

NUTRITION & HEALING

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Wonder vitamin KNOCKS OUT heart disease, arthritis, cancer, and more!

This overlooked vitamin is the secret
to BEATING any disease

By Glenn S. Rothfeld, M.D.

When I was in medical school, what we learned about vitamins was very simple...

- ▶ Vitamin D was the bone vitamin;
- ▶ Vitamin A was the vision vitamin; and
- ▶ Vitamin C was the immunity vitamin

In the decades since then, the powerful and vast health effects of vitamins have come to light.

Vitamin D is now known to improve the cardiovascular and immune systems.

Vitamin A is known to promote mucous membrane healing and support immune health.

And vitamin C is used for everything from collagen formation to wound healing.

But what about vitamin K?

If you're like most folks, you probably don't know what this nu-

trient does for your body. And—again, like most—you're probably dangerously deficient.

Now is the time to FIX that.

Because this wonder vitamin can help you knock out heart disease, arthritis, cancer... and well just about ANY disease you can think of.

Today, I'll tell you exactly how it works... and how to get more of it!

Not just a clotting vitamin?

Until recently, vitamin K was only known as the clotting vitamin, but now we know it does SO MUCH MORE for your health.

There are two vitamins known as vitamin K:

- ▶ **Phylloquinones, or vitamin K1**, are much more prevalent in our diets. They're found in vegetables, particularly dark leafy greens.
- ▶ **Menaquinones, or vitamin K2**, are mostly found in animal

products like meat and dairy, and in fermented foods such as natto, a Japanese fermented soy product.

Vitamin K is linked to clotting because it initiates a process called **carboxylation**, which activates the clotting proteins.

But that's not it's only superpower...

According to the Framingham Study—a massive longitudinal study of a population and its disease states—**having healthy vitamin K levels can REDUCE inflammation.**

And this is important because inflammation is the root cause of ALL DISEASE.

Lab studies have shown that two inflammatory markers—**Interleukin (IL-6) and Nuclear Factor kappa B (NF-kB)**—are suppressed when exposed to vitamin K.

This is crucial in fighting diseases like cancer and diabetes.

Even better? Vitamin K has been shown to lessen inflammation in specific systems of your body.

First among them is the cardiovascular system.

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Our mission:

Nutrition & Healing is dedicated to helping you keep yourself and your family healthy by the safest and most effective means possible. Every month, you'll get information about diet, vitamins, minerals, herbs, natural hormones, natural energies, and other substances and techniques to prevent and heal illness, while prolonging your healthy life span.

Glenn S. Rothfeld, M.D. operates the renowned Rothfeld Center for Integrative Medicine in Waltham, Mass., and he regularly scours the globe looking for the latest advances in natural health.

For nearly 35 years Dr. Rothfeld has helped patients identify and conquer the true underlying causes of diseases like diabetes, arthritis, and even cancer. His cutting-edge research into neurological diseases is creating exciting new avenues of treatment for seniors struggling with everything from Alzheimer's to Parkinson's disease.

Dr. Rothfeld's commitment to uncovering the latest health breakthroughs and educating his fellow physicians and patients is never-ending. He was named a fellow at Harvard University's prestigious Channing Laboratory, and developed one of America's first courses on alternative health for the world-class Tufts University School of Medicine.

As an author of nine books on everything from thyroid disorders to back pain, Dr. Rothfeld has helped thousands of patients find lasting solutions to even the most stubborn health problems. Now you can access all these latest health discoveries each month through Dr. Rothfeld's *Nutrition & Healing* newsletter.

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VITAMIN K

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An ally against heart disease!

The calcification (or hardening) of your arteries is caused by inflammation of the arterial lining. When this gets out of control, it can lead to heart disease... and even result in death.

You see, your body uses calcium "patched" to cover over areas of inflammation. But as more and more calcium is directed into your arteries, they become stiff and narrow, causing circulation issues.

But if you can STOP the inflammation, you can also STOP the calcium deposits from building up.

And that's exactly what vitamin K does!

It works by activating a protein—called matrix Gla protein (MGP)—that inhibits the calcification in arteries.

