

Is Citrus Aurantium really bad for your health?

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By Lee Cummings

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Here's the problem -

I am talking about the safe, natural herb Citrus Aurantium.

Nothing which is bad for your health gets used for very long.

<http://gumc.georgetown.edu/communications/releases/release.cfm?ObjectID=3341>

This article contains absolutely no scientific proof.

Here is a more accurate article on this health giving herb.

<http://www.foodqualitynews.com/news/news-NG.asp?id=54469>

Here is the next myth widely distributed in the media -

That some foods have adverse reactions with drugs.

Food interacting badly with drugs?

Wrong, drugs interact with grapefruit juice and other safe, natural healthy foods.

Once again the media have it backwards.

Drugs are not a normal part of a person's diet.

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Never mind that drugs interacting with other drugs are proven to be dangerous and deadly to people.

This drug has proven to cause an increase in the risk of heart attack and stroke.

Read on ...

<http://www.thewbalchannel.com/health/3772349/detail.html>

Where are the articles warning you of this?

Are you going to avoid safe, natural, healthy foods and load up on drugs?

Where are their thousands of years of providing real healthy solutions to real health problems?

Will you stand up for your freedom and write your Senators and Congressmen?

What is next? Will they decide to ban food because it contains many of these same nutrients?

<http://www.senate.gov>

<http://www.house.gov>

Sources:

2- "Herbal supplements/meds not a dangerous mix" Yahoo Health, March 23, 2004.

<mailto:report@lc-nutrition.com>

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Amended Bitter Orange – Ephedra in disguise ?

By Jenny Mathers

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In order to lay these out, I want to answer four questions:

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It's a bit long, but what the heck !

What Is Bitter Orange Really ?:

So does Bitter Orange act similarly to ephedrine ?

What about the reports of adverse ill effects of bitter orange ?

Is bitter orange safe to use and does it work ?

Conclusions:

References:

[1] Jones, D., "Bitter Orange or Citrus Aurantium: same difference ?"

[3]

American Herbal Products (2004) "FDA Spins Numbers on Bitter Orange AERs" Press Release

[5]

Definition of Alkaloids

– any of hundreds of compounds found in plants with a nitrogen atom

[6] Dharmananda, S.,

SYNEPHRINE: Is Chih-shih (Zhishi) Toxic?

Institute for Traditional Medicine,

Portland, Oregon. See the schematic diagram for synephrine at the bottom of the page.

[7]

Supplement Watch on Synephrine

Other Sites of Interest:

Supplement Watch Newsletter

Research resource for

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fat burning foods and supplements

. Fat burning food research information

allowing you to take the guess work out of fat burning.

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