



## Women's Herbs Women's Health (2007)

by Christopher Hobbs & Kathi Keville

**CLASS: G430**

**This is your test but... do not try to fill in the blanks! We created a Test Answer Sheet which is easy to download, fill in the answer, and email.**

### Chapter 1

1. Because tonic herbs work \_\_\_\_\_, during an acute infection of any kind, it's best to concentrate on taking herbs from the category known as specifics to treat your condition.
2. "Specifics" is the term used for herbs that help a specific organ or system to heal or work more efficiently. These herbs are used for shorter periods of time because they are essentially \_\_\_\_\_ for these organs or systems.
3. Cleansers are herbs that assist the body by stimulating \_\_\_\_\_ function and increasing \_\_\_\_\_ through the bowels, skin, and kidneys. Cleansers also help increase the liver's ability to process toxins.
4. Standardized tinctures and pills are guaranteed to have a specific amount or percentage of an herb's active compound. The way in which an herb acts on the body is due to a \_\_\_\_\_ of many substances, not just a single active one, so this process is controversial among herbalists.
5. Black cohosh was a common \_\_\_\_\_ tonic at the turn of the nineteenth century and was used to diminish false labor pains and regulate and increase true ones. It was also used to ease pain and help calm the nervous system after labor. Other uses (men & women) are to reduce inflammation and \_\_\_\_\_ pain, treat the respiratory system, relax the central nervous system, and relieve ringing in the ears.
6. Cramp bark has long been used as a strong \_\_\_\_\_. It is useful in "deficiency" conditions, where bleeding is scanty and for "bearing down" pains. Combine with valerian root to enhance its uterus-relaxing effects.

**Note:** Many body parts can experience cramps and spasms of muscles. Some women get painful bladder spasms as well as menstrual cramping. Leg and toe cramps are typically the result of low potassium and/or calcium and/or magnesium tissue levels.

7. Dong quai (*Angelica sinensis*) is well known for its ability to tonify the blood and uterus. During menopause, formulas containing dong quai can be used to help alleviate the symptoms of fatigue and \_\_\_\_\_ dryness.

**Note:** There are different species of *Angelica* and they have different properties. *Angelica archangelica* has spicy, bitter, and very warm properties. The organs/meridians affected are the lungs, stomach, and intestines. It is commonly used for wet, cold, congested conditions of the lungs and sinuses. It is warming and drying, induces sweating. It also promotes menses.

8. Evening primrose contains \_\_\_\_\_ (gamma-linolenic acid), an unsaturated fatty acid that can help relieve PMS symptoms, breast cysts, menstrual cramps, and endometriosis for some women who use it regularly. **Note:** Black currant seed oil is also rich in GLA.
9. Motherwort helps regulate suppressed, irregular, or painful menstruation, and to \_\_\_\_\_ the nervous system. It seems to help shrink fibroids but can \_\_\_\_\_ menstrual flow; women with heavy bleeding may want to avoid this herb.
10. Nettle leaves make an excellent blood-building tonic. It is one of the herbs highest in calcium, encourages production of mother's milk, and when paired with \_\_\_\_\_ it is used to reverse anemia.
11. Red clover has an \_\_\_\_\_ effect in the body which helps ease hot flashes. Red clover has long been considered a blood \_\_\_\_\_ and has been used to build blood and help the body remove toxic waste products.
12. Red raspberry leaf is probably the best known herb for toning the uterus during \_\_\_\_\_ and facilitating labor. It helps reduce pain and uterine swelling after childbirth.
13. Vitex (chasteberry) works by regulating the \_\_\_\_\_ gland.
14. Wild yam root has the ability to decrease muscle cramping and \_\_\_\_\_, especially in the pelvic region. The root itself does **not** contain progesterone, as is often claimed.
15. Yarrow is used to tonify the urinary system, particularly when the uterus is weak or excessive \_\_\_\_\_ occurs.

## Chapter 2

16. \_\_\_\_\_ hormones include the sex hormones, which are fat-soluble molecules that the body fashions from cholesterol.

