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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!**

**What Is Saw Palmetto?**

**By Heather Colman**

Saw Palmetto is the sole species currently classified in the genus *Serenoa* family. It has been

known by a number of synonyms, including *Sabal serrulatum*, under which name it still often appears in alternative medicine. It is a small palm that is endemic to the southeastern United States, most commonly along the Atlantic and Gulf coastal plains, but also as far inland as southern Arkansas.

Saw palmetto is a fan palm with the leaves with a bare petiole terminating in a rounded fan of about 20 leaflets. The petiole is armed with fine, sharp teeth or spines that give the species its common name. The leaves are 1–2 m in length. The leaflets 50–100 cm long. The flowers are yellowish–white, about 5 mm across, produced in dense compound panicles up to 60 cm long. The fruit is a large reddish–black drupe and is an important food source for wildlife.

Saw palmetto blankets forest floor in southern Highlands County, Florida. Native Americans used the fruit for food, but also in the treatment of a variety of urinary and genital problems. The European colonists learned of the use of saw palmetto. It was used as a crude extract for at least 200 years for various conditions including asthenia (weakness), recovery from major illness, and urogenital problems. Eclectic physician H. W. Felter says "Saw palmetto is a nerve sedative, expectorant, and a nutritive tonic, acting kindly upon the digestive tract. Its most direct action appears to be upon the reproductive organs when undergoing waste of tissue..."

In modern times, much research has been done on extract made from the fruits which are highly enriched with fatty acids and phytosterols. This research has been the subject of a thorough meta-analysis published in the medical journal JAMA and has been shown effective for the treatment of men suffering from enlargement of the prostate.

There are also small, positive clinical trials published on the use of saw palmetto extracts topically and internally for male-pattern baldness. In 2005, a long-term, placebo-controlled trial showed that a combination of saw palmetto fruit and nettle root extracts were effective in treating urinary tract symptoms in older men. However, in February 2006, a large, blinded placebo-controlled study published in the New England Journal of Medicine showed no reduction of symptoms from enlarged prostate by taking saw palmetto, as compared to placebo.

## What Is Saw Palmetto?

Other research has shown that it works by multiple mechanisms, including inhibiting 5-alpha-reductase, interfering with dihydrotestosterone binding to the androgen receptor, by relaxing smooth muscle tissue similarly to alpha antagonist drugs, and possibly by acting as a phytoestrogen.

Because the fruit is the part used and because a prolific quantity is produced by an adult saw palmetto tree, this herbal medicine is considered ecologically sustainable.

Though in vitro studies suggest saw palmetto has properties that might make it useful against prostate cancer cells or to reduce prostatitis, clinical trials are lacking.

Though men taking saw palmetto may develop mild nausea, reduced libido, or erectile dysfunction, the rate of such problems is clinically and statistically far less common than in men taking drugs to treat BPH symptoms. There are no known drug interactions. Saw Palmetto should generally be avoided in

pregnancy and lactation and in small children due to lack of experience and knowledge in these populations and because of the purely theoretical risk of hormonal interference.

While saw palmetto is generally considered safe, one of its primary active ingredients, beta-sitosterol, is chemically similar to cholesterol. High levels of sitosterol concentrations in blood have been correlated with increased severity of heart disease in men who have previously suffered from heart attacks.

Disclaimer – The information presented here should not be interpreted as or substituted for medical advice. Please talk to a qualified professional for more information about saw palmetto.

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<http://www.saw-palmetto-support.info/sitemap.html>

and

<http://www.ebookpalace.com>

### **Is Saw Palmetto Used For Male Pattern Baldness?**

**By Kathlene Capelle**

Many nowadays prefer a natural hair loss remedy rather than treat their hair loss with drugs and medication. If you are looking for a natural hair loss remedy for male pattern baldness, you can try saw palmetto.

Saw palmetto is a particular type of fruit that has been shown to help in hair loss according to some studies. Having some information about saw palmetto, its use and its benefits can help you decide if this natural hair loss remedy is the type of treatment that you are seeking for.

## What Is Saw Palmetto?

Saw palmetto is a red fruit that grows in warmer climates throughout the world. It is most often seen in South Eastern regions of the United States. Studies into the use of saw palmetto was first done for research on prostate health. However, it was also noticed during the clinical trials that this popular fruit have positive benefits to those with male pattern baldness.

Male pattern baldness is a hereditary condition that afflicts more men than women. Hair loss in male pattern baldness is characterized by a receding hairline and that continues in a horseshoe pattern. Hair on the sides and back of the head are mostly unaffected. The exact reason for male pattern baldness is still not very clear. Some studies suggest that excessive conversion of testosterone to another hormone called dihydrotestosterone (DHT) may be an underlying cause. In the studies for prostate health, saw palmetto was shown to block the production of DHT in men suffering from enlargement of the prostate.

So how much saw palmetto should you eat for your hair loss? Unverified sources say that if you are eating the fruit, then one per day would in most instances be effective with treating your hair loss. However, if you are taking an extract, then a dosage of three hundred and twenty milligrams per day is recommended. Supplements containing nutrients of saw palmetto are also available to help with hair growth.

One of the advantages of taking saw palmetto is that there are no known side effects. This is obviously better than taking synthetic drugs or medication that may have potential adverse results. In fact, these side effects include fast heart rate, headaches, impotence, and decreased libido.

Saw palmetto should preferably be taken with other foods or substances. Otherwise, you may end up with a headache or stomachache. In addition, if you observed that you are getting allergic reactions, you should stop consuming saw palmetto immediately.

In addition, if you are female and pregnant, then you should not use saw palmetto without medical supervision.

Is Saw Palmetto used for Male Pattern Baldness? Currently, there is no known cure for male pattern baldness. Both conventional and natural treatments can help control the hair loss as long as one maintains the treatment. However, once the treatment is discontinued, there is the chance of recurrence. Saw palmetto may be the answer to providing your body with the necessary balance of the hormones and enzymes beneficial for combating hair loss. Do research more into this option if you are looking for a natural hair loss remedy for mild to moderate male pattern baldness.

Kathlene Capelle writes on female hair loss, male hair loss, cause of hair loss, hair loss remedies, hair loss prevention, hair transplants and natural hair loss treatments. Her site also has hair care recipes that you can prepare from your own home. Please visit her site at

<http://www.hair-loss-remedy-central.com>

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