

HSI HEALTH SCIENCES INSTITUTE

MEMBERS ALERT FOR FEBRUARY 2002

Vol. 6, No. 8

*Private access to hidden cures...powerful discoveries...breakthrough treatments...
and urgent advances in modern underground medicine*

Health Sciences Institute Advisory Panel

Our advisory panelists are practicing physicians and other health professionals. From Amazon rainforest cancer cures to Australian outback asthma breakthroughs, these experts offer the revolutionary treatments of tomorrow...today.

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Formula builds immunity, treats liver disease, retards cancer

Japanese medical system, once forced underground, may hold the secret to a longer, healthier life

Japanese health and longevity rates have confounded envious onlookers for years. On average, Japanese men live four years longer than American men; Japanese women live five years longer than their American counterparts.¹ Now, you can benefit from one of the secrets of their success.

Kampo, also known as Japanese herbal medicine, is an ancient system of healing that has been professionalized, subjected to Western standards of pharmaceutical research, and integrated into modern Japanese medicine. Today, almost half of Japan's medical schools instruct students in Kampo and 78 percent of Japanese physicians regularly prescribe Kampo preparations for their patients.² And research is mounting that Kampo's whole-herb, pharmaceutical-grade supplements are capable of warding off colds, easing upset stomachs, neutralizing the effects of menopause, treating liver disease, and even inhibiting the growth of cancers.

Public demand brings underground medicine back to mainstream hospitals

Kampo is derived from traditional Chinese medicine (TCM), although it's not nearly as well known in the Western world.

First introduced in Japan between the sixth and eighth centuries, traditional Chinese medicine was widely accepted by Japanese physicians—who adapted the system and modified many of its formulas to create Kampo medicine.

Kampo constituted the official medical system of Japan until the start of the Meiji era (1866-1912), when Emperor Mutsuhito came to power and embraced Western medical practices. While Kampo was not completely replaced by “modern” medicine, it was eventually forced to an “underground” status after Japan instituted a physician-licensing practice that certified doctors only if they were educated in Western-style medicine.

Due largely to public demand, Kampo was integrated back into the medical mainstream in the 1960s. Japanese physicians began to combine the ancient medical wisdom with the rigors of modern medical research. The Japanese government enacted legislation requiring manufacturers of Kampo formulas to meet the same quality standards as pharmaceutical companies. It also extended the national medical insurance to cover Kampo formulas. By

Citations available upon request.

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1990, Japanese consumers were buying 1.5 billion bottles of Kampo products annually.

The secret to Kampo's success? Mixing the herbs, then making the extract

The botanical ingredients used in Kampo's 210 formulas are often the same ingredients found in TCM formulations. However, Kampo preparations usually contain lower concentrations of active constituents than their TCM counterparts.³ This does not mean Kampo medicines are inferior or ineffective. In fact, the opposite may be true.

Both Kampo and TCM supplements start with the whole herb. However, the processing of that herb is what separates these two traditional medicines. TCM supplements use individual herbs and make extracts of each before combining them. Kampo, on the other hand, combines whole herbs and then makes an extract of the compounded formula. This unique method of formulation allows Kampo medicine to use reduced dosages without sacrificing effectiveness.

With 210 formulations, Kampo medicine is too expansive a topic to cover in one newsletter. While we expect to focus on other formulas in future issues and e-Alerts, we'll begin by investigating one of the most widely used—Liver Kampo. Liver Kampo is a compound of seven medicinal plants reported to build immunity, foster liver health, treat cirrhosis and hepatitis, and inhibit the growth of several kinds of cancer.

Citations available upon request.

Do you have a healthy liver?

Liver function can be compromised by a number of things—pollution, pharmaceuticals, pesticides, steroids, poor diet, insufficient rest, stress, obesity, smoking, and illness, to name a few. Since the liver is one of the most important organs when it comes to fighting illness, liver problems can have serious consequences. And, with a list of threats to your liver like that, developing an unhealthy one is more common than you may think.

