical fluke, but a very real result of women abandoning hormone replacement therapy.

### HRT Increases Ovarian Cancer

On April 18, 2007, one day prior to the release of the *NEJM* paper, the British

*Continued on page 2*

A Novel Solution for Seasonal and Perennial Allergies

## Overcoming Allergy Miseries

By Jim English

The 2007 allergy season is hitting especially hard this year. Warmer-than-usual winter temperatures have combined with less-than-normal rainfall across the country to create a "perfect storm" for allergy sufferers.

### A Complex Problem

Allergies begin when the immune system overreacts to a normally harmless substance, such as mold or pollen. Once mistakenly identified as posing a threat to the body the immune system begins to produce antibodies for that substance, setting the stage for future allergic reactions. The next time an allergen is detected the immune system triggers the rapid release of histamine and other inflammatory chemicals from a specialized class of immune cells known as mast cells.

As histamine penetrates local tissues an inflammatory response is triggered, leading to pain, swelling, redness and heat, accompanied by the accumulation and discharge of fluids. This reaction causes most

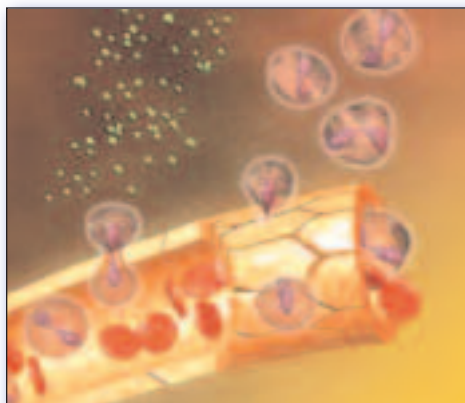
of the common symptoms of respiratory allergy, such as itching of the eyes, nose and throat, watery eyes, sneezing, and a stuffy or runny nose. Left untreated, symptoms can lead to chronic swelling of the sinuses and increased risk of infection.

In addition to attacking the sinuses and eyes, histamine can also affect the throat, lungs, stomach, bladder, vagina, muscles, joints, and central nervous system. Histamine also affects brain tissues, causing inflammation that leads sufferers to feel irritable, confused and unable to concentrate.

### Multi-Herb Allergy Solution

The best treatment for allergies is to avoid the substances that trigger a reaction. Since this is not always possible, most allergy sufferers turn to prescription and over-the-counter medications for relief. Antihistamines and other drugs may help some patients, but they cause serious problems for many. Typical antihistamines can make even the simplest of

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## HRT Alternatives

Continued from front page

medical journal *The Lancet* released a study that showed that women taking HRT for more than five years were 20 percent more likely to develop, and die from, ovarian cancer than women who never took hormones. Titled the *Million Women Study*, the research covered 1.3 million British women from 1996 to 2001.

While the *Lancet* paper revealed a clear link between HRT and ovarian cancer, HRT supporters once again rushed to the defense, pointing out that, in absolute terms, the risks were very small, resulting in only one extra case of ovarian cancer in every 2,500 women and only one extra death in every 3,300 women. When one considers that at least six million American women were taking HRT prior to this study (some estimates put the total number for all forms of HRT closer to 15 million), the numbers extrapolate to a sobering 2,000 additional deaths from ovarian cancer in the United States each and every year.

One piece of good news contained in the *Lancet* article was that once women stop taking HRT the increased risks for ovarian cancer disappear quickly.

In the wake of all the negative reports the number of prescriptions for hormone therapy have dropped by 67 percent between 2001 (61 million prescriptions) and 2004 (21 million prescriptions). Much of this drop occurred as physicians adopted more prudent approaches to treatment. Whereas some doctors simply stopped writing prescriptions for patients over concerns for the long-term risks, others continued to prescribe hormone therapy,

but only for severe menopausal symptoms, and then at the lowest doses and shortest time periods possible.

Additionally, millions of women voluntarily chose to abandon hormone therapy on their own, preferring to seek out safe and effective alternatives to synthetic hormones to relieve hot flashes, weight gain and fatigue. Fortunately, viable options do exist.

