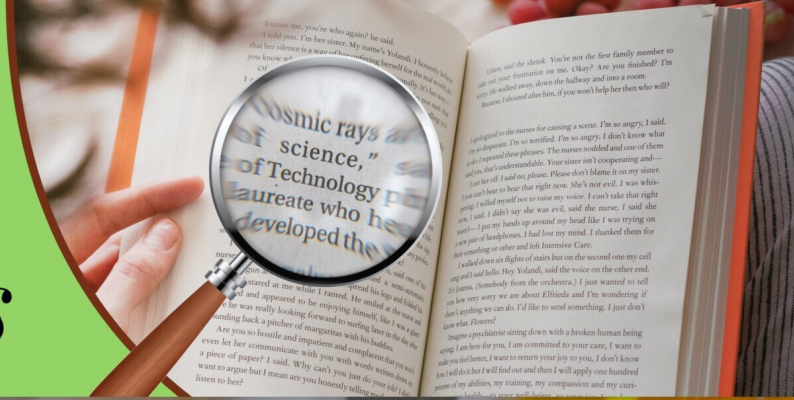


# BaronE Health Reviews



## Food supplements, danger?

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Holistic Natural Health Experts

# About us

## Why Barone Health Reviews ?

Because today, although there is an incredible amount of information on the internet about health, finding authentic, professional, unbiased knowledge that is accessible to everyone's understanding is difficult.

In this era of technology and globalization, where there is an overwhelming amount of information, this may seem shocking but it is the sad truth. A responsible, self-reliant person can spend months searching for answers and solutions for their health and never find them.

On the internet, it is possible to find all types of information on health: courses, products, methods, practices, advice, opinions, explanations, scientific studies, devices, techniques, medicines, life experiences, anatomy, biology, medical research, etc...

Drowning in this ocean of health content, how can an average person tell the difference between lies and truths, misinformation and information, propaganda and knowledge, technical data and knowledge applicable to daily life?

## How is this different from ebooks, webinars, articles, etc.?

Like all content created by Holistic Natural Health Experts, the health review contains our independent expert opinions, tips and recommendations for anyone looking to improve their health.

However, the review offers you a different perspective. Unlike our articles, ebooks and webinars, where we develop our knowledge of a specific health topic with you, in the health analysis, we start from an external source that we dissect and analyze.

## What will I learn?

By dissecting and analyzing these external sources, we show you how we avoid the countless traps present in the majority of content available on the internet (especially free content). A bit like a magician revealing his tricks!

By bringing to light what is hidden behind a so-called "revolutionary" method, a "miracle product" or a so-called "holistic" medicine, you realize what is really possible and what is charlatanism or simply pure fraud.

This way, you make better decisions for your health, based on knowledge and true understanding.

## Who are the Barones ?

We are a family of three holistic health experts. Barone Santé is the name of our natural medicine practice in Switzerland, opened since 1993. Barone is simply our last name: Marina, Pascal and Philippe-Abraham Barone.

We have over 30 years of training and experience and have helped over 5,000 clients improve their health through natural medicines.

In 2021, our health education and online consultation platform is born: Holistic Natural Health Experts.

Since then, we never stop working for the health of our patients and developing this platform for all people who want to learn about health and gain independence.

# Food supplements, danger?

## **Original article**

<https://www.consumerreports.org/vitamins-supplements/supplements-to-always-avoid-a1185290021/>

### **10 Supplements to Always Avoid**

*The risks can be serious, and they increase the larger the dosage and the longer the supplement is taken*

*Here are 10 risky supplements that CR, with the help of a panel of doctors and researchers, says you should steer clear of. In general, risk increases the larger the dosage and the longer the supplement is taken. Also beware of illegal or unapproved drug ingredients, such as tianeptine, methylsynephrine, and phenibut.*

This article begins with a tempting title; indeed, who wouldn't want to know what these ten supplements are to avoid?

The number ten is actually a marketing number. In reality, there are many more supplements to avoid.