Living with a weakened liver is akin to putting out the “welcome mat” for viruses, bacteria, and other disease-causing microbes, which can lead to life-threatening illnesses. Ordinarily, your liver filters these microorganisms from your bloodstream. (Blood, containing bacteria, enters the liver and comes in contact with Kupffer cells. In less than 0.01 seconds, the bacteria passes through the cell wall and lodges there until it is digested. The blood exits the liver sterile.⁴) But if it's overworked or not functioning optimally, it can't do its job properly and some organisms pass through, resulting in illness.

If you catch a lot of colds or come down with whatever variety of flu is making the rounds each winter, it may be caused by a weakened liver and consequently a weakened immune system.

Sho-saiko-to, also known as SST or Liver Kampo, addresses the core of many types of illnesses—inadequate or low immunity. While Western medicine often treats the symptoms of a disease, Liver Kampo addresses the body's entire response to illness and



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Our Mission

The Health Sciences Institute is dedicated to uncovering and researching the most urgent advances in modern underground medicine.

Whether they come from a laboratory in Malaysia, a clinic in South America, or a university in Germany, our goal is to bring the treatments that work directly to the people who need them. We alert our members to exciting breakthroughs in medicine, show them exactly where to go to learn more, and help them understand how they and their families can benefit from these powerful discoveries.

How to contact the Health Sciences Institute

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bolsters it so illness cannot get a foothold.

Halt or slow the progression of hepatitis C

Recent statistics show that more than 1.5 million Japanese patients with chronic liver disease have been treated with Liver Kampo. While a number of mechanisms may be responsible for its beneficial effects, Japanese scientists at Mie University School of Medicine believe an increase in interleukin-12 (IL-12) may be one of the keys to its health benefits. (Interleukin is a substance that stimulates the disease-fighting abilities of the immune system.)

To test this theory, researchers measured the interleukin-12 levels of 11 patients with hepatitis-C virus (HCV) and compared them with the interleukin levels in 12 healthy subjects. Those suffering from HCV showed “significantly lower” levels than the healthy patients. When the researchers added Liver Kampo to the laboratory sample for the hepatitis patients, IL-12 production levels “increased approximately three fold” and became “almost the same as those from healthy subjects.”⁵

Another study indicates that hepatitis C patients may be able to slow down the progress of their disease by supplementing with Liver Kampo and consequently regulating their interleukin production. Scientists from the Department of Laboratory Medicine at Mie University found that blood samples from HCV sufferers had high levels of IL-4 and IL-5 and low levels of IL-10 as compared with normal levels found in non-HCV patients. However, the addition of Liver Kampo resulted in an increase in IL-10 and a 25 percent to 33 percent decrease in IL-4 and IL-5 levels. The researchers concluded that Liver Kampo “may be useful in the prevention of [HCV] progression.”⁶

Kampo combination forces tumor-causing cells to die, preventing cancer growth

In an article that reviewed the benefits of botanicals, researchers from the Department of Pharmacology and Therapeutics at Seth GS Medical College in India cite the unique ability of plants to increase the rate of death of cancerous cells. While they wrote in general terms about herbal therapies and drug extracts of many plants, they specifically cited Liver Kampo as a formulation that can *force* tumor-causing cells to die.²⁴ This is an important prelude to preventing cancer growth, since one of the disease’s growth mechanisms is to mutate cells so they exceed

Citations available upon request.

The secret to hundreds of years of healing

Liver Kampo’s formula has stayed the same for hundreds of years, because it has repeatedly proven successful. While the ingredients work synergistically, they are also quite potent individually. The seven active ingredients and their actions include the following:

- **Bupleurum root:** reduces adhesion of tumor cells,⁷ activates natural defenses against tumor cells,⁸ and reduces Parkinson’s tremor⁹
- **Pinellia tuber:** increases interferon activity¹⁰
- **Ginger:** inhibits the spread of cancer cells¹¹
- **Scutellaria root:** scavenges free radicals,¹² relaxes blood vessels, reduces blood pressure,¹³ and exhibits antitumor activity¹⁴
- **Jujube:** increases natural killer cell activity¹⁵ and is antiasthmatic¹⁶
- **Ginseng:** inhibits cancer cell growth by suppressing their DNA¹⁷ and increases natural immune factors¹⁸
- **Licorice:** generates interferon activity,¹⁹ protects the gastric system,²⁰ is chemopreventive,²¹ reduces Parkinson’s tremor,²² and has antiviral activity²³

their normal life span.

