



GOOD FOODS GROCERY

www.goodfoodsgrocery.com

West End
Gayton Crossing Shopping Center
740-3518

Southside
Stony Point Shopping Center
320-6767

Monday - Saturday
9 am - 9 pm
Closed Sunday

Natural Insights for Well Being®

September 2017

Better Lipids

Fiber improves cholesterol, triglycerides in two new studies

Glucomannan

Earlier studies suggest the soluble fiber glucomannan reduces LDL—the “bad” cholesterol—but there are relatively few studies, most of which are small and of short duration. Here, doctors reviewed and analyzed findings from 12 placebo-controlled trials covering 370 adults and children who took 3 grams of glucomannan fiber per day for at least three weeks.

Overall, those taking 3 grams of glucomannan per day saw LDL decline by an average of 10 percent, and other non-HDL cholesterol decline by 7 percent.

Commenting on the findings, doctors said that because of its non-HDL cholesterol-lowering effects, government health agencies may wish to recommend adding glucomannan to the diet as a way to reduce chances of heart and circulatory events in the general population.

Polysaccharide and psyllium

Studies have found high-fiber diets reduce chances for several chronic diseases. In this study, 93 overweight or obese men and women, ages 19 to 68, took 5 grams of the dietary fibers polysaccharide or psyllium, or a rice flour placebo, before meals. All participants maintained their usual diet



and lifestyle over the 12-month study period.

At three months, compared to placebo, the polysaccharide and psyllium fiber groups had significantly lower insulin levels, less insulin resistance, lower total cholesterol levels, and lower LDL cholesterol levels. Glucose levels were also lower in the polysaccharide group. Most of these improvements continued through six months, and by 12 months, those in the polysaccharide group also saw HDL—the “good” cholesterol—levels increase significantly compared to placebo.

Discussing the findings, doctors said that adding dietary fiber to the diet, without having to change an existing dietary pattern, may help maintain healthy glucose and insulin levels and improve lipids.

REFERENCE: AMERICAN JOURNAL OF CLINICAL NUTRITION; MARCH, 2017, PUBLISHED ONLINE

SEPTEMBER'S

Healthy Insight Cocoa for Circulation

Cocoa reduced artery stiffness in women. In this study, 26 postmenopausal women, average age 64, took 17 grams of cocoa once daily, or twice every other day, while continuing their regular diet and exercise. During the study, the women did not drink tea or consume other foods containing antioxidant flavanols—a main compound in cocoa. After 12 weeks, both groups saw blood flowing at lower pressure through arteries deep in the center and at the extremities of the body, a sign of more flexible vessels. Regularly consuming cocoa may lower chances of heart events and stroke by decreasing artery stiffness.

REFERENCE: DOVE MEDICAL PRESS; NOVEMBER, 2016, 1645-52, PUBLISHED ONLINE

This Issue

CHONDROITIN AND KNEE OSTEOARTHRITIS	2
FOUR STUDIES REVEAL NEW VITAMIN D BENEFITS	2
MAGNESIUM AND FOLIC ACID IMPROVE WELL-BEING	3
ENZYME THERAPY BOOSTS EXERCISE RECOVERY	3
SPICY MEXICAN HOT CHOCOLATE	4

Bone

Nutrients relieve OA knee pain, boost bone density

Chondroitin and knee OA

Doctors usually treat osteoarthritis (OA) of the knee with anti-inflammatories like celecoxib, but these drug medications can have serious side effects. In this study, 604 people with symptomatic knee OA took 800 mg of



chondroitin sulfate plus a fake celecoxib tablet, a fake chondroitin capsule plus 200 mg of celecoxib, or two fake chondroitin and celecoxib pills, per day. Most participants were women, average age 65, with body mass index (BMI) scores of 30, indicating obesity.

After 30 days, all three groups reported less pain and better joint function. But by three months, compared to placebo, joint function had improved for chondroitin and celecoxib, and by six months, pain in both treatment groups had also improved more than placebo. Participants rated pain relief and better joint function nearly equally for celecoxib and chondroitin.

Doctors said chondroitin sulfate appears to be a safe way to manage symptoms of OA of the knee.

Curcumin boosts bone density

Bone loses density with age and becomes fragile, a condition called osteopenia. In this study, 57 healthy people with low bone density participated in a standard management plan with or without 1,000 mg of curcumin per day. The plan consisted of taking vitamins C, D, and calcium supplements, plus regular exercise for 20 minutes, four times per week.

After 24 weeks, while the non-curcumin group had not improved, the curcumin group saw significant increases in bone density at the heel, small finger, and upper jaw. Doctors said taking curcumin along with an appropriate lifestyle may help delay the effects of aging on bone density.

REFERENCE: ANNALS OF THE RHEUMATIC DISEASES; MAY, 2017, PUBLISHED ONLINE

Vitamin D Update

Four studies reveal new vitamin D benefits

Diabetic retinopathy

Poorly controlled glucose levels in diabetes can cause changes in the retina of the eye that may lead to blindness. Doctors in this study wanted to know what role, if any, vitamin D might play. Reviewing 11 publications covering 6,000 study participants, those diabetics who were deficient in vitamin D were 27 percent more likely to have diabetic retinopathy than diabetics who had sufficient levels of vitamin D. Explaining the findings, doctors said vitamin D may improve insulin secretion, and may also discourage abnormal blood vessel growth.