In fact, recent studies show that **vitamin K is linked to less coronary artery disease (CVD)**, although some studies seem to suggest that this effect is GREATER with vitamin K2 than with vitamin K1.

In one study, low Vitamin K2 levels were associated with a 34 percent greater progression of coronary artery calcification (CAC) over three years.

In a different study, low levels of vitamin K2 were associated with DOUBLE the levels of CAC, but only in those who had been treated for high blood pressure.

As I mentioned before, anti-clotting mechanisms are thought to relate to some of this activity, but there is also evidence of vitamin K deficiency being inversely related to CVD.

In a large European study of diabetics, every level of vitamin K deficiency was associated with a 21

percent increase in CVD over 11 years of follow-up.

In a different European study involving seniors, researchers found a doubling of CVD risk with the most severe vitamin K deficiencies.

In addition to calcium deposits, arterial stiffness is a risk factor for CVD, and arterial stiffness is associated with lower intake of vitamin K2.

"Lab studies have shown that two inflammatory markers—Interleukin (IL-6) and Nuclear Factor kappa B (NF-kB)—are suppressed when exposed to vitamin K."

Plus, several surveys have found high levels of vitamin K deficiency with higher arterial stiffness.

One study of postmenopausal women found that adding vitamin K2 to the diet improved arterial stiffness over three years.

STOP your arthritis pain!

The effects of vitamin K are not limited to the heart and circulation.

There is some evidence that vitamin K levels are lower in patients with chronic kidney disease as well.

But that's not all...

Inflammation also plays a critical, perhaps central role in osteoarthritis, also called degenerative joint disease (DJD).

Vitamin K dependent proteins are found in cartilage and bone tissue, and the more carboxylation, the more intact (and less arthritis) the joint.

Several large-scale studies (Japan, Framingham, and others) have

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My 2-step plan for SUPERCHARGING your libido (Amazing!)

FIX your bedroom problems WITHOUT little blue pills

By Glenn S. Rothfeld, M.D.

It's a problem we guys don't like to talk about.

We discuss it in whispers, if at all. But there's nothing to be embarrassed about.

You're NOT alone. See, over 52 percent of men struggle with some form of **erectile dysfunction (ED)**—more than HALF! And that number increases by five to 15 percent between ages 40 and 70.

At my clinic in Massachusetts, I treat LOTS of older guys who have lost their mojo.

And just like you, many of them hoped the problem would just go away on its own.

The truth is, there ARE safe ways to get the benefits of the little blue pill—**WITHOUT** side effects—and they even have a few other benefits along the way...

It's all part of my 2-step plan for SUPERCHARGING your libido...

But first let's take a look at the REAL cause of your bedroom woes... and the drugs that are making them worse.

The REAL villains ruining your sex life

Just like you, many physicians are shy about discussing erectile dysfunction.

They'll often just chalk it up to a psychological problem.

And that's just dangerous.

You see, if this diagnosis is incorrect, it frequently leads to antidepressant use—drugs known for

their side effect of, you guessed it... sexual dysfunction.

Now, I'm not saying mental health doesn't play a role in the frequency of erectile dysfunction. In fact, some studies show that things like anxiety and depression for about 20 percent of these cases.

*"Almost 100 prescription
drugs on the market list
ED as a side effect!"*

But that's just a drop in the bucket when you look at illnesses like heart disease, obesity, smoking (which affects circulation), and diabetes, which are MAJOR risk factors.

This is complicated by the fact that many of the medications used to treat these conditions can END your virility. These include:

- ▶ Calcium channel blockers
- ▶ Angiotensin II blockers
- ▶ And non-selective beta-blockers

And things go from bad to worse when you add in those little blue pills.

You see, common ED drugs (Viagra, Cialis, etc.) can make a heart disease situation worse... particularly when combined with common drugs used to treat heart disease.

This means the drugs you're taking to protect your heart... and heat up the bedroom... are making both issues worse when combined!

And even if you're not taking *these* drugs, it doesn't mean your

safe. Almost 100 prescription drugs on the market list ED as a side effect!

Fortunately, there are natural ways of approaching erectile dysfunction that are safe and research-backed... and they won't cause more harm than good.