The researchers based their comments on several studies, including one conducted at the Nagoya University School of Medicine in Japan. Researchers there determined that the combination of herbs in Liver Kampo is stronger than any one of the individual components alone in preventing metastatic activity and thereby suppressing tumor development.²⁵

At the School of Medicine at Yamaguchi University in Japan, researchers found that Liver Kampo could prevent preneoplastic lesions in the livers of mature male rats by inhibiting the activation of stellate cells.²⁶ Researchers concluded that inhibiting these cells might lead to a “reduction in the development of preneoplastic lesions” (abnormal tissue growths that could become cancerous). This mechanism is different than most mainstream cancer fighters, because it appears to stop the carcinogenic process in an extremely early stage before it can make any substantial headway.

Other research indicated that Liver Kampo seems

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Kampo

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able to inhibit the progression of kidney cancer. Researchers at the School of Medicine at Keio University in Tokyo tested the herbal combination on mice suffering from renal cell carcinoma. They administered both Liver Kampo and interleukin-2 to the mice for 30 days (the mice received 2.5 grams of Liver Kampo per kilogram of body weight) and found that the combination “inhibited growth of the tumor and prolonged survival significantly when compared with untreated mice.”²⁷

Eliminate chronic ailments and allergies

Besides fighting cancer, you can derive many other health benefits by boosting your liver function. Traditionally, Liver Kampo has been recommended for a number of chronic health problems, including gastroenteritis, hepatitis, and tonsillitis. It has been traditionally prescribed for orthostatic hypotension (low blood pressure that occurs when you stand after sitting or lying down). It has also been used to treat bronchial asthma.²⁸

Because asthma attacks can be induced by allergies, reducing the body’s reaction to allergens is a big step in eliminating this disorder. Doctors at Izumiotsu Municipal Hospital in Osaka, Japan conducted a test on cells extracted from laboratory rats. They tried to stimulate an allergic reaction (specifically, a release of histamine) by exposing the cells to an antigen. Three hours after the herbal complex was administered, no histamine was released—confirming that Liver Kampo “has an active anti-allergic effect.”²⁹

Cirrhosis patients live longer, avoid liver cancer

One of the largest human studies of Liver Kampo was conducted by the Osaka City University Medical School in Japan. It involved 260 patients with liver cirrhosis and hepatitis B. The subjects were assigned to either a control group that received only conventional treatment or a group that received Liver Kampo supplements (7.5 grams each) in tandem with conventional treatment. The groups were matched for age, sex, severity of illness, and the presence of hepatitis B antigens. The subjects received treatment and were followed for five years to determine if there were any long-term effects or benefits from receiving Kampo medicine. The researchers found that the “survival curve for five years of the

An unexpected way to prevent ulcers

One interesting health benefit of Liver Kampo has nothing to do with immune protection. Scientists found that the herbal complex has the ability to protect the mucous tissue and muscle lining the digestive tract. While it’s not entirely clear what mechanism generates this protection, an animal study conducted by the Central Research Laboratories at Tsumura & Co., in Ibaraki, Japan, shows that it can protect against ulcers that may be caused by drugs or stress.³⁵

trial group was higher than that of the control group.” Because cirrhosis of the liver has a very high probability of developing into liver cancer, it is important to stop this life-threatening process. The scientists concluded that Liver Kampo “helped prevent the development of [liver cancer] in patients with cirrhosis.”³⁰

Other research suggests this Kampo formula may also help patients recover from liver surgery.³¹

Good digestion essential to benefiting from Liver Kampo

There is one trick to realizing the benefit of Liver Kampo: Your body must be able to absorb the formula’s nutrients quickly and transfer those nutrients into your bloodstream before your digestive system expels them. One way to ensure fast absorption is to maintain healthy bowel flora.³² Recent research from New Zealand shows that a decline in beneficial bacteria occurs with normal aging. The research has also determined that supplementing with a probiotic containing bifidobacteria can increase nutrient absorption and help restore some lost immune function.³³ In order to get the most out of supplementing with Liver Kampo, you might want to consider taking a supplement that contains live bifidobacteria.

