

Pueraria Mirifica: Menopause Miracle?

By Mike King, Mari-Mann Herb Co

It was a day I will never forget. My mom came to my house to talk to me about something very important. She told me that she had been “diagnosed with pharmaceutically induced breast cancer.” After over 20 years of hormone replacement therapy (HRT) using a horse mare urine salt pharmaceutical, she had developed estrogen positive breast cancer. Yes, she had been relatively menopause symptom free, but at what a price! Being a medical researcher and nutraceutical scientist, I took it upon my self to discover something much better, but without any adverse side effects.

I began researching everything. For several years, I studied many herbals like black cohosh, herbal and nutraceutical combinations, progesterone cream therapy, nature identical hormone therapies, and compounded formulas. All were either not as effective and/or had side effects, some as bad as the HRT!

Then one day back in February of 2007, I read an article in a scientific journal about pueraria mirifica (PM). Even Dr. Richard Passwater, a proponent of modern nutritional science, was touting it as the “Herb of the Decade.” As I researched more about PM, I was more than pleasantly surprised. Dr. Christiane Northrup, author of books on menopause, was also recommending PM as being very safe and effective for menopause.

One of the studies regarding PM was published in June of 2009 in *The Proceedings of The Nutrition Society*, conducted at Edinburgh’s Napier University by Dr Margaret Ritchie and Dr Janis MacCallum. “The research helped to validate the breast health supportive use of PM herb, as well as its safety, which showed that the phytoestrogen extracts from PM were able to inhibit the growth of breast cancer cells.” Another 2008 study was published in *Menopause: The Journal of the North American Menopause Society* concluded that PM might prove useful as a natural herbal therapy for woman who would like to support bone health during menopause due to its antireorptive (bone building) activity. A 2007 study entitled, *Efficacy Comparison of Pueraria mirifica (PM) Against Conjugated Equine Estrogen (CEE)*, also known as Premarin, determined that “PM-containing phytoestrogens, had estrogenic effects as similar as CEE, and can alleviate the climacteric (hot flashes) symptoms in perimenopausal women.”

Being an adaptogenic herb, PM contains a bounty of natural chemical compounds that balance the body’s hormones and promote good health. Most of these compounds fall into a category called “phytoestrogens.” The prefix “phyto” means plant, and simply put, they are estrogen-like substances found in plants. These naturally occurring chemical compounds have structures that are similar, but not identical to estrogens found in humans. Plus, the short-lived bio-similar estrogens in PM have a cleansing effect on the body, getting rid of the toxic animal estrogens, estrogen metabolites, and xenoestrogens.

Phytoestrogens can have safe, yet strong estrogenic effects in animals, including humans. They also occur naturally in some plants like soybeans and red clover. In the February 2000 issue of the *Journal of Natural Products* another unique phytoestrogen was discovered in PM called deoxymiroestrol, which is believed to be the actual basic plant phytoestrogen in PM. Deoxymiroestrol and miroestrol posses the highest estrogenic activity among all the known phytoestrogens.

PM is now being introduced around the world as a proven phytoestrogen capable of providing relief to perimenopausal, menopausal, and postmenopausal women. To make sure you get the highest quality and most effective form and lowest cost (around \$20.00 per month), consult a person knowledgeable in nutraceuticals and always remember to let your qualified health care provider know about your supplements. So, yes, Mom, I found it! There is a very safe

Nutritional

and effective alternative for menopause symptoms with only positive benefits; all you really have to lose are your symptoms!

Mike King is a nutraceutical scientist and medical researcher. He also owns and operates Mari-Mann Herbs™ located at 1405 Mari-Mann Lane, Decatur, IL 62521. For more information on leading supplements/nutraceuticals and alternative health care items, please call 217-429-1555. Mari-Mann™ is open daily. Come visit our herb garden which has been recognized as an official Illinois Herb Garden, plus there is a health food store and gift shop.

*This information is for educational purposes only and is not intended to diagnose, treat, cure, or prevent any disease.