

## Egged on



SALLIE TURNER/THE BATTALION

Megan Garrand, a junior management major, runs during an Easter relay in her water aerobics class Wednesday. Water aerobics is a kinesiology class which meets twice a week at the Student Recreation Center's instructional pool.

## Speaker: herbal cures not for all

BY CARRIE BENNETT  
The Battalion

In a wrap-up yesterday of the Healthy Living Lecture Series, nutritional experts said the United States spends more than \$4 billion annually on 20,000 herbal products claiming to alleviate symptoms from colds, depression, insomnia and stress.

Dr. Jane Cohen, health educator for A.P. Beutel Health Center, Jennifer Gonzales, nutrition graduate assistant, and Vanessa Roberts, a nutrition assistant and junior nutrition major, lectured on the dosage, risks and recommendations for herbal remedies and medications.

Gonzales said herbal medications make up 28 percent of a \$22-billion supplement industry, which includes vitamins. She said some people take supplements to achieve a sense of self control when conventional medicines do not produce the results they expect.

"Cost also is a factor, and people don't want to spend the money to go

to the doctor," she said.

Gonzales said herbal remedies are perceived as safe because they are labeled natural. She said a supplement labeled natural is not necessarily safe.

"Arsenic and cyanide are both natural, and they are also killers," Gonzales said. "Some people believe that anything in pill form has been approved by the Federal Drug Administration (FDA), and the actuality of the situation is that there is no regulation for herbs."

Gonzales said there is no standard for testing the safety of herbs or their efficiency.

Limited testing has been done on the herbs, but reading labels is a way to find out if the medication has been tested.

Roberts said people are often unaware of the side effects associated with herbal supplements. She said side effects can include heartburn, breath odor and hormonal side effects.

Roberts said herbs have uses other than alternative medicines.

"Aromatherapy in the form of candles and massage oil is a popular use of herbs," Roberts said. "Herbs are used for aesthetic purposes and for cooking spices."

Cohen discussed the dangers of using herbs without collecting the proper information. She said there is the possibility of interaction with other medicines and allergic reactions.

"People should not mix herbs with aspirin, decongestants, caffeine, alcohol or antihistamines," Cohen said. "Herbs should be taken carefully by people suffering from medical conditions such as diabetes, hypertension, and women that are pregnant should use caution when taking certain herbs."

Gonzales gave recommendations for people who decide to use herbs as medication.

"We recommend investigating the herb and the brand of medicine before taking an herbal medication," Gonzales said. "Look at behaviors that might cause the problem you suffer from before deciding to take an herbal medication."

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## Celebrate Easter at the Creek

### Relating people to the Living God through Jesus Christ

Wolf Pen Creek Amphitheater Sunday, April 4  
Pre-service concert 10:30 a.m. Worship Service 11:00 a.m.  
(Don't forget Daylight Savings Time)

Worship service music presented by

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