



York Downs Pharmacy

Natural Insights for Well Being®

May 2011

Hear, See, and Think Better

Nutrients improve quality of life

More folate, better hearing

Hearing declines with age for many reasons. To see how nutrition might affect hearing, doctors in this study eliminated those who might have lost hearing due to infection, disease, trauma, noise, or ear-damaging drugs. Researchers tested 126 apparently healthy men and women, aged at least 60, and found that those with hearing loss in high frequencies—the type most common with age—or speech frequencies, had blood folate levels about one-third lower than those with normal hearing. People with more vitamin B12 also tended to have better hearing than those with lower B12 levels.



Curcumin compound eases eye inflammation

Swelling and irritation in the iris of the eye, or anterior uveitis (AU), can blur vision, be painful, make the eyes sensitive to light, and must be treated to avoid complications. In this study, 106 adults aged 21 to 68 with chronic AU, who were taking standard anti-inflammatory eye medication, began taking 600 mg of a curcumin-soy phosphatidylcholine compound twice per day. After six weeks, 86 percent felt better. After one year, AU relapses had declined to 36 from 275 in the year before the study, an 88 percent improvement.

DHA improved memory

Doctors said that healthy people with memory complaints and those with Alzheimer's disease both tend to have low levels of the omega-3 docosahexaenoic acid (DHA). In this study, 485 otherwise healthy adults, aged at least 55, with impaired memory, took 900 mg of DHA per day, or a placebo. After six months, while the placebo group had not improved, those who had taken DHA had better memory and learning compared to the start of the study and made fewer errors on memory and learning tests compared to placebo. Researchers also found that DHA levels had doubled in the DHA group, and memory improved as DHA levels increased.

REFERENCE: OTOLARYNGOLOGY—HEAD AND NECK SURGERY; 2010, VOL. 143, NO. 6, 826-30

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Healthy Insight Lycopene Boosts Heart Health

In this heart health study, 126 healthy men, average age 34, took 6 mg of the antioxidant lycopene per day, 15 mg of lycopene per day, or a placebo. After eight weeks, antioxidant activity in the blood increased in both lycopene groups, and decreased for placebo. In the high-dose lycopene group, there was less DNA damage, better blood vessel flexibility, and a beneficial increase in the size of LDL cholesterol particles compared to the other two groups. Also, systolic blood pressure, and high-sensitivity C-reactive protein—a sign of inflammation—declined significantly in the 15 mg lycopene group.

REFERENCE: ATHEROSCLEROSIS; 2010, DECEMBER, ELECTRONIC PREPUBLICATION

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Healthy Blood Pressure

Nutrients lowered high blood pressure and improved cholesterol

Omega-3s and overweight boys

In this study, 78 slightly overweight boys, aged 13 to 15, with normal blood pressure and blood fats, took 1,500 mg of omega-3 fish oil per day, or a placebo vegetable oil, both baked into bread. After four months, compared to placebo, omega-3 blood levels were one-and-a-half to two times greater in the omega-3 group; systolic and diastolic blood pressure were 3.8 and 2.6 mmHg lower, respectively; and HDL, the “good” cholesterol, had increased 5 percent.

Melatonin eased metabolic syndrome

Melatonin has many good effects, and researchers wanted to test it in metabolic syndrome. In the study, 30

people with metabolic syndrome who had not responded to a three-month lifestyle change program took 5 mg of melatonin two hours before bedtime. After two months, compared to the start of the study, systolic blood pressure had declined to 120.5 from 132.8 mmHg, diastolic pressure dropped to 75 from



81.7 mmHg, and LDL cholesterol fell to 139.9 from 149.7 mg per deciliter of blood. Also, antioxidant levels in the blood increased and signs of oxidative damage fell.

Garlic extract lowered high blood pressure

In this study, 50 people with uncontrolled high blood pressure who were taking prescription medication added 960 mg of aged garlic extract per day, or a placebo. After three months, those in the garlic group who had started the study with the highest systolic blood pressure—at least 140 mmHg—saw an average decline of 10.2 mmHg.

REFERENCE: JOURNAL OF PINEAL RESEARCH; 2010, DECEMBER, ELECTRONIC PREPUBLICATION

Cancer Update

Nutrients lower chances of cancer and assist in chemotherapy

Omega-3, vitamins C and E, and pancreatic cancer

In this study, researchers compared the diets of 532 people with pancreatic cancer to 1,701 people without. Those whose diets were low in saturated fats were 37 percent less likely to have pancreatic cancer, and those with diets high in monounsaturated fats were 50 percent less likely. For omega-3, those who consumed at least 850 mg per day were 53 percent less likely than those who got 580 mg or less; and for vitamins C or E, those who got the most were 30 percent less likely than those who got the least.

can lower chances of certain cancers. Researchers in this study compared the diets of 9,622 people with cancer to 16,050 others without. Overall, compared to those who got the least flavonoids, those who consumed the most flavonoids—common in citrus fruits and dark green vegetables—were 20 to 68 percent less likely to have cancer of the breast, colon/rectum, esophagus, kidney, larynx, mouth, or ovary. For proanthocyanidins—found in red and purple plants, grapes, cocoa, nuts, and berries—people who got the most were up to 33 percent less likely to have colorectal cancer.

wanted to test it in children undergoing chemotherapy for bone cancer. In the study, doctors tested ginger against placebo during 60 four-day chemotherapy cycles, in children who were also taking prescription anti-nausea drugs. Compared to placebo, ginger reduced immediate nausea 40 percent, immediate vomiting 57 percent, delayed nausea 64 percent, and delayed vomiting 68 percent.

