

NATURE'S BIN

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Natural Insights for Well Being®

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Calming Inflammation

Reducing inflammation lowers chances of disease

Fish oil, glucosamine, and chondroitin

Doctors said that lab research has linked nutrients to lower inflammation, but that human studies are few. In this study, researchers reviewed the diets of 9,947 adults to test for links between nutritional supplements and inflammation. There were three nutrients that appeared to lower levels of C-reactive protein (CRP), a factor in heart disease. People who regularly used fish oil, glucosamine, or chondroitin supplements had 16 percent, 17 percent, and 22 percent lower levels of CRP, respectively, which doctors said were similar to the effects from taking statin drugs.

In discussing their findings, doctors said these three nutrients have excellent safety profiles and may effectively help reduce the many ailments such as cancer and cardiovascular diseases that are linked to chronic inflammation.

Vitamin B6 may lower chances of heart disease, diabetes

Earlier findings have led doctors to suspect a link between vitamin B6 deficiency and inflammation. In this study, researchers measured markers for vitamin B6 and inflammation in 2,289 men and women. Those with low levels of vitamin B6 had the highest overall levels of 13 inflammatory markers. Compared to those who got the least



vitamin B6, those who got 18.6 mg of vitamin B6 per day from diet and supplements had 42 percent lower levels of CRP, 14 percent lower homocysteine levels, and 20 percent lower levels of inflammatory cytokines.

Also compared to those who got the least, those who got the most vitamin B6 were 21 percent less likely to have cardiovascular disease and 40 percent less likely to have diabetes.

Discussing their findings, doctors said that, "Combined with earlier findings, this study supports our hypothesis that inflammation is associated with a functional deficiency of vitamin B6," and that vitamin B6 may be a safe and inexpensive way to help reduce the many diseases linked to inflammation.

REFERENCE: AMERICAN JOURNAL OF EPIDEMIOLOGY; 2012, VOL. 176, No. 11, 1002-13

MARCH'S

Healthy Insight Diet of Fruits, Veggies, Fish Extends Healthy Life

Doctors in this study followed 31,546 men and women from 40 countries, diagnosed with and taking medication for cardiovascular disease or diabetes. After nearly five years of follow-up, regardless of the medications they were taking, those who more frequently ate fruits, vegetables, whole grains, nuts, and fish compared to meat, eggs, and poultry were 14 percent less likely to have had a heart attack, 19 percent less likely to have had a stroke, and 35 percent less likely to have passed away due to these ailments. Doctors said good diets are better than solely relying on drugs and may save lives.

REFERENCE: CIRCULATION; 2012, VOL. 126, No. 23, 2705-12

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Healthy Eyes

Nutrients lower chances of, and improve vision in, eye disease

Lutein and zeaxanthin reduce cataract

A cataract clouds the lens of the eye, reducing vision. Doctors said oxidative stress plays a major role in cataracts and prior studies found the antioxidants



lutein and zeaxanthin lowered chances. Lutein and zeaxanthin are the principal carotenoids in the eye that protect from oxidative stress.

In this study, researchers measured circulating antioxidants in 1,689 men and women, aged 61 to 80. Compared to those with the lowest levels, those with the highest levels of lutein or zeaxanthin were 42 and 41 percent, respectively, less likely to have nuclear cataract, a type of cataract that forms in the nucleus of the lens of the eye and is most common with aging.

Ginkgo biloba and bilberry improved vision in glaucoma

Glaucoma damages the optic nerve, leading to loss of vision, and may or may not involve elevated pressure in

the eye. In this study, 332 people with normal-pressure glaucoma took 80 mg of ginkgo biloba extract, or 60 mg of bilberry anthocyanins, twice per day after breakfast and dinner, for at least six months and up to more than four years.

After the study periods, both the ginkgo biloba and bilberry groups had improved peripheral vision. Also for the bilberry group, doctors were better able to correct vision for those who needed contact lenses or glasses.

Doctors don't know what causes glaucoma but suspect that reduced blood flow to the optic nerve may play a role, and that prior studies showing ginkgo biloba and bilberry improved blood vessel health led them to this study.

REFERENCE: BRITISH JOURNAL OF NUTRITION; 2012, VOL. 108, No. 1, 148-54

Magnesium the Magnificent

Good levels of magnesium may reduce stroke and chances of cancer

Magnesium reduces stroke

Magnesium, the fourth most abundant mineral in the body, is linked to better blood pressure. In this study, researchers reviewed every magnesium and stroke study from 1966 through September, 2011, covering 241,378 participants and 6,477 cases of stroke.

Researchers found a direct link: for every 100 mg increase in magnesium per day, there was a 9 percent decrease in the chances of having an ischemic stroke, where blood supply to the brain is blocked.