17. An \_\_\_\_\_ of estrogen is associated with conditions such as endometriosis, uterine fibroids, breast cysts, and endometrial and breast cancers.
18. Progesterone's primary job is to prepare the uterus for \_\_\_\_\_ and prevent the uterine contractions that might expel a fetus. If a woman becomes pregnant the placenta produces high levels of progesterone as well as estrogen throughout the pregnancy.

**Note:** Many miscarriages are the result of low tissue and organ (blood levels are fine) progesterone levels. Using a natural progesterone cream if spotting occurs, or if there is a history of miscarriage, has saved many babies. The use of red raspberry tea leaves should also be recommended if any spotting or history of spotting or miscarriage has occurred.

19. DHEA is an \_\_\_\_\_ hormone. Women with normal levels should avoid it.

**Note:** Women tend to convert excess DHEA into testosterone, which can lead to acne and facial hair growth. Men tend to convert the excess DHEA into estrogen, which can cause decreased libido or fatigue.

20. Testosterone, in women, is manufactured by the ovaries, the liver, and the adrenal glands. The brain's testosterone receptors are located in areas involved with sex and emotion: the hormone seems to be associated with energy, sex drive, love, and lust. It is especially high in women taking \_\_\_\_\_ pills.
21. The liver breaks down excess estrogen so that it can be excreted by the \_\_\_\_\_ tract.
22. Milk thistle (St. Mary's Thistle) is a liver \_\_\_\_\_ and rebuilder. Dandelion root, yellow dock root, and burdock root are liver \_\_\_\_\_.
23. The United States finally banned DES use in animal feed in 1979, some \_\_\_\_ years after it was first suspected of being carcinogenic.

### Chapter 3

24. In medical terms, depression is a mood \_\_\_\_\_ ... a condition in which a continuing disturbance of mood becomes a central fact of life.
25. Increasing \_\_\_\_\_, reducing simple \_\_\_\_\_, and, of course, reducing or eliminating caffeine can positively influence mood, perhaps more than any other dietary changes.

26. Nutrient deficiencies associated with depression include biotin, calcium, copper, iron, folic acid, niacin, pantothenic acid, potassium, thiamine, and vitamins C, B6, and B12. How many substances from the list are B vitamins? \_\_\_\_\_

**Note:** B1 (thiamine), B2 (riboflavin), B3 (niacin), B5 (pantothenic acid), B6 (pyridoxine), B7 (biotin), B9 (folic acid), and B12 (cyanocobalamin, methylcobalamin).

27. The B vitamins are especially important for people struggling with anxiety. B6 is specifically involved in manufacturing several neurotransmitters including serotonin, dopamine, GABA, and adrenaline. B6 is also in high demand during strenuous exercise and \_\_\_\_\_ stress.

28. St. John's wort is a yellow-flowering perennial and is the premier herbal remedy to treat \_\_\_\_\_. Most women who take St. John's Wort extract find that it takes 2 to 3 weeks for effects to be noticeable.

**Note:** Combining other herbs with St. John's Wort is more effective - use supportive herbs based on the symptoms of your client.

29. Kava kava extract helps to \_\_\_\_\_ muscles and promote sleep. Research has shown effects such as steadying the heartbeat and reducing \_\_\_\_\_.

30. Valerian is an excellent herbal \_\_\_\_\_ which combines well with other calming herbs such as California poppy, skullcap, hops, and passionflower.

31. \_\_\_\_\_ was previously known as, called, Siberian ginseng.

**Note:** Eleuthero does not belong to the Panax genus, and U.S. law bars the sale of *E. senticosus* as a ginseng product. Eleuthero contains a group of compounds called eleutherosides.

32. Chronic stress and anxiety almost always affect the \_\_\_\_\_ system.

33. For depression that is associated with sorrow and loss, try these 4 essential oils:

A. \_\_\_\_\_

C. \_\_\_\_\_

B. \_\_\_\_\_

D. \_\_\_\_\_

## Chapter 4

34. Premenstrual Syndrome (PMS) can be seen as a complicated interplay between a women's hormones, diet, stress factors, and physical and mental health. Name 3 common psychological symptoms of PMS:

A. \_\_\_\_\_ B. \_\_\_\_\_ C. \_\_\_\_\_

35. The mood swings, irritability, and possibly most other symptoms associated with PMS are related to strong fluctuations in \_\_\_\_\_ hormones.