### Viable Alternatives to HRT

Alternative physicians have warned women of the dangers of synthetic hormone therapy for decades, most notably the late John R. Lee, MD, author of the best selling books *What Your Doctor May Not Tell You About Perimenopause* and *What Your Doctor May Not Tell You About Menopause*. Dr. Lee and other leading alternative physicians have long advised that women switch from HRT to a form of estrogen that is biologically identical to that produced by the body.

In the United States several compounding pharmacies provide both bi-est and tri-est estrogen preparations specifically for this purpose. Additionally, many women have benefitted by switching to a natural form of progesterone, such as that described by Dr. Lee, in place of the synthetic progesterone implicated in the WHI study (*medroxyprogesterone acetate*).

### Natural Solutions

Western medicine has relied on the use of synthetic hormones and pharmaceutical agents for over 60 years. By contrast, for thousands of years women throughout the world have traditionally turned to plants and tonic herbs to support health and provide support for a wide range of ailments. Rather than exerting the harsh, overt and direct actions of hormones and prescription medications, tonic herbs gently rebalance the body to restore health without harmful side effects.

In China millions of women rely on modern tonic herbal formulas to provide support for issues facing women during and after menopause:

- Discomfort that arises as the ovaries lose function
- Increased risk of heart disease as estrogen production declines
- Loss of bone density that often accelerates after cessation of menstrual periods

To understand why herbs are so effective we need to briefly review the processes

involved in the transition period moving through perimenopause into menopause.

### Reproductive Cycles

An adult woman's reproductive life occurs in three distinct phases. First are the childbearing years, characterized by cyclic ovulation and menstruation. In the second phase, called perimenopause, women still have menstrual periods, but the first signs of menopause and irregular ovulation have begun to appear. Many women notice these first signs of perimenopause in their mid-40s, but symptoms can appear in some women as early as their mid-30s.

Perimenopause is marked as the time when periods first become irregular up until one year after the final period, a phase covering anywhere from two to eight years. At this point a woman enters the third phase, known as menopause or the climacteric, which is characterized by the cessation of ovulation and menstruation. These three phases each have distinct patterns of hormone balance and endocrine gland activity as well as distinct physical, mental and emotional patterns.

### Understanding Perimenopause

Every year approximately 2 million American women enter perimenopause. While many pass through perimenopause with relatively minor symptoms, about 30 percent experience moderate to severe symptoms that can last up to ten years. Beginning between the ages of 35 and 55, perimenopause starts when the ovaries begin to lose their ability to produce estrogen and progesterone. The resulting drop in hormonal levels upsets the normal delicate hormonal balance and interplay between the hypothalamus, the pituitary gland and the ovaries, causing symptoms such as sleep difficulty, decreased libido, and intense irritability and mood fluctuations in women who've never experienced moodiness before.

To adapt to fluctuating estrogen and progesterone levels, the body struggles to restore estrogen production by increasing production of two hormones that stimulate estrogen production; follicle stimulating hormone [FSH] and luteinizing hormone. Additionally, the adrenal glands and fat cells begin to secrete estrogen, but all of these efforts are temporary and eventually estrogen levels are depleted.

The result of this process is the onset of symptoms that can include irregular cycles, missed periods, hot flashes, night sweats, palpitations, emotional fragility

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and depression, headaches, memory loss, insomnia, loss of libido, vaginal dryness and dry skin. Additionally, the changes in hormonal balance are known to contribute to several age-related disorders in women, including atherosclerosis, heart disease and stroke and loss of bone mass (osteoporosis).

### FemmePhase for Peri- and Menopausal Symptoms

According to Subhuti Dharmananda in *The Endocrine Effect of Chinese Medicine*, “Chinese herbs act by stimulating the production of hormones, altering the condition of hormone receptors or changing the rate of catabolism of hormones, rather than by providing the hormones or hormone analogs that function the same as hormones.”

