



York Downs Pharmacy

Natural Insights for Well Being®

April 2011

Hope for Diabetes

Everyday nutrients help people manage and avoid this common metabolic condition

More magnesium, less diabetes

For 20 years, doctors followed 4,497 Americans, aged 18 to 30, who did not have diabetes at the start of this study. Researchers measured magnesium in the diet, signs of inflammation, and insulin resistance. Compared to those with the lowest levels, people with the highest magnesium levels were 34 percent less likely to develop diabetes and were much less likely to have inflammation or insulin resistance, two factors that raise chances for many diseases.

Vitamin D may help control diabetes

In this vitamin D study, doctors examined the medical charts of 124 type 2 diabetics, aged 36 to 89, who were receiving specialty diabetic care at an outpatient clinic. Even though participants had regular primary care before entering the clinic, 91 percent were deficient or low in vitamin D at their first visit, and only 6 percent were taking a vitamin D supplement. Researchers also found that elevated blood sugar levels trended lower as vitamin D levels rose. Study authors said primary care providers, who diagnose and treat most type 2 diabetes, should regularly screen for vitamin D levels and supplement with vitamin D to improve diabetes health outcomes.



Calcium and vitamin C reduce chances of diabetes

Researchers analyzed the diet and lifestyle of 232,007 Americans, aged 50 to 71, who did not have diabetes at the start of this study. After six years of follow-up, doctors found that those who regularly took vitamin C supplements were 9 percent less likely to develop diabetes, and chances were 15 percent lower for those who took calcium, compared to those who did not take these supplements.

REFERENCE: DIABETES CARE; 2010, VOL. 33, No. 12, 2604-10

APRIL'S

Healthy Insight More Vitamin D, Less Depression

Researchers in this study measured vitamin D levels and symptoms of depression in 7,970 U.S. men and women aged 18 to 39. Half of all participants had low levels of vitamin D, and 20 percent were deficient, with vitamin D levels of 50 nanomoles per liter of blood or less. Those with good levels of vitamin D, 75 nanomoles of vitamin D per liter or more, were 46 percent less likely to be depressed compared to those who were deficient. Doctors don't know if depression causes or results from low vitamin D, and encourage early vitamin D testing and taking vitamin D supplements.

REFERENCE: INTERNATIONAL ARCHIVES OF MEDICINE; 2010, VOL. 3, No. 29, ELECTRONIC PREPUBLICATION

This Issue

B VITAMINS PLAY A HELPFUL ROLE IN FEELING GOOD	2
GOOD DIET AND NUTRIENT LEVELS IMPROVE BLOOD FATS	2
NUTRIENTS HELP KEEP WOMEN'S HEARTS HEALTHY	3
NUTRIENTS MAINTAIN HEALTHY SKIN AND CUT SKIN DISEASE SYMPTOMS	3
PHYCENOGENOL® REDUCED RINGING IN THE EARS	4

Better Mood in Children and Men

B vitamins play a helpful role in feeling good

Kids with more B vitamins had less depression

In a B-vitamin study, researchers measured the diets and symptoms of depression in 6,517 girls and boys, aged 12 to 15, attending junior high school. About two boys in 10 and three girls in 10 had depressive symptoms. Compared to those with the lowest levels, girls and boys with the highest levels of folate had about 40 percent fewer depressive symptoms. Girls and boys who consumed the most vitamin B6 had 27 percent fewer depressive symptoms, and girls who got the most riboflavin had 15 percent fewer symptoms, compared to those who got the least of these nutrients.

B-complex improves mind and mood in men

Researchers in this study said the central nervous system needs B-complex vitamins in particular to function well. Doctors measured diet, lifestyle, mood, and mental performance in 210 healthy men, aged 30 to 55, at the start and end of the study. The men took a placebo or a daily supplement containing high-dose B-complex vitamins; 15 mg B1, 15 mg B2, 10 mg B6, 10 mcg B12, 150 mcg biotin, 400 mcg folic acid, 50 mg nicotinamide, 23 mg pantothenic acid, plus 500 mg vitamin C, 100 mg calcium, 100 mg magnesium, and 10 mg zinc.

After 33 days, while the placebo

group had not changed, the B-vitamin group had improved mental health ratings, felt less stress and more vigor, and tended toward a better mood overall compared to the start of the study. In a 60-minute mental task test, while the placebo group did not change from the start of the study, the B-vitamin group performed with more speed, accuracy, and less mental fatigue.

REFERENCE: PSYCHOSOMATIC MEDICINE; 2010, VOL. 72, No. 8, 763-8



Managing Cholesterol

Good diet and nutrient levels improve blood fats

Omega-3 improves fats in metabolic syndrome

Metabolic syndrome includes several factors such as waist size over 35 inches in women and over 40 inches in men, high triglycerides, low HDL cholesterol, elevated blood pressure,



and elevated fasting blood sugar. Earlier research showed that low-fat, high-complex carbohydrate diets don't necessarily reduce blood fats, and some actually increase them.

To address this, doctors in this study added omega-3s to a typical low-fat diet. In the study, 117 people with metabolic syndrome ate a low-fat, high-complex carbohydrate diet, plus 1,240 mg of eicosapentaenoic and docosahexaenoic acids (EPA/DHA) per day, or a sunflower oil placebo. Two other groups ate a high-saturated-fat diet or a high-monounsaturated-fat diet. After 12 weeks, those on the high-saturated fat diet had not improved. Those on the low-fat diet with placebo had higher triglyceride and LDL cholesterol levels while those on the low-fat diet with EPA/DHA had lower levels. Those on the high-monounsaturated fat diet also had lower blood fat levels.

