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Our health news update for your better living

Most healthcare professionals take vitamins: study

The days of doctors frowning upon the use of herbs and vitamins are over, suggests a recent survey. In fact, results show that doctors and nurses commonly take vitamins, minerals and other dietary supplements themselves, and even recommend the same to their patients. Still, most of the 900 physicians and 277 nurses surveyed admitted having no formal education or training on the use of dietary supplements.

In the survey of over 1,000 healthcare professionals, Dr. Annette Dickinson and colleagues found that 72% of the doctors and 89% of the nurses used some sort of dietary supplement regularly, occasionally or seasonally. About one quarter of those surveyed reported using only multivitamins, while about the same number took single vitamins or minerals plus other supplements to benefit cardiovascular, joint, or general health, and cognition, such as green tea, fish oil, glucosamine, flax seed, chondroitin and echinacea.

The online survey by Ipsos Public Affairs also demonstrated that 79% of the physicians and



82% of the nurses recommend dietary supplements to their patients.

The study authors say their findings indicate a need and desire for more education on the proper use of dietary supplements among professionals. Nearly 80% of the doctors and nurses surveyed expressed interest in continuing education on these products. Such education "would be beneficial for physicians and nurses as well as for the patients they treat and serve," Dickinson and colleagues conclude.

Source: Nutrition Journal, published online July 1, 2009

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Vitamin C for artery health

Researchers from Ullevål University Hospital in Norway report that increased intakes of vitamin C and fruit and berries may prevent hardening of the arteries plus heart disease.



"Increased intake of vitamin C and fruit and berries seemed to contribute to the lesser progression of the carotid intima media thickness (IMT) in elderly men," wrote Ingrid Ellingsen. "Focusing on the intake of vitamin C rich plant foods may be an important therapeutic intervention in regard to their risk of cardiovascular disease."

Source: Nutrition, Metabolism and Cardiovascular Diseases

Taking daily multivitamin supplements in a liquid or capsule format is important for both women and men.



Research suggests that taking supplements may help boost cancer survival

People who regularly take dietary supplements such as multivitamins or fish oils appear to have much higher survival rates after diagnosis with lung, breast and colon cancer. A study by scientists from University of Tromsø in Norway shows that daily supplement use reduced the risk of death among lung cancer patients by 30%, while the use of cod liver oil reduced the risk by 44%. The striking results were published in the International Journal of Cancer.

The study also demonstrated that using supplements and cod liver oil was associated with improved survival rates for people with any kind of solid tumour, including breast and colorectal cancers.



For the study, diet and supplement use was established for nearly 70,000 people who were participants of the Norwegian Women and Cancer.

“More research is needed to understand the interplay between nutrients, whether in food or supplements, and cancer survival,” say the researchers. “In countries where dietary supplement use is common, analyses of survival in cancer patients, particularly lung cancer patients, should take dietary supplement use into account,” they concluded.

Source: International Journal of Cancer Volume 125, Pages 1155-1160



Help to get smoother skin by using antioxidants regularly

A new study indicates that taking coenzyme Q10 and a selection of antioxidants and minerals can decrease skin roughness and fine wrinkles.

Sixty female subjects were randomly assigned to supplements, or a placebo. After 12 weeks of taking the supplement once daily those in the treatment group experienced a significant improvement in skin roughness and fine wrinkles, whereas those in the placebo group did not. Measurements of skin roughness and fine wrinkles were carried out at the start of the study, then at four week intervals until week 12.

Significant difference after 4 weeks

According to the researchers, the depth of skin roughness and fine wrinkles were not significantly different between placebo and treatment group at the beginning of the study, but by the end of week 4 there was a significant reduction in the treatment group. By the end of the study, skin roughness and fine wrinkles had reduced by 21.22%, compared to a 1.7% improvement in the placebo group.

The satisfaction of the study participants with the treatment was also measured and questionnaires investigated whether a reduction in pore

size, skin roughness, wrinkles, and decrease and homogenization of skin colour was experienced.