First, let's clarify the term supplement. As we explained in our ebook on the subject of supplements:

"Food supplements are products concentrated in active ingredients. These active ingredients have a nutritional or physiological function for our body, some of them must be provided by food or supplementation. Their deficiency can promote or cause a disease. However, food supplements are not considered as medicines."

In this list of "10 supplements to always avoid", medicinal plants and extracts are mixed together. Just because medicinal plants are sold as supplements does not mean that they are any less subject to the rules of quality and prescription by a practitioner of natural medicines.

In these ten tips presented like a shopping list, no scientific rules are respected. None at all.

Of what quality and botanical identification is the plant in question?

Who consumes this plant? At what dosage? For how long? With what other medicines?

What is the health status of the person consuming the plant or extract?

On principle, these tips should go straight into the trash, but let's be magnanimous and see in detail what is said about these ten supplements.

# Food supplements, danger?

## **Chaparral**

*Also Called: creosote bush, greasewood, Larrea divaricata, Larrea tridentata, larreastat.*

*Claimed Benefits: weight loss; eases inflammation; treats colds, infections, rashes, cancers.*

*Potential Harms: kidney problems, liver damage.*

Larrea tridentata is a shrub used in traditional Mexican medicine mainly for the treatment of gallstones. It has a cholesterol-lowering action, so it is understandable that some might use claims such as "weight loss" about it.

Pharmacology, interested in discovering new molecules in the treatment of cancer, has conducted experiments with one of the extracts of larrea tridentata, nordihydroguaiaretic acid. This one presents antioxidant and anti-inflammatory activities, which could explain the traditional use of larrea tridentata in a great number of pathologies with strong inflammatory component.

*"The leaves have been used in traditional medicine of the mentioned regions for the treatment of over 50 diseases, including rheumatism, arthritis, diabetes, pain, and inflammation. Nordihydroguaiaretic Acid: From Herbal Medicine to Clinical Development for Cancer and Chronic Diseases"*

<https://www.frontiersin.org/articles/10.3389/fphar.2020.00151/full>

However, how the leaves of larrea tridentata were actually used (dosage, time) and for which people, remains little known. Pharmacology is interested in isolating and trying to understand an extract, obviously with the aim of appropriating it through a patent. Still in this same logic, toxic effects have been identified in animal experiments. These toxic effects are poorly understood, because they only concern nordihydroguaiaretic acid (NDGA) and this is only a small part of the plant. Moreover, the toxicity is very variable and depends on the biochemical situation of the tissue and the concentration of NDGA.

*"Therefore, the effect of NDGA on cell physiology depends on the balance between its protective effect, which is mediated by its antioxidant nature and electrophilic interaction with several signaling proteins, and its toxic effect, which is related to enhanced superoxide formation and GSH depletion. This balance is narrowly dependent on NDGA concentration. Nordihydroguaiaretic Acid: From Herbal Medicine to Clinical Development for Cancer and Chronic Diseases"*

<https://www.frontiersin.org/articles/10.3389/fphar.2020.00151/full>

Let's drop the NDGA, which is currently not commercialized and probably never will be, and get back to the plant, larrea tridentata.

Let's assume that this plant would be part of the medicinal plants with a certain toxicity and whose use should be done only under certain conditions and at a certain dosage. What would be the point of using it as a "supplement"? None whatsoever.

For benefits such as: "weight loss; relieves inflammation; treats colds, infections, rashes, cancers", hundreds of other herbs exist that are 100% safe, with a wide therapeutic range.

# Food supplements, danger?

In natural medicine, and in particular in Chinese pharmacopoeia, plants with a certain toxicity are never used alone but in synergy with plants that will strongly reduce their toxicity. The knowledge of medicinal plants also allows other specific preparations of the plant itself to suppress its toxicity.

So, with what claims is chaparral being marketed?

Let's see this example:

<https://www.evitamins.com/pure-chaparral-arizona-natural-5628>

*"Revered in Native American cultures for antioxidant, anti-fungal and anti-inflammatory properties"*

Here, the description informs us that chaparral is: "Revered in Native American cultures for its antioxidant, antifungal and anti-inflammatory properties". Nothing extraordinary or extravagant, just an anticancer action.

