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Contributors to this issue:

Jane Dean ND
Sue Glennie ND
Peter Smith LCH, MARH
Kelley D. Ramsey PA-C
Martin Powell BSc Hons Dip Ac
Marcus Webb ND
John Kule MD

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Original article

"As the several case studies illustrate, Samento has proven in our clinic to be a safe natural remedy with a wide range of therapeutic efficacy. To date our patients continue to show remarkable clinical improvement"— John Kule MD.

Samento in the primary care setting

John Kule MD reports that 98 per cent of patients being treated with a rare Peruvian medicinal plant show clinical improvement

Introduction

RECENT advances in the chemical analysis of Cat's Claw have shed new light on its use as a natural therapeutic agent. Specifically, it has been found that the clinical efficacy increases as the pentacyclic oxindole alkaloid (POA) fraction increases and as the tetracyclic oxindole alkaloid (TOA) content decreases respectively.

Samento (*Uncaria tomentosa*) is a rare form of Cat's Claw that has been found to be 100 per cent TOA free. It is a wild-crafted product of a unique Peruvian rain forest microclimate that so far has been found to be most effective in its most minimally processed form.

At a Samento Conference, held May 10, 2002 in Florida, Brian Lamb, a medical herbalist from Scotland, reported that 100 per cent of the terminally ill patients he is treating with Samento are showing remarkable clinical improvement; an historical review of the scientific literature on *Uncaria tomentosa* was presented by Jerry Schlessler ND, DC, CNS; and Professor Henk Oswald MD, PhD, expounded on his experience of the use of Samento in the treatment of cancer.

Michael Coyle demonstrated Samento's use as an antimicrobial

agent.

This paper explores the use of Samento in the primary care setting.

Integrative health care

All patients were seen and treated at the East Aiken Health Center in Aiken, South Carolina. The background of the patient population is diverse. Aiken is located in rural South Carolina, but has long been a winter training centre for thoroughbred and standard bred racehorses. Fall, winter, and spring also see an influx of hunter/jumpers, three-day eventers and polo players, and golfers. Local industry includes the Savannah River Nuclear Site, so the town has an unusually large engineering and managerial class.

The East Aiken Health Center is an integrative health care clinic. General and family medicine are practiced, as well as several modalities of alternative medicine.

The local hospital supplies most of our standard diagnostic testing with more specialised testing available at the Medical College of Georgia located in Augusta, Georgia, about 30 miles distance.

In-house, we use an extended history and physical, scalar technology, applied kinesiology, and live cell microscopy. In the future we would like to add on heart rate variability and biological ionization testing.



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Dosing

The dosing schedule used in all cases, unless otherwise stated, was three 600mg per oral capsules of Samento twice a day for 10 days. Thereafter dosage was decreased to two 600mg capsules twice a day. Samento was taken on an empty stomach, by itself. Other supplementation (vitamins/minerals) was taken with meals.

Concurrent usage of other herbs was discouraged as it was felt that other herbs might contain alkaloids with a blocking effect similar to the tetracyclic oxindole alkaloids (TOAs).

Beginning in March, 2002, and continuing to date, more than 60 patients have been treated with Samento.

Conditions treated include:

- Chronic Fatigue
- Fibromyalgia
- Status Post Cerebrovascular Accident
- Chronic Back Pain
- Status Post Breast Cancer
- Diabetes
- Hypertension
- Irritable Bowel
- Candidiasis
- Hypothyroid
- Menopausal Syndrome
- Pre Menstrual Syndrome
- Peptic Ulcer Disease
- Gastritis
- Rheumatoid Arthritis
- Arthritis
- Schizophrenia
- Asthma
- Lyme's Disease
- Benign Prostatic Hypertrophy

Cases

Of the total of 60 patients, only one has so far failed to show clinical improvement.

Several case studies have been selected, and are presented, hopefully to illustrate the amazing scope of illnesses that are being successfully treated with Samento at our clinic.

