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The Endometriosis Sourcebook, M. Ballweg, Contemporary, 1995.
The Family Herbal, Barbara and Peter Theiss, Healing Arts, 1989.
Fibroid Tumors & Endometriosis: Self Help Book, Dr. Susan Lark, Celestial Arts, 1993.
Herbal Emissaries, Steven Foster, Yue Chongxi, Healing Arts, 1992.
Herbal Healing for Women, Rosemary Gladstar, Fireside, 1993
Herbal Medicine, Healing & Cancer, Donald Yance Jr., Keats, 1999.
Herbs for Health and Healing, Kathi Keville, Rodale Press, 1996.
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Herbal Drugs and Phytopharmaceuticals, Max Witchl, (Norman Grainger Bisset, ed.), CRC Press, 1994,
A Homeopathic Approach to Cancer, Dr. A.U. Ramakrishnan, publisher? date? XXX
National Geographic Desk Reference to Nature's Medicines, Steven Foster and Rebecca Johnson, 2006,
Natural Healing in Gynecology, Rina Nissim, Pandora, 1986.
The Perfect Fit, Edward Eichel, Signet, 1992.
Positive Options for Polycystic Ovary Syndrome, Christine Craffs-Hinton and Adam Dalen MD, Hunter House, 2004
Saving the Whole Woman: Natural Alternatives for Pelvic Organ Prolapse and Incontinence, Christine Kent, Bridgeworks Press, 2003.
The Sexual Herbal, Brigette Mars, XXX
Endnotes

The V Book, Elizabeth Stewart, MD, Bantam, 2002.
A Woman’s Guide to Sexual Health, Mary Minkin MD and Carol Wright, Yale University Press, 2005.
Women’s Encyclopedia of Natural Medicine, Tori Hudson ND, Keats, 1999.
The Yoni: Sacred Symbol of Female Creative Power, Rufus Camphausen, Inner Traditions, 1996.

Pelvic Floor

Pelvic Organ Prolapse
- www.wholewoman.com (help for women with prolapse)
4. Saving the Whole Woman, page 121.
5. Ibid. (whole book)
6. Ibid., page 161.
8. Ibid.

Chronic Pelvic Pain
- www.pelvicpain.org (an interdisciplinary approach to CPP)
13. Ibid.
Down There

14. Ibid.
17. Women’s Health Advisor, Nov 2002.
20. “I broke my pelvis in 4 pieces when I was 16 (horseback riding). It wasn’t a problem until menopause; then the pain drove me crazy. ‘Biomedici’ electro-magnetic therapy was the only thing that helped.” (Correspondence, March 2010)
23. Ibid.
29. Ibid.
34. Ibid.
35. Ibid.
37. Ibid.

Fenugreek
41. Ibid.

Horse chestnut
42. PDR for Herbal Medicines, page 404. (Quote from Commission E)
43. Ibid.
Endnotes

46. PDR for Herbal Medicines, page 404.
47. Ibid.
49. PDR for Herbal Medicines, page 404.

Bladder
- www.nafc.org (800-252-3337)
- 800-bladder
- wwwsimonfoundation.org (800-237-4666)
- www.aboutincontinence.org
- www.mypelvichealth.org

9. Ibid.
14. Ibid.
17. “Prevalence and associated risk factors of urinary incontinence: re-
sults from the Women’s Health Initiative,” WHI Investigator Group, Abstracts: Twelfth Annual Meeting of NAMS.
32. Jack Tsao MD, Bottom Line Personal, Jan 2009
36. Ibid.
43. Leslie Talcott, MS, RN, director: Perineometer Research Institute, Stratford, PA.
44 “Stem cells may treat incontinence,” Women’s Health Advisor, July 2006.
46. Ibid.
47. Our Bodies Ourselves for the New Century, page XXX.
59. Ibid.
64. *Delmar’s Integrative Herb Guide for Nurses*, page XXX.
71. Ibid. *(Alt Med, April 2007.)*
75. *Cochrane Database of Systemate Reviews*, CD001405. *(John Hopkins Medical Letter, March 2010)*
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82. Private correspondence, June 2008.
84. Private correspondence, June 2008.

LUTS
86. Herbal Medicine, page 254.
90. Ibid.