*Made to contain only pure, standardized servings of Larrea tridentata leaf extract*

The product confirms the quality of its content, obviously this is based on the trust to :  
<https://arizonanatural.com/>

Consumers are free to investigate this laboratory that meets the criteria of seriousness expected.

*"Chaparral has been used as a cure-all for centuries, specifically for bowel issues, skin imperfections and lung / breathing disorders. Clinical studies confirmed the extract has shown beneficial results in slowing or stopping the proliferation of the herpes virus."*

Here the indications related to the traditional use of chaparral are more detailed but without giving an indication of its therapeutic use.

*"This botanical dietary supplement has also been referred to as creosote, greasewood and/or gobernadora throughout history among various cultures and languages."*

We reiterate that the chaparral or larrea tridentata can be called creosote, greasewood or gobernadora, obviously this is normal in the cultural traditions where the name of the plants is not in Latin, mandatory in botany.

*"Warnings: Seek advice from a health practitioner before use if you have had, or may have had liver disease. Discontinue use if nausea, fever, fatigue or jaundice occurs. Do not exceed recommended dosage. These statements have not been evaluated by the U.S. Food and Drug Administration. This supplement is not intended to diagnose, treat, cure or prevent any illness."*

The warnings are important here since they inform you from the outset that this plant is not indicated if you have liver problems and that you must interrupt its use if symptoms should appear.

*"Recommended Use: As a dietary supplement, take 2 capsules once daily with a meal."*

However, at a rate of 2 capsules per day for a total of 1 gram, for a person with no serious illness, there is no contraindication to use over 2 weeks to 1 month.

So what's the problem? Well, some people might use it long term or at a much higher dosage.

*"Notes: Contains no added sodium, yeast, preservatives, artificial colors or flavors."*

*Other Ingredients: Chaparral Leaf, Silica and Magnesium Stearate."*

# Food supplements, danger?

The additives are named here, silica and magnesium stearate, without knowing if they are of vegetable origin.

Obviously, other sites are less cautious like :

<https://www.luckyvitamin.com/p-6304-arizona-natural-chaparral-500-mg-180-capsules>

With this statement in particular:

"Early studies had raised hopes that NDGA might prove to be an effective treatment for some forms of cancer when it was revealed that NDGA was able to inhibit the growth of some cancer cells in animal. In the Merck Manual, a highly regarded medical book, this chemical is listed as an anti-oxidant, and its therapeutic category is an anti-neoplastic. Broadly, an anti-neoplastic is defined as an agent that prevents the development, growth and proliferation of malignant cells."

It should be noted that the results of the studies mentioned above are reported here and cannot be transposed as such into therapeutic reality.

So what is the advice we can give you at Holistic Natural Health Experts?

Do not take at face value what you read in the websites selling supplements, understand that a medicinal plant is a herbal medicine, advised by a professional according to your health condition.

Similarly, we advise against self-medication and especially "auto-delivery" which encourages you to consume a medicinal plant on a regular basis.

## **Coltsfoot**

*Also Called: coughwort, Farfarae folium leaf, foalswort, Tussilago farfara.*

*Claimed Benefits: relieves cough, sore throat, laryngitis, bronchitis, asthma.*

*Potential Harms: liver damage, possible carcinogen.*

Here we are talking about Tussilago farfara. It is a well-known plant for its pulmonary tropism.

Well known in Europe, this plant is used in infusion, in cataplasm especially in case of cough, although it is also indicated for the problems of skin like abscesses.

In Chinese medicine, Tussilago farfara is called Kuan Dong Hua. Only the flower is used in various specific formulations. It is never used alone and rarely in classical formulas for bronchitis.

The fact that this plant contains pyrrolizidine alkaloids, which in high doses can be toxic, even carcinogenic, is known, that is why its traditional use was anyway short in time, a few days to 2 weeks.