The first of these may surprise you.

Get your mojo back with the sleep hormone?!

Melatonin is a hormone produced by the pineal gland (the so-called "third eye") that signals your body when to sleep. More melatonin is made when it's dark, and the level of melatonin decreases during daylight hours.

It's also known as a potent **anti-inflammatory and antioxidant substance**, and there is some research suggesting that it has protective effects on your neurological system.

The link between melatonin and sexual dysfunction was studied in 2014 in rats.

For the study, some rats were given spinal cord injuries to induce ED. One group received melatonin, one group received the ED medication tadalafil (Cialis) and one group was given both.

Not only did the melatonin-treated groups significantly improve their erectile function (with or without Cialis), but the researchers also found the melatonin-treated group had significantly better penile blood flow.

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The despicable truth about Big Pharma's new Alzheimer's drug

What your doctor won't tell you about this dangerous "treatment"

By Glenn S. Rothfeld, M.D.

When you're first diagnosed with Alzheimer's, you want to slow down or stop its progression... and the sooner the better.

So, the idea of a new Alzheimer's drug or treatment may seem promising to you.

We all want to keep our memory and independence, right?

Well folks, the federal government is trying to rush a new, controversial drug to the market that promises real results.

But I say not so fast.

Because this new Alzheimer's drug comes with a dark secret...

And knowing it could keep you from making one of the worst decisions of your life.

The mainstream keeps striking out

I recently came across some new medical news that sent chills down my spine.

The FDA plans to approve an expensive and controversial new Alzheimer's drug in the spring of 2021.

Now, I am all for finding new treatment options for Alzheimer's, but only when they are SAFE and EFFECTIVE.

And it looks like Big Pharma's latest wonder drug is just the opposite of my criteria.

In fact, it's even got some conventional docs questioning whether or not this drug will be safe enough for their patients.

And when I hear that the mainstream is a bit squeamish about a drug... you can bet that it is NOT something that I want to touch with a ten-foot pole.

You see, over the last 20 years, Big Pharma has spent billions of dollars just to STRIKE OUT with almost every Alzheimer's treatment it's created.

"In fact, it's even got some conventional docs questioning whether or not this drug will be safe enough for their patients."

But this time they want you to believe they've hit a home run.

Risky data makes risky drugs

Aducanumab is a once-a-month intravenous infusion of a specialized antibody meant to stick to the amyloid plaque clumps that build up in Alzheimer's patients' brains.

The theory is that once this antibody adheres to the plaque, it forces the patients' immune system to fight and clean the plaque.

Sure, this sounds like a great idea, that is, until we look into the facts...

The pharmaceutical company (Biogen) who makes the drug stopped their first clinical trial in 2019.

Why? Because **aducanumab DOESN'T WORK!**

But instead of throwing in the towel, the company forged forward with new trials.

They even dared to increase the drug dose and then "determined" that the higher dose produced a modest improvement in memory in one of the studies.

And in the other study? **The drug STILL didn't work...** even at the higher dose.

Unfortunately, the drug company was still able to meet with the Peripheral and Central Nervous System Drugs Advisory Committee in November 2020. This committee does not approve drugs. But they do they give recommendations to the FDA on whether to approve a treatment or not.

And here's where my problem with this whole thing starts...

Dr. Richard Isaacson, the director of the Alzheimer's Prevention Clinic at Weill Cornell Medicine and New York-Presbyterian in New York, and a doctor involved in the original study said this about the trials:

"Are the data perfect and entirely definitive? I'd say not entirely likely in the opinion of the most stringent scientists."

And when he was asked further about the controversial data he stated, **"A handful of the most respected scientists and researchers in our field have completely different opinions (about aducanumab)."**

(continued on next page)

Okay, hold the phone, there are three reasons why these comments infuriate me:

1. Why should any American be taking a drug that doesn't have definitive data?
2. If some of the most respected scientists and researchers feel differently about this drug, why is it being pushed on the American people?
3. When a doctor involved in the trial can't even confirm its effectiveness... I can be certain that this drug is destined to fail, and I will steer my patients away from it.