Comfrey
94. Personal correspondence, Jan 2009.

Urinary Tract Infections
99. Our Bodies, Ourselves for the New Century, page XXX.
104. JAMA, 1994; 271:751-754.


114. *Ibid*.


122. *Ibid*.


**Interstitial Cystitis**

• Interstitial Cystitis Ass’n: 800-435-7422, www.ichelp.org

• American Academy of Pain Management, www.aapainmanage.org


130. Tufts University study reported on by Susan Lark MD, May 2008.


132. *Ibid*

133. *Ibid*.

134. “The treatment and mistreatment of chroic urgency and frequency,”
402 Down There


137. Ibid.

Bladder Cancer

142. Ibid.
149. Ibid.
154. From Anderson Cancer Center, BottomLine Health, April 2006.

Trauma

• Quest for Respect, XXXauthor?, Pathfinder, 1992.
• Ressurection After Rape, Matt Aktinson, RAR Publishing, 2008.
  “This is the best book, even if it is written by a man.”
• Rebuilding the Garden: Healing the Spiritual Wounds of Childhood Sexual Assault, Karla McLaren, Laughing Tree Press, 1997.
3. This knowledge has led me to devote my life to countering the trauma women experience in modern medical settings.
5. I have been violently assaulted four times: an attempted gang rape in Manhattan, an intruder who came through an open window one sultry summer night and was frightened out his erection by my blood-curdling scream, a doctor who blithely told me my cervix had no nerves so I couldn’t be in pain from what he was doing (I was!), and the obstetrician who shoved my baby’s head back in so he could do an episiotomy. Note that I repelled the rapists but not the medical professionals.
7. Can we find a ref? XXX
7A. Local paper; can we ref? XXX
12. www.tir.org
15. Ibid., page 138.

Vulva
• www.yoni.com
• The Yoni: Sacred Symbol of Female Creative Power, Rufus Camphausen, Inner Traditions, 1996.
1. Betty Dodson, Sex for One, The Joy of Selfloving, Crown, 1974
2. Tee Corrine, The Cunt Coloring Book, XXX publisher, date needed
3. Max Dashu’s Sacred Vulva poster from www.suppressedhistories.net
  Available from www.bigbookaltpress.com
8. The V Book, page 35.

Vulvodynia
• www.med.umich.edu/obgyn/vulva/vulvedu.html
• www.vulvarpainfoundation.org
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- www.vulvarhealth.org
- www.nva.org (National Vulvodynia Association)
16. Women’s Bodies, Women’s Wisdom, Christiane Northrup MD, Bantam, 1994, page ??.
18. Integrative Herb Guide for Nurses, page XXX.
25. Herbalgram, number 58, page 43.
31. Ibid., page 91.
32. Women’s Encyclopedia of Natural Medicine, Tori Hudson, page XXX.

Clitoris
Meet Your Clitoris

4. Ultrasound scans show that women who orgasm during intercourse have an unusually thick urethrovaginal space; this is the G-spot. It is found in about 25 percent of women. (*The Week*, 14 March 2008.)

How to Have An Orgasm

7. *Women's Anatomy of Arousal*, page XXX.
8. Annie Sprinkle, PhD sex educator: www.anniesprinkle.org
9. Barbara Carrellas: urbantrantra.org
10. Sheri Winston: www.intimateartscenter.com
11. *New View of A Woman's Body*, page XXX.
30. *Journal of Sexual Medicine*, June 2009. (internet-based survey completed by over two thousand 18–60-year-old women; a companion survey found nearly half of 18–60-year-old men use vibrators.)
406 Down There

42. Women’s Health Advisor, Dec 2004. (randomized, placebo-controlled multi-center clinical trials presented at the annual meeting of the North American Menopause Society)
44. Ibid.
45. Women’s Health Activist, July/Aug 2009.
47. Ibid.

Clitorectomy

50. Woman, Natalie Angier, page 76.
52. Woman, Natalie Angier, page 80.
53. Ibid., page 79.
54. Ibid.
55. Ibid., page 64.
56. Ibid.

57. The Federal Prohibition of Female Genital Mutilation Act of 1995 makes it illegal to cut the labia minora, labia majora, and/or clitoirs of any girl under the age of 18 except for medical reasons.
58. Woman, Natalie Angier, page 78.
59. Adapted and quoted from Woman, Natalie Angier, page 77.
60. Ibid.