Liver Kampo is imported by Honso USA, Inc. a division of Honso Pharmaceutical Co. Ltd. in Japan, and can be purchased through BenSalem Naturals in Pennsylvania. Ordering information is in the Member Source Directory on page 8.

Diabetes and pneumonia patients need to exercise caution

Because Liver Kampo affects your entire body, and not just isolated symptoms, it may also affect

Citations available upon request.

some medications you are taking. Japanese scientists with the Department of Pharmacy at Shimane Medical University Hospital in Izumo assayed the botanical ingredients of Liver Kampo and found that one of its constituents (licorice) adversely affects tolbutamide, a medication used for the treatment of diabetes.³⁴ If you are diabetic or take any type of diabetes medication, consult your health care practitioner before using Liver Kampo or any other preparation containing licorice (*glycyrrhizae radix*) or one of its active constituents (*glycyrrhizin*).

If you have a tendency to get pneumonia or chest colds or are suffering from any type of lung disorder, consult your physician before using Liver Kampo. While this formula has been safely used for hundreds of years by millions of people, medical reports from the past 10 years show pneumonia,³⁶ pneumonitis,³⁷ and pulmonary edema³⁸ have occasionally developed after Liver Kampo supplementation. Scientists are unsure why Liver Kampo may cause or aggravate these illnesses, but their occurrences are extremely rare. **HSI**

Citations available upon request.

ALTERNATIVE TO DRUGS

Relieve acid reflux and indigestion with British compound

We all suffer occasionally from acid indigestion. When it's continuous, however, it's not only painful, it can be dangerous. Acid reflux (which funnels acid up out of your stomach and into your esophagus) can damage esophogial tissue and create even more burning discomfort. And relief is hard to find. Conventional medications often provide an incomplete remedy or carry unpleasant side effects.

In Great Britain, however, a simple herbal remedy has been providing people with effective, safe, thorough relief of acid indigestion and reflux for more than 100 years. Incredibly, it has not made its way to the United States...until now.

Readers of HSI's e-Alert may recall our first coverage of this natural cure. Back in December, we related this discovery from panelist Allan Spreen, M.D. after his colleague experienced incredible relief from acid indigestion by using this herbal remedy.

Dan Denning was hounded by acid reflux for years. After trying various over-the-counter drugs, his doctor prescribed Prilosec®—one of the many medications being featured in the flood of TV drug commercials these days. However, like most drug-commercial darlings, Prilosec also comes with its own quick list of side effects—some just an uncomfortable nuisance, some potentially serious. The list includes headaches, dizziness, skin rashes, diarrhea, vomiting, and stomach pain.

Unhappy with the drug, Dan continued to search for an alternative. On a trip to England, he men-

tioned his problem to a friend, who told him about Potter's Acidosis—a natural remedy made by a British herbalist in business since 1812.

Fights the source of acid reflux while relieving symptoms

Potter's Acidosis is made from meadowsweet, charcoal, and rhubarb, which have long histories of calming gastrointestinal disorders.

Meadowsweet has been studied extensively and shown to have anti-ulcer activity. It can even protect the stomach from lesions associated with aspirin use.¹

Rhubarb has been used in traditional Chinese medicine for gastric disorders and as a treatment for bleeding duodenal ulcers.² It has also been shown to fight bacterial growth in the intestinal tract³—an important function in people suffering from digestive disorders, since bacteria can grow in food that isn't properly digested in the stomach.

Charcoal, while not widely known today, has been a mainstay of natural medicine. One of the properties of charcoal is its ability to quell gas in both the stomach and the intestinal tract. When whole or partially digested food is passed through the digestive system, it can cause gas as a side effect. Charcoal often alleviates that problem.

Experience near permanent relief from occasional use

When he first started using Potter's Acidosis, Dan got immediate relief from his acid reflux without any unpleasant side effects. He now takes the supplement

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Citations available upon request.