**Note:** PMS is just a name! Find out what symptoms, feelings, stressors, exercise, and diet relates to your client. Never forget to add food-based minerals (alfalfa, kelp-iodine, spirulina), a high potency B complex, vitamin E (uncooked wheat germ oil, olive oil, coconut oil), GLA (primrose oil, black currant seed oil), calcium (30-50% RDA) and magnesium.

36. Just before menstruation, levels of both hormones (progesterone and estrogen) drop abruptly. This decline can be compounded by changes in levels of the minerals \_\_\_\_\_ and \_\_\_\_\_.

37. \_\_\_\_\_ are hormone-like fatty acids that come in two opposing forms.

38. Although black cohosh is generally considered an estrogen-regulating herb, it also prevents estrogen from overstimulating sensitive tissue in the \_\_\_\_\_, thus helping to relieve pain and swelling.

39. GLA (gamma-linolenic acid) is naturally converted in the body from linoleic acid, which comes from unrefined \_\_\_\_\_. However, this conversion relies on an adequate supply of magnesium, vitamin B6, and \_\_\_\_\_. Since these are all common deficiencies with PMS, low GLA levels are probably characteristic.

40. In Chinese medicine, blood stagnation is always associated with pain, so blood \_\_\_\_\_ herbs are often effective for relieving pain.

41. Inflammation can be a lifesaving \_\_\_\_\_ process that helps immune cells go into areas that may be infected with toxic substances, like too much lactic acid.

## Chapter 5

42. Normal menstruation occurs in a \_\_\_\_\_ cycle governed by the body's hormonal signals. In the first part of the cycle, the uterine lining, or the outer layer of the endometrium, is shed during menstruation.

43. Vitamin A levels in many women with excessive \_\_\_\_\_ have been found to be exceptionally low. (And Iron!)
44. In my experience, vitamin K deficiency is NOT rare. Vitamin K is needed for blood \_\_\_\_\_.
45. \_\_\_\_\_, yarrow, raspberry leaf, and vitex make an excellent tincture combination for heavy periods.

**Note:** The addition of yellow dock, dandelion root, nettles, and kelp as a tincture and adding vitamin C will correct the mineral balance and loss of iron from excessive bleeding.

46. The most important Chinese herbs for building blood are:

- A. \_\_\_\_\_ B. \_\_\_\_\_ C. \_\_\_\_\_

## Chapter 6

47. The causes of anemia fall into 4 basic categories:

- A. deficient \_\_\_\_\_ in the diet
- B. \_\_\_\_\_ or blood loss
- C. decreased red blood cell \_\_\_\_\_
- D. increased red blood cell \_\_\_\_\_

48. It is important that foods and herbs not only be high in iron, but that the iron is in a form that can be assimilated by the body. The common weed \_\_\_\_\_ remains one of the most common herbal alternatives for treating iron deficiency and iron-deficiency anemia.

## Chapter 7

49. Which 2 dietary supplements are recommended to add to your diet if persistent or recurrent bladder infections occur?

- A. \_\_\_\_\_
- B. \_\_\_\_\_

50. An effective herbal program for urinary tract infections should include representatives of several categories of herbs:

- A. \_\_\_\_\_
- B. \_\_\_\_\_ tonics
- C. \_\_\_\_\_
- D. \_\_\_\_\_ boosters

51. The leaf of plantain contains flavonoids and other anti-inflammatory and \_\_\_\_\_ compounds, and possibly the compound allantoin. These compounds help speed the healing process and prevent scarring.
52. True or False? Tonic herbs should be taken for three to five weeks after the acute phase of an infection is over.