There are many medicinal plants for the treatment of cough, asthma, mucus, inflammation and infections of the respiratory system. Herbal medicine uses them in synergy to have a better therapeutic effectiveness.

# Food supplements, danger?

Let us specify that today, one cultivates the variety *Tussilago farfara* "Wein" because it does not contain pyrrolizidine alkaloid. It is thus enough to be well informed on the origin of the plant if one wants to use it.

And remember that the treatment of lung problems is the domain of the natural medicine practitioner and not self-medication, especially if they are chronic.

There is also an important piece of information about pyrrolizidine alkaloids (PA). This article is careful not to tell us that these are found in food (it would be interesting to have more information on this "livestock" that will eventually be eaten by humans!):

"Humans ingest them, mainly through honey, spices, herbs, tea, infusions and dietary supplements. This is often due to foods made from plants that are free of PAs, but contaminated with wild plants containing PAs during the harvesting or manufacturing process"... and ...." In Switzerland, and more broadly in Europe, the risk of acute poisoning in humans is virtually nil given the levels of PA currently found in foodstuffs. However, in Asia, for example, there have been cases in recent decades of poisoning caused by cereals contaminated with plants containing PA. In Switzerland, fatal poisonings occur occasionally in young cattle.

<https://www.blv.admin.ch/blv/fr/home/lebensmittel-und-ernaehrung/lebensmittelsicherheit/stoffe-im-fokus/kontaminanten/pyrrolizidinalkaloide.html>

And we know that heavy tea drinkers are not at greater risk of developing cancer.

Why? Because when you consume a food, you are not consuming a pyrrolizidine alkaloid alone, you are consuming hundreds of molecules, some of which can cancel or strongly reduce the action of other molecules, and this is not tested in laboratory.

So what is the advice we can give you at Holistic Natural Health Experts?

To treat your lung problems, from a simple winter cold to chronic bronchitis, consult an expert in natural medicines.

## **Comfrey**

*Also Called: blackwort, bruisewort, slippery root, *Symphytum officinale*.*

*Claimed Benefits: relieves cough, heavy menstrual periods, stomach problems, chest pain; treats cancer.*

*Potential Harms: liver damage, cancer.*

Comfrey (*symphytum officinale*) has been used since antiquity, mainly as a poultice or as a mother tincture for external application for its anti-inflammatory and healing properties. Comfrey poultices on fractures are well known. Comfrey is also used in various homeopathic preparations. There is no internal use of the plant as such. So, why the warning? Well, for the same reasons as Coltsfoot, the presence of pyrrolizidine alkaloid!

The benefits claimed in this article have no reason to be followed.

# Food supplements, danger?

Comfrey has nothing to do with heather, an unfortunate translation of bruisewort. The plant "bruisewort" would be better translated as bellis perennis, the common daisy, which obviously has nothing to do with comfrey either.

We have some very problematic errors here!

## **Germander**

*Also Called: Teucrium chamaedrys, Teucrium viscidum.*

*Claimed Benefits: weight loss; alleviates fever, arthritis, gout, stomach problems.*

*Potential Harms: liver damage, hepatitis.*

The germander (Teucrium) includes hundreds of different species.

One finds indeed the wood sage, wood germander (teucrium scorodonia), the little oak germander, common germander (teucrium chamaedrys), the cat's thyme (teucrium marum), etc.

According to the species, the indications differ but we find mainly the disorders of the digestive sphere.

Some cases of hepatic toxicity have been reported, whereas in the classical pharmacopoeia, there is no toxicity at the dosage used. Some terpenes, natural components of some teucrium, are implicated, which would be transformed by cytochromes P-450 into toxic metabolites.

Cytochromes p450 are large enzymatic structures, present in the liver, which oxidize everything that needs to be oxidized. They are obviously molecules of our metabolism but also a part of what we eat (toxins, endocrine disruptors, pollutants and especially drugs).

The genetic polymorphism of cytochrome P450 (i.e. the variation in its genetic expression) is well known, so some individuals will be more sensitive than others to certain substances.

