The use of vinpocetine, a vincamine derived from periwinkle or vinca (Vinca minor), has been used and studied in Europe for more than 23 years to treat stroke. It has been used and periwinkle or vinca deficiency (ischemia) and blood clumping problems the use of oxygen in the brain. U also countered blood attention, and thought patterns in participants who took 15, 30, or 60 mg. a day. It enhanced blood circulation and may help treat chronic cerebrovascular disease, including stroke. [Ed. note: Vinca is a common landscape groundcover related to another periwinkle (Catharanthus roseus), with compounds that treat childhood cancers.]

The University of Newcastle reported that green and black teas (Camellia sinensis) may deter progression of Alzheimer’s disease. Isolated compounds from tea inhibited the same enzymes (acetylcholinesterase and butyrylcholinesterase) that are targeted by drugs used to treat the disorder. These novel findings suggest that tea contains biologically active, unidentified principles that perhaps act synergistically and can retard the disease, assuming that they reach the brain.

The Center for Chronic Disease Outcomes Research looked at 21 randomized trials that lasted one month to a year with 230 men who had benign prostate hyperplasia (BPH). Of these, 18 were double-blinded, placebo studies. In general, saw palmetto (Serenoa repens) produced mild to moderate improvement in urinary symptoms, including urinary flow. The results were generally comparable to the prostate drug finasteride, but saw palmetto resulted in fewer and far less, side effects.

Water extracts of two antioxidant algae, chlorella (Chlorella vulgaris) and especially spirulina (Spirulina platensis), may help treat liver cancer and fibrosis. They inhibited the growth of cancer cells and encouraged immune cells to digest and disintegrate them in a manner that is similar to one of the potential drug treatments. It has been observed that antioxidants inhibit the cancer’s growth. In an experiment performed at the National Chi-Nan University, in Nantou, Taiwan, spirulina stopped the cell cycle within 12 hours and slowed human leukemia cells growth by nearly half. The Osaka Institute of Public Health in Japan reported that spirulina may activate natural cancer-fighting substances. A clinical study of volunteers over 40 years of age showed it destroys tumors by increasing interferon and natural killer cells, even for 3-6 months weeks after it was discontinued. Its polysaccharide (spirulan) is known to stop viruses from penetrating into cell walls and chlorella stimulates the immune system’s T-cells. [See AHA 13:17-18].