## Chapter 8

53. The internal walls of the healthy vagina continuously produce cleansing secretions that maintain a mildly \_\_\_\_\_ environment and inhibit infections.
54. Bacterial vaginosis is usually associated with an excessive growth of the bacteria \_\_\_\_\_ *vaginalis*, which is present in the vaginas of 50-60% of healthy women.
55. Caused by one-celled \_\_\_\_\_ called *Trichomonas vaginalis*, trichomoniasis is common but rarely serious. The organism prefers an \_\_\_\_\_ environment.
56. *Lactobacillus acidophilus* is known as a probiotic because it promotes the body's natural microflora in both the \_\_\_\_\_ tract and vagina.

**Note:** A mildly acidic environment inhibits infections which is one reason the *Lactobacillus acidophilus* ("acid loving") microbes help with yeast infections. *Candida* and other parasitic organisms are always found in the body - overgrowth is what causes issues. Overgrowth is caused by antibiotic use (even if it was years ago!), excess dietary sugars, low nutrient levels, food (food poisoning, "stomach flu", 24 hour "bug"), food containing antibiotics, and chemicals in food and water.

## Chapter 9

57. Pelvic inflammatory disease or PID, results when a \_\_\_\_\_, the microbes that cause gonorrhea or chlamydia, for example, invades the reproductive organs: the uterus, ovaries, or fallopian tubes.
58. Lysine acts as an antiviral to slow the production of \_\_\_\_\_ - rich proteins that feed the herpes virus.
59. A review of the scientific and traditional herbal literature brings to light a number of herbs that were, or still are, used for helping relieve the symptoms of herpes. One study that looked at extracts of 31 anti-inflammatory Chinese herbs found that Chinese \_\_\_\_\_, Chinese \_\_\_\_\_, and \_\_\_\_\_ were among the strongest anti-herpes herbs.

## Chapter 10

60. Much research has been done on cervical dysplasia and the levels of nutrients present in the women who have it, and many physicians are recommending certain supplements to their patients. Lower than normal levels of several nutrients - - vitamin C, folic acid, and selenium, vitamin A, riboflavin, and \_\_\_\_\_.

## Chapter 11

61. In endometriosis, these cells (the cells that line the inside of the uterus) are present outside the uterus and \_\_\_\_\_ themselves to other areas, most commonly the cervix, ovaries, fallopian tubes, bladder, or intestines.
62. Generally, the goal of treating endometriosis with drugs is to decrease the effects of estrogens circulating in the system by \_\_\_\_\_ ovarian function.
63. \_\_\_\_\_ are particularly important for treating endometriosis. They can help prevent natural or synthetic estrogens from overstimulating body tissues.
64. Vitex and black cohosh are superior herbs to help \_\_\_\_\_ estrogen and progesterone. Also, gamma-linolenic acid (GLA) in oils of evening primrose, currant and borage seed is useful.
65. Horsetail and plantain leaf can be especially helpful in healing endometriosis. They are thought to reduce the formation of \_\_\_\_\_ tissue and keep tissues flexible.
66. One of the most important natural healing strategies for slowing the spread of endometriosis is \_\_\_\_\_ cleansing.

## Chapter 12

67. Most researchers attribute breast and ovary cysts to excessive \_\_\_\_\_ or a high ratio of estrogen to progesterone. Functional ovarian cysts occur as a normal part of the ovaries' job.
68. Polycystic ovarian syndrome (PCOS) arises from \_\_\_\_\_ imbalances and genetic predisposition as well, the condition causes continuous but only partial development of ovarian follicles. The \_\_\_\_\_ don't break through the wall of the ovary, and the cyst remains.

69. Uterine fibroids are sometimes called tumors because they are solid masses, but they are not cancerous. Risk factors include obesity, alcohol use, a high-fat diet (bad fats), sedentary lifestyle, birth control pills (synthetic hormones that deplete B vitamins) or other sources of estrogen or a deficiency of \_\_\_\_\_.
70. For some women, there is a connection between their breast cysts and low thyroid activity. Many women also benefit from increasing dietary \_\_\_\_\_ by eating more sea vegetables, such as kelp.
71. Eliminating dietary \_\_\_\_\_ helps many women with breast and ovarian cysts. This includes coffee, black or green tea, and soda/pop/cola.
72. Red raspberry leaf is a tonic that can reliably help treat \_\_\_\_\_.
73. Castor oil packs can help treat uterine fibroids as well as \_\_\_\_\_ cysts.
74. According to Traditional Chinese Medicine, fibroids and cysts of any kind can be influenced by “\_\_\_\_\_”; bile components that are not flowing harmoniously and being eliminated from the colon collect in cysts.