In the case of *FemmePhase*, animal studies have shown that the formula is capable of markedly increasing the estrogen receptor levels in the pituitary, hypothalamus and ovaries in aged subjects.

### Help for Hot Flashes

*FemmePhase* has been shown to support the autonomic nervous system, the body’s “thermostat” responsible for controlling automatic physiological functions (cardiovascular, digestive and respiratory functions) and responses (contraction and dilation of blood vessels, perspiration and urination).

Hot flashes are one the most common symptoms of perimenopause, and occur when brain neurotransmitters become imbalanced as a result of fluctuating levels of estrogen. In a major study conducted by the Shanghai Center for Modern Traditional Chinese Medicine, fifty women, aged 44 to 60 years, were treated with *FemmePhase* for menopausal symptoms that included hot flashes, anxiety, emotional instability, headaches, dizziness, restlessness, spontaneous sweating, aching of the legs and low back, uncontrollable crying and depression.

After taking *FemmePhase* (shortest administration period, 1 month; longest, 3 months), 30 patients reported complete relief of all symptoms, 13 experienced marked improvement, and three reported some improvement.

*FemmePhase’s* ability to reduce hot flashes and other autonomic symptoms (i.e., sweating, headaches) indicate that the formula has a positive impact on neurotransmitter function that can restore balance to the hypothalamic, pituitary, ovarian homeostat (Fig. 1).

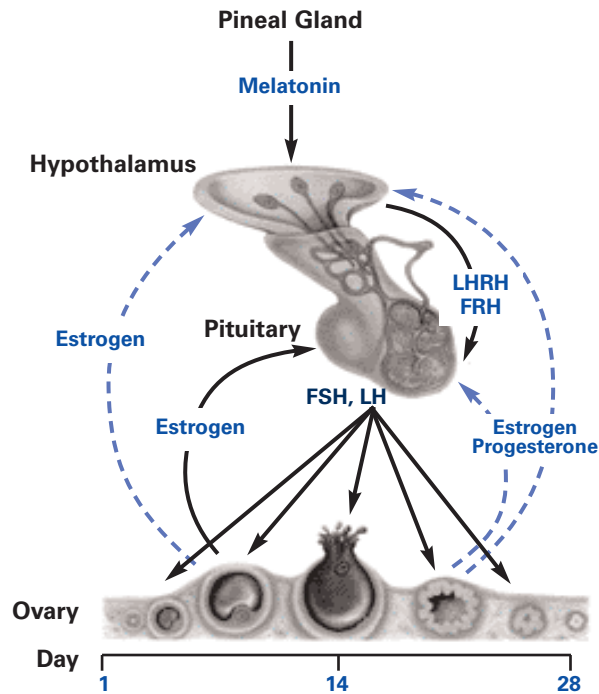


Fig. 1. Female reproductive homeostat from *The Neuroendocrine Theory of Aging*, by Ward Dean, MD. Illustration by Jim English.

### Improving Blood Circulation

*FemmePhase* has been shown to improve circulation to the heart and brain by promoting vessel dilation and inhibiting the clumping of red blood corpuscles. Numerous animal studies support this finding and indicate that the formula improves microcirculation in the capillaries, inhibits formation of thromboxane A2 to prevent blood clots, and reverses platelet aggregation to improve blood flow.

The benefits of improved blood flow, including improved vessel dilation and reduced blood viscosity, also aid in preserving the function of the organs and glands that determine healthy endocrine function as women age.

### FemmePhase and Osteoporosis Support

By supporting improved blood flow *FemmePhase* can also help in preventing bone loss as women enter postmenopause. After menopause, bone loss accelerates for 3-5 years, at a rate of 1.5 to 5 percent per year. Bone loss then continues at a lower level of around 1 to 1.5 percent loss per year on average.

Six of the herbs contained in *FemmePhase* are used in China in the treatment and reversal of *Avascular Necrosis of The Femoral Head*. In this severe disorder, the head of the femur at the hip collapses from a lack of blood flow

that leads to the destruction of bone tissue. This condition is commonly caused by chronic use of corticosteroid therapy.