We can therefore say, in summary, that each teucrium is different, only some teucrium are used for medicinal purposes and their therapeutic indications differ from one species to another, (in this case, teucrium chamaedrys is not teucrium viscidum, lets not confuse everything).

The possible toxicity of certain teucrium would thus be well related to a prolonged use, with important dose for certain individuals.

# Food supplements, danger?

## **Greater Celandine**

*Also Called: celandine, Chelidonium majus.*

*Claimed Benefit: alleviates stomachache.*

*Potential Harm: liver damage.*

Chelidonium majus, the chelidonia, is very well known for its antimitotic action and therefore the inhibition of cell replication makes it very useful in external application against warts.

Internally, it can be useful for its vermifuge, antispasmodic, biliary tonic, hepatitis and other digestive disorders action as well as for its slightly sedative, analgesic, depurative, antibacterial and antiviral action. It is widely used in dozens of homeopathic and phytotherapeutic preparations, mainly in D6, D4, D2 dilution but also in mother tincture:

<https://compendium.ch/product/1062859-choleodoron-gouttes/mpub>

<https://eclcticherb.com/products/celandine-extract?variant=42230351954173>

Not surprisingly, the use of chelidonia is contraindicated in people with severe liver disease, as are just about all medications.

Our advice is to use chelidonia wisely under the therapeutic indications of an expert in natural medicines.

## **Kava**

*Also Called: ava pepper, kava kava, Piper methysticum.*

*Claimed Benefits: eases anxiety, helps sleep.*

*Potential Harms: liver damage, exacerbates Parkinson's disease and depression, impairs driving.*

Ah, kava, it could not be missing from the list of medicinal plants not to be recommended.

The root of kava (piper methysticum) has interesting properties for treating anxiety. This action is mainly attributed to kavalactones, just as the antidepressant action of St. John's wort is attributed to hypericin. This is very simplistic, because a plant is much more than an extract and it is not always clear to what extent the other molecules are necessary for the action of the first ones.

Used since the dawn of time in Oceania, kava does not pose any problem, especially for the population of Vanuatu, until the day when in the West, a few cases of hepatotoxicity were attributed to it without really knowing which part of the plant was toxic.

# Food supplements, danger?

The plant was quickly banned while benzodiazepines with toxic effects as long as the arm continue to be widely prescribed. As usual we have a double standard.

*"The aim of manufacturers is to maximize the kavalactones content in their products because kavalactones are presumed to be the active constituents in kava. But the use of a completely different solvent in the manufacture of kava products carries the risk that other active compounds besides kavalactones are either excluded or included, thereby changing the fundamental properties of the extract. Little is known about this effect and its possible role in reported cases of liver damage associated with kava use.*

*University of Hawaii researchers think that a substance found in stem peelings and leaves may be the culprit. The stem peelings and leaves contain an alkaloid called pipermethystine which is not found in the roots traditionally used in the Pacific. Tests show that pipermethystine causes a "strong negative effect" on liver cell cultures. According to an April 2003 report in The Honolulu Advertiser, stem peelings are a waste product normally discarded by users in the Pacific. However, the peelings were found to contain high levels of kavalactones and pharmaceutical companies eagerly bought them from traders. But even if the UH researchers are right, it could take years and millions of dollars before kava is accepted as safe by the regulatory authorities.*

<https://www.richters.com/show.cgi?page=Issues/kava.html>

This explanation, more than likely, demonstrates once again that the race for profit and ignorance of the use of medicinal plants can create problems. Trying to find "the miracle plant" to treat anxiety or any other health problem is a mistake.

Anxiety, a major problem in our society, can be treated with excellent results in natural medicines. About twenty plants are known to have a calming and sedative action, such as passionflower, hop, valerian, lemon balm, chamomile, verbena, poppy, scullcap, lavender and many others.

Anxiety (like other health problems) has various causes and manifests itself differently in different people. Natural medicines treat the individual and not only his symptoms, that is why many other plants will act on anxiety, such as plants promoting blood nourishment, digestion, muscle relaxation, sleep, energy, blood circulation.

