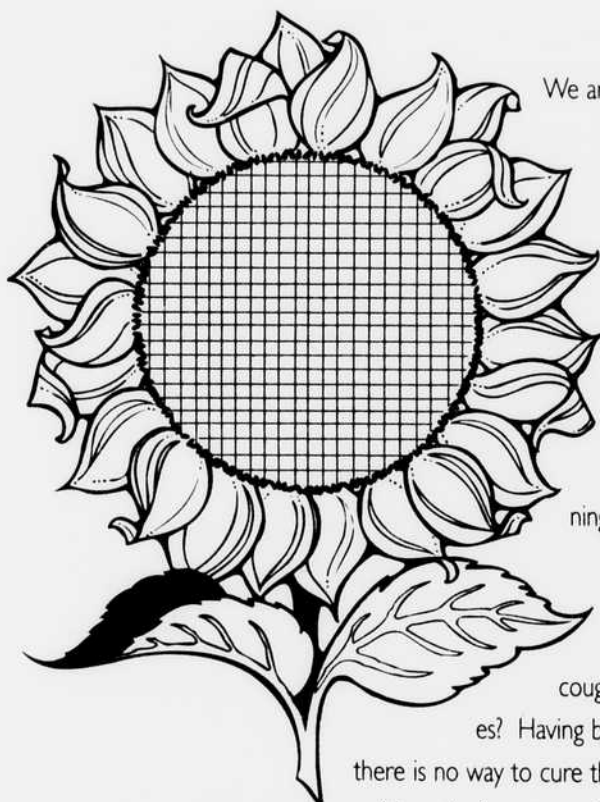


SUNFLOWER POWER

ECHINACEA



We are now amidst the cold season, and we are all too familiar with the symptoms: aching head, congestion, sore throat, coughing, and a running nose. Will there ever be an end to the tissue and cough drop purchases? Having been told that there is no way to cure the common cold, most of us are content with letting a cold run its course.

But now pharmacy and drug store shelves are being lined with the herbal medicine echinacea, which is being touted by many as a

combatant of cold and flu symptoms.

So what exactly is echinacea? Echinacea is a member of the sunflower family. The roots and leaves of the echinacea plant act within the body to stimulate certain white blood cells, in effect enhancing immune system response.

Echinacea's anti-inflammatory and antiviral properties explain its ability to ameliorate those all-too-familiar cold and flu symptoms.

An important aspect of echinacea use, however, is that it does not have preventative qualities; rather, it is used effectively any time from the onset of a cold or flu to the end of the ailment.

The recommended regimen duration is 10 to 14 days, but echinacea may be used for periods of up to eight weeks as needed. Some immunity to its effects may be experienced as a result of lengthier treatments.

When venturing out to purchase echinacea, it is important to realize that it is available in a number of forms: freeze dried; extract; liquid; tea; capsules;

salve. Heather Wilson, of the Health Center Pharmacy, recommends that selection be based upon individual preference as well as research, as potency may vary with form.

It is also important to be aware that although herbal remedies will soon be monitored by an agency similar to the FDA, at present, there is no such governing agency which monitors production and distribution.

Wilson advises reliance upon word of mouth, personal experience, and reputable herbal retailers when selecting a particular brand of echinacea.

The Health Center's pharmacy carries echinacea and other herbal remedies. Plus, the staff will gladly answer your echinacea questions.

You can also stop by the Peer Health Education room to speak with a Peer Health Educator and check out the lending library section on alternative medicine.

—Nicole Scaife

Surfin' Safari...

The Health Education Department at the Health Center has put together a few websites related to health you may want to check out. We also highly recommend the Health Center's page at <http://darkwing.uoregon.edu/~uoshcl>

Health

Medical Resources on the Internet:

[//darkwing.uoregon.edu/~tklassen/+docs/medical.html](http://darkwing.uoregon.edu/~tklassen/+docs/medical.html)

The National Wellness Institute: <http://www.wellnesswi.org/>

Addictions

Alcohol and Drug Resources: <http://www.hspan.com/wbalcoholdrug.html>

The Higher Education Resource Center for Alcohol & Drug Prevention: <http://www.edc.org/hecl/>

MADD (Mothers Against Drunk Driving): <http://www.gran-net.com/madd/>

Webb of Addictions: www.well.com/user/woa

Sexual Health

Condomania: www.condomania.com/cgi-bin/vsc/educate

STD homepage: <http://med-amsa.bu/people/sycamore/std>

Safer Sex: <http://safersex.org/>

Sexual Assault Issues

Assault Prevention Information Network:

<http://galaxy.elnet/galaxy/community/safety/Assault-prevention/apin>

Tobacco/Smoking

Tobacco: Kickbutt.org/links/Index.html

Nutrition

Optimal Eating Homepage: <http://healthyeating.com/>

Weight Control Information Network: www.niddk.nih.gov/NutritionalDoc.html

Vegetarianism

Veggies Unite! www.vegweb.com/

Sports Nutrition

American College of Sports Science Institute: www.acsm.org/sportsmed/

Disordered Eating

American Anorexia/bulimia Association: <http://members.aol.com/amanbu/index.html>

Mirror/Mirror: <http://www.mirror.mirror.org/eatdis.htm>

The Something Fishy Website on Eating Disorders: <http://www.eating-disorder.com/>



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