REFERENCE: INTERNATIONAL JOURNAL OF CANCER; 2010, VOL. 127, No. 8, 1893-904

Flavonoids and proanthocyanidins

The powerful antioxidants and micronutrients in fruits and vegetables

Ginger and chemotherapy in children

Researchers said that ginger eased nausea and vomiting in pregnancy, and



Breast Health

Nutrients lower chances, recurrence, and extend life in breast disease

Nuts and fiber reduce cancer chances

Rapidly reproducing breast-tissue cells create lesions, called proliferative benign breast disease (PBD), which can raise chances for breast cancer. In this study, researchers measured the diets of 29,480 high school women and followed up for four years. Women who consumed the most fiber as adolescents were 25 percent less likely to have PBD compared to those who got the least fiber, and those who ate two or more servings of nuts per week were 36 percent less likely than women who ate less than one serving of nuts per month.

Vitamins may improve cancer outcomes

Antioxidant vitamins protect healthy cells, but some doctors fear they may also protect cancer cells, reducing the effects of radiation and

chemotherapy treatment. In this study, researchers interviewed 4,877 women being treated for invasive breast cancer, aged 20 to 75, and followed up for four years. Compared to women who did not take supplements, those who took normal doses of vitamins E, C, or multivitamins were 15 percent more likely to survive and 18 percent less likely to see cancer recur. Survival rates rose and recurrence rates fell the longer the women took supplements. Researchers concluded antioxidants did not interfere with treatment.

Soy isoflavones lowered cancer recurrence

In hormone-sensitive breast cancer, estrogen and progesterone fuel tumor growth, which doctors block or inhibit with anti-hormone drugs. Soy isoflavones act like estrogen and, with more women eating soy, researchers

wanted to analyze any effect on cancer outcomes. Scientists measured the diets of 524 women, aged 29 to 72, about half of whom were premenopausal, half postmenopausal. The women had undergone surgery for this type of breast cancer, and were receiving anti-hormone therapy. Cancer was 13 percent less likely to recur in women who consumed the most soy isoflavones.

REFERENCE: CANCER CAUSES AND CONTROL; 2010, VOLUME 21, No. 7, 1033-46



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Ahead of the Curve

Early-Stage Nutrition Discoveries: Protect Brain Cells

Promising findings in the lab pave the way for human trials later

Vitamin E protects after stroke

In a stroke, blood flow to the brain declines, triggering toxic inflammation that can kill brain cells. In this lab study, researchers recreated a toxic stroke environment in the brain cells of mice, then added tocotrienol, a form of vitamin E. Toxicity decreased 60 percent, and brain cells with tocotrienol were four times more likely to survive as those without. Researchers said people who regularly take tocotrienol would have levels sufficient to protect cells after a stroke, and that this little-studied form

of vitamin E “targets specific pathways to protect against neural cell death and rescues the brain after stroke injury.”

JOURNAL OF NEUROCHEMISTRY; 2010, VOL. 112, No. 5, 1249-60

Selenium and melatonin protect after stroke

After a stroke, when blood supply returns to the brain, free radicals can cause more oxidative damage to brain cells. In this lab study, researchers introduced selenium and melatonin into rats 30 minutes before reducing

blood flow to the brain, then restored blood flow and immediately treated with another dose of selenium and melatonin, and continued dosing for three more days. Compared to those not dosed, the selenium and melatonin group had more and better spontaneous motor activity in the areas of the brain that control movement, speech, and vision. Selenium-melatonin reduced free radical activity and oxidative damage from lack of blood flow and from returning blood flow.

BIOLOGICAL TRACE ELEMENT RESEARCH; 2011, VOL. 139, No. 1, 81-96



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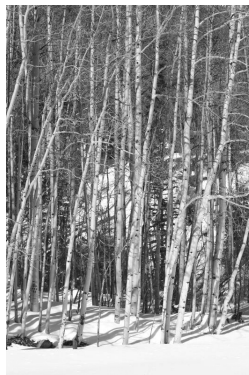
Pycnogenol® Reduced Seasonal Allergies

Pycnogenol before allergy season helped ease hay fever symptoms

Symptoms of seasonal allergy from airborne pollen include itchy and watery eyes, sneezing, and clogged and runny nose. Researchers thought that Pycnogenol might be more effective if participants began taking the nutrient before allergy season. In the study, 39 people took 50 mg of Pycnogenol each morning and evening, or a placebo, five to eight weeks before birch-allergy season. By the end of the season, signs of allergic reaction were 61 percent greater for placebo than for Pycnogenol. The Pycnogenol group also had 35 percent fewer eye symptoms and 20 percent fewer nasal symptoms than placebo. Those who began taking Pycnogenol

seven to eight weeks ahead of allergy season, compared to those who began five to six weeks ahead, had the greatest relief.

REFERENCE: PHYTOTHERAPY RESEARCH; 2010, Vol. 24, No. 8, 1115-9



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