



# Saw Palmetto Berries

**Benefits and uses:** BHP, Prostate health, wasting disease, expectorant, bronchitis, asthma.

**Information:** Herbs/Nutritionals/Medicinals can be very strong, consequently, if each one is not tailored to your specific needs, then you can risk more harm than good. This information is meant to be used by your VHC Medical Team and personal Physician as they build your Total Health Plan. Never attempt to adjust your prescribed medications and/or Natural Treatments without your physician's and Medical Team's knowledge and guidance. Since herbs/nutritionals and medications can interact with each other, it is always advisable to consult with your health care provider and The Vibrant Health Community at [www.VibrantHealthCommunity.com](http://www.VibrantHealthCommunity.com) (or call 1-866-378-8253) before starting or changing your program.

## Details

For a healthy prostate, many men have been enjoying the benefits of Saw Palmetto. The herb is said to be helpful in treating many prostate disorders, including prostate enlargement and the discomforts of frequent urination. As an overall tonic for good health, Saw Palmetto is helpful for those who are convalescing or who suffer from wasting diseases, such as HIV/AIDS, and it is an expectorant and an old-time remedy for bronchitis and asthma. Many herbalists consider Saw Palmetto to be an aphrodisiac for both men and women.

The fruits of the Saw Palmetto are highly enriched with saturated and unsaturated fatty acids (oleic, capric, caprylic, lauric, cis-linoleic, myristic, palmitic and stearic acid), essential oils, steroids (including beta-sitosterol, campesterol, cycloartenol, lupeol, lupenone and stigmasterol), polyphenolic compounds (arabinose, flavonoids, galactose, glucose and uronic acid), tannins, carotenes, phytosterols, polysaccharides and lipase. The lipid soluble compounds are thought to be its major pharmacological components.

Benign Prostate Enlargement is also called Benign Prostate Hyperplasia and is caused by the accumulation of testosterone in the prostate where it is converted into a compound (DHT) that stimulates cells to multiply excessively, thus causing the prostate to enlarge. Studies have shown that a liposterolic extract of the berries reduced the uptake by tissue specimens of both testosterone and DHT (dihydrotestosterone) by more than forty percent. This mechanism is confirmed by the observation that Saw Palmetto extract does not induce changes in the level of testosterone or other hormones in the plasma itself, but it appears to inhibit the conversion of less active intraprostatic testosterone to the more active to dihydrotestosterone (DHT) by restraining the enzyme steroid, 5-alpha-reductase.

Other studies claim it may also act by interfering with DHT binding to the androgen receptor or by relaxing smooth muscle tissue similarly to alpha antagonist drugs, and possibly by acting as a phytoestrogen. (Over 100 open, controlled and comparative trials have been conducted on Saw Palmetto.) Although it is a condition that does not decrease sexual function, BPH does cause swelling, pain and excessive urination in men. In Germany, Saw Palmetto is sold as an over-the-counter treatment for benign prostate enlargement, and modern researchers are now rethinking about Saw Palmetto's age-old treatment for prostate disorders. Many studies, although inconclusive, are shedding new light on the subject of Saw Palmetto's efficacy as a viable treatment.

Saw Palmetto has been used to treat impotence and other diseases of the prostate gland. It is administered to men to increase the function of the testicles and relieve irritation in mucous membranes, particularly in the urinary tract and prostate. Saw Palmetto is used primarily for symptoms related to prostatic conditions and is thought to have anti-androgenic and anti-inflammatory properties. Results from early clinical studies suggested that Saw Palmetto can improve urinary flow rate and reduce nocturia in patients with benign prostatic hyperplasia.

Administered to women, Saw Palmetto is said to support mammary gland health. It may also help women with polycystic ovarian disease, cystitis and help to decrease androgen (a hormone that stimulates male characteristics in women). Saw Palmetto is a diuretic and a urinary antiseptic. As a good expectorant, Saw Palmetto clears the chest of congestion. It has been useful in treating bronchial complaints (coughs due to colds, asthma and bronchitis), and it is especially beneficial when there is an excessive discharge of mucus from the sinuses and nose.

Saw Palmetto is an overall tonic that builds strength during convalescence from an illness and has been helpful for those who suffer from wasting diseases, such as HIV/AIDS. Long ago, an American medicinal botanist, John Lloyd, noted that animals fed Saw Palmetto berries grew sleek and fat. In human diets, Saw Palmetto is said to stimulate the appetite and have a beneficial effect on body weight.

Saw Palmetto is said to regulate hormones and is considered to be beneficial to the reproductive organs of both sexes. It is also considered an aphrodisiac. Saw Palmetto is recommended as a tonic promoting good general health. As a mild sedative and tranquilizer, it is said to improve the disposition.

**Contraindications:**

Men taking the prescription drugs Propecia® and Proscar® should inform their doctors if they are also taking Saw Palmetto. Saw Palmetto may counter the efficacy of Hormone Replacement Therapy (HRT) and birth control pills. Pregnant women should not use Saw Palmetto. Saw palmetto may have additive anticoagulant effect and prolong bleeding time. Thus, it is not wise to take with blood-thinning medication (aspirin, warfarin/Coumadin®, etc.) without first speaking with a physician.

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