Big money, little help

Even worse than the uncertain data is the projected cost of the drug—\$50,000 per year.

Excuse me?! I don't know of any senior able to pay this for medication!

Plus, the drug only helps if you start it early on in the disease process. So, in other words, if someone has moderate to severe dementia, the drug will definitely NOT help at all.

And here lies the main problem: The shocking controversy that came out of these studies was that **30 percent of patients developed swelling in their brains.**

Just WOW!!

It was called “reversible” swelling but that is a HUGE percentage of test subjects to develop a moderately serious complication. Not to mention, **10 percent of patients had a small brain bleed**—which is extremely scary.

And even after all of these side effects and insubstantial data—the pharmaceutical company is still claiming that their drug could provide a 0.6 point improvement on the

“And here lies the main problem: The shocking controversy that came out of these studies was that 30 percent of patients developed swelling in their brains.”

Mini Mental Status Exam (MMSE)—a common Alzheimer's test.

And let me tell you, a **0.6 point improvement is NOTHING to jump for joy about.**

The MMSE is a “crude” test, and it is scored from 0 to 30. A score of 20 to 24 suggests mild dementia, 13 to 20 suggests moderate dementia, and less than 12 indicates severe dementia.

This means a less than one-point improvement does **NOTHING** to change your score... or your memory problems!

The biggest takeaway

The bottom line is that even if aducanumab receives FDA approval, you should **NOT** rush to get a prescription filled.

Why risk brain swelling or a brain bleed when there are natural remedies that could provide **BETTER** results?

As an integrative doctor, I use advanced (and aggressive if needed) therapies for dementia based on the root causes of your type of dementia.

If you're an avid *Nutrition & Healing* reader, you'll remember that I have written newsletters about the different root causes of dementia (and Alzheimer's) which include: **Lyme disease, herpes, periodontal disease, and heavy metal and toxins (especially from car exhaust).**

There is even a new study just published [linking Alzheimer's with sleep apnea.](#)

Unfortunately, there are basically **NO** tests that reliably diagnose Alzheimer's.

Some doctors use amyloid PET scans of the brain to diagnose this disease but this test is costly, not always paid for by insurance, and it involves injecting substances in your body and radiation.

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MMSE Test: How it works

If you or a loved one suspect that you may be developing Alzheimer's or dementia, the Mini Mental Status Exam (MMSE) is a step toward making that diagnosis. The test only takes about 10 minutes to complete, and the maximum score is 30. A low score does **NOT** guarantee Alzheimer's. MMSE measures the following:

- Orientation to time and place (understanding where you are, and day of the week)
- Short-term memory
- Attention and ability to solve problems (ex. Spelling a word backwards)
- Language (identifying common objects by name)
- Comprehension and motor skills (drawing slightly complicated shapes)

You can take the MMSE yourself online at www.dementiacarecentral.com/mini-mental-state-exam/online-version-start.

VITAMIN K

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shown a correlation between vitamin K deficiency (particularly K2) and accelerated osteoarthritis.

However, the question of whether vitamin K supplementation will actually reverse arthritis—and, if so, which form of vitamin K—remains to be answered.

DESTROY cancer without drugs?!

As you already know, inflammation also plays a role in the development and spread of cancer, and many inflammation markers (IL-6, NF-kB, etc.) are also indicators of cancer activity.

Many studies suggest that vitamin K (particularly K2) intake is related to lower incidence of some types of cancer.

This association has been shown separately with prostate cancer, and other evidence exists, for lung, colorectal, and breast cancers.

A large German study showed that intake of vitamin K1, and especially of K2, are both linked to a lower incidence of cancer and cancer deaths.

Another large study showed the same correlation, but in this study both K1 and K2 were associated with lower cancer rates.

There is now a body of research documenting the anti-cancer effects of vitamin K.

In addition to suppressing inflammation, **vitamin K has been found to shut down oncogenes (genes involved with cancer expression), and increase reactive oxygen species (ROS)—which are dangerous for cancer cells.**

Plus, the previously mentioned matrix Gla proteins (MGP) activated by vitamin K are themselves anti-carcinogenic.