Vagina

1. www.badmimi.com

**Vaginal Dryness**

**Don’t Douche**
15. *Ibid*.

**Non-specific vaginitis**

**Vestibular Cysts**

**Vaginal Ulcers**

**Vaginal Cancer**
22. “DES may be forgotten, but it’s not gone,” *Health News*, May 2003.
23. *Ibid*.
26. In the course of investigating for this book, I read many pages of accounts of young women who claim to have had their lives ruined by reactions to Gardasil. Yet I found few mentions of such life-threatening reactions in the medical literature. As with all drugs, there is a risk-to-reward ratio that varies from person to person and from situation to situation. What is your risk? Your daughter’s? What else can you do to prevent cervical cancer?
408 Down There

Vaginal Infections & STDs


STDs

4. Ibid., page 13.
5. Ibid., page 18.
6. CDC, STD Surveillance website

Yeast (Candida)

15. The Family Herbal, page 212.

Trich

19. Natural Healing in Gynecology, page XXX.

Bacterial Vaginosis

28. Ibid.

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29. Ibid.
33. Textbook of Modern Herbology, page 111.

**Chlamydia**

43. Ibid.
46. Ibid.
49. Ibid.

**Herpes**

54. Our Bodies, Ourselves, page XXX.
60. “Genital herpes: tincture of time,” HealthNews, August (date missing).
61. JAMA, April 1999, pp. 210-212.
Down There

63. *Herbal Remedies for Women*, page 218.
64. Ibid.

**Gonorrhea**
73. Ibid.

**Syphilis**
75. NDRI.com (as of 1/1/11)
78. Ibid.

**Cervix**
- www.cervicalcancercampaign.org

**Genital Warts/HPV**
12. “Non-AIDS sexually transmitted diseases remain a serious and size-
18. *Natural Healing in Gynecology*, page 43.
19. *Complete Woman’s Herbal*, Anne McIntyre, page XXX.
22. *Our Bodies, Ourselves*, page XXX.
26. “One Way to Avoid Unnecessary Testing After Ambiguous Pap Re-

**Pap Smear**

28. “Accuracy of the Papanicolaou test in screening for and follow-up of
cytologic abnormalities: a systematic review,” K.Nanda MD et al.,
29. “The New pap test report: revised guidelines mean less fear and
30. “Pap test standardization causing unnecessary biopsies,” *HealthFacts*,
March 1994.
32. “Cancers that do not kill, prevalent and usually treated aggressively,”
33. “2001 Consensus guidelines for management of women with cervical
35. *Medical Self Care Book of Women’s Health*, Bobbi Hasselbring, Sadja
412 Down There


Dysplasia
43. “Dysplasia study supports ‘wait and see’ approach,” The Women’s Letter, 3(2).
55. Women’s Encyclopedia of Natural Medicine, Tori Hudson, page XXX.

www.nature.com/bjc/journal/v101/n1/full/6605098a.html

61. Herbal Healing for Women, page 164.
64. Women’s Encyclopedia, Tori Hudson ND, page XXX.
Endnotes

69. *How to Stay Out of the Gynecologist’s Office*, page XXX.

Cervical Cancer

- www.hvpandcervicalcancercampaign.org
88. *Women’s Bodies, Women’s Wisdom*, Christiane Northrup, page XXX.
91. *Herbal Emissaries*, page 294 (specific directions for making the decocted tincture).
414 Down There

92. Products available from www.edgarcayce.com
93. Desk Reference to Nature’s Medicine, Steven Foster page XXX
94. Ibid.
104. The Complete Book of Essential Oils and Aromatherapy, page XXX.
104A. XXX
106. Herbal Medicine, Healing & Cancer, Donald Yance page XXX.
107. The Complete Woman’s Herbal, Anne McIntyre, page XXX.
108. For Women of All Ages, Sheldon Cherry MD, page XXX.

Uterus

Menstruation

Some euphemisms for menstruation: Auntie Flo; the Red Sox have a home game; riding the crimson tide; the English are coming; saddling up old rusty; wearing the red badge of courage; having ketchup with your steak; are there communists in the fun house?

