

# Herbal remedies just for women

By WENDY CHESLAK

Has Mother Nature put aside an exclusive collection of herbs just for women? The answer is, yes. European women have used them for centuries. There are six herbs proven to assist the female hormonal (endocrine) system.

If you've been told you have symptoms associated with hormonal imbalance, (low estrogen, PMS, infertility) you might want to look into nature's answer before you take prescription medications. It is wise to do your homework before using any drug, herb or natural therapy.

Menopause is a natural transition for the female body. You shouldn't need to worry about hormones during menopause. Even if you do, there is a way you can help your body make its own hormones in the correct amounts. If you are struggling with menopause, diffi-

## Mortar & Pestle

cult menstrual cycles or an inability to conceive, there are natural options, which have years of testing and are kinder to the body.

Your body makes a wide variety of compounds out of the nutrition in wild yam. The FDA considers wild yam to be nontoxic but recommends that anyone with breast cancer avoid wild yam. Pregnant women should avoid wild yam, or at least use it sparingly.

Hops are used as an ingredient to preserve beer. Herbalist worldwide recommend hops for women to help balance the endocrine system. The FDA includes hops on its safe food list.

Herbalists recommend licorice for menstrual problems. It encourages the production of hormone chemicals. The FDA recommends that pregnant and nursing

women avoid large amounts of licorice. Those with high blood pressure, glaucoma, diabetes, kidney or liver disease or using hormonal therapy drugs need to use caution using licorice products.

Vitex (Chaste Tree) berries help with reproductive disorders. Vitex has a positive influence on the menstrual and menopausal disorders, according to The American Pharmaceutical Association. The nutritional content increases the pituitary glands ability to produce the hormone prolactin.

Damiana leaf is used to purify the blood, relieve anxiety, boost energy, relieve menstrual disorders and as a laxative. It also improves the production of vaginal fluids. FDA approves damiana for food use.

Dong Quai root is a Chinese herb, one of the few Chinese herbs I recommend and use for female reproductive disorders. I prefer to use this herb to Black cohosh.

(Don't use these two together, they tend to counteract each other.) Dong Quai increases blood flow to the reproductive organ, reduces cramping, protects the liver from harmful chemicals and is an antibiotic.

These six herbs can be used together. Your dose, duration of treatment, and time of application will dictate if you are using these herbs for menopause, menstrual cycle, or fertility. A trained herbalist or naturopath can advise you.

If you are already taking hormonal therapy drugs and want to switch, you will need to consult a licensed medical physician or naturopath.

For more detailed information visit [www.thepowerherbs.com](http://www.thepowerherbs.com)

## Lifestyles

### Deadlines

Items such as weddings, engagements, anniversaries, club and church news must be received by 5 p.m. on Thursday for publication in the following Wednesday's paper and by 5 p.m. Tuesday for publication in the weekend edition. Weddings and engagements are published in the weekend edition.

### Policies

We welcome your wedding announcements. However, due to the volume, we can only publish those that are submitted within four months of the wedding date.

We would appreciate receiving engagement announcements at least a month in advance of the wedding.

For your convenience, we offer a form which will help you list the pertinent information. Occasionally, readers submit their own announcements, already written. We're sorry, but we cannot publish notices verbatim as submitted and we must edit them for brevity and clarity.

paid advertisement

## Local GM Dealer Gets Heat Over New Car Ads

Overstocked Dealer is Going Against Grain, But Intends to Continue Discounting New Cars Up To \$9,000 Off Factory Sticker Price Anyway.

Statesville, NC - If the pressure of selling down an overstocked inventory weren't enough, getting grief from other local dealers about last week's sale makes it even worse.

Myron Black, General Sales Manager, is frustrated. "I have no choice," he says. "I don't get my fall allocations if I don't sell this inventory. Without the fall allocations I'm in serious trouble! I'll undersell any GM dealer in the Southeast if I have to. Just tell me what I have to do and I'm likely to do it!"