Further research has shown a role for vitamin K in inhibiting cancer cells through apoptosis (cell death), autophagy (your body's removal of dysfunctional cells), cell cycle disruption, and effects on various tumor factors.

So, the possibility exists that vitamin K will be part of a natural therapy for cancer in the future.

As I mentioned before, be sure to include foods with vitamin K

into your **diet**—leafy greens, vegetables, fish, eggs, and nuts.

And most importantly, pick up a **bottle of vitamin K** from your local pharmacy or online. Just be sure it contains both vitamin K1 and vitamin K2.

For men, I recommend taking 120mcg, and for women 90mcg per day. But check with your doctor before starting a vitamin K supplement, especially if you're on any clotting medications.

Finally, if you believe you're at risk of a vitamin K deficiency, work with your doctor to get tested. He or she can check your vitamin K levels with a simple blood test!

Folks who are especially at risk for a vitamin K deficiency include:

- ▶ Anyone suffering from a chronic condition like cancer, or disease that hinders absorption of nutrients, like celiac and Crohn's
- ▶ Folks taking certain medications like antibiotics and antacids
- ▶ Anyone on high doses of aspirin, which has been shown to increase the body's vitamin K requirements. **GR**

ALZHEIMER'S

(continued from page 5)

But during my research on the new aducanumab drug, I read about a new and exciting blood test called the PrecivityAD™ Blood Test that has been approved, and is available in most states.

This is a blood test with about 80 to 90 percent accuracy to predict who has substantial amyloid plaque in their brains.

The blood test uses new sophisticated technology to look for minuscule amounts of amyloid plaque forms in the bloodstream.

They combine this score with a test for the “Alzheimer” gene (Apo E test) in your blood and give you a score representing the probability that you have Alzheimer's amyloid plaque in your brain.

I was excited enough to reach out to the company to inquire how to start testing people in my office and learned that the test is not covered by insurance and costs \$1,250. The company is working on getting insurance coverage and they currently offer financial as-

sistance packages. For more information, visit their website at www.precivityad.com/physicians.

If you have the money to get this test done early and the score is even moderately high... then it can help us look for the root cause of the dementia and then treat it aggressively early on.

You can also repeat the test later and we can track the progress of the amount of plaque that is seen and this can objectively show us that our treatments are working. **GR**

So, in other words: **The melatonin REVERSED their ED.**

In addition, the markers for oxidative stress were reduced, leading the researchers to report that melatonin was also acting as a potent antioxidant.

Another study looked at the use of melatonin in animals with circulation disorders.

Rats were divided into a control group and another group with induced hardening of the arteries—a condition that can lead to erectile dysfunction.

The group with arterial damage was then divided and half were given melatonin.

At the end, researchers found **the melatonin-treated group had just as good of results as the control group.** However, the injured group *without* melatonin did much more poorly.

This was confirmed by anatomical evidence showing less scar tissue and less inflammation in the melatonin-treated group.

A different rat study looked at the effects of melatonin on diabetic rats. The melatonin-treated rats not only had better erectile function, but they also **showed less nerve damage and neuropathy, less collagen deposition (accompanying hardening of the arteries and fibrosis of the tissues) and less oxidative stress** than the non-treated group.

The authors had several theories of how melatonin worked in this context, including acting as an antioxidant and affecting a biochemical pathway called p38 mitogen-activated protein kinase (p38MAPK) which is involved in the aging of cell deaths, and programmed cell death.

The potential for using melatonin in erectile dysfunction was supported by a 2018 clinical study that looked at melatonin levels in patients with erectile dysfunction and those without.

The melatonin levels in the erectile dysfunction patients were significantly **LOWER** than in the

control group, no matter the degree of sexual function.

Research awaits good large-scale clinical studies, but the possibility that melatonin helps ED is very encouraging.

Recommended dosages are between 1-3mg daily. When taken an hour before bedtime, it could also help you drift into a deep, restful slumber.

And I also recommend another strategy to help my patients fix their bedroom problems for good.

Powerful herb RESTORES your sex life (12 weeks)

An ancient herb used in both Indian and Chinese medicine has become another promising treatment for ED.