- Cloth menstrual pads and keeper cups available from: www.lunapads.com; www.gladrags
- Menstrual sea sponges from: www.jadeandpearl.com
- “Temple of the Blood” CD, meditation by Katherine Cunningham from www.lulu.com
- The Museum of Menstruation: www.mum.org
- Society for Menstrual Cycle Research: www.menstruationresearch.org
Endnotes

- Center for Menstrual Cycle/Ovulation Research: www.cemcor.ubc.ca
- *105 Ways to Celebrate Menstruation*, Kami McBride, XXX publisher, date

3. Ibid.
4. Ibid.
5. Ibid.
6. Ibid.
7. Ibid.

**Menstrual Pain**


**Heavy Bleeding**

23. *Delmar’s Integrative Herb Guide for Nurses*, page 647. (Felter & Lloyd)
416  Down There

26. XXXNeed reference for vit A and bone problems
28. XXX need a ref  maybe a check XXX through the file : new breast cancer) will turn it up.
30. Ibid., page 144.
31. Ibid., page 145.

Fibroids

• HERS (Hysterectomy Education and Resource Services): free counseling at 1-888-750-HERS or 610-667-7757 www.hersfoundation.com
• National Uterine Fibroids Foundation: 800-874-7247; www.nuff.org
• Center for Uterine Fibroids: 800-722-5520; www.fibroids.net
• http://nwhn.org/fibroid-treatment-options

40. Statement by Elizabeth Stewart MD, clinical director of the Center for Uterine Fibroids at Brigham and Women’s Hospital, Boston.
49. Ibid., page 17.
50. Ibid.
Endnotes

56. Ibid.
57. Ibid., page 21.
58. Ibid.
59. Ibid., page 19.
60. Ibid., page 17.
63. Ibid., page 29.
65. Ayurvedic Healing for Women, Atreya, Weiser, 1999, page XXX.
66. Women’s Bodies, Women’s Wisdom, Christiane Northrup, page XXX.
74. What Your Doctor May Not Tell You About Fibroids, page 111.
75. Ibid., page 71.
76. Ibid., page 72.
77. Ibid., page 69.
78. Ibid.
79. Personal correspondence from Chinmaya Forro, CDM, midwife.
81. Ibid., page 70.
85. Fibroid Tumors & Endometriosis: Self Help, Dr. Susan Lark, page XXX.
418 Down There

90. Fertility and Sterility, Stefano Palomba MD. (What Your Doctor May Not Tell You About Fibroids, page 159)
93. Ibid., page 84. (Study by R. Reiter MD, U of Iowa Coll Med.)
95. “Saying good-bye to fibroids: Now you can shrink these tumors and skip major surgery,” Health, March 2000
96. Phyllis Gee MD, director, North Texas Fibroid Inst., Plano, TX.
106. Ibid.
117. The Center for Women’s Health Care, July 2005.

Adenomyosis

Endnotes

121. Tori Hudson ND, “Adenomyosis: the forgotten diagnosis,” 

Endometriosis

- Endometriosis Ass’n 800-992-3636 (in Canada: 800-426-2363) www.endometriosisassn.org
- Endo. Research Center (800-239-7280) www.endocenter.org

125. Dr. Martha Richardson, Harvard Women’s Health Watch, Feb 2006.
128. Ibid.
132. Ibid.
133. Dr. Sherry Rier, immunologist at Dartmouth Medical School, lead author of study, quoted in “Endometriosis,” American Health, May 1996.
136. Ibid.
137. Ibid.
139. Ibid.
**Down There**

147. “Lupron: if it kills prostate cancer, what does it do to women’s health?”


**Hysterectomy**

- “Common Uterine Conditions: Options for Treatment” includes information on drugs, hormones, life-style changes, and watchful waiting. 800-358-9295 or www.ahrq.gov/consumer/uterine1.htm
- HERS (Hysterectomy Education and Resource Services): free counseling to determine if you need surgery. 1-888-750-HERS or 610-667-7757 www.hersfoundation.com


158. Carla Dionne, National Uterine Fibroids Foundation. (*More*, Jan 2009.)

159. *Women Talk About Gynecological Surgery*, page XXX.


163. “No difference in functioning linked to type of hysterectomy,” *Women’s Health Advisor*, July 2006. (*Cochrane Collab*, May 2006.)