HSI members battle prostate cancer with herbal complex from the Amazon

It's been called a miracle tree. Indigenous peoples from the Amazon jungle have used the bark, leaves, roots, flowers, fruit, and seed from the graviola tree for centuries to treat heart disease, asthma, liver problems, and arthritis. Scientists from North America learned of the legendary healing tree and, through dozens of in vitro tests, discovered its ability to kill malignant cells of 12 different types of cancer, including colon, breast, prostate, lung, and pancreatic cancer. Laboratory research showed it to be 10,000 times stronger in killing colon cancer cells than Adriamycin, a commonly used chemotherapy drug. And graviola, unlike chemotherapy, can kill cancer cells without harming healthy cells.

Pharmaceutical companies—who couldn't turn a profit on a natural substance that couldn't be patented—shelved their research on graviola. But one company developed the botanical into a supplement called N-Tense. In January 2001, Health Sciences Institute broke the story of this rare and potent cancer-killer, and numerous members have benefited from it over the past year.

W.R. from Knoxville, Tennessee, had a lot of pain when he urinated and thought he might be passing a kidney stone. He was examined by his doctor and

found out he had a PSA of 38. Prostate Specific Antigen (PSA) is a marker for prostate cancer. A level of 0 to 4 is normal. W.R. immediately underwent mainstream treatments and reduced his PSA to 9.8, but it wouldn't drop any further. After one month of using N-Tense, his PSA dropped to 4.5. And after a second month of supplementation, it dropped it to 2.2!

T. U. in Douglas, Ontario, told us about his 76-year-old brother in England who had advanced prostate cancer. Mainstream medical treatments seemed useless, and his doctors gave him a year to live. After reading about N-Tense in the *Members Alert*, T.U. sent his brother some. After only four days of taking a full dose, his brother's pain vanished. In less than a month, he was in remission—and even his oncologists couldn't explain why. Today he still takes N-Tense to make sure his cancer cells continue to shrink.

It is important to note, however, that not everyone has had a successful experience with N-Tense. J.G. from Cherokee Village, Arkansas, had a PSA of 9 and took N-Tense for a month to try to reduce that level. Instead of dropping, his levels jumped to 29. His doctor gave him two hormone shots, which reduced his PSA to 2.4. He tried N-Tense one more time. His

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New HSI panelist partners with shamans and botanists to harness the medicinal potential of the Amazon

After working with her on alerting you to several exciting discoveries in underground medicine, we are pleased to welcome Leslie Taylor to our panel. Ms. Taylor is a board-certified naturopathic doctor and a member of both the American Naturopathic Medical Association and the Texas State Naturopathic Medical Association. She lectures and teaches classes in naturopathic and herbal medicine, botany, ethnobotany, and conservation issues worldwide. In addition, she is a faculty member of the International University of Natural Health in San Antonio, Texas, and author of the



Leslie Taylor

book *Herbal Secrets of the Rainforest*.

In 1995, she launched the Raintree Group of Companies and began working with tribal shamens and traditional healers to learn their ancient knowledge of plants. Through collaborations with botanists, phytochemists, herbal medicine practitioners, and other professionals, Ms. Taylor also began to identify and test the medicinal potential of other Amazon plants. Today, Raintree manages a sustainable harvest of rainforest botanicals, oils, and extracts that are sold to the U.S., Europe, and the Far East.

To learn more about Ms. Taylor or Raintree Nutrition, visit www.rain-tree.com. 

New formulation of rain forest herbs targets leukemia

As an anti-cancer supplement, graviola has shown incredible promise, but it has failed to show results against one major condition. It is powerless against leukemia.

So Raintree Nutrition, the company that introduced us to graviola with N-Tense, has developed Ntense-2—an anti-cancer formula that may help prevent leukemia relapses by stimulating the immune system.

Ntense-2 contains some of the same ingredients as the original N-Tense, such as the immune system enhancers mullaca and cat's claw. Both products also contain vassourinha, which inhibits tumor growth. In place of graviola, Ntense-2 contains several other natural cancer-fighters that show promise in the battle against leukemia.

Simaruba. The National Cancer Institute has known about simaruba's potent anti-amebic activity for 40 years, but it wasn't until 1978 that in vitro (test tube) research showed that it also contains dehydroglauucarubinone, which significantly inhibits the growth of lymphocytic leukemia.¹ Dehydroglauucarubinone is part of a group of phytochemicals called quassinoids. As research continued, scientists discovered additional quassinoids in simaruba that had antileukemic activity.² To date, there have been no human studies on this herb, although a few animal studies support the results of the in vitro tests.

