

**SITE OF THE DAY**



**CONCERT CALENDAR**

- **Robins Cradle**, TBA, Aug. 16, Decisions
- **Soul Mites**, 6pm, Aug. 21, Columbia Museum of Art
- **311 and De La Soul**, TBA, August 31, Blockbuster Pavilion (Charlotte, NC)
- **Mary J Blige and Bone Thugs N Harmony**, TBA, Sept. 1, Charlotte Coliseum
- **Indigo Girls**, 7:30pm, Sept. 21, Township Auditorium
- **Sammy Hagar**, 8pm, Sept. 17, Township Auditorium
- **Aerosmith**, TBA, Sept. 25, Blockbuster Pavilion

**ETC...**

**Artists offer interesting view of S.C. watercolors**

Two well-known South Carolina watercolorists, Guy Lipscomb and Harry Hansen, will offer their unique perspectives on the medium to South Carolina State Museum visitors on Sunday, Aug. 24.

**USC to celebrate 100th anniversary of William Faulkner's birth**

USC will celebrate the 100th anniversary of the both of Noble Prize-winning novelist William Faulkner with a symposium for students and the public Sept. 4-5.

To submit briefs for the ETC. section, send information to The Gamecock, Russell House, Columbia, SC, 29208 or call 777-3913.

## Herbal remedies have medical value

• *More and more people are depending on herbs to cure aches, pains and other ailments. Find out what to get and where.*

AMY SHANNON Asst. Features Editor

**A** home cooked meal is a luxury almost every college student craves. When you're lucky enough to eat at home, chances are your mother uses herbs and seasonings if she makes dinner from scratch.

Rosemary, oregano and thyme are common herbs that add flavor to food prepared by everyday cooks and gourmet chefs alike. While these herbs are widely recognized as culinary necessities, the medicinal value of herbs like witch hazel, St. John's wort, and silverweed are not nearly as well known.

But the popularity of using herbs in place of traditional medicines is growing.

"We see more (customers) now than a year, year and a half ago," said Don Imel, master herbologist and owner of Alternative Health, a health center and store in West Columbia.

Two popular herbs at Alternative Health are dong quai and red ginseng, Imel said. Dong quai helps balance female hormones while red ginseng balances the male hormones and builds the immune system, Imel said.

Alternative Health's clientele ranges from "middle-aged to middle-old," Imel said. He said he doesn't see as many college students as he does middle-age customers.

"More people are going to natural products and getting away from chemical medicines. And that's true of all ages," Imel said.

Most herbal remedies are less expensive than brand name drugs. Herbal products also tend to be more environmentally friendly.

In the past when people thought of herbal remedies they were likely to imagine someone like their great grandma brewing a "cure-all" herbal concoction

which she promised would drive out all the germs. That's not true of people's impressions today.

Recent television commercials have been advertising herbal supplements and capsules such as ginseng, ginkgo biloba and gotu kola as the natural ways to strengthen memory and regain energy.

Even familiar herbs and roots like cinnamon, peppermint, licorice and ginger have been cited as cures for minor ailments.

Hundreds of books, magazines and websites have been dedicated to herbal drugs and herbal home remedies. Herbs have been claimed as cures for just about any illness, from insomnia to migraines to vaginal yeast infections.

Other herbs are said to treat depression, backache, coughing, cramps, tooth decay and mosquito bites. Still others are credited to act as natural aphrodisiacs, dream enhancers, weight loss medications, infertility drugs, birth control and abortion inducers.

But the majority of these health claims do not have enough scientific research or clinical evidence to back them up. Most of the general public's knowledge of herbs comes from accounts of what worked for past generations.

This lack of concrete information can make it difficult to know which herbs really work and which are safe. It can be hard for the public to discredit certain herbal remedies, such as a cup of herbal tea, which helps most people soothe a queasy stomach.

But other herbal home remedies, like the ones used as contraceptives, have not been thoroughly researched with large sample groups so they can't be proven as successful methods of birth control.

The FDA classifies herbs as foods, not drugs, because herbs are considered all-natural and pure. When taken properly, herbs are not supposed to cause any side-effects.

When taken in the wrong dosages or combinations, herbs can cause dangerous and toxic reactions in the body.

"Just because it comes from a natural

Ailment	Possible Herbal Remedy
Skin Irritation	Witch Hazel
Mild Depression	Saint-John's Wort
Heartburn	Slippery Elm
Flatulence	Caraway, Fennel
Poor Digestion	Wormwood
Constipation	Senna Leaf
Low Energy	Astragalus
Cough	Thyme, Licorice
Edgy, Trouble Sleeping	Valerian
Sore Throat	Red Sage

DONNIE BAKER The Gamecock

source doesn't mean it's safe," said Dr. Buster Phillips, a compounding pharmacist at Congaree Pharmacy on Edmund Road.