Discussing their findings, doctors suggested people should eat more magnesium-rich foods such as green leafy vegetables, beans, nuts, and whole grains, and that further study may move the U.S. to begin recommending magnesium supplements to reduce

chances of stroke. The current recommended dietary allowance for magnesium for adult men is 420 mg per day, and for adult women, 320 mg per day.

Magnesium reduces colorectal cancers

In this review, doctors analyzed eight magnesium and cancer studies involving 338,979 participants. Overall, compared to those who got the least, people who consumed the highest daily average amount of magnesium were 11 percent less likely to develop any form of colorectal cancer.

There was a direct link: for every 50 mg increase in magnesium per day, there was an average 6 percent decline in the chances for colorectal, colon, or rectal

cancers. Six of the studies adjusted for how much calcium was in the diet and in those studies, participants who got the most magnesium were 19 percent less likely to develop colon or rectal cancer compared to those who got the least magnesium.

REFERENCE: AMERICAN JOURNAL OF CLINICAL NUTRITION; 2012, VOL. 95, No. 2, 362-6



Breast Cancer Update

Nutrients may improve energy in, and help prevent, breast cancer

Omega-3s improve energy in cancer survivors

Many people treated for cancer have lingering fatigue after therapy ends, which may be aggravated by chronic inflammation, doctors said. Omega-3s have reduced inflammation in healthy people, leading doctors to examine its effect in breast cancer survivors.

In this study, doctors measured the diets of 644 survivors with stage I to stage IIIA breast cancer, and followed up 39 months after diagnosis. Overall, 42 percent complained of being chronically fatigued three years after diagnosis. Women with the highest levels of C-reactive protein (CRP), a sign of inflammation, were nearly twice as likely to be fatigued as women with low CRP levels.

When doctors looked at the ratio of omega-3s to omega-6s in the diet, women who got the most omega-3s compared to omega-6s were half as likely to be chronically fatigued as women who got the least omega-3s.

Vitamin B6 may help prevent postmenopausal breast cancer

Vitamin B6 helps maintain the health of red blood cells, the nervous system, and parts of the immune system. In this study, doctors measured circulating levels of vitamin B6 in 706 postmenopausal women before they were diagnosed with breast cancer and compared them to vitamin B6 levels in 706 healthy postmenopausal women. Compared to women with the lowest levels, women with the highest

circulating levels of vitamin B6 were 30 percent less likely to develop invasive breast cancer. Doctors said these results suggest a role for vitamin B6 in preventing postmenopausal breast cancer.

REFERENCE: CANCER EPIDEMIOLOGY, BIOMARKERS & PREVENTION; AUGUST, 2012, ELECTRONIC PREPUBLICATION



Wonderful Women

Good vitamin D levels help maintain cognitive performance and stave off mental decline

Vitamin D reduces cognitive decline

Doctors in this study measured vitamin D levels and cognitive performance in 6,257 older women still living independently in their



communities. Women with the lowest levels of vitamin D—10 to 25 nanograms per milliliter of blood (ng/mL)—were much more likely to be cognitively impaired than women with 30 to 74 ng/mL of vitamin D.

Four years later, doctors found that women with less than 20 ng/mL of vitamin D were much more likely to have experienced cognitive decline compared to the start of the study, while women with higher vitamin D levels were much more likely to have maintained cognitive function.

Low vitamin D levels linked to Alzheimer's disease

In this study, doctors measured vitamin D in the diets of 498 women

who were not taking vitamin D supplements and who did not have Alzheimer's disease (AD) or other dementias at the start of the study. After seven years of follow-up, researchers divided the women into three groups; those who had developed AD, those who developed other dementias, and those who had not developed dementia.

Doctors found a direct link: as levels of vitamin D increased, chances of developing AD decreased. Women who got the most vitamin D—the top 20 percent—were 77 percent less likely to develop AD compared to all other women who got lower amounts of vitamin D.

REFERENCE: THE JOURNALS OF GERONTOLOGY SERIES A: BIOLOGICAL SCIENCES AND MEDICAL SCIENCES; 2012, VOL. 67, NO. 10, 1092-8



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Lemon Pistachio Kale

Your friends and family will gobble up this scrumptious dish and ask for more! Please see page 1 for new research on how those who ate more vegetables reduced their chances of heart disease and stroke.

Ingredients:

$\frac{1}{4}$ c olive oil
1 shallot or small onion, chopped
 $1\frac{1}{2}$ lb kale, chopped
 $\frac{3}{4}$ -1 c pistachio nuts, shelled, salted or unsalted
2 tbsp lemon juice
Salt and pepper to taste



Directions: Heat oil in large skillet over medium-high heat. Add shallot or onion and stir 30 seconds. Add kale and pistachios, and sauté until leaves begin to soften, about 5 minutes. Drizzle lemon juice over, season to taste, and serve.

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