Anamu. This plant fights cancer by directly attacking malignant cells.³ According to Raintree Nutrition's web site, research shows it also enhances the immune system by stimulating natural killer cell activity and increasing the production of interleukin-2, a protein that further enhances immunity. **One of the constituents of anamu is coumarin, which may be a concern for those taking blood-thinning drugs.** Coumarin can enhance the effects of blood thinning medications and increase the risk of bleeding.

Brazilian peppertree. Also known as mastic tree and Jesuit's balsam, the Brazilian peppertree is a potent antimicrobial agent which works against a wide range of bacteria and viruses.⁴ According to Raintree, in vitro tests show it is effective against a specific type of cancer cell, that can be found in cancers of the throat, esophagus, and other areas, in addition to exhibiting general anticancer activity. Researchers have known about the antibacterial properties of the Brazilian peppertree since 1966, when they patented a formula for a topical bactericidal medicine based on an essential oil of the plant.

Ntense-2 is available from Raintree Nutrition, which recommends a dosage of six to 12 capsules a day. Ordering information is in the Member Source Directory on page 8.

Citations available upon request.

N-Tense update

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PSA went back up to 9, and J.G. switched to PC-Spes.

And a few people had unexpected experiences with N-Tense. A.C. from Palm Springs, California decided to give the supplement to her Irish wolfhound, who had osteosarcoma (a type of bone cancer). The veterinarian suggested amputation or chemotherapy (at \$1,000 per treatment), both of which were unacceptable options. After treating her dog with flaxseed oil and six capsules of N-Tense per day, the bone cancer disappeared.

For information on ordering N-Tense from an HSI approved source, refer to the Member Source Directory on page 8.

Please note: Several members have asked us about

a graviola/ ellagitannin product available online through Greenwood Health Systems, which posted our January 2001 article on its website without our authorization. We are not in any way affiliated with Greenwood and don't know enough about the company or its product to recommend anything from their line. 

We welcome your feedback!

If you've tried N-Tense, or any other product featured in HSI *Members Alert*, and would like to share your experiences, please e-mail us at hsiresearch@agora-inc.com or send a letter to:

**Health Sciences Institute
819 N. Charles St.
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The opinions expressed here do not necessarily reflect the views of every panelist each month. The Health Sciences Institute acknowledges occasional differences of opinion among panelists and welcomes the exchange of differing points of view.

Acid reflux

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only when he has a problem—which is rare.

We have not been able to locate anyone in the United States who sells Potter's Acidosis. However, you can purchase it, using a credit card, from Potter's Herbal Supplies in England. Ordering information is listed below.

Please note: If you are taking blood-thinning medication, check with your doctor before using Potter's Acidosis; meadowsweet contains heparin (an anticoagulant found in tissue) and has anticoagulant properties.⁴ Also remember that anything containing charcoal should be taken on an empty stomach to ensure that the charcoal doesn't absorb nutrients and minerals and reduce intestinal absorption of these nutrients. Do not take Potter's Acidosis at the same time as other medications. The charcoal can reduce your absorption of prescription medications. **HSI**

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MEMBER SOURCE DIRECTORY

Liver Kampo, BenSalem Naturals, 371 Dartmouth Center, Bensalem, PA 19020-8204; tel. (215) 638-0627; US\$22.91/bottle plus S&H for 180 tablets; or log on to www.bnatural.com.

N-Tense & Ntense-2, Raintree Nutrition, Inc., 10609 Metric Blvd., Suite 101, Austin, TX 78758; tel. (800) 780-5902 or (512) 833-5006; fax (512) 833-5414; 120 capsules cost US\$24.00 plus S&H; or log on to www.rain-tree.com.

Potter's Acidosis, Potter's Herbal Supplies, Ltd., Wigan WN1 2SB, United Kingdom; tel. 011-44-1942-405100; fax 011-44-1942-820255; UK£4.99 (or approximately US\$7.21) for 100 tablets plus shipping and handling; available on www.goodnessdirect.co.uk (located in the "stomach & digestive" category), www.herbal-direct.com, (located under "herbal medicines") or www.academyhealth.com (located under the "herbals" category).

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