The websites of supplements, and in the cases that concern us, medicinal plants, sell products. This difference is fundamental. They are primarily aimed at potential buyers. The information is always directed and succinct, but above all it is not individualized.

People who self-medicate do not have a treatment strategy and are not familiar with Chinese medicine, whose use of medicinal plants is an example of intelligence in working in synergy (formulas with several plants). The effectiveness is incomparable. The problem of knowing if a plant, used alone, in high dosage, has a certain hepatic toxicity is no longer an issue.

# Food supplements, danger?

The treatment strategy is fundamental. Therapeutic prescriptions evolve with improvements. There is no continuous treatment with a single plant for months or years.

Our advice: do not take psychological problems lightly. Do a real health check-up in natural medicine, don't self-medicate with plants chosen for their so-called benefit on this or that symptom. A plant always has multiple effects on the body and your health problems always have one or more causes.

## **Lobelia**

*Also Called: asthma weed, Lobelia inflata, vomit wort, wild tobacco.*

*Claimed Benefits: helps respiratory problems, smoking cessation.*

*Potential Harms: nausea, vomiting, diarrhea, tremors, rapid heartbeat, confusion, seizures, hypothermia, coma.*

Lobelia inflata, the swollen lobelia, is well known for its respiratory tropism but also has a stimulating action on the stomach mucosa. In high doses it can interfere with the cardiac rhythm but in this case digestive symptoms will already be present.

Lobelia is used in many respiratory and cardiac remedies. For example, in coro-calm it is used in D4 dilution in synergy with other plants:

[https://www.pekana.com/de-CH/produkt-detail/coro-CALM\\_\\_6ce4eb3e](https://www.pekana.com/de-CH/produkt-detail/coro-CALM__6ce4eb3e)

So once again it is a question of knowing how and why to use a plant.

Its use in mother tincture without dilution is possible:

<https://www.walmart.com/ip/Lobelia-Extract-Low-Alcohol-690-mg-1-fl-oz-30-ml-Nature-s-Answer/26967565>

Yes, supplements and medicinal plants are also sold at Walmart!

The therapeutic range of lobelia is quite wide, so no problem if you don't exceed the dose and use for a few weeks.

# Food supplements, danger?

## **Pennyroyal Oil**

*Also Called: Hedeoma pulegioides, Mentha pulegium.*

*Claimed Benefits: improves breathing problems, digestive disorders.*

*Potential Harms: liver and kidney failure, nerve damage, convulsions.*

Here, it is assumed that it is the essential oil (E.O.) of spearmint. There are several mint E.O.s, such as peppermint, spearmint, bergamot mint, etc. Each mint has its own particular indications. Each mint has its own particular indications.

Poultry mint is almost never used anymore because its toxicity has been known for a long time. Peppermint is the most sold for digestive problems.

However, even for peppermint essential oil, which can be toxic in overdose, warnings are clearly stated on most sales sites, here :

<https://ch.iherb.com/pr/how-foods-essential-oils-peppermint-1-fl-oz-30-ml/37826>

*"Suggested use*

*Energizing Blend: Add 1 drop each of peppermint oil and rosemary oil along with 2 drops of cinnamon oil to a diffuser and enjoy.*

*For aromatherapy use. For all other uses, carefully dilute with a carrier oil such as jojoba, grapeseed, olive, or almond oil prior to use. Please consult an essential oil book or other professional reference source for suggested dilution ratios."*

In fact, we don't understand why spearmint is on this list when we could add a good dozen other essential oils whose toxicity is known if consumed internally.

Essential oils of mints are contraindicated in children under three years of age and some of them, from a certain dose, are neuro or hepatotoxic, they can also be abortives. It all depends on which mint we are talking about, their dosage and their administration.

On the other hand, peppermint teas are recommended to promote good digestion in some people. Moreover, the well-sweetened Moroccan green mint tea is consumed by millions of people daily.

Our advice: do not use essential oils without professional supervision, some are dermocaustic (cannot be applied to the skin), others are totally contraindicated internally. Their therapeutic margin varies according to the plants concerned. Their quality must be assured, which is rarely the case; you would be surprised to discover how many "fake" essential oils are sold!

