

# NATURE'S BIN

Naturally

## Natural Insights for Well Being®

December 2013

### Healthy Hips

Nutrients reduce chances of hip fracture in adults

#### Large vitamin D study

This is the largest study of its type for hip fracture and vitamin D. Doctors analyzed vitamin D levels in more than 1,175 men and women who had a hip fracture during an eight-year study period and compared to vitamin D levels in 1,438 who did not.

Doctors considered age, gender, and body mass index scores and found, overall, those with the lowest vitamin D levels were 38 percent more likely to have a hip fracture than those with the highest vitamin D levels.

Men seemed to benefit most from good vitamin D levels, while the benefit was smaller for women. As the levels of circulating vitamin D increased, chances of hip fracture declined. Doctors also found that vitamin D appeared to protect against hip fracture when levels were above 30 nanograms per milliliter of blood, or 75 nanomoles per liter.

#### Carotenoids from fruits and vegetables

Carotenoids are the colorful antioxidant pigments in fruits and vegetables. Doctors in this study measured the diets of 63,257 adult Chinese men and women and followed up with them for 10 years. While there was no link to carotenoids and hip fracture in women, men who got the most carotenoids were 26 percent less



likely to have a hip fracture compared to men who got the least carotenoids.

Doctors also looked at men with low body mass index (BMI) scores, because those who are too thin—particularly older men—may be more prone to osteoporosis. Doctors found men with the lowest BMI scores had the greatest benefit: those who got the most carotenoids were 39 percent less likely to have a hip fracture.

Discussing their findings, doctors said that the antioxidant effect from carotenoids may counteract the tendency for underweight older men to develop osteoporosis, and that osteoporotic fractures may decrease in older men who get the most carotenoids.

REFERENCE: JOURNAL OF CLINICAL ENDOCRINOLOGY & METABOLISM; MAY, 2013, PUBLISHED ONLINE

DECEMBER'S

### Healthy Insight Garlic Promise

People who ate raw garlic two or more times per week were 44 percent less likely to develop lung cancer compared to those who ate less raw garlic. In this new, seven-year study, doctors conducted face-to-face interviews with 1,424 people with lung cancer and 4,543 healthy people. Doctors saw the benefit for raw garlic overall, and also in a subset of smokers, who were 30 percent less likely to develop lung cancer when eating raw garlic at least twice per week. Doctors also observed that as the amount of raw garlic in the diet increased, so did garlic's lung-protective effect. Future studies will focus on which particular components of raw garlic provide lung protection.

REFERENCE: CANCER PREVENTION RESEARCH; 2013, VOL. 6, No. 7, 711-8

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# The Many Marvels of Melatonin

## Melatonin relieved pain in endometriosis, sped healing in peptic ulcer

### Less Pain in Endometriosis

In addition to being an antioxidant and anti-inflammatory, melatonin also has pain-relieving properties. In this



study, 40 women with endometriosis who continued to take standard analgesic pain medications took 10 mg of melatonin per day, or a placebo.

After eight weeks, compared to placebo, women in the melatonin group reported 40 percent less daily pain overall, 38 percent less painful menstruation, and less painful urination and elimination. The women taking melatonin also were able to reduce analgesic pain medication by 80 percent, and reported having better sleep quality throughout the night.

### Faster healing peptic ulcer

Peptic ulcer occurs when the mucosal lining of the intestinal tract erodes, exposing it to painful stomach acid. A common cause is a type of bacteria called *H. pylori*, present in

about half of all people.

In this study, 100 people with duodenal ulcer were on a seven-day standard treatment for *H. pylori* infection that included omeprazole, clarithromycin, and amoxicillin, with or without 3 mg of melatonin before bedtime. After the seven-day standard treatment, participants continued taking omeprazole with or without melatonin through two months.

After seven days, those in the melatonin group had less *H. pylori* infection, and ulcers that were healing faster than those who didn't take melatonin. After two months, compared to those who did not take melatonin, the intestinal tracts in the melatonin group were more likely to be in a normalized, ulcer-free, healthy condition.

REFERENCE: PAIN; 2013, VOL. 154, NO. 6, 874-81

## Better Brains

### Omega-3 helps kids and adults perform better

#### Omega-3 improves kids' cognition

Omega-3 fatty acids play a key role in the developing brain, and in physical and mental health. In this study, doctors measured fatty acid levels in red blood cell membranes in 493 healthy public schoolchildren aged seven to nine with below average reading performance.

Average concentrations of omega-3s were 2.46 percent, far below the optimal range of eight to 12 percent, and raising chances for circulatory diseases in adulthood, doctors said.

Children with higher levels of omega-3s, particularly DHA, had better reading and working memory, and fewer symptoms of ADHD, regardless of other factors such as gender, family income, or education. Kids with lower DHA

levels tended to have more oppositional behavior and emotional trouble reported by their parents. About nine in 10 kids ate fish less than twice per week, and one in 10 ate none at all.

Low levels of omega-3s, and DHA in particular, predict behavior and learning problems, and omega-3s may benefit ADHD and related conditions in a wider population, doctors said.