The herbs contained in *FemmePhase* play a central role in the restoration of blood flow and bone mass density in this condition. Two of these herbs in particular – *Angelica sinensis* and *cordyceps* – are vital to reversing this disorder and form the foundation of the *FemmePhase* formula. Just as *FemmePhase* can aid in diminishing the symptoms of menopausal syndrome, the formula should also provide women with protection against osteoporosis. (A separate formula from Tango Advanced Nutrition, *OsteoPhase*, has been shown to regulate calcium homeostasis to aid in preventing osteoporosis and restoring bone density).

### FemmePhase for Daily Use

*FemmePhase* is an all-natural herbal formula designed to be taken at the earliest sign of symptoms to ease the transition through perimenopause and menopause. After menopause, continued daily supplementation with *FemmePhase* can aid in maintaining endocrine, circulatory and skeletal performance to ameliorate age-related health issues and optimize overall health.

\*

# Overcoming Allergies

Continued from page 1

tasks, such as driving a car or operating heavy machinery, difficult, or even dangerous. More importantly, simply blocking histamine doesn't address the real issue, and in time allergy symptoms may become more severe and difficult to treat.

All-natural *AllerPhase*<sup>TM</sup> is a highly effective herbal formula for seasonal and perennial allergies. The unique, proprietary blend of essence herbs in *AllerPhase* brings about safe and rapid relief from allergy miseries caused by:

- **Pollens** (trees, grasses, weeds)
- **House Dust** (dust mites, mold, dander)
- **Chemical Pollutants**

*AllerPhase* contains ten traditional Chinese herbs specifically selected for their ability to quickly and safely relieve allergic symptoms while gently resolving the underlying imbalances that trigger allergic disorders.

## Rapid Relief From "Brain Fog"

Brain fog is a term used to describe some of the most disabling allergy symptoms, including loss of concentration, impaired memory, irritability, fatigue, exhaustion and poor sleep. Caused by the inflammatory effects of systemic histamine on brain tissues, brain fog severely impairs mental function, contributes to depression and severely degrades the quality of life of people dealing with chronic allergic reactions.

*Gastrodia*, which appears exclusively in *AllerPhase*, is largely responsible for the formula's ability to relieve brain fog. Modern research suggests that *gastrodia* aids in improving memory by promoting blood flow to the brain. *Gastrodia* also enhances the ability of other herbs to quickly reach inflamed brain tissues to reduce inflammation, control pain and reduce mental confusion.

## Long-Term Support and Recovery

*AllerPhase* exerts a gentle corrective effect to balance the immune system by dampening the tendency to overreact to allergens. Two special herbs, *Paeonia suffruticosa* and *Pseudostellaria*, are included because of their ability to actively support healthy, normal immune function. These two herbs are largely responsible for the formula's ability to desensi-

tize allergy sufferers to allergens to produce long-term restorative benefits.

## Professional Feedback

### Hyla Cass, MD

"As one of the first clinicians to evaluate *AllerPhase*, I've given the formula to numerous patients over the last year. Even in cases where the patient's allergic symptoms were severe and unresponsive to traditional and alternative therapies, *AllerPhase* brought about almost immediate and profound relief within 30 to 40 minutes.

Additionally, the formula has proved surprisingly effective at relieving asthma symptoms. I was out with a friend one evening who is an asthmatic. Suddenly experiencing an asthma attack, she realized that she had forgotten to bring her inhaler with her. I quickly offered her *AllerPhase* and much to our surprise, her asthma attack was completely stopped in its tracks.

All of my allergy patients love *AllerPhase*, and my professional colleagues are just as impressed as I am by the rapid and safe relief and complete lack of side effects."

Hyla Cass, MD

Clinical Psychiatrist and author of *8 Weeks to Vibrant Health* and *A User's Guide to Herbal Remedies*

### Ward Dean, MD

"Regarding my experiences with *AllerPhase*, the first two patients I tried it on had severe allergies – one with allergic rhinitis, and the other with chronic, low grade asthma, misdiagnosed by a number of other physicians as "bronchitis," treated unsuccessfully by a plethora of antibiotics.

