

NATURE'S BIN

Naturally

Natural Insights for Well Being®

June 2015

Easing Chronic Inflammation

Nutrients reduce C-reactive protein, lowering chances for chronic disease

What is C-reactive protein?

C-reactive protein, or CRP, is a sign of inflammation which, when sustained, has a link to chronic disease. When CRP levels are low, chances for developing cardiovascular and other chronic diseases are also low.

Vitamin E

Earlier studies confirm vitamin E has anti-inflammatory effects, but its role in reducing C-reactive protein is unclear. In this review of 12 placebo-controlled studies covering 495 people, those who took vitamin E saw CRP levels decline by about 20 percent on average, with greater benefits in studies lasting at least six weeks.

Discussing the findings, doctors said taking vitamin E may be a good strategy for decreasing inflammatory conditions in people who are susceptible to developing chronic disease, increasing their chances for remaining healthy, and suggest larger placebo-controlled studies to confirm these results.

Glucosamine and chondroitin

To test the effect of glucosamine and chondroitin on chronic inflammation, doctors gave 18 healthy but overweight men and women a placebo or 1,500 mg of glucosamine



hydrochloride plus 1,200 mg of chondroitin sulfate per day. The study had two 28-day phases, where each group took the placebo or glucosamine and chondroitin, and then switched for the second 28-day phase.

While there were no changes during the placebo phases, during the glucosamine and chondroitin phases, CRP levels declined by an average of 23 percent. Doctors said that the results are consistent with earlier studies that found a link between glucosamine and chondroitin and circulating levels of CRP, but that a major strength of this study is that participants were healthy and free of any underlying conditions that might have affected the results.

REFERENCE: EUROPEAN JOURNAL OF CLINICAL NUTRITION; FEBRUARY, 2015, PUBLISHED ONLINE

JUNE'S

Healthy Insight Pesco-Vegetarian Diets Reduce Cancer

This large study followed 77,659 people for an average of 7.3 years. Compared to non-vegetarians, those who followed any type of vegetarian diet tended to avoid colorectal cancer. Vegetarians were 22 percent less likely, lacto-ovo vegetarians 18 percent, vegans 16 percent, and pesco-vegetarians—those who ate fish—were 43 percent less likely to develop any kind of colorectal cancer. Semi-vegetarians, those who ate meat only some of the time, saw 8 percent lower chances. Results were similar for men and women, and for black and non-black individuals. Doctors said these diets may be a primary way to protect colon health.

REFERENCE: JAMA INTERNAL MEDICINE; MARCH, 2015, PUBLISHED ONLINE

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Better Vision

Nutrients may prevent and help treat eye disease

What are lutein and zeaxanthin?

Lutein and zeaxanthin are the only carotenoids that can filter the harmful blue light that damages eye cells, and must be dense enough in the macula of the eye to provide protection. Doctors measure this protection as “macular pigment ocular density” or MPOD.

Improved vision in early AMD

In this study, 112 people with early age-related macular degeneration (AMD) took 10 mg of lutein with or without 10 mg of zeaxanthin per day, 20 mg of lutein alone per day, or a placebo. After two years, lutein alone or with zeaxanthin increased MPOD compared to placebo. Retinal function—a measure of vision—increased significantly in the central retina, where vision first deteriorates in AMD.

A significant percentage of the population has early AMD, and most studies have focused only on late-stage AMD. Doctors said lutein and zeaxanthin may also increase MPOD and improve visual performance in healthy people without AMD.

Reduced AMD-related inflammation

This study followed 70 people with signs of early AMD who took 10 mg of lutein per day or a placebo. After one year, signs of systemic inflammation had increased monthly in the placebo group while decreasing 1.1 nanograms per milliliter of blood (ng/mL) monthly in the lutein group, from 60.3 to 46.3 ng/mL, over the year.

Doctors said this is the first study to show that taking lutein reduces circulating levels of a marker of systemic

inflammation that plays an important role in developing AMD, and that lutein may be a potential preventative and treatment.

REFERENCE: BRITISH JOURNAL OF OPHTHALMOLOGY; SEPTEMBER, 2014, PUBLISHED ONLINE

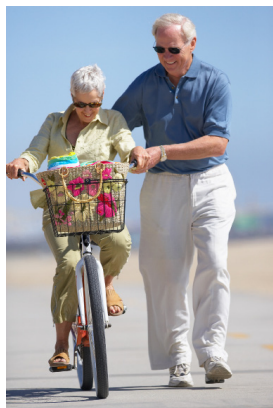


Healthy Bones and Joints

Nutrients help reduce chances for hip fracture and slow the progression of osteoarthritis of the knee, two new studies show

More vitamin E, less hip fracture

Doctors in this study measured vitamin E levels in 1,160 men and women, aged 65 to 79, who had had



a hip fracture during an 11-year study follow-up period, and compared them to 1,434 men and women who participated in the same health study but who had not had a hip fracture during this time.

Compared to those with the lowest levels, those with the highest circulating vitamin E levels were 34 percent less likely to have had a hip fracture. Researchers also saw a linear relationship: as levels of circulating vitamin E increased, chances for hip fracture decreased.

