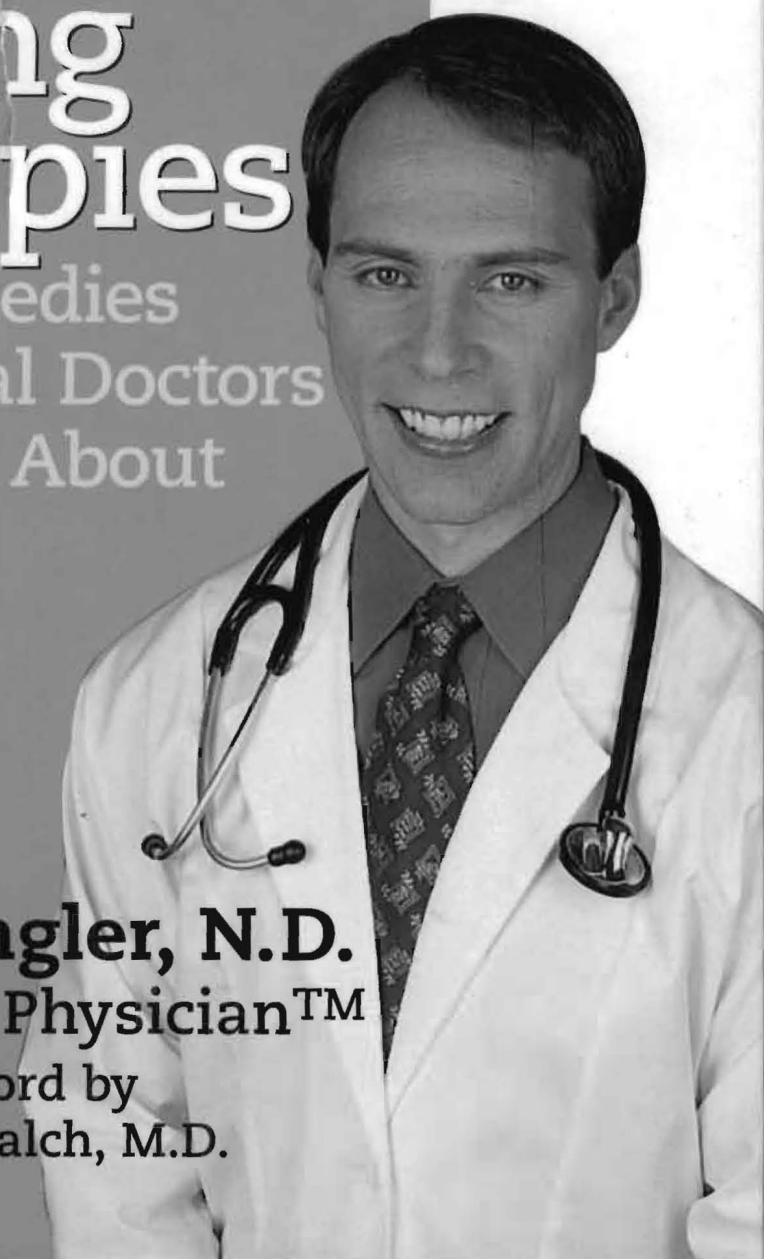


THE Natural Physician's Healing Therapies

Proven Remedies
That Medical Doctors
Don't Know About

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Foreword by
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☛ **Inflammatory Bowel Disease**

Licorice root is often included in formulas designed to heal conditions such as Crohn's disease and ulcerative colitis.

☛ **Mouth Sores**

Mouth sores, also called aphthous ulcers, can be helped by licorice root. One study of 20 people found that a DGL mouthwash improved the symptoms of 15 of the participants by 50 to 75 percent within one day, and completely healed the sores within three days.

☛ **Ulcers**

One of the most popular uses of licorice extract is for ulcers of the digestive tract. The recommended form is DGL. It has an interesting mechanism of action: It stimulates cell growth of the stomach and intestinal linings, increases the natural mucous lining of the stomach, increases blood flow to the damaged tissues, and decreases muscle spasms.

In a single-blind study of 100 people with peptic ulcers, participants took either DGL (760 milligrams three times daily) or the medication Tagamet® (cimetidine). Both groups showed equally significant healing of ulcers after six and 12 weeks, demonstrating that DGL is as effective as pharmaceutical medications for this condition. Another study of 874 people also demonstrated that DGL was as effective as antacids and the antiulcer drug cimetidine in persons with duodenal ulcers.

More important, DGL actually works to heal ulcerated tissues instead of simply suppressing stomach acid in the way antacids and drug medications do. Remember, with insufficient stomach acid, you cannot digest proteins, minerals, and other nutrients very efficiently. Stomach acid also acts as a natural barrier that keeps bacteria, parasites, and other microbes from penetrating the digestive tract.

Lomatium

Scientists are in a race to find drugs that can eradicate bacteria, which are becoming more and more resistant to antibiotics. They are also frantically looking to develop drugs that fight off viruses as well, especially in light of HIV, Ebola, herpes, hepatitis, and the ever-changing strains of the flu.

Scientists are looking increasingly to the plant kingdom and reviewing the historical use of plants as medicines to fight off invading microbes. One of these plants is lomatium.

Lomatium (*Lomatium dissectum*) is an herb that has been known about for almost a century, but has been used by only a small percentage of natural health-

care practitioners. Recently, it has become more popular as a commercial immune-system enhancer to fight off pathogens such as viruses, bacteria, and fungi.