A reduction in pore size, skin roughness and fine wrinkles, was seen by those in the treatment group at a significantly higher level than those taking the placebo, but there were no perceived changes in pigmentation levels.

Co-Q10 reduced collagen destruction

The researchers hypothesized that the coenzyme Q10 helped fight oxidative damage and prevent DNA degradation, reducing the synthesis of matrix metalloproteinases (MMPs) that can destroy collagen fibres. In addition, the vitamin E, in the form D-alpha-tocopheryl acetate, also helps to reduce collagen degradation and the minerals zinc and selenium can help support the cell's own antioxidant enzyme SOD (superoxide dismutase).

Furthermore, skin levels of glycosaminoglycans, the main component of which is glucosamine, drop with age, according to the scientists and a growing number of studies support oral administration to improve the appearance of ageing skin.

Source: International Journal of Cosmetic Science

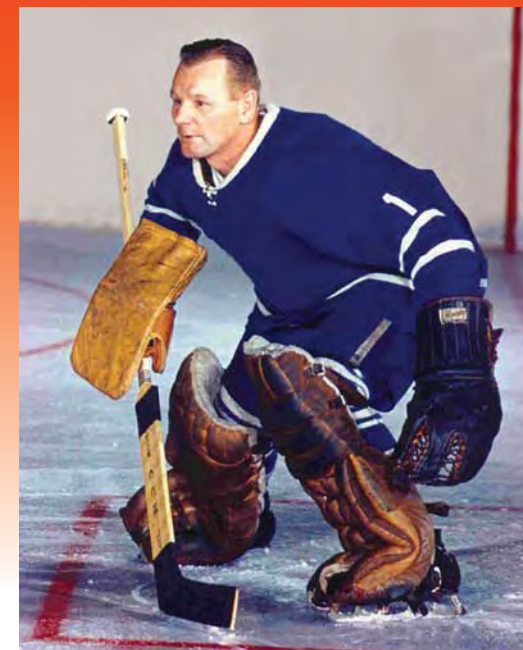


Nutri Prevent is a superior antioxidant with Co-Q10 and natural trans-Resveratrol

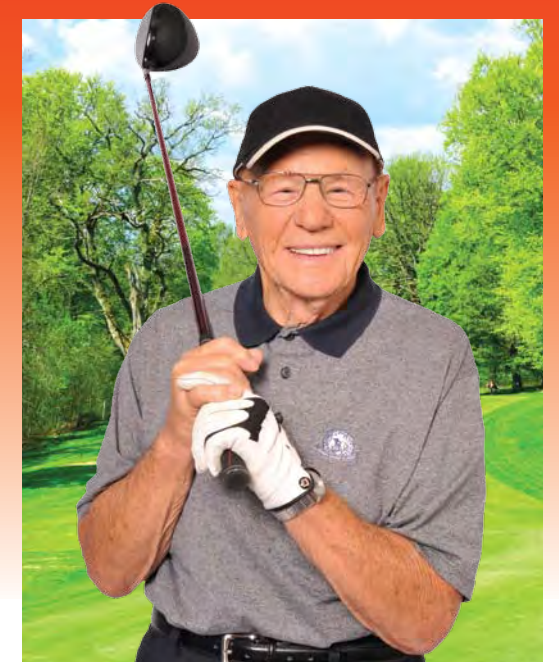
Do you have Arthritis or Joint Pain?

..... Hockey Legend

Johnny Bower says “Thanks to Nutri-Flex I feel the power!”



As a goalie, Johnny Bower stopped more pucks than he could count.



Now Johnny counts on Nutri-Flex to help stop arthritis and joint pain.

Johnny Bower is a proud member of the Hockey Hall of Fame



Nutri-Flex is the official joint care supplement of the Hockey Hall of Fame

Discover the liquid advantage.

Original Liquid Nutri-Flex features superior absorption for effective joint pain relief.



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“Hi, I’m Johnny Bower. As a goalie, I stopped some powerful opponents. But now, I’ve teamed up with Nutri-Flex to help stop my arthritis and joint pain. Thanks to Nutri-Flex I feel the power has returned to my hands and gripping my golf clubs is back to normal. Don’t let arthritis and joint pain score on you. Try Nutri-Flex today!”