Case #1. BK, 48-year-old white male, recently diagnosed with incipient cirrhosis of the liver. Patient has a history of light alcoholic consumption but at time of exam was under much personal and professional stress and was experiencing acute flare up of Epstein Barr, herpes simplex, and systemic yeast.

Physical findings were significant for fatigue, weight loss, pale appearance, decreased urinary stream, and moderately tender liver of normal size. This patient began Samento one capsule twice a day and then moved up to two capsules twice a day. He was also placed on a yeast-free diet, and AA supplementation: severe nocturnal cramping was alleviated with calcium supplementation and a multivitamin/mineral supplement.

The patient experienced almost immediate increase energy, increased sense of well-being, and increased mental clarity. A mild diuretic effect was well tolerated as the urinary stream normalised within three to five days.

The patient also experienced several healing crises which included liver tenderness, bowel inflammation at several sites,

haemorrhoidal and fissure inflammation followed by normalisation. The patient continues to improve on one per oral twice a day.

Case #2. PE, 53-year-old white female diabetic education nurse. The patient has a long history of rheumatoid arthritis as well as insulin dependent diabetes mellitus, and also hormone replacement therapy with synthetic estrogen alone since hysterectomy in 1979. The patient expressed a desire for more natural treatment alternatives at first her visit. Other medications included Celebrex, Claritin D, Nasonex, and prednisone as needed in acute arthritic flare-ups. The patient was changed to Natural TriEstPro. The Celebrex, Claritin, and Nasonex were discontinued and Samento begun at three capsules twice a day. Despite the patient's initial scepticism, she has been well with no acute flare-ups. A mild decrease in fasting blood sugars has also been noted. The patient continues to do well on two capsules twice a day.

Case #3. KW, 33-year-old white female with a history of severe asthma beginning after a bout of pneumonia as a seven-year-old. The patient has had multiple hospital admissions, with increasing severity and frequency of asthma attacks occurring the last few years. Her last hospitalisation also almost required the use of intubation/respirator, and did require intravenous corticosteroid. The patient is taking Depoprovera IM every month, Proventil inhaler every day, Flovent inhaler twice a day, and

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Tel 01303 226939

Serovent inhaler twice a day. On physical exam, there was marked SOB and abundant wheezing in all lung fields. Live cell microscopy revealed severe rouleaux. The patient was begun on Samento three capsules twice a day with marked improvement noted within three days. There have been no further hospital admissions to date, and the patient is back to work.

Case #4. AS, 56 year-old-white female with a history of schizophrenia, cholecystitis/cholelithiasis (surgery has been recommended on several occasions), renal lithiasis, and poorly controlled hypertension. Surgeries included hysterectomy and bladder tuck. The patient had been noncompliant with medications (anti-hypertension and anti-psychotic), noncompliant with dietary restrictions (a hot fudge sundae occasioned her last gall bladder colic), and is obese. The patient was voluntarily restricted to home. On at least one occasion in the past, the patient had to be admitted for psychiatric care. Live cell testing revealed marked spicules, liver congestion, and marked lymphatic congestion.

Prior to beginning Samento, the patient's mental condition was deteriorating with auditory and visual hallucinations, and increasing threats of physical harm directed toward her husband (actually directed toward "Raymond", but her husband's name is "Bill."). Within one week of beginning Samento the patient's mental condition remarkably stabilised. The patient was able to leave home and shop for the first time in three years, and also became more compliant with taking medications, and improved compliance with scheduled office visits. It was felt that IM B₁₂ would further improve the patient's condition but she would not tolerate the injections. The patient remains stable on Samento and anti-hypertension (Diovan) medication alone.

Case #5. PK, 56-year-old white female, who since 1998 has suffered neuralgia-like pain and burning sensations in the oral mucosa. Also night sweats, chronic muscle and joint pain, fatigue, short-term memory loss, and visual blurring ("seems my eyeglasses are dirty when they are clean.") Occult dental infection was corrected with oral surgery and a combination of oral penicillin and clindamycin. Symptomatic relief lasted several weeks after which the dental/oral facial neuralgia returned. The patient subsequently was diagnosed with Lyme's disease by fluorescing antibody. Colloidal silver (MSP) was initiated along with homoeopathic Ledum, resulting in partial relief of symptoms. Samento was added to the above regimen and increased the patient's symptomatic relief to approximately 95 per cent.

