

# NATURE'S BIN

Naturally

## Natural Insights for Well Being®

August 2012

### Natural Health Insurance

Good nutrient levels aid healthy brains and reduce disease

#### Omega-3 and brain aging

Doctors said higher levels of omega-3s lower chances for dementia, but don't know why. In this study, researchers measured red blood cell levels of omega-3s in 1,575 men and women, average age 67, without dementia. Those with the lowest levels of docosahexaenoic acid (DHA) had less brain mass—a sign of aging, and a factor in dementia—compared to those with higher DHA levels. For all omega-3s, those with the lowest levels scored lower on visual memory tests, problem solving, multi-tasking, and abstract thinking compared to those with higher levels. Overall, those with lower omega-3 levels had lower brain volumes equal to about two years of brain aging, and those with lower red blood cell levels of DHA showed a blood-vessel pattern of cognitive impairment, even though they did not have clinical dementia.

#### More vitamin D, less disease

Doctors disagree on the best level for vitamin D to maintain health. To help answer the question, researchers in this study tested the link between vitamin D levels and major medical events such as heart attack, hip fracture, cancer, or death, in 1,621 healthy Caucasian adults over age 65, who were living in four different climate areas of



the U.S.

Over an 11-year follow-up period, doctors compared the levels of vitamin D circulating in the blood to the amount of time until a first defining medical event. Researchers found that the chances for any major disease event decreased significantly when vitamin D levels rose above 20 nanograms per milliliter of blood (ng/mL), which is the same as 50 nanomoles per liter of blood (nmol/L). Labs measure vitamin D both ways. Doctors also said that vitamin D levels varied seasonally, with the highest levels in summer, the lowest in winter, and autumn generally higher than springtime.

REFERENCE: NEUROLOGY; 2012, VOL. 78, No. 9, 658-64

AUGUST'S

### Healthy Insight Tomato Juice after Exercise

To remain healthy and normal, body cells must constantly fend off damaging oxidation, which can increase with exercise. In this study, 15 healthy but athletically untrained people drank 5 ounces of tomato juice containing 15 mg of the antioxidant lycopene per day, in two five-week phases, with a pause in between for five weeks. Participants took a 20-minute cycling test before and after each phase and immediately gave blood. On average, compared to before the study and after the middle five-week resting phase, signs of oxidation were 60 percent lower after each five-week tomato juice phase.

REFERENCE: NUTRITION JOURNAL; 2012, VOL. 11, No. 1, ELECTRONIC PREPUBLICATION

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# Better Memory

Nutrients enhance memory, mood, attention, and mental performance

## Daily multivitamin improves short-term memory

Doctors said that there is limited research into the potential effects of multivitamins on brain performance, and that we know little about how a daily multivitamin might influence signs of cognitive decline—such as memory loss—in such conditions as Alzheimer’s disease. Researchers reviewed the literature and found 10 randomized,



placebo-controlled multivitamin-brain function studies involving 3,200 adults without dementia, who took a daily multivitamin or a placebo for at least one month.

Short-term memory declines with age, and is a potential factor in Alzheimer’s disease. Having a good short-term memory generally means that a person can accurately recall, without prompting or rehearsing, something he or she has heard or seen for the first time in the last 60 seconds.

Analyzing all the findings, doctors saw that, compared to those who did not take a daily multivitamin, those who took a daily multivitamin for at least one month improved in tests of immediate free recall memory—or short-term memory—compared to placebo and to the start of the study.

## Pycnogenol improved mental performance, attention, memory and mood in students

In this study, 53 Italian University students of nearly equal intelligence, aged 18 to 27, took 100 mg of Pycnogenol® per day, or a placebo. After eight weeks, while the placebo group had not changed, those taking Pycnogenol showed increased attention and memory, had higher test scores than placebo, felt more contented and in a better mood, and had 17 percent lower levels of anxiety than at the start of the study. Doctors said the students may have benefited because Pycnogenol improved circulation, increasing the flow of oxygen-rich blood to the brain.

REFERENCE: JOURNAL OF ALZHEIMER’S DISEASE; 2012, VOL. 29, No. 3, 561-9

# Healthy Women

From adolescence through post-menopause, nutrients aid healthy bones

## Vitamin D reduced stress fracture in active girls

In this study, researchers measured dairy, calcium, and vitamin D in the diets of 6,712 girls, aged nine to 15 at the start of the study. After seven years of follow-up, girls who consumed the most dairy products and calcium—also mostly from dairy—had no added protection from bone fracture. Among the most active girls, compared to those who got less calcium, girls who got the most calcium were twice as likely to have a stress fracture, a surprising finding suggesting more study.

However, for vitamin D, among the most physically active girls who participated in high-impact activity for at least one hour per day, those who got the most vitamin D were half as likely

to have a stress fracture as girls who got less vitamin D. Doctors said the findings support the recent increase in the U.S. RDA for vitamin D from 400 IU to 600 IU per day.

## Vitamin K, calcium, and vitamin D in post-menopause

Researchers in this study divided postmenopausal women into three groups who took 800 mg of calcium plus 400 IU of vitamin D3 per day, the calcium and vitamin D plus 100 mcg of vitamin K1 per day, or the calcium and vitamin D plus 100 mcg of vitamin K2 per day. There was also a fourth group of women who drank non-fortified dairy only.