"Most of the (modern) medicine we deal with comes from herbs. I think the statistic is 85 percent of the medicine in pharmacies contains extracts from plants," Phillips said.

Phillips prefers to be called a compounding pharmacist instead of a regular pharmacist because he actually makes and mixes the medicine himself.

Not only does he compound medicine for humans, but he also mixes up flavored medications for dogs and cats. Some of the medicines he compounds are sent to Riverbanks Zoo or the Los Angeles Zoo to treat wallabies, giraffes and elephants.

Whether mixing medicine for humans or animals, Phillips believes that herbal remedies can be effective.

"When it's appropriate I recommend herbal remedies. I prefer to match the treatment to the person, when self-medication is appropriate. We do sell some herbal products," Phillips said.

Two herbal products available at Congaree Pharmacy are echinacea and saw palmetto. Echinacea helps treat minor infections and influenza-like symptoms, Phillips said.

"If it (echinacea) doesn't help, we send them to the doctor. Nothing works all of the time," Phillips said.

The reason herbs are considered out of the realm of normal prescribing is that herbs can't be patented, Phillips said.

Drug companies don't push herbal remedies because they can't make a lot of money from selling that one product, he said.

Phillips said the down side of

herbal supplements is that they can be sold by anybody, whether or not the vendor knows anything about herbs.

"They're sold by people who know absolutely nothing about medicine. You don't have to be a doctor, nurse or pharmacist to sell them," he said.

"You know, drugs are wonderful when used properly, but when they're not, they can cause potent side effects, and herbal stuff is just the same way," he said.

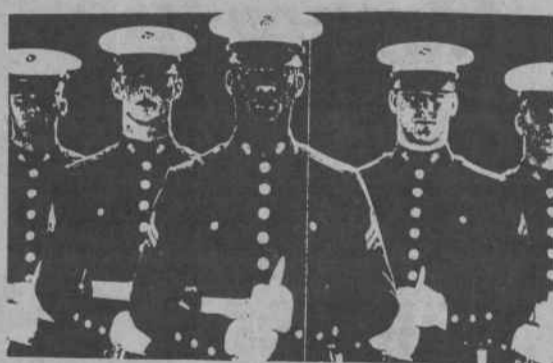
Herbal remedies can be a great alternative to synthetic medicine when used properly. The key is to be cautious. If you're not sure then talk to someone you feel is knowledgeable.

And the next time your stomach is queasy, try a cup of your great grandma's "cure-all" herbal tea which she spent all day concocting.

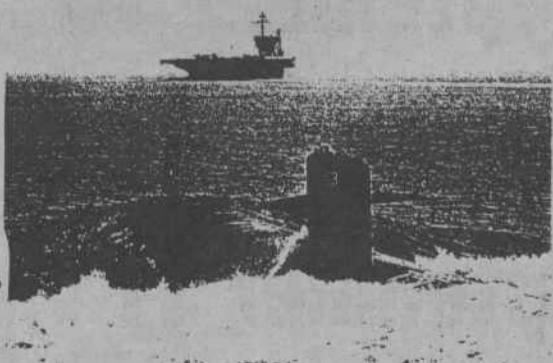
You never know, you just might like it.

### United States Navy and Marine Corps offer scholarships to men and women who wish to become officers

qualified Freshman and Sophomores can earn scholarships which cover full tuition, books, fees, and provide \$150.00 per month subsistence



After graduation, you will receive guaranteed employment and an exciting career in either the Navy or Marine Corps



You can become a Naval Aviator, Submarine or Surface Warfare Officer or SEAL simply by joining the NROTC Unit at the University of South Carolina, the #1 unit in the country

for more information contact Lt. Einsel  
209C LeConte, 777-3451  
homepage: [web.csd.sc.edu/nrotc](http://web.csd.sc.edu/nrotc)



### The Office of Campus Recreation would like to welcome students and their families!

Check out what we have for you!

- |                             |                        |
|-----------------------------|------------------------|
| Fitness Programs            | Basketball Courts      |
| Intramural Sports           | Volleyball Courts      |
| Sports Clubs                | Weight Room            |
| Happy Camper                | Cardio-Vascular Areas  |
| Equipment Issue             | Picnic Areas           |
| Swimming Pool               | Sand Volleyball Courts |
| Handball/Racquetball Courts | Open Field Space       |



202 Blatt PE Center  
777-5261

<http://www.sa.sc.edu/pecenter/crec.htm>

