

David Steinman's
The Doctors'
Prescription
for

Healthy Living

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Neem: Ultimate Healing Herb

Today, 40 to 50 percent of all modern drugs can trace their roots literally to medicines discovered in plants. From rauwolfia (for blood pressure) to gymnema (for sugar imbalances), the Indian subcontinent has been instrumental in identifying and providing many of these natural healing treasures. One of the most intensely studied herbal medicines utilized extensively

in Ayurveda is **neem** (*Azadirachta indica*).

Indian mythology tells us the story of a time when Indra, king of the Celestials, was returning to Heaven. With him he had a golden pot that was filled with ambrosia taken from the Demons. Some of this precious ambrosia spilled from his pot, landing on a neem tree, blessing neem trees with miracle healing powers lasting through eternity.

Scientists, of course, must go beyond myth and deal with factual evidence. Although the range of uses for neem is amaz-

ingly diverse, interestingly, the intense scientific scrutiny paid to this ultimate herb has led to medical validation for many of these applications. For example, our initial online search of Medline alone for the years 1966 to the present led to the retrieval of 1,017 scientific reports on neem—and this excludes many highly respected Asian and other international journals. Take note of this herb. It's an important natural healer. ❖

References available at
www.freedompressonline.com

NEEM IS AN HERBAL REMEDY you'll want to learn about, especially for conditions that range from first-aid for cuts and abrasions; fevers; food poisoning; herpes zoster (i.e., shingles); herpes simplex 1; sore throat; jock itch; athlete's foot; yeast infection; thrush; scabies, ringworm, and lice; use as a mosquito repellent; and for skin conditions such as psoriasis and eczema. And these are but a few of its documented topical and internal uses.

PERIODONTAL (GUM) DISEASE—Neem has been used for thousands of years throughout south Asia for its ability to maintain healthy teeth and gums. Many people chew neem twigs and use these as nature's toothbrush. Neem-based dental products have anti-plaque and antibacterial properties and are effective against bacterial pathogens that cause gum disease and cavities. In a clinical study, 50 patients with gum disease (gingivitis), severe bleeding and pustular discharges from the gums were given toothpaste with neem extract. In only three weeks of brushing twice a day, 80 percent experienced significant improvements with a 50 percent reduction in bacterial populations and elimination of bad breath problems.

How to Use: Brush regularly with a neem-based toothpaste and use mouthwashes containing neem to fight against bacteria that cause gum disease and cavities.

FIRST AID—Neem's proven antiseptic properties make it excellent for taking care of minor cuts or abrasions. Its ability to enhance immune function in the localized area can help to hasten healing and reduce scarring.

How to Use: Wash area with neem soap; apply neem cream (must contain at least one percent neem) and bandage.

MOSQUITOES—Mosquitoes may cause malaria and most recently in the United States West Nile encephalitis (inflammation of the brain). The advantage of neem is proven efficacy as an insect repellent without the toxicity of diethyltoluamide (DEET). At the Malaria Research Center (Field Station), Medical College Building, Jabalpur, India, a field study was carried out to evaluate the mosquito repellent action of neem oil in tribal forested villages of District Mandla. Various concentrations of neem oil mixed in coconut oil were applied to the exposed body parts of human volunteers. Results revealed 81 to 91 percent protection during a 12-hour period of observation. The researchers concluded that neem is "a practical solution to curtail mosquito nuisance." This is but one of many studies that validates its excellent efficacy and safety as an insect repellent. As a preventive, neem can be used both topically and internally. An outbreak of Japanese encephalitis was apparently ended when children were dosed twice a day with crushed neem leaves.

How to Use: Apply a neem-based insect repellent or cream with at least two percent neem oil to exposed areas of the skin. Be sure to reapply after swimming or heavy perspiration. During an outbreak, drink a mild neem tea once per day or take neem capsules or tincture to provide the body with protective antiviral compounds.

FEVER—Neem is strongly anti-pyretic (fever reducing) and is traditionally used for fevers. In an experimental study using crude neem extract rich in the anti-pyretic compound nimbidin, the herbal medicine outperformed aspirin. Aspirin reduced fever by about one degree, but after two hours the temperature began to rise. Nimbidin, on the other, reduced fever by one degree after one hour and two degrees after two hours. At three hours, the fever rose by half a degree and stabilized.

How to Use: To reduce fevers in adults, drink two cups of neem leaf tea made with five neem leaves each. Alternatively, you may use neem leaf capsules or herbal tincture. (Neem is not recommended for children with fever due to the similarity of some of its compounds with aspirin.)

**NEEM PRODUCT
ORDERING INFORMATION**
For information or to purchase the Neem Aura products detailed in this report, have your natural health center contact Lotus Brands, Inc., at (800) 824-6396 to order for you.

E-MAIL:
neemaaura@lotuspress.com
WEBSITE:
www.neemaurnaturals.com
VIA FACSIMILE:
(262) 889-2461

For Herbal Vedic Toothpaste (with neem), have your natural health center contact Auroma International, Inc. at (262) 889-8569 to order for you.

E-MAIL:
herbalvedic@lotuspress.com
WEBSITE:
www.herbalvedic.com



Skin Conditions

Neem has been shown to be beneficial in cases of psoriasis, eczema, itching, dandruff and warts.

PSORIASIS—Neem oil not only moisturizes and protects the skin, it helps to heal lesions, scaling and irritation. Its effectiveness is equivalent to coal tar and cortisone. In one case study, a patient with severe psoriasis was given neem extract, rich in nimbidin, three times daily and skin was treated with topical neem extract. In less than three months, itching and redness were markedly improved with complete cessation of symptoms and all signs of the condition.