Compared to the dairy-only group,

all three vitamin groups saw vitamin D levels and total bone mass density increase significantly. Also, compared to the calcium-vitamin D group and the dairy-only group, the two vitamin K groups had fewer signs of total bone loss and increased bone mineral density in the lumbar spine.

REFERENCE: ARCHIVES OF PEDIATRICS AND ADOLESCENT MEDICINE; MARCH, 2012, ELECTRONIC PREPUBLICATION



# Healthy Hearts

## Nutrients reduce inflammation and chances of heart disease

### Resveratrol reduced inflammatory factors

In this study, 75 men and women taking prescription statin drugs for cardiovascular disease (CVD) took 8 mg of resveratrol per day, a conventional grape supplement without resveratrol, or a placebo, for six months. Participants then doubled the dose of resveratrol for the next six months. Qualifying participants had either diabetes or high cholesterol along with one or more other factors that raised chances for CVD.

After 12 months, while there were no changes in the other two groups, those who took resveratrol had a 26 percent decrease in levels of inflammatory C-reactive protein, lower levels of other inflammatory signs, an increase in anti-inflammatory factors, and a rebalancing of blood-clotting factors. Doctors said this is the first

study to show resveratrol may help prevent CVD.

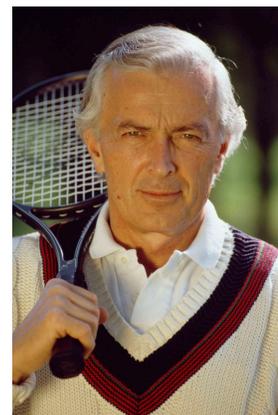
### Vitamin D lowers chances of CVD

Doctors said when vitamin D is deficient, chances for metabolic syndrome increase, a factor in CVD. In the study, researchers measured vitamin D levels in 5,559 Korean men and women, aged at least 50, with CVD symptoms including angina pectoris—chest pain—heart attack, or stroke. Koreans have far less CVD than the older U.S. population, according to doctors.

Compared to those with the highest levels of vitamin D, those severely deficient in vitamin D—meaning 25 nanomoles per liter of blood (nmol/L) or less—were twice as likely to have CVD. This group also had other CVD

factors including larger waist size, higher blood sugar levels, total circulating fats, and lower levels of HDL, the “good” cholesterol. Compared to those who were severely deficient, those with the highest levels of vitamin D—75 nmol/L or more—were half as likely to have CVD.

REFERENCE: AMERICAN JOURNAL OF CARDIOLOGY; APRIL, 2012, ELECTRONIC PREPUBLICATION



## Ahead of the Curve

### Blood Lipids, Vessels, & Clots: Chili Pepper, Rutin, & Acai

Good results in the lab can lead to larger human trials. Here are some of the most promising recent findings.

#### Chili pepper lowers cholesterol

The active compounds in chili pepper are capsaicinoids. Five groups of hamsters on a high-cholesterol diet got from none to three one-hundredths percent-of-diet capsaicinoids per day. After six weeks, compared to placebo, all capsaicinoid groups had much less atherosclerotic plaque, total and bad cholesterol, and total fats, with HDL—the good cholesterol—unchanged. Capsaicinoids also appeared to reduce existing plaque deposits, increase cholesterol excretion, and promote healthy blood vessel dilation,

increasing blood flow.

#### Rutin inhibits blood clots

Of more than 5,000 compounds researchers tested, rutin—a citrus flavonoid antioxidant—was the most powerful anti-clotting agent. Blood clots form in both arteries and veins, with different biochemical clotting characteristics. Rutin inhibited arterial and venous clots, acting as a single effective anti-clotting agent. Researchers say rutin may be a safe, inexpensive way to reduce recurrent clots, helping prevent stroke, heart attack, deep vein

thrombosis, and pulmonary embolism, potentially saving thousands of lives.

#### Acai improves cholesterol

Researchers thought the body might absorb less cholesterol with acai berry. Rabbits on a high-cholesterol diet got acai berry extract or a water placebo. After 24 weeks, compared to placebo, the acai group had markedly lower total cholesterol, bad cholesterol, and total fats; less atherosclerotic plaque, and more flexible blood vessels.

REFERENCE: JOURNAL OF ATHEROSCLEROSIS AND THROMBOSIS; 2012, VOL. 19, No. 3, 237-45



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AUGUST'S

**Recipe**

**Raw Tomato Juice Supreme**

**You'll feel amazingly awesome after downing this delicious fresh raw-food antioxidant booster! And please see page 1 for new research on how lycopene-rich tomato juice lowered oxidative stress after exercise.**

**Ingredients:**

- 6 - 8 locally-grown fresh tomatoes
- 1 tsp chlorella powder
- 1 tsp spirulina powder
- 1 tsp acidophilus powder
- 1 tsp garlic powder
- Salt, pepper, and your favorite spices to taste



**Directions:** Cut tomatoes into chunks and liquefy in a blender. Add the powders, salt, pepper, and other spices to taste and blend briefly. Pour into a tall glass and drink immediately. Double the recipe for sharing with a friend!

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