## Chapter 13

75. The number of follicles that produce eggs in the ovaries declines as a woman gets older. Since these follicles are responsible for \_\_\_\_\_ production, the result is less progesterone and a corresponding increase in FSH and LH hormones.

**Note:** FSH (follicle-stimulating hormone) and LH (luteinizing hormone) are released by the anterior pituitary gland. In women, FSH helps manage the menstrual cycle and stimulates the ovaries to produce eggs. In women, an acute rise of LH (“LH surge”) triggers ovulation.

**Ovulation** is the phase of a female’s menstrual cycle when an egg(ovule) is released from the ovaries. The process of ovulation is controlled by the **hypothalamus** of the brain and through the release of hormones secreted in the anterior lobe of the **pituitary gland**, luteinizing hormone and follicle-stimulating hormone.

76. The \_\_\_\_\_ glands, which normally provide estrogen backup during menopause, cannot do so without support from the ovaries.
77. As the body’s production of \_\_\_\_\_ wanes, vaginal tissues and vaginal secretions begin to thin and dry, making some women experience itching, increased susceptibility to infections, or painful intercourse.

78. Out of every 10,000 women taking HRT (hormone replace therapy), there would be “eight more cases of \_\_\_\_\_ breast cancer, seven more heart attacks, eight more strokes, and eight more blood clots.”
79. The Cancer Research Center found that soy’s estrogenic action seems to depend on how easily flora in the colon transforms isoflavones. The isoflavone daidzein can be metabolized into a compound known as equol. However, only about \_\_\_\_\_ of all people are able to produce equol.
- Note:** Soy? I have found that the risks outweigh the benefits for soy use. Herbs offer side-effect free phytoestrogens and include other actions that support the body at the same time.
80. The soy compound genistein appears to have the ability to interfere with the enzymes that produce \_\_\_\_\_ hormones, especially peroxidase, which hastens the transfer of oxygen to cells.
81. Soy also inhibits the pancreatic (digestive) enzyme \_\_\_\_\_ which breaks down protein into amino acids and peptides small enough for the body to use.
82. Black cohosh, American ginseng, licorice, \_\_\_\_\_, and motherwort are menopausal herbs mentioned in this chapter for cooling down hot flashes.
83. A combination of ginseng, ginkgo, and damiana, along with the supplement L-arginine, improved women’s \_\_\_\_\_ in a month-long study at the University of Hawaii.
84. Essential oils (aromatherapy) of clary sage, coriander, cypress, fennel, lemon, \_\_\_\_\_, sage, and, to a lesser degree, basil help relieve hot flashes.

## Chapter 14

85. Osteoporosis is a gradual decrease of bone density that leads to weakness in bone structure. Cells called osteoclasts \_\_\_\_\_ old bone tissue, while other cells known as \_\_\_\_\_ lay down new bone tissue.
86. Two types of bone can be lost. Trabecular bone is the inner part where marrow develops. \_\_\_\_\_ are mostly trabecular bone. Trabecular bone loss can be due to low estrogen levels, steroid use, or a lack of movement. The other type of bone is \_\_\_\_\_, the hard layer surrounding marrow.

**Note:** “Epidemiologists have long known that countries with the highest dairy product consumption, such as the United States and Finland, suffer from high osteoporosis and fracture rates. World Health Organization recommendations for preventing osteoporosis acknowledge this “calcium paradox.” The agency advises that individuals 50 years of age or older from countries with a high fracture incidence only consume a minimum of 400–500 mg of calcium daily, far less than the current—and **inflated—U.S. government recommendations**, which range from 800 to 1,300 mg of calcium daily for all ages.” - The Physicians Committee

87. The best preventive measure against osteoporosis, for women of all ages, is \_\_\_\_\_.  
The level of protein in the diet can affect osteoporosis. Excess protein actually decreases calcium in the body. In an attempt to buffer the oversupply of protein \_\_\_\_\_ as they break down, calcium is pulled from the bones.

