



# Stay Healthy!

840 South Rancho Drive #14 • Las Vegas, Nevada

www.stayhealthy.info • info@stayhealthy.info

## Natural Insights for Well Being®

May 2013

### The Art of Being Happy

Nutrients lift mood, and optimists have higher antioxidant levels

#### Should U.S. raise RDAs?

Doctors reviewed eight multivitamin-mineral/mood studies covering 1,292 healthy men and women who took varying doses of multivitamin-minerals, or a placebo, for at least 28 days. Overall compared to placebo, those who took supplements were 65 percent less likely to perceive stress, 68 percent less likely to be anxious, and 70 percent less likely to report mild psychiatric symptoms. Fatigue and confusion were also 73 and 77 percent lower, respectively. Those who took supplements high in B vitamins reported the greatest mood benefits.

In discussing their findings, doctors said that the greater response to doses higher than the U.S. recommended daily allowances (RDAs) or dietary reference values (DRVs) suggests that RDAs and DRVs are inadequate to meet the needs of the brain, and also calls into question the assumption that diets with enough energy and protein also provide sufficient levels of micronutrients.

#### Optimism and antioxidants

This Harvard University study found that middle-aged adults who are more optimistic about their future tend to have higher antioxidant levels than their less optimistic peers.

Researchers measured antioxidant



levels and mood in 982 men and women over 11 years and found that those who were most optimistic had higher circulating levels of antioxidant carotenoids. Carotenoids are the antioxidant-rich orange, red, and yellow pigments in plant and animal foods.

Summarizing their findings, doctors said optimists were of higher socio-economic status, were more likely to make health-promoting choices in diet, exercise, and other behaviors, and tended to have less depression, cardiovascular disease, and to live longer than their less-optimistic peers.

While doctors don't know if optimism leads to higher antioxidant levels, or vice versa, the findings revealed a promising link: for every meaningful increase in optimism, circulating carotenoids increased by 3 to 13 percent.

REFERENCE: PSYCHOSOMATIC MEDICINE; 2013, VOL. 75, No. 1, 2-10

MAY'S

### Healthy Insight Boosting Immunity, Beating Colds

Doctors said yeast beta-glucan—an insoluble fiber that grows naturally on brewer's malted grain—supported the body's natural immune response, triggering its defense against invading pathogens. In this study, 162 healthy people with recurring colds took 900 mg of insoluble yeast beta-glucan per day or a placebo. Participants kept a diary tracking colds and rating 10 cold symptoms.

After 16 weeks, compared to placebo, the beta-glucan group reported sleeping more soundly during colds, recorded 25 percent fewer colds, and when there was a cold, had 15 percent milder symptoms.

REFERENCE: EUROPEAN JOURNAL OF NUTRITION; JANUARY, 2013, ELECTRONIC PREPUBLICATION

#### This Issue

NUTRITION AND ENVIRONMENT IMPROVE CHILDREN'S HEALTH	2
VITAMIN C REDUCES COLDS, PROTEIN BOOSTS STRENGTH	2
TWO NUTRIENTS LINK TO LOWER CHANCES OF ALS	3
EARLY-STAGE DISCOVERIES IN NUTRITION	3
GINGER HELPS WOMEN IMPROVE MEMORY AND COGNITIVE FUNCTION	4

# Healthy Kids

## Nutrition and environment improve children's health

### Choline may prevent schizophrenia

An early sign of potential schizophrenia is when the newborn does not adjust to repeated sounds. The healthy brain responds fully the first time it perceives a sound, and then decreases its response when the sound repeats. Doctors said this brain-filtering capacity develops during the five months before and one month after birth, and that choline, particularly in the amniotic fluid surrounding the baby in the womb, activates the receptors linked to brain-filtering.

In the study, beginning in the second trimester, 100 healthy pregnant women took a placebo or 6,300 mg of phosphatidyl choline per day, and their newborns then took a placebo or 100 mg of phosphatidyl choline per day for the next three months.

Compared to 4 in 10 for placebo, more than 8 in 10 infants exposed to pre- and post-natal choline had healthy brain-filtering responses.

### Fish oil, preschool, and engaged parents raise IQ

Doctors reviewed four groups of studies on child intelligence: supplement studies, early education, interactive reading, and preschool. Combining results, researchers found:

1. Pregnant mothers and newborns who took omega-3s raised the child's IQ by more than 3.5 points.
2. Economically disadvantaged children enrolled in an early education program saw IQ rise by 4 to 7 points, with more-in-depth academic and social programs delivering the greatest benefit.
3. Children of parents who read to

them and engaged the child in a conversation about the reading raised IQ by more than 6 points.

4. Children who attended preschool had higher IQ than those who did not, and if the program included language development, the IQ gains were larger.

REFERENCE: AMERICAN JOURNAL OF PSYCHIATRY; JANUARY, 2013, ELECTRONIC PREPUBLICATION



## Good News for Sports and Kids

### Vitamin C reduces colds, protein boosts strength

#### Adults, kids, runners, skiers and vitamin C

Doctors reviewed 31 cold studies covering 9,745 cold episodes, where people took at least 200 mg of vitamin C per day, or a placebo. Overall compared to placebo, for adults who took vitamin C, the duration of colds

was 8 percent shorter, and for children, 14 percent shorter. In children who took doses of 1,000 mg to 2,000 mg of vitamin C per day, colds cleared up 18 percent quicker.

In five studies involving 598 marathon runners and skiers who were exposed to extreme physical stress, compared to placebo, vitamin C cut the chances of colds by half.

