

# NATURAL REMEDIES

## COULD THESE MIRACULOUS WONDERS CHANGE OUR LIVES?

Mark Plemmons

**A** solution to that tired feeling you have may just be around the corner—in fact the solution might even prolong your active life for years. It all sounds too good to be true, but more and more skeptics are being converted. The solution involves living a balanced life, getting a good night's sleep, eating the right foods high in the needed nutrients, and supplementing your diet with vitamins, minerals and natural items to give your body what it needs.

"When someone comes in complaining of always being tired, it's usually a lack of nutrients in their diet," according to Joan Van Dyk of the Good Life Herb Shoppe at Midtown Square. "We're not getting all we need from our food like we're supposed to."

A good first step is giving up caffeine, white sugar and red meat. "They're energy robbers. With them out of the way, you can be feeling better almost immediately. You might be surprised at the difference it makes," Van Dyk says. She also suggests taking a multi-vitamin to help supplement your diet because many of today's foods seem to lack in nutrients.

"I don't think there's any doubt about it," according to Tom Poppino of The Natural Marketplace, "The foods we eat today are over processed. The soil they're grown in is heavily fertilized. The fruits and vegetables are sprayed and treated with all sorts of things." The results are less vital ingredients and higher cancer and other disease rates. Compare cancer rates from 1960 where 1 in 5 people would have the disease. Today that number jumps to 1 in 3.

Kristan Teague, a certified Iridologist and nutrition and health counselor with Genesis Herb Garden, said the body's functions all work in harmony and herbs and natural ingredients, help maintain the balance. Many of the problems come from unhealthy practices, such as eating junk foods. "Everything you put into your body reflects back in some way. People who think they can eat junk food and get by are wrong. The body needs nutritional items that make everything work."

Poppino, who is normally very conservative in endorsing products, said antioxidants have been proven in the past three years to be very effective in boosting the body's ability to remain strong and healthy. The main ones are vitamin E and C and beta carotene (not to be confused with vitamin A). "While there is never a warranty on good health, using these can reduce many health risks by up to 40 percent," says Poppino.

A variety of herbs, vitamins and supplements are available in health food stores and nutrition centers. Most take time to show a marked difference, but some things give you almost an immediate boost, such as

"power drinks" or "power lunches." Ask questions—both Teague and Van Dyk say the more you know, the more you are able to find the right combination for you personally. "Some people know exactly what they need, but don't be afraid to ask for help. There are a lot of things available and they may work even better in combinations." Teague says.

But can aging be prevented? "Yes," according to Walter Pierpaoli, M.D., Ph.D. and William Regelson, M.D. They have identified melatonin, the hormone produced by the pineal gland, as the body's natural timekeeper. Its basic job is to regulate the level of other hormones and maintain the body by helping the other hormones do their jobs.

Pierpaoli and Regelson have written a best-selling book, *"The Melatonin Miracle"* (Simon & Schuster), based on their 30 years of research on aging and melatonin. They believe melatonin will produce beneficial effects gradually over time. "Think of your body as a rubber band," Pierpaoli and Regelson wrote. "When we're young and strong, our bodies can easily bounce back from the force of stresses but, as we age, we increasingly lose our ability to rapidly adopt to new situations - in short, we lose our resiliency. Like an old, worn-out rubber band, it takes us longer to bounce back. We can't take the cold (or the heat) as well as we once could. When we get a virus, we get sicker and take longer to recuperate. We have trouble falling asleep."

Melatonin has been around for many years. Poppino says he has sold it for six years, but until articles came out in *Newsweek* and *U.S.A. Today* it rarely sold. "It's the hottest thing that has ever happened to this industry," comments Poppino. About 90 percent of those taking it are using it as a sleep aide.

Pierpaoli and Regelson's studies have found much higher levels of melatonin in young, vibrant people, compared to older adults. Apparently as the body grows older, especially beginning in the 40's, levels of melatonin start to decline. "Our melatonin replacement strategy for age reversal is to restore your melatonin level

to what it was when you were in your 20's or about 125 picograms (this program is not recommended for children or pregnant or lactating women)," they wrote. "This means you only need to take a small dose in your 40's, a slightly larger dose in your 50's, etc."

In laboratory tests, Pierpaoli and Regelson have found that melatonin reverses the effects of aging and strengthens the immune system. They added the hormone to the evening drink of old mice (the age equivalent of 70 years old). Their coats grew thick and lustrous, their eyes remained clear and their digestion, strength and muscle tone improved.

Researchers have found melatonin's beneficial effects far-ranging, from drastically improved immune systems to curing sleeping disorders. One of the most dramatic benefits has been in the treatment of cancer. At Tulane University School of Medicine in New Orleans, doctors have shown that melatonin inhibits the growth of human breast cancer cells. While oncologists in Milan, Italy have found similar results by using the hormone in conjunction with chemotherapy and other treatments.

## MELATONIN MIRACLE

Nature's Age-Renewing,  
Disease-Fighting,  
Sex-Enhancing  
Hormone

WALTER PIERPAOLI, PH. D.,  
AND WILLIAM REGELSON, M. D.,  
WITH CAROL COLMAN

*Two of the world's leading medical researchers in the field of aging contend that small, safe daily doses of the naturally-occurring hormone melatonin may not only prolong human life by decades, but dramatically improve the quality of our lives.*