

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

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In a wrap-up yesterday of the lealthy Living Lecture Series, nutrional experts said the United States pends more than \$4 billion annualon 20,000 herbal products claimg to alleviate symptoms from colds, depression, insomnia and

Dr. Jane Cohen, health educator or A.P. Beutel Health Center, Jenifer Gonzales, nutrition graduate ssistant, and Vanessa Roberts, a nurition assistant and junior nutrition najor, lectured on the dosage, risks nd recommendations for herbal emedies and medications.

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

"Cost also is a factor, and people Roberts said herbs have use er than alternative medicines."

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

"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 herbals.

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 ef-

Roberts said herbs have uses oth-

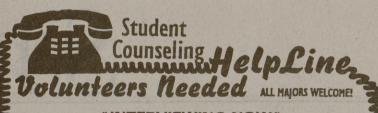
"Aromatherapy in the form of candles and massage oil is a popular use of herbs," Roberts said. "Herbs are used for aesthetic purposes and for cooking spices.

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.



INTERVIEWING NOW

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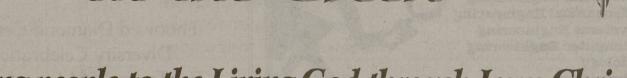
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The week of April 4 - April 8

Acct 229	Part I Mon Apr 5	Part II Tue Apr 6	Part III Wed Apr 7	Part IV Thu Apr 8
	5pm-7pm	5pm-7pm	5pm-7pm	5pm-7pm
Bana 303 Dr. Stein	Part I Sun Apr 4 4pm-7pm OR Mon Apr 5 4pm-7pm	Part II Sun Apr 5 10pm-1am	Part III Mon Apr 5 7pm-10pm	
Econ 202 Dr. Mabry	Part I	Part II	Part III	Part IV
	Mon Apr 5	Tue Apr 6	Wed Apr 7	Thu Apr 8
	9pm-11pm	9pm-11pm	9pm-11pm	9pm-11pm
Econ 203 Ullmer & Moroney	Part I	Part II	Part III	Part IV
	Mon Apr 5	Tue Apr 6	Wed Apr 7	Thu Apr 8
	7pm-9pm	7pm-9pm	7pm-9pm	7pm-9pm
Finc 341	Part I	Part II	Part III	Part IV
	Mon Apr 5	Tue Apr 6	Wed Apr 7	Thu Apr 8
	8pm-10pm	8pm-10pm	8pm-10pm	8pm-10pm
Math 141	Part I	Part II	Part III	
	Sun Apr 4	Mon Apr 5	Tue Apr 6	
	7pm-10pm	10pm-1am	7pm-10pm	
Mgmt 211	Part I	Part II	Part III	
	Mon Apr 5	Tue Apr 6	Wed Apr 7	
	5pm-7pm	5pm-7pm	4pm-7pm	
	7pm-9pm	7pm-9pm	7pm-10pm	
	OR	OR	OR	
	9pm-11pm	9pm-11pm	10pm-lam	

Tickets go on sale Sunday at 3:00 PM.
4.0 & Go is located on the corner of SW Pkwy and Tx Ave, behind KFC next to Lack's. Check our web page at http://www.4.0andGo.co

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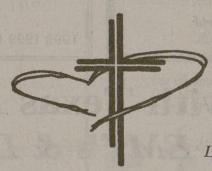
Wolf Pen Creek Amphitheater Sunday, April 4 Pre-service concert 10:30 a.m. Worship Service 11:00 a.m. (Don't forget Daylight Savings Time)

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