# Food supplements, danger?

## **Usnic Acid**

*Also Called: beard moss, tree moss, usnea.*

*Claimed Benefits: weight loss, pain relief.*

*Potential Harm: liver injury.*

Lichen is a symbiotic organism between a fungus and an alga. Its medicinal properties are remarkable (immune stimulant, anti-tumor, anti-infectious and anti-inflammatory) and used for thousands of years.

You can't buy usnic acid, but medicinal lichens contain it and it's not a problem, quite the opposite.

Naming a component of lichen as a supplement that could be purchased and, as it is in this case, considering it as a synonym of lichen itself, is problematic to say the least.

The most used lichen is the *Cetraria islandica* and it is found in many preparations:

[https://sanum.com/produkte?](https://sanum.com/produkte?tx_products_s1%5Baction%5D=show&tx_products_s1%5Bcontroller%5D=Product&tx_products_s1%5Bproduct%5D=2463&cHash=122bedfad2a43)

[tx\\_products\\_s1%5Baction%5D=show&tx\\_products\\_s1%5Bcontroller%5D=Product&tx\\_products\\_s1%5Bproduct%5D=2463&cHash=122bedfad2a43](https://sanum.com/produkte?tx_products_s1%5Baction%5D=show&tx_products_s1%5Bcontroller%5D=Product&tx_products_s1%5Bproduct%5D=2463&cHash=122bedfad2a43)

The lichen *usnea barbata* is also sold in mother tincture:

<https://ch.iherb.com/pr/herb-pharm-usnea-1-fl-oz-30-ml/12344>

There is no problem in using lichen wisely and especially in the recommended doses.

## **Yohimbe**

*Also Called: Johimbi, Pausinystalia yohimbe, yohimbine, Corynanthe johimbi.*

*Claimed Benefits: treats low libido and erectile dysfunction, depression, obesity.*

*Potential Harms: raises blood pressure; causes rapid heart rate, headaches, seizures, liver and kidney problems, heart problems, panic attacks.*

One of the best selling drugs on the online market is viagra. Every year, hundreds of men die from it and it is apparently not a problem.

Yohimbe is a tree from Central Africa whose bark is used in traditional medicine. It did not take long for the effects of one of its components, yohimbine, to be known.

# Food supplements, danger?

Aphrodisiac by its vasodilating and stimulating action of the nervous system, its marketing was quite found. Logically, its therapeutic margin is narrow and its composition cannot be standardized like a chemical molecule.

Over-stimulation of the nervous system can lead to behavioral seizures, epilepsy and headaches. Add to that excessive vasodilation and not surprisingly, cardiovascular problems can occur.

A lack of libido cannot be treated without identifying the cause. Fatigue, hormonal disorders, stress, psycho-emotional problems require a real health check-up. Unfortunately, the market of happy sexuality thanks to this pill or that supplement is not about to disappear.

In summary, yohimbe poses no more problems than any other aphrodisiac supplement if the quality is guaranteed and the dosage respected.

<https://pubmed.ncbi.nlm.nih.gov/9649257/>

It is also used, associated with arginine, for the decrease of libido in menopausal women.

<https://pubmed.ncbi.nlm.nih.gov/12187545/>

It is obviously logical to advise people suffering from psychological, nervous or cardiovascular pathologies against using aphrodisiacs, even natural ones, for self-medication.

Here we are at the end of this list, an unfortunate mixture of randomly chosen plants whose only fault is that their use depends on :

- their quality and authenticity
- their dosage
- their duration of use
- the health status of the consumer
- the relevance of their consumption by the consumer

Let's remember here that if these plants are sold freely in the category of supplements while they are part of herbal medicine, self-medication in herbal medicine is not advised. If you want to take your health in hand, call on a true expert in natural medicines who will be able to advise you and establish care plans adapted to your health problems.

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- Strategies for improving your health at work
- Deepened understanding of how your life choices impact your health
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