Folate may increase LDL cholesterol particle size

LDL, the "bad" cholesterol, comes in large and small particles. Large LDL particles are relatively benign, but small LDL particles can more easily oxidize and stick to artery linings, forming hardened plaques. Doctors wanted to explore a link between nutrients such as B vitamins and LDL particle size.

In the study, researchers measured blood fats and folate levels in 255 hospital workers. Scientists found a strong link; as blood levels of folate rose, LDL particle size increased; HDL, the "good" cholesterol, also increased, and triglycerides decreased. Doctors believe folate may help enhance and control LDL particle size, reducing chances of hardening of the arteries.

REFERENCE: THE JOURNAL OF NUTRITION; 2010, VOL. 140, No. 9, 1595-601

Women's Heart Health

Magnesium reduced chances of fatal heart attack

Magnesium helps the heart maintain its normal rhythm. Doctors in this study measured the diets of 88,375 women, who were disease-free at the start of the study, and followed up for 26 years. Researchers also



measured blood levels of magnesium in 99 women who had a fatal heart attack during this time, and compared them to 291 women in the study of similar age, ethnicity, smoking habits, and cardiovascular condition who did not have a heart attack.

Women with the highest magnesium levels were 37 percent less likely to have a fatal heart attack than those with the lowest levels. Scientists also found a direct link; each 0.25 mg increase in magnesium per deciliter of blood meant a 41 percent lower chance of heart attack.

More vitamin D, lower blood pressure

In a long-term blood pressure study, researchers measured vitamin D blood levels in 559 Michigan women and then took annual blood pressure readings. Compared to premenopausal women

who were deficient in vitamin D at the start of the study, premenopausal women with normal vitamin D levels were 67 percent less likely to develop high systolic blood pressure 15 years later.

Omega-3s reduced heart failure

In this study, researchers measured the diets of 36,324 women, aged 48 to 83, who had no history of heart failure, heart attack, or diabetes, at the start of the study. After nine years of follow-up, compared to women who did not eat fatty fish, those who ate two servings of fatty fish per week were 30 percent less likely to have heart failure. Those who ate one serving were 20 percent less likely, and those who ate less than one serving of fatty fish per week were 14 percent less likely to have heart failure.

REFERENCE: AMERICAN JOURNAL OF CLINICAL NUTRITION; 2011, VOL. 93, NO. 2, 253-60

Skin

Nutrients help maintain healthy skin and reduce skin disease symptoms

More vitamin D, less childhood eczema

Eczema is a type of skin allergy or sensitivity. In this study, researchers measured blood levels of vitamin D and eczema symptoms in 36 children. Children with the most severe eczema had insufficient levels of vitamin D. Scientists also found a strong link; as vitamin D levels increased, the severity of eczema symptoms decreased.

Antioxidants ease severe psoriasis

In psoriasis, skin cells rapidly reproduce to form red, dry, thickened patches of inflamed skin. In this study, 58 people were admitted to the hospital emergency room with an arthritic type of psoriasis of the skin and joints, or

another type that affects the skin over most of the body surface. Both groups got conventional psoriasis treatment plus an antioxidant supplement containing 50 mg of coenzyme Q10, 75 IU of vitamin E, and 48 mcg of selenium per day, or a placebo. After 33 days, compared to placebo, the antioxidant group with arthritic psoriasis had 45 percent lower symptom severity scores, and the antioxidant group with major skin-surface psoriasis had 37 percent lower symptom severity scores.

Flaxseed oil soothes and protects skin

The outer layer of skin is a barrier of dead, protein-rich cells and fats that keep water moisture in and irritants out. When the barrier breaks, the skin

becomes dry, inflamed, and sensitive. In this study, 13 women took a daily oral flaxseed supplement or a safflower oil placebo. After 12 weeks, compared to placebo, women in the flaxseed group had skin that was less sensitive to irritation, smoother and more hydrated.

REFERENCE: SKIN PHARMACOLOGY AND PHYSIOLOGY; 2011, VOL. 24, NO. 2, 67-74





York Downs Pharmacy
3910 Bathurst Street
Toronto, ON M3H 5Z3

Phone: (416) 633-2244
Toll-Free: (800) 564-5020
Website: www.yorkdownsrx.com
E-mail: info@yorkdownsrx.com

Store Hours:

Monday-Friday - 7:30 a.m.-7:00 p.m.

Saturday - 8:00 a.m.-5:00 p.m.

Sunday - 9:00 a.m.-5:00 p.m.

Pycnogenol® Reduced Ringing in the Ears

Natural nutrient eased symptoms and improved blood flow to the ear

Researchers in this study said that impaired blood flow to the ear may be one of the main causes of ringing in the ears, or tinnitus. Doctors examined 82 people with mild to moderate tinnitus that had begun for no apparent reason and had persisted in one ear for at least two weeks. Participants were not dizzy and did not have significant hearing loss. Twenty-four people took 150 mg of Pycnogenol per day, 34 took 100 mg of Pycnogenol per day, and 24 took no treatment. The three groups were similar in sex and age. After four weeks, while there were no changes in the non-treatment group, both Pycnogenol groups had much better blood flow

to the ear and reported far less severe symptoms. The higher dose group improved more in both measures than the lower dose group.

REFERENCE: PANMINERVA MEDICA; 2010, VOL. 52, No. 2, SUPPLEMENT 1, 63-7



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