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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Evening Primrose Oil And Health Benefits

By Megan Stansfield

Evening primrose is an indigenous plant to North America. The flowers have a strong, sweet scent, and only bloom at night during the months of June through October. Evening primrose has been used for hundreds of years to treat various ailments of the skin and muscular system. Several Native American tribes discovered that the entire plant is edible, and could be used as a painkiller in addition to everyday consumption. In Europe it is a proven treatment for PMS. The bark and leaves of evening primrose are said to have astringent and sedative properties. It has been proven to be effective treatment in regards to gastro-intestinal disorders, asthma and chronic or whooping coughs.

Evening primrose is rich in amino acids and essential amino acids such as omega 6. Essential fatty acids magnetize oxygen as well as produce electrical currents. Once in the body amino acids and essential amino acids are transformed into hormone-like substances called prostaglandins, which condense allergic response and inflammation.

Existence without essential fatty acids is impossible because they are vital to the electrical reactions of cells. Essential fatty acids carry vitamins, enhance metabolism and transport oxygen to the tissues. They are indispensable to the adrenal glands, brain cells, retinas, sensory organs, synapses and testes. Essential fatty acids act as solvents to eliminate hardened fat inside the human body. They are also involved in generating the electric currents that maintain regular heartbeats, regulating chromosome stability and will even help with weight loss.

Here is a list of major constituents found in evening primrose: Alanine (0.5%), arginine (1.5%), aspartic acid (1.2%), beta-sitosterol (1.2–2.5%), calcium (1.3–1.8%), cellulose (27%), gamma-linolenic acid (0.5–10%), glutamic acid (2.7%), glycine (1%), fat (15–32%), fiber (43%), histidine (0.4%), isoleucine (0.5%), leucine (1%), lignin (16%), linoleic acid (12–22%), lysine (0.3%), methionine (0.6%), phenylalanine (0.7%), proline (0.6%), protein (15–17%), serine (0.9%) threonine (0.4%), tryptophan (up to 1.6%), tyrosine (0.4%), valine (up to 0.8%) and other lesser constituents.

Gamma linolenic acid is a polyunsaturated fatty acid. Gamma linolenic acid (or GLA) aids the body to manufacture energy, and it also helps to form parts of the structural fats that encompass bone marrow, the brain, cell membranes and muscles. Gamma linolenic acid is transformed by the body into

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prostaglandins. Prostaglandins help the body because of their anti-inflammatory properties. Prostaglandins can also act like a blood thinner and blood vessel dilator. They are hormone-like substances produced in the body's tissues.

Prostaglandin deficiency can result in disruption of the nerve impulse transmission, increase blood clotting time, inflammation and weaken immune response. Evening primrose oil with a high concentration of gamma linolenic acid is favorable for ailments related to essential fatty acid deficiency and the inability to metabolize essential fatty acids.

Evening primrose oil is beneficial in the treatment of arteriosclerosis, lowering blood cholesterol levels, asthma, allergies, PMS, headaches, rheumatoid arthritis, skin irritation, rashes, anxiety, water retention, breast soreness, depression, coughs, irritability, and the prevention of benign prostatic hypertrophy. It can also act as a stimulant for the digestive system, liver and spleen.

Evening primrose oil has also been indispensable in the treatment of acne, brittle nails, eczema, hyperactivity, multiple sclerosis, peripheral neuropathy and alcohol related liver damage. There are other conditions where evening primrose is currently being tested for effectiveness, including breast cancer, heart disease, high cholesterol, attention deficit/hyperactivity disorder, stomach ulcers and inflammatory bowel disease.

Scientists have said that the studies on evening primrose have been promising, however there is not enough conclusive data available at this time. People with seizure disorders should only use omega-6 supplements of any kind, under the care and supervision of a licensed medical doctor, because omega-6 including gamma linolenic acid has had reports of inducing seizures in seizure-vulnerable persons.

When purchasing evening primrose oil it is important that the company states the percentages of gamma linolenic acid as well as the percentage of linoleic acid. Most quality oils will have between 7-10% GLA and 40-75% LA (the higher the percentages the better). If the company you are ordering the evening primrose oil does not list the GLA or LA content with their product it is advised to call them and get the percentage information on the 2 major constituent levels in their evening primrose oil.

The best evening primrose contains 10.3% gamma linolenic acid and 75% linoleic acid, available as carrier oil. Evening primrose can be used all over the body. Use it as a base to blend a therapeutic mix of essential oils for your specific ailment or as facial and body treatment to combat acne, dry, scared, mature, discolored and irritated skin. Of course it can also be used alone to produce beneficial therapeutic action. Evening primrose is a beautiful flowering plant, and an invaluable therapeutic emollient for general well being.

Florapathics researches the alternative health benefits of essential oil for use in organic aromatherapy products. Find information on evening primrose oil at

<http://www.florapathics.com>

Evening Primrose

By Ken Dennis

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Recently there has been a major buzz in the herbal and Natural products market about Evening Primrose. I would like to give you a general overview, history, and benefits of the product.

The botanical name for the evening primrose plant is *Oenothera Biennis*, belonging to the plant family *Onagraceae*. Other common names are The Fever Plant, Field Primrose, King's Cureall, Night Willow–herb, Scabish, Scurvish, Sundrop, Tree Primrose. It is found throughout North America, east of the Rocky Mountains to the Atlantic Ocean. It got its name Evening Primrose from the unusual time that it opens its bud, which is normally around six to seven in the evening.

The plant, when taken internally has been used to treat a very large variety of ailments, however the most general and widely sought after effects are for the following: Menopausal symptoms, depression, spasmodic asthma, lower blood pressure, lower cholesterol, relieve menstrual cramping, stimulate digestion, stimulate liver and spleen. When used externally it has also been used to treat rashes and minor skin irritations.

The suggested dosage is generally 2 x 500mg per day, but it has been shown that double that is considered much more effective.

This product should be avoided by some people because its effects may interfere with their health. People taking blood thinning products, people with epilepsy. Although not indicated on many bottles, it is suggested that women who are pregnant should avoid it due to possible hormone effects.

You should be able to purchase Evening Primrose for near 12–15 Dollars US, for 100 500mg capsules.

Ken Dennis (ken@getbulky.com) Ken is one of the website administrators of: <http://www.getbulky.com> and amateur body builder, and fitness enthusiast.



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