**Preventing Endometrial Cancer**


172. “Women who get the most fiber at 29% less risk of uterine cancer,” 
173. Ibid.
176. “Foods rich in plant estrogens may cut uterine cancer risk,” *Women’s Health Advisor*, date? XXX
181. “High daily alcohol intake may raise endometrial cancer risk,” 
*Women’s Health Advisor*, Nov 2007.
184. *What You Need to Know About Cancer of the Uterus*, National Institutes of Health Publication #88-1562.
187. Cindy Pearson, “Tamoxifen linked to rare form of uterine cancer,” 
188. “Tamoxifen update: overhyped for healthy women?” Ann Pappert, 
*Ms.*, Dec 2000.

**Endometrial Hyperplasia**

191. Ibid., page 28.

**Uterine/Endometrial Cancer**

195. “Women who get the most fiber at 29% less risk of uterine cancer,” 
Down There

197. Probably due to DES, a drug given to pregnant women, which gives rise to difficult-to-treat reproductive organ cancers in their offspring.


200. Dr. A.U. Ramakrishnan, A Homeopathic Approach to Cancer. Publisher? Date? XXX


203. Ibid.


Pelvic Inflammatory Disease/PID

206. www.cdc.gov/std/stats/.htm XXX recheck,

207. Women’s Encyclopedia of Natural Medicine, Tori Hudson, page 217.

208. Ibid.

209. Ibid.

210. Ibid.

211. Our Bodies, Ourselves, page 658.


213. Women’s Encyclopedia of Natural Medicine, Tori Hudson, page 218.

214. Ibid., page 74.


217. Ibid., page 659.

Endometrial Polyps


Ovaries

Ovarian Cysts/PCOS


Endnotes

14. Gynecological medical text, XXX. Better ref needed
424 Down There

37. Ibid.
43. Private correspondence from Holly Guzman, Feb 2009.
46. A Woman’s Guide to Sexual Health, Minkin & Wright, page 301.
47. Ibid., page 356.
48. Private correspondence from Ingrid Gordon, RN-BC, April 2009. She has had three ectopic pregnancies.
49. A Woman’s Guide to Sexual Health, Minkin & Wright, page 357
50. Ibid., page 359.

Ovarian Cancer

• Gilda Radner Ovarian Cancer site:
  http://ovariancancer.com/app/index.php
• Nat’l Ovarian Cancer Coalition, www.ovarian.org 1-800-OVARIAN
• Ovarian Cancer National Alliance, www.ovariancancer.org

52. “Screening test for ovarian cancer,” Women’s Health Advisor, March 2002.
64. *Ibid*.
73. *Ibid*.
86. *Ibid*.
102. “Possible liver damage with low doses of acetaminophen,” *JAMA*, 1 July 2006.
123. Women’s Bodies, Women’s Wisdom, Christiane Northrup, page 222. [She says, in 1994, rates have not changed in the past 40 years.]
133. fimbrial cancer reference XXX
136. “Estrogen linked to ovarian cancer,” Physician’s Committee for Responsible Medicine, Nov 2001
144. The Medical Self-Care Book of Women’s Health, Hasselbring, Greenwood & Castleman, page XXX.
147. Available at the Pittsburgh Medical Center (www.upmc.com)
Penis

- Erectile Dysfunction Hotline: 800-473-0616 XXX check!
- Circumcision Information: www.nocirc.org

  "With regard to circumcision, one of the reasons for it is, in my opinion, the wish to bring about a decrease in sexual intercourse and a weakening of the organ in question, so that . . . the organ be in as quiet a state as possible. . . . if at birth this member has been made to bleed and has had its covering taken away from it, it must indubitably be weakened." Maimonides, *Guide to the Perplexed* (Quoted in *God is Not Great*, Christopher Hitchens, Twelve, 2007)

2. The current incidence is one out of one hundred thousand (1/100,000).

  [She says trich is killed if you don’t ejaculate for 10 days.]
14. Personal correspondence from James Green.
Endnotes

28. Ibid.
30. The Sexual Herbal, Brigitte Mars, page 322.
34. Ibid., page 78.
35. Ibid.

Testicles
  • Chinese/Japanese dogwood fruits from www.nl-supplies.com or www.1stchineseherbs.com or www.theherbcupboard.com
  • Rye pollen available from www.cernelle.se.com