The girl with allergic rhinitis was blown away by the effectiveness of *AllerPhase*. She became symptom-free immediately. The patient I diagnosed with asthma also responded rapidly – her chronic, low grade, unproductive cough ceased immediately.

Most allergy medications merely relieve symptoms, to a greater or lesser degree, sometimes with other, unwanted side effects. However, with *AllerPhase*, I not only observed rapid relief of symptoms, but long-lasting relief as well. It appeared that something was going on with these patients' immune systems as a result of *AllerPhase*. I interpreted this to be an "immune-normalizing" effect.

Ward Dean, MD

Author of *The Neuroendocrine Theory of Aging*, and *Smart Drugs and Nutrients, 1 and II*

### Mitch Fleisher, MD

"I'm having good clinical successes with *AllerPhase*, and the formula has recently helped in a case of chronic allergic fungal-induced bronchitis. The patient, a male in his 60s, was suffering from a chronic cough, intermittent chest tightness and wheezing and fatigue due to an allergic reaction to fungal mold spores at home, work and during air travel. Conventional medications were inadequate and adverse response required that they be discontinued.

I placed the patient on a regimen of *AllerPhase* (2 capsules twice daily), in addition to lipid-soluble vitamin C (4 grams day), Thymic glandular extract and Forskolin (100 mg 2x day). The patient reported a positive response within 1 week of onset of the regimen. He has now been on the prescribed regimen for over two months and if he misses a dose of *AllerPhase* for more than a day or two, his symptoms return. He has decided to continue the protocol long term, especially the *AllerPhase*, due to its beneficial effects on his allergies and energy level."

Mitchell A. Fleisher  
M.D., D.Ht., D.A.B.F.P.

## AllerPhase Safety

In addition to a long history of use in Traditional Chinese Medicine for relieving allergic symptoms, the herbs in *AllerPhase* have been studied and extensively analyzed for safety.

*AllerPhase* is a non-drowsy formula that doesn't cause fatigue, fuzzy thinking or pose a danger when driving, as do most antihistamines. And since *AllerPhase* is not a CNS stimulant, such as pseudoephedrine, users note that the formula does not cause the "wired" sensation typical of certain OTC preparations.

All ingredients are grown and processed under the highest standards of quality assurance, following Good Manufacturing Practice (GMP) regulations, and using only the highest quality herbal ingredients. *AllerPhase* contains no sugars, salt, yeast, preservatives, artificial flavors or colors, and every batch is certified as free of all drugs and contaminants.

## Summary

*AllerPhase* is the first western herbal formula to successfully combine a 5,000-year-old Eastern healing tradition with state-of-the-art manufacturing and pharmaceutical-quality processing to finally realize the legendary rejuvenating powers of these healing agents.

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# Clinical Feedback: Relieving Allergy-Induced Migraines

**M**igraines affect more than 28 million people in the United States, hitting with symptoms that can include throbbing headache pain, nausea, vomiting and sensitivity to light and sound. We recently received a remarkable clinical report of a patient reporting relief from her migraine headaches from *AllerPhase*.

## The Role of Allergies in Migraine

This letter prompted us to review the scientific literature to find a link between allergies and migraines, and to review the mechanisms of actions of the herbs in *AllerPhase* that might help reduce migraine symptoms.

Allergen exposure causes release of a cascade of various chemical reactions that result in acute inflammation of local tissues. The allergen first binds to IgE antibodies on mast cells. The result of this binding is activation of various enzymes that induce mast cell granules to release their contents – substances such as histamine, platelet-activating factor, prostaglandins, and leukotrienes – and these substances trigger the allergy attack by causing inflammation in the local tissues.

For example, histamine dilates blood vessels, causing redness and release of tissue-swelling fluids. It also constricts bronchial tubes, impairs breathing, irritates nerve endings, causing itching and pain, and stimulates production of mucus in the respiratory system. The allergy sufferer experiences sneezing, an itchy, drippy or congested nose, wheezing, coughing, shortness of breath, and even skin swelling, hives or rashes.