#### Protein enhances weight training

Researchers reviewed 22 studies covering 680 people, aged 19 to 72, who took protein supplements during weight training. Before training, participants were consuming an average of about a half-gram of protein per pound of body

weight per day. For the study, doctors added 42 grams of whey, casein, and/or milk proteins per day, or a placebo.

After six weeks of weight training, compared to placebo, those who took protein added 1.5 pounds more fat-free mass, with those younger than age 50 adding 1.8 pounds of fat-free mass. Also for the protein group, both types of muscle fibers—those for running marathons, and those for sprints—increased by about 50 percent, and the maximum single-repetition lift outperformed placebo by 30 pounds.

Doctors concluded protein supplements are an effective way to improve resistance-type exercise and support healthy aging.

REFERENCE: COCHRANE ACUTE RESPIRATORY INFECTIONS GROUP; JANUARY, 2013, ELECTRONIC PREPUBLICATION



# Progress on Lou Gehrig's Disease

## Two nutrients link to lower chances of ALS

### ALS—Lou Gehrig's Disease

ALS, or amyotrophic lateral sclerosis, is a progressive condition that attacks the brain and spinal cord nerve cells that control the voluntary muscles. Doctors believe oxidative stress may play a role.



### Beta-carotene

Researchers reviewed five large studies involving 1,093 people with ALS out of 1,053,575 men and women. Researchers calculated nutrients in the diet from questionnaires participants filled out the prior year, including detailed information on multivitamins, and the antioxidant vitamins C, E, and beta-carotene.

Doctors discovered a link: as total carotenoids in the diet increased, chances of ALS decreased. Those who got the most carotenoids were 25 percent less likely to develop ALS compared to those who got the least.

Doctors said that, compared to those with the lowest, those with high carotenoid levels tended to exercise more, be more educated, and to take vitamin C and E supplements.

### Vitamin E

This study followed 29,127 Finnish male smokers, aged 50 to 59, who took a placebo, 75 IU of alpha-tocopherol vitamin E per day, or 33,340 IU of beta-carotene per day. After 16.7 years of follow up, 50 men had developed ALS.

While there was no link to beta-carotene levels or supplements, those who had taken vitamin E were 25 percent less likely to have developed ALS compared to those who did not take vitamin E. Also, compared to those with lower levels, those who had circulating levels of vitamin E higher than the average 11.5 mg per liter of blood were 44 percent less likely to have developed ALS.

**REFERENCE:** ANNALS OF NEUROLOGY; JANUARY, 2013, ELECTRONIC PREPUBLICATION

## MAY'S *Ahead of the Curve*

### Early-Stage Discoveries: IP6, NAC, Vitamin K2

Good results in the lab can lead to larger human trials. Here are some of the most promising recent findings.

#### IP6 slows prostate tumors

Asian and Western men develop prostate cancer at the same rate, but it rarely progresses in Asians. Diet may be the difference. Researchers gave mice with prostate cancer IP6, or inositol hexaphosphate, a high fiber nutrient common in the Asian diet, for 14 weeks and saw dramatically reduced tumor size. Doctors said IP6 inhibited new blood vessels tumors need to grow.

#### NAC reduces negative effects from radiation

Diagnostic CT scans increase chances of surviving cancer, but doctors worry frequent scanning may cause cancer. In this study, mice with

lung cancer that didn't get NAC, or N-acetylcysteine, had larger tumors eight months after CT scans than mice that got NAC three days before the CT scans began and continuing for five weeks. Doctors said NAC appears to reduce the toxicity from radiation exposure, and prevented CT scan-induced tumor growth.

#### Vitamin K2 may help treat Parkinson's disease

Parkinson's disease damages the ability of cells to produce energy, causing certain brain cells to die. In this study, doctors found that fruit flies with the same genetic defect as in Parkinson's disease couldn't fly, and that the flies

also had the same cell-energy damage. Researchers gave the flies vitamin K2, which improved cell energy production and restored the ability to fly, suggesting a possible treatment for Parkinson's.

**REFERENCE:** CANCER PREVENTION RESEARCH; JANUARY, 2013, VOL. 6, NO. 40



Stay Healthy!  
840 S. Rancho Drive #14  
Las Vegas, NV 89106  
(702) 877-2494

Store Hours:  
Monday-Friday 9 a.m. - 7 p.m.  
Saturday 9 a.m. - 6 p.m.  
Sunday Closed

## Healthy Minds

### Ginger helps women improve memory and cognitive function

Researchers said various studies suggest middle-aged women can develop some form of cognitive impairment including attention, calculation, and immediate recall, and that evidence points to oxidative stress as a contributing factor. Recent research has focused on antioxidant cognitive enhancers from medicinal plants, such as ginger, or *Zingiber officinale*, which has a long history in folk medicine.

In the study, 60 healthy women, aged 50 to 60, took a placebo, or 400 mg or 800 mg of standardized ginger extract per day. There were no major cognitive differences between the women at the start of the study.

After two months, while there were no changes for placebo, women in the

ginger group had better test results for working memory, attention, and improved cognitive processing powers compared to the start of the study. Doctors concluded ginger is safe and an effective cognitive enhancer for middle-aged women.

**REFERENCE:** EVIDENCE-BASED COMPLEMENTARY AND ALTERNATIVE MEDICINE; 2012, VOL. 2012, ARTICLE ID 383062, 9 PP



## 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.

♻️ Printed on Recycled Paper ©2013 RI