New liquid formula!

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The Bone Balance

How to avoid the pitfalls of osteoporosis

by David J. Wirth, MA

Osteoporosis occurs when bones lose too much of their collagen matrix and supportive minerals, too quickly. They become porous, less dense, more fragile, and increasingly prone to fractures. The decline in bone health is usually most pronounced in the hips, spine, ribs and wrist. Osteoporosis is often referred to as a “silent disease” because most sufferers are unaware they have a problem until a fracture occurs.

Yet, osteoporosis is a preventable disease in the vast majority of cases, if the right steps are taken. Here are some of the top nutrients to help you on the path to optimal bone health and a fracture-free life.

Collagen

Supplementing with collagen is vital for bone health. Research verifies that liquid oral collagen supplementation can slow and stabilize the rate of collagen breakdown in humans. Animal research suggests that administering collagen may also improve bone mineral density.

Calcium

To preserve bone mass, a daily calcium supplement is a must, but the type of calcium is important. Chelated forms of calcium,

intake, there was a 2% increase in whole-body bone mineral density.

Vitamin D

Vitamin D is necessary to get calcium absorbed into the small intestine and through to the bloodstream. It also inhibits inflammatory immune factors that can pull calcium from bones. Studies show that taking vitamin D alone can reduce the annual rate of hip fracture by more than half and improve bone density. Results were even better for people taking a combination of calcium and vitamin D.

Silicon

Researchers studying silicon and bone mineral density in people found large differences in density between the highest and lowest intakes of silica. They believe that silica helps trigger the deposition of calcium and phosphate, reducing the number of bone-destroying cells and increasing the number of bone-building cells.

Boron

Found in highest concentrations in our bones, boron is a trace mineral that acts as a kind of coordinator for the other major

such as citrate, have nearly double the absorption rates as carbonate and are preferred. Calcium supplementation can slow bone loss from 30 to 50% and significantly reduce the risk of hip fractures. In a recent study, calcium supplements reduced the risk of all fractures by an astounding 72%!

Magnesium

Those with osteoporosis have lower levels of magnesium in their bones. In a study involving 2,000 elderly volunteers, researchers found that for every 100 mg per day increase in magnesium

bone-builders. It appears to help soften the effects of deficiencies in both vitamin D and magnesium while decreasing the amount of calcium and magnesium lost in urine.

Zinc

Research shows that zinc stimulates bone formation and inhibits bone loss. Zinc activates bone cells to properly deposit calcium, while also stimulating the production and renewal of collagen.

Help to prevent Osteoporosis and maintain healthy bones



Nutri Bone is an advanced liquid formula featuring a great tropical berry flavour plus...

- Collagen (2000 mg)
- Calcium (400 mg)
- Magnesium (200 mg)
- Vitamin D (500 IU) and more!

*Amounts shown per 15 ml tablespoon



Also helps to prevent Muscle Cramps



If you're concerned about Osteoporosis or helping to maintain healthy bones then Naka's Nutri Bone liquid is the perfect daily supplement.

This advanced liquid formula tastes great and features a superior blend of natural ingredients to help fight against bone density loss, while also supporting connective tissue formation. Plus, it has Vitamin D which studies suggest can help prevent major breast, colon and ovarian diseases!

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Antioxidants protect against common female cancer

People who consume more antioxidant nutrients such as vitamins C, E and beta-carotene may reduce their risk of cancer of the uterus, say the authors of a new scientific review. In an article published in the journal *Cancer Causes and Control*, US scientists reported that every 1 milligram increase (per 1,000 kcal of diet) of beta-carotene was associated with a 12% reduction in the risk of endometrial cancer. Similarly, every 50 milligram increase of vitamin C and 5 milligram increase in vitamin E cut the risk of endometrial cancer by 15% and 9% respectively.



review are based on data from 12 case-control studies. Nutrient intake from dietary supplements was not considered by the researchers, led by Elisa Bandera from the Cancer Institute of New Jersey.

