

Pueraria mirifica: Nature's Safe Alternative to Estrogen Therapy
by Dr. Garry F. Gordon, MD, DO, MD(H)

Menopause. The onset of this phase of life is marked by a decline in the production of Estrogen – a hormone that serves as a chemical messenger in the body which regulates the menstrual cycle, controls breast development, and helps maintain healthy bones and a healthy heart. From puberty to menopause, the ovaries produce estrogen. Once menopause sets in, the ovaries no longer make estrogen, and body fat becomes the primary source for estrogen.

Estrogen is a vital key to healthy aging. But when a woman's body undergoes this important change, the accompanying symptoms can be severe enough to disrupt her life – and affect the lives of those around her. Hot flashes, night sweats, vaginal dryness and thinness, and frequent bladder infections are common complaints. Women also report chronic fatigue, weight gain, joint pains, bone loss, hair loss, insomnia, mood swings, memory loss, decreased libido, and a decrease in arousal and orgasmic response. Perimenopause also marks the beginning stages of increased risk of heart disease and osteoporosis.

Menopause is not a disease. It is a natural stage in a woman's life, and one that should be embraced and celebrated as a freeing and wondrous time – not looked upon with disdain and fear. Over the years, prescription and various herbal remedies have come and gone. Most have proven either too ineffective or too dangerous to be worth the risk. Sadly, many women continue to suffer needlessly due to the mainstream media's scare-tactic reporting about the serious and sometimes fatal side effects caused by hormone replacement therapy. It is true that most women will not enjoy optimal health after menopause or reach their maximum intended lifespan without hormonal support, and far too many physicians are *under*-informed about estrogen supplementation and the risks of heart disease and breast cancer. I am here to tell you that healthy aging and all-natural, safe and effective hormone replacement support is possible!

In Thailand, women have been finding relief from the symptoms of menopausal change for hundreds of years. They have found this relief in preparations from the root of a flowering plant that grows in abundance in their region. That plant is *Pueraria mirifica*, or Thai Kudzu. My good friend Dr. Sandy Schwartz relocated to Thailand some 20 years ago, and shared with me how the native people had been using *Pueraria mirifica* for centuries, as both a food and as a part of their traditional medicine. As I explored further, I found that the lowest rate of breast cancer in the world was in Thailand's northern region – the only place in the world where *Pueraria mirifica* grows. Since that time, dozens of scientific studies have documented the beneficial and protective effects of this amazing plant.

Pueraria mirifica belongs to the same family of legumes that includes soybeans and peas, and contains a bounty of natural chemical compounds that foster good health.

Most fall into a category called “phytoestrogens.” These naturally occurring chemical compounds have structures which are similar to estrogen. Pueraria mirifica is unique in that it is the only plant to contain a special phytoestrogen called miroestrol.

Miroestrol is extraordinarily similar in structure and function to a type of estrogen called estriol. There are three types of estrogen in humans: estradiol, estrone and estriol. Of the three, estriol is the weakest. Its weakness, however, is actually its strength. Clinical trials have shown no links between estriol and cancer, and women who have taken it reported few side effects compared with those who took estradiol or estrone as hormone replacement therapies.

What was once just a promising plant that Asian women whispered about, Pueraria mirifica is now refined and formulated to the highest standards and is called Puresterol. Approved as a food supplement by the FDA, Puresterol is available from Longevity Plus, LLC as H.R.T. Plus (Herbal Remedy from Thailand). H.R.T. Plus has been documented in extensive research to safely eliminate all menopause related symptoms while actually providing anti-cancer protections for the breast and other tissues. It is a S.E.R.M. Beta (Selective Estrogen Receptor Modulator of the Beta receptor), and provides favorable effects throughout the entire body. It protects against bone loss, depression, insomnia, hot flashes, vaginal dryness and loss of memory. In my experience, there is no comparison between the minimal effects of traditional herbals like Black Cohosh, Red Clover or Soy, and the dramatic benefits I have seen in my patients receiving Puresterol in H.R.T Plus.

With ever increasing numbers of women searching for safe, alternative, organic and holistic remedies and approaches to breast and hormonal health and longevity, Puresterol, as found in H.R.T. Plus, is the perfect fit.

For more information about Pueraria mirifica and H.R.T. Plus, contact Longevity Plus, at 1-800-580-7587, or go to www.longevityplus.com or www.gordonresearch.com.

References:

Chansakaow S, Ishikawa T, Sekine K. *Isoflavonoids from Pueraria Mirifica and their estrogenic activity. Planta Med 2000; 66:572-5.*

Potee, Alicia. Health Sciences Institute. *An ancient Thai “miracle” herb reveal itself to be a real-life fountain of youth. HSI September 2007, Vol. 12, No. 3.*

Chandeying V, MD, Lamlertkittikul S, MD. Department of Obstetrics and Gynecology, Faculty of Medicine Prince of Songkla University, Hat Yai, Songkhla. Challenges in the Conduct of Thai Herbal Scientific Study: *Efficacy and Safety of Phytoestrogen, Pueraria*

mirifica (Kwao Keur Kao), Phase I, in the Alleviation of Climacteric Symptoms in Perimenopausal Women, J Med Assoc Thai 2007; 90, 7: 1274-80.

Manonai J, MD, Chittacharoen A, MD, Theppisai U, MD, and Teppisai H, MD. Department of Obstetrics and Gynecology, Faculty of Medicine, Ramathibodi Hospital, Mahidol University, Bangkok, Thailand. *Effect of Pueraria Mirifica on Vaginal Health, Menopause* Vol. 14, No. 5, 2007.

Ritchie M PhD MRSC, Young, R PhD MNIMH. *Protocol for Assessment of Mechanism of Action of Pueraria Mirifica on the Alpha and Beta Receptor of a Selected Breast Cancer Cell Line. Napier University August 4, 2007.*