Asked for specific examples, Black replied, "All right. Here's a 2001 Park Avenue Ultra, stock number 3092. The window shows a factory sticker of \$38,210. I'll discount this Buick \$9,000. Here's

another one, a GMC Sierra C3. \$6,000 off the sticker. "The list goes on and on!" said Black. Black also mentioned, "Over the next 11 days, Monday, August 20th through Friday, August 31st, Black will make

**"Vehicles will be sold for a down payment of only \$87..."**

Myron Black,  
Gen. Sales Mgr.

available a true copy of the factory invoice (the manufacturer's total invoice price). And in addition, we'll show the discounts on the windshield of every car and truck we have. And to make buying even easier, we went to our banks and

told them we needed help selling this huge selection of vehicles. They agreed, and told us that for the 11-day period they would finance these vehicles for a down payment of only \$87, with approved credit."

Black's F & I Manager Butch Bell added, "With all the lending sources we have, we're confident we can help anyone who needs financing even if they have had credit trouble in the past."

Black Pontiac Buick GMC is located at 809 Salisbury Rd., Statesville, N.C., 2/10th of a mile Exit 49B off I-77.

For more information about this 11-day sale, contact Myron Black at (704) 872-7471.

## THE TRIBUNE

Saturday, August 18 through Friday, August 24

## A conversation with Joe Mantegna



By SALLY STONE

On Aug. 26, A&E will air "Walking Shadow," the third in the series of network's original films based on Robert B. Parker's novels about Spenser, the Boston private investigator who can quote from great literary works as readily as he can take on the toughest criminal adversaries. The film stars Marcia Gay Harden as Spenser's longtime love, Dr. Susan Silverman; Ernie Hudson as his super-cool friend and partner, Hawk; along with Eric Roberts and Christopher Moltisanti as Spenser's adversaries. Joe Mantegna, who plays Spenser, says his role as the detective is a challenge. "It's a role that's been around for a long time, but it's a role that's been reinvented for the new generation of viewers," he says. "I think it's a role that's been reinvented for the new generation of viewers."

STONE: There are many very novel aficionados who say you're the Spenser they always imagined when they read the books.

MANTENGA: That's nice to hear. Thank you to those who feel that way. I understand Robert Parker had that same reaction when you two met. Did you have a sense, then, that the role was going to be yours? Mantegna: I hoped it would be mine. I would have been disappointed if I hadn't.

STONE: What's the best thing about playing Spenser?

MANTENGA: The fun part is so alive and intelligent. It's a pure Parker. And we're especially lucky to have Bob Parker himself write our screenplays.

STONE: What is it about Parker's works that generate such passion among his fans?

MANTENGA: Each book tells a different story. You don't feel that you're reading old merchant navy captain, becomes the first known person to successfully swim around the world. On Aug. 26, 1920, the 19th Amendment, guaranteeing women the right to vote, is formally adopted by the U.S. Constitution. On Aug. 21, 1920, Daphne Milne, wife of writer A.A. Milne, gives birth to a son, whom the couple name Christopher Robin Milne. The child was present for this historic day, which inspired Milne to

## Moments in time From THE HISTORY CHANNEL

begin writing a series of whimsical stories centered around Winnie the Pooh. On Aug. 26, 1920, the 19th Amendment, guaranteeing women the right to vote, is formally adopted by the U.S. Constitution. On Aug. 21, 1920, Daphne Milne, wife of writer A.A. Milne, gives birth to a son, whom the couple name Christopher Robin Milne. The child was present for this historic day, which inspired Milne to

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## Lakeside Family Physicians - Mooresville

## Presbyterian Healthcare

NOW ANTHHEALTH

## CARING FOR THE ENTIRE FAMILY

Kevin Spencer, MD | Bruce Mather, MD  
Lakeside Family Physicians - Mooresville

*"I am excited to join Dr. Spencer and the other talented, well-trained physicians at Lakeside Family Physicians. I look forward to providing Mooresville and surrounding communities with high quality medical care delivered in a compassionate and thoughtful manner."* - Bruce Mather, MD

Dr. Bruce Mather recently joined Dr. Kevin Spencer at Lakeside Family Physicians in Mooresville. As board certified family practitioners, they provide comprehensive healthcare for the entire family - from newborns through the senior years.

Dr. Mather and Dr. Spencer enjoy caring for patients of all ages who have a variety of medical needs. They are committed to maintaining and improving the health of their patients and promoting healthy lifestyles.

New patients are welcome and most insurance plans are accepted.

478 Williamson Rd., Suite C | Mooresville, NC  
704-799-9455

## Super Crossword

**ACROSS**

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