Low vitamin D levels raise chances for OA

In this study, doctors measured

vitamin D levels in 418 people with osteoarthritis (OA) in one or both knees, and tracked joint-space narrowing—a sign of the progress of OA as the joints lose their protective cartilage—over two to four years of follow-up.

The average vitamin D level for all participants was 26.2 nanograms per milliliter of blood (ng/mL). Those whose vitamin D levels fell below 15 ng/mL were twice as likely to see OA worsen over the follow-up period compared to those with higher vitamin D levels. Doctors consider vitamin D levels below 20 ng/mL as insufficient, and levels from 20 to 60 ng/mL as optimal.

REFERENCE: OSTEOPOROSIS INTERNATIONAL; 2015, VOL. 25, No. 11, 2545-54

Extending Life in Breast Cancer

Nutrients helped women live longer after a diagnosis

Folate

Women with breast cancer who had the highest levels of folate were more likely to survive than women with the lowest levels. In the study, doctors measured total folate levels in 498 postmenopausal women with



breast cancer and followed up for 6.7 years. After adjusting for factors such as cancer stage, type of treatment, age at diagnosis, body mass index score, using hormone replacement therapy, alcohol, and taking folic acid supplements, women with the highest folate levels were 59 percent less likely to have died than women with the lowest folate levels over the follow-up period.

Women who took folic acid supplements had much higher circulating levels of folate, which doctors said may have improved their survival rates.

Vitamin C

In this review of 10 studies covering 17,696 women with breast cancer,

researchers analyzed the link between vitamin C from diet and supplements and breast cancer survival rates.

For studies of vitamin C supplements, compared to those who did not take vitamin C, women who took vitamin C supplements were 19 percent less likely to have died from any cause and 15 percent less likely to have died from breast cancer over the follow-up periods.

For studies of vitamin C in the diet, each 100 mg per day increase in vitamin C from foods lowered the chances of dying from any cause by 27 percent, and for breast cancer, lowered chances 22 percent, over the course of follow-up.

REFERENCE: NUTRITION AND CANCER; FEBRUARY, 2015, PUBLISHED ONLINE

Vascular Health

Nutrients help keep blood vessels flexible; a link to longevity

Vitamin K2 in women

In the first study on long-term vitamin K2 supplementation and cardiovascular health, 227 healthy postmenopausal women took 180 mcg of vitamin K2 – menaquinone 7 per day, or a placebo. After three years, while the placebo group had an increase in blood vessel stiffness, women who took vitamin K2 saw an average 33 percent improvement in blood vessel flexibility.

Discussing the findings, doctors said it was remarkable that the women taking vitamin K2 not only did not experience the typical age-related stiffening of the arterial walls, but also saw measurable improvements in vascular elasticity across the entire circulatory system compared to the placebo group. Arterial flexibility has a direct link to longevity.

Antioxidant vitamins

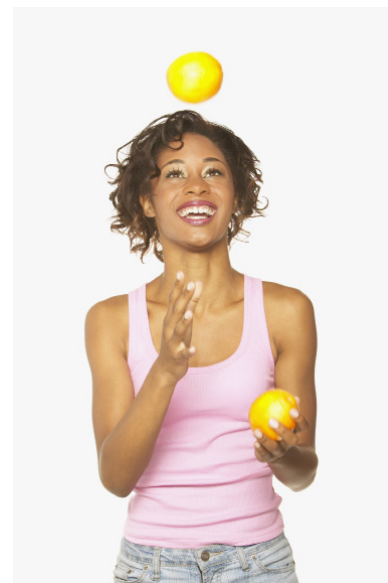
This review of 20 studies covering 1,909 people measured the effects of taking the antioxidant vitamins A, C, E and beta-carotene, alone or combined, on arterial stiffness, compared to placebo.

Healthy people of any age who had taken any one of these antioxidants alone or together in any combination, for any length of time, had lower chances of developing arterial stiffness compared to placebo. Doctors also saw improvement among those with existing arterial stiffness who took vitamins compared to placebo.

Overall, combining results from all 20 studies, taking antioxidant supplements reduced the chances for cardiovascular disease by 4.7 percent. Doctors concluded that taking

antioxidant vitamins has a small, protective effect on arterial stiffness.

REFERENCE: THROMBOSIS AND HAEMOSTASIS; 2015, VOL. 113, No. 5, PUBLISHED ONLINE





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Zoodles!

You'll have so much fun making this recipe, you'll want to invite friends over to join in. And please see page 1 for a new study that found those who tended to eat a vegetarian diet were less likely to develop colon cancer.

Ingredients:

1 - 2 tbsp olive oil
1 pound zucchini, medium to large
Seasoning to taste

Optional: add any fresh herbs, tomatoes, olives, or grated cheese you have on hand for a fuller dish



Directions: Wash and cut ends off zucchini. Using a julienne slicer, spiral cutter or vegetable peeler, make into noodles, or "zoodles!" Feel free to experiment with different size zucchinis for wider or thinner noodles. Heat oil in pan; add zoodles, seasoning, and sauté for a few minutes, until coated with oil and slightly translucent. You're ready to eat! You can add fresh herbs, tomatoes, olives, or grated cheese. And if you're not in the mood to cook, zoodles are even delicious raw!

Your Good News!™

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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