

# Men's Legacy and Their Health Kelly Pomeroy, M.H.

As I listen to stories of fellow herbalists and other natural healing art practitioners, I find somewhere in their lineage a town herbalist, a reflexologist, or some other form of natural healer. Great men such as Jethro Kloss, James Duke, James Green, Christopher Hobbs, David and John R. Christopher, all have similar tales to tell. They are part of great legacies of healers and have spent their lives continuing this legacy for generations to follow.

Don Elijio Panti was a famous Mayan medicine man of Central America and the last known healer of his generation. None of his children or grandchildren found interest in continuing on his legacy until a foreigner, Rosita Arvigo, found interest in natural medicines. She was called to help a neighbor in Mexico, to stop the excessive bleeding of a woman who had just given birth. The neighbor instructed her to go gather rose petals and rose leaves. A tea was made and consumed and within 8 minutes the heavy bleeding had stopped. From that point, Rosita set out to learn from Don Panti, a known medicine man, and helped create another legacy of natural healers including some of Don Panti's grandchildren. <sup>1</sup>

Michael Balick, who was the director of Economic Botany at New York Botanical Gardens, observed when he worked with the Apinaje Indians of northeastern Brazil in 1983, that everyone, including children, would go to gather fruits and nuts and medicinal plants. When he returned in the mid 1990's, they had a community television and satellite link. The children didn't want to go harvest plants and nuts in the woods anymore and remained in front of the television. Richard Evans Schultes, previous director of Harvard University Botanical Museum said,

“The Indians' botanical knowledge is disappearing even faster than the plants themselves.....In only one generation, acculturation can lead to the disappearance of botanical knowledge acquired over millennia.” <sup>1</sup>

We celebrate fathers and men in the month of June. Men and fathers, you are important and needed. You and your particular personality and life experiences can strengthen, heal, and improve the lives of your loved ones, creating a lasting legacy for your posterity and community.

Other ways you influence your posterity is by the way you care for your body and soul, as you will innately pass these qualities on to them. Here are a few herbs to help support men's health.

1. **Saw Palmetto** (*Serenoa repens*) Grown in moist, sandy, warm locations, the berries of this plant help keep a man's prostate healthy by preventing testosterone from converting to dihydrotestosterone. This helps to shrink and relax the prostate and keep it healthy.<sup>2, 3</sup>
2. **Siberian Ginseng** (*Eleutherococcus senticosus*) Grown in colder climates, in moist and shady spots. This plant is an adaptogen, meaning it helps the body deal with stresses (chemical, physical, social, psychological, etc.). It increases stamina, mental alertness, and a sense of well-being. <sup>2, 3</sup>
3. **Dandelion** (*Taraxacum officinale*) This herb grows just about everywhere and is beneficial to the liver, kidneys, and digestive system. The root decreases blood

cholesterol and breaks down hormone build up, such as estrogen build up. It is a great diuretic to help eliminate excessive water and helps reduce excessive stomach acid. 2, 3

To the men of the world, thank you for all you do! May you feel increased health, vitality, and purpose as you share your unique legacy with those you love.

#### References

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3. Green, J. (2007). *The Male Herbal* (2nd ed.). Berkley: Crossing Press.

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