#### Omega-3 and healthier brains

Small declines in memory and thinking can be a sign of dementia, which is linked to oxidative stress. In this study, doctors estimated omega-3s in the diets of 67 older adults with mild cognitive impairment and in 134 healthy elders.

Those with cognitive impairment

had much higher levels of lipid hydroperoxides, a sign of oxidative stress, than did healthy participants. Within the group with cognitive impairment, signs of oxidative stress decreased as levels of the omega-3s EPA and DHA increased.

REFERENCE: PUBLIC LIBRARY OF SCIENCE ONE; 2013, VOL. 8, NO. 6, E66697



# Good News on Depression

## Nutrients ease symptoms of major depression

### Curcumin improves rating scores

Major, or clinical, depression causes persistent feelings of sadness, lack of interest, as well as physical symptoms, and its cause is unknown. In this study, 60 people with major depressive disorder took 20 mg of the standard antidepressant fluoxetine per day, 1,000 mg of the anti-inflammatory curcumin per day, together or separately.

Those taking curcumin together with fluoxetine responded positively sooner and in greater numbers on a standard scale of depression symptoms than those who took either curcumin or fluoxetine separately. After six weeks, the average improvements were similar in all three groups.

Discussing their findings, doctors said curcumin is safe and that, "People

with depression have higher levels of inflammation in the brain, and make fewer new brain cells than people with no history of depression," continuing, "Curcumin is both a potent anti-inflammatory agent and powerful stimulator for new brain cells."

### Fatty acid balance

Doctors know that omega-3 fatty acid levels are lower in those with major depressive disorder, and wanted to know more about a link to anxiety.

In this study, doctors measured omega-3 and omega-6 levels in 18 participants with major depressive disorder, 41 with anxiety disorders, and in 62 healthy volunteers. Compared to healthy participants, those with major depressive disorder, and those with anxiety, had lower EPA and

DHA levels as well as higher omega-6 levels compared to omega-3. Doctors increasingly believe that omega-6 is often too high in relation to omega-3, and that keeping these two fatty acids closer in balance is an important factor in physical and mental health.

REFERENCE: PHYTOTHERAPY RESEARCH; JULY, 2013, PUBLISHED ONLINE



## Healthy Women

### Nutrients improve mood and metabolism

#### Vitamin D improves factors in type 2 diabetes

Depression is more common in people with diabetes, and cardiovascular disease is highest in those with both diabetes and depression, doctors said. In this study, 46 women with type 2 diabetes for an average of eight years took 50,000 IU of vitamin D per week. At the start of the study, 12 of

the women were taking anti-depression medications, and 35 were taking blood pressure medications, which remained constant throughout the study.

After six months, vitamin D levels had increased from an average of 19.6 to 38 nanograms per milliliter of blood. Depression scores had decreased by half, and systolic blood pressure had declined from 140 to 132 mmHg. Participants also lost an average of 2.5 pounds.

#### Sea buckthorn and bilberry improve metabolic profiles

Sea buckthorn berries contain A, B, and C vitamins, and bilberries contain antioxidants and vitamin C. In this pilot study, 80 overweight women took one of three forms of sea buckthorn, or frozen bilberries.

After 30 days, those taking sea buckthorn berries had lower triglycerides and very-low-density-lipoprotein (VLDL), a type of bad cholesterol. Those taking sea buckthorn oil had lower levels of intermediate-density-lipoprotein and LDL cholesterols. Those taking the extract form of sea buckthorn, however, saw a tendency toward increased VLDL and triglycerides, which doctors said was linked to the high-carbohydrate maltodextrin in the extract formula.

In the bilberry group, women with lower chances of heart trouble did not see beneficial changes in lipid profiles, while women with greater chances of heart trouble saw beneficial changes in lipid profiles.

REFERENCE: AMERICAN JOURNAL OF CLINICAL NUTRITION; AUGUST, 2013, PUBLISHED ONLINE





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## Garlic Hummus

Hummus is one of the most fun and simplest dishes to make. It's easy to create the flavor you want with these quick directions. Also, please see page 1 for a new study on how raw garlic reduced chances of lung cancer.

**Ingredients:**

2-15 or 16 oz cans of garbanzo beans, drained	1/4 c water, with more available
1/3 c tahini	2 cloves raw garlic
Juice of 1 lemon	Salt and cumin to taste
1/4 c extra virgin olive oil, with more available	3-4 sprigs fresh parsley, chopped
	Pinch paprika
	Serve with: pita bread, carrot and celery sticks

**Directions:** Place garbanzo beans, tahini, lemon juice, olive oil, water, and garlic in a food processor. Begin processing until smooth and creamy, slowly adding more olive oil or water to keep consistency thick, but not too thick. Add salt and cumin to taste. Scoop into a serving bowl, drizzle with a bit of olive oil, garnish with parsley and paprika. Serve with warmed pita bread, and carrot and celery sticks for dipping.

## Thanks for shopping with us!

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