

NATURE'S BIN

Naturally

Natural Insights for Well Being®

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Smart Prevention

Nutrients at \$1.44 a day would create a healthier U.S. population

Reducing four costly diseases

The Council for Responsible Nutrition Foundation, a non-profit educational foundation, commissioned a review of scientific studies on the quantifiable effects of eight nutrients on four common conditions: coronary heart disease (CHD), diabetes, age-related eye disease, and osteoporosis. Researchers measured the estimated health-care cost savings over 8 years if people aged 55 or older with these conditions—or with higher chances of them—took the nutrients at the recommended daily preventive doses. Here are the nutrients and their costs per day.

B vitamins and CHD

Three B vitamins: B6 2.5 mg, B12 400 mcg, and folic acid 1 mg per day. B vitamins metabolize homocysteine, a factor in hardening of the arteries, blood clotting, and heart disease. Taking these three B vitamin supplements daily at the preventive levels would reduce chances for CHD medical events by 3.3 percent over 8 years, at a cost of 11 cents per person per day.

Psyllium fiber, cholesterol and CHD

Taking 10 grams of psyllium fiber per day, at a cost of 30 cents per person,



would help keep the intestine from absorbing bad cholesterol, and reduce chances for CHD medical events by 11.5 percent over 8 years.

Phytosterols and CHD

Phytosterols are plant compounds, similar to cholesterol, that slow absorption of cholesterol in the intestine, and prevent its buildup in the body. Taking 2 grams of phytosterols per day would reduce chances for CHD medical events by 11.2 percent over 8 years, at a cost of 15 cents per person.

Omega-3 and CHD

Omega-3s are good fats the body needs to maintain heart health, lower triglycerides, and support healthy blood flow. Taking 1,000 mg of omega-3 fish oil per day would reduce chances for CHD medical events by 6.9 percent over 8 years, at a cost of 25 cents per person. (Continued on page 2)

REFERENCE: SMART PREVENTION – HEALTH CARE COST SAVINGS RESULTING FROM THE TARGETED USE OF DIETARY SUPPLEMENTS; FROST & SULLIVAN ECONOMIC REPORT FOR THE COUNCIL FOR RESPONSIBLE NUTRITION FOUNDATION

FEBRUARY'S

Healthy Insight Almonds for Healthy Hearts

Doctors followed 27 people with elevated LDL cholesterol while they ate three different diets. For four weeks each, participants added 2 to 4 ounces of almonds alone, about 4 to 8 ounces of muffins alone, or about half of each of these together. The diets gave the same amount of calories, fat, protein, and fiber, except that the almonds provided much more monounsaturated fat than the muffins.

The almond group saw total and LDL cholesterol decline while HDL increased. For every 1-ounce increase in almonds per day, doctors estimated the chances for developing coronary heart disease over 10 years would decline by 3.5 percent.

REFERENCE: BRITISH JOURNAL OF NUTRITION; 2014, VOL. 112, No. 7, 1137-46

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Smart Prevention, continued

Spending \$1.44 per day on nutrients would improve U.S. health

Magnesium and bones

Bones contain over half the magnesium in the body, an essential mineral for keeping bones strong and avoiding osteoporosis and fracture. Taking 100 mg of magnesium per day would reduce osteoporosis medical events by 6 percent over 8 years, at a cost of 9 cents per person.

Lutein, zeaxanthin and age-related eye disease

Lutein and zeaxanthin are the brightly colored antioxidants that protect the eye by filtering out damaging light rays before they can reach the sensitive inner parts of the eye, such as the macula. Taking 10 mg of lutein plus 2 mg of zeaxanthin per day would reduce chances for cataract by 15.3 percent; and age-related macular

degeneration by 23 percent over 8 years, at a cost of 29 cents per person per day.

Calcium, vitamin D, and bones

Bones depend on a steady stream of calcium and vitamin D, which work together to maintain bone mineral density and strength. Taking 1,000 mg of calcium plus 800 IU of vitamin D per day would reduce osteoporosis medical events by 18.6 percent over 8 years, at a cost of 16 cents per person per day.

Chromium picolinate and diabetes

People with type 2 diabetes do not use insulin efficiently, creating chronically elevated blood sugar levels and raising chances for coronary heart disease (CHD). Chromium picolinate helps maintain healthy blood sugar and

insulin levels, and lowers cholesterol and triglycerides. Taking 400 mcg of chromium picolinate per day would reduce chances for diabetes/CHD medical events by 10.2 percent over 8 years at a cost of 9 cents per person.

REFERENCE: SMART PREVENTION – HEALTH CARE COST SAVINGS RESULTING FROM THE TARGETED USE OF DIETARY SUPPLEMENTS; FROST & SULLIVAN ECONOMIC REPORT FOR THE COUNCIL FOR RESPONSIBLE NUTRITION FOUNDATION



ADHD and Autism

Nutrients provide benefits in children and adults

Phosphatidylserine and ADHD

Doctors are looking for a safer way than standard drugs to treat children with attention deficit hyperactivity disorder (ADHD). In this study, 36 children, aged 4 to 14, who had never taken drugs for ADHD took a placebo or 200 mg of phosphatidylserine per day.

