

WHAT'S ALL THIS HYPE ABOUT HYPOXIS?

A report by Sue Visser (021) 794 4045 October 2000

Hypoxis is one of the most valuable and beneficial plants we have in our herbal medicine chest. It is a cheap, safe and natural alternative to expensive patent drugs that are toxic and have harmful side effects. Products containing Hypoxis are available at pharmacies and health shops nationwide. For many decades the Black Sangomas and Inyangas used decoctions of the "inkomfe" or African potato to treat ailments like prostrate enlargement, bladder disorders, dizziness or even insanity. Zulus used it to treat internal parasites, infertility, urinary infections, heart weakness, cough, nausea, vomiting, palpitations and nervous disorders. The Sotho tribes use Hypoxis as a charm against thunder, lightning and storms. Sometimes the black-skinned corms are peeled, cooked and eaten when other foods are scarce. The juice of the yellow flesh was applied to burns and used in tonics to **strengthen young children and sick people.**

HOW DOES HYPOXIS WORK?

The anti-cancer, anti-HIV and anti-inflammatory activity of Hypoxis is ascribed to hypoxoside, a component that is made into rooperol by the body. This anti-oxidant has antimutagenic properties that are activated as soon as rapidly dividing cancer cells are detected! Could the genetically damaged material found in tumours and cells that damage the immune system be deactivated with rooperol from Hypoxis? During 1970 a drug based on B-Sitosterol-D-Glucoside (a sterolin) was isolated from the Hypoxis tubers. In West Germany it was mar-



Edelweiss Range of Hypoxis Tablets

keted as a patent drug after it had been proved to be effective in treating cases of prostrate hypertrophy. Hypoxis extracts were tested locally on prostate and lung cancer patients and a positive effect on their immune system was noted. By 1993 the excitement really began to mount as positive reports of trials on cancer and AIDS patients rolled in. Canada, Italy and even Japan joined in the investigation and many clinical trials were undertaken. Hypoxis also inhibits the binding capacity of dihydrotestosterone to receptor sites. Sterols and sterolins obtained from soya, pumpkin seeds, saw palmetto and pine oil can enhance this effect and help to strengthen the immune system, reduce inflammation and lower cholesterol, and are approved by the FDA (Food and Drug Administration).

IS HYPOXIS A UNIVERSAL AIDS, CANCER AND TB REMEDY?

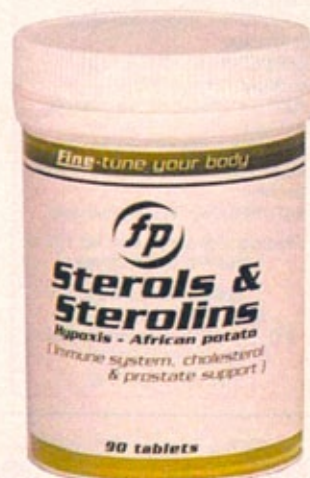
The potential to assist AIDS, TB and cancer patients is very promising, especially if the monthly cost could be kept to below a hundred Rand. Pfizer drugs like AZT or Diflucan can cost over R2 000 per patient per month and their efficacy and side effects are questionable. For people having to face a tragic death because they cannot be given expensive drugs, Hypoxis

remedies have become synonymous with hope. Money talks, if only more of it was spent on Hypoxis remedies for these people, 10 patients could be treated with Hypoxis for the price of one patient on AZT.

HYPOXIS PRODUCTS

- 1 Many herbalists make Hypoxis tinctures and supply them to health shops.
- 2 **The EDELWEISS range of Hypoxis tablets with phytoosterols are combined with:** St John's Wort for depression, Echinacea to boost immunity, Celery or Glucosamine to help ease arthritis and: the synergistic combination of Saw Palmetto and Hypoxis for prostate problems. 90 of these tablets cost below R60 at our local Hyperamas and pharmacies. Ask your pharmacist to order it. (021) 702 1229 or Paul Parker: 083 674 2513
- 3 **Fine Pharmaceuticals make:** FP sterols and sterolins. Tablets contain both 40mg sterols & sterolins (from pine) for immune system boosting, anti-inflammatory & cholesterol lowering effects, along with 232mg of the safe concentrated hypoxoside, which is extracted from the Hypoxis plant. 90 tablets cost R62.00 and are available nationwide

at pharmacies and health shops. Phone pharmacist Brent Murphy for more product and research information or toxicity reports at: (021) 4471399. email pharmacist@fine-pharmaceuticals.com **web page:** www.fine-pharmaceuticals.com



Fine Pharmaceuticals
Sterols & Sterolins

HYPOXIS IS NOT TOXIC

Hypoxis Hemerocallidea is not toxic. It has been widely used throughout Southern Africa for hundreds of years. There is no listing in the book: Toxic Plants of Southern Africa by J. Vajnmeijer. A patient once tried to commit suicide by swallowing a month's supply of Hypoxis tablets. Had they been toxic, she would have died. She did not suffer adversely and her health improved. **CLINICAL TRIALS:** Smit BJ; Albrecht CF; A phase I trial of hypoxoside as an oral prodrug for cancer therapy reports the absence of toxicity (South African Medical Journal, 1995 Sep, 85:9, 865-70.) Even at levels 20 times higher than recommended doses.