88. Phosphorus is another nutrient in animal foods that \_\_\_\_\_ calcium from bones to keep the blood balanced.

89. Cola drinks are particularly worrisome. Containing both phosphoric \_\_\_\_\_ and \_\_\_\_\_ means they can leach calcium from the bones and weaken them.

**Note:** Phosphorus in natural foods and phosphoric acid are different! Lack of natural phosphorus leads to bone spurs, excess tartar on teeth, and a host of cell issues. Phosphoric acid found in pop/soda has a negative effect on natural phosphorus. “Phosphorus is an essential structural component of cell membranes and nucleic acids but is also involved in several biological processes, including bone mineralization, energy production, cell signaling through phosphorylation reactions, and regulation of acid-base homeostasis.” - (Linus Pauling Institute.)

**What is Phosphoric Acid?** “Phosphoric acid in its pure form is a colorless, odorless crystal extracted from rocks with sulfuric acid or by burning off elemental phosphorus and adding water to the byproduct. It’s a **corrosive acid** and can form toxic fumes when it comes into contact with alcohols, ketones and other organic compounds. It’s used in fertilizers, livestock feed, soaps, polishes, dyes, polishing metals and in many other nonfood products. It’s added to soft drinks to provide a sharper, tangy taste and to help slow the growth of molds and bacteria in sugary formulas.” - ([LiveStrong.com](http://LiveStrong.com))

90. Magnesium improves bone structure and prevents fragility by helping \_\_\_\_\_ metabolize in the bone, strengthening formation of bone matrix, and increasing activity of both osteoblasts and osteoclasts.

91. Vitamin D regulates calcium, phosphorus, and bone \_\_\_\_\_.

92. Vitamin K also helps remodel and repair bone, retain \_\_\_\_\_ density, and regulate bone metabolism.

93. Other nutrients that are important to bone health are silica, zinc, copper, potassium, \_\_\_\_\_, folic acid, and vitamins B6, B12, and C.

94. \_\_\_\_\_ activates estrogen and vitamin D and slows the excretion of calcium and magnesium through the urine.
95. \_\_\_\_\_ helps in the formation of the bone's osteoblasts and osteoclasts. Elderly people with osteoporosis tend to have low levels of zinc in their blood.
96. In Traditional Chinese Medicine, the \_\_\_\_\_ system is thought to be responsible for bone strength. When depleted, such symptoms as sore lower back, weak and sore knees, hearing problems, premature \_\_\_\_\_, and weak bones can result.

## Chapter 15

**Note:** This book was updated in 2007 and the following chapter, in my opinion, has many flaws. The authors put too much emphasis on "studies". I chose this book because it covers many health issues women face and explains what the doctor will be saying versus what natural health professionals will recommend.

97. Angina refers to chest pains behind the breast bone, sometimes call angina pectoris. The attacks usually last for only a few minutes. When chest pain occurs unpredictably and often, it is known as unstable angina, and usually foretells a \_\_\_\_\_.
98. Cardiac arrhythmia simply means \_\_\_\_\_ heart beat. Also known as heart palpitations, these small breaks in the heart's rhythm are usually occasional and harmless. Many women feel them during heavy exercise or a hot flash, or as a symptom of untreated anxiety or panic disorders.

**Note:** Heart rhythm problems (heart arrhythmias) occur when the electrical impulses that coordinate your heartbeats don't work properly, causing your heart to beat too fast, too slow or irregularly. Magnesium, potassium, calcium, sodium, are examples of minerals, that when in an ionic state (electrolyte) are needed by the body to regulate electrical impulses. I don't think we should think they are ever harmless - they are warnings.

99. Congestive heart failure is the result of a damaged or weakened heart that can't pump enough blood to the keep the body healthy. Symptoms include difficulty breathing, fatigue, and \_\_\_\_\_ retention, especially in the lungs and the lower legs and feet.

