

Recent Studies Suggest That Eleuthero May Help with Allergies, Body Fat Metabolism & Physiological Effects

The history of eleuthero (*Eleutherococcus senticosus*) stretches from ancient China to outer space. Treasured by the Chinese for over 2,000 years, eleuthero was discovered by Soviet scientists, who had given it to Olympic athletes and cosmonauts – making eleuthero the first herb in space. Other names for eleuthero are *Acanthopanax senticosus*, Ci Wu Jia, Devil's Bush, Russian Root, Shigoka, Siberian Ginseng, Taiga, Thorny Pepperbush, Touch-Me-Not, and Wild Pepper. Products formerly labeled as “Siberian ginseng” must now use the common name “eleuthero” or the scientific name “*Eleutherococcus senticosus*”.

Eleuthero can be found in everything from designer bottled water and fortified gourmet coffees to menopausal supplements and men's multivitamins. Various health professionals are recommending this “hot” herb for a myriad of conditions, from chronic fatigue syndrome and ADHD, to common stress and everyday fatigue.

And indeed, studies suggest that this herb may help combat low-energy, increase physical endurance, improve concentration and memory, and help the body deal with stress. The secret may lie within its unique properties as an “adaptogen.” An adaptogen, neither a drug, nor a medicine, has been defined as “a non-toxic natural substance which reinforces the body's ability to react to stress.” Recently, three new studies reveal that eleuthero may also help reduce allergies, improve blood flow, and improve physiological effects. Could it be possible that this wonder herb can be even better for you than previously believed? Read on to find out how Sun Eleuthero may be just the herb you need for your superior health.

The Anti-Allergic Effects of Eleuthero

Are you or someone you know suffering from seasonal allergies with symptoms such as sneezing, wheezing, and constant eye rubbing and irritation? It's no wonder then that so many people are looking for a natural allergy product that can reduce these irritating problems, without causing drowsiness, a side effect so common with many over-the-counter allergy remedies.

Now, thanks to a new study, it looks like eleuthero may be just what the doctor ordered. In a study published in the *Japanese Journal of Complementary and Alternative Medicine* (2004, Vol. 1, no. 1;95-101)¹, a form of eleuthero root extract exhibited anti-allergic effects. In this study, subjects were given eleuthero alone, as well as in combination with *Perilla frutescens* seed extract. Both compounds significantly reduced histamine release, even more so when a combination of both compounds were given to the subjects together. Eleuthero was shown to reduce histamine, the chemical released during an allergic reaction that causes itching, sneezing, runny nose, and nasal congestion.

For many people who take Sun Eleuthero on a regular basis to improve energy levels and help deal with stress, this anti-allergic benefit is a welcome and much-needed bonus.

Eleuthero May Improve Blood Fluidity

Another new study reveals that eleuthero may also help improve blood flow and the body's ability to metabolize fats. Eleuthero was studied to determine its effect on human blood fluidity. In the study, published in *Hemorheology and Related Research* (2004, Vol. 7, no. 1)² researchers examined 10 male volunteers who exhibited relatively slow blood fluidity. The men were given an extract of eleuthero twice a day, once in the morning and once in the evening. In total, they were given 30 ml each for 14 consecutive days. After two weeks, the men exhibited improved blood flow, without any adverse effects on their health. In fact, all 10 of the men studied had shorter blood passage times than what they originally exhibited on day one of the study. What exactly does improved blood fluidity suggest for one's health? According to the study's researchers, it can be reasonably assumed that this form of eleuthero may improve the body's lipid or fat metabolism and affect the fatty acid composition in the blood cell membrane.

It's important to note that the increased blood fluidity was greater after two weeks of consuming the herb rather than after only one week, suggesting that a constant consumption of this specific type of eleuthero is effective for improving blood fluidity. So now, when you take Sun Eleuthero to get more pep in your step, you may also be helping your heart and circulation by improving your blood flow.

Physiological Effects of Eleuthero

In the study, published in *Journal of Japanese Society of Nutrition and Food Science*, (2004, Vol. 57, No. 6)³, Ezo Ukogi Extract (EUE), an extract preparation of Ezo Ukogi (*Acanthopanax senticosus*) root, was screened for its physiological effects in experimental subjects. The subjects received oral administration of eleuthero at a single dose up to 6,000 mg/kg or 2-week repeated doses up to 3,000 mg/kg/day. For examining effects of eleuthero on vitamin C deficiency, subjects were fed for 30 days with vitamin C-deficient feed alone (for the control group), or vitamin C-deficient feed containing eleuthero at a concentration of 0.25% (for the eleuthero group).

On Day 28 of the feeding, the subjects were shaved to remove hair in an area on the back, and then were exposed to UV light. On Day 30, a skin specimen was collected from the UV-exposed site and analyzed for its lipid peroxide content. A skin specimen was also collected from the site not exposed to UV light and determined for its collagen content. The analytical results indicated that consumption of eleuthero not only suppressed lipid peroxide formation, but also inhibited the decrease in collagen content. For examining effects of eleuthero on peripheral blood circulation, the subjects were immersed in cold water for 15 minutes to determine time required for recovery of their body temperature. The recovery time was significantly shorter in the group treated with eleuthero at 500 mg/kg for 2 weeks than in the control group, suggesting that eleuthero has an effect to improve peripheral blood circulation. In addition, a forcible swimming load test performed in subjects demonstrated that swimming time was significantly longer in the group treated with eleuthero at 500 mg/kg for 2 weeks than in the control group, suggesting that eleuthero has an anti-fatigue effect.

Further studies are needed to identify the components and clarify the mechanisms of these positive actions. However, as described above, eleuthero is suggested to have suppressive effects on lipid peroxide formation and collagen loss in the skin, a peripheral blood circulation improving effect, and an anti-fatigue effect.

Sun Eleuthero – The Finest Quality

Sun Eleuthero is of the finest and purest quality. Although related to Korean and American ginseng, which should only be taken for short periods of time, Sun Eleuthero is gentler and can be taken every day. Unlike typical eleuthero, which is cultivated in an artificial environment, Sun Eleuthero is grown in the wilds of organically rich soil in China, Russia, and Hokkaido, Japan, free from pollutants, chemicals and pesticides. The resulting herb is unmatched in strength, purity, and potency...the perfect adaptogen for optimal health!

For more information or a **FREE** sample of Sun Chlorella, please call **1-800-829-2828, ext. 42**.

¹“Anti-allergic Effects of *Acanthopanax senticosus* Root Extract and *Perilla frutescens* Seed Extract” – Japanese Journal of Complementary and Alternative Medicine (2004, vol. 1, no. 1:95-101)

²“Effects of a Beverage containing an Extract of Ezo-Ukogi (*Acanthopanax senticosus*. Harms) on Human Blood Fluidity in Human Subjects” - Hemorheology and Related Research (2004, vol. 7, no. 1)

³“Physiological Effects of Ezo Ukogi (*Acanthopanax senticosus* Harms)” – Journal of Japanese Society of Nutrition and Food Science (Vol. 57, No. 6, 2004)