Research reveals that allergies and migraines often have a similar trigger.<sup>1,2,3,5</sup> When histamine is released the resulting vasodilation of blood vessels can irritate the trigeminal and parasympathetic nerves, leading to migraine headaches.<sup>5</sup>

Many of the herbs in *AllerPhase*, including *Xanthium*, *Schizonepeta* and *Angelica dahuricae* interrupt histamine release from mast cells to inhibit allergic reactions.<sup>4,6,7,8</sup> Because histamine release is a common link between allergies and

migraines, it is feasible to try *AllerPhase* for migraine headaches, even in the absence of other allergic symptoms.

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## Case History

*The patient, a non-smoking, otherwise healthy 47-year-old female, came to our clinic seeking relief from recent debilitating migraine attacks. Her migraines were associated with her menstrual cycle, typically beginning 1 to 2 days prior to menses, and lasting for 2 to 3 days. Symptoms were varied in intensity and included general malaise, nausea and fatigue.*

*The patient had already attempted self-therapy with a well-known brand of standardized feverfew. Feverfew treatment resulted in moderate relief (symptoms were reduced by about a third), however the continued intensity of the attacks were causing significant disruption to her life.*

*We started the patient with a brief course of *AllerPhase*, beginning with 2 capsules as a loading dose in the morning, followed by 1 capsule in evening, on the first day of symptoms. Treatment with *AllerPhase* resulted in the total resolution of her migraine symptoms for the remainder of her menstrual period, with the strongest impact occurring within 20 minutes of the first dose. She has continued to use this approach and has not had a recurrence of menstrual migraines since.*

*JR Gates, DHS  
Clinical Preventive Care Specialist*

## Letters

*Continued from page 7*

*quences when changes are made.*

*Sincerely,  
John Steinke, L.Ac.*

### MetaPhase Controls Carb Cravings for Weight Loss

Dear John,

The first time I took *MetaPhase* I noticed I was not hungry for about 6 hours, nor did I crave sweets. I have been taking 2 capsules after each meal and it has really cut down on the amount of food I eat too. I am excited about this

product because after I reach my goal weight I will be able to maintain all the weight I lost without gaining any of it back. I will take *MetaPhase* for the rest of my life.

Darlene Dolbey

*Dear Darlene,  
What a great report on how *MetaPhase* helps quell sugar cravings. We've also heard from several other clients who report that taking *MetaPhase* 30 minutes prior to meals helps to suppress the urge for carbohydrates so they can make better food choices.*

*Sincerely,  
John Steinke, L.Ac.*

# Osteoporosis Drugs Linked to Heart Condition

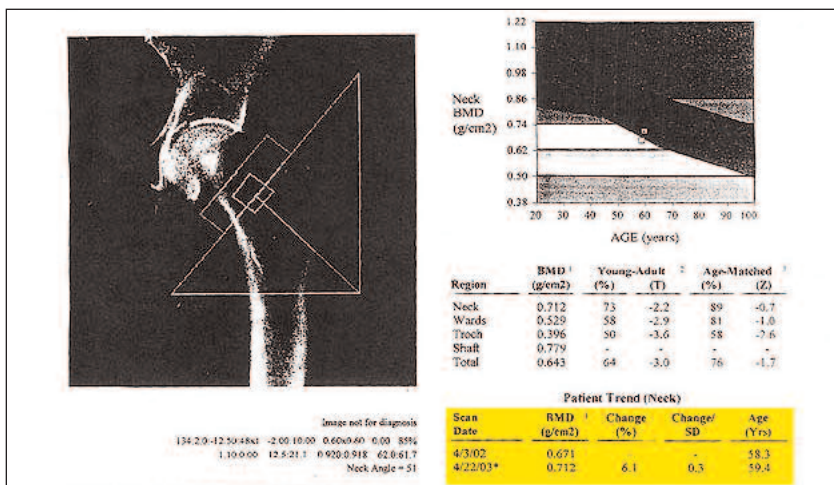
Two new research reports suggest a link between some bone-building drugs and irregular heart rhythms in a small number of women who use them. The problem is most pronounced with *Reclast*, a drug given through a once-a-year, 15-minute intravenous infusion. But researchers also focused on similar problems in women taking the leading osteoporosis pill, *Fosamax*, leading experts to express cautions about giving the drugs to those who also are at risk for a condition called atrial fibrillation, an irregular heart rhythm that can cause strokes.