Case #6. FC, 75-year-old white male, with a long history of chronic fatigue syndrome and fibromyalgia, and depression. Chronic worsening symptoms of fatigue, muscle soreness, and cognitive loss ("I just can't think clearly") had rendered the patient almost housebound.

Domestic support is minimal as the patient is married to a sedentary chain smoker little interested in her own health problems and who ridicules the patient's search for health in the alternative medical field. The patient also suffers insomnia, which could more rightly be described as a loss of circadian

rhythm as the patient is unable to fall asleep at night, then chronically is unable to awaken in the mornings. The patient takes Xanax, cytomel, Allegra, Humulin R and N. Treatment with Nutri-Spec diphasic supplementation designed to help restore a more normal diurnal rhythm met with limited success. The addition of Samento resulted in a marked improvement in the patient's energy level, sense of well-being, increased daily activity, and improved cognitive functioning.

Case #7. JM, 75-year-old white male, with a long-standing history of anaemia. The patient was successfully treated with whole food combinations of iron and chlorophyll (Standard Process Ferrofood and Chlorophyll Complex). The patient then began to experience gastrointestinal distress and then had several episodes of rectal bleeding, determined on physical exam not to be of haemorrhoidal origin. The patient was scheduled for upper and lower gastrointestinal endoscopy which was delayed for one month due to hospital backlog. Samento was begun one 600mg capsule twice a day then increased to two per oral twice a day. The patient experienced one more episode of gastrointestinal bleeding while taking Samento, then a cessation of symptoms. At the time of endoscopy, no upper or lower gastrointestinal lesion could be identified. The patient continues to show clinical improvement.

Summary

In these cases and others, what we have consistently noted so far can be summarised as the following: positive clinical findings:

- ♦ *Increased energy.* This in particular has been gratifying when used with chronic fatigue syndrome, fibromyalgia, and depression.
- ♦ *Sense of wellbeing/lifting of brain fog.* Current studies are underway but this finding appears to be related to the anticoagulant properties of Samento. Those patients suffering from chronic cold hand and feet seem to make the most gain here. Also to be explored would be a positive effect on infertility, especially when coupled with Peruvian Maca.
- ♦ *Decreased inflammation.* Here there might be a transient exacerbation of symptoms, then a marked improvement. The only patient in our clinic who has not shown improvement was one who stopped the Samento when her symptoms worsened. There was no way to get this patient to understand the concept of a healing crisis.
- ♦ *Decreasing blood pressure.* Almost all of our hypertension patients have been able to lower their dosage of anti-hypertension medication. None has been able to discontinue the anti-hypertension medication altogether, at least at this point in time.
- ♦ *Decreasing blood sugar.* All our diabetic patients have had mild lowering of fasting blood sugars (about 10 to 20 points.)
- ♦ *Increased diuresis.* All of the patients have experienced a mild diuretic effect.

Adverse clinical findings

These include:

- Lower extremity cramping. This is easily alleviated when present by either/or calcium supplementation and a good multivitamin/mineral combination.

■ Several patients have experienced healing crises. In fact, individual patients have experienced multiple “mini-crises” with continued use of Samento. No patient has required hospitalisation while on Samento.

■ One patient experienced a severe immediate gastritis. The dose was lowered to 250mg each day instead of a normal starting dose of 1800mg twice a day. Within two weeks the maximum dose was tolerated. Gastrointestinal complaints have resolved. This patient’s presenting complaint was chronic migraine headache. No change has been noted yet in the severity or frequency of the headaches.

■ Skin rash. Several of the patients experienced transient photosensitive skin rashes, none requiring any treatment other than time.

In our clinic, 12 patients have had adverse effects of one or all of the above.