**Note:** "Congestive heart failure is found in about one-quarter of cases of chronic kidney disease...The prevalence of congestive heart failure increases greatly as the patient's renal function deteriorates, and, at end-stage renal disease, can reach 65-70%. There is mounting evidence that chronic kidney disease itself is a major contributor to severe cardiac damage and, conversely, that congestive heart failure is a major cause of progressive chronic kidney disease...**Use of non-steroidal anti-inflammatory drugs doubles the rate of hospitalization in patients with congestive heart failure.** Anemia has been found in one-third to half the cases of congestive heart failure, and may be caused not only by chronic kidney disease but by the congestive heart failure itself. The anemia is associated with worsening cardiac and renal status and often with signs of malnutrition. Control of the anemia and aggressive use of the recommended medication for congestive heart failure may improve the cardiac function, patient

function and exercise capacity, stabilize the renal function, reduce hospitalization and improve quality of life. **Congestive heart failure, chronic kidney disease and anemia therefore appear to act together in a vicious circle in which each condition causes or exacerbates the other.**" (Curr Opin Nephrol Hypertens. 2004 Mar;13(2):163-70. *The association between congestive heart failure and chronic renal disease.*)

100. Cholesterol is found in animal fats and oils, but it is also \_\_\_\_\_ synthesized by the body.

101. A high level of C-reactive protein (CRP) is a general marker for \_\_\_\_\_ in the body and gives some indication that you are at increased risk of heart attack and stroke. Calcium channel blockers are hard on the liver and may increase the risk of depression and suicide more than other antihypertensive medications. Diuretics increase urine output (kidneys!) and they can deplete electrolytes such as calcium and magnesium (AND POTASSIUM!).

102. Vegetarians have a much lower rate of heart disease than \_\_\_\_\_, probably because they eat far fewer saturated fats and less cholesterol.

**Note:** Vegetables and fruits provide the minerals and vitamins and antioxidants required for the health of all organs so, the lower rate of heart disease may not be the result of reduced saturated fats. Many vegetarians also tend to be more health conscience and therefore less likely to indulge in hydrogenated oils and inactivity. There are endless variables to consider. Did the people with higher saturated fat diets and cholesterol eat the recommended servings of vegetables and fruits? Did they smoke, drink, eat at fast food restaurants, exercise, drink pop, reduce exposures to environmental chemicals, drink city tap water, have emotional issues, take prescription or over the counter drugs, sleep enough, have adequate levels of vitamin D and all the other vitamins and minerals, and etc. ?

103. Phenolics quench free radical production, DNA damage, and \_\_\_\_\_ oxidation conditions that contribute to heart disease as well as cancer and chronic illnesses associated with aging. **Note:** Lipids are fats. Vitamin E protects the fats (like cholesterol) within our body from oxidation/rancidity.

**Disturbing Note:** Taken from the **American Heart Association** website Sept. 2014! "**Which Is better: butter or margarine?** Both butter and hard margarine have drawbacks. They both contain a lot of fat and calories. They also contain some of the worst types of fat, both saturated fat and trans fat. Butter has a high amount of saturated fat and some trans fat, while many hard margarines are made with partially hydrogenated vegetable oils" so they contain a high amount of trans fat in addition to saturated fat. Both of these bad fats can raise your blood cholesterol and contribute to atherosclerosis. **The best choice for your health is a liquid margarine**, or a soft margarine in a tub. These are made with **less partially hydrogenated** fat than hard stick margarine..."

On the same website: "**Don't take antioxidant vitamin supplements such as A, C and E.** Scientific evidence does not suggest these can eliminate the need to reduce blood pressure, lower blood cholesterol or stop smoking."

