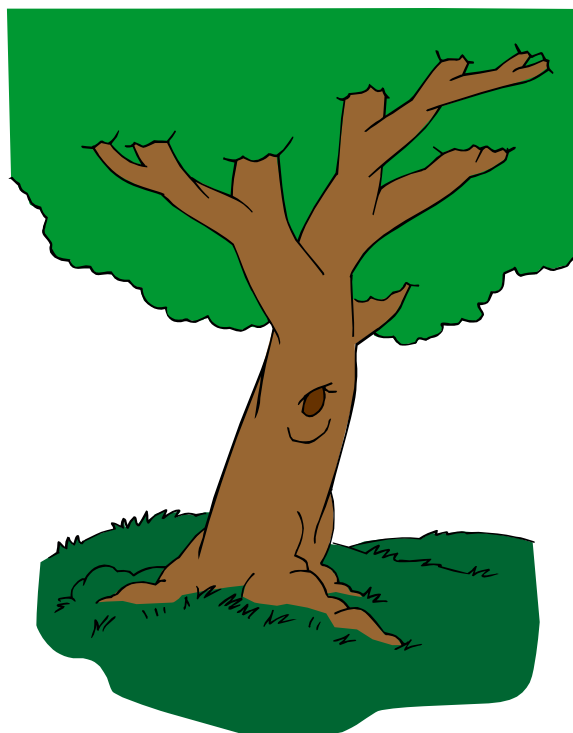


Pau D'Arco

A Famous Brazilian Herb To Help Fight Infections



What is Pau D'Arco?

Pau D'Arco, also called LaPacho, is a famous South American herb. Although there are about 100 different species of Pau D'Arco, *Tabebuia avellanedae* or *Tabebuia ipe* is regarded as the only true Pau D'Arco. The inner bark is the portion of the tree that is used medicinally.

Why Does It Work?

The major components of Pau D'Arco are 16 quinones, containing both naphthoquinones and anthraquinones. To find both of these groups of quinones in the same plant is considered very rare. Scientific studies show much better results with the whole extract of Pau D'Arco, rather than individual chemicals in the Pau D'Arco bark.

Beware of "Fake" Pau D'Arco

Although good quality Pau D'Arco was available years ago, we then found *no* worthwhile Pau D'Arco for over a decade. One recent analysis of 12 different Pau D'Arco products (in Canada) showed that only one of the products contained any true Pau D'Arco, and that one had only trace amounts.

This study confirms what we have found for years -- many of the Pau D'Arco products simply don't work (and are often toxic). There are several reasons for this: the wrong Pau D'Arco species, which has no healing properties may have been used; the wrong part of the plant is often marketed (the tree wood itself is used instead of the inner bark);

Pau D'Arco Effects

World-wide research has shown the renowned herb, Pau D'Arco, to have many healing properties:

- Anti-bacterial activity
- Anti-viral activity
- Anti-parasitic activity
- Anti-candida activity
- Anti-cancer effects
- Anti-inflammatory effects

Get The Best Results

- The proper species of Pau D'Arco
- The inner bark (*not* the outer bark or branches)
- Fully active healing properties
- No toxic chemicals or sprays

harmful processing may have been used; or nutrient loss, heat, or chemical spraying during transportation may have damaged the product.

Folk Use Of Pau D'Arco

The inner bark of the true Pau D'Arco has been used historically as a folk remedy for a wide variety of conditions such as: boils, colitis, diarrhea, dysentery, bedwetting, fever, sore throat, snakebite, syphilis, wounds, ulcers, respiratory problems, arthritis, cystitis, constipation, prostatitis, poor circulation, and many forms of cancer (esophagus, head, intestine, lung, prostate, and tongue).

Worldwide Research On Pau D'Arco

World-wide research has shown anti-microbial, anti-viral, anti-bacterial and anti-parasitic activity for true Pau D'Arco. In addition, the naphthoquinones of Pau D'Arco have been found to be highly effective against *Candida albicans*, the common yeast organism causing candidiasis infections.

Recommended Use

Adults or children (age 4 and up): Take 1 to 3 capsules (400 to 500 mg per capsule) per day, with food. You may also make tea by opening 1 or 2 capsules in a cup, then add 1 cup of boiling water. Let steep for 10 minutes or so, then drink.

References

Duke, J.A., *CRC Handbook of Medicinal Herbs*, CRC Press Inc.: Boca Raton, FL, 1985.
Murray, Michael T., N.D., *The Healing Power of Herbs: The Enlightened Person's Guide To The Wonders Of Medicinal Plants*, Prima Publishing: Rocklin, CA, 1991.

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