“Although the current case-control data suggest an inverse relationship of endometrial cancer risk with dietary intakes of beta-carotene, vitamin C, and vitamin E from food sources, additional studies are needed, particularly cohort studies, to confirm an association,” wrote the researchers. They suggest that antioxidant vitamins may reduce the risk of cancer by limiting oxidative (free radical) damage to DNA.

Source: *Cancer Causes and Control* July 2009, Volume 20, Number 5, Pages 699-711 doi: 10.1007/s10552-008-9283-x

Endometrial cancer affects the lining of the uterus and is the most common gynecological cancer in North America. The results of the



“B” migraine-free!

Australian researchers report that taking vitamins B6, B12 and folic acid may reduce the frequency and severity of migraine headaches. They found that daily supplements of these B-vitamins cut migraine disability in half among sufferers.

Previous research by the group from Griffith University in Brisbane identified a gene, known as MTHFR (methyltetrahydrofolate reductase), which makes people susceptible to migraine attacks when there is a mutation. The dysfunction leads to higher levels of the amino acid homocysteine.

“These results provided compelling evidence that lowering plasma homocysteine levels via folic acid coupled with B6 and B12 vitamin supplementation improved health-related productivity and therefore quality of life for these patients,” wrote the researchers, led by Professor Lyn Griffiths. These B-vitamins have also been linked to a risk reduction for stroke and heart attack.

Migraines affect more than twice as many women than men, and up to 18% of all women will experience them sometime in their lives.

Migraine headaches are sometimes preceded by flashes of light, blind spots, tingling in the arms or legs or anxiety. Sufferers generally experience a pounding sensation in one side of the head and many undergo nausea, vomiting, and extreme sensitivity to light and noise. The symptoms are often severe and debilitating.

For the study, 52 people suffering migraine (with aura) were randomly assigned to receive either daily vitamin supplements providing folic acid (2 mg), vitamin B6 (25 mg) and B12 (400 mcg), or a placebo, for six months. Researchers found that homocysteine levels dropped by 39% compared to baseline, with a statistically significant drop compared to placebo. The B-vitamin supplements were also linked with a reduction in the prevalence of “migraine disability” from 60% to 30% after only 6 months. Similar reductions in frequency and severity of pain were also observed in the B-vitamin group, but not the placebo group.

“The success of our trial...has shown that safe, inexpensive vitamin supplements can treat migraine patients,” said Prof Griffiths. Previous studies had reported that B vitamins may benefit migraine sufferers with high-dose vitamin B2 (riboflavin) reported to help prevent migraines.

Sources: *Pharmacogenetics and Genomics (In Press)*; *European Journal of Neurology*, 2004, Vol. 11, pp. 475-477

Green tea compound linked to weight loss

Antioxidants in green tea called catechins may help reduce abdominal fat during exercise, according to a study from the American Society of Nutrition. Green tea is a rich source of catechins, already linked to benefits in and reduced risks for Alzheimer's, certain cancers, heart disease and oral health issues.

Adding to previous research on tea catechins and weight loss, the researchers found that consuming a beverage containing green tea catechins may enhance exercise-induced loss of abdominal fat and improve triglyceride levels.



Over 100 healthy but normally sedentary adults aged 21 to 65 were randomly assigned to receive either 500 ml per day of the beverage with catechins, or a control beverage with the same caffeine content but no catechins.

Over 12 weeks, participants consumed one serving of their assigned beverage per day, at any time of the day, and with or without food. They also committed to 180 minutes of “moderate-intensity” physical activity per week, and to attend at least three supervised exercise sessions per week.

The researchers found that people in the catechin group lost more body weight compared to the control group. Both total abdominal fat area and abdominal subcutaneous fat area had decreased more in the catechin group.

Source: *The Journal of Nutrition* doi: 10.3945/jn.108098293



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“Vital GREENS has improved my well-being, and the difference can be felt. I won't go without this product - any day!”

