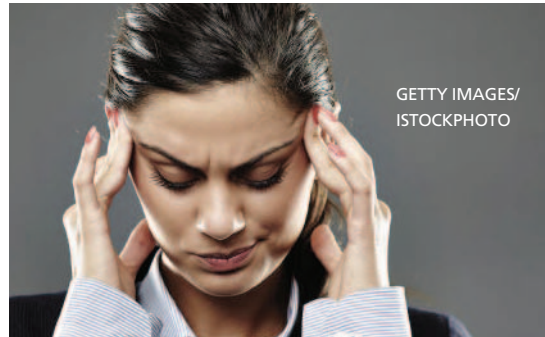


## QUESTION OF THE WEEK



### Q: Is butterbur for allergies or migraines?

**B**utterbur is an herb with many uses, but primarily it is used for treating the symptoms of hay fever and preventing migraine headaches. Studies have shown the butterbur leaf extracts are comparable to prescription antihistamines in reducing allergy and asthma symptoms by blocking mast cells, as well as leukotrienes, the inflammatory causes of the runny nose.

Interestingly, butterbur root taken daily may also prevent both the occurrence and severity of migraine headaches.

The recommended dose is 75 milligrams twice a day. It is critical that the brand you buy is PA (pyrrolizidine alkaloids) free. These are liver toxic if not removed from the butterbur. Look for brands approved by the German Commission E for herbal medicine, such as Petrodex. These have been tested for purity and safety. Butterbur should not be taken by pregnant or lactating women.

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