For almost a decade, I have been using lomatium for my patients, and quite often with extraordinary results. It ranks with some of the other well-known immune-system herbal therapies such as echinacea and astragalus.

Lomatium grows in British Columbia, Alberta, southern California, New Mexico, Colorado, eastern Oregon, eastern Washington, Idaho, and the Columbia Plateau. It is also referred to as desert parsley.

A HEALING INDIAN ROOT

Once again, we have the Native Americans to thank for our present use of lomatium. Historically, it was one of the most important medicinal plants used by several tribes of the western United States.

Lomatium was used to treat infections of the respiratory and urinary tracts, as well as of the eyes. The species used by the Native Americans and the one still popular today is *Lomatium dissectum*. They would also eat the shoots and roots. For medicinal use, a decoction was made by boiling the root in water. This decoction was also used topically for sores, rashes, and cuts. A poultice of lomatium was used for swellings, joint pain, and sprains.

One of the interesting historical notes about lomatium is that it was used by Native Americans during the Spanish flu epidemic of 1917–1918. This is the epidemic that killed over 22 million people worldwide, and over 500,000 people in the United States. A doctor noticed that Native Americans in the Nevada desert were recovering from the Spanish flu. He found they were boiling and ingesting lomatium root. He learned how to use the herb from them and began using it, as did other doctors who saw similar healing effects from using lomatium. However, the interest in lomatium dramatically decreased after the epidemic ended.

Several earlier *in vitro* studies have shown lomatium to have direct killing effects on many different types of bacteria and fungus, including *Candida albicans*. It is also believed that phytochemicals found in lomatium have the ability to inhibit viruses from replicating. Studies have shown these phytochemicals to be effective against DNA and RNA viruses—two major categories of viruses.

Practitioners of natural medicine find lomatium root effective against several types of viruses including Epstein-Barr, herpes, flu, common cold, cytomegalovirus, and *condyloma acuminata* (genital warts).

DOSAGE

Lomatium is available in tincture form. I recommend taking 30 drops (0.5 milliliters) every two to three hours for acute infections. For chronic viral infections, I recommend 0.5 milliliters or 500 milligrams twice daily. I use lomatium in formulas that contain herbs such as echinacea, astragalus, reishi, and licorice. It also combines well with herbal cough formulas for a more aggressive treatment.

WHAT ARE THE SIDE EFFECTS?

The only side effect to be aware of is that a very small percentage of users will develop a measleslike rash. The rash is not serious, and will disappear after a few days if you stop taking lomatium.

LOMATIUM

RECOMMENDATIONS FROM THE NATURAL PHYSICIAN FOR . . .

Common Cold and Flu

One of the most common uses of lomatium is for colds and flu. I have found it to have one of the strongest antiviral effects of all the herbs I have used. When taken at the onset of a cold or when you feel the first flu symptoms coming on, you'll find that it can greatly decrease the severity of symptoms. Also, you're likely to get over these viral infections more quickly: I have seen patients with severe cases of the flu show great improvement within 24 hours of taking lomatium.

Epstein-Barr

This virus is noted for causing mononucleosis as well as some cases of chronic fatigue syndrome. Practitioners find that lomatium is one of the best herbs to use to eradicate this virus. (It is

certainly a better protocol than the traditional one, which is generally bed rest.)

Herpes and Genital Warts

Lomatium is popular for the natural treatment of herpes—both the kind that occur on the mouth (Type 1) and genitals (Type 2). It's also effective as a treatment for genital warts. Again, this herb appears to have a direct effect of blocking viral replication as well as assisting the immune system's antiviral weaponry. It is taken internally in both cases.

People with herpes find that if they take lomatium at the first symptoms of an outbreak, it helps to suppress the outbreak or reduce its severity. Those with genital warts should use lomatium only with the supervision of a physician.

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☞ *Respiratory Tract Infections*

Lomatium was used in the past for bronchitis, pneumonia, and even tuberculosis. Today, naturopathic physicians frequently use it in a blend of herbs for respiratory tract ailments.

☞ *Urinary Tract Infections*

Lomatium can be used by itself or in combination with herbs that are specific for urinary tract infections, such as uva ursi and goldenseal.

Lycopodium

George, a 44-year-old lawyer, came to see me for treatment of chronic digestive problems and fatigue.

“No matter what I eat, I produce tremendous amounts of gas,” he said. He went on to describe how difficult it was for him at work, where he had trouble restraining himself when he was meeting with clients. “At my desk,” he added, “I have to loosen my belt and pants because of the abdominal pressure from the bloating.”

Fatigue was also a problem, though he didn't know whether or not it was related to digestion. “It is getting more and more difficult for me to get up in the morning. Then, I get tired at 8 P.M., so it's difficult to stay awake. My wife is upset over my lack of sociability. I also find that I'm very irritable with my secretary and short tempered with my family.”

I recommended lycopodium.

It worked wonders for George. Over the next couple of months, his flatulence and bloating were greatly improved; he felt more energy upon awakening, and although he still had a short temper, his wife commented that he seemed more patient.

AN EARTHY SOLUTION

Lycopodium, the homeopathic dilution of club moss, is one of the best homeopathic remedies for digestive problems. It is prescribed specifically for bloating and distension of the abdomen that is relieved by passing gas and burping.

People requiring lycopodium usually have very large appetites, and eating makes the bloating and gas worse. They find that warm drinks have a soothing