104. Vitamin E “may” (now the research says “does”) inhibit LDL \_\_\_\_\_, slow plaque formation, and reduce the risk of blood clots.
105. *Dan shen*, Chinese \_\_\_\_\_ root, is probably the best-known herb in Traditional Chinese Medicine for relieving blood stagnation and easing pain.
- Note:** “Prevention and treatment of cerebral infarction by *Dan shen* involves multiple pathways, including anti-atherosclerosis, anti-hypertension, anti-platelet aggregation, anti-inflammatory and anti-oxidative effects.” ([CMjournal.org](http://CMjournal.org))
106. Garlic is an aromatic herb that is antibacterial, reduces cholesterol, and exerts a \_\_\_\_\_ effect on the heart and blood vessels.
107. Ginkgo increases \_\_\_\_\_ to the brain, peripheral arteries, and heart. Ginkgo not only improves circulation, it protects blood vessels, preventing abnormal leaking from tiny arteries - it may also reduce the risk of abnormal clotting.
108. Hawthorn leaves, flowers, and fruit, are wonderful for \_\_\_\_\_ and protecting the cardiovascular system, particularly the heart.
109. Chinese research showed that \_\_\_\_\_ could increase blood flow to the heart.
110. Nettle \_\_\_\_\_ can help reverse high blood pressure, and it does so in a number of ways.
111. Artichoke leaf and other bile movers, such as wormwood, mugwort, and dandelion leaf, help improve blood health and \_\_\_\_\_.
112. Arjuna is a popular \_\_\_\_\_ (India) herbal heart tonic that improves heart activity.
113. Faulty, weak, blood \_\_\_\_\_ allow the backflow of blood that results in stretched out veins. Bulging, blue varicose veins appear most often on the legs.
114. Varicose veins deep in the leg can burst and create slow-healing ulcers just under the skin. \_\_\_\_\_ may form, causing thrombophlebitis and increasing the risk of clots moving to the brain, heart, or lungs.
115. One of the best ways to stop varicose veins from getting worse is to improve their tone by making the blood vessels stronger and less \_\_\_\_\_ and by tightening the \_\_\_\_\_ fibers in their walls, improving their flexibility, and increasing blood flow.

116. Horse chestnut and Butcher's broom both encourage the movement and prevent vessel \_\_\_\_\_. Gotu kola strengthens connective tissues and maintains the integrity of the protective sheath around the veins.

**"Bioflavonoids (citrus, hesperidin and rutin)**, sometimes called vitamin P, are substances that are found wherever vitamin C is found in nature. For example, the white material found under the skin of an orange contains bioflavonoids. Bioflavonoids have been shown to improve the therapeutic action of vitamin C. In particular, bioflavonoids seem to have a synergistic role with vitamin C in strengthening capillary walls. This is an important consideration for individuals who bruise easily since brittle, fragile capillaries burst easily upon impact causing the characteristic discoloration of bruising. For similar reason, individuals who suffer from hemorrhoids or varicose veins also should make sure that they have adequate quantities of bioflavonoids in their diet. Rutin in particular is a bioflavonoid that has an affinity for blood vessels." (Huntington College of Health Sciences)

## Chapter 16

117. List the herbs (in this book) that are well known for their safety during pregnancy.

- A. \_\_\_\_\_
- B. \_\_\_\_\_
- C. \_\_\_\_\_
- D. \_\_\_\_\_
- E. \_\_\_\_\_

- F. \_\_\_\_\_
- G. \_\_\_\_\_
- H. \_\_\_\_\_
- I. \_\_\_\_\_

118. Cramp bark and \_\_\_\_\_ are both excellent for helping the uterus relax, easing premature contractions, and stopping bleeding and spotting. **Note:** Always muscle test progesterone cream! Low progesterone is a frequent cause of early miscarriage.

119. Red raspberry tea soothes the \_\_\_\_\_, promotes sleep, and reduces stress.

**Note:** Red Raspberry is the best single herb that we can take for total uterine health. Drinking red raspberry leaf tea (1-2 cups per day) from the second trimester until after your baby is born will help tone your uterus and prepare it for delivery. Your uterus needs to return to its original size after you give birth, which is about the size of a pear. This happens with contractions – the same kind of contracting that it did during labor. For a well-toned uterus, the contractions are more efficient and the uterus will return it to its normal size faster.

\_\_\_\_\_ END OF TEST