The two separate reports, published in the May 3, 2007 issue of the *New England Journal of Medicine* (NEJM) point to elevated rates of serious episodes of atrial fibrillation in women who took either *Reclast* or *Fosamax*.

“For the first time, there may be a side effect,” said a researcher involved in both studies, Dr. Steven Cummings of the California Pacific Medical Center Research Institute. Until now, people have assumed *Fosamax* “was completely safe and could be given to almost anybody.”

There appeared to be 50 percent more risk of the serious heart rhythm in women who took the daily pill than among those who didn't take it. About half of the 6,459 women took *Fosamax*; of these 47 developed atrial fibrillation, compared with just 31 cases among the other women.

While the finding is not statistically definitive for *Fosamax*, the numbers worried some researchers because it is in line with the results of a new study published in the same issue of the medical journal.



**Fig. 1.** Improvement in bone density (6.1%) of a woman (age 59 years) taking OsteoPhase formula for only 4 months after her first DEXA scan revealed that she had osteopenia.

That study of 7,736 postmenopausal women with bone-thinning osteoporosis focuses on *Reclast*, known generically as zoledronic acid. Currently approved for Paget's disease, another bone condition, the manufacturer, Novartis AG, hopes to get approval later this year to sell it for osteoporosis use. The new study, financed by Novartis, shows that *Reclast* works at least as well as existing drugs in the same class, researchers say. However, the risk of a serious case of irregular heart rhythm was more than double that in the other patients – 50 cases in the drug-taking half, compared with 20 cases in the others.

## OsteoPhase Restores Calcium Balance for Bone Health

*OsteoPhase* is the first modern nutritional formula to safely and reliably aid in rebuilding skeletal bone and resolving calcium overload. Preliminary clinical findings indicate that *OsteoPhase* regulates calcium to benefit conditions such as osteoporosis, hyperglycemia and other calcium-related disorders. In safety evaluation trials *OsteoPhase* was found to dramatically restore bone mass density – in some cases to levels consistent with those of a healthy 30-year old female (Fig. 1).

Research indicates that the *OsteoPhase* regulates calcium balance (homeostasis) by increasing bone density and normalizing (reducing) calcium levels in the blood and cells. These physiological effects are well supported by independent studies of the herbal ingredients contained in the formula. *OsteoPhase* exerts its benefits while providing less than 125 mg. of calcium per day—far below the 1000 to 1500 mg. recommended in the US—indicating that *OsteoPhase* works by regulating calcium homeostasis, *not* by calcium supplementation.

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## Overcoming Allergies

*Continued from page 4*

*AllerPhase* presents a simple, natural, and comprehensive solution for immediate relief from allergic symptoms, while generating long-lasting benefit by resolving underlying imbalances that cause allergic reactions in the first place.

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# Letters

With John Steinke, L.Ac. Licensed Acupuncturist and VP of Product Development for Tango Advanced Nutrition, Inc.

## FemmePhase For Fatigue, Hot Flashes and Night Sweats

Dear John,

I'd like to share the following clinical reports regarding our clients and your formula, *FemmePhase*. Mary, a 41-year-old mother of three came to our clinic concerned over her increasingly heavy and longer lasting menstrual periods. Previously she had no concerns regarding her menstrual cycle.

Mary had also been experiencing abnormal hair loss, unusually dry skin, abdominal bloating the week prior to the onset of bleeding, and fatigue from about day 3 through her next ovulation. Bleeding lasted 6 to 7 days whereas previously it had been a fairly consistent 5 days, with 28-29 days in between.