After two months, compared to



placebo, kids in the phosphatidylserine group had much better short-term memory of sounds they had just heard, and recognized and reacted more quickly to visual imagery. Also, symptoms of ADHD decreased seven times as much for phosphatidylserine, short-term memory improved more than 2.5 times, and errors due to inattention decreased 93 percent while increasing 11 percent for placebo, all without side effects.

Broccoli sprouts and autism

Broccoli sprouts contain a powerful antioxidant called sulforaphane, which doctors thought might improve behavior in autism. In the study, 40 teens and young adults with moderate to severe autism took a placebo or 9 to 27 mg

of sulforaphane per day, based on their body weight.

Doctors began to see improvement at four weeks, which continued through the study period. After 18 weeks, while the placebo group had not improved, for sulforaphane, the aberrant behavior and social responsiveness scores had improved by 34 and 17 percent, respectively. Participants also were less irritable, lethargic, and hyperactive, made fewer repetitive movements, and had greater improvement in verbal communication. Doctors said it would be difficult to achieve adequate sulforaphane levels by eating broccoli, and that improvements trended back to original values after stopping sulforaphane.

REFERENCE: JOURNAL OF HUMAN NUTRITION & DIETETICS; APRIL, 2014, 27 SUPPL. 2, 284-91

Healthy Men

Nutrients support bone and heart health in men

Resveratrol and bone density

Earlier lab studies found resveratrol protected against bone loss. In one of the first human trials, doctors said that metabolic syndrome can increase



chances of bone loss, and gave 66 men with the syndrome a placebo, 1,000 mg or 150 mg of resveratrol in two divided doses per day.

After 16 weeks, compared to placebo, men who took the high-dose resveratrol had a 2.6 percent increase in lumbar spine bone mineral volume density, and a 16 percent increase in signs of bone formation. Researchers said resveratrol improved bone mineral density at the spine, primarily by stimulating mineralization, or bone formation.

Omega-3s and heart health

Doctors wanted to test if the lower rates of heart disease in Japan are due to genetic factors or to consuming more omega-3 fatty acids from fish than do Americans. In the study, researchers

measured coronary artery calcification in 175 Japanese men and in 113 American white men. All the men began the study with zero calcification.

After an average of 6.2 years of follow-up, about 6 percent of the Japanese men had developed calcification compared to 13 percent of American men. Researchers took into account differences in chances for heart disease and concluded that U.S. men had three times the rate of calcification as Japanese men, who consumed 100 percent more marine omega-3s than their American counterparts, or about 4 ounces of fish per day. Doctors concluded that the vast difference in heart disease between Japanese and American men is not due to genetics, but to greater consumption of omega-3s.

REFERENCE: JOURNAL OF CLINICAL ENDOCRINOLOGY & METABOLISM; OCTOBER, 2014, PUBLISHED ONLINE

Ahead of the Curve

Early-Stage Discoveries: Caffeine, Cocoa, and Vegetable Extracts

Good results in pilot studies lead to larger, human trials. Here are some of the most promising recent findings.

Caffeine and memory

Protein deposits in the brain that disrupt communication between, and impair, nerve cells are key features of Alzheimer's disease (AD). In the lab, mice with protein deposits that drank caffeinated water did better than placebo on memory tests. The caffeine also prevented certain memory deficits and reduced some signs of inflammation and oxidative stress.

Cocoa and brain blood flow

Sixty men and women, average age 73, without dementia, drank two cups of hot cocoa per day without consuming other chocolate. About one in three participants had impaired blood flow

at the start of the study. After 30 days, while there was no change for those with normal blood flow, those with impaired blood flow had improved blood flow by 8.3 percent, and had shorter times to complete working-memory tests. These findings suggest cocoa may play a role in conditions such as AD.

Vegetable peptones and collagen

The skin ages and wrinkles as type 1 collagen fibers in the dermis begin to weaken, often as a result of sun exposure. In the lab, researchers exposed human dermal collagen fibers to wheat and pea vegetable peptones. After five hours, the cells that make collagen fibers

had greatly increased, and collagen levels had also increased. As the amount of vegetable peptones rose, collagen-fiber-making cells also proliferated.

REFERENCE: NEUROBIOLOGY OF AGING; 2014, VOL. 35, No. 9, 2079-90





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Fluffy Flourless Blender Muffins

You'll probably make new friends with this delicious recipe. While you're enjoying munching, please see page 1 for a new study showing people who regularly ate almonds were less likely to develop heart disease.

Ingredients:

Cooking spray	1/2 c rolled oats
1/2 c almond butter	2 tbsp ground hempseed or flaxseed
1 ripe medium banana	1 tsp vanilla extract
1 egg	1/2 tsp baking soda
1/4 c honey or maple syrup	1/4 c mini chocolate chips

Directions: Preheat oven to 375 degrees and spray a 9-muffin pan with cooking spray. In a blender, add all ingredients except chocolate chips and blend on high until oats are broken down and batter is creamy. Stir in chocolate chips by hand. Pour batter into muffin pan. Bake for 10-12 minutes, until a toothpick inserted into the middle comes out clean. Allow muffins to cool in pan for about 10 minutes before eating.

Thanks for shopping with us!

We're dedicated to discovering the benefits of good nutrition and healthy lifestyle, and hope this issue of Natural Insights for Well Being® informs and inspires you to take an active role in your health. Please ask us to assist you with any natural products you would like to know more about.

These articles provide nutritional information only and do not replace professional medical advice.

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