2. The Sexual Herbal, Brigitte Mars, page 316.
4. Medicinal Plants of the Mountain West, Michael Moore, Museum of New Mexico Press, 1979, page XXX.
9. Ibid., page 65.
10. Ibid., page 63.
11. Ibid., page 63.
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24. Ibid.
27. Ibid.
28. Ibid.
34. Ibid.
35. Ibid.
36. Ibid.
39. Ibid.
40. Ibid.
41. Ibid.
43. Ibid., page 28.
44. Ibid.
45. Ibid., page 26.
46. Ibid., page 29.
47. Ibid., page 30.
48. Ibid., page 31.

Prostate


PSA Test

6. uhoh missing ref XXXX for quote no less!!
Endnotes

8. LA Times, 19 March 2009. (NEJM)
14. Ibid.
25. Wendy Demark-Wahnfried, professor of urologic surgery, Duke University. Is this the right reference? XXX (flax)
30. Food Cures for Common Conditions XXX (pomegra)
34. UC Berkeley Wellness Letter, March 2007. (Lancet)
37. Ibid.

BPH

432 Down There

44. Age-in-reverse makes body slant furniture, 888-243-3279. XXXcall

Pygeum

73. Yablonsky et al., “Antiproliferative effect of *Pygeum africanum* extract
76. *Ibid*.

**Prostatitis**
87. *Ibid*.
89. *School of Natural Healing*, Dr. Christopher, page 296.

**Preventing prostate cancer**
92. *Ibid*.
434 Down There

105. Giovannucci et al., “Intake of carotenoids/retinol... risk of prostrate cancer,” *Journal of the National Cancer Institute*, 87(23):1767-76.
109. *Food Cures for Common Conditions*, page xxx (lycopene)
115. *Food Cures for Common Conditions* XXX (pomeg)
119. removed
121. removed
124. need ref for soy XXX
129. removed
134. *Healing Foods*, Amanda Ursell, page 191. gen, no #, can we do better?
135. removed
143. Food Cures for Common Conditions, page XXX. (meat)
157. Ibid.
161. Food Cures for Common Conditions, xxx (antiox supps)
163. Ibid.
436 Down There

173. “Prostate cancer study stopped; vitamin E and selenium disappoint,” Wellness Letter, Feb 2009. (JAMA, 7 Jan 2009)
181. Ibid.
184. Ibid.
185. JAMA, 19 June 2002.

Prostate Cancer

• Surviving Prostate Cancer: What You Need to Know to Make Informed Decisions, E. Fuller Torrey, Yale University, date XXX
• Herbal Therapy for Prostate Cancer, James Lewis, Health Ed, 1999.
• Dr. Peter Scardino’s Prostate Book, Peter Scardino MD, Avery, 2005.
• Seven Keys to Treating Prostate Cancer, Johns Hopkins, 2009.

188. Ibid.
213. *Food Cures for Common Conditions*, page XXX. (fatty fish, #)
438 Down There

226. Ibid.
234. Ibid. (JM Chan et al., Cancer Epi. Bio., 8:893-899, 1999)
249. “Exploring a prostate therapy called PC-SPES,” Cedars-Sinai Medical Center. (wholehealthmd.com, 2001.)
Endnotes

252. Press release from Dendreon Corp. (the developer), 15 April 2009.
257. “Prostate cancer treatment recommendations biased according to specialty,” HealthFacts, July 2000. (quote: Tim Wilt MD)
261. Archives of Internal Medicine, 8 Oct 2007. (HealthNews, Jan 2008)
270. Ibid.
   • Continence audio tape and training manual available from the National Association for Continence. 1-800-BLADDER.
278. Tufts Health & Nutrition Newsletter, Dec 2004. (report from NCI)
280. Ibid.
284. Ibid.
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292. F. Ralph Berberich, Hit Below the Belt, Celestial Arts, 2000.

Saw Palmetto
293. New England Journal of Medicine, August 1996.
300. Ibid., page 224.
301. Ibid.
303. Food Cures for Common Conditions, (saw palmetto increases urine force, #) page XXX
305. Dr. Duke’s Essential Herbs, page 224.
306. Ibid.

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