“I have been taking Vital GREENS in the morning, to help get rid of the sluggish feeling that I had all too often. When I run out, I notice the difference. Vital GREENS does so many things for me...I feel refreshed, I am more regular and I have a lot more energy! I don't feel tired throughout my day, like I used to be. Vital GREENS is part of my regular regimen and will continue to be so for years to come.”

Genevieve L. - Sault Ste. Marie



“The change for me with the Vital GREENS was astounding.”

“Some years ago I had a tumour removed from my thyroid. As a result, my energy level has always been problematic...up and down. More often, as I got older (I am in my mid 60s), I was finding that life in general was becoming a chore, and even the simplest tasks at times seemed overwhelming.

The change for me with the Vital GREENS was astounding. Starting the first day I washed down a tentative half dose before breakfast, I felt a little better, but at the time attributed it to the fact it was a sunny day after a rather bleak period. However, each of the following days, with the morning shot of Vital GREENS, I felt better and stronger. Within a week, I could put in a full day working in the house, the garden, walk the dog and walk my mom's dogs. Energy levels I hadn't felt in years! Thank you for providing this remarkable product.”

Charronne J. - Crofton

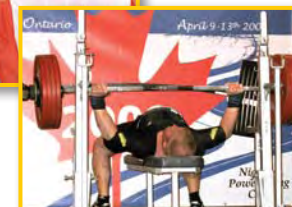


“Vital GREENS has surpassed my expectations.”

“I recently had a free sample of Vital GREENS and it was AMAZING! I am hooked on it now. I am a world ranked powerlifter and I would like to share my experience with other lifters.

Vital GREENS has completely surpassed my expectations by increasing my energy and focus. As part of my ongoing nutritional goals it really saves me time and effort; all this nutrition packed into one bottle. This is simply unbelievable! I am really satisfied with Vital GREENS. The best on the market!”

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Beautiful hair, smoother skin and stronger nails

See what people all over are saying about Silicea.



"Silicea - for me it was like a miracle."

"I am 54 years old and have had hair problems as long as I can remember. One day I started shedding increasing amounts of hair. Finally, I had my hair cut short and only ventured into public wearing a head scarf, because I had so little hair left that my bald scalp was clearly visible at the front.

I have now been taking Original Silicea Balsam regularly for about three years and I have the beautiful hair I had been dreaming of all my life. Also, my skin has become much firmer and elastic in those places where it tends to quickly become flabby in us women.

My self-confidence and zest for life have improved tremendously thanks to Original Silicea Balsam."

Marianne S.



"I tried all kinds of products to fight cellulite, all to no avail, until I found Silicea."

"After being pregnant my stomach lost shape and at 40, my upper arms started getting flabby, spider veins on my legs and a few pounds on my hips, I started wearing pants only.

I found a report that said Original Silicea Balsam combined with physical exercise had produced sensational results. So I started running on a regular basis and took a dose of Original Silicea Balsam every day.

After about six weeks I did notice a change. The withered, sallow skin of my face looked brighter and smoother and felt softer. The skin along my buttocks, thighs, stomach and arms was becoming increasingly firmer. I am convinced that I owe all this to Original Silicea Balsam... it's my personal beauty formula!"

Janine W.



"I have been suffering from arthrotic changes in both knee joints for many years."

"I regularly took painkillers, had injections, and massaged my knees with creams and ointments. There was a popping and crunching whenever I put any strain on my knees. When one doctor recommended surgery, I finally drew the line. It had gradually dawned on me that I needed to change my life, and my dietary habits. When a friend told me that silicon is essential for the formation of bones and cartilage and that dietary change alone would not produce the desired effect, I went out and bought Original Silicea Balsam.

Six weeks after starting my "new life" I felt that the pain in my knees was growing weaker — at first only when I took the weight off the joints, but then also while walking and swimming. I feel my vitality growing day by day, thanks to Silicea."

Jane S.



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*While supplies last at fine health food retailers.

Help moisturize, tone and soothe all skin types.

Silicea Toning Moisturizer is a fast absorbing, oil free, gentle care cream for the face and body. It features colloidal Silica and Aloe Vera.



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