Conclusion

As the several case studies illustrate, Samento has proven in our clinic to be a safe natural remedy with a wide range of therapeutic efficacy. To date our patients continue to show remarkable clinical improvement. As our experience and confidence with the use of Samento grows, we are applying Samento to an expanding list of clinical illnesses.

Dr John Kule MD is Director of the East Aiken Health Center in Aiken, South Carolina. He is a graduate of La Pontificia Universidad Javeriana in Bogotá, Columbia and did specialty training in Family Medicine at the Medical University of South Carolina in Charleston. Prior to medical school Dr Kule did masters and postmasters studies in Biomedicine/Biology of Aging at Drexel University in Philadelphia. Dr Kule is also a craniosacral therapist having trained at the Upledger Brain and Spinal Cord Center.

For further details on Samento see Notes and Resources on this page.

Notes and Resources

Externship

My name is Carla Mills and I am a third year student at the Canadian College of Naturopathic Medicine. I am interested in an externship (this involves assisting an ND with diagnosis and treatment) in Britain (preferably London) for 2-3 weeks this August starting around July 29. I then hope to be sponsored by the same ND to allow me to return the following September to work in that practice (similar to a residency program) or to take over the practice in a locum capacity for a period of at least 2 years. If anyone is interested please contact me at: Carla Mills, 1117-125 Parkway Forest Drive, Toronto, ON, M2J 1L9 (email: carlamills@hotmail.com, phone: 416-498-1324).

Web sites and resources:

The following list includes websites recommended by BNA members and BNJ readers. Among them are websites of BNA/BNJ supporters, sponsors and advertisers. The list will be revised each issue. Please email your recommendations to david.potterton@ntlworld.com. Health and medical educational sites are particularly welcome.

Professional and academic:

British Naturopathic Association:
www.naturopaths.org.uk
The General Council and Register of Naturopaths:
www.naturopathy.org.uk
British College of Naturopathy and Osteopathy:
www.bcno.org.uk

British Osteopathic Association:
www.osteopathy.org/
University of Exeter (Complementary Health Studies):
www.ex.ac.uk/chs

Research Council for Complementary Medicine: www.rccm.org.uk
The Foundation for Integrated Medicine:
www.fimed.org/main.html
European Herbal Practitioners Association:
www.euroherb.com

Health and Environmental products:

www.healthy-house.co.uk

Health and medical information:

World Health Organisation: www.who.int/;
www.thorne.com; www.mercola.com;
www.healthpromoting.com;
www.glycoscience.com

Pure water: www.purewater.co.uk

Practice building:

www.privatepracticesuccess.com

Live blood analysis: www.bioterrain.co.uk

Laboratory services:

www.health-interlink.co.uk;
www.genovations.gsd.com;
www.allergy-testing.com; www.tdlplc.co.uk;
www.iwdl.net

Nutrition: British Nutrition Foundation:
www.nutrition.org.uk; www.solgar.com;
www.nutricentre.com; www.tigongb.co.uk

Cancer: Bristol Cancer Help Centre:

www.bristolcancerhelp.org

Publications: Herbalgram:

www.herbalgram.org

CAM magazine: www.cam-mag.com

Products: www.nutricentre.com;

www.enzy.com (Enzymatic Therapy);

www.AboutIP6.com (inositolhexaphosphate

– “natures cancer fighter”);

www.dimfaq.com (diindolylmethane);

www.mannapages.com/fineglobalhealth

(glyconutrition);

Immunisation: www.jabs.org.uk (Childhood immunisation issues).

Charities: Autism Unravelled, 3 Palmera Avenue, Calcot, Reading, Berkshire, RG31 7DZ. Tel. 0118 961 5967 Email:

bluecat@autism-unravelled.com

www.autism-unravelled.com

Samento: Further information plus a CD-rom on Samento is available from Peruvian Imports Ltd, Unit 7, Field End, Crenndon Industrial Area, Long Crenndon, Bucks, HP18 9EJ. Tel: 01844 204430. Fax: 01844 204431. www.theremedystore.com

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