How to Use: Wash skin with neem soap. For a soothing soak, fill bathtub with 20 neem leaves or neem tincture and soak. Use neem capsules or tinctures, combined with topical creams made from neem leaf extracts and neem seed oil for best results.

RINGWORM—Ringworm is a fungus that affects the skin and scalp and may cause itching and redness. Ringworm may be detected by circular ring lesions that are up to six inches in diameter and by patchy losses of hair on the scalp. As early as 1965 it was scientifically verified that neem extracts help to control the ringworm fungus. Other studies indicate alcoholic neem leaf extract work not only quickly, but much better than salicylic acid and benzoic acid.

How to use: Wash affected areas with neem soap or shampoo, followed by neem-based lotion.

Parasites

LICE—It is difficult to avoid lice. Infected children bring the parasite to school, which leads to infection of classmates. Unfortunately, the permethrin-based over-the-counter preparations prescribed by doctors are far more toxic than consumers are led to believe from their label indications. Permethrin is both neurotoxic and possibly cancer causing. Pyrethrin-based preparations are slightly safer. The prescription dispensed lindane based preparations are highly toxic and potentially cancer- and birth defect-causing. Neem offers a highly proven, excellent alternative. Use it first. Don't put your child at risk. Neem extracts have hormone mimics that interfere with the life cycle of lice, inhibiting their ability to feed and preventing eggs from hatching.

How to Use: Use a neem-based shampoo, followed by applying a neem-based cream to hair and scalp. Leave on overnight and wash out in the morning. Use a flea comb to remove dead lice and sterile eggs. Neem is safe and may be used daily during a lice infestation.

SCABIES—The itch mite (*Sarcoptes scabiei*) causes the highly infectious skin disease scabies, which may be contracted by skin-to-skin contact. Clinical studies indicate that a mixture of neem and turmeric can lead to a cure in up to 97 percent of infected persons within three to fifteen days.

How to Use: Scabies usually affect large skin areas; thus, soaking in warm bath water with neem leaf tincture added is recommended. After soaking in water for about 15 minutes, use a neem soap and shampoo to wash thoroughly. After this, use a neem-based cream or lotion on affected areas. Itching will be relieved almost immediately and scabies eliminated within a few days. Since mites can infect bedding and clothes, be sure to wash with neem soap in hot water.

The Doctors' Prescription

Neem has to be one of the most exciting natural remedies in health today. Its uses are far more wide-ranging than could be adequately detailed in this report, and we hope to publish future reports on its health benefits. It was very heartening to review the **Neem Aura** line of neem products from Lotus Brands, of Twin Lakes, Wisconsin. Each product that we've reviewed meets all of the highest standards for purity and freedom from potentially toxic fillers and preservatives. This is a line that we can strongly recommend.

Neem Aura offers Neem Leaf capsules and tinctures as well as Neem Seed Oil and Neem Cream. These are all very pure lotions and creams. Neem Aura Naturals Neem Hand & Body Lotion and Neem Herbal Outdoor Spray (insect repellent) are perfectly formulated to avoid any harmful ingredients. If for some reason your natural health center isn't carrying them yet, have your retailer call Lotus Brands at (800) 824-6396.

Lotus Brands is a highly regarded manufacturer and distributor of many natural health lines, and this is certainly one of the best.



How to Use for...

FOOD POISONING—Severe cases of food poisoning require medical help, but in milder cases or for an additive effect to augment your doctor's prescribed regimen, oral doses of neem leaf (capsule or tincture) can help to destroy both salmonella and E. coli.

HERPES ZOSTER (SHINGLES)—If a rash appears, coat with neem-based cream or a neem leaf poultice to reduce pain and help to heal skin. Drink mild neem leaf tea or take neem capsules or tincture until symptoms subside.

HERPES SIMPLEX 1—Drink a mild neem tea or take neem capsules or tincture after breakfast and dinner at the first sign of an eruption. Use topical neem-based cream on affected area. Continue until sores have healed.

COLDS—Prevention is key. Drink mild neem tea or take neem capsules or tinctures once or twice a week to support healthy immune function. Consume neem leaf tea three times a day or take capsules or tincture. Inhale steam produced by boiling 20 neem leaves in a quart of water; this can help to prevent secondary bacterial infections of the nasal sinuses during an active cold.

SORE THROAT—Use a dropper full of extract squirted in back of the throat and left there for one minute. This allows the medicinal compounds to come into direct contact with the offending pathogens. Then swallow and allow to coat throat. Also, gargle with neem mouthwash or neem tea made from neem leaves four to six times per day.

JOCK ITCH—Neem seed oil and leaf extracts have long been used to prevent fungal infections. Use a neem-based lotion if the skin is reddened to kill the fungus and reduce itching.

ATHLETE'S FOOT—Neem extract is effective against *Tinea pedis*, the fungus that causes athlete's foot. Use neem-based lotion.

YEAST INFECTION—For vaginal yeast infections, neem-based cream can be applied with cotton swabs or as a douche (using neem leaf extract). Drink three cups of neem tea daily for several days, or take neem capsules or tincture.

THRUSH—Drinking neem leaf tea can promote healing and reduce pain and inflammation. Neem capsules or tincture may also help. Children under 12 should gargle with the tea but not swallow. Apply neem-based cream in the area of redness around the mouth until infection has cleared.