The herb is called **Tribulus terrestris or the Bindii plant.**

This leafy plant has been studied in a test tube, on animals, and humans—and is generally thought to improve erectile function and to boost libido in both men and women.

This comes as no surprise to me since it's been used as an aphrodisiac for millennia.

The main active chemical in the plant is called **protodioscin (PTN).**

When PTN was given to primates, their testosterone, dihydrotestosterone (the metabolite of testosterone thought to be involved in erectile function), and the hormone dehydroepiandrosterone (DHEA) were all **ELEVATED.**

In rat studies, **oral Tribulus led to an increase in the type of pressure associated with erections and an increase in sexual activity and an improvement in libido.**

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Over 52 percent of men struggle with some form of erectile dysfunction (ED)—more than HALF! And that number increases by five to 15 percent between ages 40 and 70.

A different study of rabbits given Tribulus orally showed an increase in the pressure of the smooth muscle of the corpus cavernosum (which is what happens physiologically when an erection occurs).

Human studies have also found promising results.

In one study, 180 men ages 18 to 65, with mild-moderate erectile dysfunction (determined by using the International Index of Erectile Dysfunction, or IIEF) were randomized into a placebo group or a group receiving Tribulus.

The Tribulus-treated group showed a highly significant ($p < 0.0001$) improvement in only 12 weeks, compared to placebo.

Other positive effects found in the treated group were either hormonal in nature, or resulted from direct relaxation of the smooth muscle, leading to more circulation.

Unfortunately, this study was paid for by the company producing the Tribulus, so it is not enough by itself to recommend the product.

However, more data exists from other sources.

In a different study, 70 males with ED and lower urinary tract symptoms were divided into placebo and Tribulus groups.

Both the **testosterone levels and level of sexual function** were

highly significantly increased in the Tribulus group after ONLY three months. There was no worsening of either prostate or urinary tract symptoms in the Tribulus group.

Another study looked at 214 men with mild-moderate ED, and placed them into two groups: with one receiving Tribulus, an alga called *Ecklonia bicyclis*, and glucosamine oligosaccharide.

The treated group demonstrated a much higher degree of satisfaction after **ONLY three months, including a boost in desire and orgasms as well as an improvement in erections.**

And guess what ladies...

The improvement in sexual function imparted by Tribulus terrestris is NOT limited to men.

Women can benefit from this natural herb, too... **BIG TIME!**

In one prospective study, 60 post-menopausal women with sexual dysfunction (as determined by standardized questionnaires) were divided into a placebo and a Tribulus-treated group.

The Tribulus group showed a statistically **significant boost in sexual interest and desire, lubrication, and genital sensations after ONLY 90 days of therapy.**

And that's not all...

Another study, looked at the re-

cords of 144 women with sexual dysfunction who were taking Tribulus.

At the end of three months on the herbal medication, they experienced significant improvements in standard measurements of sexual function, and in levels of DHEA as well.

Overall, 85 percent of the patients showed at least a 20 percent boost from pre-treatment levels.

In a different trial, 45 post-menopausal women with diminished libido were divided into placebo and Tribulus-treated groups, and followed for three months.

And yet again, the women experienced significant improvements in lubrication, desire, arousal, and discomfort during intercourse. There was also an increase in hormone levels.

The increase in DHEA is interesting since PTN from Tribulus is thought to increase this hormone level (whether it also increases testosterone is questionable).

DHEA, an androgenic (male) hormone produced by the adrenal gland, is used in clinics of sexual dysfunction to boost women's sexual desire and activity. It's entirely possible that the Tribulus is having its positive effects by boosting DHEA.

The recommended dose of Tribulus terrestris is 250 mg three times daily. **GR**

ALTERNATIVE HEALTH RESOURCES

American College for Advancement in Medicine (ACAM)

Phone: (800) 532-3688

www.acam.org

American Academy of Environmental Medicine (AAEM)

Phone: (316) 684-5500

<https://www.aaemonline.org>

American Academy of Anti-Aging Medicine

Phone: (888) 997-0112

www.a4m.com

Alliance for Natural Health USA

Phone: (800) 230-2762

www.anh-usa.org

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