

// Desmodium *Adscendens*

// *As a preamble...*

In 2008, as the interest in Desmodium Adscendens was increasing, Pierre Tubéry, who originated its use in Europe, felt that it was his responsibility to “officially” communicate about the methods to apply for an efficient use of this plant.

As a matter of fact, many users know of the virtues of Desmodium and have been relying on it. This trust commits the responsibility of the people who initiated it.

This is why the OFFICIAL WEBSITE OF DESMODIUM ADSCENDENS OF DOCTOR PIERRE TUBÉRY has been created in 2008 (<http://tubery.pierre.free.fr/>).

We are proud of the increasing success of this plant that is becoming beneficial to more and more people.

However, as Desmodium is still not acknowledged as a medicinal plant, it is not legal in France to communicate about its properties !

// *Discovery and first year*

What happened ? From the first application by Pierre Tubéry, a physician concerned with the comfort of his patients, Desmodium extracts (distributed only by CRP for about 20 years...) have demonstrated the efficiency of their results !

What better proof of efficiency when the need of it is known only by “word of mouth” !

In spite of these obvious facts, the laboratory decided to check the innocuousness of the decoction, according to the old principle : “first of all, do not harm”, in order to protect the health of users.

Toxicity investigations made by the laboratory were negative. No negative interaction with other treatments has been found throughout 30 years of use.

In depth research has been carried out to explore the benefits of Desmodium ; many of these benefits have been observed and validated by biological analysis.

Areas of research :

As plant activity is often generated by nitrogenous components (classified in the category of alkaloid), research has been focused on this. Desmodium does contain some of these components (which are derivative of tryptamine), but in such small quantities that it is insufficient to justify the effects of this plant.

All plants contain flavones, that produce antioxidant properties. As does the Desmodium decoction ; it is also a way to measure if the extraction process has been properly followed, but the flavones alone do not justify the properties of Desmodium.

Desmodium contains some saponine, known for its useful properties, as in soy, but they are not sufficient alone to justify the virtues of Desmodium.

When a bottle of full Desmodium extract is shaken before use, it produces foam, due to the saponines.

D Pinitol, a well-known insulin normalizer, explains some of the virtues of liver protection.

Desmodium extracts are rich in total polyphenols, which are excellent antioxidants for the hepatic cells, which benefit from it in synergy with the other components.

Several Pharmaceutical thesis have been originated by the CRP, and have demonstrated the presence of many different components, but do not conclusively prove individually the activity of the plant. Throughout the past years, the number of researches on Desmodium has dramatically increased.

However, the plant has still not unveiled the secret of the balance to its biology, which can explain why its official recognition is still awaited.

// **And today ?**

Desmodium extracts are acknowledged as food supplements, largely used and produced by many laboratories.

CRP prefers to observe the traditional use of Desmodium. All proof of its effectiveness results from the decoction or concentrated solutions obtained from decoction.

The plant can tolerate extraction through boiling water. There is no justification for cold extractions. Purifying extracts keeps some components and rejects others, yet only the effects of the full extract are known.

Experience proves that 7 kg of the dried plant (stems and leaves) provide 1 kg of dried total extract.

Consuming a pinch of a few milliliters of the extract is not enough, and healers from West Africa of Madagascar recommend a big handful boiled in a lot of water. Let's be modest in following their advice, as they are excellent observers and recommend a dose confirmed in recent research publications.

Therefore, the quantity is important, and not only the name *Desmodium* on a label. In order to obtain the maximum effect, we recommend 8 to 10 grammes per day for an adult weighing 70 to 75 kg. Consuming liquid (water) in sufficient quantities contributes to the efficiency of the plant.

What about of the consumption of the unprocessed plant ?

We would recommend following the advice of the traditional healers and not consume the unprocessed plant.