Headache relief

In this study, doctors compared 100 adults over age 18 who complained of chronic tension-type or migraine

headaches with 100 similar people without headaches. Those with headaches had an average of 14.7 nanograms of vitamin D per milliliter of blood compared to 27.4 nanograms for healthy participants.

Avoid early menopause

About one in 10 women experiences menopause before the age of 45, raising chances for heart and circulatory events, osteoporosis, and other conditions. Analyzing vitamin D in the diets of participants in the large Nurses' Health Study II, those who got the most vitamin D were 17 percent less likely to develop early menopause compared to women who got the least vitamin D.

Better sleep, less pain

Doctors reviewed pain- and sleep-

disorder studies and found those who took vitamin D supplements combined with good sleep patterns were able to increase the effect of pain-management treatments. The conditions that improved in the studies included fibromyalgia, chronic back pain, menstrual cramps, and arthritis. Doctors said vitamin D may help regulate immune and nervous system mechanisms to reduce pain.

REFERENCE: CANADIAN JOURNAL OF OPHTHALMOLOGY; 2017, VOL. 52, NO. 2, 219-24



Feeling Better

Magnesium and folic acid improve well-being

Magnesium eases depression

Magnesium plays a role in energy metabolism and in the brain. In the first phase of this study, doctors measured magnesium levels in people with depression. In the second phase, doctors evaluated participants who were deficient in magnesium—below 1.8 mg per deciliter of blood in men and below 1.9 mg in women—and who had a score representing at least minor depression on the standard Beck Depression Inventory questionnaire.

The 60 people who continued in the study took two 250 mg tablets of magnesium oxide per day, or a placebo. After two months, those taking magnesium saw a 50 percent greater improvement in depression scores.

By the end of the study, about 90 percent of those in the magnesium group had returned to normal circulating levels of magnesium, compared to about half of those in the placebo group.

Mom's folic acid benefits kids

Most moms know that taking folic acid in the first three months of pregnancy aids baby's spinal development. This study shows there are psychological benefits for the child as well when moms take folic acid through birth.

Doctors asked the parents of 39 children at age seven about their personalities. About half the women had taken folic acid throughout their

pregnancies; the other half, only through the first three months. Those taking folic acid the entire time had kids that demonstrated higher levels of emotional intelligence and resilience. Doctors found a direct link between mothers' folic acid levels at birth and the child's emotional health.

REFERENCE: NUTRITION; MARCH, 2017, VOL. 35, 56-60



Perform Better

Enzymes and polyphenols boost exercise recovery, performance

Enzyme therapy improved recovery

Muscles damaged by exercise can become sore and painful later, slowing training and reducing performance. In this study, 72 male athletes, age 20 to 50, took Wobenzym—a combination of bromelain, papain, pancreatin, and trypsin—or a placebo 72 hours before and 72 hours after a day of exhausting

quadriceps exercises designed to damage muscle. Some of the men were less resistance-trained, others were endurance trained.

Compared to placebo, the less resistance-trained men who took the enzyme were able to maintain strength and had less pain after exercise. The endurance athletes had less inflammation, and signs of beneficial effects on metabolic and immune function.

Grape, pomegranate, green tea

In this study, 15 recreationally active people took 900 mg of a polyphenol extract from grape, pomegranate, and green tea, or a placebo, just before high-intensity anaerobic exercise. Anaerobic exercise develops short-burst muscle strength and speed.

While there were no changes for placebo, those taking the polyphenol extract saw a 5 percent increase in total power output, maximum peak power improve by 3.7 percent, and an average power gain of 5 percent, without inducing fatigue or increasing heart rate. One hour after exercise, compared to placebo, blood pressure was significantly lower, and antioxidant activity of the natural enzyme, superoxide dismutase, had improved.

Discussing the findings, doctors said there appears to be a synergistic effect between the natural botanical extracts of polyphenols and caffeine in grape, pomegranate, and green tea that may improve blood vessel elasticity, improve performance, and aid recovery.

REFERENCE: BMJ OPEN SPORT & EXERCISE MEDICINE; 2017, E000191, PUBLISHED ONLINE



Spicy Mexican Hot Chocolate

While you enjoy this quick, gourmet hot chocolate, please see page 1 for a new study that found women who regularly consumed cocoa had improved blood flow and more flexible arteries.

Ingredients:

- 1¹/₄ c milk or non-dairy beverage
- 2 tbsp unsweetened organic cocoa powder
- 1 tbsp natural sweetener of choice
- 1/2 tsp pure vanilla extract
- 1 pinch salt
- 1 pinch cinnamon (or more, to taste)
- 1 pinch cayenne (or more, to taste)



Directions: Combine ingredients in a medium sauce pan and warm on medium-low heat. Whisk continuously until frothy and hot. Drink immediately.

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.

♻️ Printed on Recycled Paper ©2017 RI