Mary reported no drastic changes in her lifestyle, diet, health or medication. Aside from some activity related to musculoskeletal complaints she presented with a generally healthy picture.

Mary began taking 2 capsules of *FemmePhase*, twice a day, 14 days into her next cycle (for no other reason other than it was when we had our appointment). Her response the following period was most easily measured by the lack of fatigue.

The next month the abdominal bloating did not occur, the menstrual blood was not as heavy nor did the bleeding cycle go beyond 6 days. Mary also noticed much less in the way of hair loss and skin dryness.

After three months on *FemmePhase* her menstrual cycle has returned to its original pattern with no premenstrual bloating, 5 day menstrual periods with normal flow, and cessation of abnormal hair loss and skin dryness.

In a second case, Joan, a 50-year-old mother presented with a two year history of hot flashes and night sweats. It had been two months since her last menstrual period. Lately night sweats had gotten to such a point that they were disturbing Joan's sleep. Additionally, Joan reported that she easily became angry over "small things" and had begun to experience left temporal headaches.

Joan began taking *FemmePhase*, 1 to 2 capsules, twice per day. Within one month Joan noticed that not only was she experiencing fewer night sweats, but when she did they were less intense. Joan also reported that she was less irritable and had more energy during the day.

Regards,  
Jill Sweringen, PT, L.Ac.

Dear Jill,

*Thanks so much for your report. It appears that your clients are finding out that FemmePhase not only works for menopausal and post-menopausal symptoms, but also for irregular menstruation.*

Regards,  
John Steinke, L.Ac.  
Director of Product Development

## CardioPhase and Premature Ventricular Contractions

Dear John,

I began taking *CardioPhase* one week ago, taking 3 capsules, 3 times daily. Prior to starting on *CardioPhase* my blood pressure was 160/96 at best (and I was taking both a calcium blocker and a beta blocker). After one day on *CardioPhase* my blood pressure came down and I cut down the calcium blocker from 10 mg to 5 mg and stopped taking the beta blocker completely. Now a week later I have discontinued my blood pressure meds completely.

I currently take 2 capsules in the morning and 1 capsule at night. My current blood pressure is 133/40. Additionally, my chest tightness and PVC's (Premature Ven-tricular Contractions or heart palpitations) have stopped completely and I feel better than I have in years. My anxiety attacks have also stopped and I am sleeping better (after suffering from insomnia for years). The swelling in my legs is also coming down. (One of the side effects of the beta blocker)

My question is: Has my body corrected its circulatory deficit? If so, is the

correction permanent? And how should I determine dosage? How long do the effects of the capsules last? This is the first time I have been off of blood pressure medication in over 8 years. I am thrilled beyond words. Just wait until I tell my DO!

**P.S.** I heard about your product from a veterinarian – MEOW!

Sincerely,  
J.C.

Dear J.C.,

*Congratulations on your improvements. As you may know, heart disease is still the number one cause of death in women and it is very important that you have achieved and can maintain these results. We are thrilled that you have experienced these results on CardioPhase.*

*However, corrections of long standing health issues usually do not occur overnight, even though improvements can show up quickly, as they have in your case.*

*To determine if any supplement has had a corrective benefit, you would need to discontinue its use for a time period to see if the benefits are maintained when no longer using the product. Still I would recommend that you continue to take the CardioPhase for several months before you consider a period of non-use as an evaluation of deeper change. Remember, however, that CardioPhase is a healthful herbal supplement that is countering circulatory issues for you. You may wish to continue its use long-term to maintain good heart and circulatory health and help prevent the many deteriorations that occur with aging.*

*As to dosage, you are already taking 1/2 of the recommended daily dose of 6 capsules per day, yet getting excellent results. So, you certainly have no need to increase the dose. If you wish to use less, then take one capsule in the morning and one at night.*

**P.S.** *As your health improves while taking any of our supplements, please make any changes in your blood pressure or other medications only under the guidance of your physician. This is very important as many prescription medications require careful monitoring to avoid any adverse conse-*

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